

January Sunrise over Richardson Bay

## 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](mailto:SausalitoVillageTips@gmail.com)



## What's on the calendar?

Sausalito Village has a calendar full of events, most open to the entire community. Please take a moment and peruse the listings! [CLICK HERE](#)

Here are a few highlights:

Free Tax Assistance with AARP begins 2/1: [CLICK HERE](#)

Volunteer Driver Training: [CLICK HERE](#)



## **IMPORTANT UPDATE: CARSS Program (Call A Ride for Sausalito Seniors) FREE Rides Around Town**

Need a ride within Sausalito? The CARSS program is available!

Starting February 7th drivers will be available Monday, Wednesday and Friday from 10:00 to 2:00; call the day before or that day for a ride. If you need a ride at other times or days just call 48 hours ahead at 415-944-5474 to schedule the ride.

Schedule a ride for any reason - need to go to the dentist, go for a walk on the waterfront, hair appointment, shopping, a community event - we can take you!

Rides are provided by vetted volunteers in their own cars. All riders and drivers must be fully vaccinated and wear masks in the car.

Not a member of CARSS? Sign up today for free door to door rides around town and Gateway Shopping Center! Errands done for you by volunteers are also available. For more information and to download an application, go to [www.CARSS4you.org](http://www.CARSS4you.org), or call at 415-944-5474 or email to [CARSS4you.org](mailto:CARSS4you.org).

CARSS is a City of Sausalito Age Friendly Program managed by Sausalito Village. We are always looking for volunteer drivers too, please contact us if you would like to volunteer!

**RIDE FOR FREE WITH US!**



## C'mon and Join Us in Pickleball!

Sausalito Village is lucky enough to have John Barbera helping to organize members and others on the courts of MLK Park on Coloma Street.

Never played?? Make today the day you get on the email list to hear when folks will be at the courts. John and other more 'seasoned' players will teach you this easy to learn and fun to play sport.

Email John to join the list: [jbcommunication@gmail.com](mailto:jbcommunication@gmail.com)

Haven't heard of Pickleball?? Get the scoop with this quick Youtube video [HERE](#)



## Mendocino Coast

Rambling for 100 miles along the wild and rugged Pacific Ocean, the Mendocino Coast is a showoff. Flaunting her wildlife, waves, wilderness, and wine, the area is “California laid back,” and is home to artists, makers, farmers, and Mother Nature.

Footpaths and trails lead to windswept Pacific headlands, secret beaches, [redwood forests](#), fern canyons, huge rivers, and thriving wetlands. On the Mendocino Coast, you'll slow down, unplug, and immerse in nature.

[Hiking](#) the California Coastal Trail and redwood forests bring hikers and walkers from around the globe. The area is crisscrossed with trails for walkers and cyclists of every ability.

Read 10 Trails [HERE](#)





## Sausalito Housing Element Town Hall Has Been Postponed to Thursday, February 10th, 5pm

Register for the Zoom Link: [CLICK HERE](#)

### Help Shape the Future of Housing in Sausalito!

#### Sausalito Housing Element Update Virtual Town Hall # 1 – Housing Opportunities for Sausalito

You're invited to the first in a series of interactive virtual Town Halls. This Town Hall will introduce the Housing Element process and include opportunities for you to provide input future housing opportunities in Sausalito.

##### What is a Housing Element Update?

- Inventory of sites suitable to accommodate the City's housing needs allocation
- Assessment of financial and programmatic resources for housing
- Analysis of fair housing issues and constraints
- Goals, policies, and actions to address our current and projected housing needs

This virtual Town Hall will include live polling, chats and discussion, and other activities to gather community input on future housing alternatives in Sausalito.





11 Strange Historical Coincidences



## On Meditation and the Unconscious: A Buddhist Monk and a Neuroscientist in Conversation

**An excerpt from "Beyond the Self: Conversations between Buddhism and Neuroscience."**

*Buddhism shares with science the task of examining the mind empirically; it has pursued, for two millennia, direct investigation of the mind through penetrating introspection. Neuroscience, on the other hand, relies on third-person knowledge in the form of scientific observation.*

*In the following conversation, Matthieu Ricard, a Buddhist monk trained as a molecular biologist, and Wolf Singer, a distinguished neuroscientist, offer their perspectives on the unconscious and the role of meditation in resolving conflicts that arise at levels inaccessible to conscious processing.*

Read entire article [HERE](#)



### **Taxes at the Mill Valley Recreation Center BY APPOINTMENT ONLY; MASK REQUIRED**

**Tuesdays & Thursdays, 8:30 am to 1:00 pm,  
Tuesday, Feb 1 to Thursday, April 14, 2022**

To schedule an appointment, email  
[millvalleytaxaide@gmail.com](mailto:millvalleytaxaide@gmail.com)  
or leave a message at 415-322-9361

You can prepare your taxes online at [irs.gov](https://irs.gov) and [ftb.ca.gov](https://ftb.ca.gov)  
Helpful information can be found at [aarp.org/taxaide](https://aarp.org/taxaide)

## **How to Reuse N95, KN95, and Other Disposable Masks**

Published January 20, 2022



The Centers for Disease Control and Prevention recently [updated](#) its mask recommendations to align with what experts and many other people have long known: [N95s and other respirator masks](#) (when they are [legitimate](#) and fit properly) are more protective than most cloth face masks are. But these

entire family. You might also be concerned about the [environmental cost](#) of disposable masks, which are constructed from nonrecyclable materials. Fortunately, for most people and in most situations, you don't need to chuck your mask after each use, or each day. Here are some answers to common questions about reusing your disposable mask.

### How can I safely reuse a mask?

You can re-wear a mask after you have stored it in a paper bag for a few days, according to the CDC and multiple experts we've interviewed for our [respirator guide](#). The agency provides a [simple strategy](#) for healthcare workers that involves rotating used masks in brown paper bags, a variation of which was employed during the N95 shortage in the early days of the pandemic. The coronavirus has an expected survival time of about 72 hours, so waiting for, say, five to seven days should be enough time for it to be inactivated.

Personally, to keep track, I have five masks on rotation and seven brown paper bags marked with the days of week, lined up on my windowsill. I place my mask in the appropriately labeled bag between uses during the day and at the end of it. After a week has passed, I either take the mask out to wear or move it to an eighth bag marked "Ready to Use."

### Is it really safe to reuse masks right now, considering how infectious Omicron is?

Yes, reusing a mask is safe. Masks work the same way on any variant—by trapping virus-containing particles in their layers. Also, the coronavirus is transmitted mainly through respiration; you're less likely to catch it by touching an infected surface. That said, it's safest, and just good hygiene, to handle your masks with care, touching only the elastics and washing your hands afterward.

### What if my mask gets wet?

Moisture, even from your breath, degrades the mask little by little, and that process will probably hasten if you're wearing the mask to work out at the gym or if you're in a humid room or climate. If your mask is wet due to condensation from breathing, you can reuse it. Keeping those paper bags in a dry spot (ideally by a sunny window) can help enhance the viral-deactivation process, said Christopher Sulmonte, project administrator at the [Johns Hopkins Biocontainment Unit](#), a facility for patients with emerging infectious diseases. If your mask gets drenched (say, you get caught in the rain), throw it away.

### Can I wash my mask or disinfect it with bleach or alcohol?

Though you may be tempted to rinse or wash your used disposable mask, even just to freshen it up, don't try it. Getting the mask wet or agitating the mask with soap can damage the material.

You also shouldn't attempt to disinfect your used mask with alcohol, hydrogen peroxide, or other chemicals. A 2020 [Emerging Infectious Diseases research letter](#) reported that treating a disposable face mask with alcohol reduced the mask's integrity and therefore its filtration efficiency. Hydrogen peroxide worked better, but the researchers applied it using a specialized machine, something you wouldn't find outside a lab or hospital setting. Bleach or other disinfectants are a bad idea, too: Not only would they damage the mask, but "you don't want to risk breathing in any disinfectant that remains on the respirator," said Nikki Vars McCullough, a vice president at 3M's Personal Safety Division.

### What about treating the mask with heat or UV light?

That [same paper](#) published in 2020, amid the N95 shortage, found that dry-heat decontamination can be effective only one or two times, and UV for three times, before the mask's fit and filtration may be compromised. Although these methods may be important in medical settings highly exposed to COVID-19 during a respirator shortage and in need of techniques to immediately zap away viruses, they require a strict protocol that's impossible to follow for most people

hurting the mask," said Sulmonte.

### When is it time to throw out the mask?

"There's no hard and fast rule," said Sulmonte. The CDC paper-bag directive suggests discarding a disposable N95 mask after five uses. But that guideline was meant for workers in a healthcare setting. For everybody else, that may not be necessary. A mask is still wearable if its elastic bands continue to create a secure fit and the material looks clean and provides good airflow. (Dust, pollen, air pollutants, makeup, skin oils, and, yes, inactivated virus eventually accumulate and clog up the filter.)

Also think about where you've worn the mask and for how long. Someone who wears a mask in the subway every day, for example, may need to throw it out sooner than someone who wears theirs to the grocery store every once in a while. Whatever the circumstances, switch to a fresh mask if yours is dirty, thinning, damaged, or hard to breathe through, or if it no longer maintains a good seal.

### Is there any situation where I should throw it out after one use?

Yes! Assuming replacements are readily available, Sulmonte advises throwing a mask away if you've been in a place where high virus exposure is expected—for instance, if you've been interacting with a COVID-19-positive person.



## This map may make you feel better about the state of the planet - Here's where nature is, in fact, healing

[Benji Jones](#)

About 100 miles west of Chicago, Illinois, a tallgrass prairie teems with life. Here in this 3,800-acre piece of land, you can walk among brightly colored fields of wildflowers, hear the song of cerulean warblers and the hoot of short-eared owls, and, if you're lucky, glimpse rare box turtles.

It wasn't always this way. Over the past two centuries, the Prairie State lost all but about [0.01 percent](#) of its original prairie. This particular region, now known as the Nachusa Grasslands, was covered in part by neat rows of corn and soy,

That started to change in the 1980s, when a crew of volunteers and scientists began reviving the land — planting seeds, carrying out controlled burns, and reintroducing native species. The ecosystem bounced back, and today, the Nachusa Grasslands are home to 180 species of native birds, more than 700 species of plants, and a small herd of bison.

Read entire article [HERE](#)



*Educating & Advocating*

## Living With Alzheimer's and Dementia: Managing the challenges of patients, families and our health care system

Hosted by the Health and Nutrition Committee of The Commission on Aging

Monday February 21, 2022, 3:30-4:30 p.m.

Zoom:

[https://us06web.zoom.us/j/85887379075?  
pwd=cIRwK3p1RkxkN0szQnJzSG1wUHl0dz09](https://us06web.zoom.us/j/85887379075?pwd=cIRwK3p1RkxkN0szQnJzSG1wUHl0dz09)

Meeting ID: 858 8737 9075 Passcode: 369660 Call In: +1 669 219 2599

There are 690,000 Californians living with Alzheimer's disease, a devastating illness with physical, emotional, and financial tolls on individuals, friends, families, caregivers, communities and health systems. The California Master Plan on Aging has identified reimagining Alzheimer's and dementia care as a focus point. The expert speakers of this presentation will address ways for California to do so.

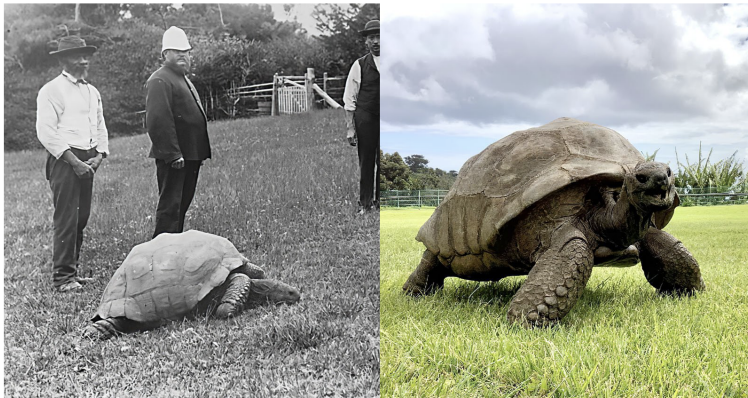
By attending, participants will:

- Review how families and caregivers can care for themselves and manage issues with memory, language, vision, behavior, agitation, aggression, incontinence, sleep and more.
- Learn about methods and challenges of providing care, including which medications can be helpful and which can make things worse.

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**Presenters:**

- Andrew E. Budson, M.D. Chief, Cognitive & Behavioral Neurology and Associate Chief of Staff for Education, VA Boston Healthcare System. Author of [Six Steps to Managing Alzheimer's Disease and Dementia: A Guide for Families](#).
- Dr Wynnelena Canlas Canio, MD, AGSF Geriatrician and Psychiatrist

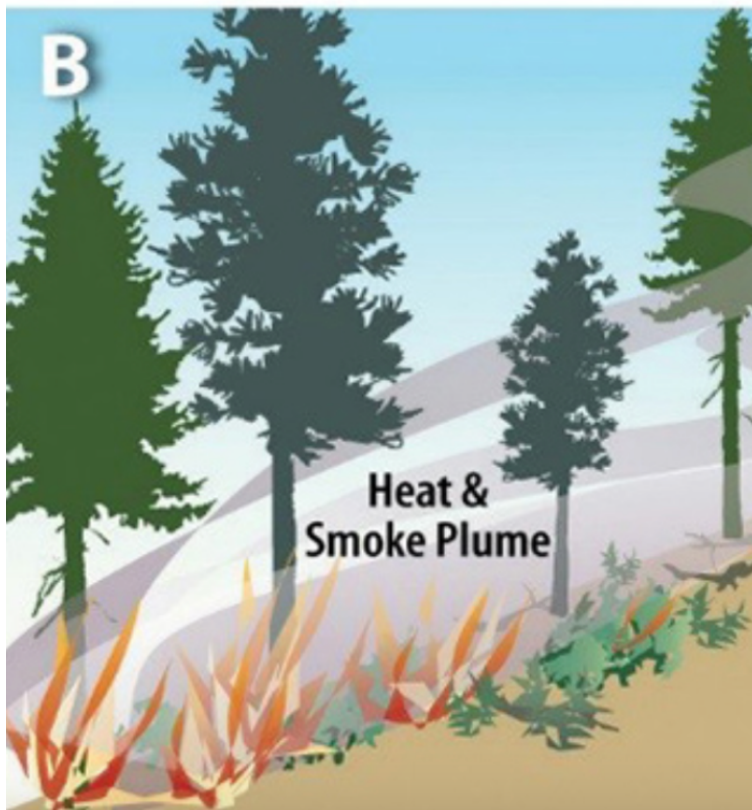
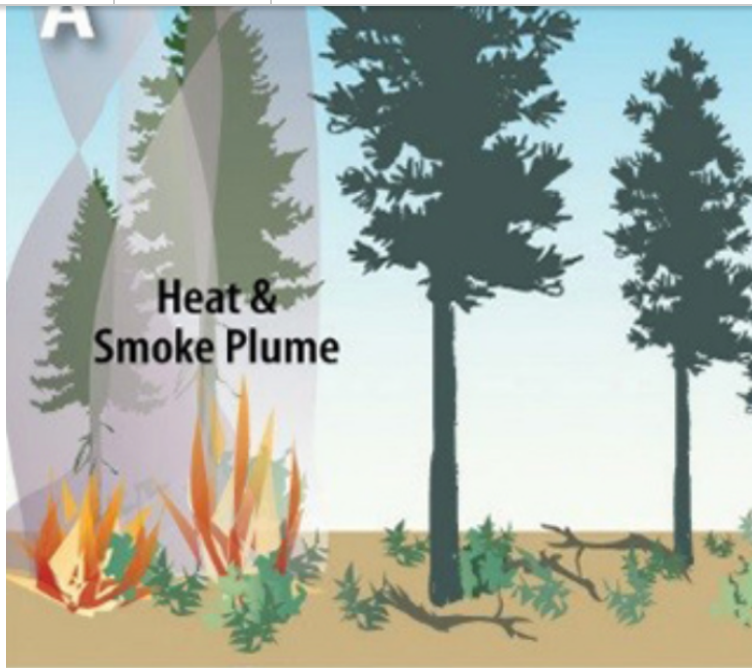


## Jonathan the 190-Year-Old Tortoise Was Photographed in 1886 and Today

Celebrating his 190th birthday this year, Jonathan was just certified as the world's oldest land animal and oldest turtle ever by the Guinness World Records.

"His official record title is oldest chelonian – a category which encompasses all turtles, terrapins, and tortoises," Guinness World Records writes. "The previous oldest chelonian was Tu'i Malila, a radiated tortoise that lived to be at least 188. Presented to the royal family of Tonga by Captain Cook c.1777, Tu'i Malila remained in their care until its death in 1965.

See more photos and read the entire story [HERE](#)



## February 2022 Fire-smart Tips from UC Marin Master Gardeners

### February : Trees and Shrubs - Consider spacing

- Remove dead trees
- Consider creating separation by increasing spacing between tree canopies while considering flat vs sloped terrain.

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between the tops of shrubs and the bottom of the tree canopy.

This can be done by pruning the shrub down, or by pruning smaller, easily ignitable tree branches up, or by using both methods.

- Plant spacing, size control and maintenance are more important than type of plant.

Additional Information can always be found on the Marin Master Gardeners website.

<https://marinmg.ucanr.edu/BASICS/FIRESMARTLANDSCAPING/>



## Share Your Travel Experience and Photos at S.V.'s Tales of the Trails

Here is a message from SV Volunteer Sue Dunlap who has been hosting Tales of the Trails for Sausalito Village for years.

Starting March, 2022, due to many people's curtailing their trips, I am in need of more Presenters of trips (even if, in the past) for "Tales of the Trail".

Presenting is easy, especially on Zoom. Think of it as a "travel show", recounting a given trip, followed by a Q & A with the viewers. The presentation should be between 30-40 minutes, starting at 7 PM on the 1st Sun. of the month.

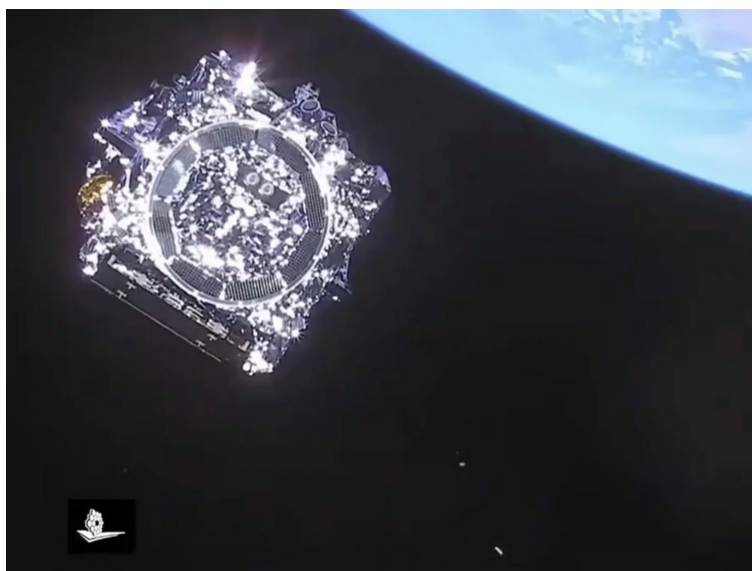
Presenters do not need to be members of Sausalito Village. If you are interested in sharing, please contact Sue: [suedunlap46@gmail.com](mailto:suedunlap46@gmail.com)

Gratefully, Sue



Join Rayner every Monday live (on zoom) at 11am. See Sausalito Village website calendar

Streit



## The James Webb telescope reaches its final destination in space, a million miles away

NPR by Vanessa Romo

The James Webb Space Telescope, the most powerful telescope ever built, has reached its final destination in space. Now comes the fun part.

Thirty days after its launch, the tennis court-size telescope made its way into a parking spot that's about a million miles away from Earth. From there, it will begin its ambitious mission to better understand the early days of our universe, peer at distant exoplanets and their atmospheres and help answer large-scale questions such as how quickly the universe is expanding.

"Webb, welcome home!" NASA Administrator Bill Nelson said in a [statement](#) Monday after the massive telescope's final course correction.

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summer!"

Read entire article [HERE](#)



South Georgia Penguin Gathering



#### What Book Passage Accepts:

- Hardcover and paperback contemporary books, including fiction, mystery, non-fiction, biography/memoirs, politics/history, cookbooks, and young adult
- All donated items must be clean and in saleable condition.

#### What Book Passage *DOES NOT* Accept:

- Textbooks over 5 years old, encyclopedias, law codes or statutes, reader's digest condensed books, surplus material from other institutions, outdated
- For public health purposes, Book Passage cannot accept moldy, dirty, water stained or mildewed books.

#### Where & When to Donate:

- Bring your used books to Book Passage in Corte Madera (51 Tamal Vista Blvd.), 10:00am - 6:00pm Monday through Saturday or 11:00am - 6:00pm Sunday
- A manager will review your donations. For further information regarding donations, call (415) 927-0960.

#### Yes, Your Donation Is Tax Deductible!

Book Passage will donate a portion of used book proceeds to 10,000 Degrees. Although we are unable to assign a dollar value to your donation, we are happy to provide a receipt for your records.

More about 10,000 Degrees [CLICK HERE](#)

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