

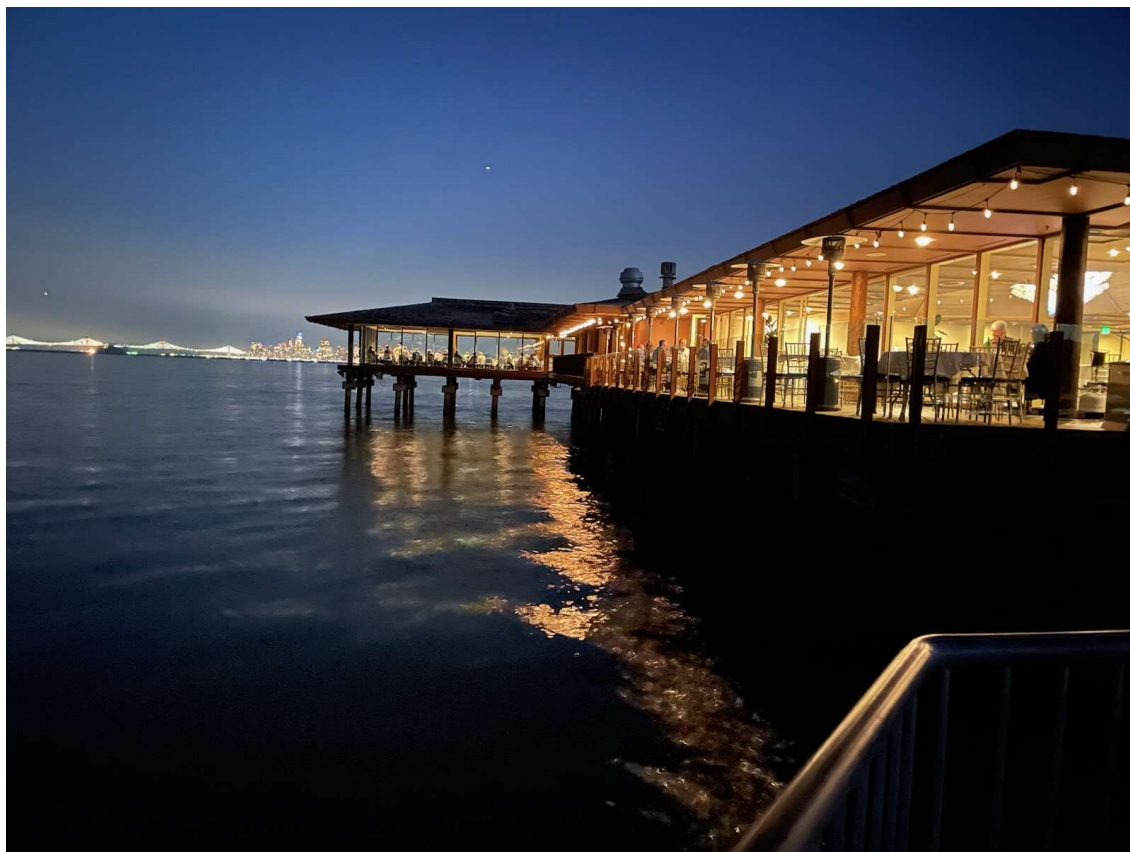
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Photo by Holger Mishel

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:

October 8 - [Line Dancing](#)

October 10 - Errand Tuesday

October 13 - [Trip to Samuel P Taylor Park with AFS](#)

October 13 - [Spotting Scams and Staying Safe](#)

October 16 - [Stretch and Strengthen with Rayner](#)

October 16 - [SV Hosts Felicia Gaston on Marin City History](#)

October 17 - Errand Tuesday

October 18 - [Rides to Kaiser vaccine clinic](#)

October 18 - [Drop In Computer Technology](#)

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

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

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Happy Birthday to our SV Members celebrating in October!

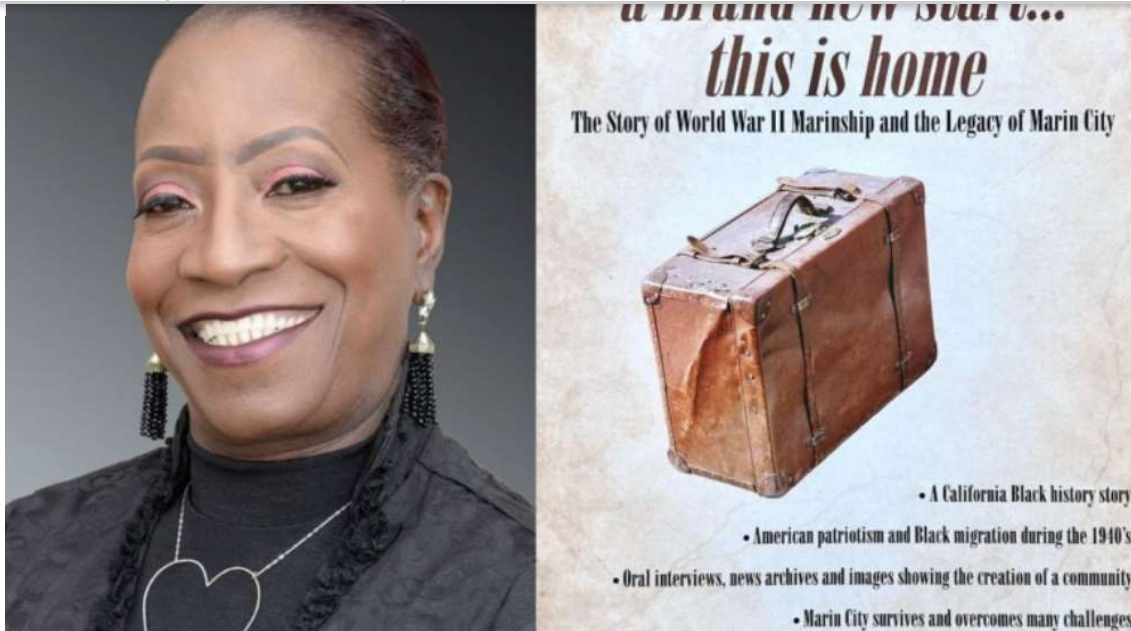
Joyce Alexander - Victoria Bour - Jon Brooder

Ceci Browne - Eric Delloue - Jian Johnson

Fred Juul - Lois Prentice - Alex Rynecki

Lewis Shireman - Priscilla Swayze (100!!) - Helene Warwick

If you are a current member of Sausalito Village and don't see your name listed, please let us know. Contact SausalitoVillageConcierge@gmail.com. We want to make sure we have you on the birthday list.

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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.



Feel safer when traveling alone with tips from Rick Steves

Excerpted from Explore.com

Solo travel can be an exhilarating, transformative experience, but it doesn't come without a few risks. Celebrated travel expert, guidebook author, and TV host Rick Steves has a few suggestions to make it easier and guarantee a memorable experience. One of his first tips is to act self-assured and use common sense on the streets. Even if you have no idea where you're going, walk as if you know the local area like the back of your hand. Should you get lost, duck into a shop to study your map or reference materials, rather than standing on the street looking like a helpless, confused tourist.

Always bring the essentials with you, like cash in the local currency, so you can be as self-reliant as possible. Nothing screams "tourist" more than someone who needs help with every little thing. If you do end up in a pinch, ask a friendly looking family or a police officer for help, but watch who you talk to in questionable neighborhoods.

With that said, don't let your guard down completely, he adds. Consider booking the earliest possible buses and trains so you have plenty of time to get to your accommodation before the sun goes down. Use ridesharing apps with tracking services instead of taxis, if possible. If you have to use a taxi, call ahead of time and make sure it's a reputable company. If you're waiting in a terminal to catch public transportation and there are shady characters hanging around, go to a nearby hotel lobby or cafe until it's time to depart. Always keep an eye on your belongings, making sure your bags are in front of you and attached to your wrist or foot. If you have to be separated from your luggage, invest in an Apple AirTag to keep track of its location.

While solo travel comes with risks for anyone, Steves says that women should take a few extra precautions. For starters, invest in a good pair of dark sunglasses so men can't tell if you're looking at them, which could be considered an invitation in some places. Take a look around and notice what the local women are wearing. Try to

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Like you would at home, be selective about the type of men you talk to. Wear a fake engagement ring and drop plenty of mentions about your partner. If someone makes you uncomfortable, be direct and ask them to leave. Some things are universal, like a stern "no" with a serious look on your face. If someone keeps bothering you, leave the situation and seek refuge inside a store, restaurant, or hotel lobby. Most importantly, walk with your head held high, so the world will know not to mess with you. When it comes to smooth solo travel, confidence is everything.

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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

**Our Community Meeting is a celebration and open to all. It is free
of charge but reservations are required.**

RSVP for the SV Community Meeting:

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



Property Tax Exemptions for low income seniors - click on the links to see if you qualify

Marin Wildfire Prevention

Authority <https://www.marinwildfire.org/resident-info/senior-exemption>

Measure U <https://www.smfd.org/transparency/measure-u/measure-u-senior-exempt-form>

MMWD

fireflow <https://apps.marincounty.org/PropertyTaxExemptions/Funds/Forms/MMWDFireFlowExemption.pdf>

Measure

A <https://apps.marincounty.org/PropertyTaxExemptions/Funds/Forms/MERAExemption.pdf>

SF Bay Restoration

Authority <https://apps.marincounty.org/PropertyTaxExemptions/Funds/Forms/SanFranciscoBayRestorationExemption.Pdf>

Looking to postpone your Property Taxes?

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homeowners who are 62 or older, are blind, or have a disability to defer current-year property taxes on their principal residence if they meet certain criteria, including at least 40 percent equity in the home and an annual household income of \$51,762 or less (among other requirements). The deferment of property taxes is secured by a lien against the property which must eventually be repaid.

Click here for more information and an application

https://sco.ca.gov/ardtax_prop_tax_postponement.html



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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Drop-In Technology Help Via Zoom Wednesday, October 18th, 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

Click on zoom link for the meeting:
<https://us02web.zoom.us/j/89289995207>

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Remembering the life and career of Dianne Feinstein - 6 minutes



The case for napping

Excerpted from Marin IJ.com

reaction time.

Short naps are also linked to increased productivity and creativity. Because napping seems to improve creative thinking, some companies have attempted to harness this by introducing napping rooms into the workplace.

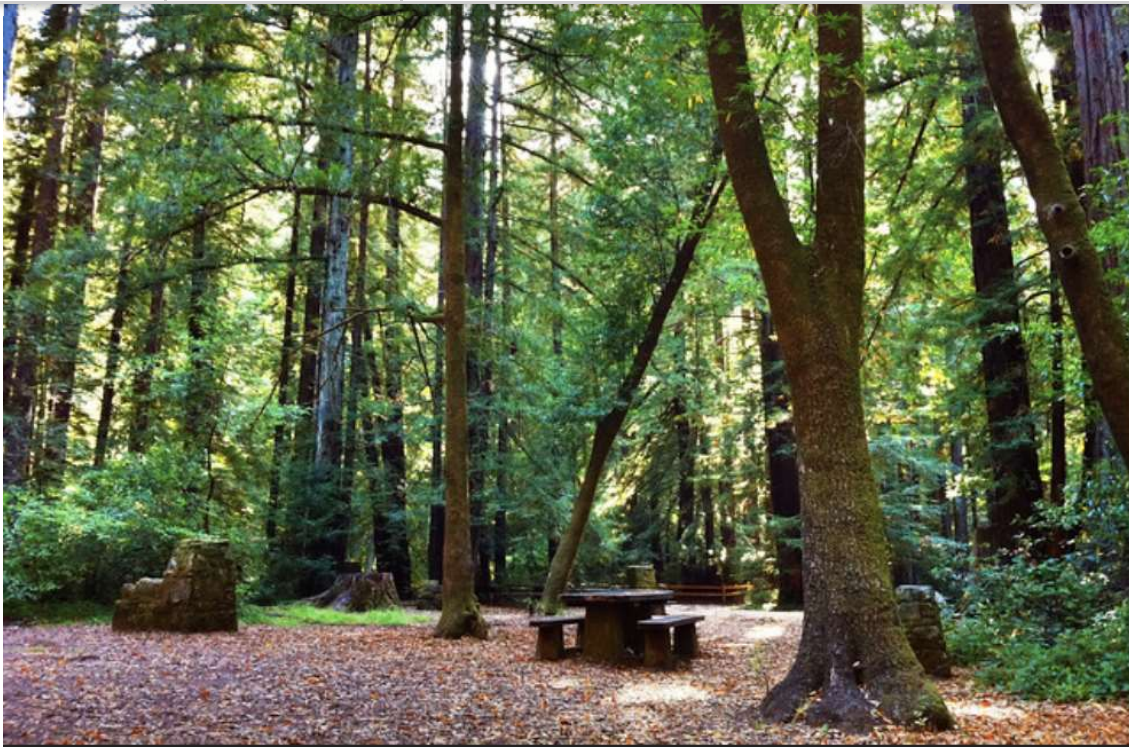
What's more, it appears the brain uses nap time to process information gathered throughout the day, which appears to enhance problem-solving abilities. One small study revealed that people who took short naps were less frustrated and impulsive, which resulted in better focus and efficiency when performing work-related tasks. Napping may even lead to an improved ability to learn new motor skills, such as a golf swing or the playing of a musical instrument. This is because these memories or skills become consolidated in the brain during sleep, whether at night or while napping.

Napping can also reduce stress. One study found that naps of approximately 20 minutes improved the overall mood of participants. However, longer naps lasting more than 30 minutes are not typically associated with improved mood and increased feelings of well-being.

Short naps may also be associated with a reduced risk of cardiovascular diseases. If we are awake more than we should be, we tend to have a buildup of the "fight or flight" chemicals in our bodies. Studies show that more consistent sleep will help lower these chemicals, resulting in a normalization of blood pressure and heart rates. Napping appears to help this process for some people.

But just as in nighttime sleep, some people may have trouble drifting off for a nap, especially when they have limited time. Progressive muscle relaxation techniques have been shown to be beneficial for both nighttime sleep and napping. Other nonspecific relaxation techniques, like listening to relaxing music, appear to also be beneficial for falling asleep. Interestingly, many people overestimate their time awake when trying to sleep and underestimate the time they actually spent sleeping.

There are some drawbacks. Continue reading the article [HERE](#)

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2 Free park excursions with Age Friendly Sausalito - Next one is NEXT Friday!

Samuel P Taylor Park

Join us for Lunch among the Redwoods!

Transportation by Vivalon van and box lunch included at no cost.

We will be joined by Erica Frazier, Marin Park Ranger to learn more about the park.

Sign up by Wednesday, October 11th.

WHEN: Friday, October 13th 10:00 am – 2:00 pm

RSVP: <https://sausalito.helpfulvillage.com/events/4080> by October 11th

Questions? Email AgeFriendlySausalito@gmail.com or call (415) 331-1393

Stafford Lake

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Parks and Recreation for this trip.

Join friends from Marin City , Mill Valley and Corte Madera for a Bar-B-Q Lunch and fun get-together.

Sign up soon to secure your spot on the Vivalon van and to help plan for food.

WHEN: Saturday, October 28th, 11:30am - 3:30pm

RSVP: <https://sausalito.helpfulvillage.com/events/4081>

Questions? Email AgeFriendlySausalito@gmail.com or call (415) 331-1393



8 Worst habits for your eyes

Excerpted from AARP.com

Bad habit 1: Smoking

raises your risk of developing AMD, the eye disease that can blur your central vision. People over age 55 are already at risk for the condition, but a large review of studies published in *Clinical Interventions in Aging* shows that smokers are at a twofold to fourfold risk of AMD, as compared to never smokers.

Bad habit 2: Staring at your smartphone

Your eyes pay a price directly and indirectly when you stare at that tiny screen — or, for that matter, your computer screen or TV — without giving them a break. According to the American Optometric Association, using any of your digital devices continuously for two hours is enough to bring about digital eye strain.

Bad habit 3: Not wearing sunglasses

In the same way that ultraviolet (UV) radiation from the sun can do a number on your skin, it can also wreak havoc with your vision. Specifically, UV rays can damage the eye's surface tissues, the cornea and lens. And over time, that damage can lead to cataracts, AMD and cancers of the eye.

Bad habit 4: Sleeping in your contact lenses

Sure, contacts have gotten more user-friendly, but that doesn't mean you can simply put them in and forget about them. "The biggest issue is the risk of infection, which can cause permanent scarring of the cornea and loss of vision," Brissette says. "Bacteria and other debris get trapped between the contact lens and the surface of the cornea, so leaving them in too long or past their expiration [puts you at] high risk for developing an infection."

Continue reading [HERE](#)

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Mike Moyle presents "Sausalito Then and Now" and also a history walk

Mike Moyle, a long-time Sausalito resident and the Historian at the Sausalito Portuguese Cultural Center, will give a Zoom program presenting a set of historic photos taken throughout Sausalito, juxtaposed with current counterparts that Mike has taken from a drone. The photos highlight both significant changes that have occurred over the years, as well as features which remain relatively unchanged. This will take place on October 30th and is open to everyone.

WHEN: October 30th, 3:00pm-4:15pm

RSVP: <https://sausalito.helpfulvillage.com/events/4050>

Mike will lead a Sausalito history walk starting between the elephants at Plaza Viña del Mar, and ending at City Hall on October 31st. Register for this separately from October 30th zoom which is recommended if you plan to participate in this walk. The walk, which will focus on locations along the route which reflect our history, will

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although there is some interest, time will tell. A second round on another date. Due to limited size, this is offered to SV Members and Volunteers only.

WHEN: October 31st, 10:30am-11:45am

RSVP: <https://sausalito.helpfulvillage.com/events/4051>



Years After Our Divorce, I Helped My Ex-Husband Die. Here's What I Learned About Love.

Excerpted from HuffingtonPost.com

I am a historian. My world is structured by events and dates. Lee and I met in 1977 and married in 1978. I was 26 and he was 36. Our four sons were born between 1980 and 1983. (Yes, the youngest are twins.) We rode out lots of ups and downs and managed to stay married until 2010, when we divorced.

Our split was horribly painful; it was hard to disentangle 32 years of friends, possessions and expectations. We generated enough anger and resentment to flood the gulf of silence between us. Lee had two important committed

We had virtually no contact until our twins' weddings in 2016 forced a rapprochement. From that point onward, interaction became easier. Conversation was initially awkward, then slid into familiar patterns. Old memories created scaffolding for a tentative new friendship. We even danced with each other. It all felt grown-up, civilized and oddly easy. He didn't have to hate me any more. I didn't have to dread his bad behavior or be responsible for him.

Then, in 2019, shortly before his 78th birthday, Lee was diagnosed with Parkinson's disease and Lewy body dementia. No one was surprised; he had been showing signs of cognitive slippage for years. But his girlfriend contacted our sons and me, telling us about his diagnoses and explaining that she could not take on his care.

An important and unexpected benefit of my involvement in Lee's end-of-life care was a kind of family reunification. The out-of-town boys visited. We spent some holidays together and passed grandchildren from one elderly set of knees to another at Sunday dinners and backyard barbecues. We reminisced about that long-ago Christmas when we were all sick, wore our pajamas all day, and watched movies, cuddled up on the sofa. We took some sweet group photographs and consulted, with loving tears, about Dad's care. And by the time the end came, we faced and experienced it together.

As I planned Lee's celebration of life, I considered the fact that I am not alone. There are many old people out there — mainly women, I suspect — caring and grieving for former spouses. We do this for many reasons; chief among them is love: love remembered, love honored.

To read the entire story click [HERE](#)

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Better Care Starts Here*Event*

A DIVISION OF JEWISH FAMILY AND CHILDREN'S SERVICES

Now That You've Been Hacked



What To Do If You've Been Hacked

Seniors At Home is pleased to partner with the Peninsula JCC and AnewVista Community Services to present the latest in a series of free workshops to help you make the most of today's technology.

These are free and open to all. Register below through Seniors at Home.

If you suspect that your online accounts or devices have been compromised by hackers, you need to act quickly to minimize the damage and protect your digital identity. We'll share how to spot a potentially damaging hack, and teach you what to do next. Better safe than sorry!

WHEN: Tuesday, October 17, 10:00am (PDT)

WHERE: Online zoom

To register, click on the link:

[REGISTER](#)

You may also register by calling 650-378-2703.

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The Golden Bachelor recap of the first episode, the new 'Bachelor' is age 75



Excerpted from HuffingtonPost.com

Wearing the right size bra isn't just a matter of looks and comfort. Choosing the wrong bra can lead to a host of health issues. Dr. Paul Banwell, a breast surgeon, explained that "breasts are heavy" and over time, "not wearing the correct bra will affect your posture and may lead to hunching," in addition to shoulder and back pain. Dr. Erum N. Ilyas, a dermatologist and functional textile expert, sees the effect poorly fitting bras can have on skin: chafing, skin inflammation, skin tears, bruising, yeast infections, benign skin growths and itching.

To find your bra size at a particular retailer, most experts recommend getting measured by an expert at a department store or lingerie shop. However, you can also measure yourself at home. To do so, you need to take two measurements to find your band size and cup size.

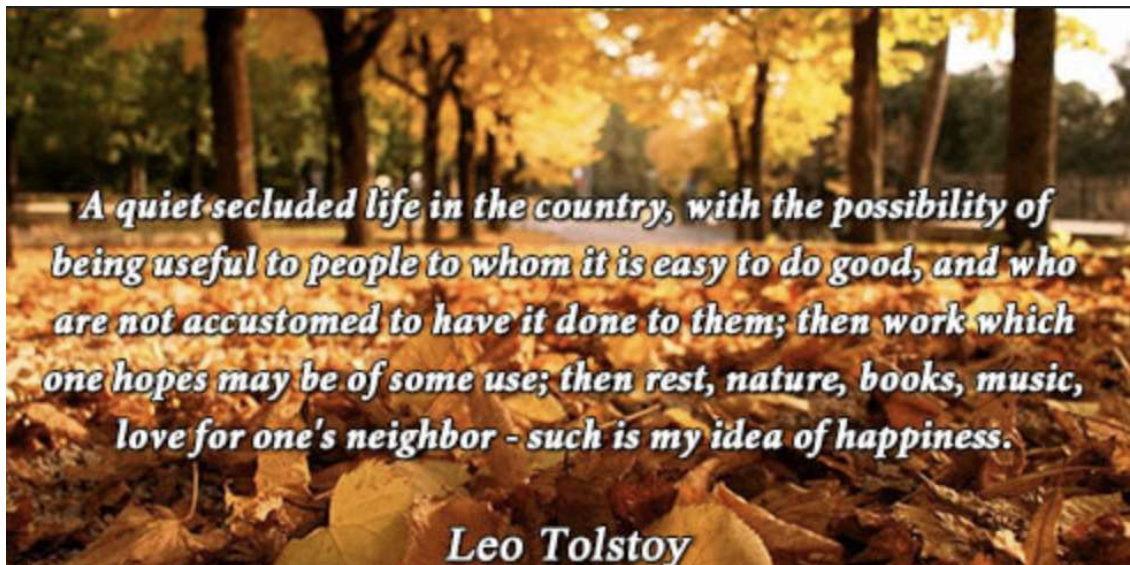
- **To find your band size**, measure around your ribcage just under your bust. Take the number you get in inches and round it to the closest whole number. If you get an even number, add four inches. If you get an odd number, add five inches.
- **To get your cup size**, measure around the fullest part of the bust just above the nipple line. Then, subtract the number you get from your band size. Each inch of difference represents one cup size. If your band size is 36 and your breast measurement is 37, there is a 1-inch difference and you are an A cup. A 2-inch difference would be B cup and so on.

If you can pull your bra band at your side, more than two or three inches, or can slide more than two fingers under the band, you need to size down. The band should be horizontal across your back and not riding up.

When selecting bras to try on, keep in mind that band size and cup size work in conjunction with one another, not independently. Use the concept of "sister sizing," which means if you go up a band size you should go down a cup size and vice versa. So if you wear a 32D,

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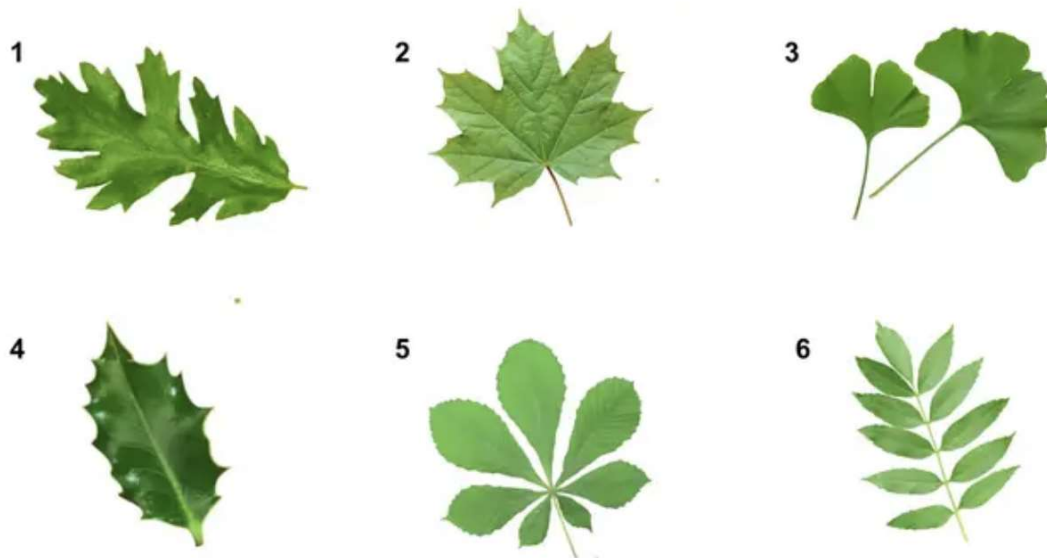
Women should also keep an eye on how the bras they have fit. After regular use, all bras will lose their shape and won't fit as well. You should reassess whether a bra still fits well about every six months, although many bras will last much longer.



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It's that time of the year. Can you identify the trees from their leaves?

Your options: ginkgo, holly, maple, ash, chestnut, oak



Find the answer at the bottom of the newsletter.



Eclipse, a 2 yr old lab rides to the dog park solo

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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 ride at least 48 hours ahead. Open to anyone in 94965.

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>

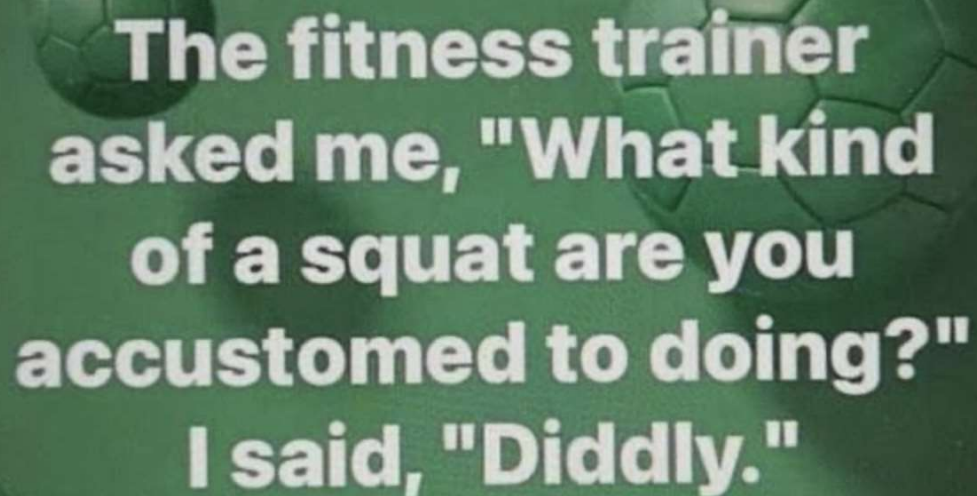
Tuesday, October 24, 10am <https://sausalito.helpfulvillage.com/events/4067>

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

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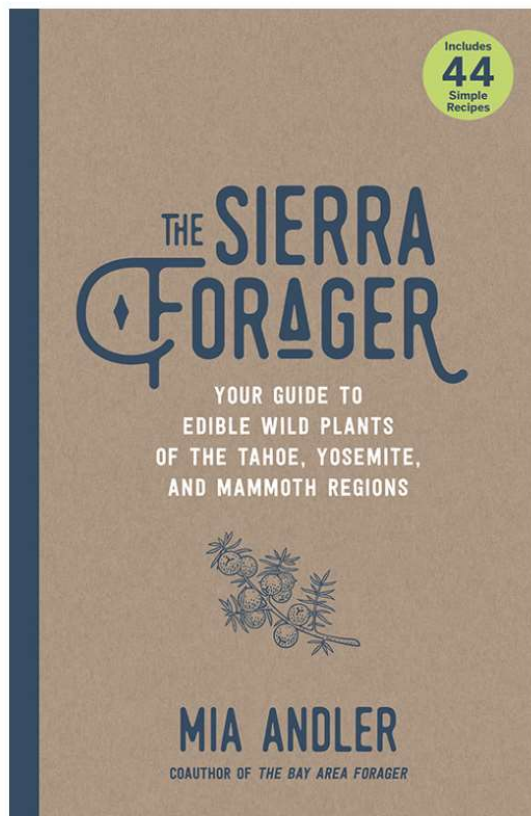
**The fitness trainer
asked me, "What kind
of a squat are you
accustomed to doing?"
I said, "Diddly."**

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BOOKS
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Author Event

LITERACY
BY THE
BAY

100 Bay Street, Sausalito, CA 94965 • 415.887.9967 • sausalitobooksbythebay.com • literacybythebay.org



Take a wild foods walk in the woods and mountain meadows with foraging expert Mia Andler. In this guide to the common edible plants of the Sierra Nevada, Andler offers practical advice for gathering food from the land, in a friendly voice full of rich knowledge.

Thursday
October 12th
 6 PM
MIA ANDLER
 The
Sierra Forager
 in conversation with
MARIA FINN



Mia Andler is founder of Vilda—a nonprofit that connects children to nature in Northern California—and co-author of The Bay Area Forager. She has been backpacking and foraging in the Sierra Nevada and the San Francisco Bay Area for over 25 years.

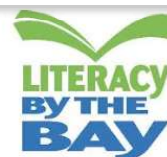
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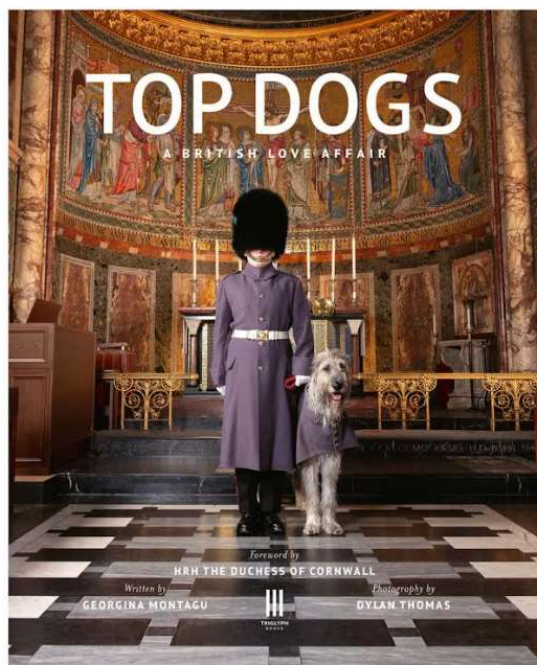
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Author Event



100 Bay Street, Sausalito, CA 94965 • 415.887.9967 • sausalitobooksbythebay.com • literacybythebay.org



Far better than the world at your feet is a top dog at your heels ... Author & journalist Georgina Montagu has captured three of her favourite things in this stunning artistic chronicle: dogs, people and interiors. Entertaining stories – embarrassing, funny, naughty and disastrous – accompany all the tales of companionship.

Dylan Thomas's glamorous, heart-warming photography showcase the lucky hounds who belong to some of Britain's most creative and glittering masters. Exuberantly photographed, the book is lustrous eye-candy for dog lovers. From Jacobean manor to Cumbrian hill farm, and circus wagon to royal residence, the cast of this sumptuous volume occupy some of the loveliest homes in the country.

A portion of book sales go towards Medical Detection Dogs, heroic dogs who save and improve lives by using their incredible noses to seek out diseases such as cancer, malaria, Parkinson's and Covid -19.

Tuesday
October 17th
6 PM

Georgina Montagu
Top Dogs
A British Love Affair

Join us for a hound-ish happy hour --
bring your favorite canine companion
Treats galore!




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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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Stretch and Strengthen with Rayner. If you watch this video, please let us know! This class is now co-sponsored with Parks and Rec and they would like to track if people are watching. Please contact Sharon at Sharon126@aol.com. Thank you!



How fast was the first driver to get a speeding ticket going?

Excerpted from InterestingFacts.com

Walter Arnold probably didn't think he'd be making history when he took his "horseless carriage" (automobile) for a spin through the humble English village of Paddock Wood on January 28, 1896, but make history he did — by traveling at an absolutely blinding pace of 8 miles per hour on the main thoroughfare. And while you may find it difficult to believe that a bicycle-riding constable was able to catch up to him, the ensuing low-speed pursuit led to Arnold paying the first-ever speeding ticket.

Speeding wasn't all he was charged with. Arnold was cited on four counts: using a "locomotive without a horse" (the nerve!) on a public road, operating said contraption with fewer than three people, failing to clearly display his name and address on that absolute manifestation of speed, and, last but not least, traveling at a higher velocity than 2 miles per hour. Arnold, one of England's first car dealers, was driving a Benz that fateful day and paid the equivalent of more than \$300 in today's money for his quartet of criminality. However, a few months later he began marketing his own Arnold Motor Carriage, a variant on the very Benz he was driving, to the public. Whether the whole thing was a publicity stunt or a mere coincidence has never been settled.

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Who are Romani people?

Excerpted from WorldAtlas.com

The Roma, or the Romani, generally referred to as *gypsies* (despite being considered a pejorative term), are a diverse group of traditionally nomadic people originating from the region of Northern India.

Currently, the Romani people are found worldwide, mainly concentrated in Europe, with an approximate population of 10 to 12 million. Small Romani populations are also found in the Middle East, the Caucasus region, and North and South Americas. It is generally believed that the Romani people were pushed out by Afghan general Mahmud of Ghazni and thus were first forced out of India into Pakistan, Afghanistan, and Iran, by the 11th century. This explains why many Roma carry both Northern Indian as well as Central Asian and/or Iranian DNA.

In terms of Romani people within the Americas, one of the earliest possible accounts was in 1498, when Romani people were said to

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and to reject the migration or deportation of Roma to the Americas generally started in the 16th Century. After 1492, Spain was highly focused on eliminating its Romani population. Spain started deporting Romani people as indentured servants to its colonies in North and South America, with Portugal and France following suit. Portugal deported many Romani to Brazil, while Napoleon deported Romani to Louisiana before being sold to the US in 1803.

The deportation of the Romani to Louisiana actually resulted in a unique community known as the Afro-Roma when the enslaved Roma would intermix with local enslaved African-American people. However, many of these communities are now fully integrated and intermixed into the general African-American Louisiana population.

Unfortunately, the Romani people have been victims of extreme persecution in basically every region they have settled in and gained their image as nomads from constantly having to move from region to region to avoid persecution. Their stereotype as fortune tellers and thieves came from being outcasted from white European society and forced to turn to craft, trade, and entertainment to survive.

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20 Nostalgic French Songs



1. Oak
2. Maple
3. Ginkgo
4. Holly
5. Chestnut
6. Ash

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