

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

Photo by Ingrid Kreis

Send your photos to SausalitoVillageTips@gmail.com

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



What's on the calendar?

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

community. Please take a moment and please the hunger. [CLICK HERE](#)

Here are a few highlights:

Death Cafe - April 18

Poetry Night - April 21

In Person Sing Along at Campbell Hall - April 25

Supper Club at Sausalito Presbyterian Hall - April 27



SV Death Cafe is BACK!!

Never been? Curious? Give it a try!!

MONDAY, APRIL 18, 4:00 PM

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

Facilitated by Jim van Buskirk

With a little help from Annie Dorsey of Sausalito Village

As most of you will know, Death Cafés have become an international phenomenon, with literally thousands of them spontaneously occurring all across the globe and sparking interest among all age groups. The cafés involve tea, cake and a safe, respectful space where you can feel comfortable sharing questions, curiosity, fears, beliefs and stories about any and all aspects of death: grief, mourning and bereavement, end-of-life planning, metaphysical issues, exploration of new approaches – some of them quite progressive! – to helping us all confront it. Humor and laughter are a hallmark of these gatherings. They are anything but depressing! Register online and the ZoomRoom link will be provided by email shortly before the event.

More info and to Register [HERE](#)

Sausalito Woman's Club Invite You To

**Sing Alone,
Sing Along, or
Just Enjoy the
Singing**

- **Solos & Duets encouraged**
- **Sing Alongs with words projected**
- **Andy Dudnick on piano**

Date:

Every 4th Monday

Time:

3:00-3:30 Socialize

3:30-4:30 Sing

Place:

Campbell Hall

70 Santa Rosa Ave.



Questions? Email SausalitoVillageRSVP@gmail.com

Rides available to all Sausalito seniors with CARSS

(Call A Ride for Sausalito Seniors) 415-944-5474

**JOIN US FOR OUR FIRST IN PERSON SING
ALONG SINCE COVID Monday, April 25th 3:00!!**

**MASKS AND PROOF OF VACCINATION
REQUIRED**

RSVP so we can plan food/drinks [HERE](#)



It's Your Choice: You Can Change Your Views of Aging and Improve Your Life

By [Judith Graham](#) for Kaiser Health News

People's beliefs about aging have a profound impact on their health, influencing everything from their memory and sensory perceptions to how well they walk, how fully they recover from disabling illness, and how long they live.

When aging is seen as a negative experience (characterized by terms such as decrepit, incompetent, dependent, and senile), individuals tend to experience more stress in later life and engage less often in healthy behaviors such as exercise. When views are positive (signaled by words such as wise, alert, accomplished, and creative), people are more likely to be active and resilient and to have a stronger will to live.

These internalized beliefs about aging are mostly unconscious, formed from early childhood on as we absorb messages about growing old from TV, movies, books, advertisements, and other forms of popular culture. They vary by individual, and they're distinct from prejudice and discrimination against older adults in the social sphere.

More than 400 scientific studies have demonstrated the impact of individuals' beliefs about aging. Now, the question is whether people can alter these largely unrecognized assumptions about growing older and assume more control over them.

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

AN EVENING OF POETRY

April 21. 2022 7 - 9:00 pm

Co-sponsored by the Sausalito Woman's Club and Sausalito Library.

Join us for a special virtual community gathering celebrating some of the best

poetry of our times. Explore where the particular and universal, the actual

and possible intersect. Hear readings from entrepreneurs, teachers, clergy,

parents, students, and award winning poets, as they share words that sear,

that soothe, that jostle our minds and mark our hearts.

For the Zoom link, click [HERE](#)



The Worlds Busiest Airports are in the USA

Excerpt from The Morning Brew podcast

Barred from traveling to many international destinations last year, Americans decided that Paris, Texas, and Cairo, Illinois, would have to suffice.

And given the increase in domestic travel, eight of the top 10 busiest airports in the world in 2021 were located in the US, according to a new report from Airports Council International (ACI). Atlanta's Hartsfield-Jackson reclaimed the No. 1 spot it had held for 22 years, after being dethroned in 2020 by Guangzhou in China.

- Denver climbed to third last year from eighth in 2020
- Orlando, which was 27th in 2020, rose to seventh place.
- Charlotte, the American Airlines hub, jumped from 34th place in 2019 to sixth.

While leisure destinations in the US became more popular during Covid, hubs connecting international travelers lost out. Previous top 10 list mainstays such as Dubai, London Heathrow, and Paris Charles de Gaulle have been unusually quiet in the past two years.

2019 from 2020, but can come in at just 60% of 2019 levels. Passenger levels aren't expected to return to pre-Covid figures until 2024.



The Human Brain Runs on Less Power Than a 60Watt Lightbulb

Some 500 million years ago, an ancient fish-like creature produced at least one offspring with a curious mutation — twice the number of genes. These excess genes began developing in new directions, eventually creating more and more complex brains. Some 150 million years later, human ancestors roamed the land, and their brains continued to grow in complexity. About 2.5 million years ago, hominid brains started growing especially large, although scientists aren't exactly sure what led to that sudden burst. Yet after millions of years of

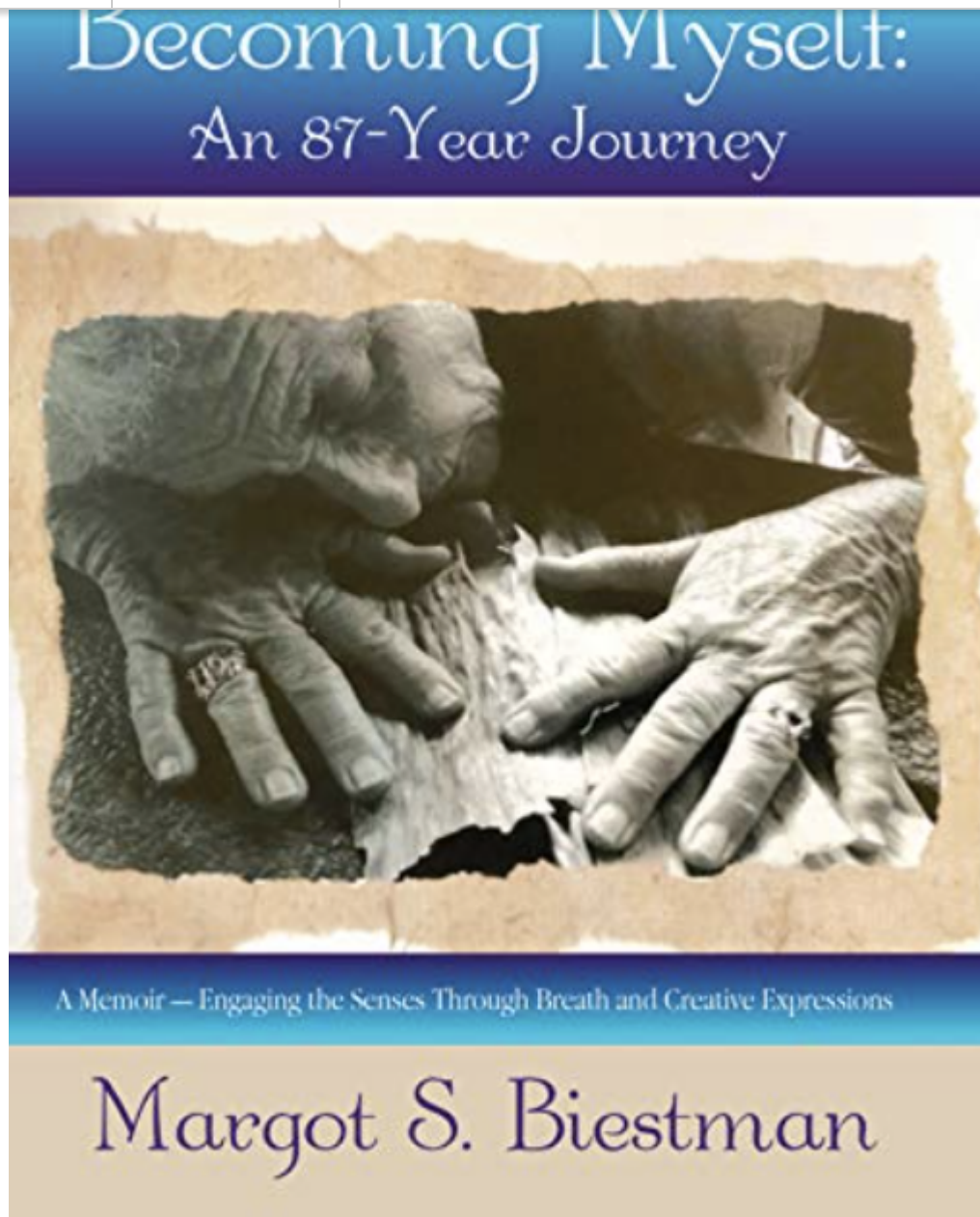
[Subscribe](#)[Past Issues](#)[Translate ▼](#)

many times more efficient than any artificial equivalent. In fact, it's even more efficient than a 60-watt lightbulb.

Take, for example, IBM's Watson, the supercomputer that famously bested *Jeopardy!* champions on daytime television in 2011. Watson uses around 85,000 watts to electronically outfox a human.

Meanwhile, its biological competitors' brains run at around 20 watts.

It's true that when compared to the rest of the human body, the brain is a greedy customer, requiring about 20% of our energy use. It uses two-thirds of that energy to send signals along its neurons, and the rest for cell-health "housekeeping." But when it comes to everything our brains do for us — and how efficient they are overall — that seems like energy well-spent.

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

In Celebration of Margot Biestman - Our Breath Guide

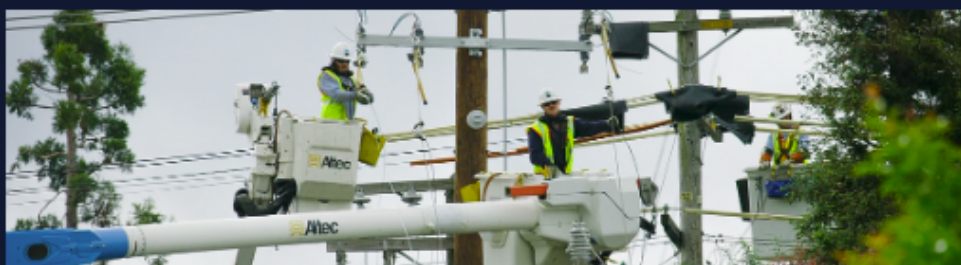
Margot Biestman joined Sausalito Village in 2010 along with her husband Perry. For a decade, Margot shared her love of healing breath in a weekly 'Breathexperience' class held at her home for Sausalito Village members. When covid hit, with the help of her daughter, she successfully moved to zoom.

Margot was the Director of Marin-Sonoma branch of Middendorf Institute for Breathexperience, a true leader in her field. To help others learn more about this method, she wrote "River of Breath" which "offers a path from old to new

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

In 2019, Margot published a book entitled "Becoming Myself: An 87 Year Old Journey" described as "an extensive and insightful commentary on how personal and professional experiences lead to self-examination and growth. Along with examples of her poems and other creative expressions, she reflects on a youth living among a family of artists, growing up in San Francisco, and becoming a teacher."

Margot died in her home in Sonoma where she moved several years ago, to be closer to her daughter. She was 90.



PG&E Virtual Safety Town Hall

Wednesday, April 20

5:30 – 7:00 p.m.

You are invited to join us for an interactive virtual safety town hall where we will discuss our 2022 wildfire safety efforts. Participants will have the opportunity to ask questions and share feedback with the PG&E team including one of our Vice Presidents.

JOIN THE WEBINAR via this [LINK](#)

To keep our customers and communities safe, we continue to take targeted action to reduce wildfire risk across every part of our operations and focus on our system safety each day.

We encourage you to join and learn more about:

- Efforts to underground more of our powerlines
- Our expanded safety settings program and planned improvements

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

- Additional customer resources to prepare for wildfire season and potential outages

To access the virtual safety town hall or view recordings of past wildfire safety webinars, visit pge.com/firesafetywebinars »

Do you have a plan to stay safe? For more information, including tips on how you and your family can stay safe in the event of an emergency, please visit safetyactioncenter.pge.com »



SAVE THE DATES!

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**Friday, April 29**

Opening Night Preview: 5-8pm

Saturday & Sunday, April 30 & May 1

11am-6pm

Saturday & Sunday, May 7 & 8

11am-6pm

[480 Gate Five Road, Sausalito CA 94965](#)**Parking:** Free and plentiful[Visit our Website](#)

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

*"My desire to be well-informed is currently
at odds with my desire to remain sane."*



Northwest

A drive through America's Pacific Northwest is one of the most scenic, bucket-list trips one can take - and this is your itinerary.

By Tyler Golec for The Travel blog

For those unfamiliar with the Pacific Northwest, it is one of the most stunning natural settings in the entirety of North America. The Regions of Washington State and Oregon, the American portion, are home to temperate rainforest, the Olympic Mounts, the Cascades, the Puget Sound, Mount Hood, and Mount Rainier to say the least.

There is so much beauty in this region that you could plan to do nothing else but drive through it. And honestly, you wouldn't be disappointed. Though, for the adventurous, there are numerous trails and hikes to explore to get a close look at the landscape.

If you have the opportunity to take two weeks to explore the Pacific Northwest then do it. Here is a guide to the route you should take to get the most out of your experience.

[CLICK HERE FOR THE 14 DAY ITINERARY](#)

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

In a home fire,
can your family
safely escape in
just 2 minutes?



Home fires claim seven lives every day, but together we can help change that.

The Red Cross is offering **FREE** smoke alarm installations and home fire safety information in MARIN County.



To sign up for a **FREE** smoke alarm:

- Scan the QR code
- Visit: <https://bit.ly/MarinRedCrossSmokeAlarms>
- Call (415) 721-2365, option 7

Please include your county of residence, phone number and email address.

Join our national movement and pledge to keep your family safe against home fires.

**Learn more about *Sound the Alarm*:
SoundTheAlarm.org**

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

Secret Italian Hand Gestures Revealed!



Calling all Sausalito Village Artists!

Our Annual Art Show and Reception is coming back!!

The last in person show was in 2019 due to covid. We had a virtual show in 2020 and now we have our new show on the schedule!

Whether or not you participated in any of our art shows before, we are hoping you will join us. All types of art are encouraged. We plan to have the show 'live in the library' from August 6 through September 24 with an opening reception Saturday August 6 at 5pm.

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

know of your interest for email to info@sausalitovillage.com.

This has been a very popular event that our entire Sausalito community came out to enjoy and support and we don't want to disappoint them this year - we all need something to look forward to!!



How to make a sandwich....produced by the American Gas Association!

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

CARSS Program

(Call A Ride for Sausalito Seniors)

CARSS (Call a Ride Sausalito Seniors) is a City of Sausalito Age Friendly Program for residents of Sausalito and the floating homes community, who are 60 and older. CARSS is managed by Sausalito Village with one goal in mind – to keep older residents connected to the community and safe as they age.

CARSS provides:

- **Free Rides around Sausalito and Marin City.**
Volunteers can also do errands.
- **Service available Monday, Wednesday and Friday between 10am–2pm.**
- **Schedule a Ride/Errand a day ahead or the same day. Need a ride at other times or days just call 48 hours before.**
- **Rides/Errands provided by vetted volunteers with their cars.**
- **Masks and proof of vaccination are required.**

RIDE FOR FREE WITH CARSS!

For more information go to www.carss4you.org or call **(415)944-5474** or infocarss4you@gmail.com

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

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

Stretch & Strengthen with Rayner



Joana Alegre Concert at IDESST Portuguese Hall

The Consulate General of Portugal in San Francisco and the Sausalito Portuguese Cultural Center are honored to invite you to an intimate concert by Joana Alegre, accompanied by pianist Vicente Palma.

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

a Portuguese male Renaissance lute player, composer, singer, and vocal coach. From her Portuguese roots, classical musical training and dreamy voice comes a captivating sound that is bound to leave you asking for more.

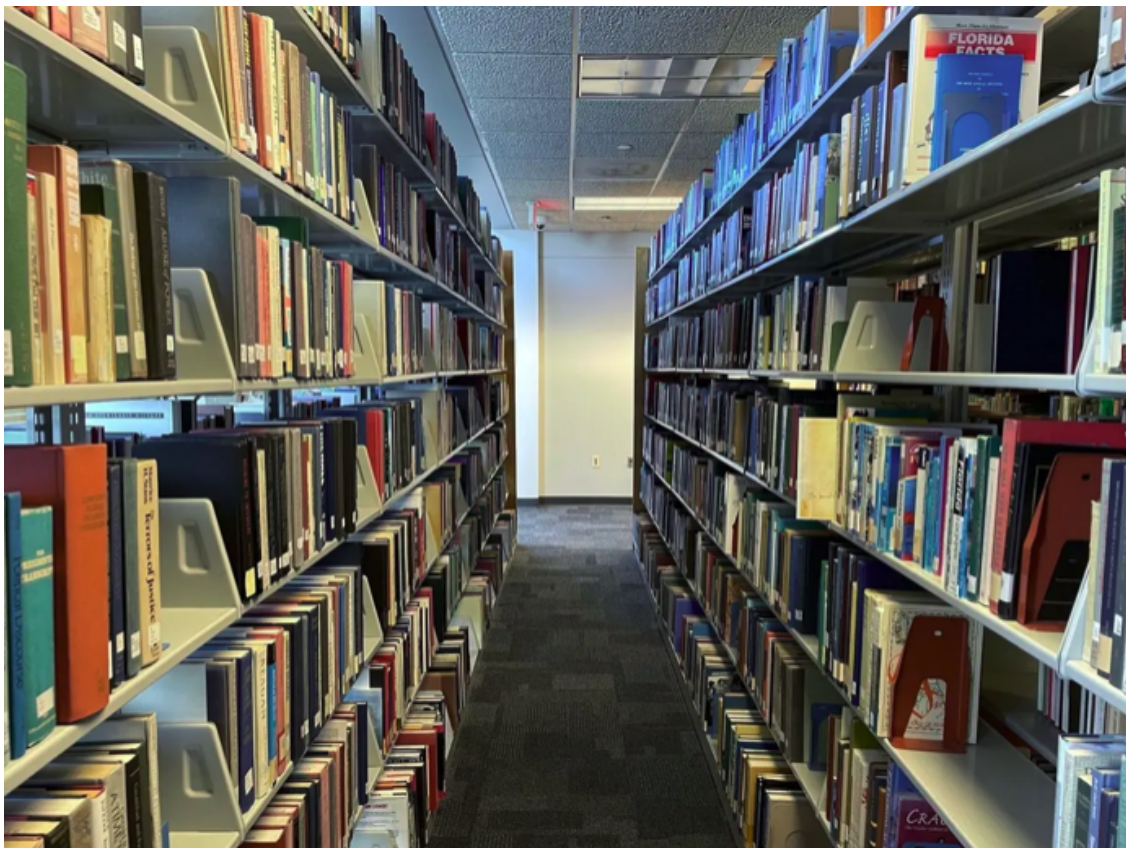
WHEN: April 30, 2022. Doors open at 5:30 PM for no-host bar and light snacks. Concert starts at 7:00 PM.

RSVP: Click [HERE](#) to purchase tickets (\$20 donation suggested to defray costs of technical equipment rentals).

We hope you're able to join in the fun!

**Want to sit with other Sausalito Village members who will attend?
Email SausalitoVillageRSVP@gmail.com**

Need a ride? Reserve a ride with Sausalito Village! Call 415-332-3325 by April 28th.



CA Library Card Holders Can Now Enter State Parks For Free

California has the most state parks in the nation and is now offering free passage to library card holders at more than 200 parks, officials announced Tuesday.

Starting this week — National Library Week — California State Parks will begin distributing a "California State Library Parks Pass" at public library for patrons to check out.

The new pass, offered across the state, will allow free vehicle day use entry at all participating parks.

"Spending time in nature is crucial to our mental health and well-being," First Partner Jennifer Siebel Newsom wrote in a statement.

The new program is the latest effort to encourage Golden Staters to better their mental and physical health by visiting nature sites, many of which are driving distance to public libraries.

[*Find a library close to you*](#)

As part of a three-year pilot program, each library will receive at least three California State Library Parks Pass hangtags per branch for checkout by library patrons, including mobile libraries.

Passes will enter circulation on a rolling basis through April and May for checkout. Patrons will be able to check out the pass for an allotted number of days allowed by the local library, then return the pass for others to use.

The pass is valid for entry of one passenger vehicle holding up to nine people.

There are 1,184 public library buildings in California, and more than 23 million Californians have library cards, according to the state.

"All Californians should have the opportunity to be outdoors in nature," California Secretary for Natural Resources Wade Crowfoot wrote in a statement. "Yet many of our state's residents live in communities without adequate parks and open space. This innovative new program will enable more

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

To see a list of ineligible parks, [click here](#).



4 hours of Chopin for relaxation



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

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)

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