
Your Sausalito Village Newsletter

1 message

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To: triciasmith58@gmail.com

Mon, Oct 1, 2018 at 5:30 AM

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October 2018

NEWSLETTER

I wish that every day was Saturday and every month was October.
Charmaine J Forde



EVENTS

Looking for the complete schedule of Sausalito Village events? [Click Here](#)

OCTOBER SHOPPING TRIPS

Limited Space - Members Only

RSVP Sausalito Village Concierge: 415.332.3325 or [email](#)

**DOLLAR TREE and
SPROUTS in San Rafael**

DATE: Tuesday, October 9th
TIME: 10:30am



**COSTCO/TARGET
In Novato**

DATE: Monday, October 15th
TIME: 11:00am



**TRADER JOE's in
Greenbrae**

DATE: Tuesday, October 30th
TIME: 10:30am



Reserve Your CARSS Ride by 5:00 pm, Two Days in Advance

415.944.5474 or [email](#)

Speaker Series: Food, Energy, and Mental Clarity

Thursday, October 4, 7:00 pm

Council Chambers

Join Sausalito resident and Clinical Nutritionist Leni Felton for a presentation on the ways that the food we eat affects our mental clarity and bodily energy. You'll learn how the food on your plate can be a powerful tool to strengthen the body, clarify the mind, and stabilize emotions – or conversely can be an impediment. The truth is richer and more delicious than “good and bad” or “right and wrong”. In addition to talking about food and nutrition, Leni will lay out the big picture: how daily health practices and principles can help you retain or reclaim a clear mind. If you or a loved one is already experiencing cognitive decline, you'll learn how a comprehensive program can successfully reverse its course.

California's Coast: Living on the Living Edge

Friday, October 5, 7:00 pm

Library

Join environmental writer and marine wildlife photographer Kim Steinhardt for an inspiring photographic journey into the California coast's past, present and probable future with environmental, historical, and colorful personal anecdotes from a lifetime growing up on the California coast, including in Marin County. Kim will also discuss the issues in his new book, *The Edge: The Pressured Past and Precarious Future of California's Coast*, co-authored with coastal science expert Gary Griggs. Kim's photographic work and storytelling has been recognized by National Geographic Books, where he has served as an advisor and photo contributor regarding sea otters.

Master Gardener Series: Mini-Succulent Gardens

Thursday, October 25, 7:00 pm

Council Chambers

Succulents are attractive easy-care, low-water plants that come in all sorts of shapes and sizes. Come and learn how to incorporate these versatile plants into mini-gardens, using common household objects like teacups and cookie tins as containers. Presenter Diane Lynch has been a Master Gardener in Marin since 1999.

Friday Evening Program Series: Sterling Hayden

Friday, October 26, 7:00 pm

Library

Sterling Hayden (1916-1986) was a Hollywood actor, author, and sailor. Sausalito became Sterling's part-time home beginning in the early 1960s. In his later years, Sterling was a common sight in downtown Sausalito and along the waterfront with his long beard and walking stick. Sterling's film credits include Doctor Strangelove, The Killing, the Asphalt Jungle, and The Godfather. His memoir "Wanderer" is still in print, fifty-five years after it was first published. Please join the Sausalito Library and the Sausalito Historical Society as we celebrate a unique Sausalito character with film clips, readings, and reminiscences from some of the local people who knew him.



Hike Mt. Tam

5.5 Miles with Moderate to Steep Grades

Join hike leader Jackie Kudler for a scenic loop on Mt. Tam. This hike climbs up from Rock Spring and back, passing through one of Tam's treasures, hidden to all but hikers - a musical glade.

Plan for a 5.5 mile hike with moderate to steep uphill and downhill. We will cancel in case of rain. Pack water, snacks, and a light lunch.

Tuesday, October 23, 10:00 am - approximately 1:00 pm

Meet at Rock Spring Parking Lot

RSVP and Sign Up for Carpool: [Jackie](#)

If you think you will join us for only part of the loop, bring your own wheels, so you can turn back whenever you choose.



Flushable Wipes Are NOT Flushable!

Several Village members took a tour last month of the Sausalito-Marín City Water Sanitary District that is located on East Gate Road, right in our neighborhood!

Major construction is currently underway to improve the quality of the water we put back into the Bay but there are simple things that we, as consumers can do. Most importantly, remember - your toilet is NOT a trash bin. There are only three things that should go into your toilet: urine, feces and toilet paper. Nothing else....repeat....nothing else.

Recently, one of the largest producers of 'flushable' toilet wipes was fined \$700,000 because the wipes are indeed, not flushable. These wipes do not disintegrate in the toilet and clog up the sewerage systems. You can read more in this article at [The Conversation](#).

Visit the [Sausalito-Marín County Sanitary District's article](#) to learn more about what you can do to keep our Bay Waters clean.

Submitted by: Tricia Smith



VOLUNTEER OPPORTUNITIES

The Open Door Friday Night Food Program has been serving hot meals and providing clothing to needy folks in Sausalito for more than 40 years. Volunteers are always needed.

Cooking

- 3 Volunteers needed to each cook a main dish to serve 20 people
- 1 Volunteer needed to cook a vegetable dish to serve 40 people
- 1 Volunteer needed to prepare a green salad to serve 40 people

Clothing Room - 1 Volunteer needed to service the clothing closet

During each quarter of the year, each cooking volunteer usually makes a main dish for one week, and a vegetable dish or salad for another week. This volunteer opportunity is very flexible, depending on your available time and schedule. Prepared dishes are brought to the Open Door Program, which operates out of Sausalito Christian Fellowship Church (formerly First Baptist Church of Sausalito), at 131 Filbert Street.

There are six active volunteers for the Clothing Room - anyone interested in joining the team would be very welcome!

For further information or to sign up, contact the [Rev. Deacon Catherine Costas](#).

Long-term Volunteer and Sausalito Village member [Betsy Stroman](#) can also answer your questions about this important program.



Seniors Hop Aboard the Canna-Bus

The cannabis industry is booming and people over 50 are among the fastest growing group of users. There is an especially steep increase among those 65 and older. Seniors are seeking alternative treatments for their aches, pains, and other medical conditions.

Read more about it from [KQED](#).

Submitted by: Joyce Alexander

CELEBRATE WITH US!

Celebrate our wonderful CARSS and Sausalito Village Volunteers at the Annual Lions Club BBQ! Join the fun with friends, food, drinks, and raffle prizes!

Saturday, October 20, Noon - 1:30 pm

Edgewater Patio, back side of City Hall, above Robin Sweeny Park

Need a Ride? Call the Sausalito Village Concierge by October 18,
415.332.3325

More Information Below!

Annual Lions Club BBQ!
Celebrating Sausalito Village and CARSS
Volunteers!



Join in the fun!

WHEN: Saturday, October 20th, Noon - 1:30pm

WHERE: Edgewater Patio (back side of City Hall building near Robin Sweeny Park)

WHAT: BBQ, salad, chips, dessert, wine/beer/soda

RSVP: Connie at infocarss4yo@gmail.com.
No computer? Call 415-944-5474

**Great time to learn more about
Sausalito Village and
CARSS (Call A Ride for Sausalito Seniors)**



**FRIENDS +
FOOD +
RAFFLE PRIZES +
DRINKS +
FUN!!!!!!!**



**May you Fall in love with October,
and all the beauty it brings,
May your life be as colorful as
the turning of the leaves,
On each blessed autumn day.**
Charmaine J Forde

Happy Birthday

We Are Celebrating With You!

Joyce Alexander
Margot Biestman
Perry Biestman
Charles Browne
Errol Friedberg
Carol Hayes
Jian Johnson

Fred J. Juul
Kenny Lautman
Lois P. Prentice
Mariea Reybear
Alex Rynecki
Helene Warwick



Italia, by Bill Kirsch

SAUSALITO VILLAGE FIFTH ANNUAL ART EXHIBITION

Art! Music! Food! Literature! Libations!

Sunday, November 11, 6:00 - 8:00 pm
City Hall, Sausalito

For more information visit our website or call 415.332.3325

This year's exhibition is dedicated to Bill Kirsch, who bequeathed to us all so much.

PLEASE JOIN US ON [FACEBOOK](#) TODAY!



Special Thanks to Sherrie Faber and First California Realty for printing and mailing this newsletter to Sausalito Village members who cannot receive email. If you would like to discuss your real estate needs, Sherrie can be reached at 415.331.6100



Join Sausalito Village and More Than 600 Friends and Neighbors on [Facebook](#)

