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Photo by Mary Ann Coral *"A Perfect Morning"*

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:

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SV hosted events in the coming 2 weeks:

- September 19 - Shakespeare Oral Interpretation Class (Full)
- September 19 - Errand Tuesday
- September 20 - [Trip to Legion of Honor for 'The Tudors' exhibit](#)
- September 20 - [Drop In Zoom Technology Help](#)
- September 21 - [Volunteer will shop Trader Joe's for you](#)
- September 24 - [Line Dancing Workshop](#)
- September 25 - No Stretch and Strengthen due to Yom Kippur
- September 26 - Errand Tuesday
- September 26 - [Afternoon Book Review](#)
- September 27 - [Learn About Reverse Mortgages](#)
- September 27 - [In Person Tech Help by our Wendy in Pt. Reyes Station](#)
- September 27 - [Film Group "Barbie"](#)

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

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READY SAUSALITO was a great success thanks to our many volunteers

"Many Hands make the load light" and our volunteers hands and hearts made it possible for all of us to enjoy being part of READY SAUSALITO fair which gave people important tools and reinforced the knowledge that we, as a community, are all working together to remain safe by being as prepared as possible ahead of an emergency. The people who attended appreciated the information they received and the time and effort of so many people to make it happen..

Congratulations to our three READY SAUSALITO raffle winners:

Lon W

Barbara M

Vicki T

Special thanks to our READY SAUSALITO event committee:

Joyce Alexander, Cindy Becker, Gale Brewer, Lisa Brinkmann,
Claudia Brown, Leah Curtis, Jacky Spencer-Davies, Lee Follett,
Flo Hoylman, Felicity Kirsch, Tricia Smith

We made the evening news! NBC Bay Area News: [HERE](#)

Enjoy the slideshow of event photos below

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Photos from READY SAUSALITO



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.

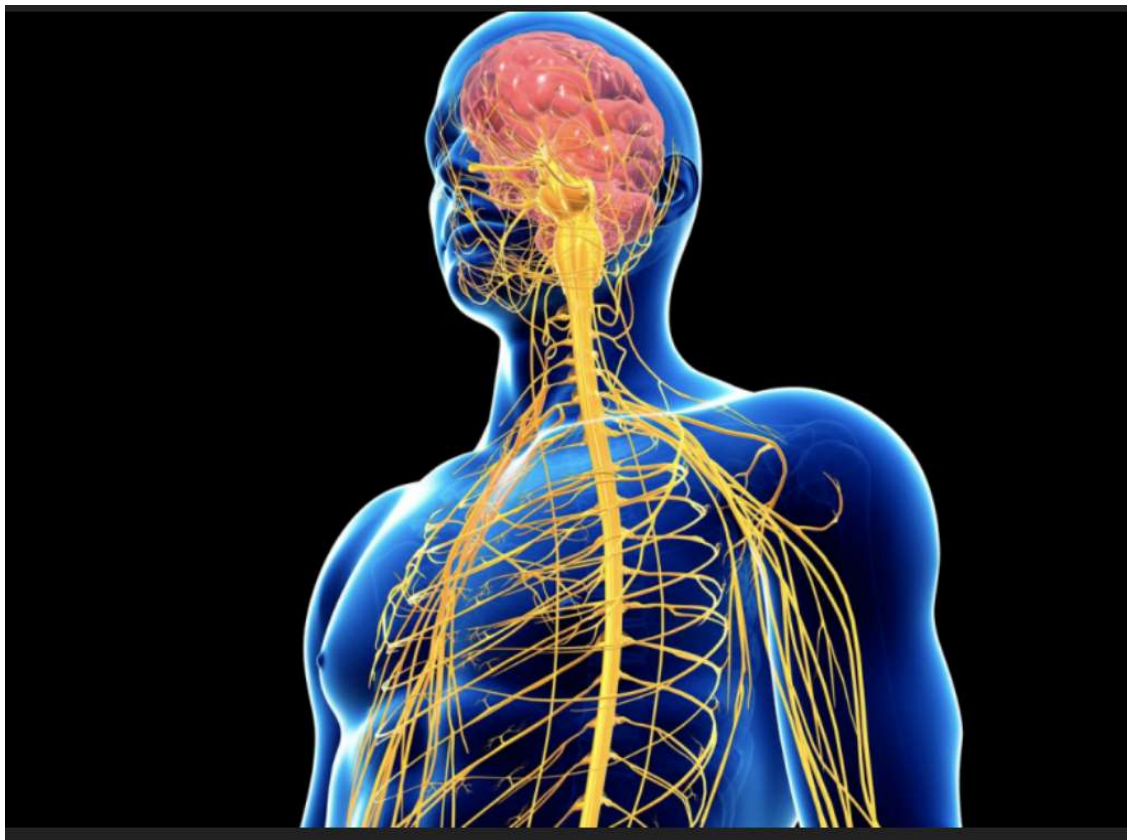
When you register, **PLEASE let us know in the Comments Section if you are a member of the museum and how many guests you can get in for free.** The cost of entrance for all attendees will be based on how many guest passes we have. Generally, our group has had enough entry passes and been able to get 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.

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A quick history of Rosh Hashanah.

To all of our members and friends who celebrate the Jewish holiday, Happy Rosh Hashanah!



How fast does the information from your central nervous system travel to your brain?

From the automatic tasks of regulating breathing and blood pressure to the voluntary efforts needed for muscle movement, the central nervous system puts in a lot of work to maintain the complex mechanisms of the human body. Pace is crucial to keep this system running smoothly — which is why some signals from our body's command centers can reach a speed of 268 miles per hour.

So which bodily act necessitates the thickest channels to conduct information at speeds approaching those of the world's fastest cars? That would be the delicate balance required for proprioception, our ability to sense the movement and positioning of body parts without looking. At the other end of the spectrum are the unmyelinated fibers that relay pain signals at a near-crawl of 1 mile per hour — evidence that our central nervous systems at least attempt to cushion the blow when serving as the bearer of bad news.

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Drop-In Technology Help Via Zoom

Wednesday, September 20th, 4:00 to 5:30

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

QUESTIONS?

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

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

**No need to register for the Drop-In Technology Help
Via Zoom. Just join the Zoom
at: <https://us02web.zoom.us/j/89289995207>**

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Free Technology Training for Older Adults Group Session on Zoom

Session 2: Resources

Connect online to resources, groups and clubs through websites, apps, etc.

September 27th at the Dance Palace
Community & Cultural Center in
Point Reyes Station
from 1:00 to 3:00

Register Here:

<https://sausalito.helpfulvillage.com/events/4057>

October 4th

On Zoom

4:00 to 5:30

Register Here:

<https://sausalito.helpfulvillage.com/events/4056>

Each session 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

Call or Email Wendy at (415)332-3325
sausalitovillageconcierge@gmail.com

Presented by
Sausalito and Marin Villages



The new Rolling Stones album makes 80 look good

Excerpted from MorningBrew.com

For the first time in nearly twenty years, the Rolling Stones will release a new original album next month. And if the single unveiled yesterday is any indication, rock-and-roll's OG frontman, Mick Jagger—now an octogenarian—hasn't missed a beat.

Ronnie Wood, Keith Richards, and Jagger announced their forthcoming album, *Hackney Diamonds*, yesterday in London along with their new song, "Angry." At 76, 79, and 80, respectively, the Stones are just one example of how the makeup of the workforce is grayer than you might think:

- Last year, 650,000 Americans over 80 were still working, up 18% from the previous decade, according to data from the Census Bureau.
- There will be twice as many 75-year-old+ workers in 2030 than in 2020, due in part to the aging baby boomer generation, the Bureau of Labor Statistics estimates.

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...that hanging it up would be impossible because you've got to keep playing." The sentiment is shared among artists—Willie Nelson (90), Bob Dylan (82), and Smokey Robinson (83) are still touring—as well as political leaders like President Joe Biden (80) and Mitch McConnell (81), and business giants like Warren Buffett, who recently turned 93.



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>

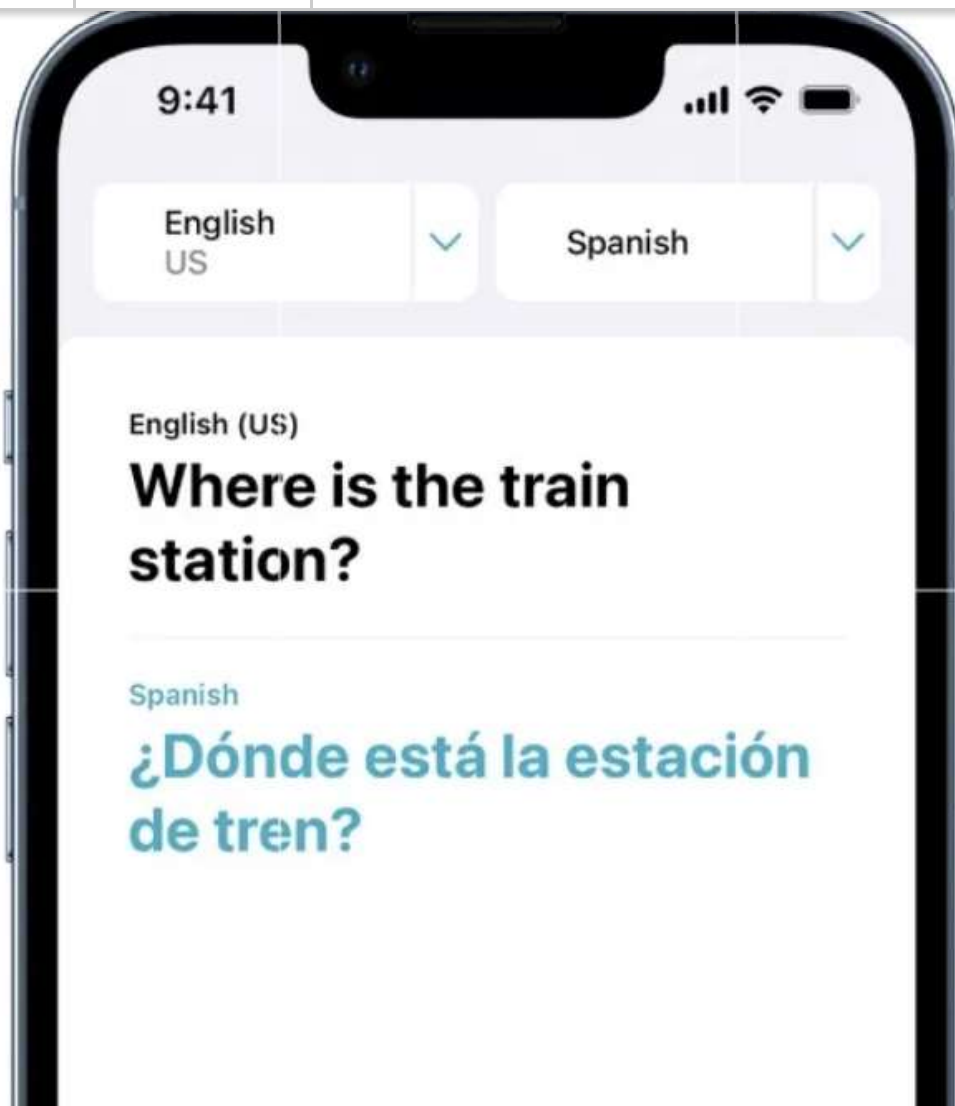
If your goal is to remain in your home and you are looking for options to pay for home care costs, either now or in the future, take this opportunity to learn more about a Reverse Mortgage as an option with Mill Valley local, Mary-Alice Cardenas who is a specialist with Finance of America Reverse.

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What is a reverse mortgage? The Consumer Financial Protection

Bureau states: 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.

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.



How to translate any language on your iPhone, including spoken and written text

Excerpted from BGR.com

Every iPhone that Apple sells ships with the Translate app preloaded. And older models running iOS 14 or later also have the app installed.

To translate text, voice, and conversations, just open the app and select the languages using the arrow symbols. You need to set your language (English or something else) and the language of the country you're in. Apple offers Spanish in the Example above.

Tap the Conversation menu if you want to converse with someone. The app will then show the discussion in a chat-like window. You'll be able to see each person's lines in both languages. That way, both parties can understand each other.

For conversations, you either tap the microphone icon for each person or tap the three-dot menu to enable an Auto Translate feature. The latter might be more useful, but it'll be up to you to determine how to hold conversations via the Translate app.

Use the camera to translate text on iPhone

When traveling, you'll likely need to understand restaurant menus, commute information, and information about local attractions. Some of those might be bilingual already, but that's not always a given. Also, you might not speak English, which is usually the second language you'd see in such places.

The iPhone's Translate app can come in handy again. Just tap the Camera menu and ensure the camera gets a good look at the text. That means the text has to be in focus for the app to work. You can tap the circle to pause and view the translations.

From there, you can copy the translated text, add it to favorites, and listen to both the original and the translated text. You can also screenshot the translation as you would take a regular screenshot.

The same Camera setting lets you select a photo that contains text from your Photos app. Just tap the photos symbol to choose the images you need. You should be snapping pics of everything you think you should have handy while you roam the streets, like the entry conditions for a museum. Later, you can perform the translation.



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SV Film Group September 27th "Barbie"

WHEN: Wednesday, September 27th, 2pm group watch, 4pm-ish group discussion

WHERE: Sausalito Presbyterian Church Hall (downstairs)

RSVP: <https://sausalito.helpfulvillage.com/events/4063>

SV Volunteers, Chef Joey and Pastor Paul, both graduated NYU Film School and love sharing and discussing films with you. The September selection is the billion dollar summer hit "Barbie"

About this Comedy: *Barbie* is a visually dazzling comedy whose meta

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Please arrive to watch the film at 2pm. The movie runs 1hr 54min.

Discussion will take place immediately following the film.

Seating will be in chairs and sofas in Thompson Hall, downstairs at Sausalito Presbyterian Church.

IMPORTANT!!! There is not a parking lot. We recommend you use CARSS (Call A Ride for Sausalito Seniors) unless you are able to walk the distance. Please contact CARSS for a free door to door ride by 48 hours ahead: 415-944-5474.



4 Signs of a healthy metabolism

Excerpted from RealSimple.com

person's metabolism rate (or how fast metabolism takes place in your body) is influenced by many factors, including genetics, age, gender, hormone function, level of physical activity, and other medical conditions. With that in mind, the makeup of a “healthy” metabolism will be unique for each individual—so most generally, having a healthy metabolism means the body can properly support its essential functions on a cellular level. Here are signs of a healthy metabolism:

1. You recover quickly after being sick.

It's common to get the occasional cold, especially during the winter months or after traveling. But if your symptoms tend to be on the milder side (and you typically recover quickly), you can thank your immune system *and* metabolism, which are closely connected.

2. Your stress is under control.

While it's possible to have healthy stress levels and a dysfunctional metabolism, regulated stress levels can be a sign of healthy metabolism. When you're stressed, your body responds by increasing your heart rate and blood pressure. This pumps more blood (and therefore, oxygen) to your brain, heart, and lungs, making you more alert. When you have a healthy metabolism, there's enough energy to support these functions, as well as your ability to adapt to stressors.

3. Your digestion is in check.

Regular digestion is a sign that your metabolism is in working order. This involves little to no gas or bloating, as well as consistent and comfortable bowel movements. That's because gut health relies on top-notch microbial metabolism, or the ability of your gut bacteria to turn food into nutrients. The metabolic activity of this beneficial bacteria also makes it harder for the bad bacteria to take over, keeping your gut in good shape.

4. You have enough energy to power through the day.

Another sign your metabolism is on point is sustained energy levels. After all, the main function of metabolism is to provide energy for your cells—and ultimately, your body. A healthy metabolism is also more

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different activities, including exercise.



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

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11 of the most faked foods in the world

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**NORTHGATE
MALL** STORES #77,
106, 112



thurs · fri · sat
Sept 28 - Sept 30
11 AM - 5 PM

Cash or credit only. All proceeds benefit Marin Villages, a not-for-profit, 501(c)(3) tax-exempt charitable organization. Federal tax ID: 27-0281669 For more info, visit marinvillages.org.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)A banner with a dark blue background and a white border. The text "FRIDAY PUZZLE" is written in white, bold, uppercase letters. A white horizontal line is positioned below the text. The banner is set against a background of colorful, low-poly geometric shapes in shades of orange, red, purple, and green.

FRIDAY PUZZLE

Three of these headlines are real and one is fake. Can you spot the odd one out?

1. 3-legged bear breaks into Florida home, drinks White Claw
2. Hurricane Idalia blows flamingos as far as Ohio
3. He fought to keep an emotional support emu at his home—and won
4. An octopus was taught to open an iPad app

Find the answer at the bottom of the newsletter.

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est AARP

Sheryl's Sage Sayings

“Live your life like you’re happy to be alive, because there is an alternative.”

“If something is meant for you, it will not miss you.”

“You have a voice, but if you don’t use it, you will lose it.”

“People don’t have to love you. But when you look in the mirror, you’d better love what you see.”

“You are wonderful just the way you are.”

“If you are given the gift of growing older, accept it with grace, because not everybody gets it.”

“Don’t you ever, ever give up on you.”



How each month got its name

Excerpted from NiceNews.com

January

January is named after Janus, a Roman god whose domain was gates and doors. Janus was typically depicted with two faces, looking into both the past and the future. The gates of the temples dedicated to Janus were known to be left open during war and closed during times of peace.

February

A Roman festival of purification, known as “Februa” or “Februalia,” was the inspiration for February. Februa is a Latin word meaning “to cleanse.”

March

The Roman god of war was named Mars. Given that this was the time of year when military campaigns resumed following the “dead” period of winter, the mythological battle-ready god was an obvious source of inspiration for what is now referred to as “March.”

April

The Latin word aperire, meaning “to open,” conjuring the spirit of blossoming spring flowers, led to the naming of the month of “Aprilis” for the Romans. Aprilis eventually morphed into April.

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of plants, was the inspiration for “May.” The Latin word “maiores,” which means “elders,” was also tied to the time of the year, when elders were celebrated.

June

Goddess Juno, whose purview included marriage, childbirth, and the overall well-being of women, was the mythological wife of Jupiter, who was king of the Roman pantheon. The Latin word “juvenis,” which means “young people,” may have also had some influence upon the naming of the month.

July

July is derived from Julius, as in Julius Caesar — the Roman dictator, who counted among his accomplishments the Julian calendar, the predecessor to the Gregorian calendar. Initially, July was known as Quintilis, which is Latin for five.

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

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FREE COMMUNITY PRESENTATION. ORGANIC MANAGEMENT OF PARKS & SPORTS FIELDS

Wed., Sept. 27, 2023
6 pm* - 8:30 pm

*Join us for appetizers at 6 pm
Presentation begins at 6:30 pm

 **Margaret Todd Senior Center Auditorium**
1560 Hill Rd., Novato, CA



Scan the code to RSVP
or learn more at
www.NonToxicSchools.org

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Come hear about the pilot project in Novato, based on the **widely successful systems-approach to natural turf management** that has been implemented across the country, including at UC Berkeley and Pepperdine.

National organic turf expert, Chip Osborne, will explain how you can have beautiful fields & lawns without toxic chemicals, plastic turf, or a bigger budget.

Get inspired and learn about **available funding** through **Beyond Pesticides** Sustainable Parks Program to help your community go organic!



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For more information, contact info@NonToxicSchools.org



Researchers Develop Tattoo That Measures Blood Pressure

Excerpted from NiceNews.com

In a news release from the University of Texas at Austin, Roozbeh Jafari, a professor of biomedical engineering, computer science, and electrical engineering at Texas A&M and co-leader of the project, refers to cuff-less blood pressure technology as the “holy grail.”

The e-tattoo he and his team developed can provide continuous monitoring as wearers nap, exercise, and experience moments of stress. “The sensor for the tattoo is weightless and unobtrusive. You place it there. You don’t even see it, and it doesn’t move,” he said.

Applied exactly the same way as a temporary tattoo, the waterproof e-tattoos can be worn for up to 24 hours. They’re made with graphene, similar to the graphite used in pencils and one of the strongest and thinnest materials in existence. The tattoo takes its measurements by shooting electrical currents into the skin and analyzing the body’s response through changes in blood volume, a technology called bioimpedance.

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reading to medical professionals, but that could change in the future as researchers hope to refine the technology for use in smartphones and watches.



Is It Dangerous to Kiss Your Pet?

Excerpted from Inverse.com

Our relationship with pets has changed drastically in recent decades. Pet ownership is at an all-time high, with a recent survey finding 69 percent of Australian households have at least one pet. We spend an estimated \$33 billion (in Australia) every year on caring for our fur babies.

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...soms, but pets can also harbor infectious diseases that can sometimes be passed on to us. For most people, the risk is low.

Infectious diseases that move from animals to humans are called zoonotic diseases or zoonoses.

Zoonoses can be transmitted directly from pets to humans, such as through contact with saliva, bodily fluids, and feces, or indirectly, such as through contact with contaminated bedding, soil, food, or water.

Studies suggest the prevalence of pet-associated zoonoses is low. However, the true number of infections is likely underestimated since many zoonoses are not “notifiable” or may have multiple exposure pathways or generic symptoms.

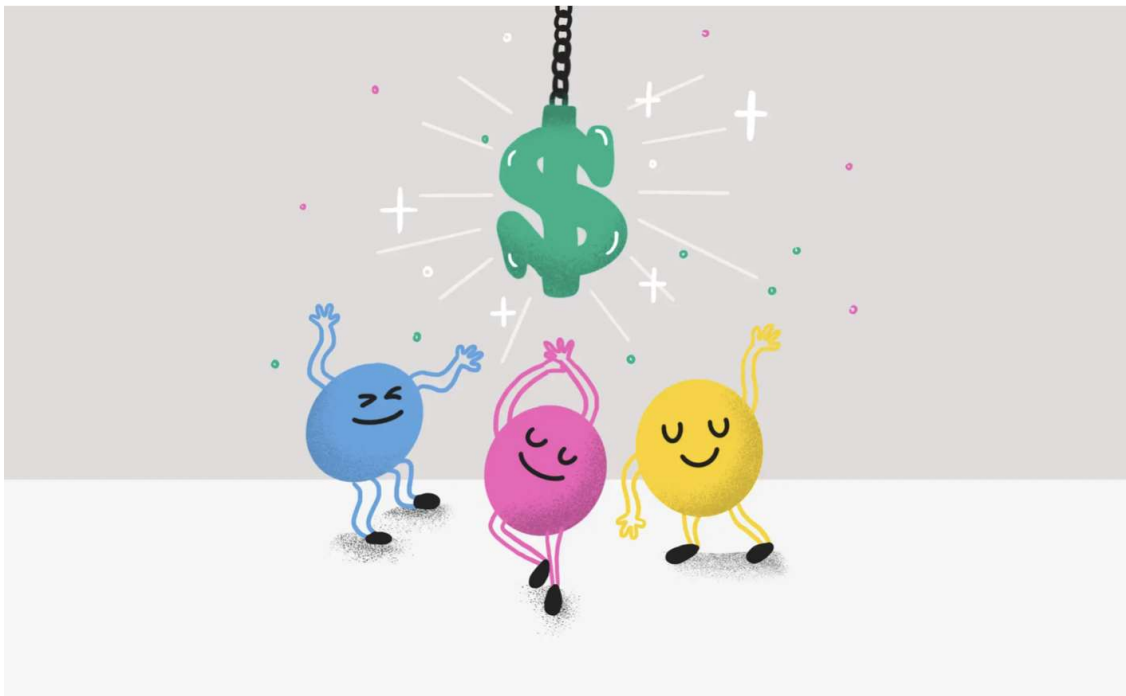
Dogs and cats are major reservoirs of zoonotic infections (meaning the pathogens naturally live in their population) caused by viruses, bacteria, fungi, and parasites. In endemic regions in Africa and Asia, dogs are the main source of rabies, which is transmitted through saliva.

Dogs also commonly carry *Capnocytophaga* bacteria in their mouths and saliva, which can be transmitted to people through close contact or bites. The vast majority of people won’t get sick, but these bacteria can occasionally cause infections in people with weakened immune systems.

Cat-associated zoonoses include a number of illnesses spread by the fecal-oral route, such as giardiasis, campylobacteriosis, salmonellosis, and toxoplasmosis. This means it’s especially important to wash your hands or use gloves whenever handling your cat’s litter tray.

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Stretch and Strengthen with Rayner - enjoy this class video any time but be sure to tune in for her next zoom class on Monday October 2. (No class September 25)



Who says money can't buy happiness? Here's how much it costs (really) in different cities

Excerpted from USAToday.com

Purdue University found the ideal average income for people worldwide is \$95,000 and \$105,000 in the U.S. Beyond that, satisfaction with life deteriorates, it said. At \$105,000, the U.S. was ranked 10th-highest in the world out of 173 countries, S Money said, and above the Census Bureau's \$70,784 real median household income in 2021.

Happiness in Iran, where inflation this year has hovered around 45%, is most expensive at \$239,700 and least expensive in Sierra Leone, Africa, at \$8,658 a year.

Coastal cities tend to cost more to live in, so the amount people need to be happy follows suit.

Santa Barbara, California, is where happiness costs the most at \$162,721 a year, Money's analysis said. That's 85% more than \$88,032 in Knoxville, Tennessee, the lowest in the country.

Check out the full breakdown [here](#) of where your city stacks up.

Happiness may not depend so much on how you spend your money but with whom you earn and spend it, experts say.

"The quality of our social relationships is a strong determinant of our happiness," Harvard researchers said. "Because of this, almost anything we do to improve our connections with others tends to improve our happiness."

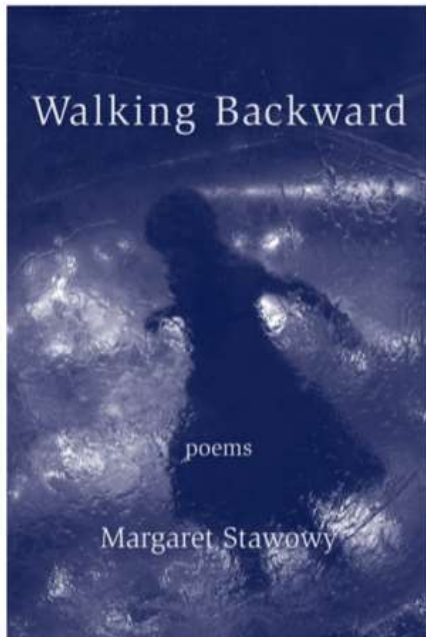
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Author Event

100 Bay Street, Sausalito

sausalitobooksbythebay.com

| 415.887.9967



Join us for an afternoon
of poetry!

Saturday

September 16th

4 PM

Margaret Stawowy
And 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.



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

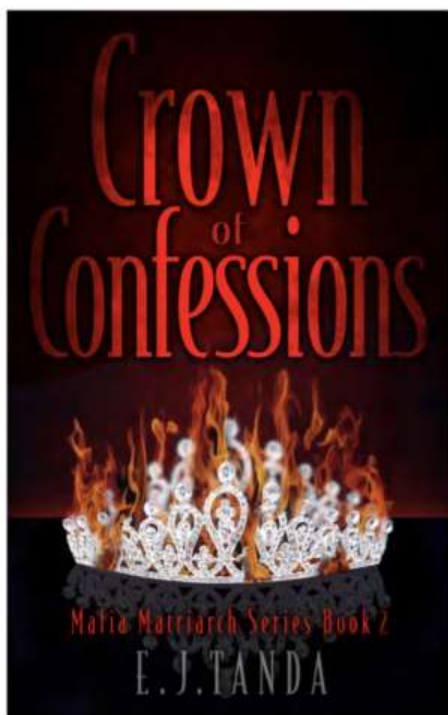
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BY THE
BAY**

Author Event

100 Bay Street, Sausalito

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Join us in celebrating local author E.J. Tanda's newest novel in her Mafia Matriarch series. We loved the first book with Barbara & Violetta and now they are back in the next chapter of an epic love story with more seduction, danger, and merciless twists. *Crown of Confessions* is a powerful manifesto to love, loyalty, and the unshakable bonds of women who do what they must to survive between the blurred lines of good and evil.

Wednesday
September 20th
6 PM

E.J. Tanda

***Crown of
Confessions***



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

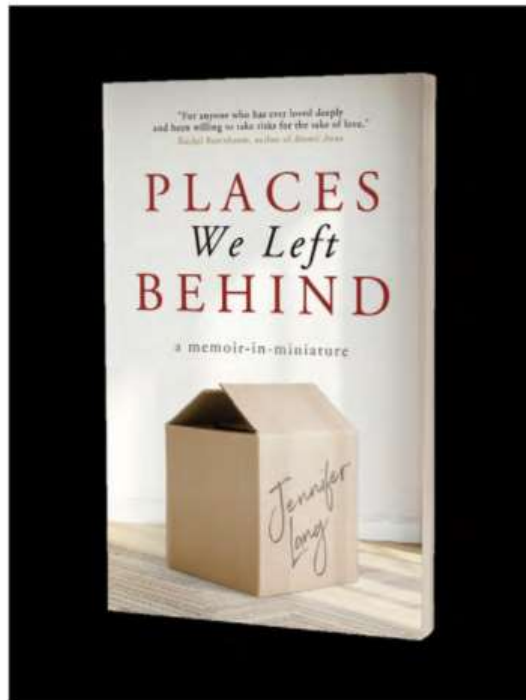
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Author Event

100 Bay Street, Sausalito

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| 415.887.9967



Thursday
September 21st
6 PM

Jennifer Lang
Places We Left Behind

*in conversation with award-winning author & editor
Lynn Mundell*

Jennifer will be traveling from Tel Aviv to join us for a book launch celebration in the Bay Area where she was born and raised. **Places We Left Behind** is a memoir about loving deeply and the risks we take for love. Based on her marriage to a Frenchman she meets in the hills of Jerusalem, it chronicles their 20 year journey in search of a place to call home. Her essays have appeared in numerous publications and nominated for many prestigious awards. She holds an MFA from Vermont College of Fine Arts. In Tel Aviv she runs Israel Writers Studio.

Let's show her a warm welcome!



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



Unesco World Heritage Sites in the U.S.A.

Excerpted from who.unesco.org

Enjoy photos and descriptions of each of the sites in the U.S.A by clicking on the links below.

- [Mesa Verde National Park](#)
- [Yellowstone National Park](#)
- [Everglades National Park](#)
- [Grand Canyon National Park](#)
- [Independence Hall](#)
- [Kluane / Wrangell-St. Elias / Glacier Bay / Tatshenshini-Alsek # * 34](#)
- [Redwood National and State Parks](#)
- [Mammoth Cave National Park](#)
- [Olympic National Park](#)
- [Cahokia Mounds State Historic Site](#)
- [Great Smoky Mountains National Park](#)

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- [State of Liberty.](#)
- [Yosemite National Park #](#)
- [Chaco Culture](#)
- [Hawaii Volcanoes National Park #](#)
- [Monticello and the University of Virginia in Charlottesville](#)
- [Taos Pueblo](#)
- [Carlsbad Caverns National Park](#)
- [Waterton Glacier International Peace Park *](#)
- [Papahānaumokuākea](#)
- [Monumental Earthworks of Poverty Point](#)
- [San Antonio Missions](#)
- [The 20th-Century Architecture of Frank Lloyd Wright](#)

Check the sites in the rest of the world [HERE](#)



What are capers anyway?

Have you ever wondered, though, what exactly capers are? Are they seeds? Some strange sort of seaweed? Nuts that somehow lost their way? A strange gift from space that has gone unquestioned all these years?

Actually, capers are far less exciting than any of those theories, but that doesn't make them any less delicious. They're actually the green flower buds of a bush called capparispinosa that grows wild across the Mediterranean and some parts of Asia. The buds are harvested and dried, then preserved in a salty brine that gives them that deliciously pickled and tart flavor we adore.

Though not as common as capers, you may sometimes see caperberries on the shelf next to the capers. These are simply the fruit of the caper plant when it has been left to bloom. Caperberries are much larger than capers, usually about the size of an olive, and make for an absolutely stunning cocktail garnish.



Rolling Stones full concert in Vienna 2022 - 2hrs 22minutes

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FRIDAY PUZZLE

ANSWER

We made up the one about the octopus.



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