



Photo by Rayner Needleman

## 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)

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## 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:

AARP Free Tax Preparation: [CLICK HERE](#)

Tales of the Trails: [CLICK HERE](#)

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## Sausalito Village Honors Members Who Died During 2021

Sausalito Village honors members whom we lost during the year by making a donation to Sausalito Beautiful towards the trees for their annual planting. This year, the community planting takes place on Saturday, February 26th.

The members we will continue to miss include:

Nathan Smith - January 31, 2021

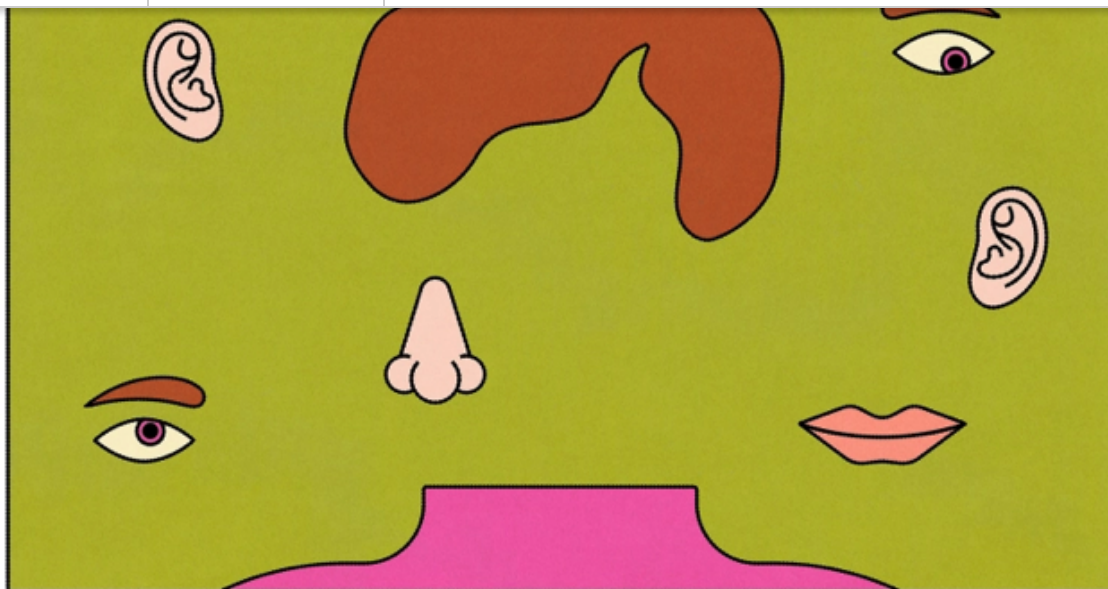
Roland Ojeda - August 15, 2021

Barbara Duncan - August 20, 2021

Charles Arenson - November 4, 2021

Ann Buntter - November 22, 2021

Bill Patterson - December 25, 2021

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## Want to have better, deeper conversations?

*This post is part of TED's "How to Be a Better Human" series, each of which contains a piece of helpful advice from people in the TED community; browse through [all the posts here](#).*

It's happened to all of us: You're sitting down for dinner with an old friend to catch up. You're in the middle of sharing an anecdote when their phone dings. Their eyes shift to the screen, and they slide their device into their lap to send a reply.

Most of us have been on both sides of this scenario, and while it may seem harmless, these kinds of distractions during our everyday interactions can make people feel unheard or unimportant, fragment our attention, and hurt our relationships. On the other hand, research shows that [active listening](#) — putting your full focus on your conversational partner to truly understand their message — can help us anticipate problems, resolve conflicts, expand our knowledge and build trust.

Like any skill, active listening can be practiced and cultivated. Here are three key ways to become a better listener and the complete TED article: [CLICK HERE](#)



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**Supper Club with Chef Joey is BACK!**

**Wednesday, April 27th, 5pm**

**Tickets available NOW**

[Click HERE](#)

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All you would have experienced if born in 1099



## 12 Signs You Have a Fake N95, KN95, or KF94 Mask

Excerpt from NYT

The best way to find legitimate masks is to buy ones made by reputable manufacturers and sold by trusted retailers. (In our [guide to](#)

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We recommend specific masks that have passed government tests or independent lab tests to confirm their filtration efficacy.) But sometimes you end up with a pile of masks of dubious provenance, courtesy of your workplace or a well-meaning relative. Or you might be tempted by a good deal from a brand you haven't heard of. Or maybe you have little choice but to buy whatever is on the drugstore shelf.

Unfortunately, it's tough to separate the most expertly copied masks from the genuine articles.

Sloppier fakes are easier to detect, however, and they're still out there. N95s—which have passed strict tests administered by NIOSH, including demonstrating 95% filtration efficiency under set conditions—require certain markings on the masks themselves. And this makes spotting the duds a lot easier. (The [CDC's page on counterfeit respirators](#) shows images of several examples.) KN95s (masks claiming to meet Chinese standards) and KF94s (those claiming to meet South Korean standards) require similar filtration efficiency to N95s but not the same markings, and so they can be tougher to evaluate by sight.

Still, a little common sense and know-how can go a long way. Whether you're evaluating suspect N95s, KN95s, or KF94s, here are 12 red flags to look out for.

Read entire article [HERE](#)

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## Notre Dame Rises Again

**Three years after a devastating fire, the iconic Paris cathedral's restoration honours its medieval roots—and the once vilified architect who saved the church in the 1800s.**

"Notre Dame is not a museum," Patrick Chauvet, the cathedral's rector, insisted. Before the fire, some 3,000 people came to Mass on Sundays—but 10 to 12 million tourists visited each year. Many had scant knowledge of Christianity. "How can they be touched by the grace of this place?" Chauvet asked. "How can the beauty of this place perhaps at least interrogate them on the meaning of their lives?"

The plan, he said, is to re-curate the visit. When the church reopens, visitors will be ushered in a new loop past redesigned side chapels. Proceeding from north to south—from darkness to light—they'll encounter first the Old Testament, then the New, so as to "enter progressively into the mystery of God," Chauvet said.

Will that succeed? Thanks to the huge restoration budget, the cathedral should at least be looking sharp. Work that ordinarily would have stretched over decades is planned for the next three years. The entire inside of the church,



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architecture is one of the best proofs of the existence of God,” then God will have risen to fight another day in France. The fire won’t have been for nothing.

Read the entire story and see more photos in National Geographic article [HERE](#)



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

Stretch & Strengthen with Rayner



## America's fastest-growing sport is a cross of tennis, pingpong and badminton

Excerpt from NPR article

For the rapidly decreasing number of Americans who've never heard of pickleball, the obscure paddleball game is one of America's fastest growing sports.

Invented in 1965 by three middle-aged fathers in Washington state, pickleball is a quirky cross among tennis, pingpong and badminton, played with a paddle and a perforated plastic ball. The founders are said to have named the game after a family dog called Pickles.

With 4.8 million people now playing — almost double the number from just five years ago, according to the Sports and Fitness Industry Association — some of the sport's devotees are capitalizing on pickleball's spike in popularity.

Read entire article [HERE](#)

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have become the 'hot spot' of Sausalito!

Join in the fun with other Sausalito Village and community members.

Special thanks to John Barbera for providing lessons the last three Wednesdays of February, many new players came to learn.

Contact John at [jbcommunication@gmail.com](mailto:jbcommunication@gmail.com) to get on an email and text list so people can arrange days & times with other players. If there is overwhelming interest in more reserved times, let us know, meanwhile grab your paddle and pickleballs and come on down.

Dear Lydia,  
Oh how I longz to folm yot.  
The da5 have beef too mong  
and the nreeps even zoncer...



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## Movie Group - In Person Watch and Discussion of 2021 West Side Story

RSVP [HERE](#)

Need a ride? Contact CARSS 48 hours ahead at 415-944-5474 or

[InfoCARSS4You@gmail.com](mailto:InfoCARSS4You@gmail.com)

Movie Group hosts, Rev. Paul Mowry and Chef Joey Silverman will be opening Thompson Hall of the Presbyterian Church for the viewing of the new version of West Side Story with a discussion following.

Proof of vaccination on file and masks.

**WHEN:** Wednesday, March 16th 1pm Movie Watch, 4pm Discussion  
(Discussion will also be held via zoom for those not wanting to come to the church). Yes it's okay to just come for the Discussion if you have watched the film on your own.

**WHERE:** Thompson Hall of Sausalito Presbyterian Church, 112 Bulkley

**PARKING:** There are 2 parking spots at the Church, please reserve ahead. Carpoolers get precedence. There is also street parking on Bulkley. We recommend requesting a CARSS ride!

**ABOUT THE FILM:** An adaptation of the 1957 musical, West Side Story explores forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds. Directed by Stephen Spielberg. Runs 2 hours 36 minutes



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## The Seven Habits That Lead to Happiness in Old Age

**Your well-being is like a retirement account: The sooner you invest, the greater your returns will be.**

By [Arthur C. Brooks](#)

Read the entire Atlantic article [HERE](#)

1. Don't smoke—or if you already smoke, quit now. You might not succeed on your first try, but the earlier you start the quitting process, the more smoke-free years you can invest in your happiness account.
2. Watch your drinking. Alcohol abuse is strongly correlated with smoking in the Harvard study, but plenty of other [research](#) shows that even by itself, it is one of the most powerful predictors of winding up sad-sick. If you have *any* indication of problem drinking in your life, get help now. If you have drinking problems in your family, do not take your chances: Keep that switch turned off. Although forgoing alcohol can be difficult, you'll never be sorry you made this decision.
3. Maintain a healthy body weight. Eat a diet with lots of fruits and vegetables and moderate serving sizes, but avoid yo-yo diets or

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...normalize movement in your life by scheduling time for it every day, and sticking to it. Arguably the single best, time-tested way to do this is by [walking daily](#).

5. Practice your coping mechanisms now. The earlier you can find healthy ways to deal with life's inevitable distresses, the more prepared you'll be if ill luck strikes in your 80s. This means working consciously—perhaps with assistance from spiritual practices or even therapy—to avoid excessive rumination, unhealthy emotional reactions, or avoidance behavior.
  6. Keep learning. More education leads to a more active mind in old age, and that means a longer, happier life. That doesn't mean that you need to go to Harvard; you simply need to engage in lifelong, purposive learning. For example, that can mean reading serious nonfiction as part of a routine to learn more about new subjects.
  7. Do the work to cultivate stable, long-term relationships now. For most people, this includes a steady marriage, but other relationships with family, friends, and partners can fit in this category as well. The point is to find people with whom you can grow, whom you can count on, no matter what comes your way.
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What it is REALLY like to be deaf



## The silence of the owls

Excerpt from Knowable Magazine

At present, there are two ways to understand owl flight: an engineering view informed by the equations of fluid motion and wind-tunnel experiments, and a biological view based on anatomy, behavior and genomics. A truly integrated story will probably require both. Even engineers realize that idealized studies based on rigid, unfeathered wings are not enough. It's quite possible that the owl uses its feathers and small shape adjustments of the wing actively, rather than

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understanding the process, which spans several size scales, from the barbs of the feathers to the individual feathers, to the entire wing.

“What is missing to us is the microscopic point of view,” says Roi Gurka of Coastal Carolina University in South Carolina, whose experiments with flying owls have led to beautiful computer simulations of the flow field around a flapping owl wing. “I understand the wing,” he says, but understanding the role individual feather morphology plays in noise reduction is another matter.

While the scientists debate, the barn owl will continue flying as it always has: its face as round and imperturbable as the moon, its ears trained on its next meal and its feathers treading gently on the air.

Read entire article [HERE](#)



*“I’m working on pants for old guys.  
They’ll combine the comfort of  
Dockers, with the protection of  
Depends. I’ll call them  
Dry Dockers.”*



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6 hours of Mozart



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