

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

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:

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

SV hosted events in the coming 2 weeks:

September 9 - [Ready Sausalito](#)

September 10 - [Grandparents Day](#)

September 10 - [Line Dancing](#)

September 11 - [Stretch and Strengthen with Rayner](#)

September 12 - Errand Tuesday

September 13 - [Dollar Tree/Sprouts Shopping Trip](#)

September 19 - Shakespeare Oral Interpretation Class (Full)

September 19 - Errand Tuesday

September 20 - [Trip to Legion of Honor for 'The Tudors' exhibit](#)

September 21 - [Volunteer will shop Trader Joe's for you](#)

To view the Sausalito Village calendar full of events [CLICK HERE](#)



Please help us spread the word about tomorrow's READY SAUSALITO event by forwarding this flyer to your friends, family, neighbors and encourage them to stop by between 1pm and 4pm.

MLK Park basketball court is next to the pickle ball courts on Coloma Street between Bridgeway and Olima Streets.

FREE covid home tests will be available

READ article in Marin IJ about READY SAUSALITO:
[HERE](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

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**



Rare old-growth redwood forest in North Bay will finally get real hiking trails

Excerpted from SFChronicle.com

In a roadside nature preserve in the San Geronimo Valley of West Marin stands a grove of towering, 300-year-old trees that most motorists blow by without noticing. One of only four remaining old-growth redwood forests in Marin County, it has been open to hikers since it became public land 45 years ago, but it has never had a designed network of trails for them to follow.

Instead, visitors are left to pick their own way through the sensitive ecosystem along a mishmash of random paths that have been beaten down by foot traffic — and they are lucky if they avoid either getting lost or getting poison oak.

But help for the hikers and the trees in Roy's Redwoods Open Space Preserve is in the works. Last month, a small excavator broke ground on a new footpath to announce the largest capital project ever mounted in open space by Marin County Parks.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

designated trail that respect the delicate ecosystem. The effort, which took seven years of planning, will cost \$3 million, with \$2 million already accounted for in grant funding.

There is no signage marking the turnoff on either of its two approaches, Sir Francis Drake Boulevard and Lucas Valley Road. If you know in advance to take Nicasio Valley Road, you also have to know that the only parking is on the shoulder, opposite West Nicasio Road.

“It has always been a treasure for locals,” said Paul Berensmeier, who is about as local as they come. He grew up in neighboring Lagunitas and first came to Roy’s Redwoods on the back of his mother, Jean. She went on to become President of the Marin County Open Space District, and her first order of business was to push for acquisition of Roy’s, at a cost of \$420,000.

Mother and son hiked together in the grove for 55 years and last visited during the planning phase of the restoration project. Jean died in March but Paul will be there to hike the new trails when they open, along with everybody else.



Grandparents Day at Dunphy Park THIS Sunday

Join us at Dunphy Park on Sunday, September 10th from 9:00am - 12:00pm for a morning filled with fun! Sausalito Parks and Rec is partnering with local non-profits and community members to provide families with some quality time together. Share stories, play games, and relax!

All day activities

- Quick portraits by Jenny Siegal, local artist and pastel class instructor
- Tie Dye with our sewing instructor Jai Banks
- Play with Legos at our booth sponsored by Mt. Tam Adventures
- Challenge your neighbors to a bocce or volleyball game
- Postcard writing with volunteers from Sausalito Village
- Write a postcard with Parks and Rec
- Lawn games



Why Time Seems to Move Fast in Our Last Years

Excerpted from Medium.com

Time, of course, doesn't change as we age. A minute is still a minute and an hour an hour—only our perception of time and how our brain processes it are different.

As we age, our brains filter and store information more slowly. This is normal. When we are young, the neurons in our brains rapidly fire, and our capacity to store information and remember events seems limitless. Thus, a young brain is fast, and an old brain is slow—no surprise. But how does this explain the different perceptions of time?

Now imagine that you are driving a car slowly in the right-hand lane of a freeway and doing the minimum speed, generally 45 mph. Cars are zipping by at 65 mph in the lane next to you. *They “appear” to be doing 70–80 mph.* Next, imagine you are in the middle lane doing 65 mph, and the old man (maybe me)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

This theory can be explained another way. Recall a time when you first fell deeply in love—hours spent with your beloved seemed like minutes. The two of you could not envision ever being separated, and you were occupied with one another to the point of obsession. Now, remember a time when you were in pain. Perhaps you and your partner had separated. Or you had an accident or extreme pain after an operation. Seconds seemed like minutes, and minutes like hours. Thus, enjoyable activities make time “pass” quickly and painful ones more slowly.

Another theory is that when we are older, more things and events are familiar; therefore, we “speed” through processing them. When we are young, we take time to savor new...



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



Here Are 10 Of Europe's Best Under-The-Radar Destinations

Excerpted from TheTravel.com

There are many such places in Europe where beauty is yet untouched or, at the very least, undervalued. Whether one is looking for adventure on unexplored islands or remote getaways in the lap of luxury, one can expect to find it all in Europe. Get to these 10 of Europe's best under-the-radar destinations before they become fashionable.

Lucerne, Switzerland
Torrevieja, Spain
Bohinj, Slovenia
Matera, Italy
Kastellorizo, Greece
Sistelo, Portugal
Wachau, Austria
Lošinj, Croatia
Quedlinburg, Germany

Read more about each town in the full article [HERE](#)



Thousands gather at annual Redhead Days Festival in the Netherlands

Excerpted from the WashingtonPost.com

Thousands gathered in the city of Tilburg in the Netherlands this week to celebrate redheads and “gingers” at an annual summit, complete with campfires, photo booths, portrait painting, dancing and even an info session on skin cancer.

About 1 to 2 percent of people with European ancestry have red hair, according to a 2019 academic paper, though the number can be higher in areas such as Wales, Scotland and Ireland, and depending on the definition of red hair.

Throughout the years, discussions about bullying, discrimination and “cultural stigma” against those with red hair have repeatedly come to the fore in countries such as the United States and the United Kingdom.

The Redhead Days Festival started informally in 2005, when its director, a painter named Bart Rouwenhorst, put out a newspaper ad for 15 red-haired

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

according to the festival's website. The event then inspired him to start formally organizing the event, which holds a 2013 entry in Guinness World Records for the largest gathering of natural redheads, with 1,672 such people in one photo.



How AI Could Save (Not Destroy) Education | Sal Khan | TED



SAVE THE DATE to learn the facts about Reverse Mortgages

WHEN: Wednesday, September 27, 2023, 10am-11am

WHERE: Zoom

RSVP: <https://sausalito.helpfulvillage.com/events/4053>

If your goal is to remain in your home and you are looking for options to pay for homecare costs, either now or in the future, take this opportunity to learn more about a reverse mortgage.

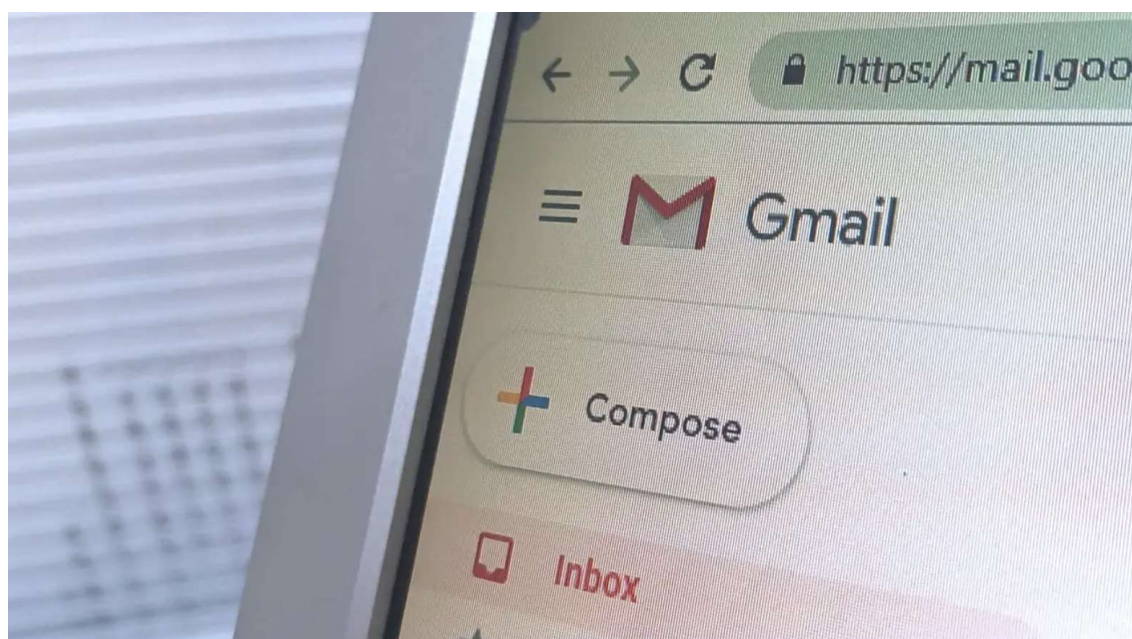
About a reverse mortgage from the Consumer Financial Protection Bureau: A reverse mortgage loan, like a traditional mortgage, allows homeowners to borrow money using their home as security for the loan. Also like a traditional mortgage, when you take out a reverse mortgage loan, the title to your home remains in your name. However, unlike a traditional mortgage, with a reverse mortgage loan, borrowers don't make monthly mortgage payments. The loan is repaid when the borrower no longer lives in the home. Interest and fees are added to the loan balance each month and the balance grows. With a reverse mortgage loan, homeowners are required to pay property taxes and homeowners insurance, use the property as their principal residence, and keep their house in good condition.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Learn more about reverse mortgage options with Ann Valley, local, Mary-Alice Cardenas who is a specialist with Finance of America Reverse.

About Mary-Alice: Mary-Alice Cárdenas has proudly supported independent and healthy lifestyles for seniors throughout her career. She has been a reverse mortgage specialist serving California for nearly two decades. Before her work in the mortgage industry, Mary-Alice worked at On Lok for seven years as a recreation and Alzheimer's care specialist. She holds a master's degree in public health and also has extensive real estate experience – both of which have lent to her helping over 1,750 older homeowners use reverse mortgages to age safely in place and access the funds they need for a secure retirement.

**A BAD DAY FOR
YOUR EGO IS A
GREAT DAY FOR
YOUR SOUL.**



How to create a new Gmail account

To start, head to the official Gmail site, then click “Create an account.” If you’re already signed in, click your profile in the top right, then choose “Add another account.” From this sign-in screen, choose “Create account,” then choose the appropriate option—likely “For my personal use.”

Now, enter your first name, and last name if you want. Click “Next.” Enter your birthday and gender. (You can choose to not say, or choose “Custom” to enter your gender manually. Google will then let you choose how you would prefer to be referred to.) Click “Next.”

Now, the fun part: choosing a username. It’s 2023, so it’s unfortunately slim pickings out here, especially if you don’t want to use numbers or periods. Once you pick a username that isn’t taken, you’ll need to create a password. Make sure your password is strong and unique, so no person nor computer can guess it. If your password is truly terrible, Google won’t let you use it, so try again in shame until Google accepts your password.

Next, choose a recovery email to use in case you get locked out of your account. (This is optional, but highly recommended.) Next, add a phone number to connect to your account. (Again, optional, but recommended.) Google will give you an opportunity to review your account info. Make sure everything looks good, then hit “Next.” Here, Google gives you an option to review the company’s privacy terms. If you click “More options,” however, you’ll be able to customize some privacy settings now, such as how Google handles your web and app activity, ad personalization, and YouTube history. When finished, hit “I agree.”

That’s it! You’re now the proud owner of not just a new Gmail account, but a Google Account, and all the perks that come with it.

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)



How dogs see the world



SAVE THE DATE! SV Trip to see the Tudors at the Legion of Honor

WHEN: Wednesday, September 20, 2023, 10:15am - 1:45pm

WHERE: Legion of Honor

WHO: Open to SV Members and Volunteers

RSVP: <https://sausalito.helpfulvillage.com/events/3995>

The Tudors: Art and Majesty in Renaissance England

We will meet at Dunphy Park and depart at 10:15 sharp with SV volunteer drivers, driving their cars.

We will arrive in time for the 11:00am docent tour, for those interested. Lunch is available in the cafe. We will depart at approximately 1:45pm.

When you register, **PLEASE let us know in the Comments Section if you are a member of the museum and how many guests you can get in for free.** The cost of entrance for all attendees will be based on how many guest passes we have. Generally, our group has had enough entry passes and been able to get in at no cost, but this is not guaranteed.

About the exhibit: The Legion of Honor is the sole West Coast venue for the first major exhibition of Tudor portraiture, textiles, sculpture, silver, jewelry, and manuscripts in the United States. The exhibition follows the development of the arts in England from Henry VII's seizure of the throne in 1485 to the death of his granddaughter Elizabeth I in 1603. The Tudor period in England saw the end of medieval feudalism, the rise of absolute monarchy, the English Renaissance, the Protestant Reformation, and the expansion of maritime trade. Art and luxury goods were used to legitimize the Tudor dynasty and reinforce shifting religious and foreign policies. Including iconic portraits of England's most enduring monarchs and lavish works of art in a variety of media, the exhibition traces the evolution of courtly taste in Tudor England, culminating in the distinctly English Elizabethan style.

FRIDAY PUZZLE

1. King Charles III and the British Royal Family
2. The Catholic Church
3. Inuit People of Nunavut
4. Australian billionaire Gina Rinehart
5. Inuvialuit People of the Inuvialuit Settlement Region

These are the top 5 items in which list?

Find the answer at the bottom of the newsletter.



ROOTS

Excerpted from Explore.com

Taking your family tree research on the road — or abroad — is trending. You can plan your trip on your own or connect with organizations that can help with the planning and travel. Ready to connect with your history? We've got it mapped out for you. And who knows, that trip may just be able to connect you with living relatives where you can look back together.

Before you pack that bag, keep in mind that ancestry travel starts at home. Research buffs can indulge in a deep dive into their family tree. Start with what you know. If family stories and photographs have been handed down to you, you can start there. Write down sites and locations and start looking them up to see what countries and regions they're in, if they're still in existence, and if they're open to visitors.

Once you have this initial information, try an online search on your family's last name. Not everything you find will apply to you, but it can be an easy tool to start generating information about locations and regions where your family is from. Genealogy sites can expand and help verify the findings of your searches and are often a central place to research records such as birth certificates and marriage dates. If you've done DNA testing and connected with relatives, you can also gather information with inquiries from all your family contacts. Whether you're going solo or traveling as a pair or group, you'll want to have a plan in place.

You can get help from books specializing in helping to plan ancestry vacations that are available online. They'll guide you through the process and help keep all your information in one place. And before you hit the road or book that flight, think about connecting with organizations that may be able to help you with your travel. There are ancestry companies specializing in regional tours complete with guides. Some will not only do the legwork with research specific to your background, but they'll plan the trip, creating a personalized itinerary. Depending on the part of the world your family is from, you



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



First lady of fitness Elaine LaLanne, 97, has been working out for decades. Here's her daily 20-minute routine

Excerpted from Insider.com

For nearly six decades, she and her husband, Jack LaLanne, who died in 2011 and was known as the godfather of fitness, fronted the modern fitness movement in the US and built an empire, including a TV show, fitness equipment, supplements, and a gym chain with over 100 locations.

LaLanne still works out daily. "You have to move," she said. "If you don't move, you become immovable."

LaLanne does daily sit-ups and push-ups. She starts her morning exercise routine from bed, lying stretched out on top of the covers, with a dozen jackknife sit-ups: a low-impact variation of a sit-up that targets the lower abs. She follows this with some incline push-ups, which target the upper chest muscles, at the bathroom sink. To do an incline push-up, elevate your arms by placing your hands on a surface

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Waking up in the morning for a few minutes, does not put down on a machine, which target all the muscles in the back. She also stretches every day and hangs from a pull-up bar, letting her body hang like a rag doll.

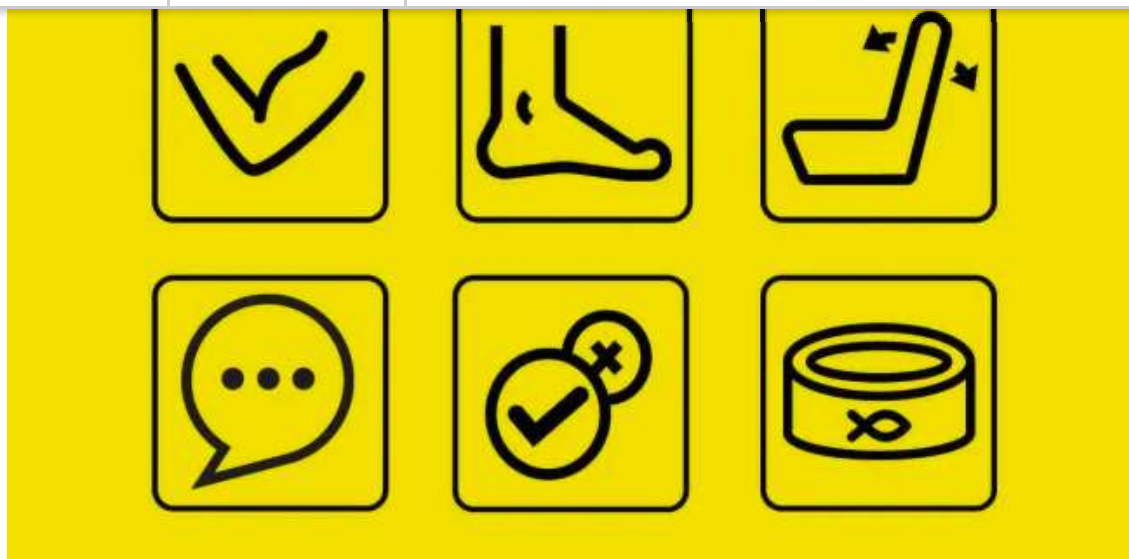
A wealth of research suggests that exercise is a major factor in living a long life and has benefits including preventing cardiovascular disease and boosting mood.

She told the Times: "Everything starts in the mind." She said that daily affirmations such as, "You have to believe you can," and, "It's not a problem; it's an experience," helped her live as if she were decades younger.

Her approach appears to be science-backed. A large 2019 study found that people with the highest levels of optimism lived 11% to 15% longer and were more likely to live to 85 or beyond than people who practiced little positive thinking.



Dale Chihuly's Seattle glass studio



The New Airplane Etiquette Rules

Excerpted from ConsumerReports.com

Don't Start an Armrest War

The protocol, says Diane Gottsman, an etiquette expert and owner of The Protocol School of Texas, is that the person in the middle seat has access to both armrests because they're in the least comfortable seat. If they're not using them, ask whether you can use the one nearest you.

Recline With Care

"Yes, the seat has a recline button. Your car has a steering wheel, but that doesn't mean you use it to run into other people," says Gottsman. Before you use that button, look backward, make sure it is not inconveniencing someone who might be very tall or who has a mobility issue, or whose tray is down.

"Don't recline if it's obvious you'd be inconveniencing someone and it's a short flight," she says. Plan ahead by avoiding restrictive clothing, she suggests, so even in tight quarters you'll be comfortable. Otherwise, be courteous, and say, "Would you mind if I recline?"

Avoid Smelly (and Potentially Dangerous) Food

If you bring food like tuna fish onboard, don't expect everyone to welcome you with open arms, says Gottsman. Steer clear of pungent foods, as well as foods that commonly cause allergic reactions, like tree nuts or peanuts.

Keep Sharing to a Minimum

"You can't be best friends with someone on a 2-hour flight," says Gottsman. "I sat next to someone recently who shared way too much about their kidney

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

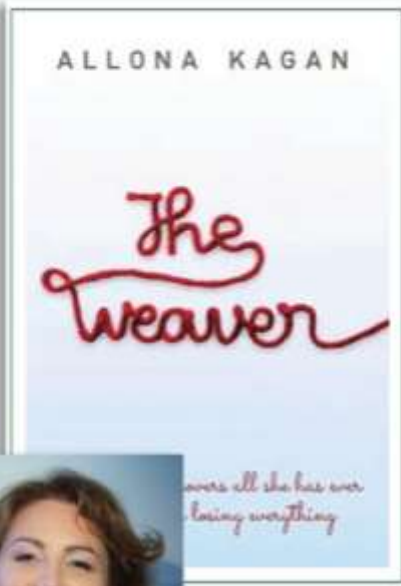
nap."

And Keep Your Shoes On

Dress in a way that is respectful of other passengers, Gottsman says. "If you would sleep in it at night, don't wear it on a plane." And wear your most comfy, but closed-toe, shoes.



Sausalito Books by the Bay upcoming events at 100 Bay Street

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Thursday, September 14th – 6pm

Author Event – Allona Kagan *The Weaver*

In this local author's debut novel, a woman discovers all she has ever wanted after losing everything. A captivating novel about a woman who wakes up in a strange cabin in the woods and can't remember anything – including her name or that she was a powerful CEO of an international conglomerate. Nothing. Her recovery involves spiritual wisdom and healing practices and becomes a journey that will inspire the quest for true happiness in all of us.

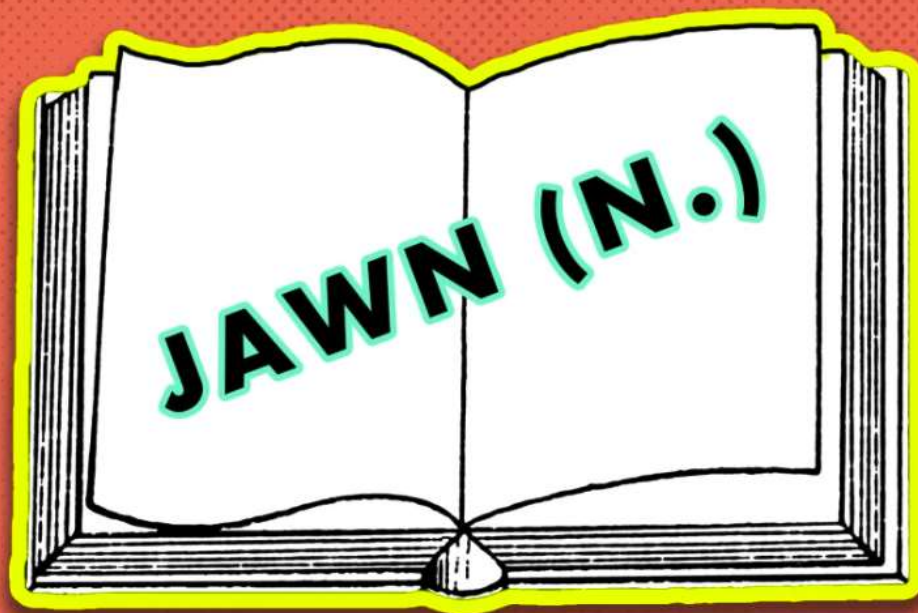
Allona has a BA in Art History from UC Berkeley and MA in Arts Administration from Columbia University. Art, spirituality and writing are her life long passions. As a reiki healer, she connects to spiritual sources for inspiration in her life and writing.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

An Afternoon of Poetry with Margaret Stawowy & Friends

Launch Party For *Walking Backward*

Walking Backward is Margaret's latest collection of poetry – thirty-one narrative persona poems that tell a reconstructed story of her mother's life. Beginning with a birth certificate that contained both truths and inaccuracies, Stawowy researched who her mother's family really was. Come hear poems in the voices of the biological family, adoptive family, and Doris herself – poems that tell a story of longing, betrayal, and abandonment while demonstrating that family history can echo through succeeding generations.



Jaws and Shower Oranges. See 30 on Dictionary.com's Newly Added Terms

Excerpted from MentalFloss.com

1. Agelast

“A person who never laughs; a humorless person.”

2. Amalgagender

“Noting or relating to a person whose gender identity is linked to or impacted by the fact that they are intersex.”

3. Biohacking

“Strategic biological experimentation, especially upon oneself, using technology, drugs, hormones, diet, etc., with the goal of enhancing or augmenting performance, health, mood, or the like.”

4. Bloatware

“Unwanted software that is preinstalled on a newly bought device, especially when it negatively impacts the device's performance.”

5. Blursday

“A day not easily distinguished from other days, or the phenomenon of days running together.”

6. Box braids

“A hairstyle originating among Black people, in which the hair is parted into small squares or other shapes over the scalp and the hair from each section is woven into a braid.”

7. Climate refugee

“A person who has had to flee their home due to the negative effects of climate change.”

8. CODA

“Child of deaf adult/adults: a hearing person with a deaf parent or parents.”

9. Coffee nap

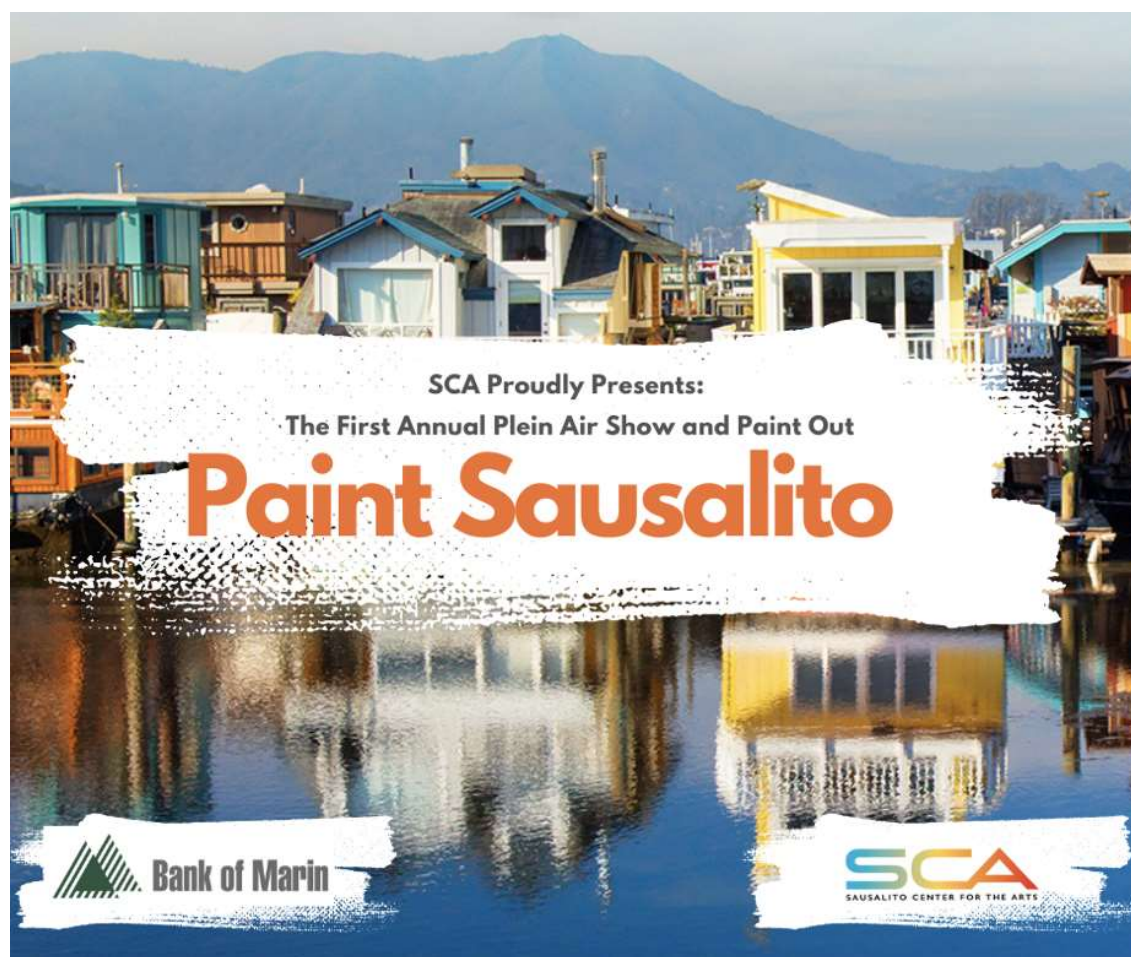
[Subscribe](#)[Past Issues](#)[Translate ▼](#)

bolstered by a sleeping body's drop in adenosine levels.”

10. Diverse-owned

“(Of a business) owned by someone who is part of a group historically underrepresented in entrepreneurship, such as women, ethnic or racial minorities, LGBTQ+ people, etc.”

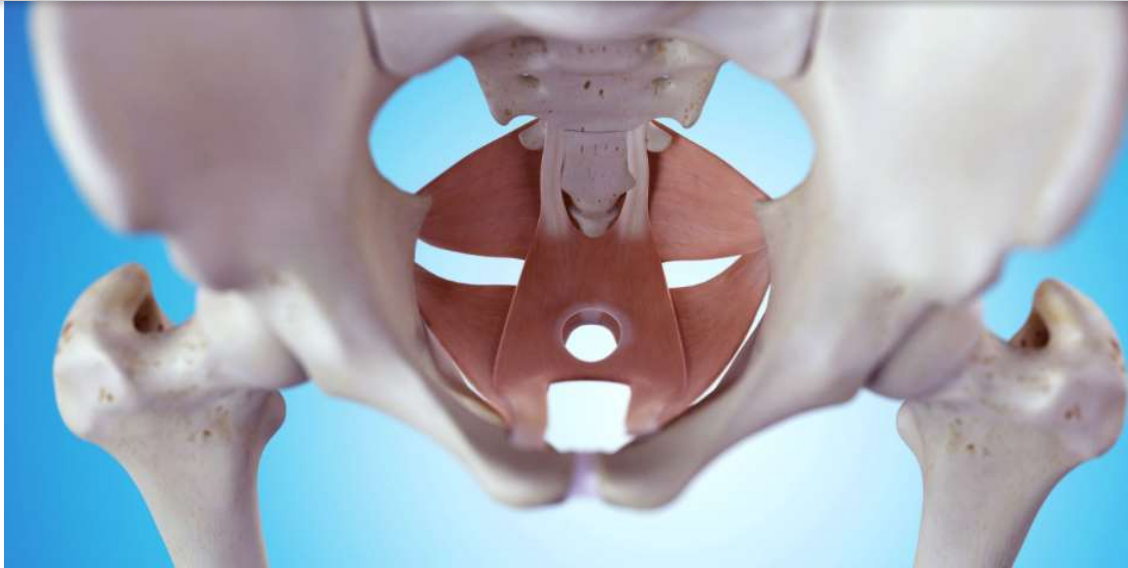
Read the rest of the list [HERE](#)



Current SCA show through September 17

More about Sausalito Center for the

Arts: <https://www.sausalitocenterforthearts.org/paint-sausalito>



What is the pelvic floor and why is it important?

Excerpted from RightAsRainbyUWMedicine.com

The pelvic floor is a group of muscles and connective tissues attached to the bones at the bottom of your pelvis. If you could look down vertically in-between your hip bones, you would see the pelvic floor muscles at the bottom (floor!) of your pelvis. Both men and women can be impacted.

Your pelvic floor is working 24/7, and some of its job duties may surprise you.

Working in unison with your hip muscles, your lumbar spine and your diaphragm, pelvic floor muscles stabilize your hips and trunk, helping you to stand upright, walk and shimmy.

Arteries push fluids out through your body, and most of that fluid comes back through your veins. But the lymphatic system that drains the rest relies on the movement of muscles like those of the pelvic floor, without which you would reach unprecedented levels of bloat.

Pelvic floor muscles help your bladder and rectum open and close on demand when you need to pee and poop (and when you need not to).

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

These same muscles that squeeze to keep your pee from leaking are the muscles that contract and release during the Big O. That's an involuntary contraction but you can also consciously work those muscles to increase sensation during pants-off dance-offs.

Like any other muscle, pelvic floor muscles can spasm. If they are too tight and too tender, you might experience pelvic or tailbone pain; problems with your hips, bowel or bladder; or sexual dysfunction. Any of these issues could be related to your pelvic floor. A loose pelvic floor can land you on the floor — lying there in agony from low back pain. Because your pelvic floor muscles work in harmony with your back and abdominal muscles, when one group isn't working well, another group picks up the slack and ends up becoming overworked and sore.

If your pelvic floor becomes too weak to sufficiently support your pelvic organs (bladder, colon, rectum, vagina, cervix, uterus), they may shift, bulge or push outward. And you'll have less control over when you start and stop peeing and pooping. Talk to your medical professional if you are experiencing any of these issues. Pelvic floor training exercises can help, the most common are Kegel Exercises for both men and women.

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)



Kegel exercises for men and women



SF day trips for foodies

Excerpted from SFGate.com

Marshall for oysters, Petaluma for cheese

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Each one points out in her day trip to two of the area's historic oyster joints, Nick's Cove and Tony's Seafood. And of course, not to be neglected is the Marshall Store, also on Tomales Bay, where senior reporter Madeline Wells dug into oysters just after the shop's 2021 nod as a top 50 restaurant in the U.S. by the New York Times. All three have decades of cred as seafood spots within an easy 35-mile drive of San Francisco, but Nick's had made news lately for hiring celebrity chef Chris Cosentino to relaunch its menu. The three spots have decidedly different vibes, but each is worthy of a stop, depending on what you're in the mood for.

Bodega Bay for clam chowder and historic roadhouses

Bodega Bay made cinematic history as the site where Alfred Hitchcock filmed much of his 1963 thriller "The Birds." Reporter Amanda Bartlett visited and catalogued all the iconic filming sites that still draw flocks of fans. Much of the town, 70 miles northwest of San Francisco, retains the look of the movie. But there are newer spots to recommend it, including a tiny crab and chowder shack that opened in 2004, Spud Point Crab Co. Reporter Nico Madrigal-Yankowski describes the chowder at the harbor view spot as "creamy with a hint of brine for balance, and chunks of clam in every mouthful."

Pescadero for shrimp tostadas, artichoke bread and goat cheese

The best thing senior editor Amy Graff ate a few summers ago was a shrimp tostada from a cash-only taqueria at a gas station in Pescadero, 50 miles south of San Francisco. It may be that the shrimp served at Mercado y Taqueria De Amigos was just caught in the sea not 2 miles from town, or that the produce was just-picked at one of the farms in the area, but it's not the only delicious food in the coastal hamlet.

Read the entire article [HERE](#)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Pass the word! READY SAUSALITO

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

WHERE: MLK basketball court on Coloma St between Bridgeway and Olima

WHO: Open to EVERYONE, pass the word!

MORE INFO: <https://sausalito.helpfulvillage.com/>

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Jimmy Buffett's greatest hits - 1 hour 40 mins



The world's largest landowners.



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

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

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Sausalito Village · PO Box 208 · Sausalito, California 94966 · USA