



Photo by Melissa Bialla

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:

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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:

December 18 - [Stretch and Strengthen with Rayner](#)

December 18 - [Holiday Sing Along and Party](#)

December 19 - Errand Tuesday

December 20 - [Trip to Dollar Tree and Sprouts](#)

December 20 - [Film Group - "Love, Actually"](#)

December 20 - [Drop in Technology help on zoom](#)

December 20 - [Deadline for Holiday Meals delivered](#)

December 24 - [Dinner delivered to your door](#)

December 30 - [Line Dancing](#)

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



Sausalito Village Annual Holiday Sing Along and Party

SV members and volunteers mark your calendars!

WHEN: Monday, December 18, 3pm-4:30pm

WHERE: Campbell Hall, 70 Santa Rosa Avenue

RSVP: <https://sausalito.helpfulvillage.com/events/4098>

Andy Dudnick will be playing holiday music on the piano, and his wife Jan will be leading the sing along, there will be lots of food, libations and of course, free tickets for the many many raffle prizes.

Parking is limited, please plan to walk, carpool or reserve a free CARSS ride.

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Reserve your ride by December 16th at
SausalitoVillageConcierge@gmail.com or 415-332-3325.



Brenda Lee RE-released her 1958 hit as a new music video
"Rockin Around the Christmas Tree" and it has been #1 on the
Billboard charts two weeks in a row!



Holiday meal delivered to your door December 24th-Open to ALL seniors in 94965

RSVP/PAY BY DECEMBER

20th: <https://sausalito.helpfulvillage.com/events/4122>

Sausalito Village is coordinating with Mollie Stone's catering to offer holiday dinners delivered to your door by SV and CARSS volunteer drivers.

Open to all seniors in Sausalito/Marin City. Meals with dessert are \$25/each including tax, tip and delivery.

Sausalito Village members who receive a fee waiver are eligible for

This year we are offering two choices - TELL US YOUR CHOICE in the comment section when you register/pay:

- 1) Ham dinner with greenbeans/carrots, potatoes and pumpkin pie
- 2) Turkey dinner with potatoes, stuffing, cranberry and pumpkin pie

Meals will be delivered by vetted volunteers between 10:30-12:00 on Sunday, December 24th.

DEADLINE for meal reservations extended to December 20th.



Should you wear a mask on a plane this holiday

Excerpted from CondeNastTraveler.com

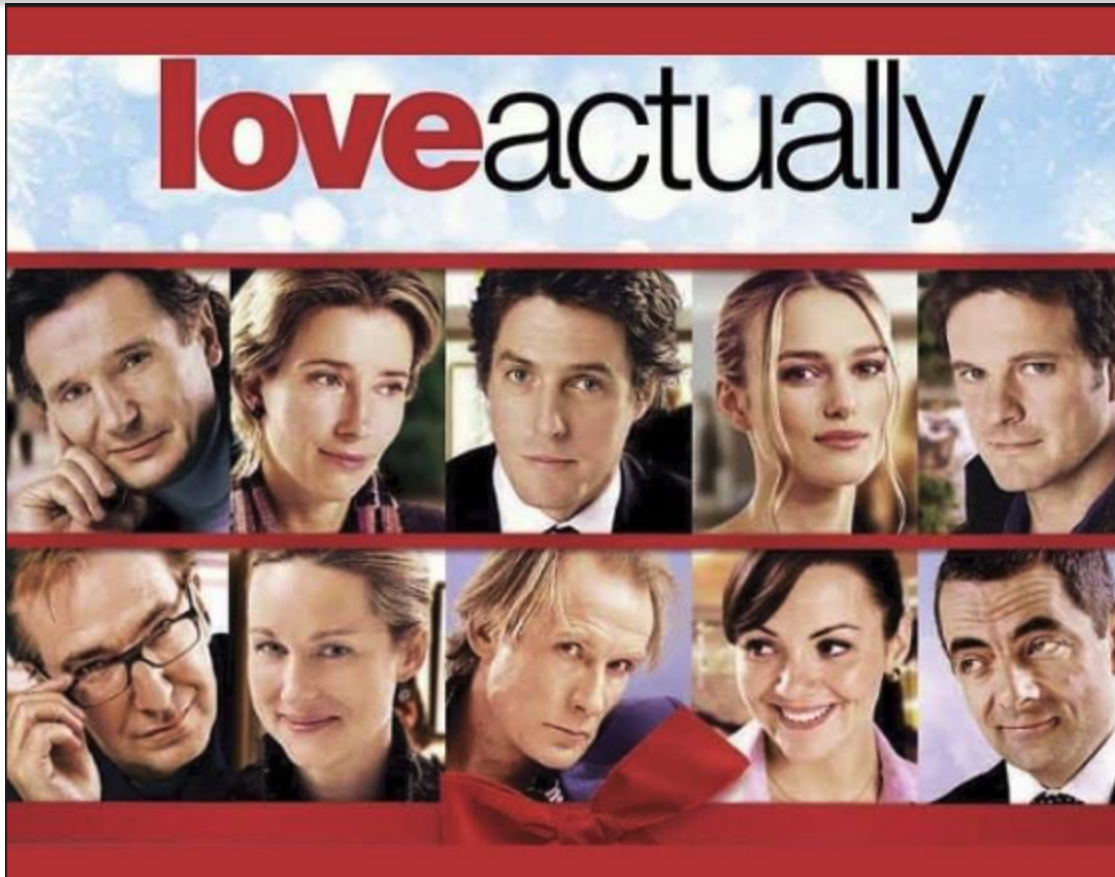
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decrease your chance of catching COVID or another bug that could ruin your festive travel plans. “If you want to avoid a respiratory viral infection, then you should wear a mask, and perform hand hygiene frequently,” says Dr. Bernard Camins, medical director for infection prevention at the Mount Sinai Health System.

Although wearing a mask in a crowd of people who might be freely coughing and sneezing into the air isn’t a perfect solution, it’s still worth pursuing if you want an extra layer of personal protection. “Ideally, in order to prevent transmission of respiratory viral infections more effectively, everyone should wear a mask. Unfortunately, that is unlikely to happen.”

Instead, the best shot at mitigating viral exposure is to choose the right type of mask. If you’re still wearing them, ditch the cloth face coverings—which Camins says aren’t very effective—for something medical-grade. “If one decides to wear a mask, they should choose a well-fitting effective mask,” Camins says. He recommends an N95 and KN95 mask, which are thought of as a gold-standard face covering, thanks to their high-filtration ability and snug fit over the nose and mouth. These top-notch masks “are still easy to find nowadays,” Camins says.

If for some reason you can’t access an N95, don’t rule out plain surgical masks: They can help stop some viral infections. “Surgical masks can still protect against flu, RSV, and even COVID; although KN95 and N95 masks are more protective,” Camins says. But they can’t filter out everything. “Surgical masks are ineffective against rhinovirus, the virus that causes the common cold.” However, there are also some simple tweaks you could make to surgical masks to increase their effectiveness. “Double masking with a surgical mask and a cloth mask on top of it—to keep the surgical mask close to the face—can provide similar protection to KN95 masks,” says Camins.



SV Film Group - "Love, Actually"

WHEN: Wednesday, December 20th, 2pm

WHERE: Sausalito Presbyterian Church Hall, downstairs. 112 Bulkley

RSVP: <https://sausalito.helpfulvillage.com/events/4089-film-group---%22love,-actually%22>

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

This month is the film "Love, Actually" - Nine intertwined stories examine the complexities of the one emotion that connects us all: Love. It features a large cast including Emma Thompson, Hugh Grant, Keira Knightley, Colin Firth, Bill Nighy, Laura Linney and more.

This is the 20th anniversary of the film.

Open to all.

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Bear frolics in the snow on Tahoe ski slope

**Fraud Prevention****Watchdog Alerts**

Give Generously to Charities...Not Criminals



Excerpted from [AARPFraudWatch.com](https://www.aarp.org/fraud-prevention/)

How Charitable Scams Work

natural disasters or other causes.

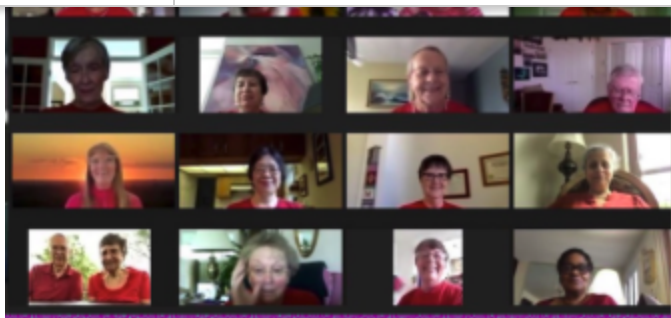
- You may receive a "thank you" email, letter or phone call making you think that you have contributed to a particular cause in the past.
- You feel pressured to contribute on the spot.

What You Should Know

- Sham charities proliferate when big crises appear in the news—whether it's war, famine, climate disaster or other tragedies, all of which happen to be in abundance today.
- Many fake charities have legitimate-looking names and websites, making them hard to discern as fraudulent.
- While some charity scams are outright fake, others are registered nonprofits but devote little of the money they raise to the programs they raise funds for.
- Legitimate charities are not going to ask for gift cards, wire transfers or cryptocurrency as a form of payment.
- Legitimate charities welcome contributions and will give you time to think about it rather than pressure you to contribute right away.

What You Should Do

- Research the charity on sites such as the BBB's give.org, CharityNavigator.org or CharityWatch.org to ensure its legitimacy and to find out how much of the donations are actually used to serve its stated mission versus overhead and fundraising.
- Don't give personal and financial information like your Social Security number, date of birth or bank account number to anyone soliciting a donation.
- Use a credit card when making your contribution—it's easier to keep track of it and if your card is misused, you have protection from loss.
- Pay attention to the charity's name and web address. Criminals often mimic the names of familiar, trusted organizations to deceive donors.
- Be wary of links in unsolicited email, text and social media fundraising messages; they can unleash malware on your device.

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Drop-In Technology Help Via Zoom on Wednesday, December 20, 4:00 to 5:30

No need to register for this event. Just join the Zoom
at: <https://us02web.zoom.us/j/89289995207>

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? Please call Wendy at (415)332-3325

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Holiday movies to watch on TV this month

Excerpted from TheMessenger.com

It is officially the Christmas season, and while holiday specials have been airing for weeks, you can now let the tinsel fly without any shame. There are a ton of new original and returning holiday favorites gracing the small screen to help you ring in the season. To help guide your DVR and streaming queues, TheMessenger.com gathered every Christmas movie, special and TV show across broadcast, cable and streaming to give you this ultimate holiday TV guide for 2023.

Go directly to your favorite TV channel or streaming service to see what is playing for the holidays:

[ABC](#) • [Amazon Prime Video](#) • [Apple TV+](#) • [BET+](#) • [CBS](#) • [Disney+](#) • [Fox](#) • [Fox Nation](#) • [Freeform](#) • [Freevee](#) • [Great American Family](#) • [Hallmark](#) • [Hulu](#) • [NBC](#) • [Netflix](#) • [Paramount+](#) • [Peacock](#) • [Pluto TV](#) • [Roku](#) • [UPtv](#)

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FRIDAY PUZZLE

We'll give you a mountain that's the highest peak in its country, and you have to name the country it's located in.

1. Denali
2. Kilimanjaro
3. K2
4. Mont Blanc (two countries)
5. Hvannadalshnúkur
6. Mount Elbrus
7. Aconcagua

Find the answer at the bottom of the newsletter.



5 Best operas for newbies

Excerpted from ClassicalMusic.com

Opera houses can be intimidating places, with their grand exteriors, formal 'dress codes' and multi-layered plot lines unravelling in foreign languages. Lately, however, opera companies have made moves to welcome new audiences in, with contemporary adaptations of centuries-old stories and surtitles providing English translations of the action and dialogue. But even in the stuffiest, oldest opera houses, there are a few operas that can be enjoyed by newbies and old timers alike. Below, we pick out some of the best operas for beginners.

The Magic Flute - Top of our list of best operas for beginners is an eternal favourite. One of Mozart's best-loved operas, *The Magic Flute* tells the story of Prince Tamino, who is rescued from a monster, shown a photo of Pamina (daughter of the Queen of the Night) and, naturally, falls in love with her instantly. Classic operatic melodrama. Armed with his magic flute, he sets off on a mission to find and rescue her from the sorcerer Sarastro she is being

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Youtube trailer: <https://youtu.be/YuBeBjqKSGQ?feature=shared>

Bizet's Carmen - Carmen is a brilliantly bold heroine: smoking, drinking and seducing her way around town. Don José falls instantly in love with her and ends up running away from the army to be with her. Shortly after, however, she grows tired of him and instead pursues the bullfighter Escamillo. The romance shifts to tragedy as Don José pursues her in a fit of jealousy, stabbing her at the amphitheatre where Escamillo is about to perform.

Youtube trailer: https://youtu.be/KJ_HHRJf0xg?feature=shared

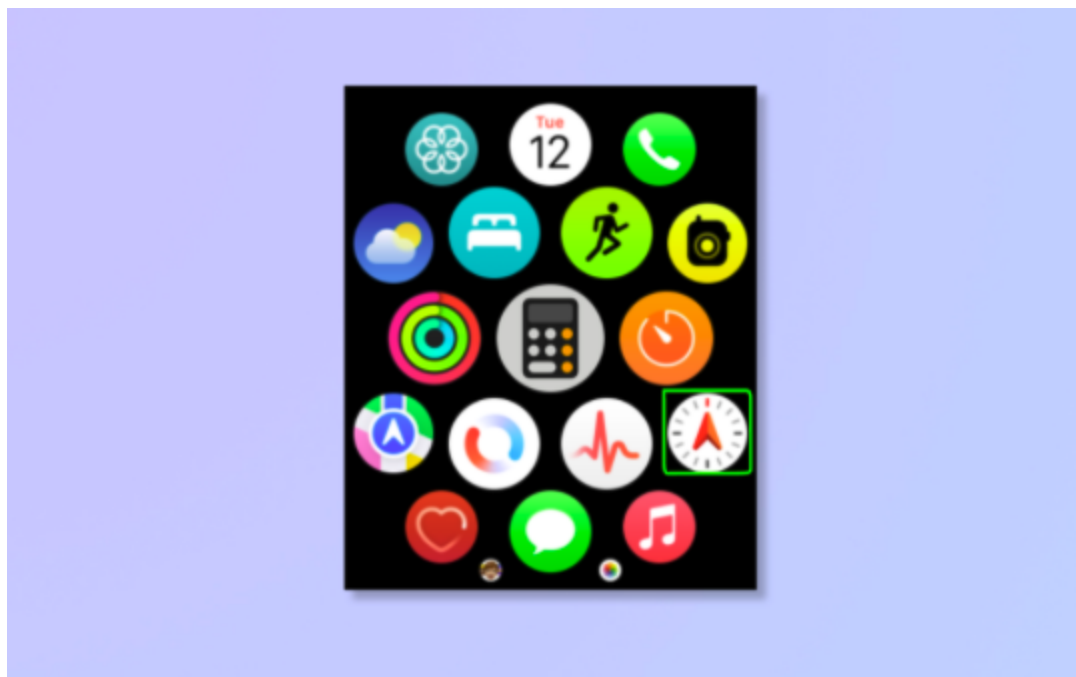
Puccini's La Boheme - If you've seen the iconic movie *Rent*, you'll find the plot of *La bohème* eerily familiar. Puccini's 1896 opera is such a timeless classic that Jonathan Larson used it as the basis for his 1996 musical. Just as we've all been worried about the cost-of-living crisis, the characters of *La bohème* were too. The plot follows four bohemians living in Paris, whose worlds are turned upside down when Mimì knocks on their door and quickly falls in love with Rodolfo. We discover that Mimì is gravely ill and Rodolfo is unable to support her. It's a tragic story of young love, friendship, mortality and heartbreak.

Youtube trailer: <https://youtu.be/F2bKgu-BDCY?feature=shared>

Verdi's La Traviata - Quite a few of our choices are rather tragic, but heightened emotions are the name of the game when it comes to opera. Verdi's *La traviata* is no different, telling the tragic love story between Alfredo Germont and the courtesan Violetta. Set against the backdrop of a divided upper-class society, their love is illicit and threatens to destroy the Germont name. Again, it's helpful to have a film to hand for an entry into an opera. And, like *La bohème*, *La Traviata* has enjoyed new life on the big screen. In 2001, its story was adapted for the film *Moulin Rouge!*.

Youtube trailer: <https://youtu.be/Ry39KrqwDnE?feature=shared>

Rossini's Barber of Seville - Last in our list of best operas for beginners is one that will bring a bit of light relief for all you opera beginners. *The Barber of Seville* is a frivolous, fizzy feast of fun, packed full of wit, excitement and vocal fireworks. Rossini's most famous opera focuses on a barber, Figaro, who must help Count Almaviva prise his love Rosina away from her evil, manipulative guardian, Dr Bartolo. It combines vocal jollities with physical comedy, making *The Barber of Seville* an opera for all the family to enjoy.



This Apple Watch tip helps you to retrace your steps

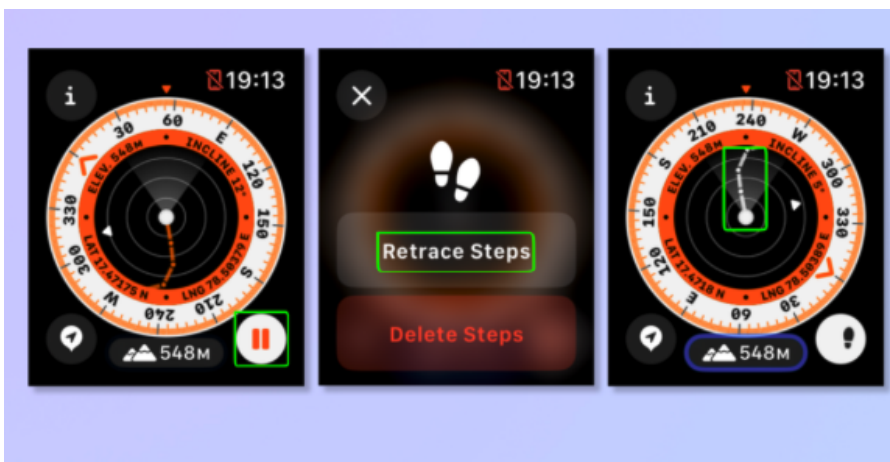
Excerpted from TomsGuide.com

Need to retrace your steps? Your Apple Watch can help. Before you go out on a walk or hike do these steps:

1. **Click on the COMPASS APP** - the one that has a green square around it in the **photo above**

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2. Tap on the 'Backtrack' icon in the lower corner (in photo above)



3. Retrace your steps.

When you want to retrace your steps back to the starting location, **tap the pause icon** and then **tap Retrace Steps**. **Follow the white route** that's displayed on the compass to arrive at the starting location. You'll also notice a white arrow appear on the compass while retracing to point you in the right direction, and it'll disappear once you reach the original location.

Additionally, if you're navigating terrain with varying elevations, **tap the hills icon** at the bottom of the screen to **show elevation**. To return to the compass view, **tap the hills icon again**.

4. Delete steps.

Once you've navigated back to the starting location, **tap the footsteps icon** and **tap Delete Steps** to end Backtrack.

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Next classes are December 18 and then January 8th. In the meantime, here is the most recent class taped for you to enjoy at home. We like to know if you have watched the class, please email SausalitoVillageRSVP@gmail.com and let us know!



The secret sex lives of harbor porpoises under San Francisco's Golden Gate Bridge

Excerpted from SFGate.com

By Amanda Bartlett

Bill Keener's eyes widened as he peered through his binoculars and spotted the dark, shiny dorsal fins swiftly bobbing along the surface of San Francisco Bay. "There's three of them coming right at us," he said.

It was a drizzly Tuesday morning in November, and the Marine Mammal Center field researcher and I had been wandering along the pedestrian walkway on the Golden Gate Bridge for about an hour. Cars whooshed past us as we dodged bicyclists and paused at lookout points, keenly peering over the steel railing toward the murky turquoise water about 200 feet below. We were hoping to catch a glimpse of the species he's been closely tracking for decades: the harbor porpoise, a shy yet charismatic creature that nearly disappeared from the bay altogether.

By the time high tide approached, the harbor porpoises appeared by the dozen, swimming in perfect sync, blowing bubbles and charging through the water at

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didn't last for more than a second.

As docile and elusive as they may be, it turns out harbor porpoises have a surprisingly active sex life — right underneath San Francisco's most well-known landmark — and we had just witnessed one of the most unique mating rituals in the animal kingdom. Prior to recent studies conducted here by the Marine Mammal Center's cetacean field research program, harbor porpoise mating activity was rarely reported or documented, and the bridge provides the only setting of its kind in the world where the noise-sensitive animals can be observed by biologists without boats or other vessels scaring them off.

"We jokingly refer to it as the 'funnel of love' for porpoises," Keener said of the mile-wide strait, where hundreds of porpoises from as far north as the Russian River down to Pigeon Point in San Mateo County congregate as often as twice a day. "Imagine living in a rural area and you don't have a lot of social contact with your neighbors, but you go to a barn dance on Saturday night, and that's where all the locals are. That's kind of what it is."

Read the entire article [HERE](#)



Excerpted from TED.com

#1 The next global superpower isn't who you think

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Who runs the world? Political scientist Ian Bremmer argues it's not as simple as it used to be. With some eye-opening questions about the nature of leadership, he asks us to consider the impact of the evolving global order and our choices as participants in the future of democracy.

#2 How to make learning as addictive as social media

3,747,621 views

Luis von Ahn - April 2023

When technologist Luis von Ahn was building the popular language-learning platform Duolingo, he faced a big problem: Could an app designed to teach you something ever compete with addictive platforms like Instagram and TikTok? He explains how Duolingo harnesses the psychological techniques of social media and mobile games to get you excited to learn — all while spreading access to education across the world.

#3 The inside story of ChatGPT's astonishing potential

3,469,225 views

Greg Brockman - April 2023

In a talk from the cutting edge of technology, OpenAI cofounder Greg Brockman explores the underlying design principles of ChatGPT and demos some mind-blowing, unreleased plug-ins for the chatbot that sent shockwaves across the world. After the talk, head of TED Chris Anderson joins Brockman to dig into the timeline of ChatGPT's development and get Brockman's take on the risks, raised by many in the tech industry and beyond, of releasing such a powerful tool into the world.

Watch these three and the entire

list: https://www.ted.com/playlists/839/the_most_popular_ted_talks_of_2023



What is the 'Nocebo Effect'?

Excerpted from Forbes.com

The nocebo effect, simply put, is the exact opposite of the placebo effect, wherein negative outcomes are induced by the belief in their likelihood. A study published in *Pharmacology Research and Perspectives* explores the underlying mechanisms of the nocebo.

These mechanisms, rooted in both psychology and neurobiology, involve conditioning, negative expectations and the roles of cholecystikinin, endogenous opioids and dopamine—powerful neurotransmitters. Moreover, the unintentional negative suggestions in the verbal and nonverbal communications of physicians can trigger a nocebo response. Most concerning, the nocebo effect can occur in the presence of either an inert or an active substance.

The nocebo effect reveals the powerful influence our thoughts can have on our health. In essence, if you expect a negative outcome, your mind might actually make it happen, regardless of whether or not the medication, therapy or intervention works. The effect is like a simultaneous self-sabotaging and self-fulfilling prophecy, grounded in our minds and neurochemicals.

Navigating your health can be a challenging journey, and can be even

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personality can be unknowingly detrimental to your health outcomes, as personalities predisposed to negativity may experience the nocebo effect more acutely. The mind can unwittingly mold our health outcomes based on our expectations. However, understanding our negative tendencies opens a gateway to actively shape a more positive and resilient narrative while looking after our health.

Read the entire article [HERE](#)



Sausalito Center for the Arts upcoming events

Winter Market '23

Saturday, Dec. 16th 10:00 AM - 6:00 PM

Join us December 16th as the City of Sausalito brings together a talented group of makers for a one-day Winter Market.

Poems and Art: The Daily Feast by Chester Arnold and Bart Schneider

Sunday, Dec. 17th 4:30pm-6:30pm, \$15

Join us as Arnold and Schneider take us through this must-have book for food-lovers of all types. With delectable creations from the authors, you'll be sure to satisfy your intellectual, sensory, and visual cravings! Tickets and more information: [HERE](#)

Sausalito Center for the Arts is located at 750 Bridgeway.

<https://www.sausalitocenterforthearts.org/>



Golden Globe nominations announced

Excerpted from People.com

The awards ceremony will air live on CBS Sunday, Jan. 7, from 8 to 11 p.m. ET, directly after an *NFL on CBS* Sunday doubleheader. The show will also stream on Paramount+ and be available on the CBS app.

Here are the nominees in the top categories for films:

Best Motion Picture - Drama

Anatomy of a Fall

Killers of the Flower Moon

Maestro

Oppenheimer

Past Lives

The Zone of Interest

Best Motion Picture - Musical or Comedy

Air

American Fiction

Barbie

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Poor Things

Best Performance by a Female Actor in a Motion Picture - Drama

Annette Bening, *Nyad*

Lily Gladstone, *Killers of the Flower Moon*

Sandra Hüller, *Anatomy of a Fall*

Greta Lee, *Past Lives*

Carey Mulligan, *Maestro*

Cailee Spaeny, *Priscilla*

Best Performance by a Female Actor in a Motion Picture - Musical or Comedy

Fantasia Barrino, *The Color Purple*

Jennifer Lawrence, *No Hard Feelings*

Natalie Portman, *May December*

Alma Pöysti, *Fallen Leaves*

Margot Robbie, *Barbie*

Emma Stone, *Poor Things*

Keep reading the list and entire article [HERE](#)

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CHRISTMAS VESPERS XV

WHAT SWEETER MUSIC

SUNDAY, DECEMBER 17, 2023 5 PM



SPC Presents a Sparkling Array of Poetry and Carols
Music by Bob Chilcott, Ola Gjeilo, Jake Heggie, Morten
Lauridsen, James MacMillan, John Rutter, Robert Shaw /
Alice Parker, Eric Whitacre

Sausalito Presbyterian Choir
Ralph Hooper, Music Director
Julie Carlson, Poetry Reader

Free Will Offering - Champagne and Truffles following Vespers
Sausalito Presbyterian Church is located at 112 Bulkley Avenue

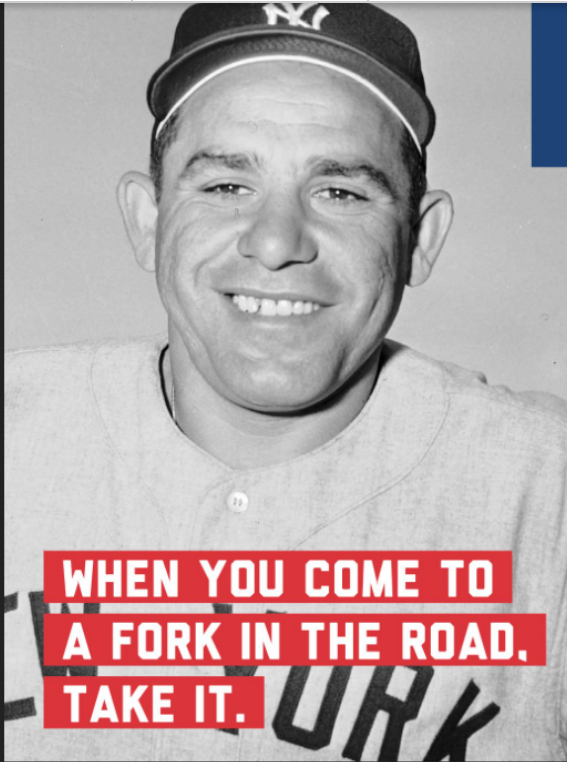
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Children's Christmas Pageant

Sunday, December 17th
70 Santa Rosa Ave.
Sausalito

4:30 pm Doors Open
5:00 pm Start
5:30 pm Refreshments

- Come as you are.
- Invite your friends.
- No rehearsal.
- All are welcome.

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5 INSPIRATIONAL QUOTES FROM YOGI BERRA

WHEN YOU COME TO A FORK IN THE ROAD, TAKE IT.

90 PERCENT OF [LIFE] IS HALF MENTAL.

YOU CAN OBSERVE A LOT BY JUST WATCHING.

IT'S DEJA VU ALL OVER AGAIN.

IT AIN'T OVER TILL IT'S OVER.



Neutralize negativity

Excerpted from AARP.com

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- When negative events happen, focus on the upsides or benefits of the situation.
 - If there's traffic, that gives you time to catch up on your favorite radio program.
 - An argument with your spouse might provide the opportunity to reconnect and strengthen your bond.
 - Forgot your lunch at home? Now's your chance to try that new sandwich shop.
- Focus on solutions, rather than problems.
- View mistakes as learning opportunities.
- Make a game of counting how many times in one day you can neutralize negative thoughts or events.

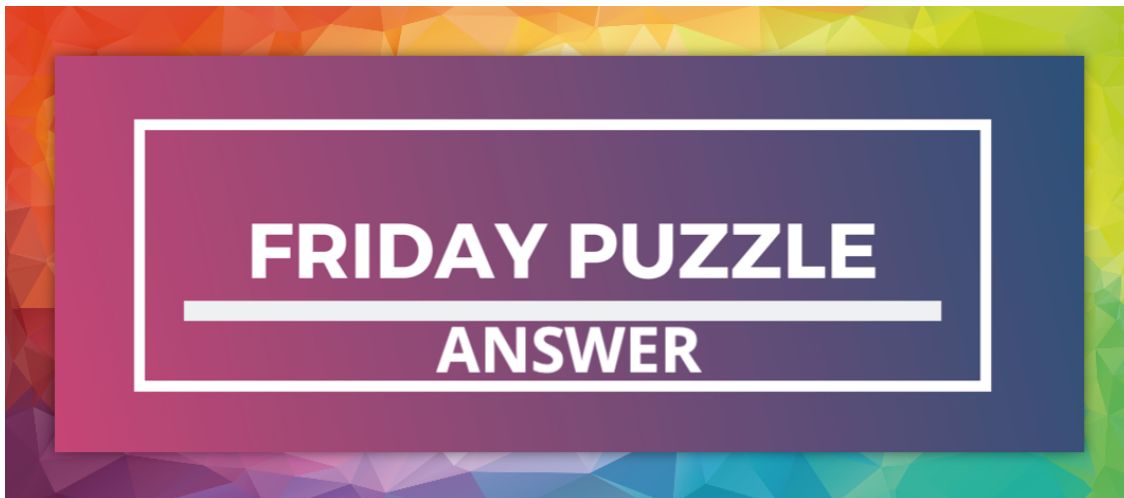
Why

- Neutralize negativity. As much as 90 percent of our internal dialogue skews negative, some experts claim.
- Find the silver lining. When negative events happen, focus on the upsides or benefits.
- Modify your mindset. View mistakes as learning opportunities — and focus on solutions.

Life happens. You get a flat tire, make a mistake at work, get into an argument with a friend. The trick to staying healthy is to respond to stress in a neutral or even positive way. But avoiding negativity can be a real challenge — so let's make a game of it.

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4 hours of continuous music



1. United States
2. Tanzania
3. Pakistan
4. Italy and France
5. Iceland
6. Russia
7. Argentina

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***For information about our programs, events,
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