



Photo by Felicity Kirsch

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

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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 23 - Line Dancing

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

July 25 - Line Dancing Mixed Level

July 25 - Book Review Group

July 26 - Private Tour of newly renovated Ice House

July 27 - Line Dancing Beginner

July 31 - Stretch and Strengthen

July 31 - Private showing of SCA exhibit



RSVP Now - Private tour of the renovated Ice House July 26

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



A Trick To Help You Make Connections When You Enter A Room Solo

Excerpted from the MindBodyGreen.com

Let's say you're attending a party and show up way before your friends arrive, a work event without your colleagues, etc. Chances are you'll feel a bit more nervous about the pending social interactions. In fact, you may not even know where to start.

Luckily, New York Times best selling author, Gretchen Rubin, has some advice: "If you don't know anybody, a great way to connect is to comment on a shared sensory experience," she says. "This is something that you both share in the moment."

According to Rubin, this technique works because the other person already has a point of connection with you. "It will tie you to the moment together," she adds.

Below, a few examples from Rubin to get you started:

- "I love this song, but I don't know the name. Do you?"

anything? What should I try?

- “What a beautiful flower arrangement! I can smell the lilacs from here.
- A word of wisdom: Do your best to comment on something positive, rather than critiquing your surroundings or other people in the room. You never know who could be the event planner, owner of the house, partner of that person over there, etc.
- The takeaway

Making friends as an adult can be challenging, especially when you attend social events by yourself. To make mingling a bit easier, approach someone in the room with a topic about your common surroundings or experiences. With this tip in mind, you'll likely calm your social anxieties and feel inspired to make more quality connections.



Join us for the July SV Book Review Group!

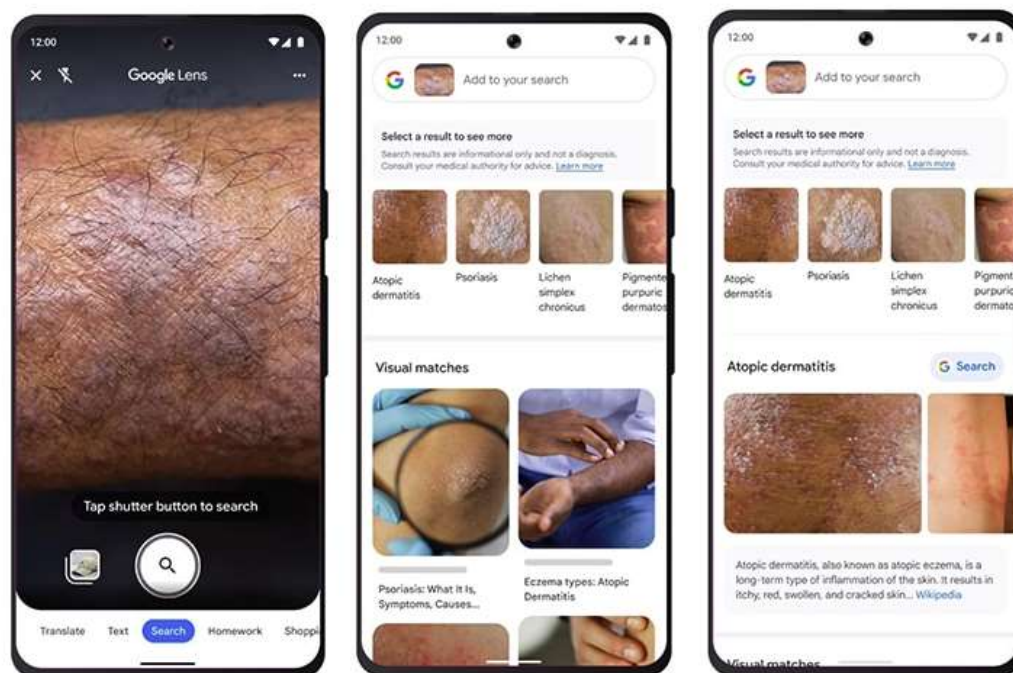
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WHERE: This group meets via zoom.

RSVP for link: https://sausalito.helpfulvillage.com/events/3985-afternoon-book-review-group/event_participations/new

Are you reading a book you just can't put down (fiction or nonfiction)? Come describe it to other bibliophiles, and hear about their favorite books. This "book club" is fun because there is never a book assignment to read prior to meetings. And you'll get some good new book recommendations!

This group generally meets on zoom on the 4th Tuesday of the month.



You can now use Google Lens on your phone to identify skin conditions

Excerpted from MyModernMet.com

just a few seconds. While most of us will use Google Search to find what we need, Google Lens has just rolled out more capabilities to assist people's lives. One of them uses image recognition technology to help folks browse possible skin issues by snapping a photo.

This tool can potentially replace the difficulty of researching conditions with text. To get started, all one needs is a camera or a smartphone equipped with one. "Describing an odd mole or rash on your skin can be hard to do with words alone. Fortunately, there's a new way Lens can help, with the ability to search skin conditions that are visually similar to what you see on your skin," Google says. "Just take a picture or upload a photo through Lens, and you'll find visual matches to inform your search. This feature also works if you're not sure how to describe something else on your body, like a bump on your lip, a line on your nails or hair loss on your head."

While this tool can be of great use to people who want guidance on potential skin conditions they may have, Google stresses that Lens should not be used as a replacement for a doctor and encourages users to seek professional help if they are worried about their health.

Lens has added other tools as well. Among them is the ability to translate typed or written text into over 100 languages, making it easier to understand signage in another country. Additionally, Lens can be used to identify landmarks and important institutions like the Louvre and the Smithsonian. There's also the option to research clothes you see online and shop for the same or similar-looking options.

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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



Proper way to store champagne before and after serving

Excerpted from TastingTable.com

The standard fridge can dip down to temperatures of about 35° Fahrenheit, making it too cold to store Champagne for extended periods of time. The solution? Keep bottles in a cool, dry, and dark environment such as a cellar, basement, or specially-designed wine fridge where a constant temperature between 50 and 60 degrees Fahrenheit can be properly maintained.

Yet since Champagne is best served well-chilled at temperatures around 43° to 45° Fahrenheit, bottles do still require some refrigeration prior to consumption. The key, however, is to place bottles in the fridge to chill only for a few hours (not weeks or months!) before serving. But if you don't have time to give Champagne a final cold blast in the fridge, don't panic and don't prop the bottle in the freezer. You can easily and efficiently reach the ideal serving temperature by placing bubbly in an ice bucket that's filled with equal parts of ice and water. After about half an hour, the Champagne will be ready to enjoy in all its glory!



Private Tour - Sausalito Center for the Arts Newest Showing July 31

WHEN: Monday, July 31, 1:00pm-2:00pm

WHERE: SCA, 750 Bridgeway

RSVP: <https://sausalito.helpfulvillage.com/events/3991>

Need a door to door free ride? Call CARSS 415-944-5474 48 hours ahead for this event

The SCA welcomes ArtSpan to the shores of Sausalito!

ArtSpan believes in the power of art to enrich lives. For 30+ years ArtSpan has championed an inclusive art experience and provided diverse audiences with an authentic connection to local art and artists.

The Sausalito Center For The Arts is thrilled to welcome to our shores, the emerging and established artists who contribute to San Francisco's inimitable creative energy.

This is a multi media exhibit featuring a variety of San Francisco's most creative artists.

Unable to make the private tour? The show runs through August 13.

Visit Wednesday through Sunday 11am-5pm. Free admission. SCA is located at 750 Bridgeway (previously BofA building)



Cable car crossing the Matterhorn opens this summer

Excerpted from Zermatt.com

Until now, it has only been possible to ski from Zermatt in Switzerland to neighbouring Breuil-Cervinia in Italy and back in winter. The construction of a new 3S cable car from the Matterhorn glacier paradise (Klein Matterhorn) to Testa Grigia completes the continuous cable car link between Switzerland and Italy and makes it possible to cross the Alps without skis and without getting your feet wet. The one-hour journey offering stunning views from Switzerland to Italy, or vice versa – the Matterhorn Alpine Crossing – will cover over 4,000 metres of altitude, making it the cable car link with the greatest altitude difference in Europe.

The new cable car to Testa Grigia uses the same type of construction as the Matterhorn glacier ride I that opened in 2018 between Trockener Steg and the Klein Matterhorn. Construction costs are estimated to be around CHF 45 million and the route is scheduled to open in spring 2023.



Transportation and Mobility Options for Staying Independent on the Roads and at Home in Marin

HOSTS: An Age-Friendly Marin Forum

WHEN: Wednesday, July 26, 10:30 – 11:45am

WHERE: Zoom

RSVP for link: <https://www.eventbrite.com/e/getting-around-marin-transportation-mobility-options-to-stay-independent-registration-671238210557>

Transportation alternatives are critical to enabling older residents and non-drivers to access community services, get to work or volunteer, and visit family and friends. Discover what transportation and benefits are available in Marin and tips to

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the things we are used to doing while feeling good.

Learn about:

- The variety of options for getting around without driving.
- How the Marin Transit Travel Navigators and the Trip Planner help you with rider programs and routes.
- The AARP Driver Safety Course
- How you can improve the quality of your life with the correct assistive devices
- Falls and balance prevention through Vivalon programs and Tai Chi
- Home mobility solutions to keep you walking longer and to build your confidence and balance
- Alternative mobility options such as e-bikes and how to ride safely on the right bike or trike with the right frame for your abilities.
- Classes, clinics, demo events, and advocacy efforts for biking and pedestrian safety.

Speakers:

Host: Age-Friendly Leaders

Joanna Huitt, Marin Transit, Senior Mobility Planner

Zoe Reckas, Marin County Bike Coalition, Advocacy Assistant



Everything we know about Coyotes is wrong!

We are all invited to join NEXT SF Village for a talk to set the record straight.

WHEN: August 9, 2023, 1:00pm-2:00pm

WHERE: Zoom

REGISTER: <https://www.monami.io/calendars/next-village/events/everything-we-know-about-coyotes-is-wrong-wednesday-august-9-2023/registrations/new>

About the program:

Urban Coyotes; How to keep pets safe and rodents nervous

Coyotes are one of the most fascinating wild mammals on earth and yet even though they are commonly found in many of our urban communities, myths and fears about their behaviors persist.

Join Keli Hendricks, Project Coyotes' Ranching With Wildlife

Coordinator, as she replaces myths with facts and helps us better understand, appreciate and live peacefully alongside the coyotes in our midst.

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Sonoma County. Keli is a long time volunteer with Sonoma County Wildlife Rescue and VP of Little Trooper Ranch, a non profit animal rescue. She also serves on the Sonoma County Fish and Wildlife Commission. Keli was named Volunteer of the Year for Sonoma County in 2022 for her tireless work on behalf of people, pets and wildlife.





Best American cities for bird watching

Excerpted from MentalFloss.com

You don't have to trek to the countryside to enjoy a successful birdwatching excursion. Some of the best bird destinations in the U.S. also happen to be the country's biggest metropolises. If you're itching to expand your life list, head to one of the best American cities for birdwatching, which are listed below.

- | | |
|---------------------|--------------------|
| 1. New York, NY | 11. Tuscon, AX |
| 2. San Diego, CA | 12. Portland, OR |
| 3. Houston, TX | 13. Irvine, CA |
| 4. Seattle, WA | 14. Long Beach, CA |
| 5. Los Angeles, CA | 15. Pasadena, CA |
| 6. SF, CA | 16. Denver, CO |
| 7. Philadelphia, PA | 17. Escondido, CA |
| 8. Phoenix, AZ | 18. Atlanta, GA |
| 9. Austin, TX | 19. Lancaster, CA |
| 10. Chicago, IL | 20. Oceanside, CA |

FRIDAY PUZZLE

Today's puzzle is all about the sound "zh" and the many English letters that can represent it.

- The "g" in beige
- The "s" in measure
- The "z" in azure

But, there is only *one* word in the English language in which the "zh" sound is spelled with a "t." Can you name it?

Answer at the bottom of the newsletter.





Excerpted from Chase.com

Today, every internet-ready device and website you use could be a risk, especially when you set up or use accounts that require personal information.

Through Electronic Devices and the Internet

- **Phishing** (pronounced “fishing”) — You get an email that looks reputable but asks you to call a fraudulent number, respond to the email, or go to a website and enter personal information. Remember, no legitimate representative of JPMorgan Chase will ever ask you for your PIN or password by email. We will request that information only by phone.
- **Spoofing** — Bogus websites that look legitimate and ask you to provide personal information.
- **Pharming** — This can happen when you enter a legitimate website, but your browser is redirected to a bogus location that resembles it to collect your personal information.
- **Hacking** — There are many techniques thieves use to install malicious programs on your devices.

The programs capture your keystrokes and network traffic to steal personal information, including user IDs and passwords.

- **Stealing** — If they get your laptop, smartphone, or another device, thieves can use any unsecured data to discover passwords and access accounts.
- **Skimming** — Obtaining credit and debit card numbers using a special device on ATMs or when processing a purchase.

Through Your Mail and Personal Documents

- Finding personal information in your home.
- Stealing wallets and purses with your identification and bank cards.
- Taking your mail, including bank and credit card statements,

information.

- Completing a “change of address form” to divert your mail to another location.
- Rummaging through trash for personal data, also known as dumpster diving.
- Obtaining your credit report by posing as someone who may have a legitimate need for and a legal right to the information.

What do do about it? Read the rest of this article on the Chase.com website: [HERE](#)



Tips for canceling online subscriptions

C+R Research found in a May 2022 survey that on average, consumers initially estimated they spent \$86 per month on subscription services. But after examining their expenses more closely, they saw they actually spent \$219.

The F.T.C. advises consumers to put a calendar reminder in their phones when they sign up for a free trial so they will be alerted when it is time to cancel. Not everyone will do that, however, so Mr. Breyault of National Consumers League said his group was urging the F.T.C. to require companies to notify customers before each recurring charge, and to remind them that they can cancel if they choose. Would constant email or text reminders get annoying? Perhaps, Mr. Breyault said. “But it’s more annoying to keep getting charged for subscriptions you no longer use.”

The F.T.C. is proposing an annual reminder for anything other than subscriptions involving the delivery of physical goods. (The idea is that getting stuff delivered to your door is a sufficient prompt.) The F.T.C.’s proposal would also give consumers the option of hearing alternative, money-saving pitches before canceling a service. (Mr. Kohm of the F.T.C. said he had used such an offer himself. When canceling a radio subscription, he said, he was offered a much lower rate to continue and accepted it.)

But the changes are aimed at avoiding situations like the one described in a letter to the F.T.C. by two dozen attorneys general, in which a customer tried to cancel a subscription using a company’s online chat feature. The company representative repeatedly urged him to reconsider, ignoring the man’s steadfast request to cancel, keeping him online for about 40 minutes.

Here are some questions and answers about managing and canceling subscriptions:

How can I best keep track of my subscriptions?

“It requires a mental reset,” Mr. Howard said. He recommends that once every three months — say, when the seasons change — you look through your checking and credit card statements and review recurring charges to “see all the things we didn’t remember we have.”

isn't always easy, particularly with some cable companies and many gym memberships. You may have to call the cable company, he said, where you may be transferred to a "retention" specialist who may offer some sort of temporary discount to keep you. With gyms, you may have to visit a location.

Should I use a subscription tracking app?

There are now many apps that will scour your bank account or credit card statements for recurring payments, and may even offer to cancel subscriptions for you. But the apps require you to share your account information and, in some cases, may charge a fee.

In their letter to the F.T.C., the attorneys general took a dim view of such apps. "We believe that consumers should not have to sign up for yet another service" to manage their subscriptions, they wrote.

What else can I do to avoid unwanted subscription costs?

The F.T.C. advises that consumers watch for prechecked boxes when making a purchase online. Those boxes may sign you up for a product or service you don't want, unless you uncheck them. If you cancel a subscription but are still being charged, the commission recommends disputing it with your credit card company. You can also file complaints on the [F.T.C.'s website](#).

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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

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alzheimer's association

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**



Yosemite rangers give the green light to knock down the cairns

Excerpted from SFGate.com

Yosemite National Park Service rangers have a clear message for hikers who've spotted giant piles of rocks stacked on top of one another — knock them down.

The rock piles are called cairns, and in a recent Facebook post, Yosemite National Park said the unnatural constructions go against the "Leave No Trace" practices that visitors should abide by while visiting the park.

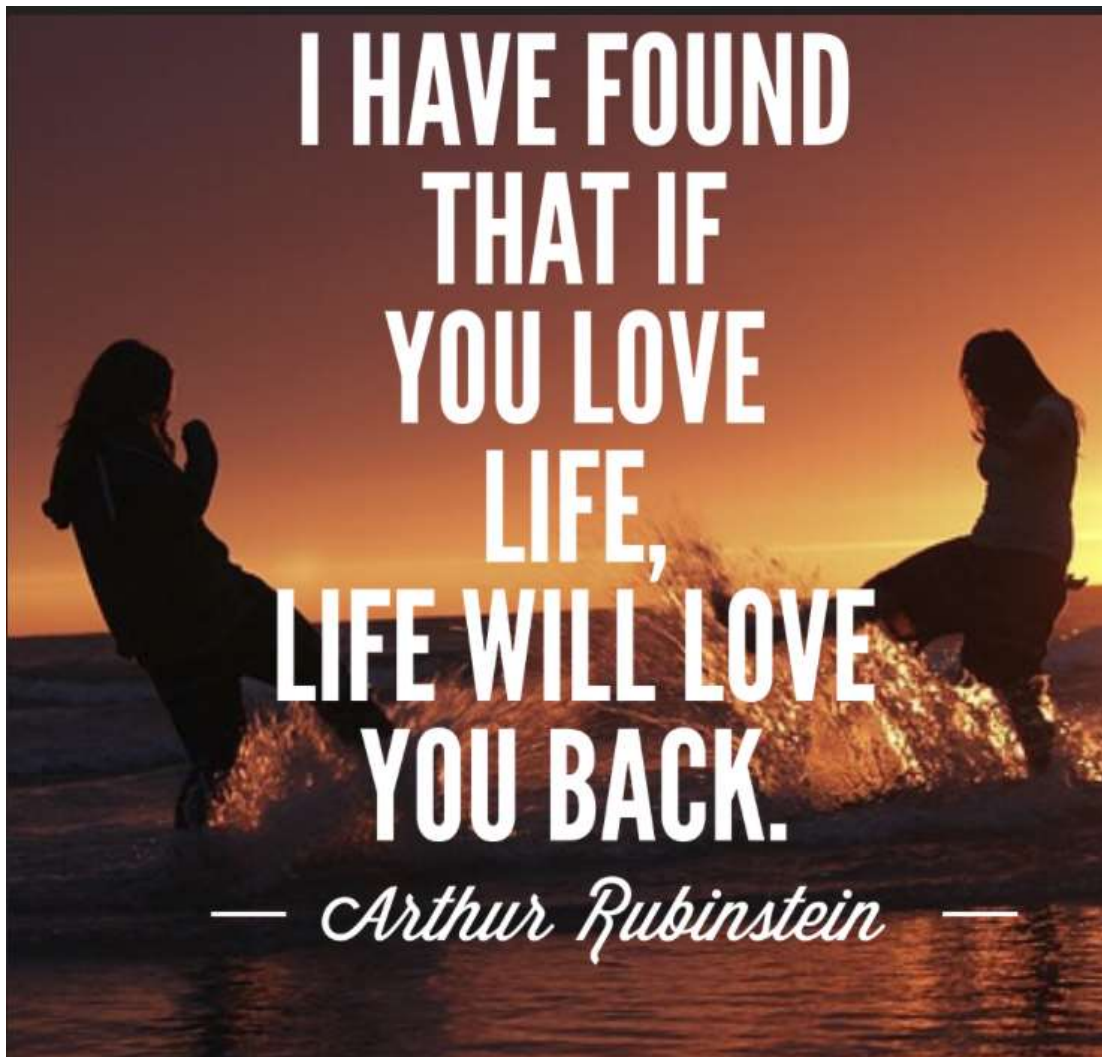
Maybe you've thought they've added to the beauty of a national park; perhaps you've found them a nuisance because they're ruining your perfect shot — however you feel about them, Yosemite officials have given the green light to get rid of them.

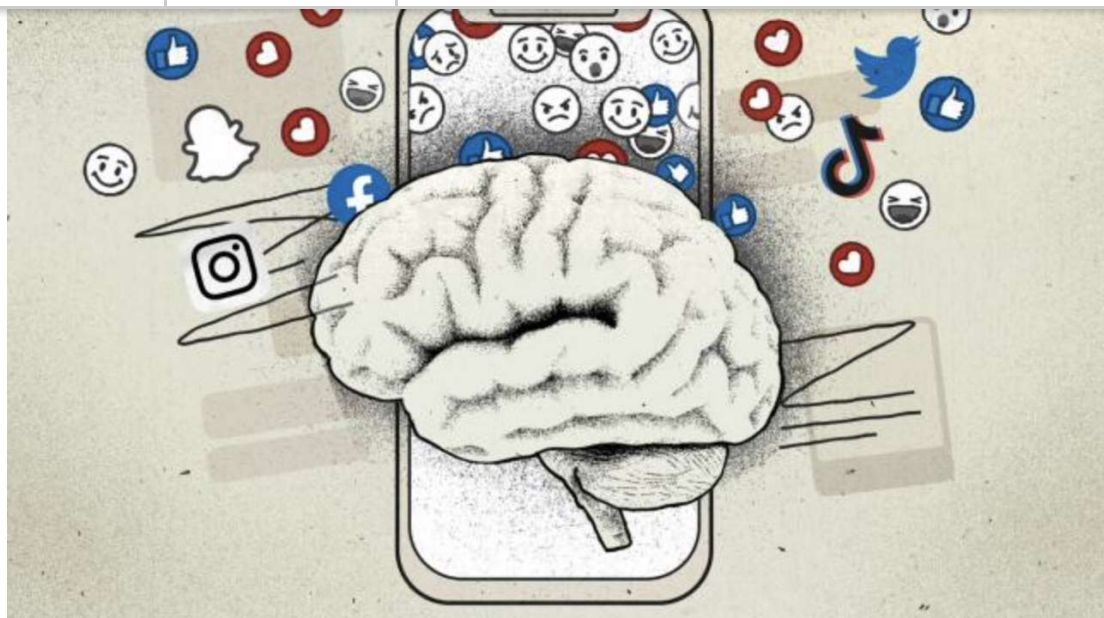
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impact and is distracting in a wilderness setting. Building rock cairns also disturbs small insects, reptiles, and microorganisms that call the underside home!” the park said on its official Facebook page.

“When used appropriately, rock cairns are great for navigation, safety, and delineating a new or hard-to-follow trail. In general, rock cairns should only be constructed by rangers and trail workers,” the park said in the post.

Read the rest [HERE](#)





How addictive, endless scrolling is bad for your health

Excerpted from YahooNews.com

"Human connection is vital for survival. We're programmed over millions of years of evolution to connect with other people," says Anna Lembke, a professor of psychiatry and addiction medicine at Stanford University School of Medicine. But Lembke says social media companies have essentially exploited our need for human connection.

"Part of the way our brains get us to do that is by releasing oxytocin, our love hormone, which in turn releases dopamine in the reward pathway, which makes connection feel good," she added.

Lembke explains that social media has taken the work out of how we connect with other human beings, placing that effort online and adding three major ingredients: novelty, accessibility and quantity, making scrolling a very potent drug.

In May, Surgeon General Vivek H. Murthy issued a public warning: Social media poses a risk to the mental health and well-being of children and adolescents.

That public advisory from the country's top doctor was rare, but one that follows a pattern when no legal standards are in place.

all media, but to identify the ones that are problematic and eliminate those for four weeks, which is on average the amount of time it takes to reset reward pathways," Lembke said.



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

RSVP and Pay: <https://sausalito.helpfulvillage.com/events/3944>

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.

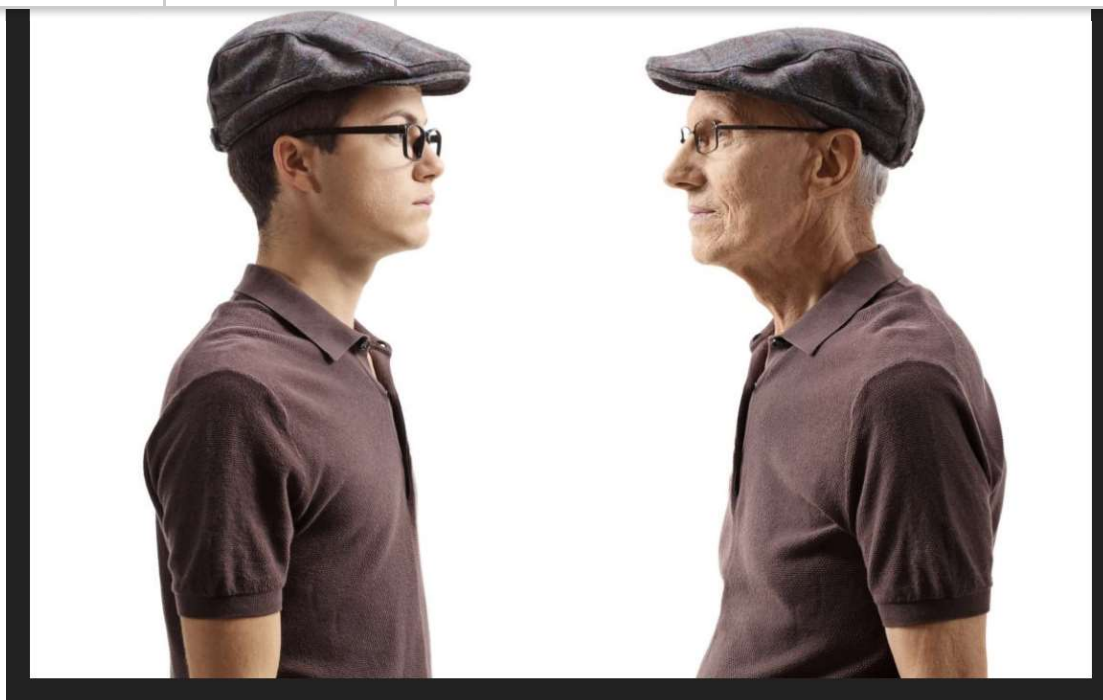
The deeply discounted ticket prices we are getting is all thanks to SV Members, Linda Jaeger and Charlie Browne. We will be sitting in the

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.



US made Sheffield pens celebrates journaling for 50 years



How to stop comparing your current body to your former one

Excerpted from Self.com

“The same way we mentally mature over time, our physical body also changes as we go through pregnancy, for example, menopause, or even just plain old aging,” Jennifer Rollin, MSW, LCSW-C, says. Yet most of us forget (or have trouble accepting) that it’s not only normal but inevitable for our bodies to evolve.

Of course, it can be incredibly hard to embrace weight gain, say, fine lines, or other changes to your appearance in a culture that’s constantly shoving a certain “ideal” look in your face. It would take real systemic change to shift that toxic messaging—which, unfortunately, isn’t such a quick fix. On an individual level, however, it is possible to challenge some of those harmful ideas about how you “should” look so you can feel more comfortable in your skin.

Here, body image experts share their best advice for accepting the whole “getting older” and “looking different” process that all of us, if

Read the full article below. Here are the topics discussed:

- Challenge negative thoughts by grounding yourself with the facts.
- Reframe your relationship with your body by focusing on its function.
- Write down what you really admire about yourself.
- Think of your inner child or future, older self.
- Resist the temptation to constantly scroll through your camera roll.
- Reevaluate who you're following on social media—and who you're surrounding yourself with IRL.
- Don't punish yourself with clothes that no longer fit or feel comfortable.

Read the article [HERE](#)



Most viewed Youtube video ever - over 13 BILLION views!



1500 works of Van Gogh's art have been digitized for you to see

Excerpted from MyMet.com

While the Van Gogh Museum in Amsterdam remains a top destination to see his work in person, there is now another way to experience the Dutch Post-Impressionist's masterpieces. The museum has digitized 1,500 paintings and drawings by Van Gogh and made them available online for anyone to view.

This incredible array includes some of his most famous paintings as well as lesser-known pieces and even sketches. People can admire the vibrant depictions of the French countryside which he is so known for, and also immerse themselves in the numerous studies Van Gogh made of people and nature. The Van Gogh Museum makes it easy to filter art by time period, location, genre, and more. There is also an option to download any artworks that you like.

information about when it was made and insight into Van Gogh's process and life. The Van Gogh Museum boasts the largest collection of Van Gogh artwork in the world, but it's nice to see the institution proving alternatives for people who cannot visit in person.

You can start browsing Van Gogh's art [here](#).



What are life path numbers? Here is how to calculate yours

Excerpted from TodayShow.com

Life path numbers are an important part of a series of numbers in a numerological chart that can be traced to ancient civilizations such as the Babylonians, Egyptians and early Indo-Aryans, who all used numbers to describe qualities of the world around them. They are derived solely from a person's birthdate and give insightful information about a person's life journey.

path number. Here's one process:

1. Add your birth month and day together and keep the result. For example, February 20 would be $2 + 20 = 22$.
2. Add your entire year together and keep the result. For example, 1989 would be $1 + 9 + 8 + 9 = 27$.
3. Add the two results together. In the example shared here, add 22 (from the month and day) to 27 (from the year.) $22 + 27 = 49$.
4. Add the double digits together until it yields a single digit. In this case, 49 is $4 + 9 = 13$ and then 13 is $1 + 3 = 4$. This person's life path number is 4.

You can look up the meaning of your life path number on Numerology.com [here](#).

Read the entire article [HERE](#)



**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 31 and every other Monday after that at 11am.**

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/>



When Does Humidity Become Dangerous to Your Health?

Excerpted from VeryWellHealth.com

Scientists use “wet-bulb temperature” to measure heat and humidity together. This reading is taken when the bulb of a thermometer is wrapped in a wet cloth. As the water evaporates, it cools the bulb, just like the body cools itself by sweating.

Some scientists suggested that 95 degrees Fahrenheit was the maximum wet-bulb temperature that the human body could handle—and being exposed to this temperature for six hours could be deadly even for a healthy individual.

It’s not a common occurrence, but some parts of the world, such as Jacobabad, Pakistan, have crossed this wet-bulb reading for short

But the threshold for dangerous wet-bulb temperatures might be lower than 95 degrees, according to a study published in the *Journal of Applied Physiology* last year. The researchers also found that one temperature threshold can't be set because many different factors can influence when someone can no longer cool off effectively.

Wet-bulb temperatures can help researchers understand the impact of climate change, but wet-bulb readings usually aren't available on a basic weather report.



9 hours of Beethoven piano music

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FRIDAY PUZZLE

ANSWER

Answer to today's puzzler:

Equation

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



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emergency preparedness, archived copies of
our weekly newsletters, visit the
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