



## Happy Friday, Villagers

And welcome to our weekly 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.

Photo by John Oppenheimer



Friday: [JAZZ AND BLUES BY THE BAY TABLE MEMBERS/VOLUNTEERS ONLY](#). 6:30-8

Friday: [STAFFORD LAKE - FREE AGE FRIENDLY SAUSALITO EXCURSION](#). 11-3

Monday: [CARSS RIDES AVAILABLE FOR ELIGIBLE 3RD DOSES IN MARIN CITY](#) 10-2PM

Monday: [STRETCH AND STRENGTHEN WITH RAYNER](#). 11-12

Tuesday: [3RD DOSE AT MARIN CITY HEALTH AND WELLNESS](#) 3PM-7PM

Tuesday: [FIRE SAFETY FOR PEOPLE WITH DISABILITIES - PRESENTATION BY FIRESAFE MARIN](#). 6-7

Wednesday: [WOMEN IN LIT - BOOKS BY THE BAY IN PERSON](#). 6-7

Thursday: [HOUSING HOUSING HOUSING! FROM EXPERT BOB PENDOLEY](#). 5-6

Friday: [PICKLEBALL AT MLK COURTS](#). 9:30-11



Evelyn Gilbreath - Stanford Hughes - John Anderson - Shira Barnett - Joyce Shumate - Anne Baele - David Blohm - Flora Rogers - John Walsham - Dorothy Cournale - Nancy Drew - Penelope Moglen - Edward Wodenjak - Agnes Kaprielain - Lisa Brinkmann - Connie Captanian - Gerry Beers - Joanne Derbort - Andrew Ting - John Anderson



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Stretch & Strengthen with Rayner

# Praktikos

Deepen your Meditation

**Tibetan Bowls > Universal Chants >> Silence**  
**Tuesday, 5 PM & 7 PM, Pacific**  
**Ask for instructions before joining: [Praktikos@outlook.com](mailto:Praktikos@outlook.com)**

<https://us02web.zoom.us/j/81955765433?pwd=NVNYRkZJRkZ3aUFwQkpRYjZmdU5Ddz09>

We're THRILLED to announce that TreasureFest is at the Marin Center on September 18th-19th, 2021. LIMITED \$20 tickets left. Prices go up. [BUY TICKETS NOW](#)



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The TreasureFest 2-day outdoor event will take place on the expansive Marin fairgrounds and will feature live music from popular local acts, mouth-watering gourmet eats, craft brews, wine and cocktails, art installations, live art demonstrations and hundreds of local vendors.

**BAND List In Alphabetical order: Cello Joe, County Crows, Island of Black and White, Matt Jaffe, Michelle Lambert, Shovel Man, The Rudians, Trace Repeat, Trio Viva, West Grand Brass Band**



## Rides and Errands Around Town

### **CARSS Call A Ride for Sausalito Seniors**

**FREE rides around town, or errands done for you - sign up now!**

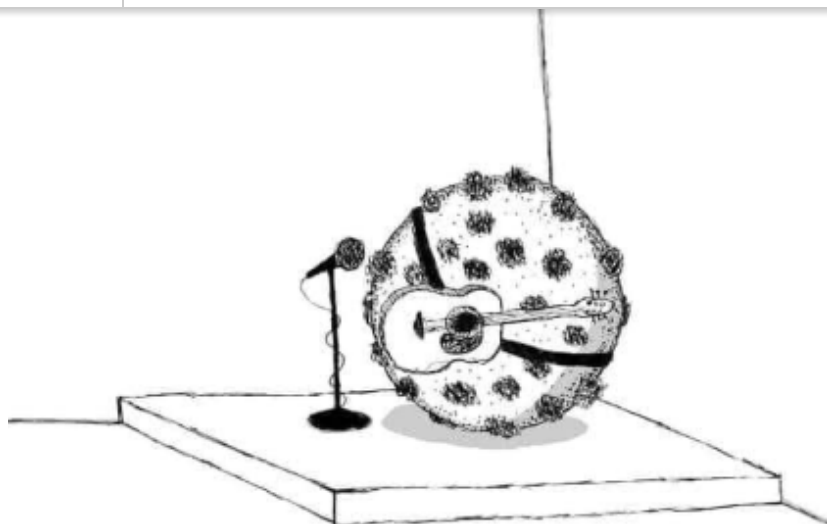
CARSS (Call a Ride Sausalito Seniors) is a City of Sausalito Age Friendly Program that is managed by Sausalito Village, with one goal in mind - keeping our older residents connected to the community and safe as they age.



More info: [www.carss4you.org](http://www.carss4you.org)

415-944-5474 OR [infocarss4you@gmail.com](mailto:infocarss4you@gmail.com)

- Free Rides around Sausalito, Floating Homes, Gateway Shopping Center, Manzanita and Cavallo Point (no on/off the highway) Errands done by volunteers also offered
- Rides/Errands provided by vetted volunteers with their cars
- Services available Monday - Friday between 10am-2pm
- Schedule a Ride/Errand by 5pm a day ahead or call for a Same Day
- Masks and proof of vaccination are required



*"This one's dedicated to all the people that didn't believe  
in me when I was getting started."*

### Some September Highlights

**Friday: 9/3, (6:30pm)** Jazz by the Bay— "Mary Lou's Apt." is a great 13-piece all woman's jazz band that includes retired Bayside School Principal, Jonette Newton. Why is the band called Mary Lou's Apartment? Watch this video to learn about the beloved Mary Lou legacy : <https://www.youtube.com/watch?v=4ORCHWSBt8M#action=share>.

See: **Mary Lou's Apartment performing "Harlem Nocturne":**  
<https://www.youtube.com/watch?v=4ORCHWSBt8M#action=share>

**Sunday, 9/5 (6 to 8pm):** Sausalito Village member Jerry Spolter is part of this fabulous dance band! Garry Graham and The 19 Broadway Good Time Band @ Mac's @ 19 Broadway, Fairfax, playing 20's, 30's, 40's tunes from the American Songbook. (Proof of vaccination required for entry)

**Wednesday, 9/8 (5 to 8pm):** Legal Aid of Marin's "Jam for Justice" at Deer Park Villa. A moveable feast with refreshments and music. (Proof of vaccination required for entry).  
<https://legalaidmarin.org>





## [A Startup Is Turning Houses Into Corporations, And The Neighbors Are Fighting Back](#)

On a sleepy cul-de-sac amid the bucolic vineyards and grassy hills of California's Sonoma Valley, a \$4 million house has become the epicenter of a summer-long spat between angry neighbors and a new venture capital-backed startup buying up homes around the nation. The company is called Pacaso. It says it's the fastest company in American history to achieve the "unicorn" status of a billion-dollar valuation — but its quarrels in wine country, one of the first regions where it's begun operations, foreshadow business troubles ahead.



### Crossing Guards Are Needed for the New School Year

Join the team of crossing guards in Marin County and protect the safety of our children as they bike and walk to and from school.

If you have clients looking to supplement their income or want an opportunity for a meaningful job, this announcement may be of interest. The Transportation Authority of Marin is working with the Crossing Guard management firm, All City Management Services, to hire dedicated individuals to take part in this critical public safety role.

They are seeking crossing guards throughout Marin with an emphasis on positions in Southern Marin (Sausalito, Tam Valley, Strawberry, Tiburon, Mill Valley, Larkspur, and Corte Madera).

Earn over \$60.00 a day. Must be 18 years or older.

Contact Regional Manager Alan Stone 415-844-0223

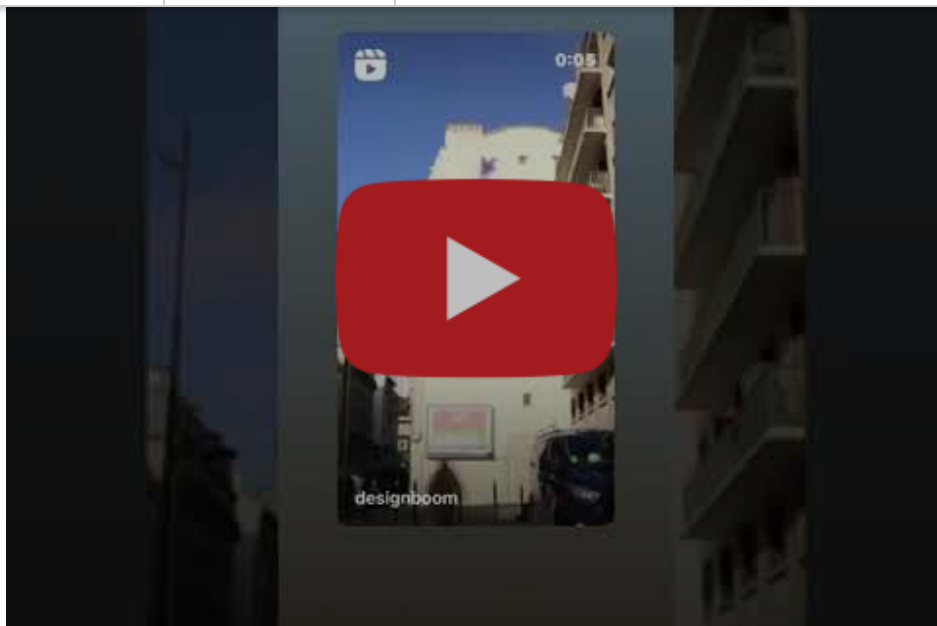
For more information or to apply, read [HERE](#)



## Sex in the time of COVID

After more than a year of social distancing, it's probably no surprise that people of all ages are excited to reconnect in person, now that COVID-19 vaccines are more widely available. For some, that may mean refocusing on intimate relationships. Whether single and dating or in a long-term partnership, cultivating a healthy relationship to sex can be an important factor in personal well-being. However, many people may come up against some barriers when navigating in-person connections in a COVID-19 world – whether that's due to [stress](#) and mental fatigue or not being sure how to safely connect with others.



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## HOUSING! HOUSING! HOUSING!

Planning Expert Bob Pendoley explains the  
Sausalito Housing Element Process



**Did you know Sausalito is required by the State to identify building sites for 724 New Units of Housing?** Cities and Counties all over California are required to do this process and each already has been assigned the number of units for which they have to declare specific sites.

### **Where will they go? How is that decided?**

Join us for this important presentation that helps us to understand the monumental task ahead in developing the Sausalito 2023 Housing Element.

Robert Pendoley has been Bay Area Planner for 40 years including interim Planning Director in Sausalito. He will explain what the Housing Element is, why it's important, and what we as individual citizens can do to affect the outcome.

**WHEN: Thursday, September 2nd 5:00pm**

**RSVP HERE for the zoom link and more information:** [Click](#)

Hosted by Age Friendly Sausalito and Sausalito Village.

Questions? [AgeFriendlySausalito@gmail.com](mailto:AgeFriendlySausalito@gmail.com) or [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com)



Board-certified internal medicine physician Saundra Dalton-Smith reveals the real reason why we are chronically tired despite getting the requisite amount of sleep and the 6 other types of rest available to us in this fast-paced and informative talk. Physician and award-winning author Saundra Dalton-Smith is passionate about helping others live their best life, especially the stressed-out and burned-out. She has been featured in numerous media outlets including Women's Day, Redbook, First For Women, MSNBC, CBS, and Prevention. Her newest release, "Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity," offers groundbreaking insight on the seven types of rest. Saundra received her Bachelor of Science in biochemistry at the University of Georgia and graduated with honors from Meharry Medical College in Nashville..



## [A stunning second act! Meet the people who changed course in midlife – and loved it](#)

Alison Webster was once showing prospective students around the university where she was studying medicine when a sixth former said: “You’re so old – why are you even doing this?” Webster laughs at the memory, home after the end of a shift as an A&E doctor. “I said, ‘When you go home, ask your mum if she likes her life. I bet there’s something your mum’s always wanted to do that she’s not had the opportunity to do because of you. Ask what her dreams were, and see if she has fulfilled them.’”





## The Health Benefits of Coffee vs. Tea: How They Each Boost Digestion, Longevity, and More

There have been many great rivalries throughout history, but nothing gets folks more fired up than a food-focused debate. To be honest, I still shutter thinking about the drama that unfolded after a recent strawberry jam versus grape jelly "discussion."



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***For information about our programs, events,***

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