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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 making the request to SausalitoVillageTips@gmail.com

Have you missed a previous newsletter? They are archived!

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SV hosted events in the coming 2 weeks:

April 7, 11, 20 - [Line Dancing](#)

April 7 - [Tales of the Trail featuring Victoria, BC](#)

April 9 - Trip to Marin City History exhibit cancelled

April 10 - [SV gentle mat yoga with Rayner](#)

April 10 - [Artist reception - Muriel Ullman](#)

April 15 - [Stretch and strengthen with Rayner](#)

April 17 - [Born to Age presentation](#)

April 17 - [Film Group](#)

April 17 - [SV gentle mat yoga with Barbara](#)

April 17 - [Drop in tech help](#)

April 22 - [Monthly sing along with hosts Joe DeBellis and Pat Ronzone](#)

April 23 - [Trip tp Dollar Tree and Sprouts](#)

April 23 - [Afternoon Book Review group](#)

April 24 - [Group tour to Villa Marin](#)

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

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SV's April Tales of the Trail: Victoria, BC

WHEN: Sunday, April 7th, 7pm

WHERE: Zoom

RSVP: Email Sue at suedunlap46@gmail.com or 332-3746 for the zoom link

Considering a trip to Victoria, British Columbia or want to reminisce about one you took years ago?

Sign up to attend the April Tales of the Trail where Bob and Maura H. will be sharing their photos and tips.

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New entries to Oxford English Dictionary in 2024

Here is just a sampling.....

- [dead bang, adv. & adj.](#): “Such that a conviction seems to be the certain outcome of a legal case or arrest. Cf. bang to rights at bang, v.¹ IV.9.”
- [fatmouth, v.](#): “intransitive. To talk foolishly or at length, esp. in an indiscreet, boastful, or opinionated way. Also: to make empty threats or promises.”
- [grosshead, n.1](#): “The quality of being gross (in various senses); esp. the quality of being thick or dense in consistency.”
- [multifactor authentication, n.](#): “A method of verifying a person’s identity in order to allow access to a digital service or system, requiring one or more proofs of identity in...”
- [pash rash, n.](#): “A rash or inflammation around a person’s lips, mouth, and chin resulting from passionate kissing, esp. by a person with a beard or stubble.”
- [stot, adv.](#): “With a bounce or rebound. Also (and in earliest use): in a staggering manner.”
- [tidda, n.](#): “A female of one’s own generation (including a biological sister). In extended use: a woman with whom another shares a close relationship or bond.”
- [viennoiserie, n.](#): “As a mass noun or in plural. Baked goods or pastries of a type made with puff pastry or a leavened dough enriched with ingredients such as butter...”

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Presentation by Born To Age directory publisher

WHEN: April 17th, 10am-11:30am

WHERE: Edgewater Room, downstairs in Sausalito City Hall

RSVP: <https://sausalito.helpfulvillage.com/events/4258-presentation-by-born-to-age>

Pass the word - everyone is invited to this informative presentation about resources for older adults.

Born to Age is an annual free directory for seniors, aging boomers, and those in the senior care industry that is published in six different Bay Area counties. Born to Age is a thorough directory including everything from paid caregivers to cost breakdowns of funeral homes in the area. Our presenter is Annamarie Buonocore, the Born to Age publisher who will be sharing her vast knowledge and answering all of your questions.

About Annamarie: She has been in the elder care industry for seven years and previously worked as a placement agent and elder care consultant. Her main background is in magazine publishing, and she also has two aviation magazines and a veterans magazine. In her spare time, she enjoys art, nature, writing, and spending time with her two Maltipoos, Pericles and Sophocles. She lives in San Mateo, CA.



Which fruit comes next in this sequence: Banana, pear, kiwi, tomato, _____?

Your options:

1. Peach
2. Lemon
3. Plum
4. Guava

Find the answer at the bottom of the newsletter.

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BAY**

100 Bay Street --Sausalito , CA



Wednesday
April 10th
6 PM
Watercolors
by
Muriel Ullman



Join us for Muriel Ullman's Artist Reception

'Loose 'N Lovely' is the title of Sausalito Village member, Muriel Schmalberg Ullman's collection of watercolors for the April showing at Sausalito Books by the Bay.

Need a ride to the reception? Call Sausalito Village for a door to door local ride by April 9th at 415-332-3325.



How to learn anything using 6 simple steps

Excerpted from Geeky Gadgets

It's all about moving from the basics of just remembering facts to the more complex task of creating something new. Here's a breakdown that explains each level in a more integrated manner:

1. **Remembering** is where we start. It's the foundation of learning, where you focus on memorizing and recalling information. Think of it as the stage where you're gathering the building blocks. You might memorize a list of terms or recall specific facts about a topic. It's like preparing your toolkit before you start to build.
2. Moving up, **Understanding** takes these facts and figures and asks you to make sense of them. At this level, you're not just repeating information; you're interpreting and summarizing it. Imagine reading a story and then explaining it in your own words, or seeing a diagram and describing what it means. It's where you start seeing how your toolkit can be used.
3. **Applying** is where things get practical. Here, you take what you know and apply it to new situations. It's the "doing" stage. If you've learned a mathematical formula, now is the time to use it to solve problems. It's about taking your toolkit and starting to build something according to instructions.

information into parts to see how they work together. Think of it like dissecting a machine to understand its components and how they contribute to the machine's function. You're not just building now; you're designing, seeing how parts of your project fit together.

5. **Evaluating** involves judgment. Here, you're assessing information or the outcome of your work based on criteria and standards. You might argue for or against a particular viewpoint or critique a project's merits. This stage is like reviewing your finished project, checking for quality, and deciding if it's ready or needs improvement.
6. Finally, **Creating** is the pinnacle. It's about putting everything together to form something new or improve on existing ideas. Whether it's writing a story, developing a new hypothesis, or designing an innovative product, this stage is where creativity comes into play. It's where you take everything you've learned, all the tools and materials you've gathered, and build something uniquely yours.



parts of Rome. Captions of places, no narration



Line Dancing spring break add-on class in April

Line dancing teacher, Laurie Reemsnyder, is adding classes during her spring break as a photography teacher at Marin Catholic.

WHEN: April 7th, 11th, 20th, 4pm-5pm

WHERE: Exercise Room, downstairs Sausalito City Hall

Sign up for each class through Parks and

Rec: <https://cityofsausalito.perfectmind.com/24457/Classes/BookMe4LandingPages/Class?classId=15e3c83a-0e03-4a45-9791-3d0eb0bda0ef&occurrenceDate=20240114>

You can also attend as a 'Drop In' but will be required to sign a waiver when you arrive.

Music is old school, contemporary, disco, jazz, R&B, and a little Latin. Open to all, geared to seniors. Wear comfortable clothing and shoes. Dance shoes encouraged if you have them to provide the right amount of 'slide'.

IMPORTANT: If you are new and want to meet with Laurie ahead of class to go over basic moves, email her: phototeacher94@gmail.com several days ahead

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MARIN CITY COMMUNITY SERVICES DISTRICT

We are looking for volunteers for Earth Day
to work in our Intergenerational Garden for a volunteer clean up day.

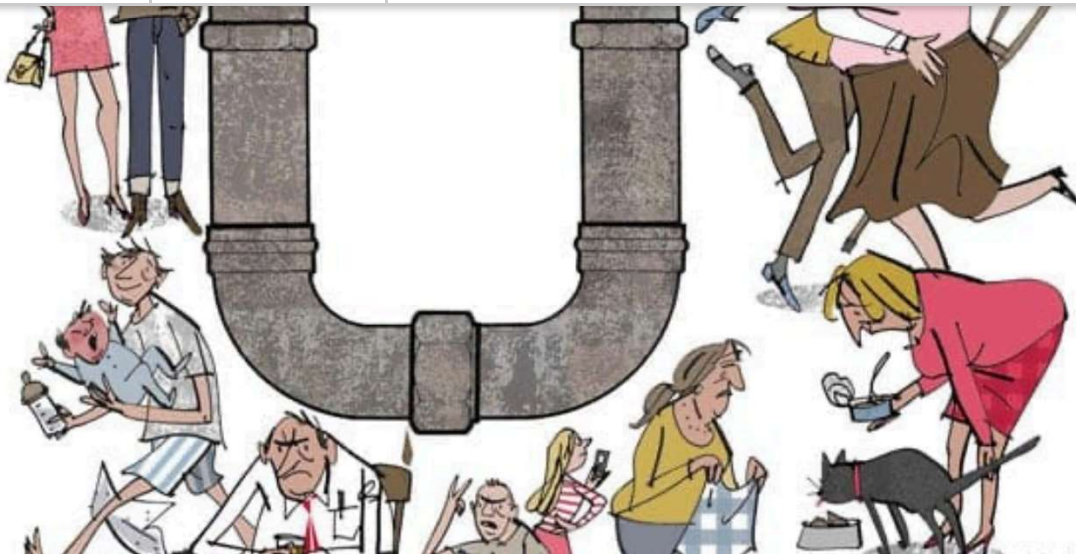
Saturday April 20th
8:30 am to 12:30 pm.
640 Drake Avenue.
Marin City. CA



For more information or if you are interested in participating please
contact gpryor@marincitycsd.com or
415 332 1441



www.marincitycsd.com

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The U-Bend of life: Why, beyond middle age, people get happier as they get older

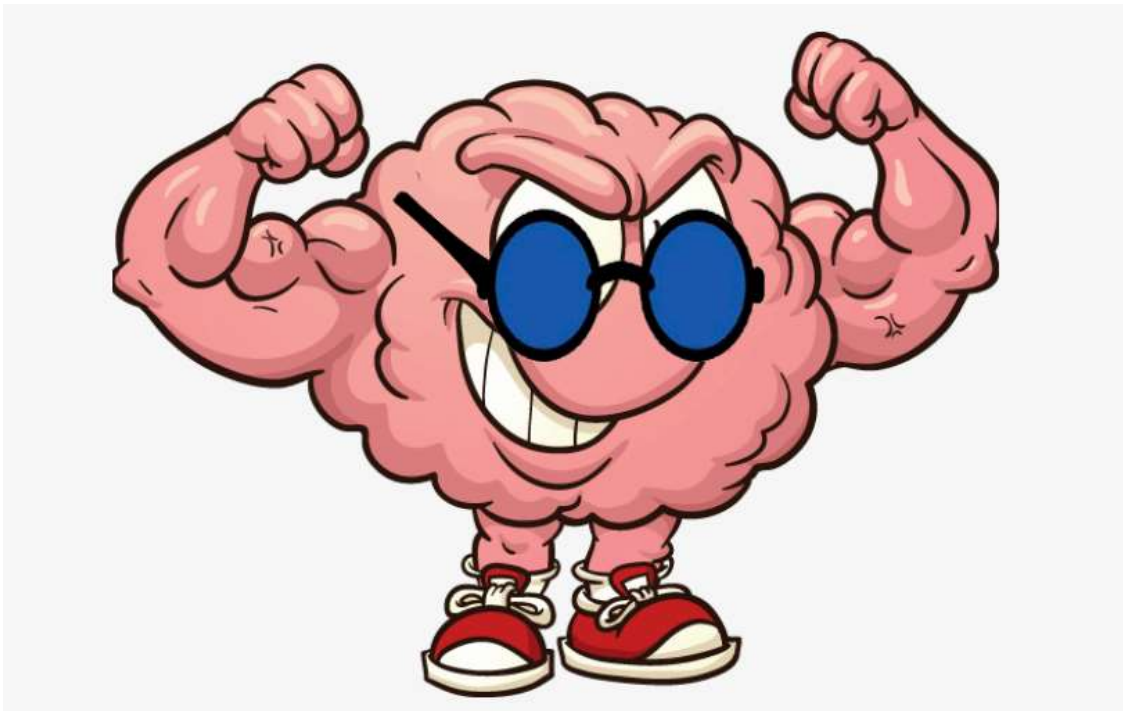
Excerpted from The Economist

ASK people how they feel about getting older, and they will probably reply in the same vein as Maurice Chevalier: “Old age isn't so bad when you consider the alternative.” Stiffening joints, weakening muscles, fading eyesight and the clouding of memory, coupled with the modern world's careless contempt for the old, seem a fearful prospect—better than death, perhaps, but not much. Yet mankind is wrong to dread ageing. Life is not a long slow decline from sunlit uplands towards the valley of death. It is, rather, a U-bend.

When people start out on adult life, they are, on average, pretty cheerful. Things go downhill from youth to middle age until they reach a nadir commonly known as the mid-life crisis. So far, so familiar. The surprising part happens after that. Although as people move towards old age they lose things they treasure—vitality, mental sharpness and looks—they also gain what people spend their lives pursuing: happiness. This curious finding has emerged from a new branch of economics that seeks a more satisfactory measure than money of human well-being. Conventional economics uses money as a proxy for utility—the dismal way in which the discipline talks about happiness. But some economists, unconvinced that there is a direct relationship between money and well-being, have decided to go to the nub of the matter and measure happiness itself.

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Rotary and Sausalito Village Service Day - 20 minutes of Muscle IS BACK!

Rotary Club of Sausalito and Sausalito Village are partnering to assist older and/or disabled residents in town with chores they have been wanting to get done, but are physically unable to perform. Volunteers will come in pairs for 20 minutes per home. Sign up now, limited spaces.

DATE: Saturday, April 27th, 2024

TIME: You will be scheduled for 20 minutes between noon-4:00pm

WHERE: Your home

SIGN UP: <https://sausalito.helpfulvillage.com/events/4361>

Some of the chore possibilities - remember 20 minutes:

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-
- Wash a window or two
 - Plant some flowers or pull weeds
 - Shake out rugs
 - Change batteries in flashlights and smoke detectors
 - Break up cardboard boxes and take them to the recycling bin
-



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Rewire your brain in six weeks. Watch this BBC report. Click photo

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***It is not the fundamental I
For which the poet searches
But the deep most essential you.***

— A. MACHADO

MARK YOUR CALENDAR

Join us for an evening of poetry

WHEN: April 25, 2024, 7:00pm-8:30pm

WHERE: On zoom







A Sausalito Woman's Club Virtual Event
Co-sponsored by the Sausalito Library

Explore where the particular and universal, the actual and possible

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Hear readings from teachers, clergy, moms and dads, students, and award winning poets, as they share words that sear, that soothe, that jostle our minds and mark our hearts.

Register for the free event [HERE](#)

		
<h3>Student Activism in the 1965 Voting Rights Campaign</h3>	<h3>The Tubman Story: Harriet's Fight for Human Rights</h3>	<h3>The Coming of the Second World War</h3>
<p>Join Alabama State University Archivist Dr. Howard Robinson to examine the important role college and high school students played in the Voting Rights campaign of 1965.</p>	<p>Join Kimberly Szewczyk from the Harriet Tubman National Historical Park to go beyond the Underground Railroad to learn about Harriet Tubman's 92 years of life in service.</p>	<p>Join Dr. Spencer Jones to learn how Winston Churchill risked everything to fight against the policies of the British Government to prepare Britain for what he feared was an inevitable war.</p>
<p>Watch the recording</p>	<p>Watch the recording</p>	<p>Watch the recording</p>
		
<h3>Quintessential Van Gogh</h3>	<h3>Venice: 1,000 Years of History</h3>	<h3>Bird Migration & Peregrine Falcons</h3>
<p>Join art historian Dr. Matthew Malczynski to explore Van Gogh's most celebrated works in the context of Impressionism the budding Post-</p>	<p>Join Art Historian Elaine Ruffolo to learn about the 14th century Venetian Republic, proudly known as "La Serenissima" — the leading maritime</p>	<p>Join naturalist Chris Cameron to learn about bird migration, specifically the worldwide migration of Peregrine</p>

Road Scholar virtual lectures

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Scheduled live presentations coming

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Road Scholar Virtual Lecture: Saving a Species: 50 Years of Conserving Mountain Gorillas



**Marin DA warns about this elaborate 3 step scam
- DON'T FALL FOR IT!**

In this elaborate ruse, scammers contact a victim three times.

First, the scammer poses as a technology worker claiming your bank account may be under attack. They suggest you review your financial accounts and say your bank will contact you.

A second call comes from a scammer posing as a bank official. They confirm your bank account has been compromised and claim law enforcement will contact you.

A third call comes from a scammer posing as law enforcement who says you must transfer your money immediately to protect it. The scammer provides you with a purported United States bank account for the emergency transfer.

Don't respond to these messages even if the caller sounds official. Hang up the phone and contact your bank or the account the scammer claims is hacked. Never agree to transfer money to an account you did not set up yourself.

more information at marincountyda.org or 415-473-6495

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How circadian rhythms affect your workout and your health

Excerpted from NPR

So when *is* the best time to exercise? In truth, there is no scientific consensus. The question gets surprisingly thorny as you drill down into the specifics. Who's exercising? What exactly are they doing? What are their goals?

Still, the last decade has brought a wave of new research on the interplay between exercise timing and circadian rhythms — the patterns in our physiology and behavior that fluctuate over the 24-hour cycle. These advances have led to new insights about how the timing of your workouts can affect both health and athletic performance.

Here are four findings from the latest science.

1. Exercise can help keep your body's circadian rhythms in sync
2. Your muscles follow their clocks, and timing effects performance
3. You may be able to shift your muscles' circadian rhythm to your preferred workout time
4. Exercise timing could hold secrets for our health



NEW French cafe in town! Come to the ribbon cutting

Suzette Cafe and Bistro is opening next week, come celebrate Sausalito's newest business, bringing a little bit of France to Sausalito.

WHEN: Tuesday, April 16th, 9:30am

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Nonstop French cafe music



Guava. The second letters of the words are the vowels in alphabetical order (a, e, i, o, u).

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