



Photo by John Oppenheimer

Send your Bay Area photos to SausalitoVillageTips@gmail.com

Happy Friday, Villagers

And welcome to our weekly Sausalito Village newsletter, a mix of local news, features, jokes, pictures, and information on events from around the village, virtually, and around the world.

Please send your contributions by 10 am Thursdays to:

SausalitoVillageTips@gmail.com

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



SV hosted events in the coming 2 weeks:

- January 14 - [Line Dancing](#)
- January 17 - [Drop in zoom Tech Assistance](#)
- January 17 - [Film Group "The Great Escaper"](#)
- January 18 - [SWC hosts CPR/AED free training](#)
- January 22 - [Stretch and Strengthen with Rayner](#)
- January 22 - [Shopping Trader Joes and Safeway](#)
- January 22 - [Country Music Sing Along](#)
- January 23 - Shakespeare with Judy Holmes -class is full
- January 25 - [Marin Access presentation](#)

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

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January SV Film Group - "The Great Escaper"

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.

WHEN: Wednesday, January 17th, 2pm - 5pm(ish)

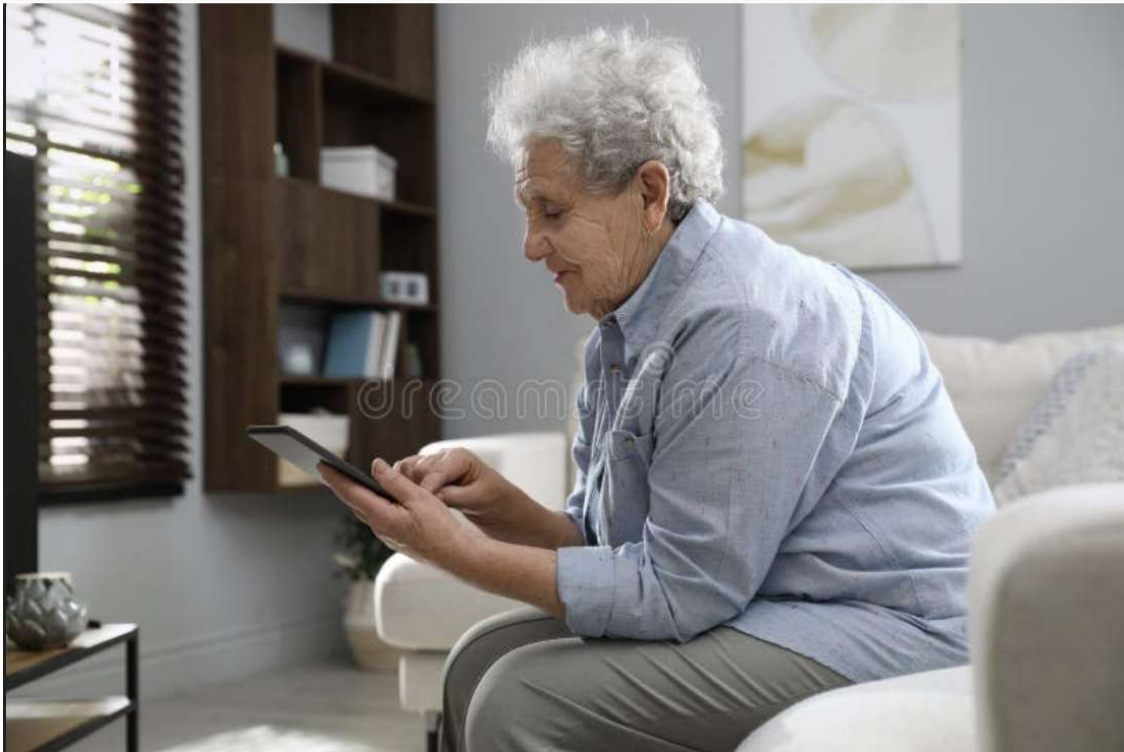
WHERE: Presbyterian Church Hall (downstairs from Church)

RSVP: <https://sausalito.helpfulvillage.com/events/4198>

The Great Escaper, starring Michael Caine and Glenda Jackson. It's based on a true story about Bernard Jordan who in 2014 "escaped" from his care home in Hove, Sussex UK to attend an event in France marking the 70th anniversary of the D-Day landing. The film is beautifully photographed on the English south coast and in France and has a gorgeous score. A story of determination, love, life, death and hope. Glenda Jackson died shortly after finishing filming and Michael has hinted this may be his final film.

Parking is terrible at the Presbyterian Church and Hall, be sure to ask for a CARSS ride by January 15th.

Contact CARSS to request your door to door ride at 415-944-5474.



How posture and movement is connected to mood and stress

Excerpted from NPR.org

A lot of us associate our neck and back pain with spending hours hunched over our devices. We also know that good posture and core strength can help prevent those aches and pains. But researchers say it can also help us feel less stress.

It all comes down to the inner part of our adrenal glands—the adrenal medulla—which releases adrenaline into the body, says Peter Strick, a leading neuroscientist at the University of Pittsburgh.

When we're stressed, the brain sends a signal to the adrenal medulla. That signal triggers the fight-or-flight response: increased heart rate, increased blood pressure, nausea, and other unpleasant symptoms.

Essentially, Strick and his research team discovered that our stress response is controlled by more than just the 'thinking' part of the brain. Other parts of the brain, including those which control our muscles, are *also* sending signals to the adrenal medulla. And the area of the

the core muscles do most of, strengthening these muscles, Strick says, can modulate that stressful, fight-or-flight response.

When we're hunched over our phones or tapping away at a computer all day, many of us feel more mentally drained, stressed, or anxious. Strick recommends strengthening the core muscles so that sitting upright all day becomes more natural. "Slump and then stand up straight," he says "And see what that does to your mood and affect."

Read the entire article [HERE](#)



Country Music Sing Along January 22nd

WHEN: Monday, January 22, 3pm-4:15pm

WHERE: Campbell Hall, 70 Santa Rosa Street

RSVP: <https://sausalito.helpfulvillage.com/events/4203>

Jean Spaulding and friends will be leading a country themed sing along with piano and guitars, what a fun way to start the year!

OPEN TO ALL

Come join in the fun - sing along or just listen, whatever you prefer.

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There will be wine and movies served at 3:15, the singing will start at 3:15.

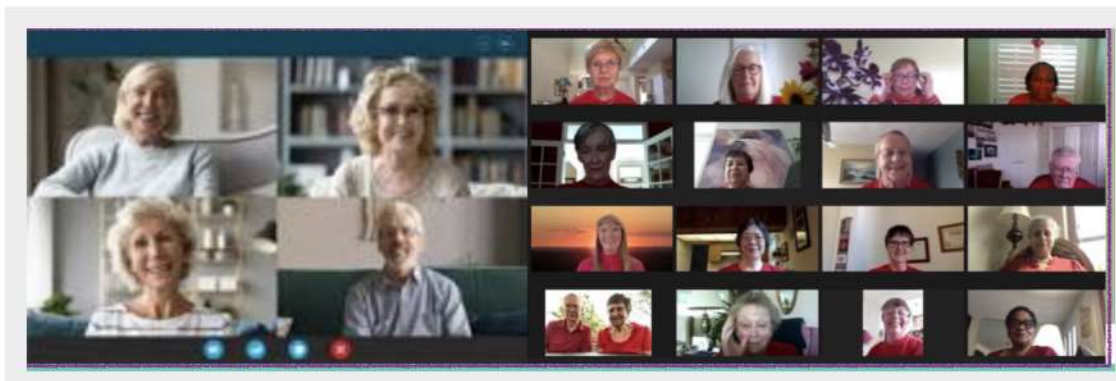
Spread the word, the more the merrier.

Need a ride?

Call by January 19th for a door to door ride - 415-944-5474



Cardinal sings its heart out

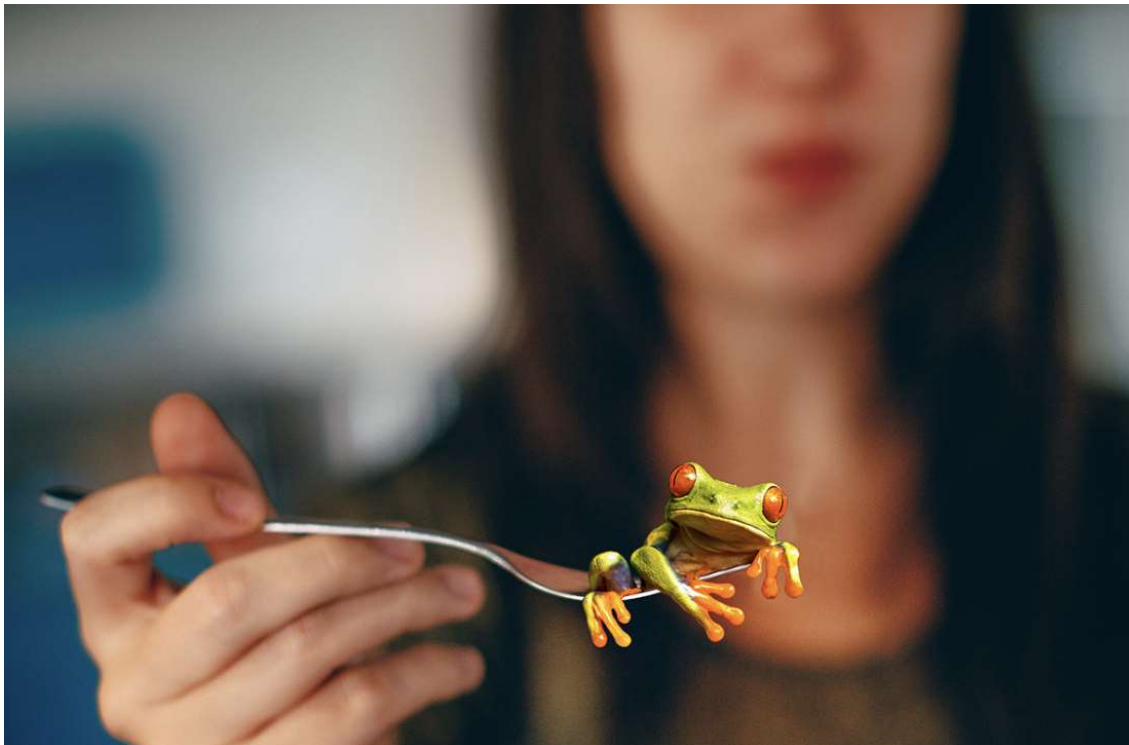


Monthly Drop-In Technology Help Via Zoom

RSVP: 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 SausalitoVillage and Marin Village members and volunteers.

Questions? Please call Wendy at (415)332-3325



5 Morning Habits Everyone Should Be Doing

Excerpted from BetterReports.com

Skip the Snooze Button As tempting as it can be to get a few more minutes of sleep, there's something to be said for waking up as soon as your alarm goes off. That's easier said than done for many of us,

...time, giving you less time to start your morning routine without actually helping you feel more rested. Waking up and falling back asleep every five or 10 minutes isn't exactly restful, and having to rush through the shower, breakfast, and everything else you do before starting your day

Start a Dream Journal While it may be all but impossible to understand the exact meaning of a given dream, especially if you're the type of person who has especially strange and/or vivid ones, it's possible to track patterns over time. Unless you're keeping a dream journal, you'll probably forget most of the details that could shed some light on what's going on in your unconscious mind. Plenty of sleep experts recommend starting a dream journal, both as a way of centering yourself in the morning and coming to a better understanding of what's truly going on up there.

Eat the Frog According to a famous quote attributed to (but probably not actually spoken by) Mark Twain, "If the first thing you do each morning is to eat a live frog, you can go through the day with the satisfaction of knowing that that is probably the worst thing that is going to happen to you all day long." Put in simpler (and less gross) terms, get your most difficult task out of the way as early as possible so that it doesn't hang over your head all day and you know, even on an off day, that you accomplished something. What that task is is up to you — if you work from home and are prone to being sedentary, maybe it simply means working out shortly after waking up rather than waiting until the evening. The truly important thing is to start your day with a feeling of accomplishment rather than procrastinating for as long as possible.

Play a Brain Game The morning is, in many ways, a time of transition — from sleep to wakefulness, from yesterday to today. How you make that transition sets the tone for the rest of the day, and for some of that effort is hampered by the usual brain fog that comes from still feeling half-asleep. A great way to clear that fog is with a brain game: sudoku, Wordle, a crossword, or anything else mentally stimulating that will get the gears turning and help you wake up.

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practice how do you actually think about nothing, and doesn't seem certain people enjoy telling others about it more than they actually enjoy doing it? But meditation is popular the world over for a reason, and first thing in the morning is an especially good time for it. If caffeine doesn't have much of an effect on you and you'd like to be more alert and energized when you wake up, try a quick meditation and see how much better you feel — you might be pleasantly surprised by the results.



Senior women strip down for fundraising calendar in Hingham Massachusetts

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Let's explore the Blue Zones and the idea of taking the 4 week challenge together

If you are a Sausalito Village member or volunteer and interested in kick starting your new year for better health and longevity, join us for this video and discussion about Blue Zones.

What are Blue Zones? “Blue Zones” are geographic areas identified with lower rates of chronic diseases and a longer life expectancy.

Beginning in 1999, journalist and explorer Dan Buettner led a series of expeditions with National Geographic to discover the world’s longest-living populations and the commonalities between these unique groups of people.

Through their research, they identified five regions of the world with the largest percentage of individuals 100 years of age or older, collectively called the *Blue Zones*. The people of these regions engage in similar lifestyle habits, such as consuming a plant-heavy diet and prioritizing tight-knit social networks.

On January 31st, we will start by watching a video about one of the World's Blue Zones and then discuss forming a group (or groups) to take the Blue Zone 4 Week Challenge.

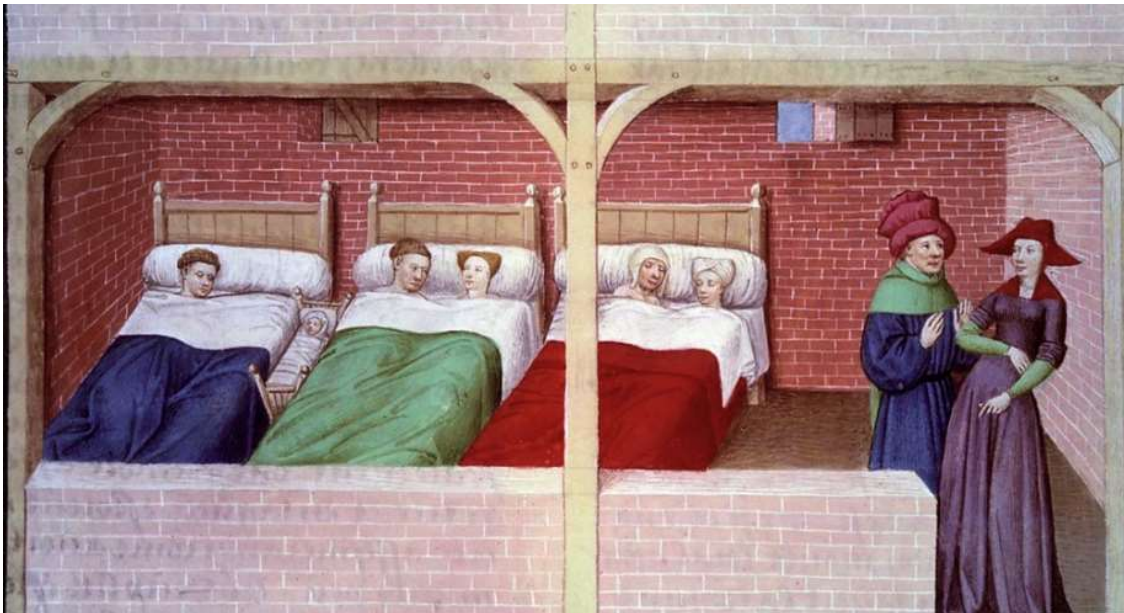
We will have the Blue Zone 4 Week Challenge workbooks available for

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WHEN: Wednesday, January 31, 10am-11:30am

WHERE: Edgewater Room, downstairs in City Hall

RSVP: <https://sausalito.helpfulvillage.com/events/4199>



The lost ancient practice of communal sleep

Excerpted from BBC.com

Until the mid-19th Century, it was completely normal to share a bed with friends, colleagues and even total strangers. How did people cope? And why did we stop?

For thousands of years, it was completely normal to flop down in bed each night alongside friends, colleagues, relatives – including the entire extended family – or travelling pedlars. When on the road, people routinely found themselves lying next to total strangers. If they were unlucky, this outsider might come with an overwhelming stench, deafening snoring – or worse, a preference for sleeping naked.

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sharing of beds, which were highly valuable pieces of furniture. But even the nobility actively sought out bedfellows for the unparalleled intimacy of night-time chats in the darkness, as well as warmth and a feeling of security.

Sharing a bed did not have the same sexual connotations that it does today. In the medieval era, the Three Wise Men from the Christian bible were often depicted sleeping together – sometimes nude, or even spooning – and experts contend that any suggestion they were engaging in carnal acts would have been absurd.

But there were other, less appealing sides to communal sleep. For all the romance of confidential chats in the dark, and the mutual affection bedfellows developed after years of sharing physical warmth, many shared beds were hotbeds of pests and disease. With so many people crammed onto the same mattress – many of which provided ideal hiding places for insects – they often became infested with fleas, lice or bedbugs. Sometimes, sleepers were overcome with the disgusting, overwhelming smells from unwashed bedfellows, ancient bedding and used chamber pots.

So, are we missing out? Should modern politicians swap the photo-opportunity handshake for a symbolic night's sleep, like Richard the Lionheart and Philip II? Or would tourists benefit from sharing a bed with total strangers, as historical travellers did?

Read the full story [HERE](#)

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FRIDAY PUZZLE

Below, you will find five sports with the letters scrambled. As you unscramble the letters to find each sport, you will find two extra letters in each. Once you've unscrambled each sport, take the remaining 10 letters to find one last sport.

1. CAKESHYO
2. TLTKASEBBIAL
3. GLASYBALEB
4. LTCAOSFBOL
5. RMOCNESC

Find the answer at the bottom of the newsletter.



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AED by members of the Southern Marin Fire District. This will be a great opportunity to learn how to perform hands-on CPR until help arrives and to use an automatic external defibrillator (AED). Practice mannequins and training AEDs will be available.

This event is hosted by the Sausalito Woman's Club. It is open to the public, so please invite your friends, family, and neighbors.

When: THURSDAY, JANUARY 18, 2024

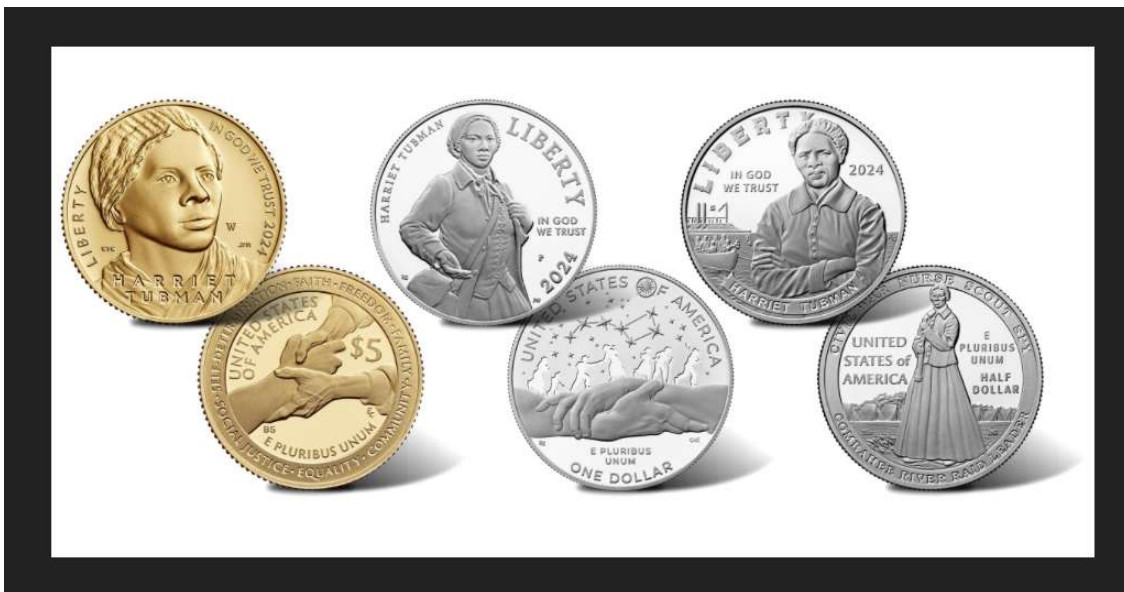
Time: 1) 12:00 pm to 1:00 pm; Or
2) 1:00 pm to 2:00 pm

Location: Sausalito Woman's Club, 120 Central Avenue, Sausalito

Cost: FREE

What to Wear: Comfortable clothing and shoes

Parking is limited so please Carpool, UBER/LYFT, or walk
RSVP to Pat Pennington (please specify preferred time slot)
415-235-3185 or sausipat@comcast.net



Harriet Tubman 2024 coins

Admirers of Harriet Tubman and numismatists alike can now buy coins

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The agency is offering a \$5 gold coin, a \$1 silver dollar and a clad half-dollar, featuring designs depicting three different eras in Tubman's life, including her historic role of transporting enslaved people to freedom through the Underground Railroad. The coins can be purchased individually or as part of a set.

"We hope this program will honor the life and legacy of Harriet Tubman and inspire others to learn more about this amazing woman," Ventris C. Gibson, director of the U.S. Mint, said in a statement.

Gibson signed 250 Certificates of Authenticity for the 2024 Harriet Tubman Three-Coin Proof Set, which will be randomly inserted into unmarked sets.

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THE MYSTERY OF THE SHROUD OF TURIN



THE SHROUD'S HISTORY AND CURRENT STUDIES
PRESENTED BY FATHER MICHAEL HURLEY, PASTOR OF ST.
DOMINIC'S PARISH

DATE: Wednesday, January 17th

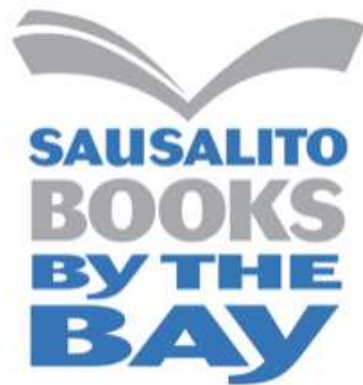
TIME: 6:30 PM

PLACE: Duggan Hall



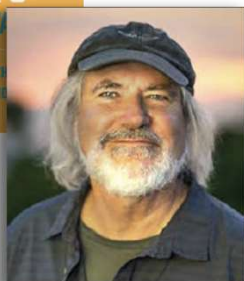
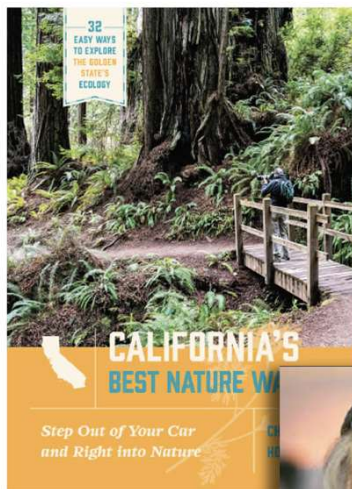
Hosted by St. Mary Star of the Sea Church

Duggan Hall, 180 Harrison Avenue, Sausalito

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100 Bay Street, Sausalito, CA 94965

Author Events

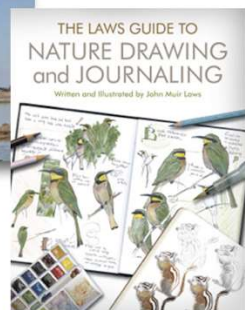
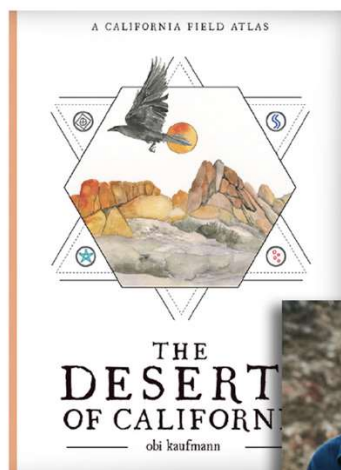


January 18th, 6pm

The Joy Of Hiking with Charles Hood *California's Best Nature Walks*

Come meet this noted naturalist and prolific author celebrate publication of his newest book & sip some wine. and share your own favorite hiking trails & stories.

From roadside ecology to little known hikes, there is much to learn that's not found in traditional guidebooks! This interactive "Happy Trails Happy Hour" promises to be great fun!

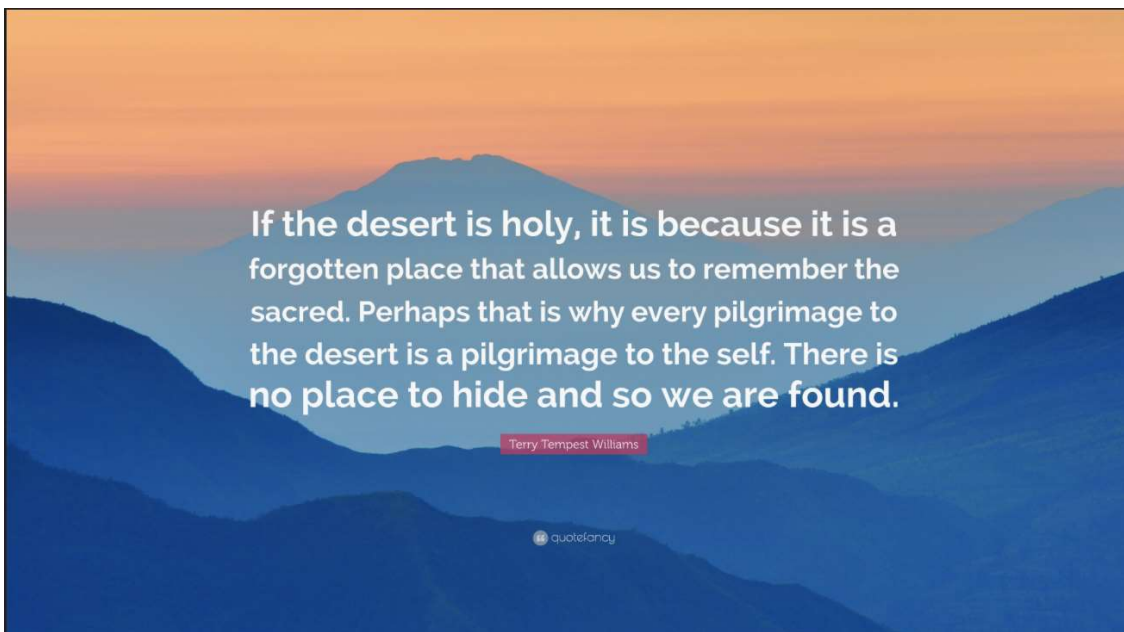
[Subscribe](#)[Past Issues](#)[Translate ▼](#)**January 25th, 6pm****Obi Kaufman*****The Deserts of California*****In Conversation with****John Muir Laws**

Obi is an award-winning artist, adventurer and author of the California Field Atlas, as well the Forests of California & Coasts of California.

John is an award-winning naturalist, artist, scientist, educator and prolific author & illustrator of books.

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Next class is January 22nd. 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!





Marin Access Catch-A-Ride Pilot Program

PRESENTATION: Learn about Marin Access transportation options for you

Including Marin Access Catch-A-Ride, a program that provides Taxi and Uber discounts available to residents 65+

WHEN: January 25th, 1pm-2:15pm

WHERE: Zoom

RSVP: <https://sausalito.helpfulvillage.com/events/4178>

Meet with Marin Access Travel Navigators on Zoom to learn about transportation options available for individuals that are 65+ or living with a disability. They will also review eligibility requirements and how to schedule rides.

Open to ALL

What is Marin Access?

Marin Access was designed by Marin Transit to coordinate transportation options and resources for older adults (65+) and individuals with disabilities in Marin County.

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Historic, all-woman St. Paul City Council sworn in and ready to work

Excerpted from Minneapolis Public Radio

Council Member Saura Jost got bit by the politics bug back in the early 2000s when she was a student at Central High School in St. Paul. At the time she didn't know of many other girls of color who shared her aspirations.

A lot has changed since then.

Jost now finds herself as one of seven women on St. Paul's seven-seat, part-time city council — a first for the city. All the council members are under 40. And all except one are women of color.

"I never would have thought when I was in high school working on politics that one day, you'd so quickly really have an all-women city council with so many women of color, and that also [I] get to be one of them."

Read entire story [HERE](#)

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Relaxing tropical guitar music



1. Hockey
2. Basketball
3. Baseball
4. Football
5. Soccer

And with the remaining letters: Gymnastics.

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