

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)



Signs of Spring - Magnolias Blooming at the SF Botanical Gardens

Happy Friday, Villagers

And welcome to the our weekly Sausalito Village newsletter, a

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

on events from around the village, virtually, and around the world. Please send your contributions by 10 am Thursdays to:
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:

Pickleball Lessons and Play EVERY Wed. this month: [CLICK HERE](#)

Hike Mt. Tam with Jackie 2/15/22: [CLICK HERE](#)



Happy Birthday, Village Members Celebrating in February!

If you are a Village member born in February and don't see your name on the list, let us know! We want to make sure to include you in the future.

Branka Popowish - Nathaniel Berkowitz - Bob Mitchell
Carolyn Zaroff - Claudia Brown - Marsha Davidston
David Jordan - Felicity Kirsch - Terri Thomas
Barbara Geisler - Joan Arbil - Kay Horne
MaryKae Krause - Keith Stoneking - John Bradehoeft
Jim Meyer - Sandra Yattes - Margaret Brindle
Stella Shao - Kathleen Maher - Roshan Mehta - Jean Patterson



February Is Earthquake Awareness Month

The threat of an earthquake in California is always a real threat. We don't know when it is coming, so all we can do is get ready. There are many ways to prepare. Some ways are having emergency kits packed and food/water stashes secured. Other ways are knowing where your families alternative meeting place will be and having an out of state contact. Check out all the information on the rest of our [website](#) and others for even more detailed information. With all the packing and prepping, people often ask what they should do directly after an earthquake regarding the utilities to their home. So to keep it easy to remember, check out these simple items to keep your home and family safe immediately following an earthquake.

1. Drop Cover and Hold On! This simple procedure that we have all been taught since grammar school is still the best way to go.
2. Make sure your home is still safe to inhabit. Do not put yourself at further risk, so if there is a hazard use your emergency plan. To secure your house check these two utilities.

When and a quarter turn if you do not suspect a gas leak or damaged gas lines, do not turn off your gas. There will be lots of work for PG&E to do, so it could take them quite some time to come and turn your gas back on leaving you without the ability to cook or heat your home.

4. Check your home for electrical issues or fires. If there is an issue, turn off the power to your house and the main circuit breaker. If not leave to power on so your home can remain a safe refuge area.

Check out more information and ways to participate in the annual [The Great Shakeout](#) during the month of October. Also check out [Ready.gov](#) for all disasters and emergency information.



15-year-old Elizabeth Eckford was one of the

integrated high school in Arkansas.

Here is the full story behind the iconic photo thanks to UpWorthy:

<https://www.upworthy.com/elizabeth-eckford-civil-rights-movement>

Little Rock Nine Youtube video: <https://youtu.be/oodolEmUg2g>

Elizabeth Eckford celebrates birthday with Central High students, faculty captured in this Youtube video: <https://youtu.be/9nc9w-s93Hw>



Hike Mt. Tam with Jackie

Tuesday, February 15th 10:00am start

Join hike leader Jackie Kudler for a scenic walk through woods and along ridgetops on Mt. Tam, which climbs just above Mountain Home from “Four Corners,” affording glorious views of bay and ocean.

Meet at 10 AM at Bayview Drive, Mill Valley, on the Panoramic Highway

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

should take approximately 2 1/2 hours.

We will cancel in case of rain.

Pack water, snacks, and a light lunch.

Contact Jackie at j77prospect@sbcglobal.net to RSVP, sign up for a carpool, and get specific directions for meeting place.

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



Pod of dolphins stun surfers



The song sparrow might be nature's best DJ

NPR

Any parents out there will be familiar with the unique sort of misery that results when your kid has a new favorite song.

They ask to hear it over and over, without regard for the rest of us.

Well, it turns out that song sparrows might be better than children (and many adults, for that matter) when it comes to curating their playlists.

Male sparrows, which attract females by singing, avoid tormenting their listeners with the same old tune.

Instead they woo potential mates with a selection of 6 to 12 different songs.

[CLICK HERE](#) to listen to the songs and read the entire story.



Do Dogs Fall In Love With Other Dogs?

A Chemical Reaction

While people have come up with countless ways to describe love, science boils all those emotions down to a simple chemical reaction. The hormone oxytocin is the real culprit for all those fuzzy feelings you get when you're with someone you love. Dogs also produce oxytocin, and in ["Psychology Today,"](#) Dr. Stanely Coren says,

"With the same neurology and chemistry of people, it seems reasonable to suggest that dogs also have emotions that are similar to ours."

At the same time, researchers generally accept the notion that dogs have around the same mental capabilities of two-year-old children. The [American Psychological Association](#) reports a canine's brain is surprisingly similar to a toddler's when considering both intelligence and emotional capacity. In theory, if a toddler can love another human, a dog can love another dog. Researchers warn, however, that emotional development varies by the individual. Toddlers love their

same good for dogs.

Puppy Love

While a dog's emotions may not strictly match what an adult human can feel for another human, they feel their own version of love. They're as likely to love another dog as they are a person, and observing their behavior is as good as any scientific evidence. Dogs may not date and get to know each other like Pongo and Perdita did, but countless dog owners share stories about doggy love.

In some cases, those feelings surface in the least likely places. Dogs end up in shelters in pairs, and their bond is so strong that shelter staff insist on both animals being adopted together. Bonnie, a Lab mix, and Clyde, a Chihuahua/Terrier mix, are an example. They were found together as strays and brought to the Maricopa County Animal Care and Control. They [refused to be separated](#), and they were lucky enough to find a family with room for them both.

From their wagging tails to their snuggle sessions, it's hard to deny a dog true feelings when they show their love in so many ways. A dog's definition of love may be different from a human's, but that doesn't mean their relationships are any less adorable or heartwarming.

Author: Amber King

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

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

Stretch & Strengthen with Rayner

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Advancing the Science: The Latest on Alzheimer's and Dementia Research

February 14, 2022 10:00 am – 11:30 pm

This Valentine's Day, join Village Movement California and the Alzheimer's Association

in a webinar as we learn about the latest Alzheimer's and dementia research, updates

on dementia risk reduction, and hands-on tools to help you incorporate these

recommendations into a plan for healthy living. Please download and share the

promotional flyer. Register with Village Movement California [HERE](#).

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

TEXTING FOR SENIORS

BFF - BEST FRIEND FELL

BTW - BRING THE WHEELCHAIR

TTYL - TALK TO YOU LOUDER

BYOT - BRING YOUR OWN TEETH

LMDO - LAUGHING MY DENTURES OUT

FWIW - FORGOT WHERE I WAS

IMHAO - IS MY HEARING AID ON?

OMMR - ON MY MASSAGE RECLINER

ROFLACGU - ROLLING ON THE FLOOR

LAUGHING AND CAN'T GET UP



Artist Creates Powerful Dragon Sculpture Out of Trees Destroyed by a Storm

My Modern Met

After a brutal storm, Italian sculptor [Marco Martalar](#) was moved to transform the damage into something beautiful. Sitting atop a mountain in the northern Trentino region of Italy, an enormous dragon has become a symbol of Mother Nature's force. Martalar created the magnificent creature from the scattered branches of the storm, turning tragedy into art.

In 2018, the Vaia storm ripped across northern Italy. With winds reaching up to 125 miles per hour, a tremendous amount of forest was destroyed. In Trentino alone, over [18,000 trees were uprooted](#) by the devastating storm, which was unprecedented. Vaia had a profound effect on Martalar, changing the way that he viewed his art. "The type of sculpture that I was doing before no longer made sense," he tells My Modern Met. "So I started using what the storm had destroyed and gave it new life as art."



Writing This Way Helps Improve Your Memory — Here's Why

Excerpted Woman's World Magazine

Handwriting and Memory

In [the 2021 study](#), researchers at The University of Tokyo split 48 students and recent graduates into three groups, giving each group the same fictional schedule. The first group took notes on the schedule details using the analog method (a pen and notepad). The second and third groups took notes on tablets and smartphones, respectively. The study authors then took the schedule and notes away from each group and gave participants a task to distract them from the notes they took. After an hour, they administered a memory test, during which each participant wore an MRI device to measure brain activity.

The result? Participants who used pen and paper to take notes writing by hand not only scored better overall on the test, but showed

of the brain responsible for memory and recall.

What happens when you write by hand?

Why does writing by hand help sharpen your memory? When you write something out by hand, it slows your brain down, automatically making you more mindful about what you are writing. Because the process takes more time than typing or texting something into your phone, your brain has a chance to focus on what you're putting down on paper, and gets engaged in a very specific way.

Imagine you're a college student sitting in a lecture hall, taking notes on a lecture with a pen and notepad. As you listen to the professor speak, your brain is engaged in a filtering process that doesn't happen if you are typing verbatim on a laptop. Your brain is deciding which pieces of information are the most important, and that's [mental exercise](#) all adults need.

When you write by hand, you retain more details, because there's more activity happening in the hippocampus. Plus, you're boosting creativity — and maybe even (depending on your handwriting) creating art!



15 Unbelievable Places that Actually Exist



Can You Really Fall in Love at First Sight? The science behind instant attraction

Some people distinctly remember the first time they laid eyes on their partner. Some people describe the sensation as a spark, a sense of excitement or contentment, or simply a feeling of knowing they had found "the one." Others remember the moment in great detail, as if time just stopped when they met the love of their life.

Are these magical encounters real or fantasy? Research has some answers.

[CLICK HERE](#) to read the full story

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

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
 or leave a message at 415-322-9361

You can prepare your taxes online at irs.gov and ftb.ca.gov
 Helpful information can be found at aarp.org/taxaide

 The album cover for "Romantic Saxophone" features a romantic scene of a man and a woman in a boat on a river, with misty mountains in the background. A large red play button is centered over the image. On the left, a list of 30 songs is provided. At the bottom right, the title "Romantic SAXOPHONE" is written in a stylized font, with a subtitle "Most Old Beautiful Love Songs 80's 90's" in a box below it.

01 - I'll Make Love To You
 02 - God Gave Me You
 03 - Hard To Say I'm Sorry
 04 - I Don't Wanna Miss a Thing
 05 - I will always love you
 06 - Hello
 07 - Home
 08 - I Believe I Can Fly
 09 - Ice Castles
 10 - Hero
 11 - Get Here
 12 - The Lady in Red
 13 - Solo En Ti Saxo
 14 - Se Que Ya No Volveras Saxo
 15 - Close To You
 16 - Lost In Your Eyes
 17 - Todo Cambia y Todo Se Termina Saxo
 18 - Unchained Melody
 19 - Close To You
 20 - Suenas Saxo
 21 - Wonderful Tonight
 22 - What a wonderful world
 23 - Nothing's gonna change my love for you
 24 - Stuck On You
 25 - My Heart Will Go On
 26 - Loving You
 27 - You are so beautiful
 28 - You
 29 - Yesterday
 30 - The Beatles

Romantic
SAXOPHONE
 Most Old Beautiful Love Songs 80's 90's

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**SAUSALITO VILLAGE*********

***For information about our programs, events,
emergency preparedness, COVID resources,
archived copies of our weekly
newsletters, visit the continuously updated
Sausalito Village [website](#).***

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Sausalito Village · PO Box 208 · Sausalito, California 94966 · USA