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Send your Bay Area 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

YES! Please share this newsletter with friends and family and if they would like to receive it weekly in their email box, have them email us at 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 in the coming week:

- August 16/23 - Beginning Line Dancing
- August 17 - Film Group - "The Duke"
- August 18/25 - Intermediate Line Dancing
- August 22 - Stretch and Strengthen with Rayner
- August 22 - Sing Along/Concert
- August 23 - Monthly Book Group
- August 31 - Death Cafe



227 min 00 sec Stop the Bleed, Administering Narcan Spray

TOMORROW at the Ferry Landing in Sausalito and Target in Marin City

Hands-Only CPR Training. The Southern Marin Fire District and Marin County Emergency Medical Services will host the 12th Annual County-Wide Sidewalk CPR event at three locations in Southern Marin from 10:00 a.m. to 2:00 p.m. on Saturday, August 13. Drop-in locations include the Sausalito Ferry Landing, Target in Marin City, and the Depot in Mill Valley. In addition to hands-only CPR training, participants will learn basic first aid techniques to stop bleeding and how to administer Narcan spray to someone who overdoses on opioids.

[LEARN MORE ABOUT FREE CPR TRAINING ON AUGUST 13](#)



What is the James Webb Space Telescope seeing now?

CBS News

The image shows the Cartwheel Galaxy alongside two "smaller companion galaxies, against a backdrop of many other galaxies." The image reveals that the Cartwheel Galaxy has a bright inner ring and a surrounding colorful ring, the result of a high-speed collision between a large spiral galaxy and a smaller galaxy, NASA said.

According to NASA, the galaxy's right inner ring contains a tremendous amount of hot dust, with the brightest areas holding gigantic young star clusters. The outer ring has been expanding from the center of the collision for around 440 million years. When it expands and hits surrounding gas, stars form.

The Cartwheel Galaxy, whose rings expand outwards from the center of the collision, is categorized as a "ring galaxy," which are more rare than spiral galaxies like our Milky Way, NASA said.

NASA had tried to get a clear look at the elusive galaxy, including with the use of the Hubble Space Telescope, but had been unable to because of the amount of dust that obscures the view. However, the advanced Webb Space Telescope, whose Near-Infrared Camera (NIRCam) can detect infrared light, has clearly captured the young stars forming in the outer ring of the galaxy.



We need your help in planning upcoming presentations around emergency preparedness

The Sausalito Village Emergency Preparedness Committee is beginning to put together a series of presentations and we would like your input. Our presentations are always open to the entire community, not just members.

Tell us what you most want to hear about. In the past we have done presentations on creating a GoBag, What to do during power outage, Best ways of dealing with smoke filled air, and more. We are happy to repeat presentations with updated information but would like to hear what is of most importance to you.

Please take a moment to email us at SausalitoVillageRSVP@gmail.com with your ideas.

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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.

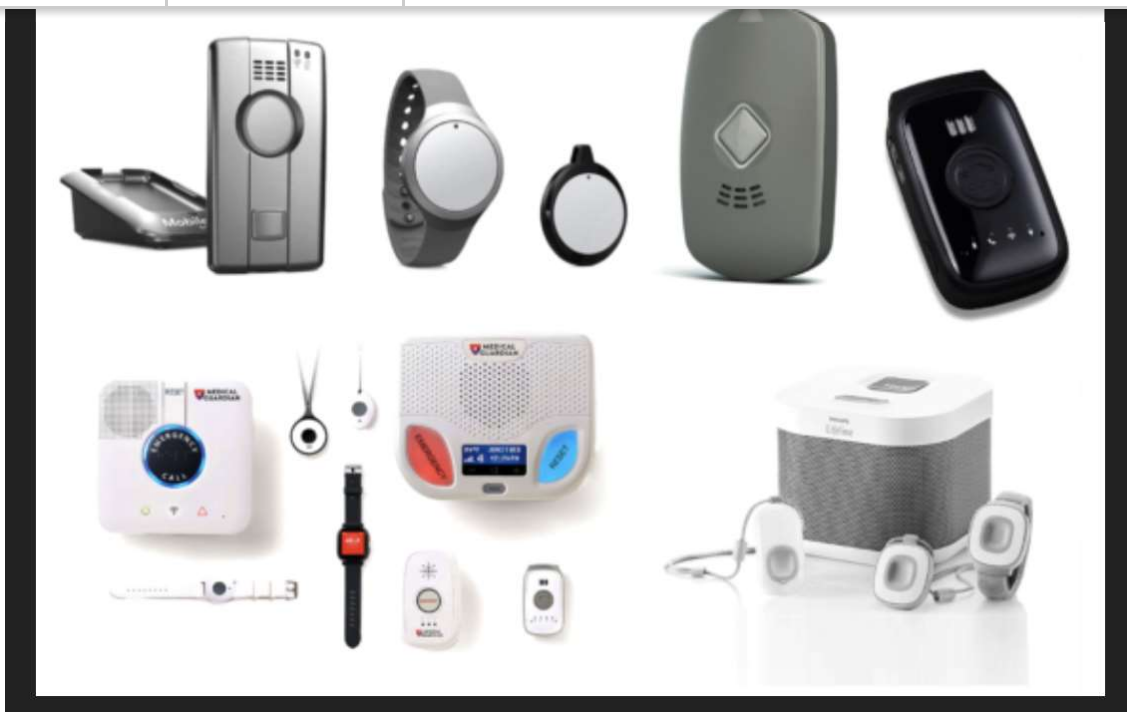


Questions? Email SausalitoVillageRSVP@gmail.com

Rides available to all Sausalito seniors with CARSS

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

**THIS MONDAY, 3PM social 3:30 singing
RSVP so we can plan for food/drinks [HERE](#)**

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Guide to choosing a Medical Alert System thanks to TechEnhancedLife.com

TechEnhancedLife.com has done the research for you and shares it on their website along with many other useful and informative guides about technology, specifically geared to older users.

Here is an excerpt:

Welcome to the *Tech-enhanced Life* guide to medical alert systems & services for older adults. (These products are also known as personal emergency response systems, or PERS.)

This guide is designed to help you answer the question: "*Which medical alert system is right for me?*"

If you are looking for independent, objective evaluations of medical alert systems — that include **actual hands-on testing** — you have come to the right place.

Introduction. How to Use this Guide.

medical alert system for everyone, there are often a number of systems which are best suited to any given individual.

But which flavor of system matches your needs, and which exact products have those characteristics? And of those, which is "best of breed"?

In this work we have tried to create an independent and objective guide that helps you:

- understand what types of medical alert systems exist;
- decide which flavor will be right for a specific individual;
- sort through the marketing chaff to generate a short list of products that have the right feature set for your needs; and
- pick the "best of breed" based on independent and objective analysis and testing, supported by clearly explained data.

Read full Guide [HERE](#)



How does Amazon deliver stuff so fast?

Excerpted from HowStuffWorks.com

The reason Amazon has dominated the American retail sector is probably the fulfillment center idea. Centrally managed fulfillment centers allow Amazon to

centers.

Here's how they work, according to Amazon. Whenever a customer purchases an item online, a complex process kicks into gear:

1. The order is transmitted to one of the company's fulfillment centers — these are basically, massive warehouses where employees pick and pack the products into boxes.
2. Those packages are loaded onto large trailer trucks, and transported to an Amazon air site, where they're loaded onto aircraft.
3. Once the planes land, the packages are transferred to a facility called a sort center, where they're organized by ZIP code.
4. Packages are then loaded onto trucks to be taken to yet another facility, called a delivery station.
5. From there, goods are loaded into delivery vehicles for their ride to your doorstep.

Here's why the fulfillment centers matter. Centralization is the key. A big-box retailer like Walmart might have hundreds of stores, and a warehouse for every store or two or three stores. Amazon, in contrast, until recently didn't have any physical stores at all, and now has just a few.

Amazon began with just one single fulfillment center in the Seattle area to maintain its supply of merchandise and gradually expanded. So today, a single fulfillment center fills the needs of an entire region, which could be a state or two states.

Having these big, centralized warehouses is a huge advantage, because it enables Amazon to stock enough products to meet the needs of a variety of different customers quickly. Compared to a business like Walmart that relies upon physical stores, Amazon is better able to deal with uncertainty and fluctuations in demand.

Read the entire story [HERE](#)



Did you see Sausalito Village in Marin Magazine?

One of 5 organizations chosen to highlight thanks to you, our members and volunteers

Giving Seniors a Helping Hand

Prosperous Marin County has many advantages when it comes to aging well, however not everyone in our communities has equal access to critical resources and services that aid longevity and quality of life. Within lower income areas, life expectancies are approximately a decade less than the county average, according to Gordon Lithgow, vice president and researcher at the Buck Institute on Aging. A number of philanthropic and volunteer-driven programs in Marin County, however, are trying to flip the script to help all Marin elders live long, healthy lives. Looking to help? Here are a few organizations to reach out to.

- **Vivalon:** Serves as a central resource hub for Marin County's older adults, and recently announced the breaking ground of its Healthy Aging Campus, which will include 67 units of 100% affordable housing
- **Institute on Aging:** Provides innovative, community-based programs that enable seniors to live at home for as long as possible
- **Bread and Roses Presents:** Focuses on bringing "hope, healing and joy" to senior care communities through live music and the performing arts
- **Sausalito Village:** Utilizes a "neighbor-helping-neighbor" approach to connect volunteers with elders who need rides, phone check-ins, medical advocacy and more
- **Patients Rising:** Focuses on advocacy for people living with chronic and life-threatening illnesses

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21 Best canopy and treetop walks in the world

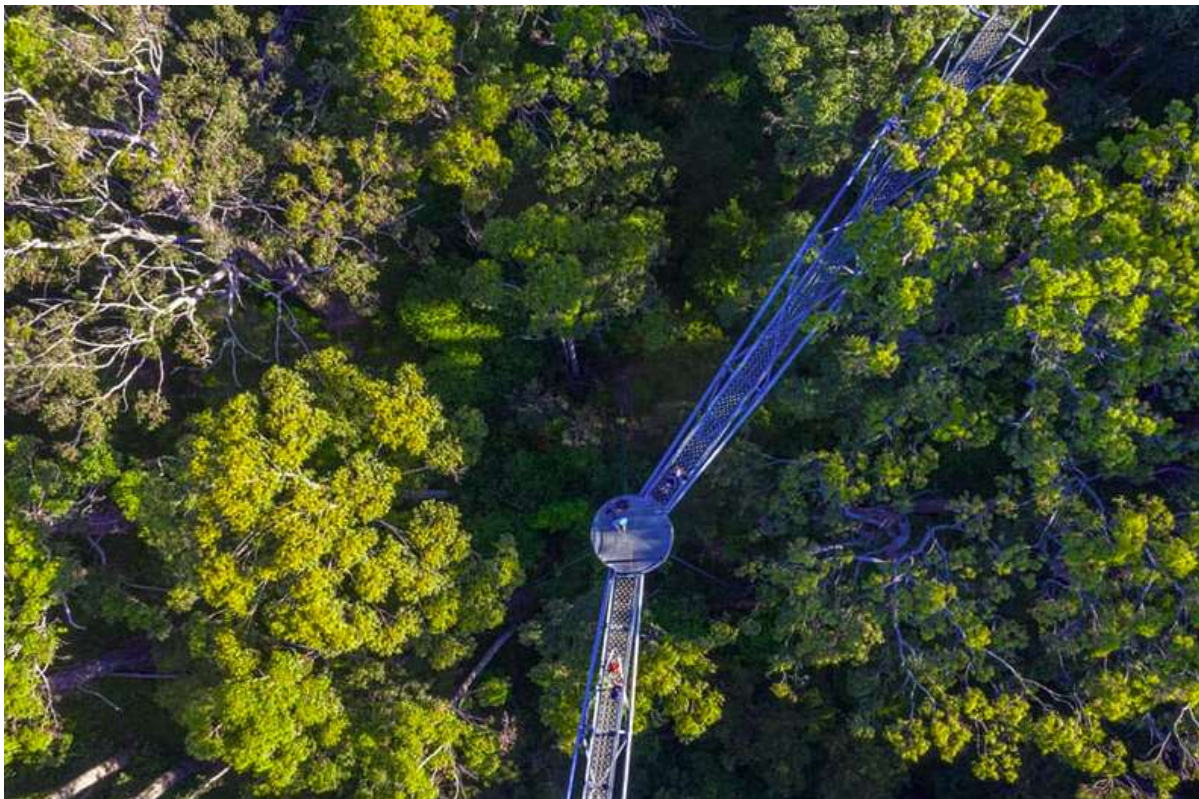
1. Treetop Walk Bavarian Forest, Germany

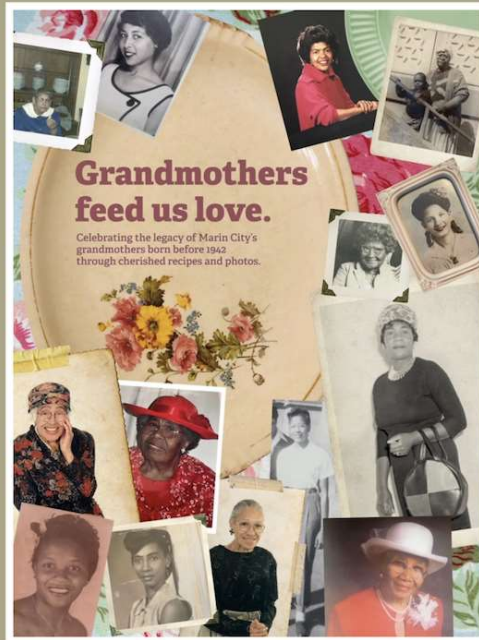


2. Golden Bridge, Vietnam



3. Valley of the Giants Tree Top Walk, Australia



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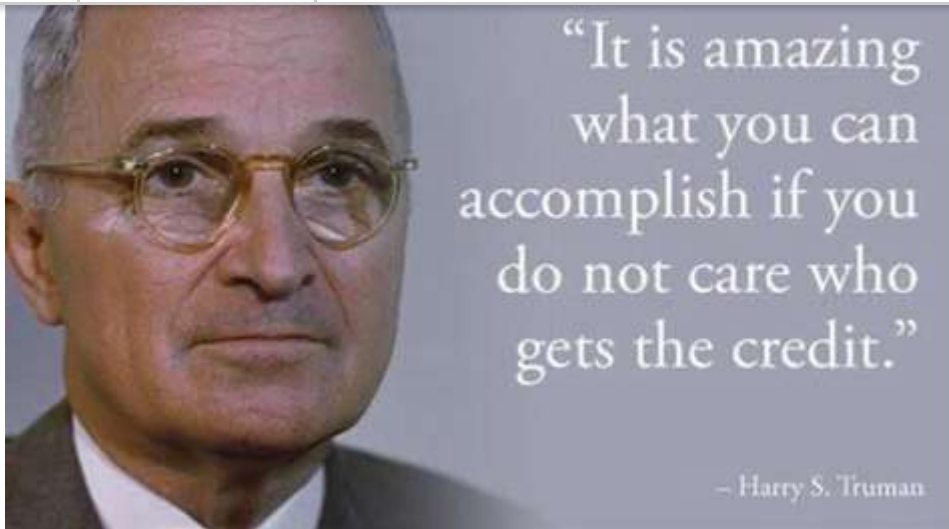
415 927-0960

\$25 per book

Proceeds go to the

Marin City Historical & Preservation Society

Click [HERE](#) to watch the ABC7 News piece about the book and the book signing that happened at Sausalito Books by the Bay

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Weird plurals in English: Men, geese, sheep, knives and many more



Self-compassion makes you a better person. Here's how to practice it

Excerpted from Vox.com

Self-kindness means you're warm toward yourself when you suffer or mess up, rather than judging yourself harshly. Common humanity means you remind yourself that everyone suffers or messes up sometimes, rather than succumbing to the feeling that you're the only one going through such hard things. Mindfulness, here, means you're neither under- nor overidentified with your painful thoughts — you acknowledge them as painful, but you also recognize that they're just thoughts, not your whole being.

The great thing about self-compassion is that it's a skill anyone can learn. Although it might be harder for some people, like those who've experienced the kind of trauma that breeds a harsh inner critic, anyone can practice self-compassion and build it up over time.

Laura Silberstein-Tirch, director of the Center for Compassion Focused Therapy and the author of a book on the topic, explained how the process works using the example of a young woman she knows. The woman is a new mom who recently started putting her kid in day care. The kid's distress upon being dropped off led the mom to feel intense shame, thinking, "I'm a bad mother!" She started ruminating about how she should've done things

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How can this new mom begin to practice self-compassion?

Step one is for her to become mindful of what she's feeling in the present moment — simply to be aware that she's in pain. She might say something like, "This is hard. It hurts." Or, "Wow, there's a lot of suffering here."

Step two is to understand that this kind of suffering is part of the human condition. It's part of our common humanity. She might say something like, "It's not just me. It's hard for a lot of moms to put their kid in day care."

Step three is to offer self-kindness. A good way to start is by shifting basic physiology. As mammals, we're soothed by physical touch. So the new mom might put her hands over her heart, signaling to her body that it can ease out of a threat state.

She can then begin to ask herself: "What would I say or do for a friend who was in the same situation? I wouldn't berate her the way I'm berating myself. I'd probably tell her she's trying really hard to be the best mom she can, and the fact that she's so distressed shows how deeply she cares about her kid. Maybe after day care drop-off I'd take her out to a nice coffeeshop, where she can have a warm drink and take a few minutes to soothe herself before continuing with her day." Then the mom can try saying and doing that for herself.

Read the full article [HERE](#)

Watch a Youtube by psychologist Kristine Neff entitled [Overcoming Objections to Self-Compassion](#) [HERE](#)

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How to check the REAL expiration date on the covid tests. They have been extended.

The tests that Sausalito Village has been giving out had expiration dates of June 2022 but are now extended. To check your lot number, click [HERE](#)



What is the difference between an Ale and a Lager?

Ales are traditionally brewed with yeast that gathers at the top of the fermentation tank. They ferment at a warmer temperature and are not usually aged. Many, but certainly not all craft beers are ales, as their time and storage demands are more minimal. Ale is considered to be the oldest form of beer, predating the lager. It's flavor profile is a bit more forward and varied.

Lagers are distinguished from ales mainly in that the yeast used to brew these beers falls to the bottom of the fermentation tank. The yeast itself also has a lower tolerance for alcohol. The resulting taste is crisp, light and smooth. They tend to be less bitter than other beers. Lagers are among the most popular beers. You probably know lagers such as Miller High Life, Stella Artois, Budweiser, PBR and Coors. Needless to say, these are staples of the refrigerator section.

Aside from the difference in the behavior of the yeast used to brew these two distinct beer types, ales and lagers also distinguish themselves in flavor and strength.

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the German word *lagern*, meaning to store. Because of the lengthy fermentation, a greater amount of by-product is eliminated and the flavor feels crisp, a little subtler. An ale, however, which can be made quicker, has a richer flavor.

What is a pilsner?

A pilsner is a kind of lager. Hailing from the Czech Republic, this brew's traditional recipe requires soft water, malty barley and Saaz hops. They are lighter in color, usually yellowish with smoother, malty flavor.

What is an IPA?

IPA stands for India Pale Ale. It is, quite obviously, an ale. This is an ale that is heavy on the hops, and usually has a high alcohol content.

Read the full story in USA Today [HERE](#)



SV Movie Group - "The Duke"

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Group. Both Paul and Joey are alum of NYC Film School and still love everything to do with movies.

The selection this month is a fun comedy starring Jim Broadbent and Dame Helen Mirren called "The Duke" which can be either viewed at home on Prime or Apple TV or in person at Thompson Hall at Sausalito Presbyterian. The discussion will be held on both zoom and in person - you choose!

Click [HERE](#) for Rotten Tomatoes reviews and description.

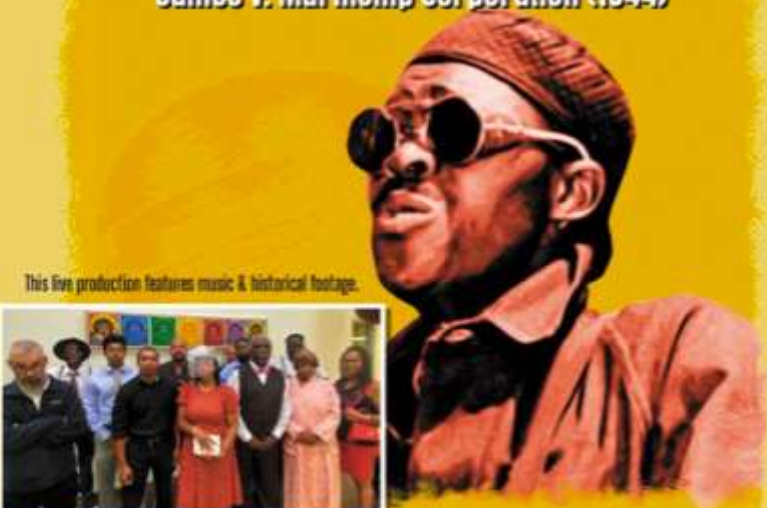
WHEN: Wednesday, August 17th 2PM Film 4PM Discussion

RSVP: Click [HERE](#)

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GET TICKETS NOW!

The World Premiere Performance
THE SPIRIT OF JOSEPH JAMES
James v. Marinship Corporation (1944)



This live production features music & historical footage.

This powerful theatrical performance features the story about Joseph James, a gifted singer, actor, and fascinating man who spearheaded the World War II legal battle in 1944 that resulted in a California Supreme Court decision in the fight to end racial discrimination in union representation in the Marinship Corporation.

SAT., AUG. 27TH & SUN. AUG. 28TH, 2022 • 2 P.M.
Showcase Theater Plaza • 10 Avenue of the Flags, San Rafael, CA 94901
TICKETS \$20 • MARIN CENTER BOX OFFICE tickets.marincenter.org
For more information, call 415.332.8316
Created, Written & Directed by Jahz, Microphone Mechanics in partnership with 393 Films
PRODUCED BY PERFORMING STARS of Marin

Tickets are available
at <https://tickets.marincenter.org/eventperformances.asp?evt=361>.



Rare Frank Lloyd Wright Home in Central California on the Market for \$4.25M

Excerpted from Realtor.com

A rare combination of a rural farm and a home designed by Frank Lloyd Wright in the Central California city of Los Banos is on the market for \$4.25 million.

The 1961-era home sits on 76 acres known as Fawcett Farm. The working farm is leased to a neighbor who grows alfalfa on the land.

So how did Wright, known for such iconic works as Falling Water and the Solomon R. Guggenheim Museum, end up designing a home in agricultural Merced County?

The original owners, Randall “Buck” Fawcett and Harriet Fawcett, reportedly met the legendary architect while taking a course at Stanford University in the 1950s. They subsequently persuaded the aging designer to draw up plans for a home on their family farm.

Wright produced the design in 1955, and the home was built in 1961—two years after Wright’s death in 1959, at the age of 91.

The intriguing property has generated tons of interest, according to listing agent Crosby Doe, of Crosby Doe Associates.

After the deaths of the original owners, the home was sold in 2012 for \$1.6 million. The new owners commenced a full restoration and

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The owners consulted with Wright's grandson Eric Lloyd Wright, and the project was overseen by Taliesin Associate architect Arthur Dyson. The resulting "multi-award winning world-class restoration" and enhancements included improvements to the landscape, gardens, and security.

See photos of interior and more info - Click [HERE](#)

Want to know more? SF Gate article [HERE](#)



Learn the Korean alphabet in just 90 minutes



When we plan the least - end of life issues

By Becky Oliver

When expectant parents are planning for their newborns, it's commonplace to seek out trusted medical offices that are aligned with their needs and values. Similarly, it's a common practice to seek out multiple doctors' advice when we get injured, or receive a serious medical prognosis. We reach out to family members and friends for their input. Our goal is to feel like we're in good hands – trusting our doctors with our well-being. This is an understood and common practice that is repeated throughout our lives. However, there is one time when this practice is too often abandoned.

It's the time when we approach the end of our lives.

Planning for the end of life is unique to any other human life experience. Raising the topic with family members or friends is not easy. Talking with our doctors about our end of life is also difficult and not commonplace. Even when confronted with a terminal condition, the sensitivity around death causes many doctors to be reluctant about initiating such discussions and to instead rely on their patients to raise the topic.

So we need to raise the topic of our end-of-life wishes and start the discussions early. Like other times in life, it's not only our prerogative to prioritize having healthcare providers who are aligned with our needs and values, but it's also in our utmost interest to do so.

You have a range of paths to consider when approaching the end of life. We describe several end-of-life options on our website

<https://endoflifechoicesca.org/end-of-life-choices/>. The available paths we discuss include stopping unwanted medical treatment, receiving care and treatment specific to the dying process (such as with hospice and palliative care), voluntarily stopping eating and drinking, and other options for those who qualify, including the California End of Life Option Act. Guidance for how to discuss these options with your doctor is included on our website here <https://endoflifechoicesca.org/advance-care-planning/having-the-conversation/talking-to-your-physician/>.

Another great resource for how to talk about end-of-life options is provided by the organization called The Conversation Project

<https://theconversationproject.org/about/> (part of the Institute for Healthcare Improvement). They provide step-by-step guides for how to have end-of-life conversations. One of their guides is focused on talking with healthcare providers; you can find it here <https://theconversationproject.org/wp-content/uploads/2020/12/HealthCareTeamGuide.pdf>.

The guide provides practical suggestions for raising the conversation with your doctor. One suggested statement is: "I want to talk about my goals for care and living with my serious illness." Another suggestion shows how a conversation might begin along these lines: "My nephew recently died in the hospital after weeks of aggressive care. That's what he wanted, but I don't want that. I think I might prefer to die at home. How can we make a plan for that when the time comes?"

Every one of us will have our own unique end-of-life experience. Initiating discussions to influence our dying process will lead to conversations resulting in greater clarity and enabling a death with a sense of peace.

A banner with a colorful geometric background of triangles in shades of purple, blue, and green. In the center, there is a dark blue rectangle with a white border. Inside this rectangle, the words "FRIDAY PUZZLE" are written in white, bold, sans-serif capital letters. A white horizontal line is positioned below the text.

FRIDAY PUZZLE

Dads and Grads

A joint Father's Day and graduation party is being thrown for Michael, Ken, James, Alberto, Elias, and Stephanie. Three of them are newly minted high school graduates. The other three are their dads.

- Stephanie went to the senior prom with Michael's son.
- Elias and James played on the school's baseball team. One of them is Alberto's son.
- Michael and Elias are not related.

Can you match the high school graduates to their fathers at this joint celebration?

Answer at the bottom of the newsletter.

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Stretch and Strengthen with Rayner will be back on August 22nd live on zoom 11am. Register on the SV Calendar for the zoom link if you are new to class.



No one likes junk mail, here is what to do with it

Excerpted from CNET.com

at [OptOutPrescreen.com](https://www.optoutprescreen.com).

Simply provide your name and address and you can stop preapproved financial offers for either five years or permanently. (You can also opt back in to these offers if you change your mind later.)

How to stop receiving catalogs

You can always cancel the catalogs you receive one by one by contacting each sender. Or [Catalog Choice](#) can do it for you, for free. Catalog Choice is a project related to [The Story of Stuff](#) and is funded solely by donations.

After you register for a free account, search for catalogs by name and then remove yourself or others at your address (such as former residents) from the mailings. Catalog Choice will either manage the cancellation requests for you or point you to the page on the vendor's site where you can remove yourself.

How to stop getting coupons and marketing offers

Those advertising flyers addressed to "Current Resident" and blue envelopes full of coupons you never use? They're harder to stop because of the USPS' [Every Door Direct Mail](#) service, which mail-bombs neighborhoods by address, not name.

You can make a big dent by taking your address off the biggest marketing lists. Just request to be removed from the mailing lists of major junk mail senders:

- [Save/Valassis/RedPlum](#)
- [ValPak](#)
- [Mspark](#)

The kind of junk mail you can't stop

These services can't stop people from walking around your neighborhood and putting flyers or coupons in your mailbox or on your front stoop -- even if you have a placard against soliciting. In that case, you may have to politely ask the person dropping off circulars to skip your residence.

Read the entire story [HERE](#)

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Small Steps Lead to Big Changes

If we want different results, we need to do something different. It *sounds* obvious, but *doing* things differently isn't always so easy. Small steps help us incorporate into our daily lives the changes we'd like to make. If we'd like to be healthier, we can dedicate ourselves to *more* exercise and cut out foods from our diets that we know aren't good for us. If we'd like to be happier, we can notice when we're complaining and instead think of things we appreciate. If we want more love in our lives, we can start giving it...

To ourselves.

Subscribe for your free daily post [HERE](#)

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Are you clearing your iPhone cache every month? Here is why you should if your phone is slow

Excerpted from CNET.com

Clearing your cache is like clearing out your fridge. When you visit a site, your iPhone downloads photos, banners and other data. To make that process faster, most browsers store some data in a cache to make loading faster. It's great when the fridge is fully stocked and you can quickly grab what you need... and less great when the thing you grab expired two months ago.

Eventually, your browser's cache will become outdated and the data being retrieved no longer matches the data actually being used on the website. The result? Slower load speeds and wonky website formatting. This is the equivalent of your fridge being full of gross, expired products.

Clearing your cache removes the website data your phone stored locally to prevent having to download that data upon each new visit. The data in your cache builds over time and can end up slowing things down if it becomes too bulky. Clearing that data gives sites a fresh start, which may fix some loading errors and speed up your browser. **However, clearing your cache also signs you out of pages, so be prepared to sign in to everything again.**

How to clear your iPhone cache in Safari

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devices signed in to your [iCloud account](#). As a result all your devices' caches will be cleared, and you'll need to sign in to everything the next time you use them. Here's what to do.

1. Open the **Settings** app on your iPhone.
2. Select **Safari** from the list of apps.
3. Go to **Advanced > Website Data**.
4. Scroll down and select **Clear History and Website Data**.
5. Choose **Remove Now** in the pop-up box.

Then you're set!

If you have another browser, click [HERE](#) to read the rest of the article.



Lost world of the Maya - National Geographic (45mins)

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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

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100 Best Rock Songs of all time



Answer to todays puzzle:

Answer: Alberto is Elias' dad, Ken is Stephanie's dad, and Michael is James' dad.



SAUSALITO VILLAGE

For information about our programs, events,

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archived copies of our weekly newsletters, visit the continuously updated Sausalito Village [website](#).

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