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Photo by Annie Dorsey "Sausalito Treasure: Magical Light"
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 19 - [Stretch and Strengthen with Rayner](#)
- February 19 - [Dollar Tree and Sprouts trip](#)
- February 21 - [Film Group - "Past Lives"](#)
- February 21 - [Drop in technology help on zoom](#)
- February 25 - [Line Dancing](#)
- February 26 - [Sing Along moves to the Chamarita Room](#)
- February 27 - Shakespeare with Judy Holmes (Group is full)
- February 28 - [Trip/Shop for you - Safeway and Trader Joe's](#)
- March 3 - [Do you have a favorite song?](#)
- March 4 - [Souper Monday Club](#)

Just announced - limited space, sign up now:

- March 20 - [Smitty's Luncheon](#)
- 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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February Film Group: "Past Lives"

WHEN: Wednesday, February 21, 2pm-5pm

WHERE: Sausalito Presbyterian Church Hall - downstairs of 112 Bulkley

RSVP: <https://sausalito.helpfulvillage.com/events/4204>

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.

Oscar nominated for Best Film, "Past Lives" given 96% rating by critics on Rotten Tomatoes

MOVIE INFO

Nora and Hae Sung, two deeply connected childhood friends, are wrest apart after Nora's family emigrates from South Korea. Two decades later, they are reunited in New York for one fateful week as they confront notions of destiny, love, and the choices that make a life, in this heartrending modern romance.

- **Rating:** PG-13 (Some Strong Language)
- **Genre:** Romance, Drama
- **Original Language:** English

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



What Your Brain Is Doing When You're Not Doing Anything

Excerpted from QuantaMagazine.com

In the late 20th century, neuroscientists began using new techniques to take images of people's brains as they performed tasks in scanning machines. As expected, activity in certain brain areas increased during tasks — and to the researchers' surprise, activity in other brain areas declined simultaneously. The neuroscientists were intrigued that during a wide variety of tasks, the very same brain areas consistently dialed back their activity. It was as if these areas had been active when the person wasn't doing anything, and then turned off when the mind had to concentrate on something external.

Researchers called these areas “task negative.” When they were first identified, Marcus Raichle, a neurologist at the Washington University School of Medicine in St. Louis, suspected that these task-negative areas play an important role in the resting mind. “This raised the question of ‘What's baseline brain activity?’” Raichle recalled. In an experiment, he asked people in scanners to close their eyes and simply let their minds wander while he measured their brain activity.

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use more energy than the rest of the brain. In a 2001 paper, he dubbed this activity “a default mode of brain function.” Two years later, after generating higher-resolution data, a team from the Stanford University School of Medicine discovered that this task-negative activity defines a coherent network of interacting brain regions, which they called the default mode network.

Interested in more? Keep reading [HERE](#)



NEWSFLASH: SV Monthly Sing Along has moved back to the Chamarita Room

We have moved the monthly Sausalito Village Sing Along back to beautiful Rotary Village Housing's community room. It will be held every 4th Monday of the month at 4pm.

Pianist, Ariana Myers, is back on piano and we re lucky to have Sing Along hosts Maria Paterno and Ciji Ware.

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WHEN: Monday, February 26th, 4pm - 5:15pm

WHERE: Chamarita Room, 501 Olima Street at the intersection of Coloma

RSVP: <https://sausalito.helpfulvillage.com/events/4247>

Wine and nibbles will be served.

Call ahead for a door to door ride by 48hours ahead - Wendy at 415-332-3325 or SausalitoVillageConcierge@gmail.com



Tech Support Scams online

Excerpted from ScamSpotter.com

Tech support scammers will try to convince you there is a problem with your device, asking you to pay for services you don't need to fix a

SLOW DOWN

Be Skeptical of Urgent Pop-ups

Pop-up messages can seem urgent. However, real security warnings and messages will never ask you to call a phone number. If you think there is an issue with your device, update your security software and run a virus scan.

SPOT CHECK

Investigate the company

Search for the company name or phone number along with words like "scam" or "complaint". if you're looking for tech support, do your own research to find a reputable company you know and trust.

STOP! DON'T SEND

Avoid Unusual Payment Methods

Legitimate tech support companies won't ask for payment in the form of gift cards, wire transfers, money transfer apps, or Bitcoin. These types of payment methods should only be used with family and friends.

Check out ScamSpotter.org for more scams that are currently going around: <https://www.scamspotter.org/scams/>

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What would happen if we killed every mosquito on earth?



Here are 4 tiny habits of people who make the best listeners

Excerpted from YourTango.com

1. They don't treat to 'win' conversations.

Many people struggle to be good listeners because they're emotionally insecure. They approach conversations as competitions, with the unconscious goal of winning and feeling justified and good about themselves. But you can't be an effective listener if your overarching goal is to beat the other person — and boost your ego in the process.

Check your ego at the door.

2. They focus on the person, not the problem.

Just because someone has a problem doesn't mean they are a problem. Many of us are problem-solvers at heart. We spend all day identifying problems and errors and then using our minds to come up with creative solutions to them.

Most of us have been trained (and rewarded) by 20+ years of schooling to be exceptionally good problem-solvers. And for good reason: Solving problems is an incredibly valuable skill!

The trouble is, in certain situations, problem-solving can backfire, often spectacularly so! See, much of the time, when someone "wants to talk" they don't want someone to solve their problems. They just want to feel understood.

The best conversations are about connection, not information.

Read the full article [HERE](#)

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Year of the Dragon

Excerpted from CNN.com

Lunar New Year celebrations kicked off this past week, marking the start of the lunisolar calendar for billions of people worldwide. The holiday begins with the first new moon of the lunar calendar and will conclude in about two weeks on the first full moon. China is anticipating 9 billion trips across the country during the 40-day travel rush around the holiday, nearly double that of last year.

Linked to the repeating 12-year Chinese Zodiac cycle, the new year also marks the transition from the Year of the Rabbit to the Year of the Dragon, a sign that symbolizes strength, good fortune, and prosperity. The Year of the Dragon has traditionally meant a baby boom for China, as those born during this period are believed to possess qualities including intelligence, ambition, and charisma. See the importance of the dragon in Chinese culture [here](#).

Many traditions around the holiday are based on themes of family and good fortune, including giving lai see to children—red envelopes filled with "lucky money"—and a lantern festival to end the celebrations.

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"As We Speak" - 2024 Grammy winning song by San Anselmo musician Zakir Hussain

Read more about Zakir Hussain in today's Marin IJ: [HERE](#)



Medicare and Hospice Care Presentation
Thursday, February 22, 2024 at 11:00am

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the Medicare hospice benefit, examining the practical application of the Medicare hospice benefit, common beneficiary challenges, and advice on how to choose a hospice – with policy updates, including recent oversight efforts by the Centers for Medicare & Medicaid Services (CMS) and proposals to modernize the benefit.

Presenters include:

- David Lipschutz, Center for Medicare Advocacy
- Kathy Holt, Center for Medicare Advocacy
- Wey-Wey Kwok, Center for Medicare Advocacy
- Katie Wehri, National Association for Home Care & Hospice
- Brian Lindberg, Coalition to Transform Advanced Care (C-TAC)
- Ethan McChesney, National Partnership for Healthcare and Hospice Innovation (NPHI)

Please take a moment to answer the following question provided on the registration form, so we can consider your feedback before the webinar.

"If applicable, has your experience accessing hospice services been positive or negative? Please describe with brief example(s)."

Register through Center for Medicare Advocacy: [Registration Link](#)

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Sausalito Resident, Amy Tan's new book about backyard birds

Excerpted from Bay Nature.com

Bestselling author of titles including *The Joy Luck Club* and *The Bonesetter's Daughter*, Amy Tan lives and works in a Bay Area home surrounded by oak trees and their brushy understory. It is a bird haven, and some years ago Tan took an interest in them, loading her leafy yard with feeders, offering suet, live mealworms, and seeds each day to attract feathered company. She has watched their lives unfold, and it is the stuff of novels. Tan has filled journals with anecdotes, observations, and drawings of her birds, and in spring 2024, Penguin is publishing a selection of her journal entries in a new book, *The Backyard Bird Chronicles*.

Bay Nature's editor, Victoria Schlesinger, caught up with Tan to ask about the book. The conversation has been edited for clarity and length.

AT: My yard is in Sausalito, California, in Marin County. I'm very, very lucky in that I have a woodland setting with oak trees. I have a lot of understory brush where birds can hide, and a lot of feeders—I'm surrounded by trees on three sides of the area where I work. It's always possible to see something going on.

I have, on a year-round basis, chestnut-backed chickadees, pygmy nuthatches, oak titmice, Bewick's wrens, scrub-jays, dark-eyed juncos, California towhees, spotted towhees, finches. And I've had owls, too. And then, during migration, the golden-crown sparrows come back, as do Townsend's warblers. I'm expecting the hermit thrush soon, but we already have the fox sparrows. We'll end up getting about 20 species. At most I might count 25 in a day.

Read the full interview [HERE](#)

More about Bay Nature magazine: <https://baynature.org/>



RSVP now for March Souper Monday Club

Event is free of charge, but reservations are required. Yes, bring a

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WHEN: Monday, March 4th, 11:30am - 1:00pm

WHERE: Campbell Hall, 70 Santa Rosa

RSVP: <https://sausalito.helpfulvillage.com/events/4112>

A monthly lunch to bring people together in community the first Monday of every month.

The idea is simple, enjoying 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 will be playing in the background.

Different restaurants donate two hearty soup choices each month served with bread, dessert and hot drinks.

No charge, donations accepted. Open to all seniors.

Parking is available BUT fills up. CARSS offers both door to door rides and shuttle rides from Dunphy Park. Reserve your ride by Friday, March 1st. Call 415-944-5474 or email SausalitoVillageRSVP@gmail.com

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7 Habits for better sex from AARP

Excerpted from AARP.org

1. Sex-cessful couples use the bedroom — for sleeping Women who sleep an extra hour at night experience more sexual desire the next day and a 14 percent increased likelihood of having sex, according to one study. Maybe it's because their partners are better rested as well: Not getting enough sleep has been linked to erectile dysfunction and a lack of testosterone in men.

2. Sex-cessful couples never crash diet Almost every trendy approach to losing weight, from keto to intermittent fasting, involves cutting out certain food categories and thereby restricting calories. Maybe they're fat or carb or protein calories, but the fact is that not getting proper nutrients can have an impact on your sex drive.

3. Sex-cessful couples soak up the sun You've no doubt heard about the importance of vitamin D, and perhaps you've asked your doctor to check your blood levels. If not, and if you live in the northern half of the nation, a lack of vitamin D might be interfering with your love life. Low D has been linked to decreased erectile and orgasmic function, as well as diminished sexual desire. But supplements in winter can help: Additional research has found that supplementing with

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4. Sex-cessful couples work their muscles Working out increases sexual arousal in women and helps combat erectile dysfunction in men. But more important, exercise — especially vigorous exercise that stimulates our muscles — is critical to our libidos.

5. Sex-cessful couples avoid late-night sweets Many of us enjoy a good after-dinner treat. But dessert is one thing — a midnight snack is something else. “Eating sugar before bed causes insulin release and can temporarily suppress testosterone levels,” says Raevti Bole, M.D., a urologist at the Cleveland Clinic. Anyone who has felt a crash after a sugar high will understand this effect.

6. Sex-cessful couples drink a lot Not booze — water. Water makes up 75 percent of the total body weight of newborns, but as we age, that percentage drops; in older adults it can be 50 percent or lower. And that can impact our health and our sex lives. Proper hydration is critical to the cardiovascular system, which is responsible for keeping nutrients and oxygen flowing throughout the body.

7. Sex-cessful couples make their bed daily Clutter can sneak up on you, causing stress that you might not even be aware of. One study found that cortisol levels in women with cluttered homes rose during the day and stayed high when the clutter remained; the effect was more powerful on women than on their partners.

Read the full story [HERE](#)

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The closest photos of Jupiter ever taken



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

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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.

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

Wine and cheese will be served.

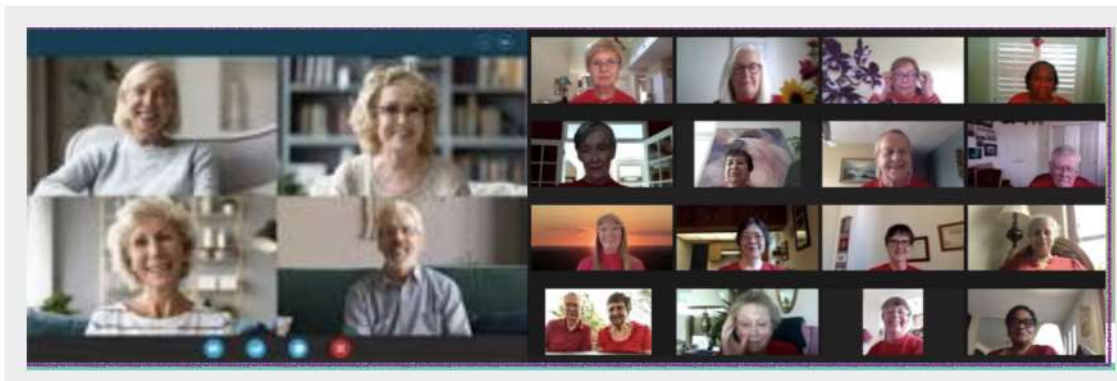
After you RSVP, EMAIL Sausalito Village member Michael Duarte at duartesaus@aol.com with the name of the song and the name of the performer, and we will look for it on the internet. Song must be received by February 27th.

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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The universe carries strange jewels
deep within us all, and then stands
back to see if we can find them."
- Elizabeth Gilbert



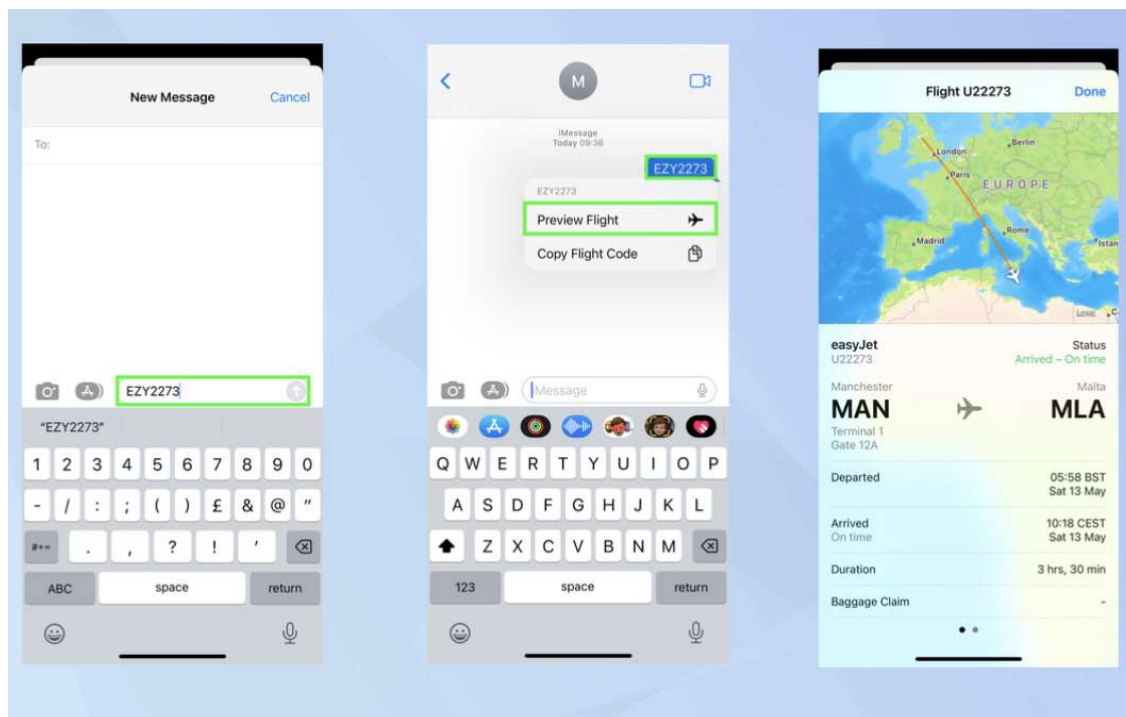
Drop in technology help on zoom every month

WHEN: Wednesday, February 21st, 4pm-5pm

WHERE: Zoom

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



How to track your flight on your iPhone

Excerpted from Tom'sGuide.com

The ability to track flights sure comes in handy. Perhaps you're on your travels and a friend is looking to join you — since phones need to be in airplane mode when flying, a flight tracker will let you know exactly where a plane is in the sky

But here's the good news: you don't need to fiddle around downloading a flight app. The iPhone lets you make use of the Messages app instead and getting live locations, flight details and take off/landing times is very easy.

- **Obtain the flight number**
- **Launch Messages**
- **Enter the flight number in a text**
- **Input your own phone number in the To field**
- **Tap Send**

You'll then receive a message.

Tap the flight number and select Flight Preview.

Full guide: [How to track flights on iPhone](#)



In honor of President's Day

In this quiz, we'll give you the list of the states where the most presidents were born, but with one left blank. Can you figure out which state it is?

Two: North Carolina, Pennsylvania, Texas, Vermont

Four: Massachusetts

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Seven: _____

Eight: Virginia

Find the answer at the bottom of the newsletter.



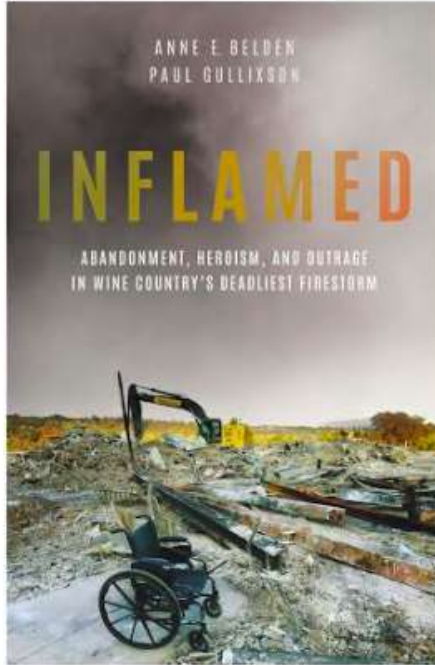
**America's oldest living person Edie
Ceccarelli celebrates 116th birthday**

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Tuesday

February 20th

6 PM

Anne E. Belden
Paul Gullixson

INFLAMED

Abandonment, Heroism &
Outrage in the Wine
Country's Deadliest
Firestorm

Inflamed exposes the growing risks of natural disasters especially as they relate to seniors in our aging baby boomer society. It includes the story of more than 100 senior citizens at a luxury senior living complex who were abandoned during the catastrophic 2017 wildfire in California's wine country. The book showcases truths that have continued to play out in events around the nation, including Hurricane Irma, the Camp Fire, and the recent Maui Fire.

A journalist for 18 years, with a masters degree from Stanford in media studies, **ANNE BELDEN** now runs the journalism department at Santa Rosa Junior College.



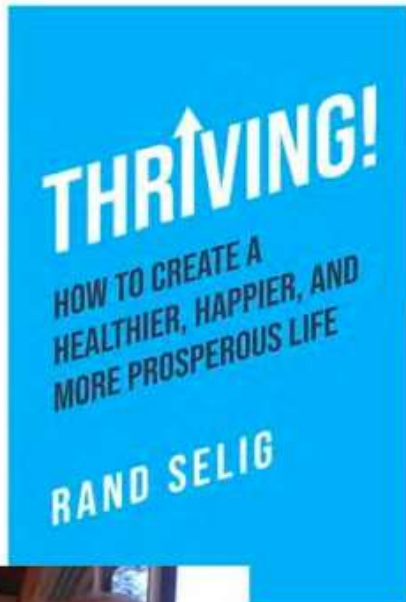
PAUL GULLIXSON is the communications manager for Sonoma County having worked for 37 years as a journalist, including as editorial director for *The Press Democrat* in Santa Rosa when they won a Pulitzer Award in 2018.

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RENEW & THRIVE !!

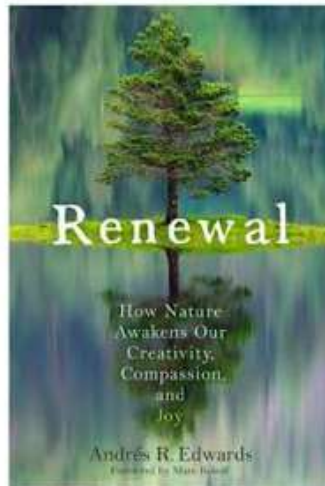
Wednesday
February 21st
6PM

Rand Selig and
Andrés Edwards



Rand Selig is an accomplished entrepreneur managing complex global projects, a coach, and conservationist. This is his first book!

**Get Inspired for the
New Year!**



Andrés Edwards is a certified forest therapy guide, compassion education trainer, award-winning author, media designer and sustainability consultant.



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Reading to Rover!!!

100 Bay Street -- Sausalito, CA



Learning to read can be *awkward and intimidating....*but not when you're reading to Stinson. He is a very good listener and has helped a lot of early readers gain confidence.



Saturday
February 24th
 10 AM
with
Stinson & Lisa

Stinson is a super friendly 16-month old Australian Labradoodle --- a newly graduated "reading dog" -- who loves kids and snuggles. A certified AKC Urban and Canine Good Citizen dog, he is the official reading dog at Mt. Tamalpais School in Mill Valley where Lisa is the Teacher Librarian.

Early readers are invited to sign up for 15 minute sessions reading the book of their choice to Stinson. Parents: please register in advance at the store or call 415.887.9967.

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What it means when you see gaps in the flesh of your fish


Excerpted from [TastingTable.com](https://www.tastingtable.com)

These gaps, often seen as splits or pits in the muscle fibers, are not just cosmetic flaws; they're a telltale sign that the fish was not handled with care.

Fish flesh is delicate, and rough handling during catching, processing, or transportation can cause the muscles to tear apart, creating these gaps. This mishandling can happen at any stage from the boat to the store, but the result is the same: a compromised fillet. When cooked, fish with this type of damage tends to become mushy — losing the firm, flaky texture that is characteristic of fresh, well-handled fish. As a result, purchasing this kind of fish will lead to a subpar dish and a less satisfying eating experience.


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MANZANITA SEA-LEVEL RISE PROJECT

on SR-1 & US-101 in Marin City and Nearby Communities



WHAT IS BEING PLANNED:

The California Department of Transportation (Caltrans) proposes to enhance access and mobility by addressing recurring flooding and sea-level rise impacts that affect State Route 1 (SR-1), US-101 and the Manzanita Park and Ride lot. The funding for this project has yet to be identified; however, this project is eligible for federal aid. The environmental stage is scheduled for later in 2024 once funding is secured, and Caltrans is scheduled to circulate the Draft Environmental Document (DED) externally in the summer of 2027.



WHY IS CALTRANS HAVING AN INFORMATIONAL MEETING NOW?

Caltrans is the lead agency and wants to inform the public of this new project that will reduce flooding and address sea-level rise in and around Marin City.

WHAT IS AVAILABLE:

You can also email our project team at ManzanitaProject@dot.ca.gov

If you have a question or want to find out more, please come to our online public meeting on Thursday, Feb. 29, 2024, between 6 p.m. and 7:30 p.m.

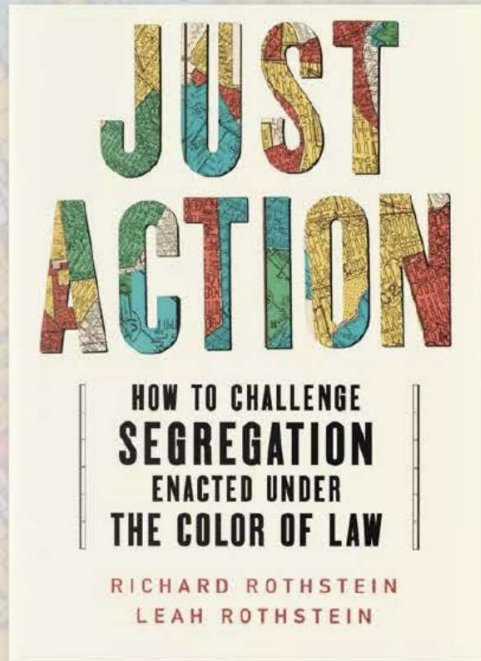
Please use the link below to join the Webinar:

<https://bit.ly/3ud2ovl>

***CALTRANS THANKS THE PUBLIC FOR ITS PATIENCE
AS WE WORK TO MAINTAIN OUR STATE'S HIGHWAYS.***

CALTRANS BAY AREA AVGRAPHICS / OCT 2023 / SR-1 US-101 MANZANITA SEA-LEVEL RISE PROJECT MAP

usually have about housing segregation.



Mt. Tam Community Land Trust to Host a Conversation About Housing Segregation

February 28, 2024, 4:00pm

Leah Rothstein, co-author of *Just Action*, will be in Mill Valley to discuss how we came to be such a segregated society and what we can do to bring to change. Racial disparities in economic opportunity, affordable housing, jobs, education, and healthcare are all perpetuated by housing segregation. Leah will offer answers and inspire us to be part of the change.

This event is in person and will be held in the Cascade Room at the Mill Valley Community Center. 180 Camino Alto, Mill Valley.

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Over 2 hours of Mardi Gras Music



Answer: Ohio



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