



SAUSALITO VILLAGE



Happy Monday, Villagers

We're always looking for new tips! Drop us an [email](#).

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How to Start a Covid Victory Garden

Reporter and Life Kit host Aarti Shahani was waiting in a long line outside a grocery store when it dawned on her that she already had most of what she needed to grow her own food. Why have I let all this dirt and sunlight and water go to waste? She thought.

Her backyard was a self-described “tragic mix of rubble, tires, pipes, chew toys, glass shards.” So she decided to get her hands dirty, clean up her space and plant some seeds and trees. And now that she’s been through it, she outlined how you can create [your own little Eden](#).

First things first: make a plan. To find out what grows well in your neck of the woods, look up your “[hardiness zone](#).” These zones, based on the average annual minimum winter temperature, go from 1 (the coldest) to 13 (the hottest). Plug in your zipcode on this [USDA map](#) to find your zone number. Then research what plants thrive where you live.

As you dream about what you’ll cultivate, scope out your space — notice how much sunlight you get. Plants where you pick the fruit, like tomatoes, cucumbers and squash, need lots of sun to ripen. Leafy greens, not so much. So if you’ve got a shady yard, try your hand at kale or arugula before you tackle something juicer. If your heart is set on tomatoes, opt for a smaller variety, like Sungold.

Are your thumbs turning green as you read this? [Here's more on how to start a garden](#).



At the Movies

Check out classic movies on the [Movie Network](#)- Comcast Channel 195 or consider joining the Village's informal 'movie club,' now in its third week of watching San Francisco movies together. There are still 53 movies on their list, made on location in S. F. before 1980 and 25 of them are available free to all on the internet. Each week a website is featured for members.

This week's double feature of free S. F. movies is "Thieves' Highway" & "The House on Telegraph Hill," which have the same female lead actor, Valentina Cortese and are both hits with the public & critics. In "Thieves' Highway" viewers will see a San Francisco many have never seen, the old S. F. Produce Market, around and in where the Embarcadero Center is now. "The House on Telegraph Hill" is a thriller and was nominated for an Oscar.

Here is the link to [this week's](#), April 27 - May 3, Double Feature Movie.



How Are We Doing? Cell Phone Data Shows Relative Shelter In Place Success

Using cell phone data collected, an [interactive website has been developed](#) that shows how well people are socially distancing and staying at home. View the scoreboard to see how [Marin County](#) is doing relative to other counties.



Hello from Marin Humane's Animal Ambassadors



[How to Appreciate Life \(Even During a Global Pandemic\)](#)

The [Coronavirus pandemic](#) has caused many normal parts of life to screech to a halt, and it sort of feels like life itself is actually halted too. After all, for those lucky enough to not be ill (or have ill loved ones), the changes to daily life seem like a giant “pause” button has been pressed on our world—like we’ve stepped into some dystopian movie.

When will I be able to go back to work?

When will we know that the curve has flattened?

When will I feel safe in a crowd again?

When will this be over?

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What stage are you at?



Mona Lisa in quarantine.

[Poetry class](#) Tuesday, April 28th, 1:00pm.

While you've been sheltering in place, have you noticed that Spring is happening outside your window?

Join SV member Jackie Kudler for a group reading and discussion of poems about Spring spanning 2000 years. These poems were assembled for what would have been her first Spring Quarter poetry class at College of Marin—cancelled, of course.



FOR THE BODY

[The Somatic Movement Summit](#)

today's foremost somatic movement leaders and pioneers, who will equip you with tools for embodied awareness and vital health practices.

By saying "YES" to this live event, you're on your way to fostering improved agility, joint health, cardiac and immune function, and much more.



Updates on Food, Supplies, Assistance

Remember you can contact Sausalito Village/CARSS if you are in need of essentials - food, medication, and pet supplies. Call 415-332-3325 or email sausalitovillageconcierge@gmail.com. All of our volunteers have been vetted.

Interested in volunteering to help out with errands? Please contact sausalitovillageconcierge@gmail.com or call 415-332-3325.

Local Source for Hand Sanitizer: Sausalito Market on Caledonia @ \$7.50 a

[Newsom Announces Meal Delivery Program for California Seniors](#)

Partnership with FEMA, local governments, local restaurants will prepare and deliver three meals a day, seven days a week to eligible seniors

More and more villagers are having their groceries delivered using online shopping such as [Mollie Stone's Instacart](#). All of the local stores using this service can be accessed via this link. If you need help setting this up, call 415-332-3325. The Chamber of Commerce has [information on all the local restaurants providing take out and delivery](#).

- **DRIVER'S MARKET:** Driver's is opening at 11 am on Tuesdays and Fridays as these are delivery days. Senior Shopping on those days will be 11 am – 12 pm. Regular Monday through Sunday hours are 9 am until 8 pm with the 9 to 10 am hours reserved for senior shopping. Curbside pickup is every day but Sunday for curbside pick up and orders must be in by 8 pm the night before and pick up between 11-12. Call 415-729-9582 with phone number, list of items and credit card or local check.
- **GOLDEN GATE MARKET: Senior Shopping 8-9 with 15% discount.** Curbside Pick Up - Order by phone at 415-332-3040. They will shop for you and have it ready for pick up. Credit card payment over the phone; prefer not to take checks.
- **Mollie Stone's:** Senior shopping **Tuesday/Thursday/Saturday 7-8** All cashiers have glass shields and there are blue lines to keep distance between customers.
- **Trader Joe's (Cost Plus): Senior Shopping 8-9.**
- **Whole Foods: 8-9**
- **Target Wednesdays 9-10**
- **Good Earth: 9-10**

if you are ordering food to go, support our [local restaurants](#)! Many of them are registered with delivery services such as www.grubhub.com, www.doordash.com, or www.trycaviar.com . You can

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[Bounty Box](#)

Fresh from the farmer's market to curbside

CVS is offering [free delivery](#) of prescriptions and everyday essentials. The local school district and Willow Creek Academy are offering free breakfast/lunch provided daily at BMLK campus 10:30 - 12:00 and hot lunches served on Tuesdays and Thursdays. [Play Marin](#) is also providing meals to those in need. And Port and Provisions delivers and has a special "no neighbor left behind" service [here](#).

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