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Photo by Maria Paterno

Send your Bay Area photos to SausalitoVillageTips@gmail.com

Happy Friday, Villagers

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And welcome to 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



SV hosted events in the coming 2 weeks:

- October 1 - [Tales of the Trails](#)
- October 2 - [Stretch and Strengthen with Rayner](#)
- October 2 - [Mayor Update hosted by SV](#)
- October 3 - Errand Tuesday
- October 4 - [Free technology training via zoom](#)
- October 10 - Errand Tuesday
- October 13 - [Spotting Scams and Staying Safe](#)

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[October 23 - SV Community Meeting/Celebration at Spinnaker - RSVP now](#)

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



October 2nd: SV Annual 'Mayor's Update' with Mayor Melissa Blaustein

We are happy to be back in person for this years Mayor's Update with Mayor Melissa Blaustein. Melissa will provide an overview of what has been happening during her Mayoral year and provide plenty of time for Q & A. We invite you to pass the word to friends and neighbors who reside in Sausalito and encourage them to attend.

WHEN: Monday, October 2, 2pm

WHERE: Edgewater Room, downstairs in City Hall

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Need a ride? Call CARSS 48 hours ahead to reserve a free door to door ride to and from the event.

CARSS (Call A Ride for Sausalito Seniors) is a City of Sausalito Age Friendly Program managed by Sausalito Village. Call Wendy at 415-944-5474 two days ahead.



How oral health can affect your brain

Excerpted from WashingtonPost.com

Poor oral hygiene is associated with an increased risk for myriad health problems, including heart disease, diabetes, cancer, rheumatoid arthritis and early death. The state of our teeth and gums, though, may be vital for our well-being beyond the mouth and body. Emerging evidence suggests that what goes on in our mouth can affect what goes on in our brain — and may even potentially affect our risk for dementia.

This research paints an emerging picture of an association between poor oral health and dementia, but there are a number of confounding factors that prevent researchers from drawing definitive conclusions of causation.

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difficult time maintaining their oral health and have an increased risk of developing gum disease, meaning that the association between oral and cognitive health may be bidirectional.

If we do not brush our teeth for several days, each tooth develops a thin biofilm called dental plaque that teems with acid-producing bacteria. With plaque buildup comes inflammation of the gums as our immune system tries to fight off the infection. Gingivitis, the mildest form of periodontal disease, is still reversible; brushing and removing the plaque buildup will allow the gums to heal.

This chronic inflammation becomes a vicious cycle: more swelling of the gums enlarges the gap between the teeth and gums, allowing more bacteria to enter, which can lead to inflammation of not only the gums but also the underlying bone. Continued unabated, the body will reject the tooth, causing loosening and eventual loss of the tooth.

Chronic inflammation in the body can, in turn, lead to chronic neuroinflammation in the brain, which induces neurodegeneration and plays a key role in Alzheimer's.

Read the entire article [HERE](#)

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One-On-One Technology Training for Sausalito Village Members

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

CALL TODAY TO SCHEDULE A FREE SESSION

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

Multiple sessions available

Click here to register for the Zoom

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

Questions Contact Wendy at sausalitovillageconcierge@gmail.com

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Free Technology Training for Older Adults Group Session on Zoom

Session 2: Resources

Connect online to resources, events and clubs using websites and apps. Learn about downloading and searching online.

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



How to keep junk mail out of your mailbox forever

Excerpted from WashingtonPost.com

Today, marketing mail generates \$16 billion — 20 percent of the agency's revenue — and represents the majority of mail sent in the United States. This diminishes any chance the United States, unlike the Netherlands, the United Kingdom and Canada, will move to restrict junk mail anytime soon. The second reason your mailbox is stuffed with advertisements? They work.

Stop most advertisements: Check out the Association of National Advertisers' DMAchoice.org. This service lets you stop delivery of catalogues, magazine offers and other junk items from charities, banks and national brands.

DMAchoice says this will stop 80 percent of promotional offers since marketers would rather contact people willing to receive their mail. You can [register online](#) for \$4, or [by mail](#) for \$5, to stop deliveries for 10

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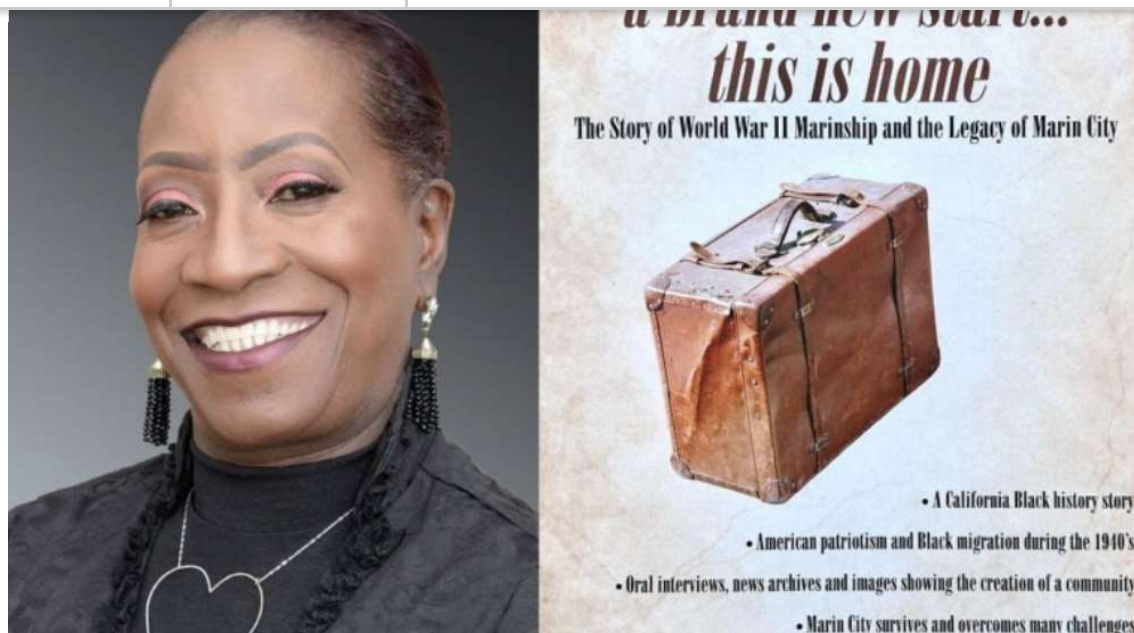
Stop credit card and insurance offers: Never want to see another prescreened credit or insurance offer in the mail? Such solicitations can put you at risk for fraud — but you can opt out. The 1996 Fair Credit Reporting Act led to the creation of OptOutPrescreen.com. The website allows you to opt out for five years online or by calling 888-567-8688.

To stop offers forever, you'll need to sign and return the [Permanent Opt-Out Election form](#). The entire process takes a few weeks to complete, but it only takes a few minutes to fill out the form.

Stop mail from specific businesses: For that, I turn to services able to take your name off mailing lists of individual retailers, marketers and charities. Companies you've done business with in the past few years may still be allowed to contact you, charities may sell your name, and some just slip through the cracks.

[CatalogChoice.org](#) is a nonprofit organization that has a list of 10,000 businesses and charities. It lets you automatically send an opt-out request to specific companies. Just search the website's pre-populated company list, and a seamless click of the mouse sends a request on your behalf. Best of all, it's free.

Local mailings such as coupons and grocery fliers addressed to "Current Resident," as well as political candidates' campaign materials (protected by the First Amendment), are not blockable.

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Sausalito Village hosts Felicia Gaston on October 16th, 2pm - open to all

Sausalito Village proudly hosts Felicia Gaston, founder of the Marin City Historical and Preservation Society, who has published a new book about Marin City titled *A Brand New Start . . . This Is Home*, that documents the city's origins as a shipbuilding community during WWII to the present day.

Felicia will share more about her book with us along with the work that she has been doing in Marin City.

WHEN: Monday, October 16th, 2pm-3:15pm

WHERE: Edgewater Room, downstairs in City Hall

RSVP: <https://sausalito.helpfulvillage.com/events/4072-sv-hosts-felicia-gaston-and-her-new-book-about-marin-city>

Gaston's book focuses mainly on the workers who migrated from the American South and Midwest to create Marin's only Black enclave, and the housing and social challenges they have faced — highlighting the community's strength and resilience throughout. In 2022, to celebrate Marin City's 80-year history, Gaston created the Marin City Historical and Preservation Society and started the Marin City 80

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The book, filled with dozens of historical photos and documents, is available at Sausalito Books by the Bay

This isn't the first time Gaston has worked to document the often under-represented history of Marin City. Last year she released *Grandmothers Feed Us Love: Celebrating the Legacy of Marin City's Grandmothers Through Cherished Recipes and Photos*.

YES! Books will be for sale at the event.

Need a ride? CARSS rides are available. Call 415-944-5474 2 days ahead.



Costco members now have access to \$29 online health care visits

Excerpted from CNN.com

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The retailer is offering the new service in partnership with Sesame, a direct-to-consumer health care marketplace that connects medical providers nationwide with consumers. Sesame, in a release, said Costco members beginning Monday can book health care visits directly through their memberships in all 50 states.

The New York-based company said its platform doesn't accept health insurance because it primarily caters to uninsured Americans and those with high-deductible plans who prefer to pay cash for their health care. It said its model helps keep prices of services low for its users.

The services listed on Costco Pharmacy's homepage, include virtual primary care visits for \$29, health checkups (a standard lab panel and a virtual follow-up consultation with a provider) for just \$72 and online mental health visits for \$79.

"Quality, great value, and low price are what the Costco brand is known for," David Goldhill, Sesame's co-founder and CEO, said in a statement. "When it comes to health care, Sesame also delivers high quality and great value – and a low price that will be appreciated by Costco Members when it comes to their own care."

Costco is among several retailers who are directly providing health care to customers as the demand for urgent care access outside of a traditional hospital setting booms.

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SV Tales of the Trail from Madagascar

The monthly SV event hosted by Sue Dunlap will feature Lisa Donahue's trip to "Madagascar." You will be responsible for your own wine and cheese for this one as it will be on zoom.

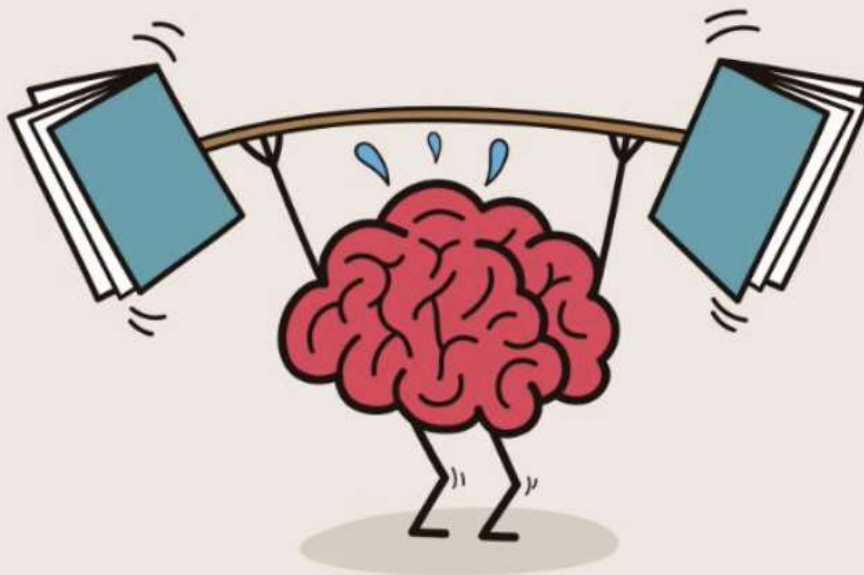
WHEN: Sunday, October 3, 7pm

WHERE: On zoom

RSVP: suedunlap46@gmail.com or 332-3746



What make the best colors and where will they be?

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BRAIN GYM

FREE Brain Gym classes through Sausalito Parks and Rec starting October 5

A.T. Lynne is back with her entertaining and informative classes to help give your memory a boost.

If you're still using a 20th Century computer and you no longer have tech support for your Windows version 8.1, never fear. Whatever the age of your hardware or software, you can always upgrade your wetware -- your teachable brain. The world's memory experts agree there are five basic aids for a great memory: Location, Association, Imagination, Animation, and Emotion. In this course, each of these aids will be paired with simple, effective, and memorable techniques to enhance and enliven your brain's abilities for your 21st Century life.

Week 1: "Now, where did I put that... ?" How the practice of being present

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Week 3: "Who's the star and what's the story?" How to envision and animate any idea

Week 4: "That makes me feel...." How emotions influence what we remember

WHEN: FOUR consecutive Thursdays starting October 5, 3pm-4pm

WHERE: Edgewater Room, downstairs in City Hall

COST: FREE!!

REGISTER through Parks and Rec through this

link: <https://cityofsausalito.perfectmind.com/24457/Courses/BookMe4LandingPages/CoursesLandingPage?courseId=fd46cc8c-07e2-4ba4-9850-db888f418b41>



How Long Does Open Wine Last and how can you

Excerpted from ReadersDigest.com

The short answer is anywhere from one to seven days. The long answer is more complicated. After wine is opened, it begins to oxidize and lose its aromas and flavors. Yes, a little air contact can be an excellent thing—this is why we swirl our wine in the glass before sipping—but too much oxygen leads to spoilage. After a few days of mingling with air, the color starts changing and the aromas rising from your glass can range from bruised tree fruits to purest vinegar.

The exact lifespan of your open wine depends on a few factors: how you store it, whether it's red or white, in a bottle or box, and if it's dry or sweet. Take sparkling wines—they'll last only one to three days and will quickly lose their fizz, whereas a fortified dessert wine like port or Madeira will be delicious even after a few weeks.

You'll want to drink the rest of your red within three to five days of popping the cork. The tannins in red wine can help preserve it. The more tannins in the wine, the longer the wine might last, assuming you store the bottle properly (resealed, in the fridge). For example, a Barolo, a wine made from the high-tannin Nebbiolo grape, will hold up better than a Beaujolais, a red crafted from the typically low-tannin gamay.

White wines stay good for three days to a week. Richer, full-bodied styles like oaked chardonnay, white Rioja and white Rhone wines have a shorter lifespan than their light-bodied white and rosé counterparts, in the neighborhood of three to five days. Your light, bright white wines can be enjoyed for about five days to a week, but don't be surprised if they start to lose some of their character as the days go by.

There are a couple of tricks you can use to extend your open wine's shelf life. It all starts while you're drinking.

- After pouring yourself a glass of wine, go ahead and recork it straight away. Even if you go back for another glass later in the evening, reducing the wine's exposure to air helps keep it fresh.
- Opt for a vacuum stopper. These handy gadgets suck out the air from your open bottle of wine, helping to slow down the rate of oxidation. Plus, they're cheap and easy to use.

opened. And don't forget to keep the bottle upright! For reds, bring the bottle back out about half an hour before you plan on finishing it off so it can come back up to room temperature.

- Buying half bottles is another brilliant way to reduce potential wine wastage (because we can all agree, being forced to throw out spoiled wine is nothing short of a travesty—even a simple bottle of Two Buck Chuck).
- If worse comes to worst, you can use that forgotten bottle in the back of your fridge for cooking—there are plenty of fantastic recipes that call for a splash of wine.



SV Member Monica Finnegan will be honored at the Spirit of Marin Awards

This year the Sausalito Chamber of Commerce is proud and honored to recognize Monica Finnegan, as Sausalito's 2023 honoree. Monica was the driving force behind getting the Sausalito Center for the Arts off the ground but has also spent years on the City's Economic Development Advisory Committee (EDAC) as well as the past chair of the Sausalito Sister City programs of Sakaide and Vina del Mar.

The Spirit of Marin Awards will be held today, Friday, September 29th at a luncheon celebrating honorees countywide.

The Spirit of Marin Award recognizes the achievements and volunteer spirit of local businesses and business citizens as chosen by the Marin County Chambers of Commerce.

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10 Cities in the world that boast the cleanest tap water

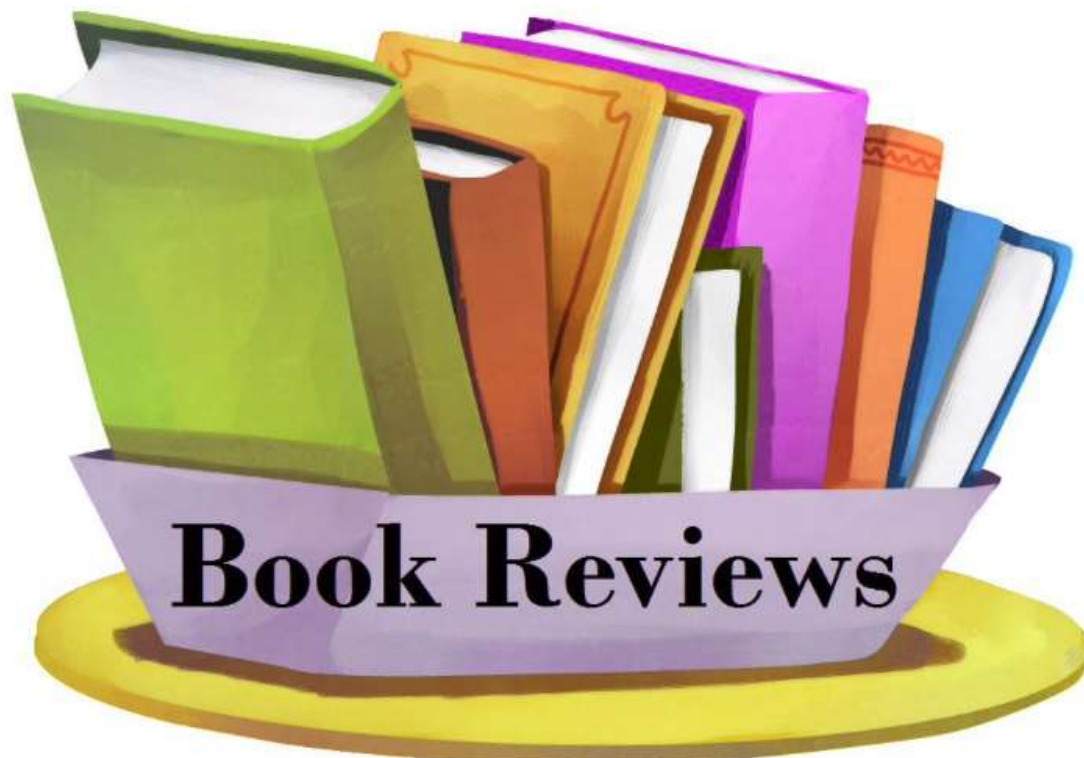
Excerpted from TheTravel.com

1. Toronto, Canada
2. Wellington, New Zealand
3. Stockholm, Sweden
4. Berlin, Germany
5. Scotland, UK
6. Geneva, Switzerland
7. Oslo, Norway
8. Amsterdam, Holland
9. Reykjavik, Iceland
10. Helsinki, Finland

Read the entire article [HERE](#)

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Watch out if someone offers to help you at the tank. It may be the latest Pump Switching at the gas station



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Join the SV Afternoon Book Review Group looking for members!

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

Open to everyone.

This group meets via zoom. Contact Sharon Seymour for the recurring zoom link. sharon126@aol.com

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

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COMMUNITY MEETING

**Please Join The Sausalito Village's
Annual Community Meeting**

Honoring Tricia Smith



Monday, October 23rd

4:00 to 6:00 pm

The Spinnaker

100 Spinnaker Drive, Sausalito

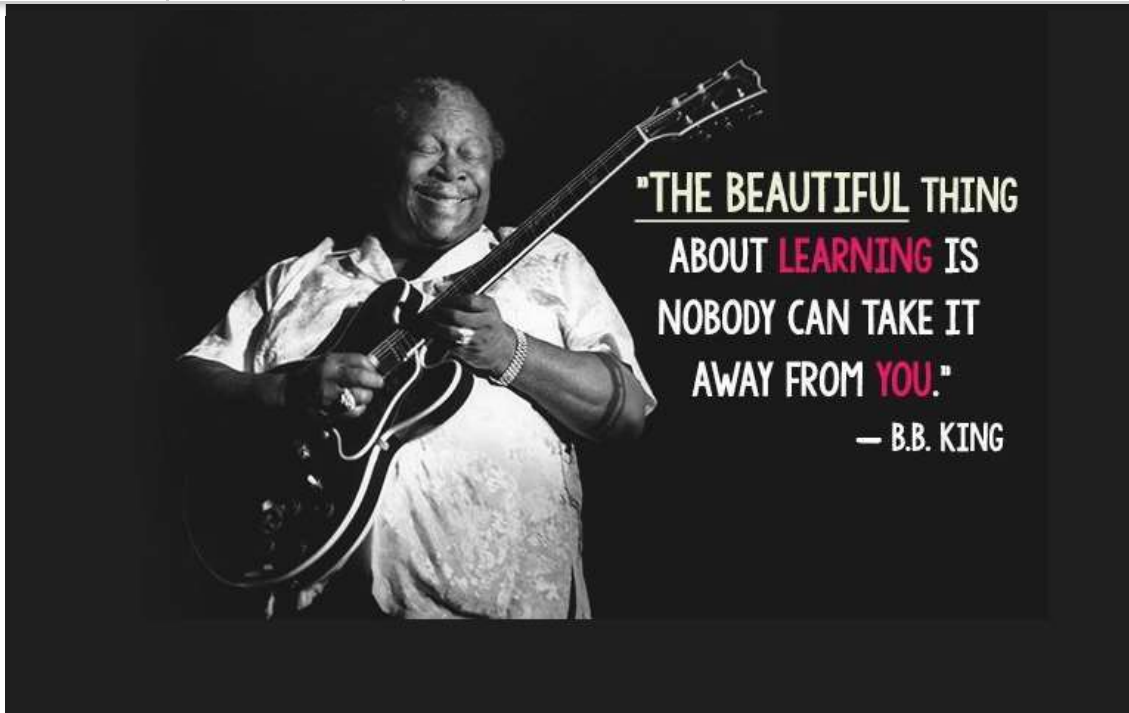
Wine and Light Hors d'oeuvres

**Please join us to celebrate the Sausalito Village's impact
in the community and Tricia Smith's 10 years
of extraordinary volunteer service.**

Questions: please email Gale at galebrewer@comcast.net

RSVP for the SV Community Meeting:

<https://sausalito.helpfulvillage.com/events/4070>

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FRIDAY PUZZLE

John, Mary, and David went out to collect colorful autumn leaves. They each collected a different number of leaves and leaves of different colors. Can you figure out who collected how many leaves and what color leaves they collected based on the clues?

1. The person who collected red leaves collected twice as many leaves as Mary.
2. David collected an odd number of leaves.
3. John didn't collect yellow leaves.

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leaves.

Can you determine how many leaves each person collected and the color of leaves they collected?

Find the answer at the bottom of the newsletter.



CARSS and SV can help you get vaccinated

The County will no longer receive covid vaccines to give out at community vaccination clinics. They are advising that residents go to their local pharmacy or medical provider.

CARSS will be expanding service on Mondays/Wednesdays/Fridays to drive riders to Walgreens in Tam Junction, Safeway in Strawberry and of course CVS in Target. Make your reservation online for your vaccines on a Monday/Wednesday/Friday and call Wendy at 415-332-3325 to reserve your

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Are you a Kaiser patient? Sausalito Village volunteers will be providing rides to Kaiser vaccination clinic on two dates. Open to Sausalito Members and Volunteers only.

Sign up online to reserve your door to door ride to Kaiser vaccine clinic on these days:

Wednesday, October 18, 10am <https://sausalito.helpfulvillage.com/events/4064>

Wednesday, October 18, 1pm <https://sausalito.helpfulvillage.com/events/4066>

Tuesday, October 24, 10am <https://sausalito.helpfulvillage.com/events/4067>

Tuesday, October 24, 1pm <https://sausalito.helpfulvillage.com/events/4065>



Going to Be Spicy

Excerpted from TheSpruceEats.com

Jalapeño peppers range in heat from 2,500 to 8,000 Scoville heat units (SHU). (That's mild compared to habaño, which can be up to 350,000 SHU.) The most important factor that determines a jalapeño's spice level is where it was grown and what variety it is, says Carla Contreras, a professional chef, food stylist, and photographer. "An example is the Chicchimeca jalapeño, grown in Mexico, with a Scoville level between 3,000 and 8,000," Contreras says. "These are considered mild and are one of the largest jalapeño varieties."

"One of the signs that a jalapeño is hotter is when it has white specks or lines," she says. "These lines occur on more mature peppers, which are the ones that have stayed on the vines longer." In other words, the riper the jalapeño pepper, the spicier it'll be.

Most grocery store peppers have been picked before maturity, so you can anticipate a milder, sweet flavor, says Contreras—and they'll usually look smooth and shiny. If a pepper has white specks or lines on it, then you've lucked out and found a spicier pepper! No white lines in sight? You can always check out your local farmer's market, or upgrade to a habaño if you can stand the heat.

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The extreme wheelchair that is built like a tank



SV volunteer will pick up your donations and take them to Marin City's Finder's Keepers Free-cycle Store

SV Volunteer Kathleen Maher continues to pick up and deliver clothing and household items that you no longer need. They must be in good condition and in need of a new home. WHAP (Women Helping All

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Contact Kathleen directly to set up a Monday pick up. Reservations must be one week ahead. Email her at kemnjsa@gmail.com



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4 Free covid home tests from the Government

Free Covid Tests. Beginning Monday, September 25, every U.S. household can place an order via covid.gov/tests to receive four more free COVID-19 rapid tests delivered to their home.

The distribution program, which is administered by the Department of Health and Human Services, has to date provided over 755 million tests directly to more than two-thirds of American households.

If you have unused rapid tests, you can check if their [expiration dates](#) have been extended by consulting the FDA website.

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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. Check the link on the calendar listings at the top of the newsletter.



10 Quotes famous people never actually said

Excerpted from InterestingFacts.com

1. **Gloria Steinem:** "A woman without a man is like a fish without a bicycle."
2. **Nelson Mandela:** "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure."
3. **Abraham Lincoln:** "People who like this sort of thing will find this the sort of thing they like."
4. **Gandhi:** "Be the change you wish to see in the world."
5. **Mark Twain:** "Everybody talks about the weather, but nobody does anything about it."
6. **Freud:** "Sometimes a cigar is just a cigar."
7. **Marie Antoinette:** "Let them eat cake!"
8. **Marilyn Monroe:** "Give a girl the right shoes and she can conquer the world."
9. **Albert Einstein:** "Not everything that can be counted counts, and not everything that counts can be counted."
10. **Voltaire:** "I disapprove of what you say, but I will defend to the death your right to say it."

Read the entire article for the details of each [HERE](#)

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Helping people, changing lives: 3 health benefits of volunteering

Excerpted from Mayo Clinic Health System.org

1. Improves physical and mental health.

Volunteer activities keep people moving and thinking at the same time. Research has found that volunteering among adults, age 60 and over, provided benefits to physical and mental health. Volunteers report better physical health than nonvolunteers. Research also has shown that volunteering leads to lower rates of depression and anxiety, especially for people 65 and older.

Volunteering reduces stress and increases positive, relaxed feelings by releasing dopamine. By spending time in service to others, volunteers report feeling a sense of meaning and appreciation, both given and received, which can have a stress-reducing effect.

Reduced stress further decreases the risk of some physical and mental health problems, such as heart disease, stroke, depression, anxiety and general illness. In addition, people who volunteer have lower mortality rates than those who do not, even when controlling for age, gender and physical health.

2. Provides a sense of purpose and teaches valuable skills.

The work that volunteers provide is essential to everyday activities, giving volunteers a sense of purpose, especially when giving their time

experience greater increase in the education and self-esteem.

At Mayo Clinic Health System, volunteers serve as greeters and waiting room attendants, provide patient room information and directions, and help transport patients and patient items. Many volunteers use their craft skills to make prayer shawls, blankets, sweaters and hats, that typically are given to newborn babies and patients with cancer. Other services volunteers provide include working in the hospital gift shop, performing clerical duties for staff or offering pet therapy to patients through the Paws Force team.

3. Nurture new and existing relationships.

Volunteering increases social interaction and helps build a support system based on common interests. One of the best ways to make new friends and strengthen existing relationships is to participate in a shared activity.

In many cases, volunteers have diverse backgrounds, which helps expand their social network and allows them to practice social skills with others.

People volunteer for different reasons, such as exploring careers, sharpening skills, staying active during retirement, meeting new people and serving their communities. Yet all volunteers share a common desire to improve the health and welfare of people in their communities.

Interested in volunteering for Sausalito Village or CARSS? We would love to hear from you! Contact Wendy at SausalitoVillageConcierge@gmail.com or download and complete an application from the websites.


www.SausalitoVillage.org
www.CARSS4You.org

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A TOAST TO SAUSALITO

Presented by Sausalito Parks & Recreation and
in partnership with Sausalito Chamber of Commerce

OCTOBER 21st 1pm-5pm
CALEDONIA STREET



Sausalito.gov/festival
LUCID
MARIN
MAGAZINE

Bank of Marin

ICB/ART
WORKING ARTISTS STUDIOS

PacificSun

NORTHERN CALIFORNIA
PUBLIC MEDIA

SCA
SAUSALITO CENTER FOR THE ARTS

TIVOLI

SAUSALITO PICTURE
FRAMING & PRINTING

Bay Cities Refuse
Creating Our Community To Sustainability

Take the Foxy to Sausalito

KTVN

104.9 FM KICB 97.5 WPM

**Sausalito Village will have a table at A Toast of
Sausalito - come stop by and say hello!**

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Autumn Jazz - 4 hours



- Mary collected 2 red leaves.
- David collected 1 leaf.
- John collected green leaves.

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***For information about our programs, events,
emergency preparedness, archived copies of
our weekly newsletters, visit the
continuously updated Sausalito Village
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