



Photo by Katie Godowski

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

Are you forwarding this newsletter to a friend?

Have your friend sign up directly to receive the weekly newsletter by making the request to SausalitoVillageTips@gmail.com



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:

July 17 - Stretch and Strengthen with Rayner

July 19 - Trip to Dollar Tree and Sprouts

July 19 - Film Group - "You Hurt My Feelings"

July 19 - Group zoom to answer tech questions

July 23 - SV Trip Rancho Nicasio "Asleep at the Wheel" SOLD OUT

July 26 - Private Tour of newly renovated Ice House

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Drop-In Technology Help Via Zoom Wednesday, July 19th, 4:00 to 5:30

Issues with your computer? iPhone not syncing properly? If so, join Marin Villages volunteer tech support group for the answers to any of your technology questions! This is a time where you can "drop in," ask questions, and receive personalized, individually focused, expert tech advice. If you'd just like to sit in to learn a little more about technology, please join. This opportunity is available to all Sausalito and Marin Village members and volunteers.

QUESTIONS?

No need to register for this event. Just join the Zoom at:

<https://us02web.zoom.us/j/89289995207>

Any questions, please call Wendy at
(415)332-3325

Join event on zoom:
<https://us02web.zoom.us/j/89289995207>



SV Film Group watch and discussion

WHEN: Wednesday, July 19th, 2pm start (discussion after 93 minute film)

WHERE: Sausalito Presbyterian Church Hall

RSVP: <https://sausalito.helpfulvillage.com/events/3954>

Join SV Film Group hosts Joe Silverman and Pastor Paul Mowry for the next film group. This will be an in-person event only.

You Hurt My Feelings is a 2023 American comedy-drama film written, directed and produced by Nicole Holofcener. It stars Julia Louis-Dreyfus, Tobias Menzies, Michaela Watkins, Arian Moayed and Jeannie Berlin.

The film was shot in New York City in May 2022. It had its world premiere at the 2023 Sundance Film Festival on January 22, 2023, and was released in the United States on May 26, 2023, by A24. The film

Plot: Beth struggles with a lack of self-confidence, and her marriage with unsuccessful therapist Don is affected by a betrayal. Before this, they had a peaceful but co-dependent relationship, which makes their only child uncomfortable. Beth's sister helps her cope with the pain, possibly because of her own struggles with husband Mark, who is a struggling actor.



How to Prepare Your Digital Life for Your Death

Excerpted from the PC Magazine.com

Here's how to make things easier for your loved ones and designate legacy contacts on Google, Facebook, Apple, your password manager, and more.

To paraphrase Benjamin Franklin: In this world, nothing is certain except death and the internet.

Everyone has a digital footprint that doesn't expire when you do.

bandwagon, giving family, friends, and legal professionals access to your various online accounts. Here's how to make sure loved ones can manage your posthumous affairs. Think of it as a *Handbook for the Recently Deceased's Digital Affairs*.

Facebook Legacy Contact

Save grieving loved ones the hassle of creating an online shrine by choosing to memorialize your Facebook profile. That way, people can leave messages on your profile, but you won't appear in suggestions for who to follow or in birthday reminders.

Memorialized accounts are managed by a Legacy Contact: someone you choose to look after your records—writing pinned posts, responding to friend requests, updating profile and cover photos.

Visit **Settings > Personal details > Account ownership and control** to get started. Choose **Memorialization** to select someone who will have control over some parts of your account after you pass away. After that person reports your death to Facebook and the social network officially memorializes your profile, they'll be able to manage friend requests and the things people post to your profile. They won't get access to your messages or be able to delete or request friends.

Instagram

The same does not apply to parent company Meta's other social network. Instagram offers no pre-death preparations. Instead, people must request the conservation or removal of a deceased person's account. To request memorialization, Instagram requires proof of death, like a link to an obituary or news article. Login information is not provided for a memorialized account.

Verified family members, on the other hand, need proof of an immediate connection (via birth or death certificate, or evidence you're the lawful representative of them or their estate) to remove the person's Instagram account entirely. Fill out an online form with the full name and Instagram username of the deceased, date of their passing, and your uploaded documentation.

Continue to read the entire article [HERE](#)



10 Nutrition myths experts wish would die

Excerpted from NYT Well Newsletter

Myth No. 1: Fresh fruits and vegetables are always healthier than canned, frozen or dried varieties.

Despite the enduring belief that “fresh is best,” research has found that frozen, canned and dried fruits and vegetables can be just as nutritious as their fresh counterparts.

Myth No. 2: All fat is bad.

While certain types of fats, including saturated and trans fats, can increase your risk for conditions like heart disease or stroke, healthy fats — like monounsaturated fats (found in olive and other plant oils,

in sunflower and other plant oils, walnuts, fish and flaxseeds) — actually help reduce your risk. Good fats are also important for supplying energy, producing important hormones, supporting cell function and aiding in the absorption of some nutrients.

Myth No. 3: ‘Calories in, calories out’ is the most important factor for long-term weight gain.

It’s true that if you consume more calories than you burn, you will probably gain weight. And if you burn more calories than you consume, you will probably lose weight — at least for the short term.

Myth No. 4: People with Type 2 diabetes shouldn’t eat fruit.

This myth stems from conflating fruit juices — which can raise blood sugar levels because of their high sugar and low fiber content — with whole fruits. It’s time to bust this myth, said Dr. Linda Shiue, an internist and the director of culinary medicine and lifestyle medicine at Kaiser Permanente San Francisco, adding that everyone — including those with Type 2 diabetes — can benefit from the health-promoting nutrients in fruit like fiber, vitamins, minerals and antioxidants.

Myth No. 5: Plant milk is healthier than dairy milk.

There’s a perception that plant-based milks, such as those made from oats, almonds, rice and hemp, are more nutritious than cow’s milk. Typically, cow’s milk has about eight grams of protein per cup, whereas almond milk typically has around one or two grams per cup, and oat milk usually has around two or three grams per cup. While the nutrition of plant-based beverages can vary, many have more added ingredients — like sodium and added sugars, which can contribute to poor health — than cow’s milk.

Read the rest of the story and more details about each point [HERE](#)



Private tour of the renovated Ice House

Everyone welcome!

The Ice House is now interactive, learn more about the history, present and future.

We will enjoy a private tour at 10:30am prior to the opening to the general public at 11.

WHEN: Wednesday, July 26th, 10:30am

WHERE: Sausalito Ice House, 780 Bridgeway, across from Poggio

RSVP: <https://sausalito.helpfulvillage.com/events/3955>

Need a door to door ride? Call CARSS by Monday, July 24th to schedule a ride for this event at 415-944-5474 or email InfoCARSS4You@gmail.com



What animal makes the loudest sound on earth?

Planet Earth is full of loud animals. Howler monkey cries can be as loud as gunshots, for example, and some species of bats emit high frequencies that could be harmful to us if they were low enough to hear. But nobody holds a candle to the sperm whale, whose clicks and calls have been measured as high as 230 decibels. That number drops significantly if the sound is traveling through air, but at 170 decibels, it's still ear-shattering.

Scientists had thought for a long time that sperm whales were silent, but whalers had long told stories of what sounded like knocking on ships' hulls when sperm whales were present. Once scientists listened to sperm whales with an underwater receiver, they thought the "muffled, smashing noise" was coming from inside the ship at first, before realizing they were picking up the atypical sounds of sperm whales, which don't have the song-like quality of other species.

These Morse code-like clicks, used by sperm whales to communicate with one another, form an elaborate language, including phrases of clicks called codas. Different groups of whales even have different dialects within their codas. In addition to their communicative clicks, sperm whales also send out waves of sound at multiple frequencies as a form of echolocation while hunting their favorite food: giant squid.



‘Exceptionally rare’ Rembrandt portraits sell for €13 million at auction

Excerpted from EuroNews.com

In 1824, a pair of portraits by the Dutch master Rembrandt were sold at Christie’s auction house. The tiny paintings were then lost to history, their existence completely unknown to art scholars, an unusual oversight for an artist of Rembrandt’s status.

Now, nearly two centuries later, they’ve been sold by the same auction house for over €13 million, surpassing Christie’s estimates, set between seven and nine million euros.

Christie’s International Deputy Chairman of Old Master Paintings Henry Pettifer discovered the portraits sitting quietly in a British family’s collection. The family had no idea the paintings were done by Rembrandt.

“This is one of the most exciting discoveries we have made in the Old Masters field in recent years,” Pettifer said in a statement, calling the portraits “exceptionally rare”.

scientific analysis undertaken at the Rijksmuseum in Amsterdam.

At 20 cm tall, the works are believed to have been the last known pair of portraits by Rembrandt to remain in private hands. The pieces are intimate portrayals of an elderly couple who were close to Rembrandt and his family, providing a unique insight into the Dutch master's role as a painter within his inner circle.



AARP event - register to watch Pavarotti in Central Park 1994

WHEN: Sunday, July 30, 4:00 p.m. PT
REGISTER through AARP [HERE](#)

AARP Theater: *Pavarotti: Live in Central Park*

Relive Luciano Pavarotti's unforgettable 1993 concert accompanied by the New York Philharmonic Orchestra.



How to retrieve deleted text message on your iPhone

Excerpted from ReadersDigest.com

Unfortunately, accidental deletions happen, which is why knowing how to retrieve deleted text messages on an iPhone is so important.

If you've got an iPhone, you can probably get those messages back if you take action quickly. Click these links to learn some [hacks](#), [tricks](#) and tips for retrieving deleted texts on an iPhone, including those [green texts](#) you get from contacts who don't use an iPhone. Once you know what to do, read up on [how to hide messages on an iPhone](#), [unsend an iMessage](#) and [turn off autocorrect](#) and [read receipts on an iPhone](#).

Now that you've breathed a sigh of relief that you can get your messages back, you might be wondering how that's even possible. After all, if something's gone, isn't it just ... gone? Not necessarily,

cybersecurity firm that frequently performs digital forensics on phones, recovering deleted text messages and emails. “iPhone messages are stored in a database in what is called SQLite format. These messages aren’t immediately deleted from the database—they’re instead added to a type of list called free lists,” he explains. “The messages in these free lists are then stored in records that can be accessed by iTunes and in your cloud backup. This is how forensic agencies are able to recover deleted messages.”

But here’s something Apple insiders know about iPhones that you don’t: Those free lists are eventually written over as you send more text messages. So if you’ve accidentally deleted your messages, Soto says, don’t send additional messages until after you’ve recovered the ones you lost.



SV Trip to SF Playhouse for A Chorus Line

Open to all SV Members and Volunteers ONLY

WHEN: Sunday, August 13th, 2pm matinee

WHERE: SF Playhouse, 450 Post Street, SF

TICKET PRICES: \$35.00

We will depart Dunphy Park at 12:30, driven by vetted volunteer drivers who will drop us in front of the theater and pick us up after the show.

Our goal is to arrive at the theater early for a private gathering in a corded off section of the lobby. We will be serving wine, bubbly water and small sandwiches, cheese/crackers at no charge.

The deeply discounted ticket prices we are getting is all thanks to SV Members, Linda Jaeger and Charlie Browne. We will be sitting in the Orchestra rows E and F.

About the musical

Seventeen Broadway dancers are auditioning for eight spots on a chorus line. Exploring the inner lives and bittersweet ambitions of performers, *A Chorus Line* captures the spirit, tension, and hope of an audition. Winner of the 1976 Pulitzer Prize for Drama, Winner of nine Tony Awards, four Drama Desk awards, three Obie Awards in 1976, and a Special Gold Tony Award in 1984 in honor of becoming Broadway's longest-running musical.



Tried and true home remedies for allergies

Excerpted from Well + Good

Craving a fast-track solution for how to get rid of allergies? “Avoidance is always the best treatment of allergies,” Hariri says. Specifically, what helps with allergies is keeping your distance from the very things that trigger your reactions. For example, if you’re allergic to any form of pollen, it’s best to drive around with your windows up, so as to not let microfine pollen particles fly into your eyes, nose, and mouth. If you’re allergic to pet dander (as tragic as that is), it’s best to steer clear of cats and dogs that shed a lot.

1. Neti Pot with saline solution If you hate the sensation of water going up your nose (hi, same!), a Neti Pot is not the right allergy relief solution for you. That said, if you’re unbothered by the sensation, Neti Pots can be nothing short of a godsend for overcoming seasonal and perennial allergies.

2. Outfit your bed with your allergies in mind If you’re allergic to dust mites (and if you live in a particularly dusty city, like New York City), making your bed with protective linens can help.

3. Take a shower Surely you’ve seen how dusty and yellow cars can look after sitting outside during pollen season. If you’re someone who spends a lot of time outdoors in the spring, summer, and fall, your clothes could become just as covered in the microfine allergens—you just likely can’t see it quite as well as you would on a shiny car surface. All this to say, if you’re allergic to pollen and go outside at any point in the day, it’s important to strip out of your clothes, hop in the shower, and slip into fresh PJs before heading to bed each night.

4. Eat local raw honey Since seasonal allergies are largely caused by plants, consuming local raw honey “may help reduce allergy symptoms by exposing your body to small amounts of pollen,” says Myers. The trick is to buy honey that’s local to your region to ensure it’s the same strain of pollen that you’re being exposed to and triggered by.

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5. Add quercetin supplements to your daily routine. Curious what else you can eat or drink to get rid of allergies? “Quercetin is a natural plant flavonoid that has been shown to have anti-inflammatory properties, which may help alleviate inflammation caused by pollen,” Myers says. “It can be found in foods such as apples, berries, onions, and green tea.”

Read the rest [HERE](#)



One-On-One Technology Training for Sausalito Village Members

Having problems with your computer? iPhone not working properly? Would you like to learn something new on the internet? If so, we have a new program for Sausalito Village members to receive free one-on-one technology training from July until December. This opportunity is available to all Sausalito Village members and volunteers.

CALL TODAY TO SCHEDULE A FREE SESSION

If you would like free one-on-one technology training please call Wendy to schedule a session at (415)332-3325.

Multiple sessions available

Contact Wendy today at 415-332-3325 for your One-On-One Session



What does 'ttyl' mean? Here's the definition of text term and how to use in conversation

Excerpted from USA Today.com

New abbreviations, slang and acronyms seemingly pop up every day. They help shorten online communication. But sometimes, they are not easy to understand and can get lost in translation.

It's time to learn a new one. Here is the meaning and how to use the slang "ttyl".

"TTYL" stands for "talk to you later," according to Merriam-Webster. The slang is often used in text messaging. The abbreviation was popularized in chat forums starting in the 1980s and 1990s.

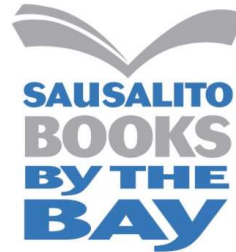
BOOK SIGNING!!!

Sunday July 16th -- 5-6 pm

100 Bay Street, Sausalito



MEET the beloved bestselling author of *The Color of Air*, *Women of the Silk*, and *The Samurai's Garden* and get a **SIGNED COPY** of her stunning new historical novel based on the life of the luminous, groundbreaking actress Anna May Wong—the first and only Asian American woman to gain movie stardom in the early days of Hollywood.





“Every day may
not be good...
but there is
something good
in every day.”

ALICE MORSE EARL



alzheimer's 
association

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Research and Progress: Healthy Aging in Marin County

*A community forum hosted by
Assemblymember Damon Connolly
and Supervisor Mary Sackett*

FREE - REGISTER TODAY!



**Assemblymember
Damon Connolly**



**Supervisor
Mary Sackett**

**Thursday, August 3, 2023
1:30-3:30 p.m.**

**Marin County Civic Center
3501 Civic Center Drive,
Room 330 (Board Chambers)
San Rafael, California 94903**

Register through Alzheimer's Association [HERE](#)

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Rod Stewart and his 94 year old sister in concert



Woman, 88, is the only resident of America's smallest town

Excerpted from Unilad.com

According to the 2010 U.S. Census, Monowi is the only incorporated town, village, or city in America with a population of one - making Elsie

Around 200 miles from Omaha, it was previously a bustling railroad town during the 1930s, with around 120 residents and several thriving businesses including a grocery store, restaurant and even a prison.

But as urbanization took hold, with people moving away from heavy-duty farm labor, being replaced by new technologies and looking for new opportunities in the big smoke, those who stayed died off one-by-one.

Then, sadly in 2004, Elsie's beloved husband, Rudy, also passed away meaning she was left as the town's last remaining resident.

She told Top30 TV: "I'm the only one who lives here in town. Everyone else has either moved away or passed away and this is where I chose to stay."

But don't feel too bad for the strong-willed 88-year-old, as she certainly likes to keep herself busy working as tavern owner, mayor, treasurer, clerk, secretary and librarian - though she makes sure to rest on Mondays.

With the Monowi Tavern throwing open its doors at 9 am six days a week, serving burgers, hot dogs and the 'coldest beer in town', she's never short on visiting tourists - from over 47 states and more than 40 counties - or regulars from nearby towns who need a bite to eat or a cold beverage.



You should never tweeze or wax your nose hair!!

Excerpted from HuffingtonPost.com

You may not have given your nose hairs a second thought (aside from how unpleasant they may be), but the fact is, they're there for a reason.

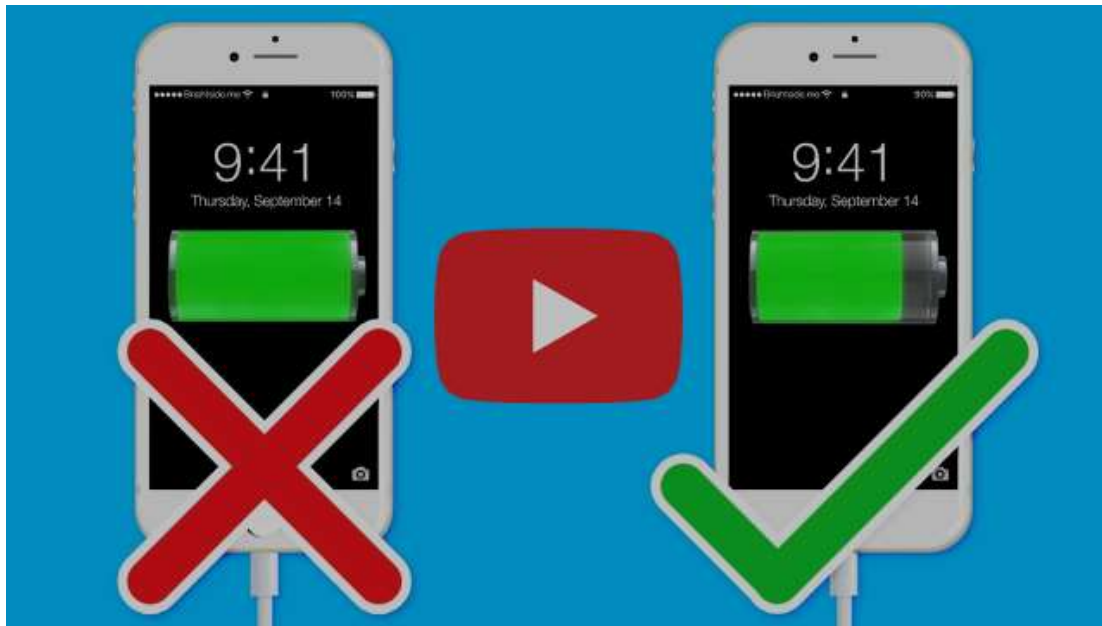
"The primary role of nose hairs is to trap dust, pollen and other airborne particles in the air so that the air you breathe is partially filtered," said Dr. Michael Jacobs, a New York-based board-certified dermatologist and associate professor of dermatology at Weill Cornell Medical College. He explained that the hairs act as a physical barrier, preventing these allergens from entering the nasal passages and potentially causing irritation or harm to the respiratory system.

Nose hairs also play a protective role by alerting us to potential dangers, Beasley said. "When something touches the nostril hairs, such as a small insect or other irritants, it triggers a reflexive sneeze,

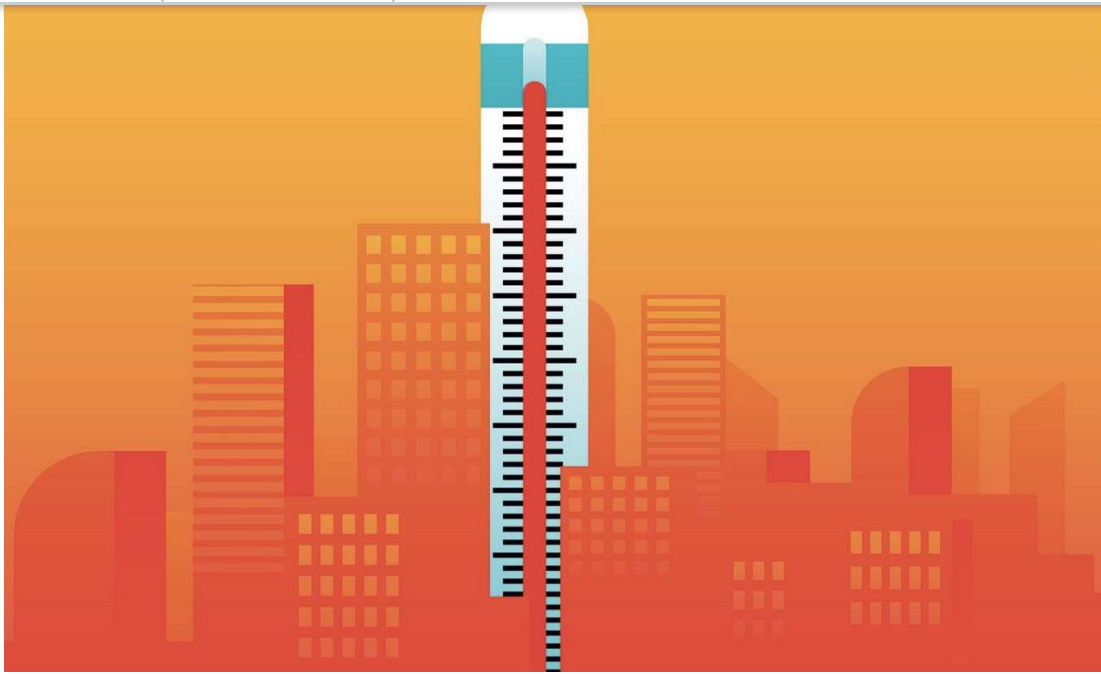
explained.

If you find that your nose hairs are reaching lengthy, unsightly heights, you can try carefully trimming them with a clean pair of eyebrow scissors, which are effective for removing straggling hairs that are visibly sitting underneath the nostril. If you're concerned with hurting yourself during this process, opt for angled scissors with rounded tips, as they reduce the risk of accidental nicks and cuts and are strategically shaped to get to those hard-to-reach areas. For trimming hairs deeper inside the nose, opt for an electric trimmer — these are both safe and easy to use, and require minimal effort on your part.

These two methods of nose hair trimming — rounded scissors and electric trimmers — are much safer alternatives to waxing and help prevent the risk of ingrown hairs and irritation.



Youtube video - 15 mistakes that shorten the life of your battery



What Is the Heat Index—and How Is That Different from the RealFeel Temperature?

Excerpted from ReadersDigest.com

The National Weather Service defines the heat index as the apparent temperature, or “what the temperature feels like to the human body when relative humidity is combined with the air temperature.”

While your local weatherman may say the temperature is 90 degrees, it’ll feel hotter or cooler depending on how humid it is. Relative humidity at 80%? It’s going to feel like 113 degrees. With only 10% humidity, though, it’ll feel like 85 degrees.

You might wonder why this matters—and it *does* matter. The No. 1 reason: The human body can heat up only so much before it reaches a dangerous temperature level. Sometimes staying in the shade isn’t enough, and we need to understand that to avoid heat stroke (or to avoid having our dog experience heat stroke), it’s better to stay in a cool house or skip our afternoon jog. The heat index is a guide that lets us determine how hard we can exert ourselves or what times of day we should stay inside.

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readings taken in the shade, and according to the National Weather Service, the heat index value can be up to 15 degrees higher in the sun.



Enjoy this NEW previously taped Stretch and Strengthen with Rayner class and don't forget to join us for the next live zoom class!

The next class will be July 17 and every other Monday after that at 11am.

RSVP on the Sausalito Village event calendar for the zoom link ONLY if you are attending for your first time. www.SausalitoVillage.org

IN ADDITION: Rayner teaches via zoom for Vivalon on Tuesdays. Classes are free, but you must sign up as a Vivalon member. Here is the link: <https://vivalon.org/about/Vivalon-membership/>



How to reconcile with an estranged family member

Excerpted from PsychologyToday.com

To approach reconciliation in a rational, self-protective yet open fashion, it's crucial to assess one's own feelings and examine the prospects for resuming and improving the relationship. Consider the following questions when assessing your feelings:

- Why is this relationship important to me — not to my family or to anyone else, but to me?
- On what basis would we enter, rebuild, and maintain the relationship? As siblings, as friends, as distant relatives?
- Do my sibling and I have enough in common — including a desire to make this effort worthwhile?
- Can I set aside the anger, pain, and/or resentment that led to the break in order to change our pattern of relating?
- Is it possible to develop a different, better relationship?
- Do I want to resume this relationship if I discover that neither of us has changed?

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support of other loved ones — to reconcile and rebuild this relationship?

- Will I compromise too much of myself if I try to sustain a relationship with my difficult sibling?

Continue to read this article [HERE](#)



640 DRAKE AVE
MARIN CITY, CA 94965



CSD 65TH PRE-ANNIVERSARY CELEBRATION
DANCE PARTY!

COME ON DOWN DANCE!

WHERE: MARIN CITY SENIOR CENTER

WHEN: THURSDAY- JULY 27, 2023—6PM-10PM

FEATURING: ISOJI ART IS-HEALTH PRESENTS:
JAMES MOSLEY BAND

PLEASE rsvp with Florence: 415 332-1441 or
fwilliams@marincitycsd.com

DANCE CONTEST/SNACKS



On April 8, 2024...

- Plane tickets from LA to Mazatlán, Mexico, are sold out.
- A Hilton Garden Inn in Texarkana, TX, is charging \$743 for a room with two queen beds.
- A Comfort Inn & Suites in Plattsburgh, NY, is charging \$559 for a similar room.
- The Drury Inn in Carbondale, IL, is 99% full.

What is going on that day?

Answer at the bottom of the newsletter.





Just 15 Minutes of Gratitude a Day Can Make You Significantly Happier, Research Shows

Excerpted from IncMagazine.com

So, skip the fake smiles and relentless good cheer. But consider committing 15 minutes each day to focusing on the positive through exercises like:

- Journaling about things you are grateful for
- Listing three things you're grateful for each day
- Writing a letter to someone expressing your gratitude
- Using mindfulness meditation to focus on what you are grateful for
- Practicing saying "thank you" in a sincere and meaningful way

Engaging in these simple interventions shouldn't cause you to break a sweat. Instead, they should bring a smile to your face today -- and may strengthen your brain's ability to see the sunny side for months to come.



4 hours of reggae style music



Answer to today's puzzler:

Solar eclipse! The first solar eclipse viewable in the US since 2017 will arrive next April 8.

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



***For information about our programs, events,
emergency preparedness, archived copies of
our weekly newsletters, visit the
continuously updated Sausalito Village
[website](#).***

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