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Rainbow over Sonoma

Send your Greater 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: <https://sausalito.helpfulvillage.com/newsletters>

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SV hosted events in the coming 2 weeks:

- 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 20 - Line Dancing - CANCELLED
- 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 - [SV Gentle mat yoga with Rayner](#)
- April 24 - [Group tour to Villa Marin](#)
- April 27 - [Rotary Chore Day](#)

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

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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.

Link to Born to Age website and directory: <https://borntoage.com>

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

4. eLearning (e is for enjoyment)

Select "eLearning" on your renewal and enjoy a 20 minute no-fail self-paced exam that you take online from home. eLearning is an easy open-book no-fail course.

Photo of DMV website: <https://www.dmv.ca.gov/portal/senior-drivers/>

You may be eligible to take a 'no-fail' class at home instead of the DMV written test for your 'senior' renewal

Over 50% fail their first attempt at the written DMV test, not because they do not have the sometimes obscure information retained, but because the multiple choice questions are so tricky. It is more of a test of test taking than an indication as to your driving ability.

When you receive notice for your DMV renewal at age 70, one option is for 'e-learning'.

This pass-only, no-fail, interactive online course has seven short sections with quizzes after each section. You can take it using a computer, laptop, tablet or smartphone and takes about 20 to 30 minutes to complete.

Learn more: <https://www.dmv.ca.gov/portal/senior-drivers/>

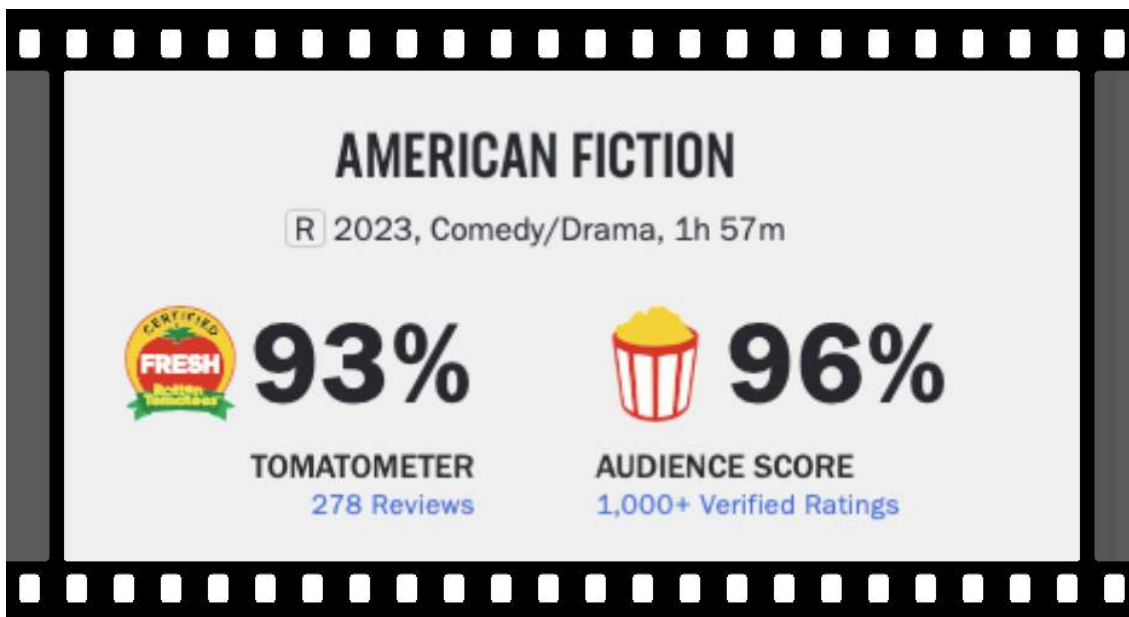
Watch this DMV video to learn about "eLearning"

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Take an at-home DMV test as an alternative for
SeniorLicense Renewal.

Link to CA DMV:

<https://www.dmv.ca.gov/portal/driver-education-and-safety/online-learning-and-tests/>



April's SV Film Group - "American Fiction"

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school host the monthly film group. They will show the film at 2pm and lead a lively discussion afterwards.

Oscar nominated, "American Fiction"

WHEN: Wednesday, April 17, 2pm-5pm

WHERE: Sausalito Presbyterian Church hall, 112 Bulkley

RSVP: <https://sausalito.helpfulvillage.com/events/4367>

AMERICAN FICTION is Cord Jefferson's hilarious directorial debut, which confronts our culture's obsession with reducing people to outrageous stereotypes. Jeffrey Wright stars as Monk, a frustrated novelist who's fed up with the establishment profiting from "Black" entertainment that relies on tired and offensive tropes. To prove his point, Monk uses a pen name to write an outlandish "Black" book of his own, a book that propels him to the heart of hypocrisy and the madness he claims to disdain.

There promises to be lots to discuss!

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

Contact CARSS by April 15th to request your door to door ride at 415-944-5474.

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From Redwood City to Commodore Dock



Did you know California had an alligator farm?

Excerpted from SF Gate

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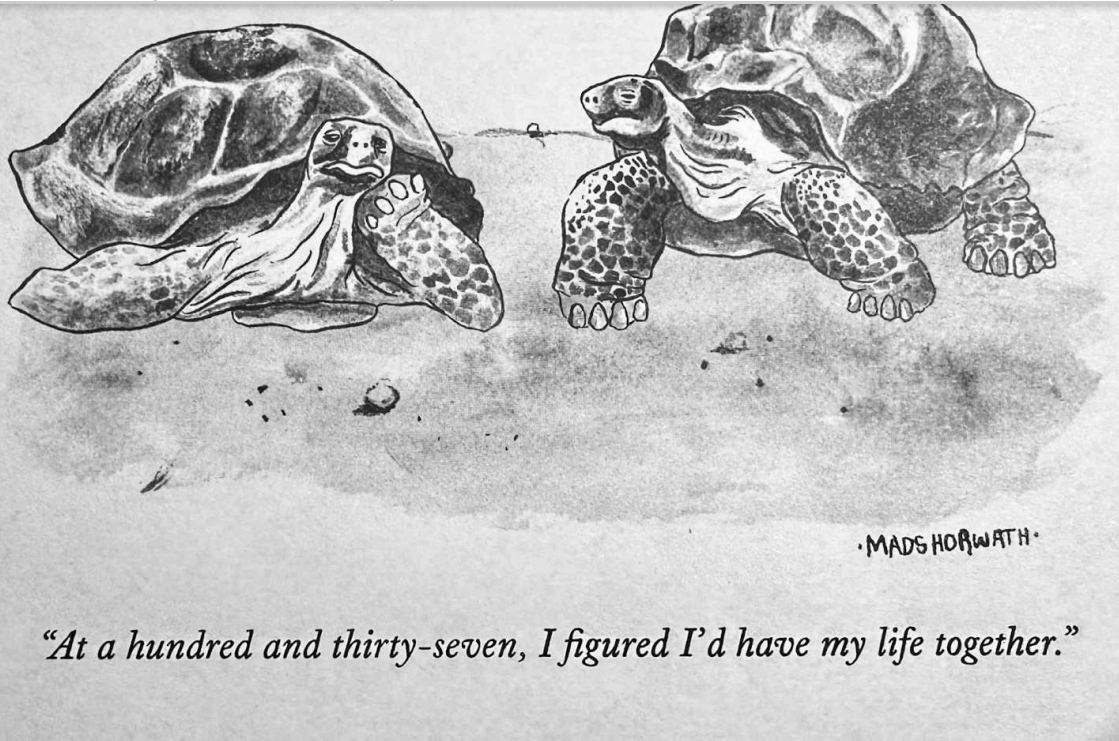
alligators, larger children rode on the backs of gators, and the reptiles even performed for their visitors by going down metal slides.

Owners Francis “Frank” Earnest and “Alligator Joe” Campbell first opened the [Los Angeles Alligator Farm in 1907](#) in the Los Angeles neighborhood of Lincoln Heights. “FOUR DOZEN ALLIGATORS ARE COMING TOMORROW,” read an excited August 1907 headline in the Los Angeles Record, which called the 48 reptiles “the biggest shipment of live alligators ever sent out of Florida.” The city already had a couple of ostrich farms, so the equally exotic novelty of alligators — plus the added thrill of their potential danger — seemed like the logical next step apparently.

Eventually, over 1,000 alligators lived at the Los Angeles Alligator Farm, including Billie the Alligator, the park’s most famous reptile resident. If you saw an alligator’s jaws on film anytime between 1910 and 1940, it was likely a shot of Billie. By 1939, Billie had earned \$15,000 from his acting career, although how he spent that money is unclear.

The park offered educational tours, as well as pure entertainment. Gators performed tricks, wrestled their handlers, ate raw meat and carried visitors around on their backs.

Read more and see more unbelievable photos [HERE](#)

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What to do in an earthquake

Excerpted from Washington Post

- Drop, cover and hold on: Drop to all fours and take cover under a desk or a table. Hang on to a leg of the furniture with one hand, and cover your neck and head with the other.
- If you can't get to a table, crouch against an interior wall and cover your head with both arms.
- Move away from windows. Stay away from chandeliers, ceiling fans, fireplaces, bookcases and dressers — steer clear of any heavy objects that could fall onto you. "The main source of injuries during earthquakes is from things falling or from windows breaking," said Timothy Bechtel, a geosciences professor at Franklin and Marshall College.
- If you're in bed, stay there and cover your head and neck with pillows, the American Red Cross [recommends](#). Leave the bed only if you're underneath a light or fan fixture, Bechtel said.
- If you have a baby, drop to all fours with the child under you and move under furniture, Bechtel advised. Cover the baby with your body, and cover yourself with a desk or table.
- For older children, Bechtel said, "it might not be a bad idea" to do a quick earthquake drill so they know how to drop and cover."

If you're outdoors:

- Move into an open area. Get as far away as possible from power lines and buildings. Windows, awnings and other fixtures can fall from buildings. "Best would be to go in the middle of an open parking lot or lawn and wait for the shaking to be over," said Manoochehr Shirzaei, a geophysics professor at Virginia Tech.
- Watch for people and cars. If there's no danger of colliding with others, move as fast as possible, Shirzaei advised. You can also crawl to avoid falling. In a big city like New York, an intersection may be the safest place to stand, but only if you won't run into moving traffic, Bechtel said.
- Don't go outside if you're in a building unless there is immediate danger. "Very often we have injuries happening during people rushing out of buildings," Shirzaei said.

If you're driving:

the quake stops.

- If you're on a bridge or overpass, continue driving until you're off, the USGS says. Individual bridges may have signs providing earthquake directions. If you're driving along a cliff, don't stop, Bechtel said, because rockslides can occur.



SV Healthcare Advocacy Committee invites you to Group tour of Villa Marin

This is the second in a series of tours that we will arrange for those interested in learning more about the choices in living outside of remaining in your home.

Villa Marin is unique. You purchase your condominium (prices currently for sale range \$75,000 to \$525,000) and retain the value for your heirs. It is a continuing care community including skilled nursing when needed. We will be shown the different choices in condos, the common areas and also the skilled nursing area. Bring all of your questions with you.

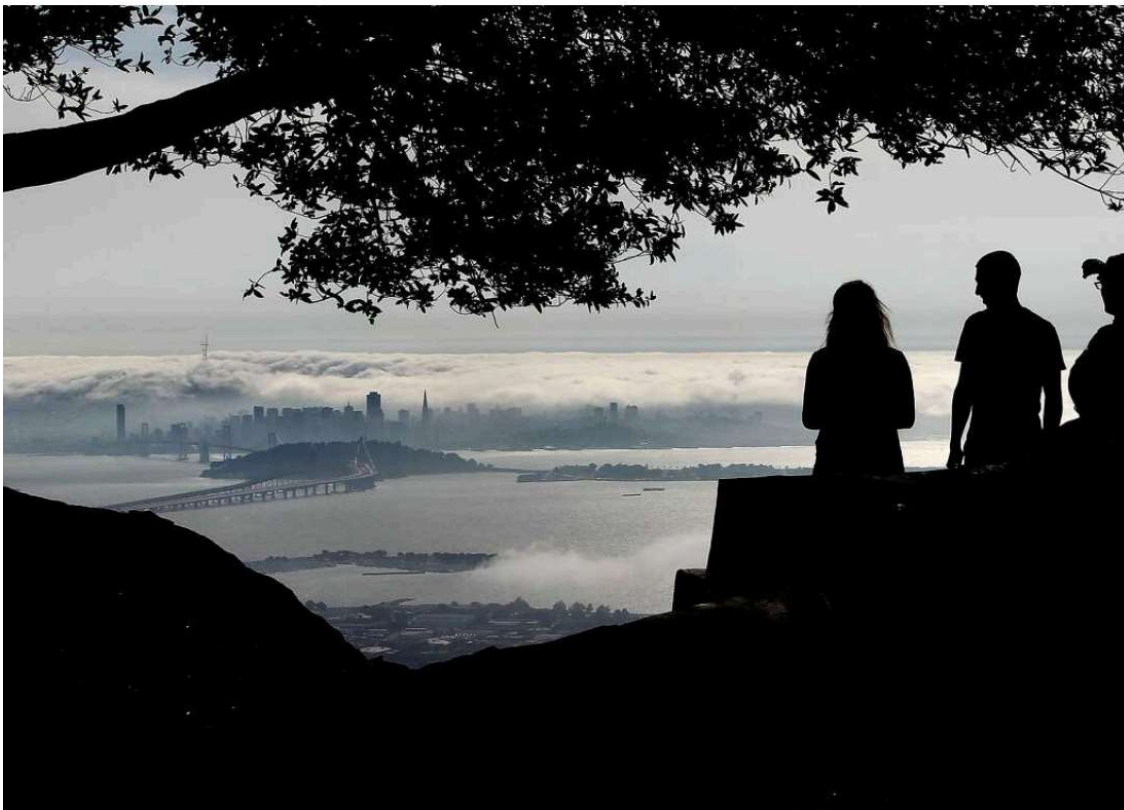
WHEN: Wednesday, April 24th, 10:30am tour

WHERE: Villa Marin, 100 Thorndale Drive, San Rafael

In the Comments Section, let us know if you will meet us at Villa Marin (limited parking), carpool from Kohls parking lot which is just downhill from Villa Marin, or drive with volunteer driver from Sausalito (available for SV members and volunteers).

CARSS rides are also available from your home if you don't drive.
Contact CARSS at 415-944-5474 by 48 hours ahead to reserve a ride.

Website: <https://villa-marin.com>



View from Grizzly Peak Boulevard

Finding the best views in the Bay Area

Excerpted from SF Chronicle

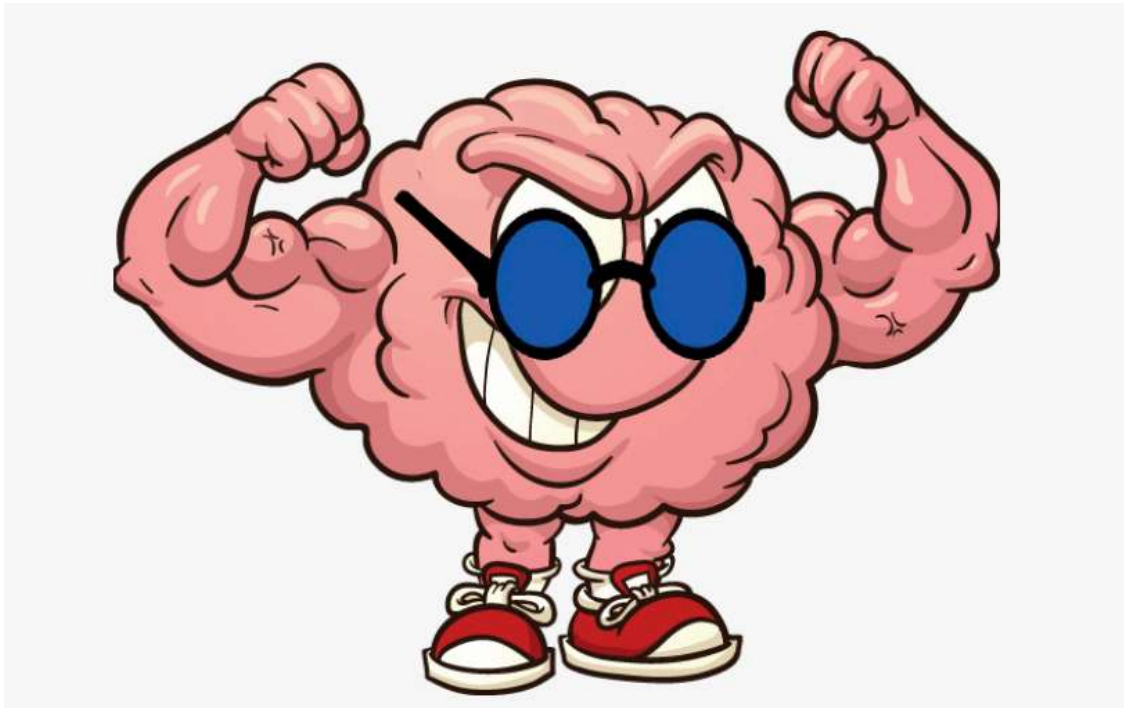
Beautiful views are a true constant in the Bay Area, unaffected by the passage of time, often coming as a surprise, and belonging to all of us. To live in the Bay

a 100th hike in a favorite spot and discover a multicolored sky that never looked quite that way before.

This project started after we shared a spectacular new view in 2019 — looking down over the new Oakland Zoo bison pasture into San Francisco Bay — and asked readers to submit their favorite outlooks. The results were fun, creative and felt like a celebration of the region.

Here are their recommendations, from the left field upper deck views at the San Francisco Giants' ballpark, to the parking lot of UCSF, to popular spots like Grizzly Peak Boulevard. Later contributions from Chronicle readers were filled with unexpected sites, including four BART stations, an observatory and an East Bay cemetery

Most are accessible to the public, but we snuck in a few that require knowing the right people, including the top of Sutro Tower.
rail, Lands End Trail, Battery Bluff Park and more, read [HERE](#)



Rotary and Sausalito Village

RESERVE YOUR SPOT!

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:

- A small carpentry fix
 - Stand on a stool or ladder and change lightbulbs
 - Wash a window or two
 - Sweep the deck
 - Flip a mattress or dust under the bed
 - Change batteries in flashlights and smoke detectors
 - Break up cardboard boxes and take them to the recycling bin
-

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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

RSVP for free event: [HERE](#)

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

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Explore where the particular and universal, the local and people intersect.

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.



Zimbabwe rolled out its new currency, the ZiG, in its sixth attempt since 2008 to establish a viable national currency that doesn't become worthless due to hyperinflation.

Let's see how well you know your other national currencies. We'll give you a country, and you have to name its national currency.

1. Japan
2. India
3. Brazil
4. El Salvador
5. Sweden
6. Vietnam
7. Vatican City

Find the answer at the bottom of the newsletter.

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17 minutes of Charles Schulz drawing Peanuts

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FIRE & WATER

FACING AN ELEMENTAL FUTURE



Sausalito celebrates the 2024 Earth Day with an unsparing yet hopeful look at future resilience.

Wednesday, April 17, 6-8pm

The Spinnaker Banquet Hall

100 Spinnaker Drive Sausalito, CA 94965

The world's most renowned water expert, Dr. Peter Gleick, will discuss his new book, *The Three Ages of Water*. Dr. Lisa Micheli, past president and CEO of Sonoma County's Pepperwood Preserve, will talk about lessons learned from the Tubbs and Kincaid fires, both of which significantly torched the preserve. Sausalito City Council member Janelle Kellman who is also founder of the Center for Sea Rise Solutions, a global non-profit focused on coastal resilience and ocean health, will discuss local sea level rise issues and initiatives. Environmental author & journalist Mary Ellen Hannibal will moderate this panel discussion.



Dr. Peter Gleick



Dr. Lisa Micheli



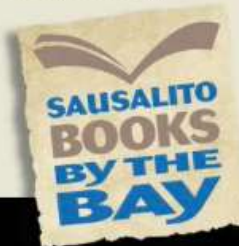
Janelle Kellman



Mary Ellen Hannibal

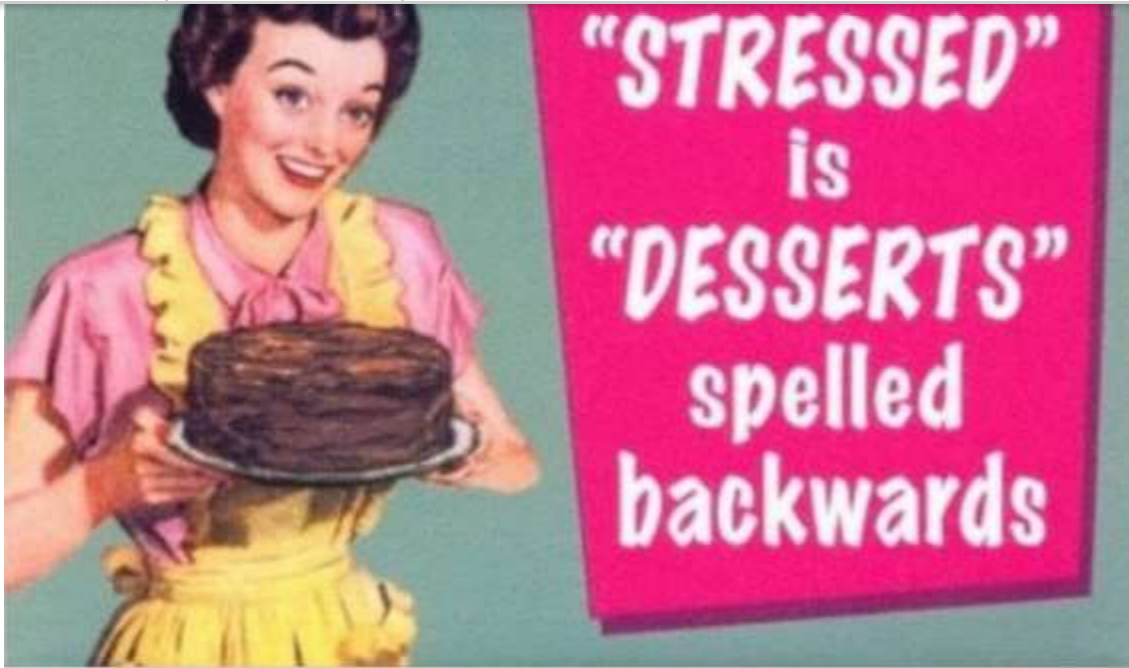
More special guests & authors to be announced. Local environmental groups will be on hand to share their programs and literature.

Free to attend, but please RSVP/Register on Eventbrite
(We want to make sure we have enough wine!)



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Literacy By The Bay at
literacybythebay.com

100 Bay Street, Sausalito
sausalitobooksbythebay.com



Sugar addict? 8 tips to fight sugar cravings

Excerpted from WebMD

If you're craving sugar, here are some ways to tame those cravings.

- **Give in a little.** Eat a bit of what you're craving. Enjoying a little of what you love can help you steer clear of feeling denied. Try to stick to a 150-calorie threshold. If you can't find a small serving size, split your treat with a friend or friends.
- **Combine foods.** If the idea of stopping at a cookie or a baby candy bar seems impossible, you can still fill yourself up and satisfy a sugar craving, too. For example, dip a banana in chocolate sauce or mix some almonds with chocolate chips. You'll soothe your craving and get healthy nutrients from those good-for-you foods.
- **Go cold turkey.** Some people find that going cold turkey helps curb their cravings after a few days. Others find they may still crave sugar but over time are able to train their taste buds to be satisfied with less.
- **Grab some gum.** If you want to avoid giving in to a sugar craving completely, try chewing a stick of gum. Research has shown that chewing gum can reduce food cravings.

stock up on foods like nuts, seeds, and dried fruits.

- **Get up and go.** When a sugar craving hits, walk away. Take a walk around the block or [do] something to change the scenery to take your mind off the food you're craving.
- **Choose quality over quantity.** If you need a sugar splurge, pick a wonderful, decadent sugary food, b keep it small. For example, choose a small dark chocolate truffle instead of a king-sized candy bar, then savor every bite -- slowly. Learn to incorporate small amounts in the diet but concentrate on filling your stomach with less sugary and [healthier] options.
- **Eat regularly.** Waiting too long between meals may set you up to choose sugary, fatty foods that cut your hunger. Instead, eating every 3 to 5 hours can help keep blood sugar stable and help you avoid irrational eating behavior. Choose protein, fiber-rich foods like whole grains and produce.



FREE Bus Trip to Muir Woods hosted by Age Friendly Sausalito

WHEN: Wednesday, May 10, 10am-3pm (approximately)

WHERE: Muir Woods

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[Muir Woods with Refresh](#)
Trouble registering? Email SausalitoVillageRSVP@gmail.com

Bus trip to Muir Woods with guided tour and picnic lunch hosted by Age Friendly Sausalito thanks to a County grant

This is the first time Age Friendly Sausalito (AFS) will be heading to Muir Woods and it promises to be a wonderful time. AFS pays for the transportation and bagged lunch.

This trip is open to all and is free of charge but you must register.

Specifics about the meeting place in Sausalito for the bus will be provided closer to the time.

There will be a guided walk with options of resting or going further on flat path.

Questions? Contact Sybil at AgeFriendlySausalito@gmail.com or 415-515-0166



video by clicking on the photo above



SV Hosted Watercolor with Lucinda 4 class session starts May 13

Did you always want to become an artist, but went into different career? Now that you have time, why not become that artist you wanted to be. Lucinda Eubanks, resident artist at Cavallo Point has created a watercolor workshop just for you!

Join Lucinda for four, two hour classes over two weeks where you will learn the basics of the colors in the palette, mixing and how to use the colors to create a painting you just might want to frame. There will also be instruction on drawing, composition and perspective.

WHEN: May 13, 16, 20, 23, 1pm-3pm

WHERE: See description on RSVP link

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No experience is necessary, all you need to do is show up with a positive attitude and a willingness to learn. All the supplies are provided.

Space is limited to 12 people, so sign up soon.

For more information on Lucinda and her classes, please visit;
www.artbylucinda.com



Join Sausalito Woman's Club

for an elegant evening to Salute, Scholars ...

And All Those Who Support Them!

Saturday, April 20, 2024, 5:30–8 pm

120 Central Avenue, Sausalito

*Savor “Vintage American” appetizers while
enjoying beverages from our Open Bar!*

*Meander into the no-host “bubble lounge” & caviar
tasting room for divine treats!*

*Memorialize this magical evening with a snapshot
from the photo booth!*

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[Event Tickets \\$85 per person](#)

More info: <https://swcsrf.org/black-and-white-cocktail-lounge/>



EVERY Wednesday - FREE Coloring and Craft Party with A.T. Lynne

Come relax and join your neighbors for Sausalito's weekly Coloring and Craft Party!

Enjoy a stress-free atmosphere with soothing music and delicious refreshments while you unleash your creativity. Sausalito's Parks & Rec provides the coloring and crafting supplies and Sausalito Library provides the treats. This event is 18+.

WHERE: Game Room, downstairs, Sausalito City Hall, 420 Litho Street
No need to RSVP, just come!

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1.5 hours -Jim Croce, John Denver, Don Mclean, Cat Stevens



ANSWER

1. Yen
2. Indian rupee
3. Brazilian real
4. US dollar and bitcoin
5. Swedish krona
6. Vietnamese đồng
7. Euro

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