



Photo by Thelma Olgiati

Send your Bay Area photos to [SausalitoVillageTips@gmail.com](mailto: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](mailto: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](mailto:SausalitoVillageTips@gmail.com)

**Have you missed a previous newsletter? They are archived!**

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[https://sausalitovillage.com/newsletters/newsletters\\_month=7&newsletters\\_year=2023](https://sausalitovillage.com/newsletters/newsletters_month=7&newsletters_year=2023)



### SV hosted events in the coming 2 weeks:

November 4 - [NEW Saturday Line Dancing](#)

CHANGE YOUR CLOCKS

November 5 - [Tales of the Trails](#)

November 6 - [Inaugural Souper Monday Club](#)

November 7 - Book Review Group (closed)

November 7 - [Mike Moyle Historic Walk](#)

November 8 - [Free technology training on 'Safety' on zoom](#)

November 13 - Felecia Gaston presentation on Marin City history

November 15 - [Free technology help on zoom Drop In](#)

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

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**Happy Birthday to all of our SV Members  
celebrating in November**

***Pat Boddy - Carol Covey - Tony Cook  
Sue Dunlap - Sonja Hanson  
Ann Heurlin - James Hill - Gail Hurley  
Phyllis Sachs - Kimery Wiltshire***

If you are an active Sausalito Village member and we have missed your November birthday, please let us know! It means we do not have it on file and want to make sure we don't miss it next year. Email [SausalitoVillageConcierge@gmail.com](mailto:SausalitoVillageConcierge@gmail.com)



## Time to change the clocks! Fall back before you go to bed Saturday

### Who came up with the idea for daylight saving time?

Benjamin Franklin is often credited with first proposing daylight saving in his 1784 essay, "An Economical Project." The idea wasn't seriously considered, however, until more than a century later when William Willetts, a British builder, fiercely advocated for it.

The current daylight saving time format was proposed in New Zealand by entomologist George Hudson. In 1895, he recommended a two-hour time change because he wanted to have more daylight after work to go hunting for bugs in the summer.

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## RSVP for NEXT Monday - Souper Monday Club

EVERYONE is invited! RSVP to reserve your spot

We are starting a new monthly program on the first Monday of every month called Souper Monday Club.

The idea is simple, enjoying 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.

**Jean Capron** will be our musical guest providing background piano music.

Different local restaurants will be donating a hearty soup that will be served with bread and a dessert each month starting with **Barrel House in November** - they won the best soup prize in the 2023 Souper Bowl. Herbal tea and water will also be served.

Barrel House will make **both vegetarian and non-vegetarian options** for the soup this month.

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

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

**WHERE:** Campbell Hall, 70 Santa Rosa

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

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



## 10 foot exercises for balance and stability

Excerpted from AARP.com

### 1. Ankle circles

Ankle circles are a great way of improving your ankle mobility. Here's how to do them:

Step 1: While sitting, perform slow and controlled ankle circles in the clockwise direction.

Step 2: Repeat the move on the same feet in the counterclockwise direction.

Step 3: Perform the move five times in each direction.

### 2. Toe pulls

Step 1: Standing or sitting, try lifting only your big toe off the ground while keeping your other four toes on the ground.

Step 2: Now try repeating the move with each of your other toes.

Step 3: Aim to lift each toe five times.

### 3. Calf raises

Calf raises primarily strengthen your calf muscles (on the back of your lower leg), which support your weight and activity. Here's how to do them:

Step 1: Stand near a wall for support.

Step 2: Lift your heels off the ground and stand on your toes to engage your calf muscles. Start with both feet on the ground. As you get stronger, try keeping only one foot on the ground at a time.

Step 3: Return to starting position.

Step 4: Aim for 10 repetitions on each leg.

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

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Who looks outside, dreams;  
who looks inside, awakes.

Carl Jung

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## Technology Help For Older Adults - special zoom on 'Safety'

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

There will be 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, phone or tablet and have your questions answered.

Free and open to anyone in Marin County 60 years+. Register for this event to receive the Zoom link.

### Questions

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

**Presented by Sausalito and Marin Villages**

To register:

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

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## Free Drop-In Technology Help via zoom

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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

## Zoom Session:

Wednesday, November 15th from 4:00 to 5:30. No need to register, just log on:

<https://us02web.zoom.us/j/89289995207>



## Have You Ever Experienced 'Jamais Vu'?

Excerpted from HuffingtonPost.com

Déjà vu is a transitory mental state that, according to one study, as much as 97% of the population have experienced at least once in their life.

“Déjà vu is a sense of having already seen or experienced something you are currently seeing or experiencing, coupled with knowing you have not actually seen or experienced it,” explained Blair Steel, a licensed clinical psychologist at 1 Method Center in California.

While it’s a much rarer occurrence, you can also experience the opposite of déjà vu — a phenomenon known as “jamais vu.”

“Jamais vu is the experience of feeling unfamiliar with something that is very familiar to you,” Steel said. Jamais vu could look like seeing someone or something you come across every single day — for instance, a co-worker you’ve known for years or a word you write often. You’ll find that the person looks familiar, or you know you’ve seen that word before, but they appear completely new and unknown. This feeling can be overwhelming and scary, and it can last for a few seconds or minutes.

Chronic stress or sleep disturbances can have an effect on mental health, leaving someone more susceptible to experiences like this. “High-stress situations have been associated with the experience of jamais vu,” Steel said.

You can actually induce jamais vu, or a similar feeling, on your own — and you may have unintentionally done it before. This can be done in word alienation tasks, such as writing a word down over and over until it starts to look incorrect or unfamiliar to you. You can also read or stare at the word and achieve the same results.

While jamais vu is an absence of belief, it can be mistaken for dissociation or delusions depending on a person’s current state, medical history and other related traumas. As mentioned, jamais vu is when one momentarily does not recognize a word, or sometimes a person, place or thing they already know. “A delusion is defined as a false belief, whereas jamais vu is more of an absence of belief,” Steel explained.

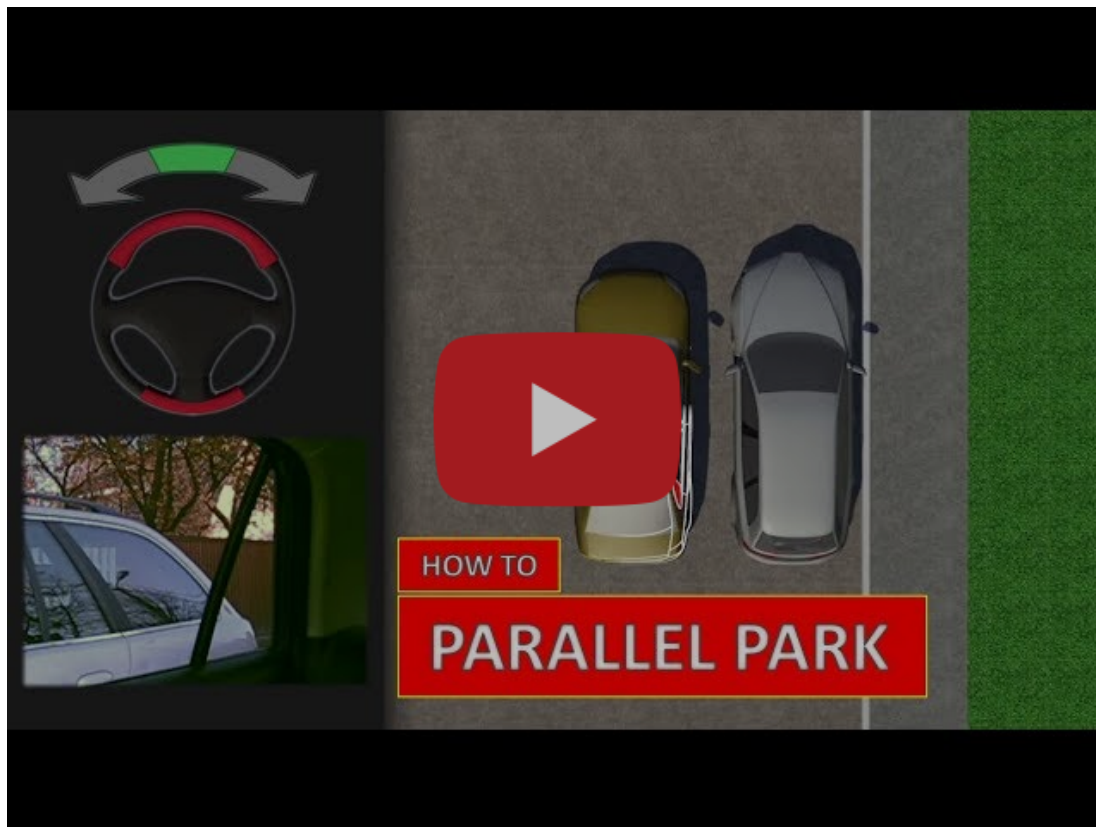
When experiencing jamais vu, one may feel detached from their environment, the people around them and their body — which is why it may be mistaken for dissociation.



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to what you're doing. But remember, jamais vu is rare, and if you're experiencing it on a day-to-day basis, it may be a signal of something deeper. It's best to see your primary care doctor as they would be able to evaluate you and refer you to a neurologist if needed.

Read the entire story [HERE](#)



A short tutorial reminder on how to parallel park

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## Line Dancing moved to Saturdays, 4-5pm

WHEN: Saturday, November 4th and 25th, 4-5pm

WHERE: Dance Studio in Sausalito City Hall

**SV is NOW partnering with Sausalito Parks and Rec through an Intergenerational grant received by Sausalito P&R**

Sign up for each class through Parks and

Rec: <https://www.sausalito.gov/departments/parks-and-recreation/programs-and-classes/adult-classes>

You can also attend as a 'Drop In' but will be required to sign a waiver when you arrive.

Laurie Reemsnyder is your wonderful teacher who will guide you through the dances. We'll do mostly beginning and one wall dances at least the first few workshops, but adjust based on who is coming.

Music is old school, contemporary, disco, jazz, R&B, and a little Latin.

Open to all, geared to seniors.

Wear comfortable clothing and shoes. Dance shoes encouraged if you have them to provide the right amount of 'slide'.

IMPORTANT: If you are new and want to meet with Laurie ahead of class to go over basic moves, email her: [phototeacher94@gmail.com](mailto:phototeacher94@gmail.com) several days before



## **BEWARE of these trending scams**

Excerpted from Bank of America.com

### **"I thought it was someone from the bank!"**

Scammers are professional imposters. They'll pretend to be a relative, a utility company or even Bank of America. (or your own bank)

### **"They said I had an overdue bill."**

Scammers want to make you panic and overreact without thinking. A loved one in trouble, a late bill or an amazing deal are all tactics to throw you off.

### **"She needed my account info right away."**

Scammers will want your money fast. They'll tell you to send funds immediately, often via wire transfer or payment apps, where the money is unlikely to be recovered.

### **"He was so friendly."**

Scammers often use social media to deceive. They'll try to befriend you, strike up a relationship, then hit you with exclusive "insider" deals and get-rich-quick schemes.

Click to see the most recent scams. This link will take you to a page on the Bank of America website: [https://www.bankofamerica.com/security-center/avoid-bank-scams/?cm\\_mmc=OLB-MobileBanking\\_-\\_email\\_-\\_](https://www.bankofamerica.com/security-center/avoid-bank-scams/?cm_mmc=OLB-MobileBanking_-_email_-_)



## Felecia Gaston presents her new book on Marin City

[A Brand New Start...This Is Home](#) is a new history book of Marin City written by Felecia Gaston, the founder and executive director of [Performing Stars](#).

Felecia will discuss her book and the work that she has been doing in Marin City at a special program presented by Sausalito Village.

WHEN: Monday, November 13, 2pm-3:15pm

WHERE: Edgewater Room of City Hall

All are welcome to this free program, which was originally scheduled for October 16.

Please if you plan to attend

<https://sausalito.helpfulvillage.com/events/4083>

A banner with a dark blue background and a white border. The text "FRIDAY PUZZLE" is written in white, bold, uppercase letters. Below the text is a white horizontal line. The banner is set against a background of colorful, low-poly geometric shapes in shades of purple, blue, green, and yellow.

## FRIDAY PUZZLE

Three of these headlines are real and one is faker than your plan to ration any leftover Halloween candy. Can you spot the odd one out?

1. It was not a good idea to have Flavor Flav sing the national anthem
2. Lawmakers work to make brandy old fashioned Wisconsin's State Cocktail
3. Survey of men found 'beard oil' was worst gift they've received
4. Joe Rogan reveals he poisoned himself by eating too many sardines

**Find the answer at the bottom of the newsletter.**

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## FINE WINES AND SPIRITS TASTING THIS SATURDAY, NOVEMBER 4th

This Saturday is Christ Church's Annual Fundraiser. Come have fun tasting incredible boutique wines and celebrity-produced bourbons. You'll be helping support programs at CEC like our Meals for Seniors ministry, our amazing Music Program, and the ongoing care of our historic buildings and grounds.

Tasting is from 1:00 - 4:00 in the afternoon this Saturday at Campbell Hall, 70 Santa Rosa Avenue in Sausalito. There will be music, delicious wine pairings, and live auction lots featuring private vacation homes in Hawaii and Maine.

Everyone who purchases wines at the event will be invited to a "Pick-up Party" two weeks later, to receive their wines and not pay shipping.

This is our one and only fundraiser for Christ Church this year, so come join in the fun and support our parish.

**BUY Your Tickets NOW**

(Click the Get Tickets button at the bottom of this email)

Or visit our

website <https://www.eventcreate.com/e/cecwinetasting2023>

It will be a great afternoon of wine, bourbon, and friends!



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Alan Shirek

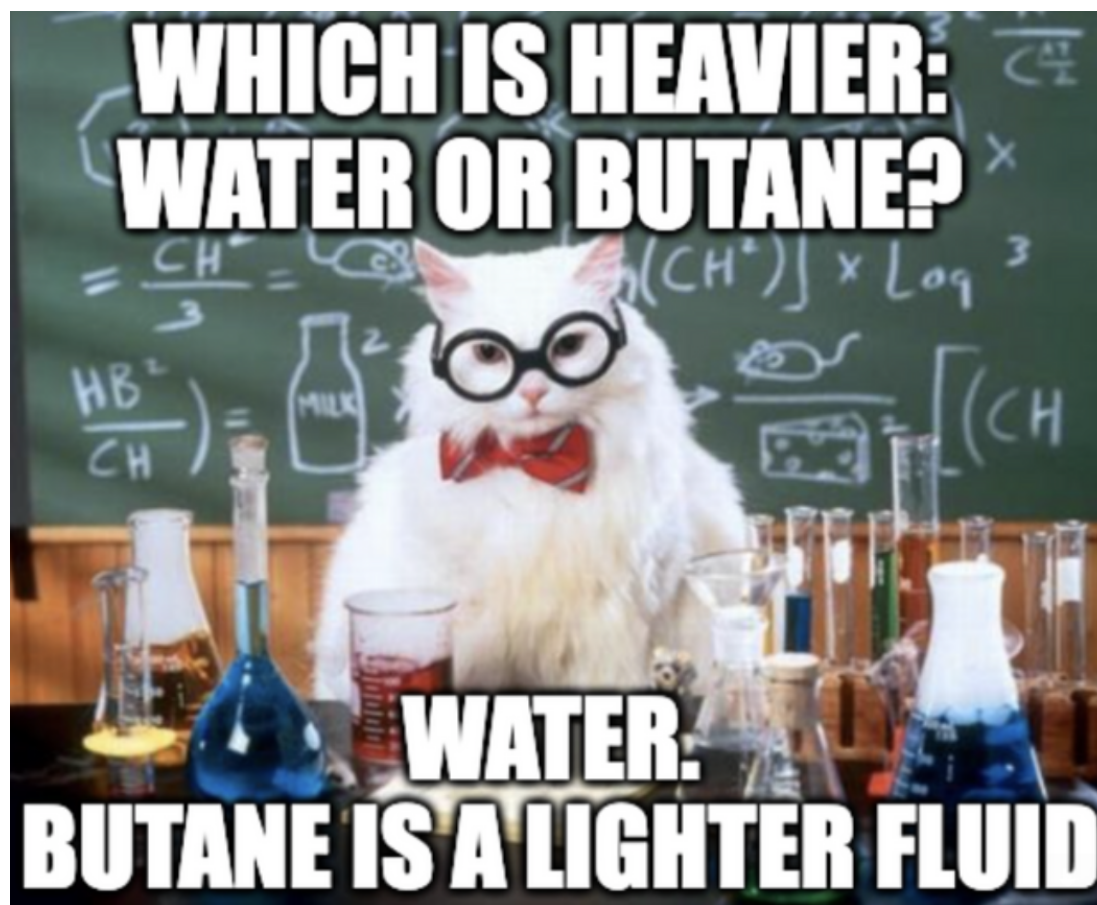
Catherine Larsen

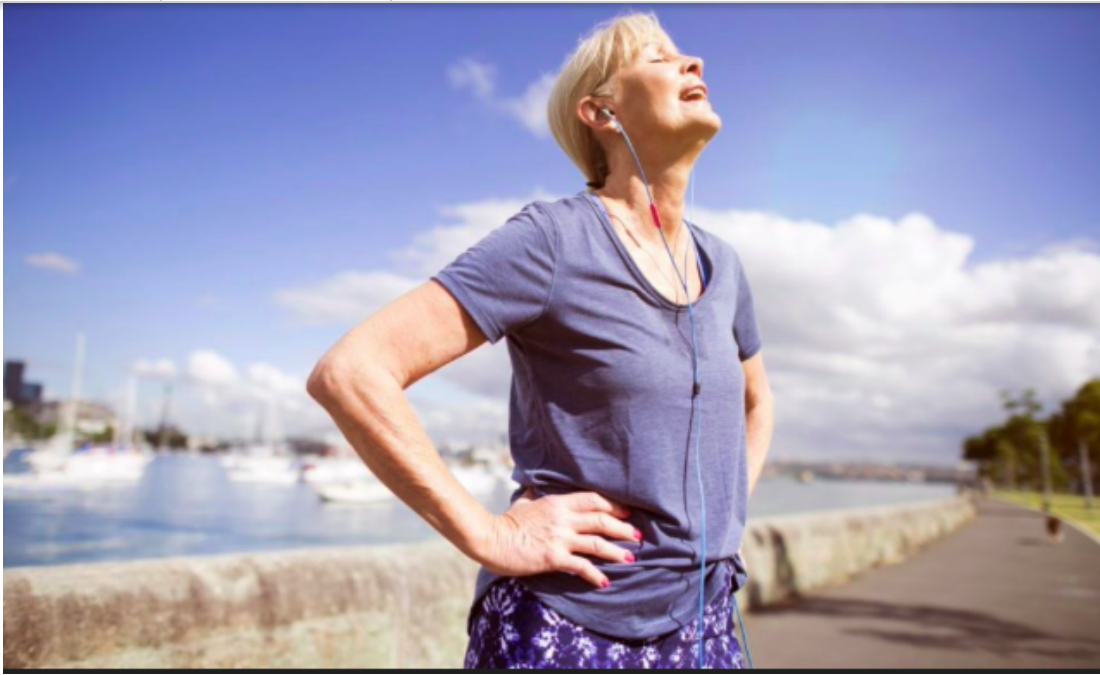
[TICKETS](#)

Christ Episcopal Church

[christchurchsausalito.net](http://christchurchsausalito.net)

(415) 332-1539





## The 5 main benefits of walking after eating

Excerpted from Vogue.In

Below, Dr. Heather Viola, DO, primary care physician at Mount Sinai Doctors-Ansonia, breaks down all the reasons you should be taking a post-meal walk after breakfast, lunch or dinner. Viola says walking after eating has five primary health benefits: it will improve digestion, may reduce the risk of heart disease, improve blood sugar management, help maintain a healthy weight, and promote better sleep patterns. She breaks it down as the following:

### Improved digestion

Bloating, constipation, acid reflux, upset stomach—all are uncomfortable signs you may have indigestion after you eat. One way to relieve those symptoms is with a quick walk. “Walking after eating [stimulates] your stomach and intestines, making your food move through you more quickly and [aid with digestion],” says Viola.

### Reduce heart disease risk

Studies have always shown that regular forms of exercise are great for your heart health. It is shown to lower your blood pressure and

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other heart problems. One study even shows that doing small quick exercises, such as a 10 to 15-minute walk after meals, over one long workout might be more beneficial to reducing the chances of heart disease.

### **Regulate blood glucose levels**

Viola says that not moving after eating might result in excessive spikes in your blood sugar levels. The Centers for Disease Control and Prevention (CDC) explains that having too much blood sugar in the bloodstream will overwhelm our liver and muscles that normally store blood sugar and cause the insulin in our bodies to store any excess in other places. If this keeps happening, it will make our bodies insulin-resistant over time and set the stage for pre-diabetes and type 2 diabetes.

Studies show that walking after eating will help in a reduction in blood sugar levels and is an effective way to lower those risks.

### **Promote healthy weight loss**

Exercising regularly is the most effective way to be healthy, but even a short walk after a meal can help with maintaining or losing weight. Viola explains that you must burn more calories than you take in to lose weight (to lose one pound, you'll need to burn about 3,500 calories, she says) and that your body expends more energy when you walk, thus burning more calories. Walking will also help with appetite regulation and curb the urge to grab those unhealthy snacks in between meals.

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# Special Event



100 Bay Street, Sausalito, CA 94965 • 415.887.9967 • [sausalitobooksbythebay.com](http://sausalitobooksbythebay.com) • [literacybythebay.org](http://literacybythebay.org)



## NIGHT OF THE FLOATING WORD

Saturday--**November 4th** -- 4-6 PM

Guy Biederman --Tony Aldarondo --Ayo Khensu-Ra

Linda Saldana -- Robert Eugene Rubino

with musical guest Mamadou Badji

*Join us, as Bay Area poets share from recent work and groove to this pulse called life at Sausalito Books By The Bay. We'll float, we'll jam, we'll connect as stories, poems, and drums twine into braids of line called joy . . and things won't be the same after that. **Guy Biederman***

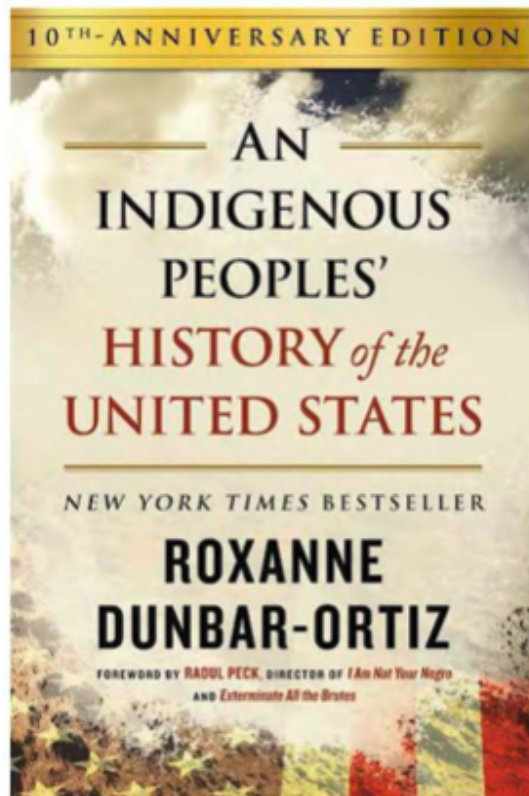


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# Author Book Signing



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Sunday  
**November 5th**  
2 PM

**Roxanne  
Dunbar-Ortiz**

10th Anniversary Edition  
**An Indigenous  
People's History of  
the United States**

Come meet this renowned author, historian, memoirist and activist for international human rights and social justice. The new edition of her seminal treatise includes both a new foreword by Raoul Peck and a new introduction by her with current history. Her unflinching chronicle of our nation's founding, its legacy of settler-colonialism and genocide, is a classic with profound impact.

*In celebration of  
Native American Heritage Month*



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# Honoring Native Voices, People & Artistry

In Celebration of Native American Heritage Month

**Thursday, November 16th, 6pm****Sausalito Books By The Bay | 100 Bay Street, Sausalito****Kim Shuck**

Tsalagi (Cherokee) heritage. Poet, author, weaver, and bead work artist. 2017 San Francisco Poet Laureate. Recent collections of poems include *Deer Trails* and *Exile Heart*.

**Denise Low**

Kansas Poet Laureate 2007-09. Recent books include *Shadow Light*, *Jigsaw Puzzling* and *The Turtle's Beating Heart*. Founded the Creative Writing Program at Haskell Indian Nations University.

**Georgina Marie Guardado**

Poet Laureate of Lake County, CA (2020-2024) Poets Laureate Fellow with The Academy of American Poets. Currently working on full-length poetry manuscript, *The Length of Trauma Covets*.

**Georgina Marie Guardado**

Author of four poetry chapbooks and seven full-length collections, most recently *Birds of San Pancho and Other Poems of Place*, as well as two children's books and a memoir. Wampanoag tribe.



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[literacybythebay.com](http://literacybythebay.com)



100 Bay Street, Sausalito | [sausalitobooksbythebay.com](http://sausalitobooksbythebay.com) | Phone 415.887.9967

**CALLING ALL VETERANS!!** If you have a photo from your service days, you are invited to email Cheryl Popp a JPEG of the photo and she will include it in Books by



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...and even on Veterans Day, a memorial for a father who was a bomber pilot in WW II, shot down and held as a POW in Nazi Germany...and all vets get 50% off the price of a book! Complimentary beverages all day. Send your photo to: [cheryl@sausalitobooksbythebay.com](mailto:cheryl@sausalitobooksbythebay.com)



Obscene hand gestures around the world



## Have you noticed a purple fence post in your travels and wonder what it means?

Excerpted from ParadeMagazine.com

Several states have adopted a new way to keep people off their private property. Instead of hanging metal or plastic "No Trespassing" signs, they can now simply paint a purple stripe on a post or a tree. Since signs deteriorate over time and make them hard to read, it makes sense to make the message easier to identify. Plus, putting a nail or screw into a tree could cause damage that is unhealthy for the tree.

Painting a fence post purple sends a clear message to keep out of a property without relying on the actual words. Unlike a sign that can become stolen or unreadable over time, the purple paint lasts much longer, keeping the message strong.

That being said, it's important that people know what purple fence posts mean in order to communicate the intended warning successfully.

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and once they, almost all of the states have renewed such there are the states you can expect to see these splashes of purple.

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**Donate to sponsor Marin City youth to see the Lion King live**

Link to donate: <https://www.performingstars.org/donatenow>

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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](mailto:Sharon126@aol.com). Thank you!





## 8 Scandinavian secrets to living a better life

Excerpted from ParadeMagazine.com

The Nordic countries consistently rank atop the world's happiness lists. In fact, five Scandinavian nations—Denmark, Norway, Sweden, Finland and Iceland—made the top 10 happiest countries in the 2023 World Happiness Report. With long winters yet delighted residents, what makes Scandinavians so cheerful and satisfied?

### 1. Paid Parental Leave

According to **Nate Axvig**, who lived in Norway for two years and who owns Aktiv Style, a Scandinavian store in Colorado, a full year of paid parental leave is standard across Scandinavia after having a baby. "Basically, a newborn spends the first year of his or her life with a parent," Axvig explains. This generous bonding time in a child's first year cements strong family connections from the start. Both moms and dads can take advantage of the leave, splitting it however they choose.

### 2. Universal Childcare

Per Axvig, affordable childcare seamlessly takes over once parental leave ends around a child's first birthday. "Once the parental leave is up, the child moves

socialize and play in a stimulating environment.

### 3. Early Retirement

Scandinavians can retire as early as age 62, transitioning to their golden years with a government pension in hand. This allows several decades to pursue passions like volunteering, hobbies and travel outside of work. In contrast, Americans generally labor well into their 60s—delaying leisure pursuits.

### 4. Embracing the Outdoors

Axvig notes Scandinavians treasure outdoor recreation and activity year-round—not letting weather limit them. "The unofficial Norwegian motto is, 'There is no such thing as bad weather, only bad clothing,'" he shares.

Instead of hunkering inside during winter, Nordics enthusiastically gear up to bike, ski and hike regardless of rain, snow or cold conditions. Being active outdoors provides mood boosts even in the darkness of winter.

Read the entire article [HERE](#)

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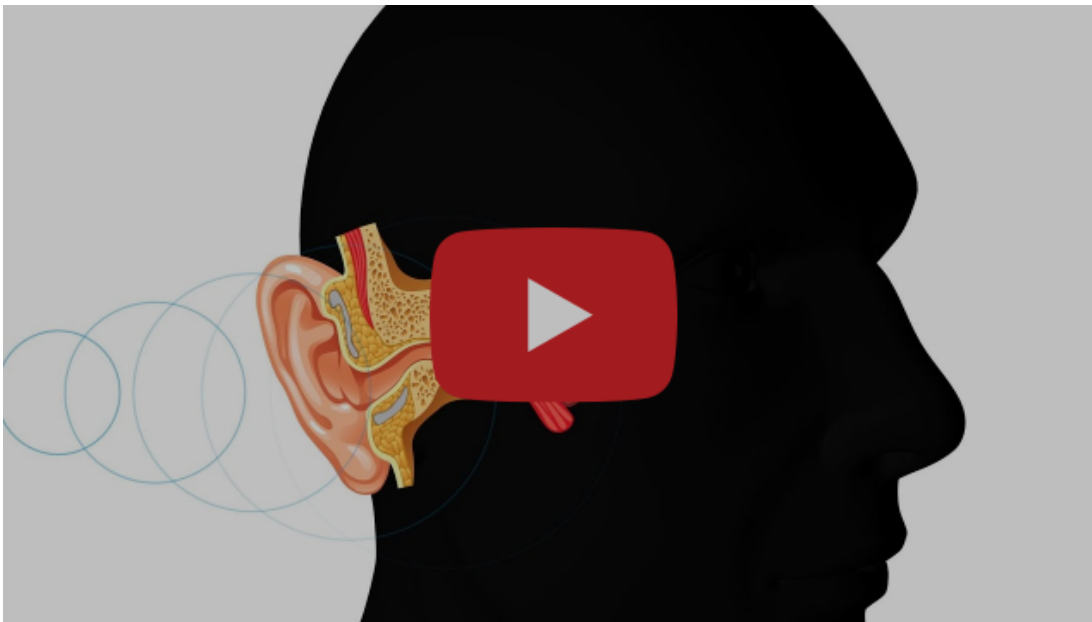
## One-On-One Technology Training for Sausalito Village Members

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



## Why people hate the sound of their own voice



## Prescribed Fire Scheduled to Continue in Novato

*From the County of Marin*

Firefighters will continue wildfire prevention work in the Big Rock Ridge area in northern Marin County on Friday, November 3. Burn operation planners ask community to refrain from calling 911 if they see smoke from the burn area.

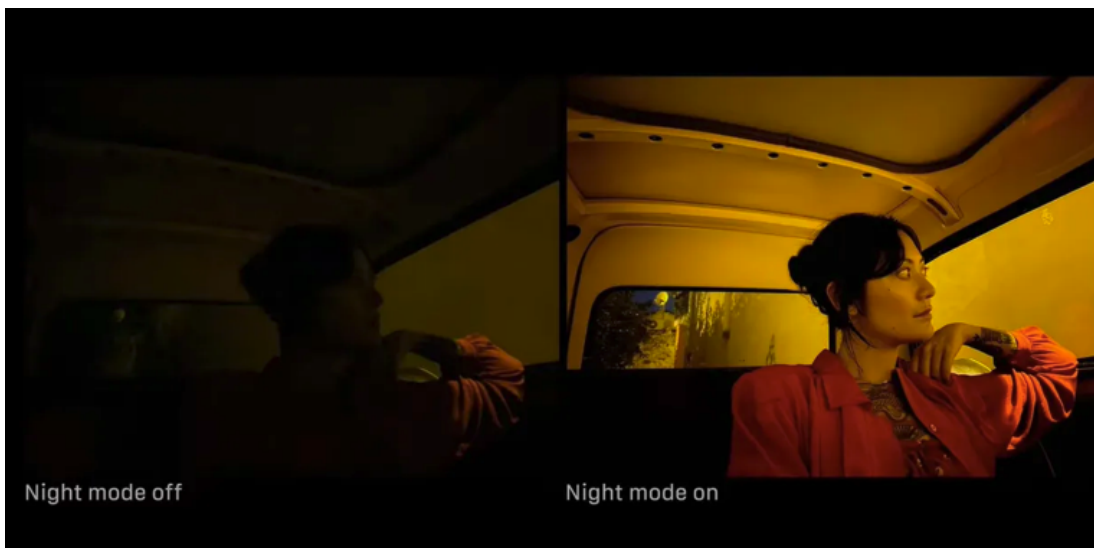
The prescribed fire is expected to release smoke that will be in full view of anyone in or near Novato and the northern San Rafael areas of Lucas Valley, Marinwood, Terra Linda, and Santa Venetia. Travelers on Highway 101 can expect to be within view as well.

The 100-plus-acre operation is a continued fire fuel reduction effort. In September, the [Marin County Fire Department](#) started vegetation management work on the private property known as H-Ranch, located on the north side of Big Rock Ridge just below the radio towers. Due to unfavorable weather conditions in September, the prescribed fire was postponed on Day 3 of operations. If conditions allow, Friday's burn would push the multiyear project forward.

Controlled burns help prevent high-intensity wildfires by reducing the volume and continuity of wildland vegetation. Burning improves forest health reducing dead and down vegetation while improving wildlife habitat. Such burns are approved by [Bay Area Air Quality Management District](#) and held in conjunction with area public safety agencies.

before and after the controlled burn in addition to the engines and fire trucks, the operation will have adequate resources like heavy equipment, to ensure the fire stays within the prescription area. Weather will also be monitored closely ensuring smoke dispersal and fire control measures remain favorable.

Learn more about Marin County Fire's [vegetation management program](#) online.



## Night mode on iPhone: How to use it

Excerpted from 9to5Mac.com

*Note: Night mode is available on all iPhone 11 models and newer, as well as iPad Pro.*

Since you can't manually turn on Night mode for any setting, you'll need to be in a low or medium-light environment for that gray or yellow moon icon to appear.

Here's how it works:

1. Open the Camera app and navigate to the photo mode. Look for a moon icon in the upper left (bottom left in landscape

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2. If the grayed out, it means that Night mode is available but not

auto-enabled, as the scene is too bright.

3. If the moon icon is highlighted yellow, it means it's auto-enabled for your scene and ready for use.

4. Next, tap the upward-facing arrow and then the yellow moon icon at the bottom to adjust the exposure time.

5. Lastly, hold your iPhone as still as possible during your Night mode capture. The yellow moon icon indicates for how long, and a countdown will also appear above the shutter button.



40 piano covers of popular songs

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# FRIDAY PUZZLE

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## ANSWER

The fake headline is the one about beard oil.



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