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Photo by Donna Blethin of San Francisco Seal Rock
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 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:

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SV hosted events in the coming 2 weeks:

February 11 - [Line Dancing with Laurie](#)

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](#)

February 14 - Happy Valentines Day!

February 19 - [Stretch and Strengthen with Rayner](#)

February 21 - [Film Group - "Past Lives"](#)

Just announced - limited space, sign up now:

March 3 - [Do you have a favorite song?](#)

April 9 - [Felecia Gaston hosts SV tour of Marin City Exhibit](#)

April 17 - [Resources as you age presentation by Born To Age](#)

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

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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? Visit Amour Vert with us

WHEN: TUESDAY, February 13, 3-5pm (last week it was erroneously listed as Tuesday)

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 nibbles 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



3 minute history of Valentines Day

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Apple Vision Pro has arrived - are you ready?

Excerpted from AARP.org

Virtual reality (VR) technology can transport you to places and allow you to experience what's nearly impossible to visit in real life — the International Space Station, the depths of the ocean, the ruins of Peru's Machu Picchu. But prices are high, setting the device up is difficult, and killer app titles are few.

The biggest barrier for older adults: wearing a dorky headset around your noggin. It may not fit well or feel good. Some people get nauseated.

Some older adults are familiar with VR. Through companies such as MyndVR and Rendeever, some use VR to overcome the physical, mental and social challenges that come with aging.

They tap into the technology to virtually attend concerts, exercise, face phobias, perform physical therapy, play games, rekindle memories, travel to far-flung destinations and connect socially, sometimes in retirement communities.

"The idea of virtually going somewhere seems like a poor stand-in," says journalist Scott Stein, an editor-at-large at CNET who covers what's now known as the metaverse. "But I think there are moments in

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memory of something, and some of these products can allow that type of either telepresence or connecting with people.”

Vision Pro was released by Apple February 2nd. Watch the video below to experience how it works.



The future is here! Apple Vision Pro introduction

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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.

WHEN: Wednesday, February 14th, 1pm-3pm

WHERE: Chamarita Room, 501 Olima Street

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.

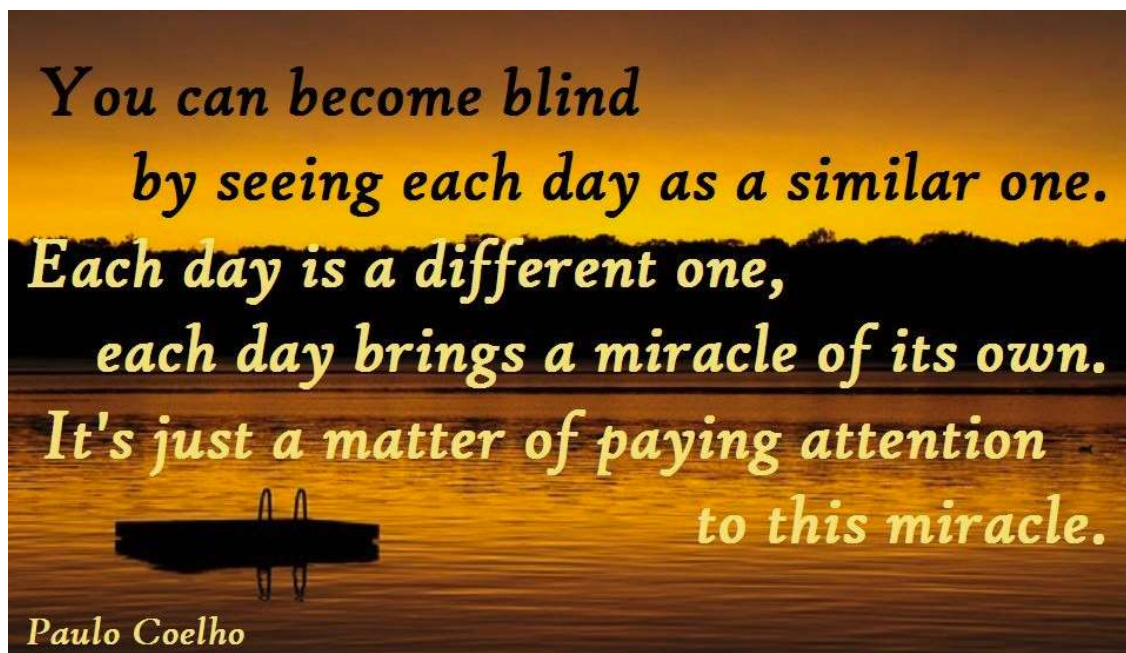
Pens, pencils, highlighters, colored pencils, and crayons will be provided along with individual pre-printed copies of Law's Quick Start "zine" and plain paper for making your own "zine".

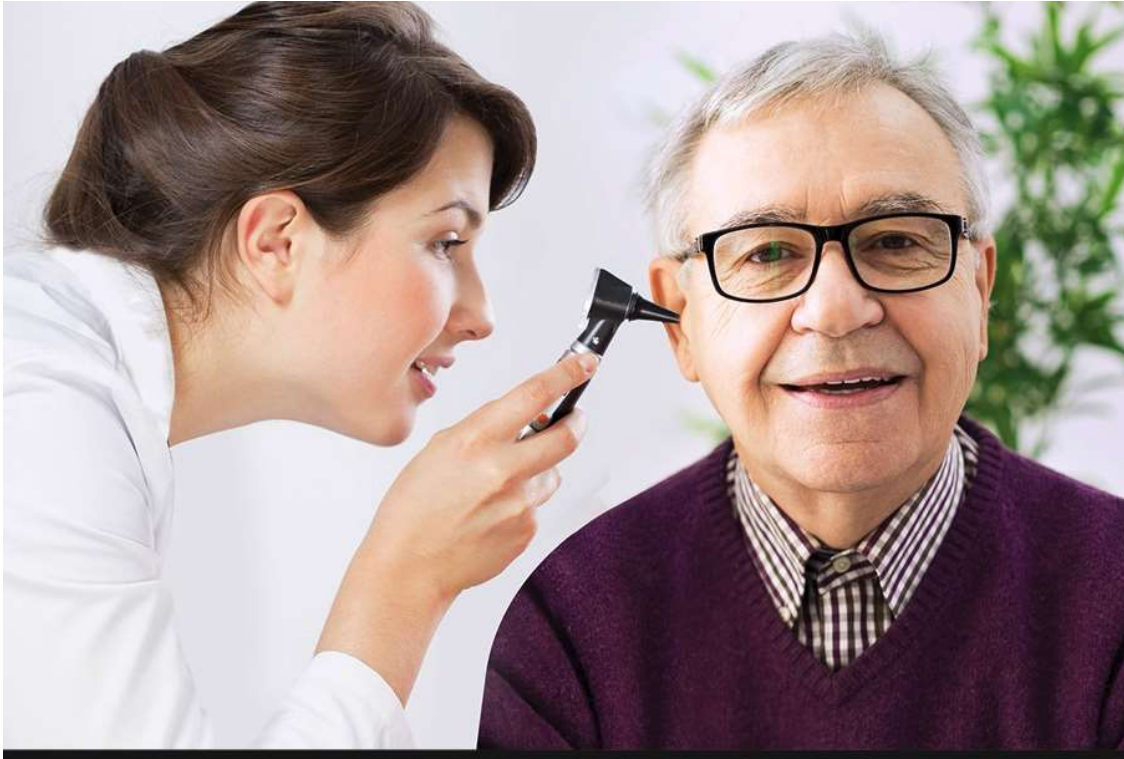
Wear comfortable warm clothes.

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!!





The One Thing Audiologists Say You Should Never, Ever Do if You Want To Protect Your Hearing as You Age

Excerpted from ParadeMagazine.com

Audiologists agree that repeated exposure to loud noise without hearing protection is the biggest no-no if you want to protect your hearing as you age. But what constitutes loud noise? Turns out, "loud noise" is comprised of more than you think.

According to **Joey Remnyi, MA**, vestibular audiologist and author of *Rock Steady: Healing Vertigo Or Tinnitus with Neuroplasticity*, it means any environment in which "you need to yell to be heard." That means it isn't just the usual suspects of concerts, fireworks, machinery, airplane tarmacs or firing ranges—even loud parties can impact your ears.

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more, the more potential damage to the inner ear than bone, and the longer the time exposed, the increased risk of permanent hearing loss too."

A close second worst thing you can do for your hearing? It's shoving Q-tips (or anything else!) into your ears.

In fact, "cleaning" your ears with cotton swabs just pushes cerumen (ear wax) deeper and further into your ear canal, Lewis says, explaining, "This can cause cerumen impaction, which can be painful to remove. You also run the risk of puncturing your eardrum when you place Q-tips deep in the canal, which can lead to long-term hearing issues."

"Sometimes hearing loss is temporary and will naturally return within 48 hours," Remenyi explains. (Think of how you sometimes still yell a little bit when you get home from a concert, but then go back to normal the next morning.) However, she notes, "Sensorineural hearing loss cannot be reversed. Once the damage is done to the inner ear, it's generally permanent."

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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>

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.





New research about erectile dysfunction

Excerpted from Medriva.com

Erectile dysfunction affects millions of men worldwide, with an estimated 30 million men being affected in the US alone. The condition's prevalence has been linked to factors such as obesity, poor mental health, and overconsumption of pornography. However, this new understanding of the role of fibroblasts in maintaining erections could pave the way for novel treatments for erectile dysfunction. There is a possibility of training the body to get an erection regularly to counteract impotence.

Recent research suggests that regular erections could play a significant role in maintaining healthy erectile function. A study on mice, published in the journal Science, has unveiled the crucial role of particular cells, called fibroblasts, in mediating erections by regulating blood flow in the penis. With these findings, we gain a fresh perspective on the potential significance of regular erections for erectile function and the implications for age-related erectile dysfunction.

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penis, which is essential for achieving an erection. The number of fibroblasts in the penis can be influenced by the frequency of erections. Therefore, regular erections could potentially increase the pool of fibroblasts, enhancing the ability to maintain or achieve erections.

Notably, the researchers observed that older mice had fewer fibroblasts in the penis, leading to reduced blood flow. This echoes the decreased ability to get an erection often seen in aging humans. Thus, the frequency of erections might play a pivotal role in preserving erectile function in men as they age.

Link to the study: <https://www.science.org/doi/10.1126/science.ade8064>



JUST ANNOUNCED:

Guided tour for us by Felecia Gaston of Legacy of Marin City exhibit

WHEN: Tuesday, April 9th, 10:30 tour (Volunteer drivers will depart Sausalito by 9:45am)

WHERE: Office of Education, 1111 Las Gallinas Ave, San Rafael

RSVP: <https://sausalito.helpfulvillage.com/events/4259>

Interactive Guided Tour Includes:

- A California Black History story of American patriotism and Black migration to Marin City led by Felecia Gaston.

- The significant contributions from Marin City that enrich the culture of Marin County, California and the United States.

For those interested in getting a ride from Sausalito, call Sausalito Village by April 14th at 415-332-3325. We will provide door to door rides or pick you up at Dunphy Park.



10 Ways to Adopt a Blue Zone Lifestyle

NOTE: Sausalito Village hosted a presentation on the Blue Zones last month and a group of us are taking the challenge. If you would like to learn more about the Blue Zones, check out the Netflix series by Dan Buettner called "Live to 100: Secrets of the Blue Zones". See the trailer [HERE](#)

Excerpted from BrainandLife.com

You don't have to travel to Japan, Italy, or Greece to experience the health advantages of a blue zone. Whether your goal is to live to 100 or just to ease into some habits that protect your mind and body, Dan Buettner says, you can fashion a blue zone wherever you happen to be. Here's his 10-point plan.

Make your diet primarily plant-based.

Consume unprocessed foods, including fruits, vegetables, whole grains, and legumes. Limit meat consumption to around five times a month and keep meat servings modest (3 to 4 ounces). Look for plant-based alternatives to meat, like beans.

Pay attention to portions. Stop eating before you feel completely full. Prepare smaller, balanced meals and avoid eating anything else for the rest of the day.

Move every day.

Instead of joining a gym, start walking, gardening, or volunteering. Aim for a holistic activity that supports both physical and mental well-being.

Get sufficient sleep.

A good night's sleep contributes to physical health, mental well-being, and happiness. Listen to your body's natural rhythms, make sleep a priority, and consider daytime naps.

Find purpose.

Discover your *ikigai*, as they call it in Japan—your reason to wake up every morning. Cultivate a sense of purpose in daily activities, engage in meaningful social interactions, and foster positive relationships. Consider forming or participating in groups that promote a sense of belonging.

Cultivate a positive attitude.

Adopt an outlook that values well-being over material pursuits. Strive for a slower pace of life that allows for greater harmony with natural circadian rhythms.

Maintain a social life.

Nurture relationships through in-person, phone, or email interactions. Recognize the importance of human connection in supporting cognitive health and overall quality of life. Choose or build social circles that support healthy

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**Downshift.**

Stress is inevitable, but how you deal with it makes all the difference. Establish routines to shed stress—whether through reflection, prayer, a short nap or walk, or a happy hour. Combat chronic inflammation and age-related diseases by taking intentional breaks.

Put family first.

Keep aging relatives close and invest time and love in your partner and children. These actions contribute not only to your well-being but also to the health of your entire family.

**Beware of Online Romance scams**

Excerpted from AARP.org

How It Works

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- Being polite, you respond to let the sender know their text didn't make it to the intended recipient.
- This is all it takes for an "errant" text to begin a conversation that sparks a friendship or love interest, that becomes a trusted relationship, which opens the door for "learning" how to invest in cryptocurrency.

What You Should Know

- Romance scams have become one of the top drivers of cryptocurrency fraud. The Federal Trade Commission pegs reported losses at \$1.3 billion in 2022.
- Behind this fraud are transnational criminal enterprises who are luring front line "workers" with fake employment offers and enslaving them to ensnare targets into this scheme.
- While the errant text is the latest mode, this scheme still plays out on the traditional channels of social media and dating sites and apps.

What You Should Do

- If you get a text like this, or any suspicious text, report it to the industry. On an iPhone, click Report Message and select Fraud. A similar option is coming soon to Android devices. This allows service providers to update their protective algorithms in real time to block the numbers.
 - Another way to report is to forward the message to 7726. It's not a straightforward process; learn how to master it [here](#).
 - Sadly, dangers lurk behind all forms of communications as fraud grows unabated. Don't engage with errant texts or friend requests when you don't know the person already. Don't click on links in email or text messages. If an authority, a retailer, your utility company, or your bank are calling, texting, or emailing, don't respond. Find the number (paper statement, back of your credit card, etc., but don't Google it) and initiate a call if you think there may be an issue.
 - By reading this, you now have the power to protect yourself from this insidious scheme. Share what you know to help protect others.
-

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Marin's Seniors for Peace celebrates 20 years of activism

Marin IJ February 7, 2024

Carolyn Corbelli, center, chats with Andrea English during a Mill Valley Seniors for Peace demonstration in Mill Valley, Calif. on Friday, Jan. 26, 2024. Both are residents of The Redwoods retirement community. (Alan Dep/Marin Independent Journal)

When Carolyn Corbelli saw a photo in the newspaper of older musicians on a street in Mill Valley protesting for peace back in the early 2000s, she knew she and her spouse needed to be part of it.

"We said well, that's the place for us," said Corbelli, 82, who has been involved in activism throughout her life. She said it was something she did not intend to give up in her later years.

The demonstration she saw at the corner of Miller Avenue and Camino Alto was perhaps one of the first for Seniors for Peace. The group was founded in 2003 by Rolly Mulvey, a resident at the Redwoods community for seniors, to oppose the United States' involvement in Iraq.

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were concerned about the loss of life on both sides, according to Nancy Miller, co-chair of the group.

The group is celebrating 20 years as an organization, which is still going strong with its ranks growing. It has more than 100 members and volunteers across the county.

“The mere fact that we’re still around shows that we’re persistent and we have resilience,” Miller said. “We know that change is in small steps and we don’t get too discouraged.”

Read the entire article [HERE](#)



What is your Chinese zodiac element?

Parade Magazine.com

Everything in life is a manifestation of one of these five elements—whether it’s the time of year, a mood, a taste, a thing, an emotion or an action. The five elements of Wood, Fire, Earth, Metal and Water

The five elements are the foundation of not only Chinese metaphysics, which includes astrology and feng shui but also traditional Chinese medicine. According to Maria Hayes, founder of Trusted Astrology, "Identified as fire, water, earth, wood and metal, these five elements represent the balance and interconnectedness of the universe. Deeply rooted in Taoism, the concept of harmony is hinged on these five elements." They symbolize fundamental phases and forces of change in the physical and human realms.

How Do you find you Chinese zodiac element?

Discovering your Chinese zodiac element is easy. Just match the last digit of your birth year to the corresponding element:

- 0 or 1 — Metal
- 2 or 3 — Water
- 4 or 5 — Wood
- 6 or 7 — Fire
- 8 or 9 — Earth

Read entire article [HERE](#)

A graphic with a colorful, low-poly background. It features a dark blue rectangular box with a white border. Inside the box, the words "FRIDAY PUZZLE" are written in white, bold, sans-serif capital letters. Below the text is a thick white horizontal line.

FRIDAY PUZZLE

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Lunar New Year begins on Saturday, ushering in the Year of the Dragon. The dragon is unique because it's the only mythological creature among the 12 animals of the Chinese zodiac. How many of the other 11 (real) animals can you name?

Find the answer at the bottom of the newsletter.



Required minimum distributions for retirement are super-sized in 2024

Excerpted from CNBC.com

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distribution could push you into another tax bracket.

The stock market had a good run in 2023: The NASDAQ alone rose more than 43%, while the S&P 500 gained 24% and the Dow ratcheted up nearly 14%. Higher returns on investments are nothing to fret over, but it could lead to unexpected financial consequences for seniors. That's because of required minimum distributions (RMD), which are mandatory withdrawals that must be made from retirement accounts starting at age 73.

Since RMDs are taxed like regular income, larger distributions could bump eligible seniors into a [higher tax bracket](#).

A required minimum distribution is the amount you must withdraw from your retirement accounts annually starting at age 73. These withdrawals were established when IRAs were established in the early 1970s, essentially to ensure the government gets to collect income tax on tax-deferred accounts.

Read the entire article [HERE](#)

FREE tax help is available locally in Mill Valley through AARP

More information at:

<https://sites.google.com/view/marintaxaide/home>

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Marin County's 2024 AARP Tax-Aide Services

Free Income Tax Preparation and e-filing for low & middle income taxpayers

By appointment only.

Please contact your preferred site for appointment.

Email is the best way to reach us.

If you must call be sure to leave your full name and contact information.

PLEASE DO NOT CONTACT MORE THAN ONE SITE!

Visit our website for forms and more information:

<https://sites.google.com/view/marintaxaide/home>

When?

Volunteer tax counselors are available from **Feb. 1st** until **April 15th** at our listed locations.

What to Bring?

- » A copy of your 2022 Tax Return
- » Photo ID, plus Social Security Cards or ITIN's for self, spouse, and dependents
- » Social Security numbers for child care providers and alimony recipients
- » All W-2 Forms
- » All Forms 1099 Social Security, pension, interest, dividends, stock/bond sales, & IRA distributions, unemployment, NEC, K, MISC etc. Cost basis of stocks and other investments sold.
- » All forms 1095 & 1098 e.g. Mortgage Interest, Tuition. Health insurance coverage information for taxpayer, spouse & dependents.
- » Checkbook or bank account and routing numbers for direct deposit
- » To itemize, bring your list of paid property taxes, medical bills (**totaled**), charitable contributions (**totaled**) and mortgage interest.

PLEASE REMOVE ALL ITEMS FROM ENVELOPES BEFORE YOUR APPOINTMENT

MILL VALLEY 415-322-9361

MillValleyTaxAide@gmail.com

*Mill Valley Community Center
180 Camino Alto*

Tuesdays 8:30 am – 12:30pm

Thursdays 8:30 am – 12:30 pm

NOVATO 415-488-5401

taxaidelarry@gmail.com

*North Marin Comm. Services
1907 Novato Blvd.*

Mondays 10 am – 2 pm

Thursdays 10 am – 2 pm

Closed Presidents Day Feb 19

SAN RAFAEL 415-295-6624

SRCCTaxAide@gmail.com

*Vivalon (NOTE new location)
999 Third St.*

Mondays 9:45 am – 2 pm

Fridays 9:45 am – 2:30 pm

Closed Feb 9 and 19

FAIRFAX 415-578-0556

fairfaxtaxaide@gmail.com

*Fairfax Library
2097 Sir Francis Drake*

Mondays 10 am – 2 pm

Fridays 10 am – 2 pm

Closed Feb 19 and April 1

NORTHGATE 415-448-6155

NGTaxAide@gmail.com

*First Congregational Church
8 No. San Pedro Rd San Rafael*

Tuesdays 10 am – 2:30 pm

Closed March 26

PT. REYES

Call for appointment:

415-663-8361 ext.304

*Dance Palace Community Ctr
503 B Street (1 session only)*

Sat. Feb. 24th 10 am -2 pm

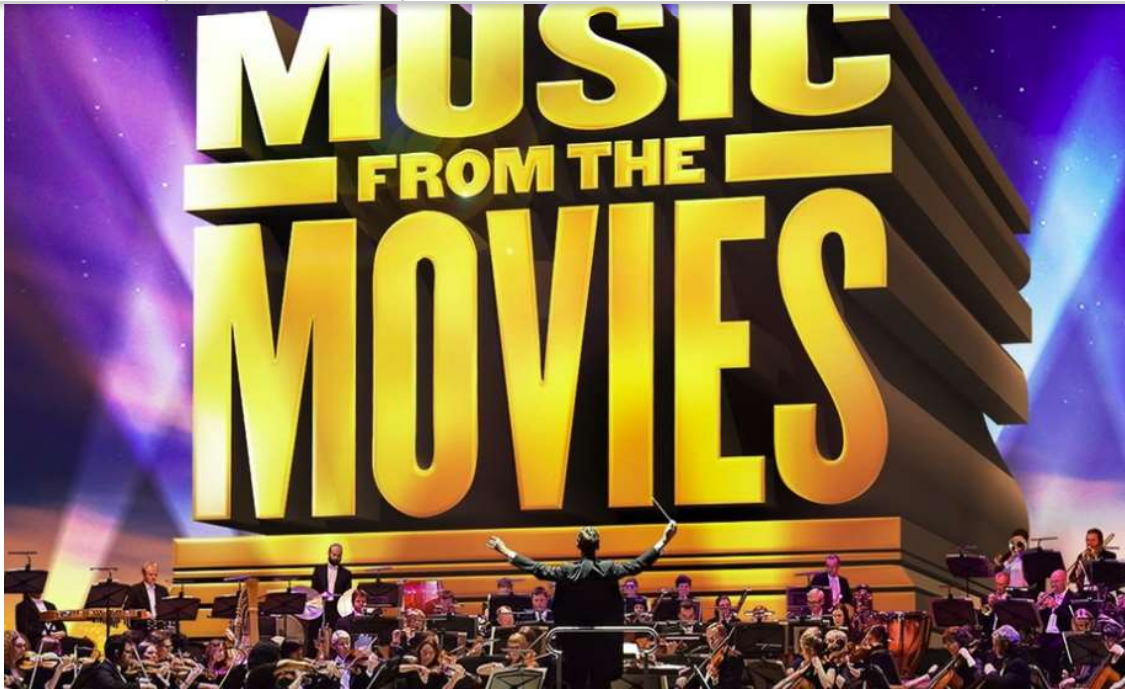
Spanish translator available

General questions only. Not for appointments:

Email: marintaxaide@gmail.com
415-320-6191

We can quickly and easily determine your eligibility for Earned Income Credit

**AARP Foundation
Tax-Aide**

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Special Valentine's Day Event hosted by the Sausalito Library

Magic Musical Moments in the Movies

Wednesday, February 14

6:30 - 8:00 p.m.

Edgewater Room, 420 Litho Street

Join NPR broadcaster Peter Robinson this Valentine's Day for a toe-tapping celebration of the greatest musical scenes in cinema. Peter will show his favorite musical numbers like "Raindrops Keep Falling on My Head," "Take Me Out to the Ball Game," and "Smoke Gets in Your Eyes." Peter will break down the famous scenes and discuss what makes them so fabulous. Coffee and dessert will be served, courtesy of the Marin Philosophical Society.

Please [RSVP](#) with the Library if you plan to attend.

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Tick Bite Prevention: Marin/Sonoma Mosquito & Vector Control District



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.

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...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.

Yes, you can attend and just listen and enjoy the music and stories.

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 sausalitovillageconciierge@gmail.com

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© Nima Sarikhani

Polar Bear Napping on an Iceberg Wins Wildlife Photographer of the Year People's Choice Award

Excerpted from My Modern Met.com

polar bear curled up on an iceberg for a nap has won the Wildlife Photographer of the Year People's Choice Award. This image, taken by amateur photographer Nima Sarikhani, beat out 24 other images that were in the running. Over 75,000 votes were cast by wildlife photography fans—a record number. It took three days of searching off Norway's Svalbard archipelago before Sarikhani happened upon polar bears. After the expedition vessel changed course, he happened upon two polar bears in the water. The male then climbed aboard the sea ice and, using his strong claws, created a bed for the evening.

See more photos and the rest of the article [HERE](#)

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Over 3 hours of love songs



Answer: Rat, ox, tiger, rabbit, snake, horse, goat, monkey, rooster, dog, and pig



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