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Photo by Joyce Alexander

Send your Bay Area photos to SausalitoVillageTips@gmail.com

Happy Friday, Villagers

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And welcome to the our weekly Sausalito Village newsletter, a mix of local news, features, jokes, pictures, and information on events from around the village, virtually, and around the world. Please send your contributions by 10 am Thursdays to:

SausalitoVillageTips@gmail.com

Are you forwarding this newsletter to a friend?

Have your friend sign up directly to receive the weekly newsletter by making the request to SausalitoVillageTips@gmail.com

Have you missed a previous newsletter? They are archived!

You can view past newsletters on the SV Website:

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



SV hosted events in the coming 2 weeks:

October 22 - [Line Dancing](#)

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

October 24 - Errand Tuesday

October 24 - [Afternoon Book Review Group](#)

October 25 - [Film Group "The Lost King"](#)

October 26 - [Safeway and Trader Joe's trip](#)

October 28 - [Trip to Stafford Lake](#)

October 30 - [Dollar Tree and Grocery Outlet](#)

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October 1 - [History Walk with Mike Meyer](#)
November 1 - [In Person Tech Training in Sausalito](#)

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



NEW EVENT - Souper Monday Club

YOU are invited! RSVP to reserve your spot

Isolation is a public health crisis and the change in weather and shorter days can add to the problem. Sausalito Village has an answer! We are starting a new monthly program on the first Monday of every month called Souper Monday Club.

The idea is simple, having a hearty and healthy soup while meeting up with old friends or making new ones. The tables will be set with fabric tablecloths, ceramic bowls/plates and real silverware.

Different restaurants will be donating a hearty soup and bread each

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cup prices in the 2023 Super Bowl. Hors d'oeuvres, water and light dessert will also be served.

No charge, donations accepted. Open to all. Reservations required.

WHEN: Monday, November 6, 11:30am-1:00pm

WHERE: Campbell Hall, 75 Santa Rosa

RSVP: <https://sausalito.helpfulvillage.com/events/4084>

Trouble registering? Email SausalitoVillageRSVP@gmail.com

Need a ride? Call CARSS for door to door ride at 415-944-5474 by Friday, November 3rd

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 time to learn more about Sausalito Village and help us to celebrate our accomplishments. Open to all. The event is free of charge but reservations are required.

RSVP for the SV Community Meeting:

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



4 ways to connect with your grandchildren

Excerpted from AARP.com

1. They use technology

To close the gap between western Massachusetts, where Carol Steiner lives, and Seattle, where her grandson, Henry, attends preschool, the pair began spending time on Google Meet, doing puzzles and coloring together. “I design, draw and send jigsaw puzzles for him to put together once a month,” she says. “His mom emails me his line drawings, I email her mine, and we color each other’s drawings together online.”

Steiner, 69, also reads virtually to Henry and takes him on video walks with her phone so they can look for bugs together.

Kathleen Lemoine, 80, of Baton Rouge, Louisiana, has adult grandchildren and some live thousands of miles away.

“I text my grandkids links to articles, fun videos and anything that makes me think of that grandchild,” she says. She also texts them instructions on how to make jambalaya, gumbo and potato salad — some of their favorite dishes

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engaged in what he's up to and gives them things to talk about when they see each other.

"If you cannot be physically in the presence of your grandchild," Cox says, "you really have to make an effort to get comfortable with technology."

2. They share activities and adventures

Grandparents and their grandkids still enjoy doing things they might have done together a century ago: going fishing, picking berries, swimming in creeks, and searching for edible mushrooms and native plants. Those are some of the activities Susan Willis, 69, and her elementary-school-aged grandsons, Gabe and Tristan, do when they get together in Lake Rosemond, Louisiana.

"I can't really take credit for any creativity in most of our activities," Willis says. "The ideas come from my grandsons. I just try to be open to their suggestions and we always have fun."

Ellie FitzPatrick Sifford, of Bethlehem, Pennsylvania, sends each of her daughters, ages 9, 5 and 16 months, to Camp Mima at least twice a year for weeklong visits. Camp Mima is the home of Verna FitzPatrick, 69, Ellie's mom, who lives in New York, New York.

"With my oldest, they've done Broadway shows, sightseeing, a ride on the N.Y.C. ferry, and she has a pool and playroom in her building plus a lot of playgrounds in her neighborhood," Sifford says. "The girls love the individualized attention from my mom and she makes it super fun for them."

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



Film Group "The Lost King" October 25th

Join us for film group with Pastor Paul and Chef Joey, both graduates of NYU film school. They will show the film at 2pm and lead a lively discussion afterwards.

Parking is terrible at the Presbyterian Church and Hall, be sure to ask for a CARSS ride.

Contact CARSS by October 23rd to request your door to door ride at 415-944-5474.

About the film:

In 2012, having been lost for over 500 years, the remains of King Richard III were discovered beneath a carpark in Leicester. The search had been orchestrated by an amateur historian, Philippa Langley, whose unrelenting research had been met with incomprehension by her friends and family and with skepticism by experts and academics. THE LOST KING is the life-affirming true story of a woman who refused to be ignored and who took on the country's most eminent historians, forcing them to think again about one of the most controversial kings in England's history.

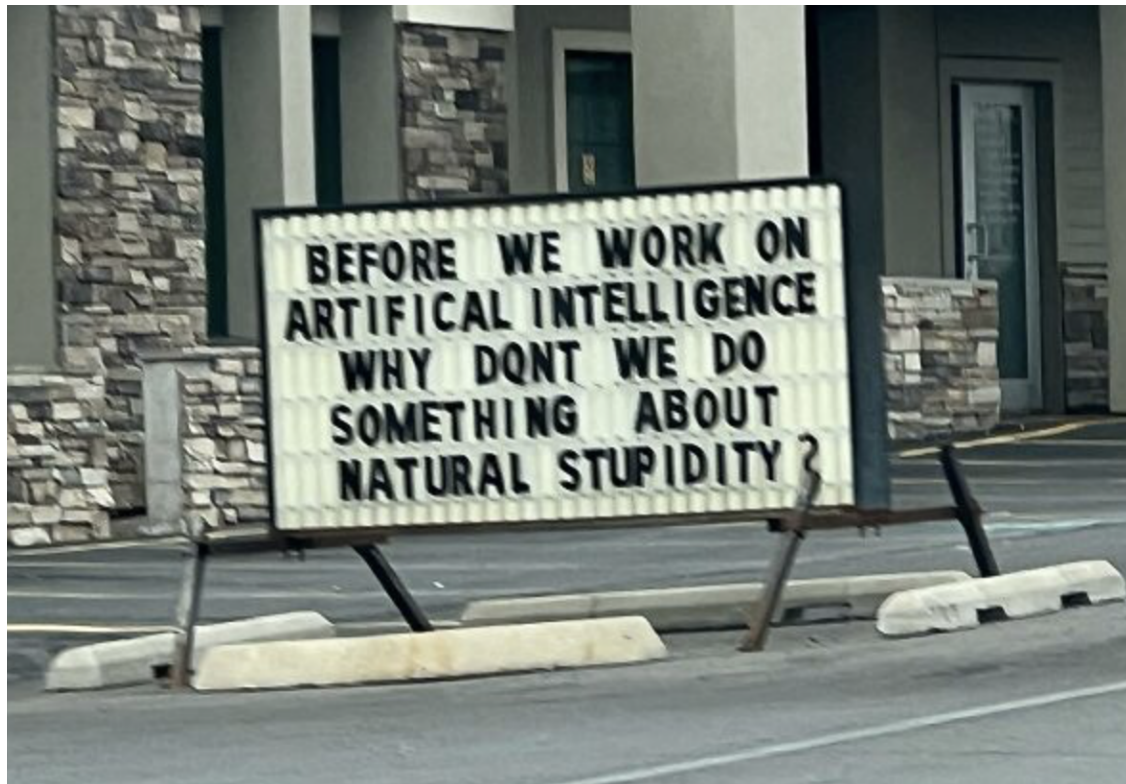
Trailer, click [HERE](#)

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WHEN: October 20th, 4pm-6pm

WHERE: Sausalito Presbyterian Church Hall

RSVP: <https://sausalito.helpfulvillage.com/events/4092>



10 signs of hearing loss you shouldn't ignore

Here are 10 key signs that it may be time to have your hearing evaluated.

1. **You get irritated at others for mumbling.** The first part of hearing to fade with age is the ability to discern high-frequency sounds. In speech, those are consonant sounds and digraphs, like “ch” and “sh”. “When you can hear vowels but not consonants, it sounds like people aren't speaking clearly, so it's easy to blame them,” says Chandrasekhar.

For example: If someone says, “The elephant has a long trunk that can be used to grab trees,” a person with hearing loss might hear something more like this: “__e ele__a__a__a long _run__tha__an be us__o grab _ree_”. No wonder it sounds like people are mumbling!

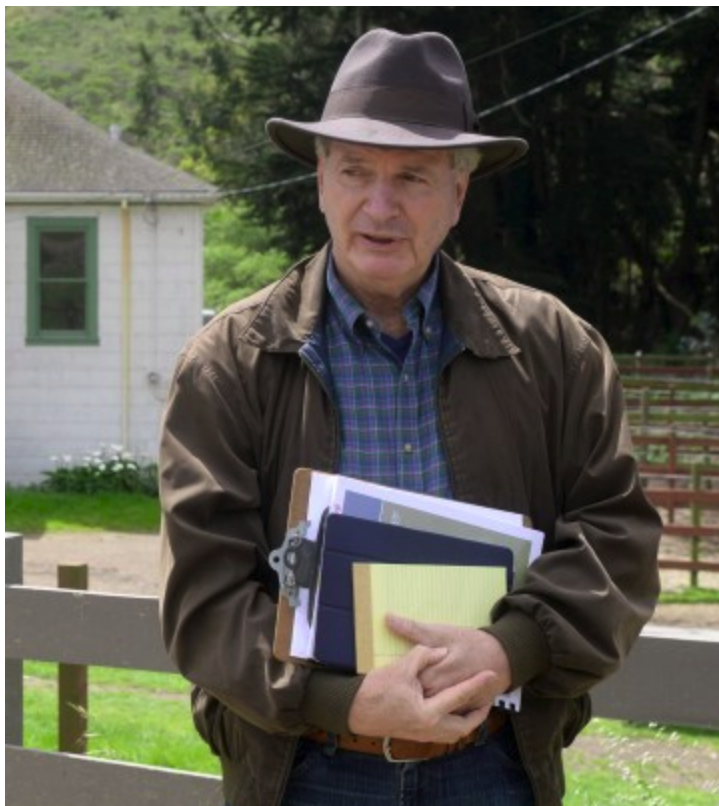
2. **You're having trouble following conversations.** Even without consonants we pick up lots of cues about speech from the context, facial expressions and lip reading. But you'll start making errors. Chandrasekhar says, “With everyone wearing masks this year, it's become even harder for people who are starting to lose their hearing to bluff their way through conversations.”
3. **Talking on the phone is more challenging.** “Usually, sound is going in both ears, but when you're talking on the phone it's only going in one, which makes it more difficult — especially if you hold the phone to the ear that has more hearing loss,” says Alison Grimes, director of audiology at UCLA Health in Los Angeles. On top of that, phones don't perfectly transmit speech sounds, which compounds hearing issues, she says.
4. **Some sounds seem louder than normal.** Feel like you're easily startled by loud noises? Blame it on a phenomenon called “recruitment,” which is common in people with hearing loss, says Grimes. It happens because you don't lose all the hair cells in your ear at the same time. When a sound is on the louder side it

typically heard. As a result, sounds can be more jarring, or even sound distorted.

5. **It's harder to carry on a conversation in a crowded room.** Background noise is difficult for everyone, even those with typical hearing, says Angela Shoup, a professor in the Department of Otolaryngology and chief of the Division of Communicative and Vestibular Disorders at the University of Texas Southwestern Medical Center in Dallas. “One skill we use to ignore background noise is to screen out a certain type of noise, like traffic, which is low-pitched,” she explains. But at a party or restaurant, the competing sounds are human voices nearby — and ignoring other voices to focus on one is more difficult when you're losing your hearing.
6. **Everyone is telling you to turn down the TV.** You might not even realize you have been clicking up the volume button until someone points it out. But if the sound is so loud you need to turn it down to hear someone saying, “Turn down the TV,” it's a sign something could be wrong with your hearing.
7. **You feel like you're getting clumsier.** The inner ear, where hearing occurs, is like a house with two rooms. Your hearing mechanism, or cochlea, is in one room, and your balance mechanism, the semicircular canals, is in the other — and they're connected by fluid-filled space. So, one affects the other. Plus, we use auditory cues to know where we are in space, says Chandrasekhar: “When you put hearing aids on people with hearing loss, their sense of balance and ability to sense where they are in space improves immensely.”
8. **You don't remember things people tell you.** “It's difficult to remember things you don't hear clearly,” says Shoup. And when you're struggling to understand what someone is saying, it taxes your short-term memory. Just think about the sentence above about the elephant's trunk. “Our minds clump information together to make it easier to remember,” Shoup explains. “But people with hearing loss miss lots of sounds, so they have to hold all these

works, and sometimes it doesn't.

9. **You don't get jokes like you used to.** “The punchline is often told in a funny way or it's a play on words, and if you can't decipher all the words, you don't get the joke,” says Chandrasekhar.
 10. **You get distracted more easily.** “It takes a significant amount of energy and concentration to decode a message that is missing numerous elements, which is what speech sounds like to someone with hearing difficulties,” says Shoup, “so it's harder to focus and sustain attention during a conversation.”
-



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

Mike Moyle, a long-time Sausalito resident and the Historian at the

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presenting a set of historic photos taken through old cameras, 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 take approximately 1.25 hours. The size is limited to six participants, although if there is sufficient interest, Mike will offer a second walk 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>



Palestine - 10 minutes



What does the Error 404 message really mean?

Excerpted from Interesting Facts.com

Most people groan when met with a pesky “404 not found” error message on a website, but the web itself couldn’t exist without it. The web’s major innovation was its ability to connect various information with hyperlinks — and also its ability not to. In the proto-web days, hyperlinks were added to a central database to make sure they always supplied the correct information; if the link changed in any way, it was updated in the database. This worked for small computer networks, but as the internet grew, it became nearly impossible to keep an accurate register of all hyperlinks simultaneously.

Berners-Lee came up with a simple yet groundbreaking solution: just don’t keep track of them. Similar to how the concept of zero revolutionized mathematics, so too did the idea that a hypertext link could just lead to an error message. Although this led to an increased rate of “link rot” (half of all online links cease to work in five to 10 years), it untethered the web from the restrictions of a centralized register.

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Free Technology Training for Older Adults Group Session In Person and On Zoom

Session 3: Safety

**Stay safe on technology and avoid scams.
Session will include time for basic
technology questions.**

November 1st at the Edgewater Room,
Sausalito City Hall, 429 Litho Street
2:00 to 4:00

Register Here:

<https://sausalito.helpfulvillage.com/events/4075>

November 8th

On Zoom

4:00 to 5:30

Register Here:

<https://sausalito.helpfulvillage.com/events/4076>

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**

In-Person Tech 'Safety' Training November 1

Group Session hosted by Sausalito Village and Marin Villages

WHEN: November 1, 2pm-4pm

WHERE: Edgewater Room, downstairs in City Hall

RSVP: <https://sausalito.helpfulvillage.com/events/4075-free-technology-training:-group-in-person>

This group training will review technology "Safety," covering tips to stay safe on technology.

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...nswers, and the training.

This is an opportunity to become comfortable with your computer, phone or tablet and have your questions answered.

Free and open to anyone in Marin County 60 years+. Rides available to Village Members.

Questions or ride request

Please call or email Wendy at (415)332-3325 or sausalitovillageconcierge@gmail.com



Pasta or Italian composer?

It was recently National Pasta Day, so it's time to play: type of pasta or Italian composer?

1. Agnolotti
2. Scarlatti
3. Franchetti
4. Casoncelli
5. Stringozzi
6. Testaroli



Using toilet paper is grosser than you think

Excerpted from WashingtonPost.com

Instead of wiping with toilet paper, try using a bidet.

Bidets are gentle and hygienic. In fact, a 2022 study found that the hands of people who use bidets have profoundly fewer microbes than those who wipe.

Researchers asked 32 nursing students in Japan to wear clean medical gloves when they used the bathroom to poop and subsequently examined those gloves to see what bacteria grew. People who wiped with toilet paper had an average of nearly 40,000 different viable bacteria attached to their gloves afterward.

The bacteria on the gloves of bidet users were reduced by almost 10-fold.

The study was small, and more rigorous research is needed on the effects of using bidets compared with toilet paper. But as someone

I recommend them all the time for my patients with loose stools, like in irritable bowel syndrome, who find constant wiping makes their skin raw. Bidets are also excellent for anyone who might struggle with balance or coordination reaching back to wipe and especially fantastic for people with hemorrhoids, anal fissures or those who are recovering postpartum.

You need a bidet, but not for the reasons that you think

Bidets are not just better for your wallet (think of how much toilet paper your family breezes through each month), but they're better for the environment too. While you do waste one-eighth of a gallon of water per use with a bidet, your waste from toilet paper plummets. It takes about 1.5 pounds of wood and more than six gallons of water to produce just a single roll of toilet paper.

I get it though: It can be hard to get over the weirdness of trying a new thing in an area where you don't try new things often. But once you experience that level of freshness, it becomes so intuitive that it's hard to go back to just plain wiping.

There is a bit of a learning curve when it comes to adjusting the water pressure and getting into all the nooks and crannies. And unless you've got a fancy bidet with a dryer, you'll need to dab the area dry with a sheet of toilet paper or a clean towel.

To start using a bidet, you don't have to buy a whole new toilet. Toilet seat attachments can cost around \$50. You'll need to measure your toilet and think about the nearest outlet as you're making your purchasing decisions.

Read the entire article if you plan to stay with toilet paper and need to read the correct way to use it: [HERE](#)

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Milagros & Memories



Celebration of Día de los Muertos

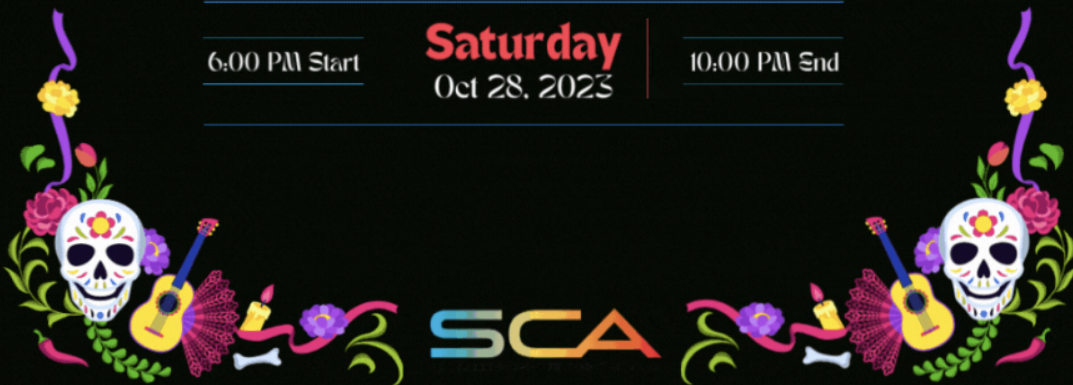
A Benefit Fundraiser For The Sausalito Center For The Arts

Music 🏺 Food 🏺 Drink 🏺 Art

6:00 PM Start

Saturday
Oct 28, 2023

10:00 PM End



SCA

Get your tickets before they sell out! \$125

<https://www.eventbrite.com/e/milagros-memories-tickets-704946342487?aff=oddttdcreator>

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**Stoicism as a philosophy for an ordinary life | Massimo
Pigliucci | TEDxAthens**



Trip to Stafford Lake - Free van and lunch

Age Friendly Sausalito in partnership with Marin City and Sausalito Parks and Rec

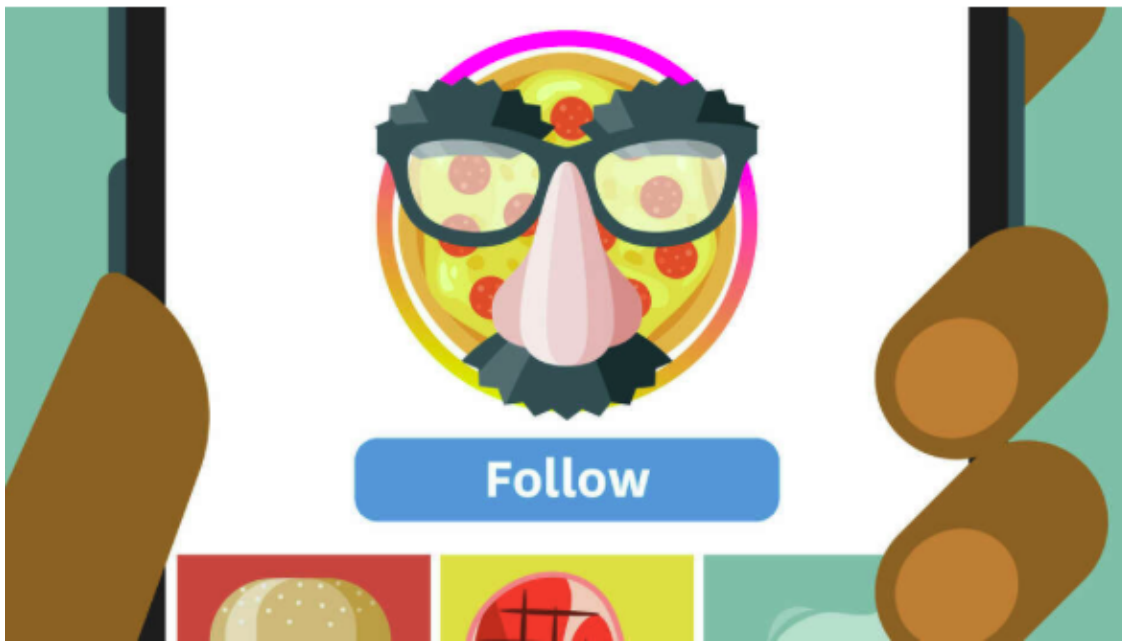
Join friends from Marin City , Mill Valley and Corte Madera for a Bar-B

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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

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



Don't fall for scammers posing as restaurants

Excerpted from SF Chronicle.com

T'André Ernesto White was scrolling through Instagram recently when a message caught his attention. John's Grill, a historic San Francisco restaurant he'd been wanting to try, was offering a special \$15-per-person dinner deal. He clicked on the link in the message, thinking he'd scored a discount, and paid \$30 to book a table for himself and his partner. But the offer, and the account, were fake. White hadn't noticed the extra underscore at the end of the Instagram handle: johnsgrillsf_ instead of the restaurant's real account, johnsgrillsf.

Francisco Mediterranean restaurant Dalida, and small, like Singaporean pop-up Dabao Singapore.

In at least six instances observed by the Chronicle, the fake accounts copy the real businesses' Instagram bios, down to emojis and hours of operation. They are typically private accounts without any posts, which request to follow the real businesses' followers and then message them with some kind of scam.



How to filter out misinformation in the news hosted by AARP

Tips for Being News Savvy Online

Wednesday, October 25th at 11:00am

Sharing the news with others? In the digital age, anyone can publish anything on the internet, ***even if it's completely false.***

This lecture will explain the way technology has made it easier to create and spread misinformation. We'll discuss tools to evaluate news

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important to read and check your calendar before emailing.

AARP membership is not required to sign up but you must create an AARP account to register.

More information: [HERE](#)

Register through AARP: [HERE](#)

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Time Flies!

Our **4-YEAR ANNIVERSARY**

Sunday, October 22nd, 3-6pm

Join us at the shop for beverages & bites, local authors, live music with *Brilliant Strings*,* and much festivity!

* Julie Mellon & Susanne Divincenzo

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Brene Brown turns the negative into positive



What is dry brushing? Dermatologists recommend the best routine

Excerpted from NBC Select.com

scrolling on social media, you might've come across the term "dry brushing" as one of the best modes to exfoliate your body. But what is dry brushing, and is it actually safe to do it? If you're looking to remove dead skin cells from the surface of your skin and help even out any texture, this may be the option for you, according to board-certified dermatologist Dr. Liza Moore.

As its name suggests, dry brushing involves swiping a soft brush in gentle strokes over your body to physically exfoliate your skin and help it feel soft and smooth, according to board-certified dermatologist Dr. Lily Talakoub.

Our experts recommend certain best practices to get the most out of your dry brushing routine.

- **Dry brush prior to showering.** Ideally, you want to begin your dry brushing routine prior to showering because dead skin cells will likely wash away while you bathe, says Akhavan.
- **Move from top to bottom.** When it comes time to apply the brush to your skin, start at the neck and work your way down to the feet, says Akhavan. Avoid dry brushing highly sensitive areas like the face and genitals, she says.
- **Move the dry brush in specific motions to exfoliate.** If you're looking to focus on exfoliating, move the brush in an up-and-down motion and go over each area twice, says Talakoub. The reason you don't want to move the brush side-to-side is that the bristles can move against the skin and may end up causing small tears, according to Talakoub.
- **For circulation and lymphatic drainage, move the dry brush away from the heart.** If you're looking to focus on circulation and lymphatic drainage, you don't want to work the brush toward your heart because you're not moving the fluid outwards, says Talakoub. Instead, you'll want to move the fluid under the skin away from the center of your body, she says.
- **After dry brushing, cleanse the skin.** Your next step is to wash your body in the shower. However, keep in mind that dry brushing can strip your skin of its natural oils and cause dryness. For that reason, you should use an oil-based cleanser because a lathering soap would strip your skin even more, says Talakoub.

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you exit the shower, you should apply a body moisturizer to prevent any dryness as a result of dry brushing and cleansing, says Akhavan. Consider using a cream moisturizer rather than a lotion because the latter tends to be thinned out with alcohol, which can be drying. Check to make sure your moisturizer is thick, creamy and contains hydrating ingredients like ceramides to help repair the skin barrier after dry brushing, says Talakoub.

Read the entire article and more about the types of brushes, click [HERE](#)



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

**"Loneliness is the poverty of self; solitude is the richness of self."
- May Sarton**

ooquotes.com



Tips for moving through the airport more quickly

The basic rules apply here, including checking in online, having your ID ready at security and making sure you know [TSA's carry-on rules](#). But here are a few more tips you may not have considered.

Research the airport ahead of time

Get a layout of your airport beforehand. That way, you're aware of the correct terminals and the locations of the entry gate and check-in points. Take advantage of the [best travel apps](#), specifically the [AtAirports app](#), which maps all major airports.

Check wait times in advance

Security wait times vary from airport to airport, and the [best time of day to fly](#) at one airport may not be the same as another. Frommer likes the [MyTSA app](#), which displays current wait-time information, even down to the terminal. Check it the day before or two days before you travel, and if the TSA lines are packed, you can get to the airport earlier.

Assess fellow passengers

Want to know what can hold you up the most in the airport? Your fellow passengers. The people who don't know what to do or who are overburdened.

Take advantage of perks

If you've bought a ticket for a premium cabin, have airline points or know the [best time to ask for a flight upgrade](#), take advantage of potential perks. You may find that fast-track services are already included in your fare, which can expedite your airport experience.

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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



SCA
SAUSALITO CENTER FOR THE ARTS

TIVOLI

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WORKING ARTISTS STUDIOS

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PUBLIC MEDIA
104.9 FM KRCC PBS KRM

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Wildlife Photographer of the year 2023



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

Thank you!



Sign up Now! New Tai Chi for Arthritis and Fall Prevention online Fall Classes**

Registration is now open through Sausalito Parks and Recreation Adult Classes Portal. These two Classes are on Zoom. All classes are led by Certified Tai Chi for Health Instructors from Age Friendly Sausalito and Dominican University.

Register: [Sausalito.gov/adultclasses](https://sausalito.gov/adultclasses) and click "Fitness-full Series", then "Tai Chi" and scroll down to class listing.

Free and open to Older Adults of all abilities in Marin County

TAI CHI FOR ARTHRITIS AND FALL PREVENTION.

Basic Class for beginning and continuing participants starts on November 7th. Each class is taught over 16 sessions, meeting two times per week for one hour on Zoom. This evidence-based Sun Style

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Tuesdays and Thursdays beginning November 7 – Jan 11, meets 10:00 to 11:00 am (no classes Thanksgiving and Christmas week)

TAI CHI FOR ARTHRITIS AND FALL PREVENTION --PART TWO.

This Continuing and Intermediate Class is for participants who have completed the Tai Chi for Arthritis basic class. It builds on the Basic Form adding slightly more complex forms and deepening the Tai Chi Principles for balance and strength. The class is taught over 16 sessions, meeting two times per week for one hour on Zoom.

Tuesdays and Thursdays beginning November 7 to January 11 , meets 2 X per week from 11:30 am to 12:30 pm

Need Assistance in Registering? Call Sausalito Parks & Recreation (415) 289-4152

For Questions about the Tai Chi Classes call (415) 331-1393 or email: agefriendlysausalito@gmail.com



What is the most expensive invention made

Excerpted from FactOfTheDay.com

The most expensive movie ever made is *Pirates of the Caribbean: On Stranger Tides*, which cost a whopping \$410 million. That's a pretty penny to be sure, but it's less than half a percent of the most expensive human-made object in history: the International Space Station, whose price tag comes in at \$100 billion. Launched in 1998 after more than a decade of careful (and often difficult) planning, the ISS is a collaboration between five space agencies: NASA (United States), Roscosmos (Russia), JAXA (Japan), ESA (Europe), and CSA (Canada). It has been continuously occupied since 2000, with a full-time international crew conducting microgravity experiments and other research.



Top 100 country songs of 2023 - 3 hours of music

FRIDAY PUZZLE

ANSWER

1. Agnolotti is a type of pasta.
 2. Domenico Scarlatti was an Italian composer.
 3. Alberto Franchetti was an Italian composer.
 4. Casoncelli is a type of stuffed pasta.
 5. Stringozzi is a type of pasta.
 6. Testaroli is a type of pasta.
-



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

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