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Photo by Joyce Alexander

Send your Bay Area photos to SausalitoVillageTips@gmail.com

Happy Friday, Villagers

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

SausalitoVillageTips@gmail.com

Are you forwarding this newsletter to a friend?

Have your friend sign up directly to receive the weekly newsletter by

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



SV hosted events in the coming 2 weeks:

February 4 - [Tales of the Trail](#)

February 5 - [Stretch and Strengthen with Rayner](#)

February 5 - [Souper Monday Club](#)

February 6 - Morning Book Review (Full)

February 6 - Tuesday Errand Day

February 11 - [Line Dancing](#)

February 12 - [Healthy Living for your brain and body.](#)

February 13 - [Sip and Shop at Amour Vert](#)

February 14 - [Nature Journaling with A.T. Lynn at the Chamarita Room](#)

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



Happy birthday to all of our Sausalito Village members who were born in February!

**Joan Arbil - Wanda Ashe - Claudia Brown - Barbara Geisler
David Jordan - Felicity Kirsch - Hollinshead Knight
MaryKae Krause - Stephanie Leonard - Kathleen Maher
Roshan Mehta - Margo Merle - Jim Meyer - Bob Mitchell
Jean Patterson - Brank Popovich - Sallie Rowe
Stella Shao - Keith Stoneking - Sandra Yates - Carolyn Zaroff**

IF you don't see your birthday listed and you are an active member of SV, let us know, we want to make sure to include you in future celebrations.

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THIS Monday is Souper Monday Club featuring Poggio Trattoria

Everyone is invited - come enjoy lunch together

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 have 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. Light live music plays in the background. Different restaurants donate a hearty soup and bread each month. Coffee, tea, water and dessert will also be served.

No charge, donations accepted. Open to all seniors.

WHEN: Monday, February 5th, 11:30am-1:00pm

WHERE: Campbell Hall, 70 Santa Rosa

RSVP: <https://sausalito.helpfulvillage.com/events/4111>

CARSS rides are available. Get a ride from Dunphy Park and avoid parking at the Church. Call 415-944-5474

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Special thanks to Bank of Marin for partial sponsorship of this month's event!



One-Minute Bursts of Exercise Three Times a Day Are Linked to a Longer Life,

Excerpted from Nice News.com

A study published last month in [Nature](#) journal showed that one-minute-long, intermittent bursts of intense exercise, performed three times a day, reduced all-cause mortality risk by 38%-40%, and resulted in a 48%-49% reduction in cardiovascular mortality risk specifically.

The study relied on information from the United Kingdom's Biobank, a large-scale, long-term database that provides health details from half a million participants. The researchers analyzed data from over 25,000

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were moderate-intensity walking device and engaged in vigorous intermittent lifestyle physical activity (VILPA). The average follow-up length was almost seven years.

The study comes on the heels of several others that suggest that exercise can be just as effective in shorter bursts as it can in the CDC-recommended 150 minutes a week. In October, researchers published findings in the [European Heart Journal](#) stating that 15 minutes of exercise a week resulted in a 16%-40% decrease in mortality in around 70,000 participants over about seven years, [Time magazine](#) reported.

The key, according to Malia Blue, an assistant professor of exercise and sport science at the University of North Carolina at Chapel Hill, is interrupting the body's sedentary state — for any amount of time. Doing so triggers physiological changes, including increased blood flow and the ability to regulate blood-sugar levels. She told *Time*: “There’s a kind of a twofold [benefit]: if you break up your sedentary time and you increase your physical activity, you’re going to see health benefits from both.”

So next time you find yourself feeling guilty at not adopting a hard-core exercise routine for the new year, remember that a brisk, one-minute walk to get the mail has its benefits. Maybe the thought will put a little extra spring in your step!



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know when the Marin Airporter will **ACTUALLY** arrive!

Download the new Marin Airporter mobile app and you'll never again wonder, "When is the bus going to get here?" 🎉

🚌 GPS Bus Tracking Has Arrived!

No more guessing! With the new app's Live View, you can quickly find out when your bus will arrive. Just click on Live View, choose the direction you are traveling, and then your stop. You will see an up-to-the-minute update including the next bus' arrival time.

Once you [download the app](#), you will get realtime GPS updates on the next bus' location.



Solo travel is taking off

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SAUSALITO VILLAGE EVENT SIP AND SHOP

Sausalito, CA | Feb. 13th 3-5pm
Spring Collection 15 % OFF



UP TO
50%OFF



Have you been to the newest boutique in town? Drop by Amour Vert with us

WHEN: Wednesday, February 13, 3-5pm

WHERE: Amour Vert, 666 Bridgeway near the Barrel House

RSVP: <https://sausalito.helpfulvillage.com/events/4243>

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...come shop and enjoy the wine and music provided by Amour Vert, an environmentally friendly clothing store and meet the manager, Carolyn, a local resident. The space is bright and inviting with a lovely back deck opening up to Richardson Bay.

Amour Vert is a small chain that sells only sustainable clothing.

"We believe passionately in a sustainable future through our commitment to artisan-made elements, responsible supply chains, pure and low impact materials, conscious packaging, and circularity. The road to sustainability is a journey with no clear destination and we firmly believe in getting there."

Check out more about their story on their website:

<https://amourvert.com/pages/our-story>.

Need a ride? Call SV for a ride by February 11th. 415-332-3325



Where to Watch the 2024 Oscar-Nominated Movies Online

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American Fiction (Buy)

Jeffrey Wright shines as a grumpy Black author in this biting yet humanistic satire of race and the book publishing industry.

Buy *American Fiction* on [Amazon Prime Video](#).

Click for youtube trailer: https://youtu.be/5_4RIHpgVWM

Anatomy of a Fall (Buy/Rent)

Did a writer cause her husband's death or is there more than meets the eye in this psychological thriller? Rent or buy *Anatomy of a Fall* on [Amazon Prime Video](#).

Click for youtube trailer: <https://youtu.be/FUXawkH-ONM>

Barbie (Max)

Barbie is everything, and Ken is just Ken. Stream one of 2023's biggest movies on [Max](#).

Click for youtube trailer: <https://youtu.be/pBk4NYhWNMM>

The Holdovers (Peacock)

Paul Giamatti's real education starts once classes go on break.

Stream *The Holdovers* on [Peacock](#).

Click for youtube trailer: <https://youtu.be/AhKLpJmHhlg>

Killers of the Flower Moon (Apple TV+)

Unravel an American tragedy in Martin Scorsese's latest masterpiece.

Stream *Killers of the Flower Moon* on [Apple TV+](#).

Click for youtube trailer: <https://youtu.be/EP34Yoxs3FQ>

Maestro (Netflix)

Bradley Cooper goes for broke in his portrayal of legendary composer Leonard Bernstein. Stream *Maestro* on [Netflix](#).

Click for youtube trailer: <https://youtu.be/gJP2QblqLA0>

Oppenheimer (Peacock)

Learn about the man behind the atomic bomb.

Stream *Oppenheimer* on [Peacock](#) starting Feb. 16.

Click for youtube trailer: <https://youtu.be/uYPbbksJxlq>

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Celine Song's feature debut charts the lives of two friends for more than two decades. Buy or rent [Past Lives](#) on Amazon [Prime Video](#). Click for youtube trailer: <https://youtu.be/kA244xewjcl>

Poor Things (Only in Theaters)

Emma Stone is back from the dead and ready to live for the first time. Watch *Poor Things* in theaters.

Click for youtube trailer: <https://youtu.be/RlbR5N6veqw>

The Zone of Interest (Only in Theaters)

The Zone of Interest is a harrowing Holocaust drama by director Jonathan Glazer. A foreign film, it's in theaters now.

Click for youtube trailer: <https://youtu.be/GFNtVaAuVYY>





How to add emergency info to your locked iPhone for emergency responders to see

Excerpted from PC Magazine.com

1. First, open Medical ID. There are three ways to get there:
 - Long-press the Apple Health app and choose Medical ID.
 - Open the Health app (it's preinstalled on all devices running [iOS](#) 8 and later). Tap on your profile image at the top right. Select Medical ID. If you haven't opened the Health app in a while, it may prompt you to complete a Health Checklist, which will also take you to your Medical ID.
 - Go to Settings > Health > Medical ID.
2. Tap Edit.
3. Fill in as much information as you want to provide. If you aren't taking medications and have no known allergies, write "None" or "None known." Otherwise, first responders and medical professionals might think you skipped those questions.
4. For Emergency Contact, you can only choose the name and phone number of someone in your Contacts app. So, whoever

5. At the bottom, under Emergency Access, toggle on the settings Show When Locked and Share During Emergency Call.
 6. There's a spot for a profile photo at the very top of the page. Put in a recent picture of your face. It could help emergency responders know they're looking at your information and not someone else's.
 7. When you're finished, press Done at the top right.
-



February is Black History Month

“The Legacy of Marin City: A California Black History Story (1942-1960)” opening this week at the Marin County Office of Education

A Black history exhibit is set to open this week at the Marin County Office of Education.

The exhibit, “The Legacy of Marin City: A California Black History Story (1942-1960),” curated by community leader Felecia Gaston, features Black shipyard workers who migrated from the South to work at the Marinship shipyard in Sausalito during World War II.

It will run in conjunction with a countywide public school distribution of copies of Gaston’s book, “A Brand New Start ... This is Home: The Story of World War II Marinship and the Legacy of Marin City.”

Tours will be offered on Tuesdays, Thursdays and some Saturdays through May 31. A launch reception will be held from 4 to 6 p.m. Feb. 1 at the county education office, which is at 1111 Las Gallinas Ave. in San Rafael.

More information is online at shorturl.at/bqF67.

Look for an upcoming group trip with Sausalito Village to this event!





Nature Journaling Workshop - February 14th

"In order to see, learn how to draw." Leonardo daVinci

"People who draw see much more than those who don't." John Muir
Laws

In this two-hour FREE workshop, we will look at the many benefits of Nature Journaling as developed by California naturalist and artist John Muir Laws. Laws is currently leading a groundswell of interest in Nature Journaling, engaging naturalists, teachers, school children, and amateur nature lovers around the world.

RSVP: <https://sausalito.helpfulvillage.com/events/4208>

FACILITATOR: A.T. Lynne

First, we'll read the simple steps outlined in Laws' Quick Start Guide to Nature Journaling "zine", exploring the various methods of recording what we see, including drawing, doodling, note-taking, and detailed sketching. Then, we will each make our own Quick Start "zine", a mini-booklet folded from a single sheet of paper in which we can begin our own personal Nature Journaling. We'll conclude with a 15-minute lesson from John Muir Laws, "4 Drawing Tricks", from his free online podcast, Nature Journal Connection.

Pens, pencils, highlighters, colored pencils, and crayons will be provided along with individual pre-printed copies of Law's Quick Start "zine" and plain paper for making your own "zine".

Wear comfortable warm clothes.

Libations and nibbles will be provided.

Need a ride? Call CARSS by February 12th at 415-944-5474 or email Wendy at SausalitoVillageConcierge@gmail.com

Parking available on the street, please DO NOT park in the Rotary Housing parking lot!!



Join our Sausalito Village Volunteer team

If you have been thinking about volunteering, now is the time!

Your help is needed in the following areas:

- **Sausalito Village Drivers** - Take members to medical appointments or group shopping trips
- **CARSS Drivers** - Drive a 4 hour shift once a month to take seniors in Sausalito around town for any purpose
- **Technology Helper** - Help members with their phones, TVs, pads and computers
- **Events** - Help with set up and clean up for monthly Souper Monday Club event and other larger scale events
- **Companionship** - Visit someone who is isolated on a regular basis
- **Emergency Preparedness Captain** - If you are interested in Emergency Preparedness, join our Emergency Preparedness team
- **Healthcare Advocacy** - If you are a retired medical professional, social service professional, or have experience in caregiving, become a Healthcare Advocate and be matched as a buddy with one of our more vulnerable members
- **And more!**

Print an application [HERE](#)

Questions? Call Sausalito Village at 415-332-3325

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HEALTHY LIVING FOR YOUR BRAIN AND BODY

An education program presented by the Alzheimer's Association®



Edgewater Room Feb. 12th: Healthy Living for your Brain and Body

WHEN: Monday, February 12, 10:30-11:30am

WHERE: Edgewater Room, downstairs city hall

RSVP through the

Library: <https://www.sausalitolibrary.org/programs/registration-page-alzheimers-association>

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health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age.

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

Sausalito Village has partnered with the Sausalito Library to offer this important program being presented by the Alzheimer's Association.

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Marin Rising: A Symposium on Climate Change and Southern Marin

Talks by: Wilford Welch
Janelle Kellman
Terri Thomas

Art exhibit opening with
Mary Lou Dauray

FRIDAY, FEBRUARY 9 | 6:00 - 8:00 P.M.
SAUSALITO PUBLIC LIBRARY
420 LITHO STREET, SAUSALITO, CA



Creating a vertical panoramic photo with your iPhone

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FRIDAY PUZZLE

QUESTION: Identify the City are you looking at on Google Maps. All text has been removed.



Find the answer at the bottom of the newsletter.



WHAT'S YOUR FAVORITE SONG? - New event!

A common question as we go through life. Maybe it's from a teen sock hop or basement party back in the 50s . . . from one of your treasured albums . . . perhaps a memory from your first love affair . . . or your wedding song . . . a holiday recording . . . many of you grew up with Motown and all those hit songs in the 60s.

A special song that has always brought a smile and made you feel good.

This new Sausalito Village event will be an opportunity to get together and listen to and share memories of each other's favorite song.

WHEN: Sunday, March 3rd, 2pm-4pm

WHERE: Chamarita Room, 501 Olima Street

RSVP: <https://sausalito.helpfulvillage.com/events/4246>

FACILITATOR: Michael Duarte

Open to all Sausalito Village members and volunteers and Rotary Housing residents.

Wine and cheese will be served.

After you RSVP, EMAIL Sausalito Village member Michael Duarte at duartesaus@aol.com with the name of the song and the name of the performer, and we will look for it on the internet. Song must be received by February 27th.

Plenty of street parking, but please DO NOT park in the Rotary housing lot.

NEED A RIDE? Reserve by Thursday, February 29 by calling 415-332-3325 or sausalitovillageconcierge@gmail.com



Don't forget!
Tuesdays are Errand Tuesday at Sausalito Village

Need a few groceries picked up? a library run? medications picked up?

Sausalito Village members can get errands run every Tuesday.



How CA Residents Can Reclaim Lost Money

Excerpted from CAPatch.com

One in seven people has some form of unclaimed property — such as inactive checking accounts, missed paychecks and utility refunds — according to the National Association of State Treasurers. That property is held by the state, but owners have the right to reclaim their money, the organization said.

There was about \$3 billion in unclaimed property claims made in the last year alone, with an average value of about \$2,080.

While many people know they might have an old checking or savings account, there are several other types of unclaimed property out there that might be less well-known.

This includes stocks, bonds, and brokerage accounts, life insurance proceeds, dividends and interest payments, uncashed checks, refunds, safe deposit boxes, annuity accounts, escrow distributions

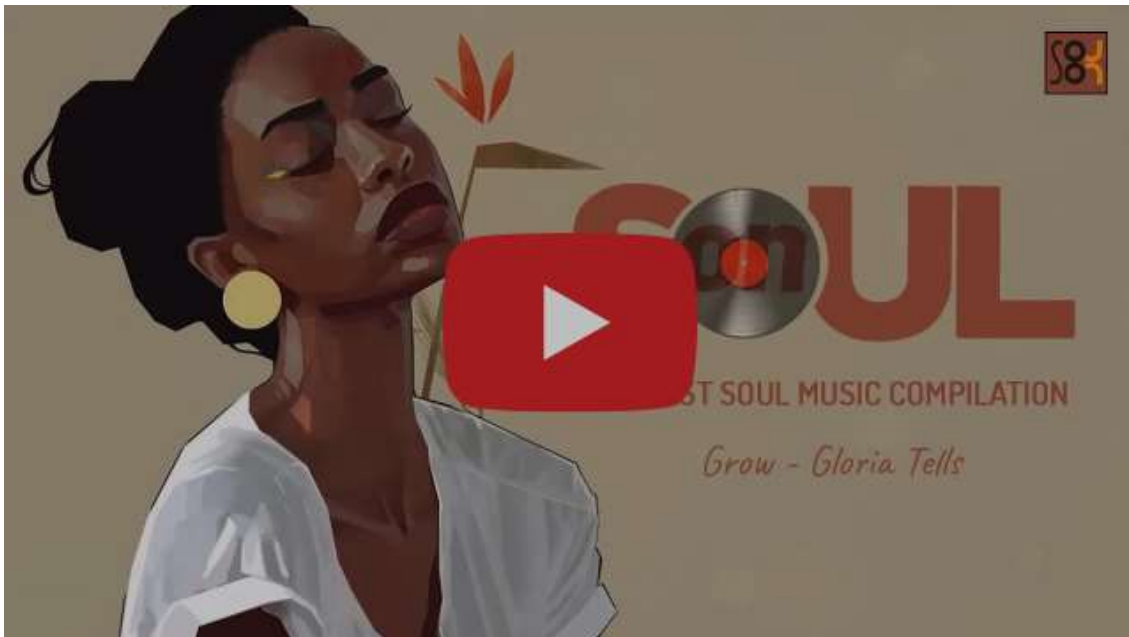
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“As a result, accounts and other assets may get lost in the mix,” the association of treasurers said. “No matter the reason, property owners still have a right to the assets that belong to them.”

To claim property online, owners must complete a secure form and provide the required documentation. The type of documents needed for a claim will depend on whether you are the owner, the heir or representing a business or government agency.

In California, recovering unclaimed property starts with at the State Controller's site: https://www.sco.ca.gov/search_upd.html

Read the entire article [HERE](#)



Celebrating Black History Month - 1hr 20 mins R&B Soul compilation

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FRIDAY PUZZLE

ANSWER

Answer: Venice, Italy



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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