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Photo by Roy Johnson

Send your Bay Area photos to SausalitoVillageTips@gmail.com

Happy Friday, Villagers!

And welcome to the our weekly Sausalito Village newsletter, a mix of local news, features, jokes, pictures, and information on events from around the village, virtually, and around the world. Please send your contributions by 10 am Thursdays to: SausalitoVillageTips@gmail.com



What's on the calendar?

Sausalito Village has a calendar full of events, most open to the entire community. Please take a moment and peruse the listings! [CLICK HERE](#)

Here are a few highlights for SV hosted events in the coming 2 weeks:

- April 24 - Spring Sing Along
- April 26 - Film Group 'Living'
- April 27 - Trader Joe's
- May 1 - Stretch and Strengthen with Rayner
- May 2 - Morning Book Review Club



This Monday, April 24th, 4pm

Join in the fun! Open to all!

We have gone back to our original time - 4pm start. Wine and cheese will be served.

This month, Maria Paterno and Ciji Ware will be at the microphone and Jean Capron will be on the keys.

They have a great list of songs to share - come to sing along or just listen and enjoy.

WHEN: Monday, April 24th, 4pm-5:15pm

WHERE: Campbell Hall, 70 Santa Rosa/cross street San Carlos

RSVP so we can plan:

<https://sausalito.helpfulvillage.com/events/3855>

OPEN TO ALL!

Yes, there is free parking.

Door to door rides are available within Sausalito/Marin City. Must be reserved by Friday, April 21.



\$250 million up in flames: The infamous crime that scarred California's Wine Country and its link to Sausalito

Excerpted from SF Chronicle

It was the largest crime involving wine in history. And from the start, officials had only one suspect in their sights: Mark C. Anderson, a Sausalito businessman who ran a private wine storage business inside Wines Central. Not only had he been spotted in the warehouse right before flames erupted, but he had recently been criminally charged with stealing his clients' wine. Officials thought Anderson might have been trying to cover his tracks.

More than 45 collectors and 90 wineries had bottles stored at Wines Central, including Beaulieu Vineyards, Sterling Vineyards, Viader Vineyards, Saintsbury, Realm, Justin Winery, ZD Wines, Robert Sinskey Vineyards, Tres Sabores, Niebaum-Coppola and Thackrey & Co.

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leaving them nothing to sell but paying to meet their wine disappeared from restaurant wine lists and the shelves of upscale wine stores. Some wineries went out of business. Others lost their entire wine libraries. Some losses were uninsured, like those of Sterling, a unit of the gigantic beverage firm Diageo. It lost \$37 million worth of wine. The psychic scars were even more severe.

The havoc that Anderson created in Sausalito and in wine regions around the state still lingers. Yoshi Tome, owner of Sushi Ran, once a friend of Anderson's, regrets making Anderson locally famous by naming him to the restaurant's sushi lovers' club. He believes it helped him attract clients.

"The scar is so big and so deep," Tome said, "it's very difficult to heal."

Read the entire story [HERE](#)



NEW DATE: Monday, May 15th, 3pm

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place next month. All SV Members, please mark your calendars and RSVP.

SV Members, register [HERE](#)

SV's Emergency Preparedness Committee has invited our Police Department to teach us how to stay safe in our community. Officers Nick White and Sean Smalgski will be covering:

- What are the most common 'crimes against persons'
- How to avoid purse snatchings and muggings
- What can we do in an 'active shooter' situation
- What should we know about using our local ATMs
- What are the best practices to keeping ourselves safe when out and about

Members will be seated with others in their Neighborhood Group. One more opportunity to get to know your neighbors better.

Parking is available, if you need a door to door ride, call Wendy at 415-332-3325 by Friday, May 12th



SV Film Group on April 26 - 'Living'

Chef Joey and Pastor Paul are our hosts for Film Group. Did you know both are graduates of NYU film school?

The film will be shown at 2pm, Discussion at 4pm. The Discussion will be in person and zoom, please RSVP for the link on zoom.

The film will be shown in person at 2pm at Thompson Hall, downstairs from Sausalito Presbyterian Church.

WHEN: Wednesday, April 26, 2pm showing and 4pm discussion

WHERE: Sausalito Presbyterian Hall

RSVP: <https://sausalito.helpfulvillage.com/events/3860>

Call by April 24 for a door to door ride at 415-332-3325.

About the film

LIVING is the story of an ordinary man, reduced by years of oppressive office routine to a shadow existence, who at the eleventh hour makes a supreme effort to turn his dull life into something wonderful.

- **Director:** Oliver Hermanus

-
- **Writer:** Kazuo Ishiguro
-



How to make friends as an adult and keep them

Excerpted from Readers Digest.com

Research by Brigham Young University psychologist Julianne Holt-Lunstad has shown that loneliness is a major threat to longevity, on par with smoking 15 cigarettes a day or being an alcoholic. People who are lonely or socially isolated have a higher risk of impaired immune function, depression, dementia and cardiac death.

On the flip side, healthy friendships can help us age better, cope with stress and live happier, longer lives. Plus, happiness is contagious. A Harvard study found that when a person gets happy, their friends who live within a one-mile radius have a 25% higher chance of feeling

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to three degrees of separation, for example, to the friends of one's friends' friends."

Here are tips from relationship experts for making and deepening friendships.

Be proactive

A study published in the Journal of Social and Personal Relationships found that the belief that friendships were based on external or uncontrollable factors—luck, basically—predicted greater loneliness five years later.

Be optimistic

Not surprising, a positive attitude can help us make friends. But not just in the obvious way. We often underestimate how much people like us. If we assume we're going to be liked, we become more likable—warmer, friendlier and more open.

Make a list

Write down the names of three to five people you know but would like to be closer to. Then reach out to each of them: Send a text message, an invitation to meet for a cup of coffee, a shared photo or memory, or an article that made you think of them. See if a small gesture might spark a deeper connection.

Branch out

Don't limit yourself to one close friend. Just a few good buddies can make all the difference. A 2020 Northern Illinois University study of middle-aged women found that those with three to five close friends had higher levels of overall satisfaction with life.

Expect awkwardness

Awkwardness isn't a good reason to back out of a new relationship. Recent research from the Kellogg School of Management at Northwestern University shows we tend to overestimate how awkward a first meeting will be.

Put the time in

Making a close friend takes time—often more than 200 hours of time together over several weeks, according to an oft-cited University of Kansas study from 2018. That's why people take a class or volunteer. Repeated activities come with a built-in get-to-know-you schedule.

Embrace vulnerability

Vulnerability is a cornerstone of any healthy relationship. It acknowledges that it's OK if not everything's great. That's when we feel seen and known. To start diving deeper, ask "highlight-lowlight" questions, like "What was the best part of your week?" and then "What was the most stressful?"

Practice

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And what do you know? By the end, people were less worried about being rejected and more confident they could keep the conversation going.



Author Event

100 Bay Street, Sausalito • sausalitobooksbythebay.com • 415.887.9967




Felecia Gaston

in conversation with Cheryl Popp

a brand new start...this is home

The Story of World War II Marinship and the Legacy of Marin City

TUESDAY, APRIL 25, 2023 • 6PM

Felecia Gaston of Performing Stars of Marin and in partnership with Dominican University is the author, publisher & editor of *A Brand New Start... This is Home*. An important historical overview of WWII Marinship and Marin City includes oral interviews, news archives & images. It chronicles how Marin City's Black community has battled against power, money & politics for 80 years. All proceeds from the sale of the book go to the Marin City Historical Society.

Unless otherwise indicated all events are open to the public and there is no charge to attend

www.preservemarincitylegacy.org

Read more about Felicia and her new book in this Marin IJ article: [HERE](#)



Know the red flags - this info is from BofA

The most common types of scams will target you through fake emails, text messages, voice calls, letters or even someone who shows up at your front door unexpectedly. No matter which technique the scammer uses, you may be:

- Contacted unexpectedly by phone, email, text, direct message or pop-up with a request for personal information or money. Never click a link or download an attachment from someone you don't know. Bank of America will never text, email or call you asking for personal or account information.
- Pressured to act immediately with an alarming phone call, email or text that plays with your emotions. Scammers may pose as an employee from a familiar organization, such as Bank of America and say there's a problem that needs immediate attention. Do not act unless you have verified the person who has contacted you and the story or request is legitimate.
- Asked to pay in an unusual way, like gift cards, bitcoin, prepaid debit cards or digital currency, including Zelle® to resolve fraud. Bank of America will never ask you to transfer money to anyone, including yourself and will never ask you to transfer money because we detected fraud on your account.

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account verification code, bank account number or PIN. When in doubt, don't give it out. Bank of America will never text, email or call you asking for an account authorization code.

- Offered a free product or 'get rich quick' opportunity that seems too good to be true? If something sounds too good to be true, it probably is. Never cash a check for someone you don't know.

If you authorize a transfer or send money to a scammer, there's often little the bank can do to help get your money back.



Free tai chi for arthritis classes starting - sign up now

FREE Tai Chi for Arthritis and Fall Prevention Classes for Older Adults on Zoom

Age Friendly Sausalito in partnership with Dominican University is Announcing The Spring Schedule of Tai Chi for Arthritis and Fall Prevention Classes on Zoom.

A Choice of two classes are offered for Beginners or those who want to Continue and Review the basic forms:

Tai Chi for Arthritis and Fall Prevention for Beginners or to Review Meeting 2x per week for 8 Weeks:

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Tuesday & Thursday 10:00 – 11:00am; May 9 – June 29**Register for this Class [HERE](#)**

Tai Chi for Arthritis Part 2 Classes are for the Tai Chi practitioners who completed the Beginner Class and want to Continue in the Form to review what they know and Learn some additional forms that are slightly more advanced while deepening their Tai Chi practice. A choice of two Classes are offered:

Tai Chi for Arthritis Part 2 Continuing / Intermediate ***Meeting 2x per week for 8 Weeks:****Tuesday & Thursday 11:30 am-12:30 pm; May 9 – June 29****Register for this Class [HERE](#)**

Tuesday & Thursday 5:00 pm;- 6:00pm May 2 – June 23**Register for this Class [HERE](#)**

***Prerequisite for Part 2: Completion of Tai Chi for Arthritis and Fall Prevention/ beginners**

Funding for this program, in part, is made available by the Older Americans Act, administered locally by the Marin Department of Health and Human Services, Aging and Adult Services and by Marin County Parks



How long to keep every financial document

Excerpted from Lifehacker.com

Keep these types of documents forever

Apart from tax records, broadly, the more important and irreplaceable the record, the longer you need to store it. Some things are so vital, you should never get rid of them—let your heirs sort them out. This applies to records like:

- Audit reports
- Stocks and bonds records
- Canceled checks for important purchases
- Contracts and mortgages that are still in effect
- Patents, and property records
- Union agreements

Check out the [Better Business Bureau's website](#) for a comprehensive list of “keep in perpetuity” paperwork.

Keep these types of documents for seven years

The next tier on the “keep it or toss it” list are documents you should save for seven years. This includes things like:

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- Garnishments
- Invoices
- Payroll records
- Personnel files (if you've been terminated)

You can check the [BBB's site](#) for the comprehensive list.

Keep these documents for three years

These kinds of records are less vital, and you only need to keep them for three years:

- Bank statements
- Employment applications
- Expired insurance policies

Keep these documents for two years

Now we're getting to the more ephemeral documents that you might need, so you may as well keep them for a couple years. This includes documents like:

- Routine correspondence
- Duplicate deposit slips

Click [HERE](#) to read entire article



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EARTH DAY

COMMUNITY CLEAN UP

SAT., APRIL 22, 2023 • 9 A.M. TO 3 P.M.

• Meet at the 100 Lot of Drake Avenue, Marin City, CA •

RECYCLED GARDEN ART CRAFTS FAIR PREPARED BY OUR YOUTH

COMMUNITY PARTNERS



FOR MORE INFORMATION, CONTACT PERFORMING STARS
415.332.8316 or performingstars@sbcglobal.net



Study on Dementia ♦ Intimacy ♦ Consent You're Invited!

Consider participating in this study if....

Your participation can improve sexual health policies and care practices for persons with dementia.

Are you 60 years or older?

Have been diagnosed with mild to moderate dementia?

Live in the Bay Area or Sacramento Metropolitan region?

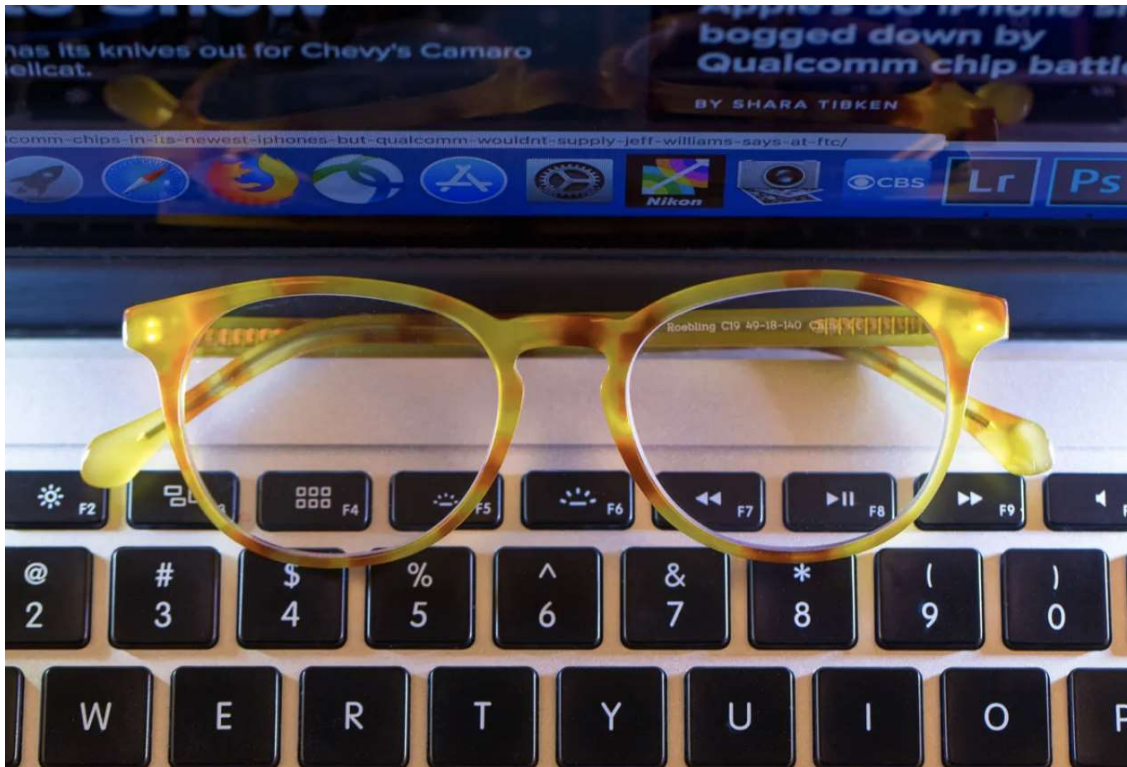
If you answered yes to all these questions, we invite you to participate in an important study.

Share your thoughts and help protect rights to engage in intimate relationships while keeping individuals safe and protected.

Receive a \$20 gift card after completing an interview lasting 45-90 minutes.

Interested? Contact Ana Bagtas, PhD Candidate and principal researcher at (916) 425-7633 or e-mail abagtas@mymail.ciis.edu.

Confidentiality and privacy are strictly protected. COVID protocols are followed to keep everyone safe.



About blu light glasses

Excerpted from CNET

When the sun goes down, the lack of light signals our bodies to start producing melatonin, the hormone responsible for making us fall asleep.

Before the advent of artificial light, the sun regulated our sleep schedules. But today, we're exposed to light all day and into the night. While exposure to any light waves after dark delays our bodies' production of melatonin, blue light waves can be especially problematic because they keep us alert.

Blue light has been linked to all sorts of issues, from causing digital eye strain to making us blind. There's a lot of conflicting evidence, however, about exactly how harmful (or not) it really is.

The American Academy of Ophthalmology says that there's no evidence that the blue light specifically given off by screens will cause eye damage, as we are exposed to blue light all day from the sun.

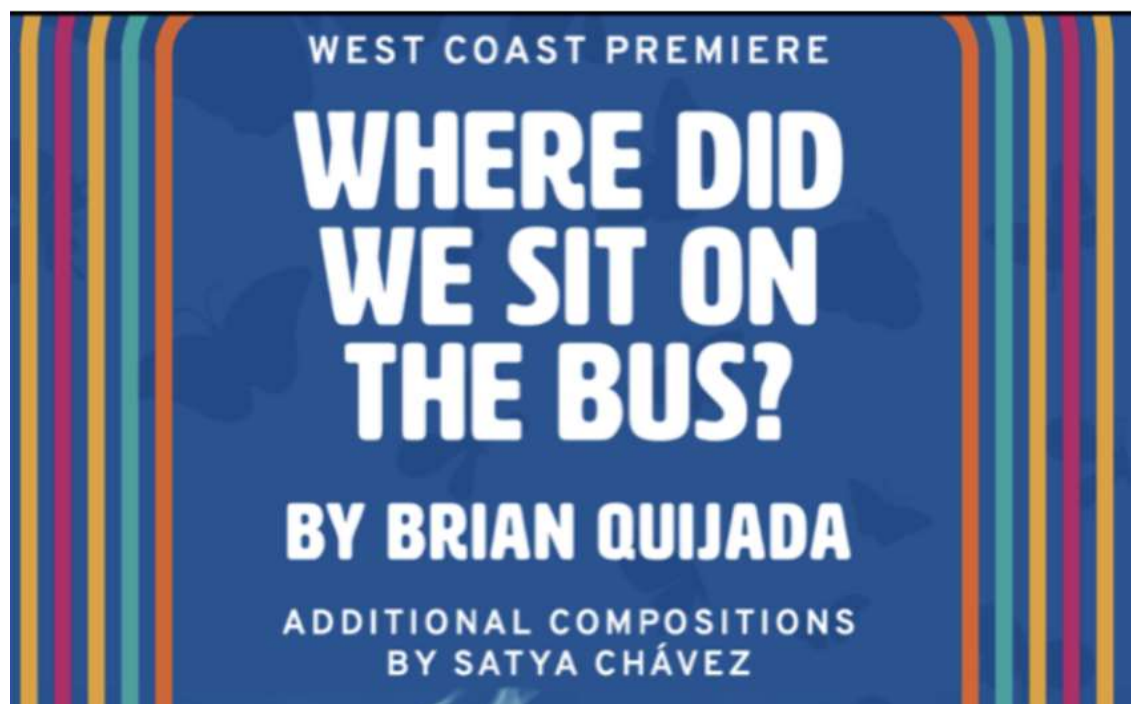
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these glasses when looking at a screen, especially after dark, they can help reduce exposure to blue light waves that can keep you awake.

So, do you need them? There is ample evidence that blue light affects when our bodies create melatonin, so if you use screens long after sundown, these glasses might help stop you from staying up later than you want.

If you deal with digital eye strain, however, there is an easy exercise you should try before you invest in new glasses. Use the 20-20-20 rule: every 20 minutes, look at something at least 20 feet away for 20 seconds.

The idea is that this helps break your focus from your screen, allowing your eye muscles to relax and stave off eye strain.



Joint events with Sausalito Village and Marin Village to Marin Theater Company

Sausalito Village and Marin Village are sponsoring two special events at Marin Theater Company, with discounted tickets available to our members and volunteers. Both events are in conjunction with the production of Where Did We Sit on the Bus?

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matinee with closed captioning.

About the production:

“During a third-grade lesson on the Civil Rights movement and Rosa Parks, a Latina child raises her hand to ask, ‘Where did we sit on the bus?’ Her teacher can’t answer the question. Performed by a dynamic actor, singer, multi-instrumentalist, composer, and intersectional feminist, and infused with Latin rhythms, hip-hop, and live-looping, this solo exploration follows that kid into adulthood, as she navigates growing up in an immigrant family, her identity as a first-generation American, and what the world might look like for her children. Where Did We Sit on the Bus? is a high-octane, tour-de-force theatrical experience that examines what it means to be Latiné in America.”

Tickets are \$45 to each event.

Cocktail reception before the production

Wednesday, May 24, 6:00pm

We will have a private social event in a reserved space with wine and heavy appetizers before the show. No additional cost to attendees. To register, use [this link](#).

Closed-captioned matinee performance

Thursday, May 25, noon

Prior to this closed-captioned matinee, there will be a 45-minute talk providing more insight about the show. To register, use [this link](#).

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Sausalito Library has a 'things' you can borrow

The Library of Things is a collection of physical objects that may be borrowed from the Sausalito Library during regular library hours. One-week checkouts are restricted to adults 18 and over with a library card in good standing who live within the 94965 ZIP code. Borrowers must also sign a lending guidelines and agreement form.

Click [HERE](#) to see the items being offered such as pickle ball equipment and an electric leaf blower. If an item is available, you may call the library at (415) 289-4121 to have it set aside for same-day pickup.

More items will be added in the coming months.



Free online courses at MIT

MIT leads the way when it comes to online courses, with a wide range available for free on edX. That means you can say you're a student of MIT without leaving the comfort of your own home, and without spending anything at all. That sounds like a good deal, right?

You can find free courses on topics like Python programming, finance, business, machine learning, and much more on edX. There is a massive bank of free online courses just waiting for students to enroll. We've checked out everything on offer and lined up a selection of standout options to get you started.

It's important to note that not all of these courses are designed for beginners, so it's worth researching everything carefully before actually signing up. This shouldn't stop you from pursuing your passion though, because you can still learn at your own pace and even receive a verified certificate of completion for a small fee. You don't need the certificate, but it might be nice to stick something on your wall.

[online courses](#)(opens in a new tab)



What's your attachment style? Take this quiz to find out

Excerpted from NPR.com

How do you feel when your partner doesn't respond to your text right away? Is it easy for you to express your feelings to friends or loved ones, or do you struggle? Do you stay in touch with exes? Worry your current partner will leave you?

How you answered those questions can offer some insight into your attachment style. According to the field of attachment theory, each person has a unique attachment style that informs how you relate to intimacy: secure, anxious, avoidant and a small subset who are anxious-avoidant.

This quiz, adapted from Amir Levine and Rachel Heller's bestselling book, *Attached: The New Science of Adult Attachment and How It Can Help You Find — and Keep — Love*, will help you figure out your own attachment style.

Research has shown that even just knowing about the four attachment styles can positively influence your relationships. "It helps people become more secure," says Levine, who is a psychiatrist and neuroscientist at Columbia University.

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something that happens in the space between two people. They think, 'Oh, I have this attachment style, so I have to fix it by fixing myself.' But it's a relational thing," says Levine.

He recommends creating a "secure village"—surrounding yourself with secure people as a way to make yourself more secure.

Take Quiz and read entire article [HERE](#)



Why there an 'R' in Misses



Can You Pay Off Sleep Debt?

Excerpted from Well+Good.com

The phrase "sleep debt" conjures an image of a ledger listing the number of hours you've recently spent asleep. A night of restful sleep puts you in the black, but any night where you don't log enough quality zzz's tips you into the red. Theoretically, that would make it seem like you'd just need to sleep more on the nights following a sleep deficit in order to break even again. But according to sleep doctors, sleep debt doesn't quite work this way—and it isn't easily paid off in this fashion, either.

The most common misconception about sleep debt is the idea that you can erase the deficit by sleeping in for a certain number of hours, says pulmonologist and sleep-medicine specialist Raj Dasgupta, MD. As noted above, it isn't typically possible, nor a smart idea, to try to sleep for several additional hours in order to account for the hours of sleep you've recently lost.

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deprivation, anyway. When you are sleep deprived, even if you sleep extra the next day, the clinical manifestations linger for days afterword," says Dr. Dasgupta. Translation: You could still feel groggy, moody, or just not fully with it for a couple days after losing sleep, even if you try to make it up.



Where Do Birds Go During a Rainstorm?

Excerpted from Readers Digest.com

Birding experts Kenn and Kimberly Kaufman say, "The behavior of birds in rain depends partly on the type of bird and partly on how hard it's raining. Large birds that live out in the open, such as gulls, hawks, pigeons or herons, usually just sit still and wait out a heavy rain. Small songbirds living in trees and shrubs may seek sheltered spots under overhanging branches or leaning trunks."

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Recent birds in very rainy climates seem to get used to the conditions and may go on foraging as normal, except during the heaviest downpours.

Just like people, animals seek shelter during extreme weather. It doesn't matter if you're dealing with a blizzard, lightning storm or heat wave—wild creatures need places to go. Birds recognize changes in air pressure, which are often signs that weather is about to change, according to the Kaufmans. If they sense an approaching storm, they tend to forage more, often coming to feeders for the easiest source of food.



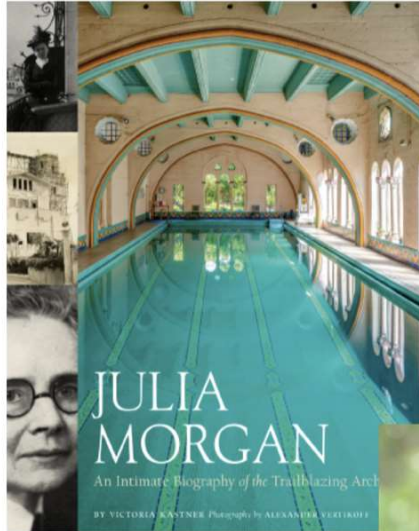
Tyler Bradt Highest Waterfall In A Kayak 189ft

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AUTHOR EVENT & Reception

April 27th -- 5:30pm

Sausalito Woman's Club -- Julia Morgan Clubhouse

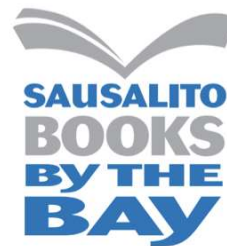


The book draws on Morgan's recently discovered diaries and letters with over 100 archival images and beautiful full color photographs.



Special Fundraiser
to benefit
SWC Preservation Society
Author **Victoria Kastner**
*Julia Morgan: An Intimate
Biography of the Trailblazing
Architect*

For Tickets/Book:
<https://sausalitowomans.club/events>



Thanks, I'll check them out.



Don't say 'How are you?' Ask these 8

genuine response'

Excerpted from CNBC.com

To get a genuine response and go beyond small talk, ask these eight questions instead:

1. "How are you, really?"
 2. "How are you doing right now?"
 3. "What's been on your mind lately?"
 4. "If you were being completely honest with me, how would you describe your feelings lately?"
 5. "What's feeling good, and what's feeling hard?"
 6. "What word would you use to describe your life right now?"
 7. "The last time we talked, you were dealing with [X problem]. How has that been lately?"
 8. "What question do you wish someone would ask you right now?"
-



FRIDAY PUZZLE

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Name the auto brand that makes each of the following models.

1. Forester
2. Hornet
3. A4
4. Tucson
5. Telluride
6. Roma
7. Encore

Answer at the bottom of the newsletter.



Stretch and Strengthen with Rayner is on zoom Monday, May 1st at 11am. RSVP on the Sausalito Village event calendar for the zoom link if you are attending for your first time.
www.SausalitoVillage.org



Is it 'Jury-rigged' or 'Jerry-rigged'?

Excerpted from How Stuff Works

The term "jury-rigged" first caught on in the 1700s, where it was recorded in newspaper articles as a strictly nautical term. At that time, the word "jury" meant "improvised for temporary use, especially in an emergency" or "makeshift." The meaning and usage of "jury" was taken from the 1400s, when in the Middle English the word "jory" meant "improvised" and was used exclusively in reference to sailing. At the time, a "jory sail" was synonymous with an "improvised sail" that had been repaired well enough to catch the wind.

The "rigged" in "jury-rigged" is a term that also originated in the 1400s and which referred to the "rigging" of a boat. In this context, a rigging represented the ropes and chains used aboard a ship that worked the sail and supported the masts.

Taken together, the words that form "jury-rigged" — although centuries old and nautical in origin — refer to a temporary solution that repairs or replaces something. And that's not exactly what "jerry-rigged" means.

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Now the term "jury-rigged" originated, but it is believed to be a variation of "jury-rigged" that refers to something that is "jerry-built" or "cheaply or poorly built," which is an important distinction in meaning.

While "jury-rigged" refers to something that has been temporarily (and often cleverly) repaired, "jerry-rigged" refers to something that wasn't well-constructed in the first place. "Jerry-rigged," therefore, seems to be a mashup between "jury-rigged" and "jerry-built" and reference tomes ranging from The American Heritage Dictionary of the English Language to Merriam-Webster's Collegiate Dictionary accept its usage as an official word of the English language.

Don't get either "jury-rigged" or "jerry-rigged" confused with a "jimmy rig," though. While a jury-rig and a jerry-rig both refer to repairs that aid an object's function, something that is "jimmy-rigged" with a temporary fix isn't likely to work at all.



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FRIDAY PUZZLE

Answers to today's puzzler:

1. Subaru
2. Dodge
3. Audi
4. Hyundai
5. Kia
6. Ferrari
7. Buick

Have a puzzle to share? Send it to SausalitoVillageTips@gmail.com



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***our weekly newsletters, visit the
continuously updated Sausalito Village
[website](#).***

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