

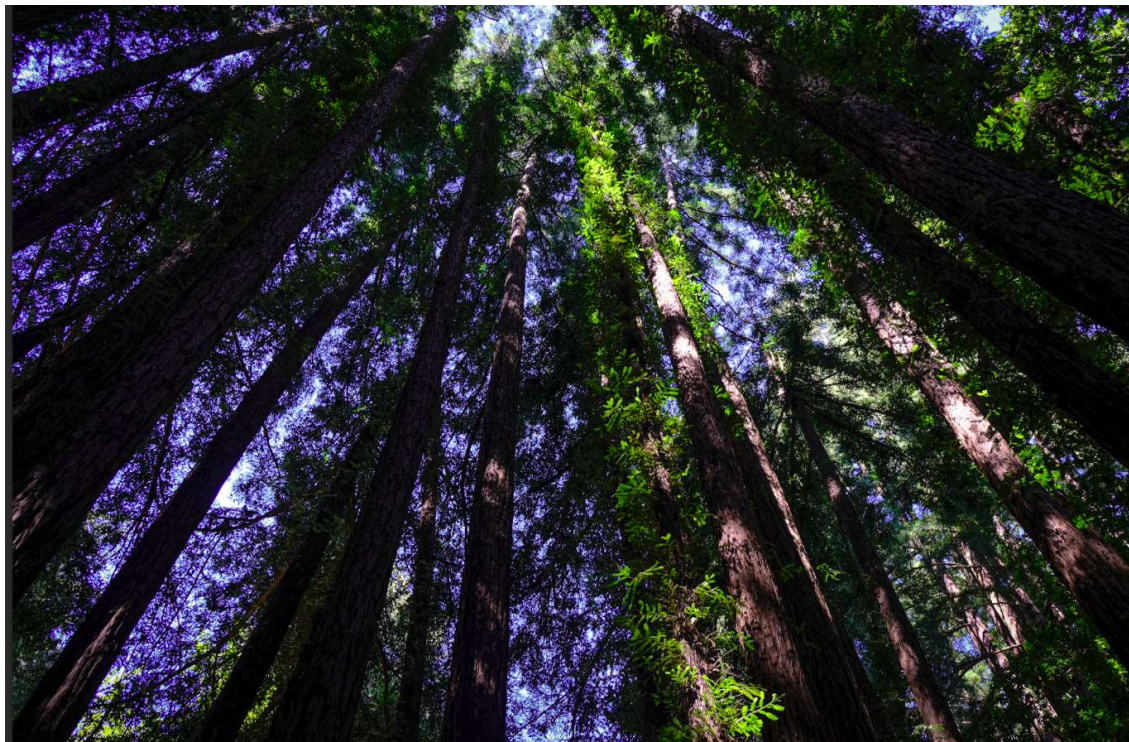
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Photo by Katie Godowski

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

Have you missed a previous newsletter? They are archived!

You can view past newsletters on the SV Website:

https://sausalito.helpfulvillage.com/newsletters?newsletters_month=7&newsletters_year=2023



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:

- August 20 - Line Dancing Workshop
- August 22 - Line Dancing Mixed level class
- August 23 - Elder Fraud Summit - rides available
- August 23 - WAITLIST ONLY Supper Club "Summer in Provence"
- August 24 - Line Dancing Beginner
- August 28 - Stretch and Strengthen with Rayner
- August 28 - Summer Sing Along
- August 29 - Tech Training for Older Adults
- August 29 - Afternoon Book Review Group
- August 30 - Private Happy Hour at Ditas

Mark your calendar for Ready Sausalito, SV hosted Emergency Preparedness Fair Saturday, September 9th, 1pm-4pm



Sausalito Police expired drug drop off at SV Hosted READY SAUSALITO

WHEN: Saturday, September 9th, 1pm-4pm

WHERE: MLK Basketball Court, Coloma Street

BRING your expired and unwanted medications/vitamins/supplements to the Ready Sausalito event for a safe way of disposing these items.

Below are the instructions for disposal:

- If applicable, remove or black-out any personal information
- Recycle the original container and put the pills/tablets in a clear Ziplock bag; keep liquids in original container
- Note: sharps cannot be disposed of by the Police Department



The Insidious Habit That Can Hurt Your Relationship

Excerpted from TheEthicist.com

As relationship transgressions go, “phubbing” — a portmanteau of “phone” and “snubbing” — is, on the surface, fairly benign. Yet research increasingly shows it can be insidious. A recent study linked higher levels of phubbing to marital dissatisfaction, and a 2022 study found it can lead to feelings of distrust and ostracism. One study found that those who phub a lot are more likely to be phubbed themselves, creating a kind of ripple effect.

“Phubbing can be a range of different behaviors, from glancing at your phone in the middle of a conversation, to checking your phone when the conversation stalls out a little bit, or keeping your phone close by,” said Anthony Chambers, a board certified couple and family psychologist and the chief academic officer at the Family Institute at Northwestern University. He said the issue comes up among the couples he works with on an almost weekly basis.

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...and, fortunately, for most couples, it's a relatively easy issue to fix," he said. These strategies can help.

Establish clear ground rules.

Partners should set the boundary together: No phones in the bedroom? No phones at meal time? (Research has found that when people keep their phones on the table, they tend to feel more distracted and less socially engaged.) It may help to establish lighthearted consequences for breaking the rules, Dr. Chambers said: Perhaps a partner who whips out a phone at dinner needs to pay for the meal or do the dishes after. He also encourages couples to take control of their pop-up notifications. "That can be a really big trigger," he said. "You hear the beep or the buzz, and you're sort of trained to pick up the phone and say, Oh, what's this? What's going on here?"

If you're upset about phubbing, talk about it.

Obvious? Yes. But Dr. Chambers frequently works with couples where phubbing behaviors have been left to simmer until they become a bigger problem.

One partner may feel like the other is spending time on their phone in lieu of helping out with the kids or household tasks, or that they find work emails or the news more interesting than family time. He has worked with many clients who have admitted they had no idea how much distress their behaviors were causing until they were in a therapy session.

Narrate what you're doing.

A partner may be upset by phubbing because it's simply bad manners. But in the context of a romantic relationship, there can be added layers of hurt, particularly if one partner feels like he or she is having to compete for the other's attention, Dr. Hertlein said.

For that reason, it may help to narrate what you're doing when you are using your phone in front of your partner, Dr. Hertlein said. If you are depositing a mobile check or replying to a work email, let your partner know.



Tuesdays are now Sausalito Village Errand days!

Do you need a prescription picked up? A library run? Dry cleaning picked up? A few of items from a store? Our newest volunteer, Amy, is happy to run your errand on Tuesdays.

Please let Wendy know by Monday at 5:00pm what errand you need help with and it will be completed on Tuesday. You can reach Wendy at 415-332-3325 or SausalitoVillageConcierge@gmail.com



How to Say No Politely and Firmly in Any Situation

Excerpted from ReadersDigest.com

Saying no isn't just an etiquette skill, it's a life necessity if you want to be happy and mentally healthy, says Gretchen Rubin, a happiness expert and the author of *The Happiness Project* and *Better Than Before*.

"Living someone else's version of your life because you can't say no is a tragedy," she says. The solution? Setting boundaries. "Ultimately, saying no is making a boundary that protects both you and the other person," she says. After all, saying yes to one thing means saying no to everything else. It tends to be a "polite" mistake. But by drawing boundaries, you can focus your time, energy and "yeses" on the things that are important to you.

“Technically, ‘no’ is a whole sentence, and you don’t necessarily owe anyone an explanation,” says Temple. “But that can come across as abrupt, aggressive or cold. If you want to preserve the relationship or simply convey kindness, find a softer way to say it.” Whether you’re addressing it in person or following email etiquette or texting rules, here are some scripts for politely—but firmly—saying no.

- I really appreciate the offer, but I’m going to have to pass this time.
- Thank you for thinking of me, but I won’t be able to make it tomorrow.
- I’d love to come, but unfortunately I have a prior commitment that day.
- I’m so honored that you asked me, but I’m maxed out at the moment.
- It sounds lovely, but I won’t be able to make it. Maybe next time!
- You are so thoughtful to invite me; I’d love to meet up with you another day.
- I’m grateful for the opportunity, but I have to pass.
- I wish I could help, but I have a prior engagement.
- I’m sorry, but I have to respectfully decline.
- I’m flattered, but I have to say no this time.
- I really appreciate your offer, but I’m going to have to decline.
- It’s not you, it’s me—it’s been an exhausting week, and I need some quiet time.
- Thanks for reaching out, that means a lot to me. Unfortunately I won’t be able to this time, but let’s stay in touch.
- I’m sorry, but I’m not available for that.
- I’m afraid I can’t make it work, but I appreciate the thought.
- Thanks, but no.

Read more tips for saying NO and the rest of the article [HERE](#)

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SV Summertime Sing Along - Join us, it will put a smile on your face!

We have Jean Capron on the keys and the entertaining Maria Paterno and Ciji Ware at the microphone. Come to sing or just listen!

Words are shown on the screen above or in printed song books.

Wine and cheese will be served on the patio at 4pm and singing will start promptly at 4:15pm.

WHEN: Monday, August 28, 4pm-5:15pm

WHERE: Campbell Hall, 70 Santa Rosa Street

RSVP so we can plan accordingly:

<https://sausalito.helpfulvillage.com/events/4007>

Plenty of parking.

Need a ride? Door to door rides are available, reserve yours by Friday before at noon by calling 415-332-3325.



The World's 'Oldest Practicing Doctor' Shares How He Keeps His Brain Sharp as a 101-Year-Old Neurologist

Excerpted from Well+Good.com

While many of us may be (understandably) counting down the days to retirement, Howard Tucker, MD, is still a practicing neurologist at 101 years old. In fact, he holds the Guinness World Records title as the “oldest practicing doctor”—and moonlights as a TikTok star with close to a hundred thousand followers. For the past 75 years, he’s been working most days of the week, treating patients and teaching upcoming physicians.

How does he keep it up at age 101? While genetics and luck are a good headstart, he says, stimulating your mind (at all ages) is crucial for staying mentally sharp and keeping your brain healthy as you age. Here, he shares his four best pieces of brain health advice.

1. Engage in something thought-provoking and enjoyable

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4. Create sustainable habits

Loving what you do is the ultimate key, according to Dr. Tucker. “The excitement of learning new things, meeting new people, and helping patients keeps me going,” he says.

He feels thankful for the luck he’s had in finding a job he’s so passionate about. “Enthusiasm about your work and personal life, and having a sense of purpose, will naturally lead to motivation,” he says. (That’s intrinsic motivation for you!) “That’s all there is to it.

Read the entire story [HERE](#)



Private Happy Hour at Sausalito's newest culinary gem, Ditas!
Wednesday, August 30th from 3:00 to 4:30

Please join us to experience the beauty of Ditas, the newest waterfront restaurant now occupying the space previously held by Ondine's.

Enjoy drinks created by Alvaro Callie, Ditas' Mixologist, while taking in one of the best views in Sausalito, and meet Nikita Khandheria, the 20 year old creator and CEO of Ditas who will share her journey with us.

No host bar. Sausalito Village members and volunteers will receive a coupon from the Village for \$5 off a drink. Nibbles will be served.

Open to Sausalito residents.

RSVP Now for Ditas Marin Private Happy Hour

<https://sausalito.helpfulvillage.com/events/4006>



Is over-hydration more dangerous than dehydration?

Excerpted from OutsideMagazine.com

One of the most important things to maintain balance in our blood cells is the sodium-to-water ratio, says Tamara Hew-Butler, associate professor of exercise and sport science at Wayne State University School of Medicine. When you're dehydrated, you contain less water, causing your blood cells to shrink. However, when you drink some H₂O, your cells recover quickly.

When you consume a lot of water (more than three liters in an hour), your sodium levels dip to abnormally low levels, taking you into dangerous territory. If the water count in your body is much higher than your sodium levels, you can develop hyponatremia—a dangerous result of overhydration. "If you drink too much water, all of your cells start to swell," Hew-Butler says. "That becomes a problem in your

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It's not something to be taken lightly. In some cases, hyponatremia can lead to death, Hew-Butler says. "The amount of water that leads to hyponatremia is different for everyone," she adds. "It depends on the size of the person, the ambient temperature, and exercise intensity and duration." However, if you need to quantify it, typically drinking about three liters of water within an hour can cause severe hyponatremia, potentially prompting a seizure, coma, or even death, Hew-Butler says.

What should you do to achieve that balance of hydration? Drink to thirst, recommends Allen Lim, a sports physiologist and the founder of sports nutrition brand Skratch Labs. (So yes, that means skipping out on your emotional support water bottle.) However, even when you're feeling parched, make sure to monitor your H2O intake.

You know that old saying, "Listen to your body?" That's sage advice when it comes to hydration, especially when it's hot out. "Drinking to thirst is important even though it can result in dehydration," says Lim. "That dehydration is important to keep the sodium balance correct."



Take this quick survey for the CA Department on Aging and let them know the importance of Villages like ours

The State of California has opened their Community Assessment for Older Adults to ALL Californians aged 55 and older and it is the perfect opportunity to inform them about the crucial need for Villages in all communities.

Click the link to take the survey by Monday, August 28th when the survey ends.
CLICK HERE FOR THE SURVEY: <https://bit.ly/3qIv4AG>

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**ELDER FRAUD
COMMUNITY SUMMIT**

Join us for an engaging discussion with an expert panel, featuring representatives from the Mill Valley Police Department, the Marin County Public Guardian, Adult Protective Services, Financial Abuse Specialist Team, and the Marin County District Attorney's Office.

They will be discussing common scams targeting older adults and others. Stay for the Q&A for an opportunity to have your questions answered.

Arm yourself with knowledge to stay ahead of the scammers!

WHEN?
Wednesday
August 23rd, 2023
10:00am-12:00pm

WHERE?
Mill Valley Community Center,
Cascade Room
180 Camino Alto, Mill Valley

WHO?
Hosted by the Mill Valley Police Department, in partnership with Mill Valley Recreation and the Mill Valley Public Library.

The panel will be staffed by the Marin County Public Guardian, Adult Protective Services, F.A.S.T Team, and the Marin County District Attorney's Office.

HOSTED BY:



RSVP TODAY AT: <https://elderfraudsummit.eventbrite.com>

Pre-Registration for this FREE and informative event is encouraged but walk-ins are always welcome!

Those wishing to attend via ZOOM, visit:
<https://us02web.zoom.us/j/89588465111>

SCAN ME TO REGISTER!



QUESTIONS?
Contact: Michelle Terrell
Community Engagement Coordinator
mterrell@cityofmillvalley.org

Logos: Mill Valley Health & Human Services, FAST (Financial Abuse Specialist Team), County of Marin

**SV recommends this IMPORTANT EVENT!!
NOW OFFERED IN PERSON OR ON ZOOM**

WHEN: Wednesday, August 23, 10am-Noon

WHERE: Mill Valley Community Center

OR USE ZOOM LINK: <https://us02web.zoom.us/j/89588465111>

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go in person. Sign up for a ride by calling 787-7522 by
August 21, noon.



Class One: “What’s Happened to Income & Wealth” by UC Berkeley Professor Robert Reich



How Not to Get Pulled Into the Problems of Others

Excerpted from PsychologyToday.com

Learning to implement and strengthen these skills will help you keep calm in every relationship in your life, especially the most important ones.

1. See Emotions as a Symptom, Not as a Problem to Get Rid of

Viewing someone's emotions as a problem makes us think emotions are destructive. When we think of something as wrong, we believe it must be eliminated immediately. On the other hand, thinking of it as a symptom puts us in a mindset of curiosity. And when we're curious about another person's emotions, it helps us to be validating

When you shift from problem thinking to curious thinking, your mindset becomes driven by interest, which is more helpful for you and the upset person. When someone you care about is having a hard time, try to understand how and why they feel that way. Think about when you're upset. How is it that you like to be comforted?

2. Try to Remember a Time When You Felt the Same Way

Try to remember a time when you struggled similarly with difficult emotions. This is a valuable way to appreciate someone else's hard time because it's based on your own experiences. The more you can relate to their struggles, the better your odds of being genuinely helpful and supportive, not to mention being less reactive and emotional yourself.

3. Practice Reflective Listening

Reflective listening means that when someone tells you something, you reflect back to them what they said, either literally or with your own understanding. The value of reflecting back on what someone said is that it helps them feel like you are with them, that you're connected and understanding. By mirroring someone's experience, you're giving them something far more valuable than advice—you're giving them a genuine connection.

4. Validate Your Own Emotions

One of the hardest things about being in the presence of an anxious person is the emotions they tend to stir up in us. When deep into a spiral of challenging feelings, having enough emotional bandwidth to navigate our mood and that of someone else is tough. This is why we often react to other people's moods in a way that isn't helpful to them or the relationship. Getting better at noticing and managing ourselves early is helpful, and we do this through validation. Validation means acknowledging our emotions and reminding ourselves that they're OK and perfectly reasonable.

5. Remember It's Not Your Responsibility

In short, because you can't control how someone feels, you're not responsible for them. So much unnecessary struggle, conflict, and

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Painful emotions are hard to deal with—both in ourselves and in the people we care about. While it's impossible to "fix" others' emotional struggles, there are a handful of practical skills you can learn to help you be more supportive and helpful. Skills like self-validation and reflective listening will help you stay calm and objective instead of reactive and impulsive in the face of other people's problems.

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SAUSALITO VILLAGE INVITES EVERYONE TO

READY SAUSALITO

SEPTEMBER 9, 2023 1pm-4pm

Learn how to prepare for the next **emergency!**



Informational booths,
demos & safety tips



Fire extinguisher
exchange & refill



Rx drop off for old or
expired medication



Emergency prep for
you & your pets



Scam detection &
protection



Free prizes, hotdogs &
refreshments



CPR, Narcan & "Stop the
Bleed" training

Where?

**MLK Park
Coloma St.
Sausalito**



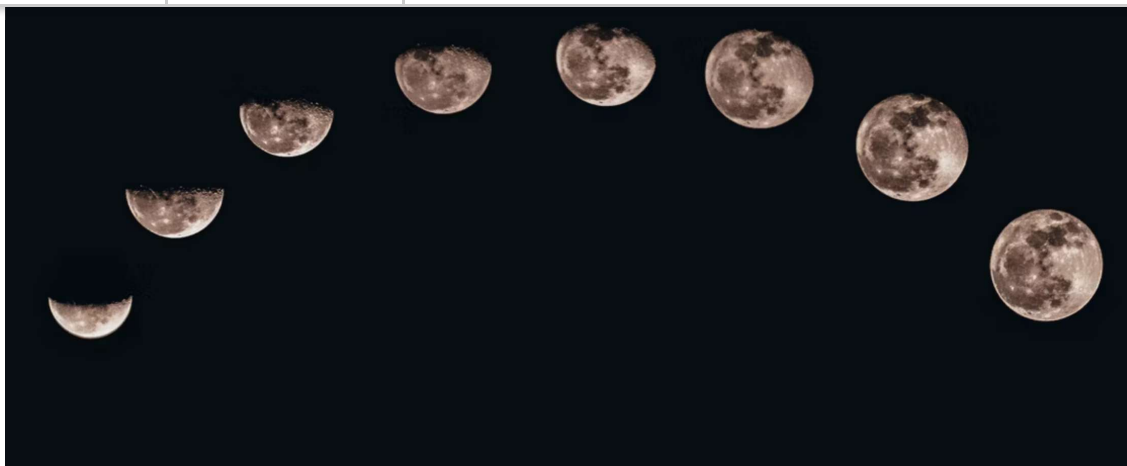
Sponsored &
supported by:



**READY
marin**

Mark Your Calendar!!

Pass the word, everyone is invited!



How to take a picture of the moon with your iPhone

Excerpted from MakeUseOf.com

There are three camera settings you'll need for improving the way your iPhone captures the moon: zoom, exposure, and Night mode.

If you long-press one of the zoom options in the Camera app, you can bring up a wheel that enables digital zoom to the highest amount your iPhone is capable of. Depending on your iPhone model, that could be 5x, 10x, 12x, or even 15x.

Optical zoom is better for quality, but digital zoom will get you farther. Unless you want to get more of your surroundings in the photo, use the highest setting you can. Tap the moon to refocus, then drag down on the yellow focus square to lower exposure.

This may be enough if you're taking your photo around sunset instead of in total darkness, but if not, turning on Night mode should help quite a bit. It activates automatically when sensing a dark environment.

Tap the dropdown arrow at the top, select the **moon icon** in the Camera menu, and drag the slider all the way to **Max** for the greatest effect. Then, hold your phone still and allow the camera to work its magic. You may even notice this mode can pull in stars and other

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You can play around with settings all day, but an iPhone 14 will always take a better shot than an iPhone 11 or 12. Pro models are ideal because they come with a telephoto lens for distance.

Many cameras struggle with a photo of the moon largely due to zoom and contrast. The moon is a concentrated source of high brightness in the middle of complete darkness, so the lens trying to balance the two together while capturing light for the photo proves difficult.

Night mode is also only available on iPhone 11 and up, and it makes an enormous difference for photos like these. It overcompensates by taking in a ton more light than a standard daytime photo would need.

Zoom, exposure, and Night mode will be your friends when taking a photo of the moon on your iPhone. Until we get even better technology that boosts what the iPhone's camera is capable of, these three features will go a long way in improving your moon shots.

Register Today

Group Session: <https://sausalito.helpfulvillage.com/events/3996>

Zoom Session: <https://sausalito.helpfulvillage.com/events/4008>

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Technology Training for Older Adults Group Sessions in Person and Zoom

Session 1: The Basics

Including Accessing Websites, Apps, Zoom

August 29th
Embassy Suites, San Rafael
1:00 to 3:00

Register Here:
<https://sausalito.helpfulvillage.com/events/3996>

September 6th
On Zoom
4:00 to 5:30

Register Here:
<https://sausalito.helpfulvillage.com/events/4008>

Each sessions includes forty-five minutes of training followed by questions and answers, and 1 to 1 training. This is an opportunity to become comfortable with your computer, iPhone or iPad and get your questions answered. Free to all older adults (60+) in Marin County.

QUESTIONS

Email Wendy at
sausalitovillageconcierge@gmail.com

Presented by
Sausalito and Marin Villages



Bed Bath has returned from the Beyond

Excerpted from MorningBrew.com

Bed Bath & Beyond, which filed for bankruptcy in April, came back online after its buyer, Overstock.com, pulled a Kirby and rebranded itself as...Bed Bath & Beyond.

The backstory: In June, Overstock picked through BB&B's carcass and bought its name, some of its assets, and its long list of customer info for \$21.5 million—but not any of its physical locations. Overstock, a former online liquidator, was hunting for a rebrand to market itself differently to customers, so it's hoping that slapping the iconic BB&B name on its site and products will set it up for success.

But sometimes, a recognizable name is not enough. Retail Ecommerce Ventures (REV), a company created by sentient LinkedIn post Tai Lopez and Zoosk founder Alex Mehr, has also tried to resurrect collapsed brick-and-mortar brands. They've spent about \$120 million since 2019 acquiring defunct retailers and attempting to bring them back to life online.

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things and modernize into a shop with space (if any) for product listings. It even tried (and failed) to flip RadioShack into a crypto exchange in 2021. The WSJ reported in March that the group was looking into “restructuring options,” while REV acknowledged it would pause debt payments.

~~Overstock~~ Bed Bath & Beyond will try to avoid the same mistakes. It’s planning to revive the customer loyalty its namesake once had and aims to release a wedding registry by next summer.



10 of the best Main Streets in America



U.S. Citizens Will Need to Register and Pay a Fee to Enter Europe in 2024—Here's What to Know

Excerpted from ReadersDigest.com

The European Union's new system will add an extra step to your travel requirements for 30 European countries. But though it sounds complicated, the process won't be difficult.

According to the official website, ETIAS is the "new travel permit for Americans and other visa-exempt non-EU citizens visiting European destinations." It's an electronic travel authorization for visa-free countries, and it has a faster application and processing time than a visa.

In other words, U.S. citizens won't need a visa to continue traveling to Europe—but they must apply for ETIAS.

If you meet the ETIAS requirements, you won't need a visa if you're traveling for up to 90 days in any 180-day period for business, short-term study or tourism. If you currently hold a passport or will

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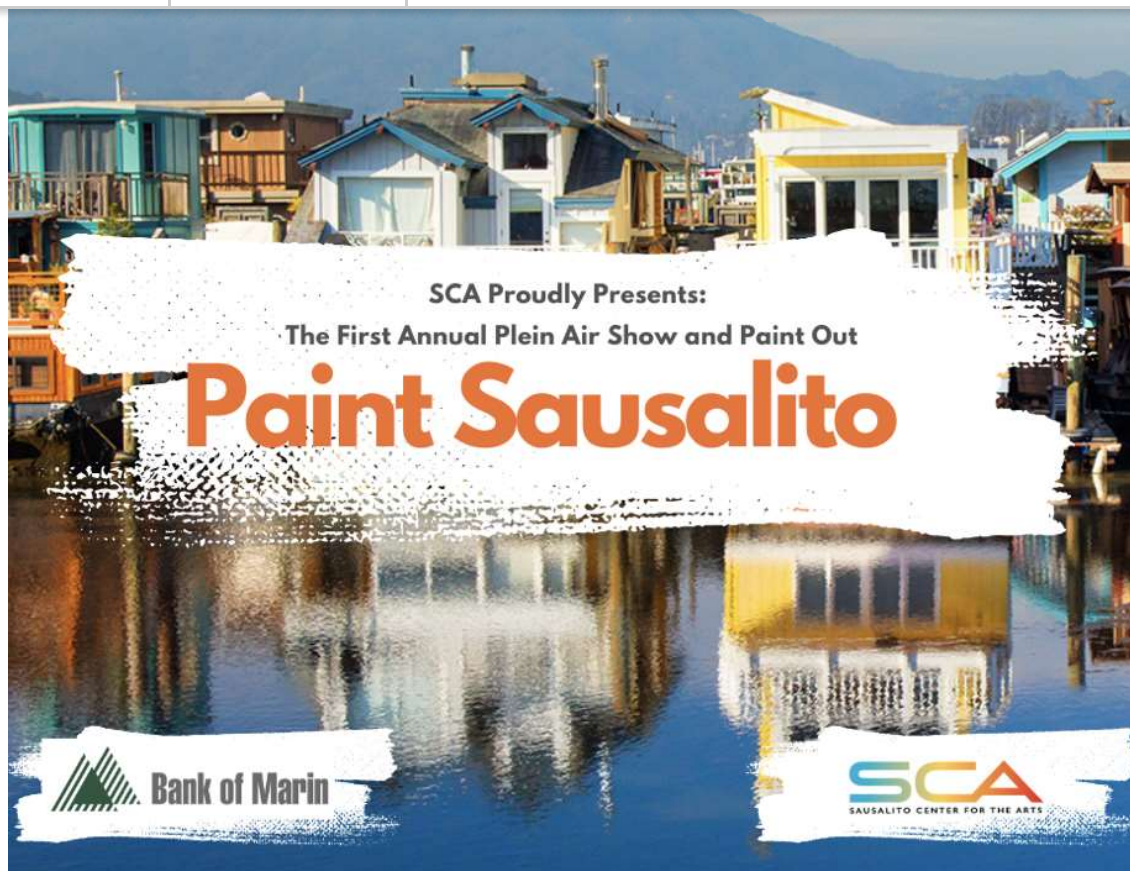
are between the ages of 18 and 70, you will need the new travel authorization for European travel within the Schengen area (a travel zone made up of 27 European countries).

NOTE: Applicants under the age of 18 or over the age of 70 will receive their ETIAS free of charge.

The European Union is changing its requirements to include ETIAS to benefit both travelers and the European Union. When traveling overseas to Europe using ETIAS, you'll benefit from a more streamlined border crossing—the new travel authorization will get you through faster.

But the launch of the electronic authorization system aims to keep the European Union safer too. Better border management means officials can keep an eye on security issues at the borders. And because ETIAS links to security databases, it'll be easier to fight terrorism and criminal activity.

Read the list of countries and the rest of the article [HERE](#)



Wet paint days coming up! Plein Art in Sausalito August 23 and 25, 8am-3:30pm

Sixteen renowned Plein Air artists will exhibit their existing work and participate in two live Wet Paint Days throughout downtown Sausalito.

Artists will capture the unique charm of the Sausalito waterfront, parks and downtown area, and stunning views of San Francisco. The public can stroll through Sausalito to watch these talented artists creating a sense of place in this legendary town, right before your eyes.

The Plein Air exhibition features each artist's unique plein air style, responding to shifting light, cloud patterns, and the challenges of painting out of doors.

After each Wet Paint Day, art lovers are invited to the Center for the Afternoon Showcase from 4:00-6:00, to be the first to see the new creations.



Tom Silva of This Old House explains the importance of the rivets on the tape measure

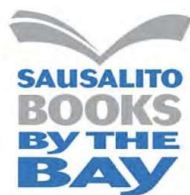
Excerpted from Upworthy.com

"The metal tip at the end of your tape measure is a little bit loose for a reason. The first inch of the tape is short by 1/16 of an inch. This isn't an error: it's meant to provide you with accurate readings whether you're measuring the inside or outside edge of a surface. This feature is known as 'true zero.'"

"The metal tip is exactly 1/16 of an inch thick. If you're measuring the outside of a surface and hook your metal end on the edge, that metal piece will shift out and create a gap, so that you aren't counting it in

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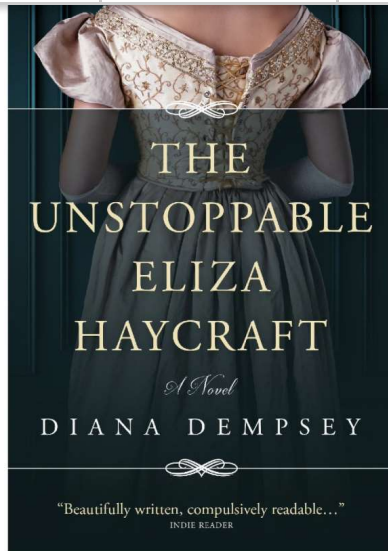
inside of a canvas like in a window frame, you want to count the thickness of the metal piece in your calculations. Thus, the metal piece will shift back to fill the gap. Always take care to pull or push your tape so that it's taut to take advantage of the true zero feature."



Author Event

100 Bay Street, Sausalito

sausalitobooksbythebay.com | 415.887.9967

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Sausalito author Diana Dempsey has penned a riveting historical novel based on the real life of the remarkable Eliza Haycraft. Eliza escapes an abusive marriage and turns to prostitution to survive, but goes on to be one of the wealthiest, powerful women in antebellum Missouri. A formidable adversary, property owner, and puller of many strings, Eliza allowed neither men nor social conventions to alter her path to success. The chronicle of this extraordinary woman's life is long overdue!

August 19th
3 PM

Diana Dempsey

***The Unstoppable
Eliza Haycraft***

in conversation with Cheryl Popp



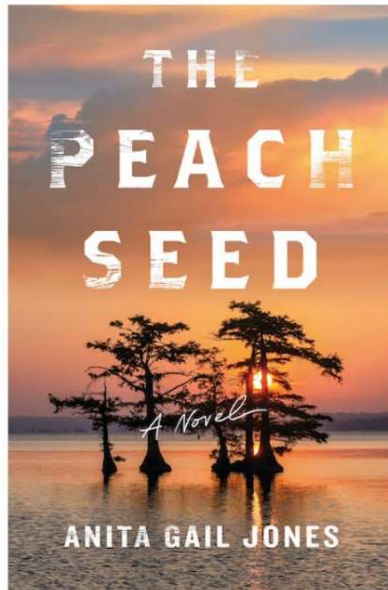
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Author Event

100 Bay Street, Sausalito

sausalitobooksbythebay.com

415.887.9967



Thursday
August 24th
6 PM

Anita Gail Jones
The Peach Seed



Local visual artist & writer Anita Gail Jones' debut novel is a gripping, multi-generational story of love set in 2012 Georgia, but harkens back to the 1960's civil rights movement and Senegal in the 1700's. It is a saga about heritage and tradition, but also partnerships in the Black community -- historically and today. This captivating portrait of a family and its legacies of sorrow, joy and strength, show how a small seed of hope can ripple across time.

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

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SPECIAL EVENT



"I was unloading 1,000 books out of my truck, carrying them up the stairs to my apartment with no lights on when the air raid sirens started going off."

Join us for the inspiring story of entrepreneur Slava Svitova -co-founder of Creative Women Publishing -- the first, and only, publishing house in the Ukraine to exclusively feature women authors. Slava will share what she has learned about leadership, and how she has managed to thrive despite living with the daily unknowns of war-torn Ukraine. She lives in Kyiv with her daughter and is the author of books for children and adults.



100 Bay Street | Sausalito | 415.887.9967

Online Event
Live from the Ukraine
August 26th
10 AM (PDT)
 with Ukrainian
 author & publisher
Slava Svitova

in conversation with
Cynthia Nimmo

Chief Strategist for She the People

Register for Webinar:

www.sausalitobooksbythebay.com/2023-events



Register for this webinar: www.sausalitobooksbythebay.com/2023-events

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Gregory Hines and Steve Martin dance routine - who knew Steve Martin could tap?



Question:

Each of the nine letters in the equations below represents a different digit from 1 to 9. Your task is to figure out the integer value of each letter.

$$A + B = 9$$

$$B + C = 10$$

$$C + D = 9$$

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$$E + F = 9$$

$$F + G = 10$$

$$G + H = 9$$

$$H + I = 10$$

Find the answer at the end of the newsletter.



What do the letters C V S stand for and where did it start?

Excerpted from ParadeMagazine.com

While there are some fun guesses you can throw out there for what CVS stands for, the real answer is actually pretty simple. CVS stands for “Consumer Value Stores.” CVS is America’s largest pharmacy chain and opened in 1963. They started out in Massachusetts but are, of course, nationwide now.

In the early years of CVS, their full name was on the walls of their stores along with a crest with “CVS” in the middle (their first logo). But customers didn’t call it

what it originally stood for altogether.



New class!

Brain Lab: How to ace cognitive assessments

Today more and more medical professionals, clinicians, service providers, and healthcare systems rely on the result of the Montreal Cognitive Assessment. These criteria powerfully influence the future of care medication and well-being for hundreds of thousands of mature adults in the US. With so much at stake on the outcome of a 30-point assessment, wouldn't it be a good idea to invest a few hours in preparing your brain to ace the test?

In four weeks, Author screenwriter and memory savant A.T. Lynne will

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memorable techniques to sharpen the mind you were born with and ensure you pass the evaluations with flying colors. In addition, your brain will be stimulated to think better and remember longer.

In this course, each of the four classes develops skills to ace the areas of testing identified in the MoCA. Week 1: Naming Animals and Orientation in Time and Space Week 2: Visuospatial/Executive & 20 Century Time Week 3: Memory, Attention, and Delayed memory recall Week 4: Language & Abstraction/Association.

Weekly classes begin September 7th, 3pm-4pm, Edgewater Room, Sausalito

Sausalito Parks and Recreation

registration: <https://cityofsausalito.perfectmind.com/24457/Classes/BookMe4LandingPages/CoursesLandingPage?courseId=a713d1b6-0e0d-41fa-b0b8-b0b0b7a51f09>

About the instructor: A.T. Lynne is a writer and hypnotist who wants to share with you how to remember what you love and love what you remember. Her book, 21 Games for the Mind that Won't Shut the @#&* Up! can be purchased from the author or on Amazon



Over 30 million people are now descendants of the Mayflower

Excerpted from MyMet.com

Are you a descendant of one of the passengers who crossed the Atlantic on the Mayflower over 400 years ago? Even if you aren't, you've probably met someone who has proudly told you that their ancestors hopped the pond in 1620. Despite being a long-time point of pride—and even class distinction for some New Englanders—the significance is still present in modern-day America. Estimates range as high as 35 million living Mayflower descendants, although the true number may be lower due to intermarriage. What is certain is that pure math is responsible for many humans around the world having famous ancestors, including Mayflower passengers and Genghis Khan.

British mathematician Rob Eastaway explained to *BBC* why the 35 million estimates might be a bit too high. In short, Mayflower descendants likely married other descendants most of the time. This is called *pedigree collapse*. It tends to happen in all family trees, especially since in the past, marriages were often among smaller, even isolated populations. “My father-in-law discovered that their

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Not only that, they think that probably my wife and children are also descended from John Howland. So there's even an example of potential pedigree collapse in my own family.”



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 August 28 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/>



What's Your Love Language? Understanding the Way You Give and Receive Love

In 1992, pastor and marriage counselor Gary Chapman published *The 5 Love Languages*, describing the five ways he'd most often observed couples expressing their love for each other: acts of service, words of affirmation, quality time, gifts, and physical touch.

The book became a bestseller, and the concept — of knowing your love language so you understand how to best connect with others — is still widely embraced over three decades later, by professionals and non-professionals alike. “When we know how we experience love and also understand the ways that our partner experiences love, it helps us create a meaningful, healthy, authentic connection,” Avigail Lev, a licensed clinical psychologist and certified mediator, told *Forbes* in January.

But it isn't just romantic partners that benefit from the practice — understanding how anyone close to you, including friends and children, receives love can help cultivate deeper connection in the relationship.

Acts of Service

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y careen into the kitchen after a long day, you see your partner is already drying them and putting them away. If that sort of surprise brings happiness to your heart, acts of service may be your primary love language.

Words of Affirmation

One of the two most common love languages, words of affirmation is all about verbal or written expressions of appreciation and affection. Hearing things like “I love you,” “Thank you,” or “You look nice today,” means a lot to people who identify with this one.

Quality Time

Quality time is all about togetherness. People who identify most with this love language deeply appreciate when those close to them present, both physically and mentally.

Gifts

Perhaps the most misunderstood love language, this one really does follow the old saying “it’s the thought that counts.”

Physical Touch

Hugs, forehead kisses, and shoulder squeezes are all examples of how people whose love language is physical touch might give or receive love.



The Beanie Baby bubble was even wilder than we thought

Excerpted from MorningBrew.com

Few stuffed animals have been more popular among adults than children, and even fewer feel like they're filled with beans.

The Beanie Bubble—the movie about Beanie Babies, the plush toys that people mistakenly thought would make them rich—hits Apple TV+ today, joining a growing club of new films devoted to putting wigs on A-list actors so they can play out the origin stories of iconic products.

At the toy's peak, things got wild: The \$5 pellet-stuffed plushies had astronomical appreciation estimates that prompted people to buy tens of thousands of dollars' worth of dolls, smuggle them into the US, fight over collections of them in divorce court, and in one instance, actually commit murder.

The manufacturer, Ty Inc., enjoyed a brief period of Barbie-level sales—and sent each employee home with a holiday bonus equal to their annual salary—before the bubble burst, leaving millions of people with bins of dusty Beanies in their basements.

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...wave for so long before crashing down to the depths of the Bay, hindsight's 20/20, and toy creator Ty Warner masterminded some very clever distribution tactics that made people think they had to line up outside a Hallmark store at 4am if they wanted to retire rich.



Watch the beluga whales underwater



Unclaimed baggage store

Excerpted from HouseBeautiful.com

We know, "lost luggage" is a phrase that sparks fear in the heart of anyone who has ever checked a bag. But this store is the glass-half-full aspect of that sad tale. Thanks to Unclaimed Baggage, instead of ending up in landfill, the contents of the misbegotten luggage find their way to people who need them—roughly for every item sold, another is donated through the store's Reclaimed for Good program. And the ones that are sold find their ways into the hands of savvy, sustainable shoppers like you.

When a bag is not picked up at baggage claim, the airline hangs onto it for three months, trying to reunite it with its owner. After that, it's sold to Unclaimed Baggage, where staff sort it and decide if the item should be Resold (in the brick-and-mortar store in Alabama or online store), Repurposed (clothing, eyeglasses, medical supplies and wheelchairs are among the items that are repaired and given to those who need them) or Recycled. Clothes are laundered at the largest dry cleaner in Alabama, electronics are wiped clean of any identifying info (so that's where the Kindle you left in the setback pocket went!) and jewelry is appraised. Then staffers price the item and it's ready to be (re)-sold. The brick and mortar store "is stocked with up to 7,000 new items every single day; the inventory is constantly changing," says Sonni Hood, Public Relations and Communications Manager for Unclaimed Baggage. "The online store is stocked with around 5,000 new items a week."

Want to visit in person? You won't be the only pilgrim to this bargain mecca. It's one of the top tourist attractions in the area, drawing over a million visitors every year. (Unclaimed Baggage is also one of the top employers in the county.) Hood reports that each year they have visitors from every state, and they've hosted guests from over 40 countries. "It's important to us that if people have traveled to us from all this way, that they can spend a full day here," says Hood. To that

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Baggage Museum, which showcases, as Reed says, "around a hundred of the most unique, interesting things we've ever found."

Otherwise, check out their online store:

<https://www.unclaimedbaggage.com/>



Doctors Share Why You 'Run Hot' Or 'Run Cold'

Excerpted from HuffingtonPost.com

Your habits and body makeup can contribute to a feeling of always being hot or cold.

"I think the first thing just to understand is that humans can regulate their body temperature, regardless of their environment," said Dr. Heather Viola, an internal medicine doctor at Mount Sinai Health System in New York. "And where that starts is with your autonomic nervous system — that's the part of the nervous system that controls automatic functions ... like breathing, or sweating for that matter, and

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control temperature.

She noted that there are a number of things that can alter the release of these hormones and make you feel hot or cold more often than not. This can include stress levels, whether or not you smoke, your diet and your muscle mass.

“A lot of people, when they’re under stress, can definitely perceive that they’re more hot than those around them,” Viola said. “I think the same thing can be said for if you consume spicy food, or caffeine or even a lot of alcohol, it can also affect your autonomic nervous system and raise your heart rate.” This makes you feel hotter.

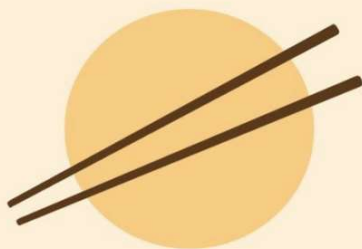
Viola said the more body fat you have, the warmer you may feel. “This may be why a lot of older people feel colder than younger people,” she said. “The fat layer under the skin that conserves heat can thin as people get older.”

It’s also important to know that certain medical conditions can contribute to your perceived temperature. According to Viola, a low body mass index or struggles with anorexia can cause a person to feel cold.

If you have low thyroid hormone levels, you’ll likely feel cold more often than hot, according to Schumann. If you have high thyroid hormone levels, the opposite will be true. These conditions are often treatable through medication.

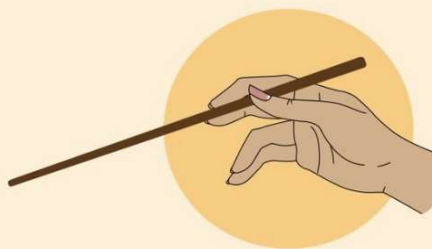
Like a Total Pro

THE READER'S DIGEST VERSION



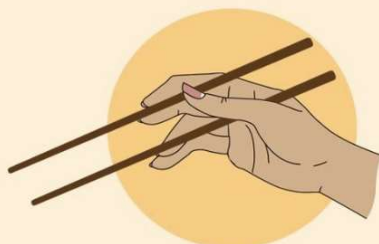
1. Select your chopsticks

Beginners may find it easier to use disposable wooden chopsticks than smooth lacquered or metal ones.



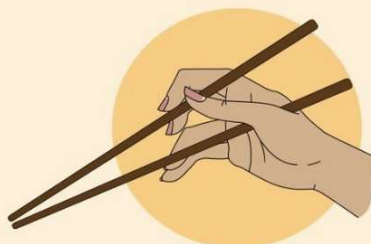
2. Grab the "top" chopstick

Use a pencil grip high on the chopstick, toward the thicker end. Hold it between your thumb and pointer finger, with the middle of the chopstick resting between the side of your middle finger and the fleshy part of your pointer finger.



3. Grab the "bottom" chopstick

Slip the chopstick beneath your thumb and into the gap between your thumb and pointer finger. It should be parallel to the first chopstick, with its middle resting against the side of your ring finger.



4. Move the top chopstick

Keeping the bottom chopstick still, bend your pointer and middle fingers to move the top chopstick.

RT

The humble history of chopsticks

Excerpted from ReadersDigest.com

It's truly a marvel how chopsticks became such a global sensation when you consider their humble beginnings. Archaeologists trace chopsticks back to bone sticks in Neolithic China, although these sticks were most likely not used for eating.

"The first samples of chopsticks were found about 5,000 to 7,000 years ago in a Neolithic cultural site in Northern Jiangsu," shares Q. Edward Wang, PhD, a professor of history and author of *Chopsticks: A Cultural and Culinary History*. "It was during the 4th to 3rd centuries

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use of chopsticks as an eating tool. This was during China's Bronze Age, when cooking hot food in bronze cauldrons and eating that hot food simply made more sense with chopsticks than with fingers.

Known as *kuàizi* in Chinese, *jeotgarak* in Korean, *hashi* in Japanese and *đũa* in Vietnamese, chopsticks spread to the rest of what Wang calls the “chopsticks cultural sphere” from the 6th century onward, as the act of cutting into meat with a knife at the dining table eventually became perceived as un-Confucian and violent.

But not all Asian cultures use chopsticks. Many, like Thai and Indonesian people, actually use their hands or prefer forks. And different Asian cultures have different table manners when it comes to their use (more on that later).



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FRIDAY PUZZLE

ANSWER

A = 5

B = 4

C = 6

D = 3

E = 7

F = 2

G = 8

H = 1

I = 9

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



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