



Photo by Ingrid Kreis

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



What's on the calendar?

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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 30 - Beginning Line Dancing

August 31 - Death Cafe

September 1 - Intermediate Line Dancing

September 5 - Stretch and Strengthen with Rayner

September 6 - Morning Book Review Group

September 6 - "The Follies" at SF Playhouse - CLOSED

September 7 - Hike with Jackie

September 7 - Supper Club - Waitlist Only

September 15 - Presentation - MCIL (Marin Center for Independent Living)



Happy Birthday Sausalito Village Members

Marc Holland - Walter Lemmermann - Barbara Nelson

John Anderson - Shira Barnett - Joyce Shumate

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Nancy Brown - Enelope Heggen - Edward Hoenig
Michael Duarte - Agnes Kaprielian - Lisa Brinkmann
Connie Captain - David Blohm - Gerry Beers
Joanne Herbert - Carol Goodman - Andrew Ting

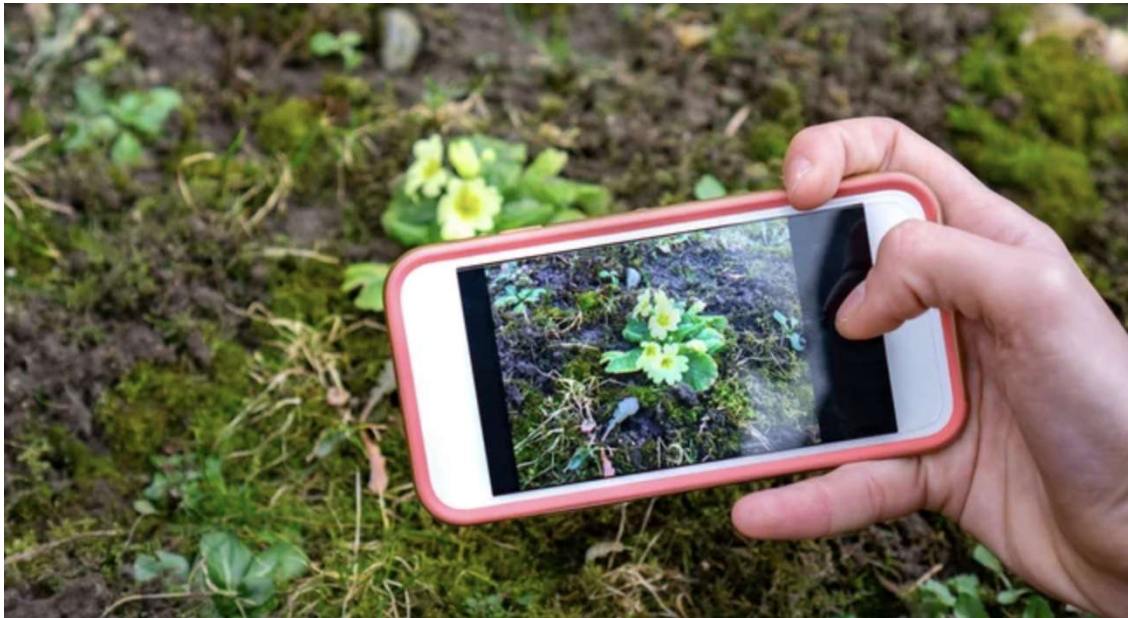
If you are a Sausalito Village member with a birthday in September and don't see your name listed, it means we don't have it in our system. Please let us know! Contact Wendy at SausalltoVillageConcierge@gmail.com



Marin County has received an [Excessive Heat Watch](#) warning from the [National Weather Service \(NWS\)](#) for this upcoming holiday weekend. NWS issues alerts to ensure community members are prepared and ready to take action. Staff and clients should visit <https://www.marinhhs.org/staying-cool-safe-warm-weather>. Vulnerable residents should:

- Plan ahead
- Prepare for [power outages](#)

- Stay hydrated.
 - If possible, go to a [cool place](#) like a mall or library for relief from the heat
-



3 Top Plant-Identifying Apps To Help You Become A Master Gardener

Excerpted from House Digest

Plant identification apps can also help with solutions for an unhealthy plant, whether your finicky house plant starts looking a little less green or your favorite perennial bush in the garden isn't doing as well as it has in past years. The Educational App Store also adds that plant-identifying apps are a great tool for introducing children to nature while helping them understand the world around them through plants.

Though there are many useful plant identification apps available for download, these three are among the best according to the experts.

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commonly downloaded plant identification apps, iNaturalist earned the title of being the most accurate — with 97.3% accuracy in identifying a plant's genus and 83.9% accuracy in identifying its exact species.

iNaturalist consistently ranks among the best plant-identification apps and is commonly relied upon by nature experts and organizations due to its accuracy. While many other apps utilize AI technology, iNaturalist relies entirely on the expert knowledge of scientists to help identify wildlife in the app's database — making it a popular choice among academics and wildlife agencies.

PlantSnap also consistently ranks among the most popular plant-identifying apps, largely due to the mainstream reach it receives from its partnership with Snapchat. According to Eden Tech Labs, the partnership was announced with the launch of PlantSnap's plant identification software being used as a primary Lens feature on Snapchat — meaning that you don't even need to download a new app if you have Snapchat on your phone already (and you more than likely do).

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PERFORMING STARS
 Tuesday 9/6, Thursday 9/8 and Community

BLUES 'n' SOUL PARTY IN THE PARK
 100 BLOCK OF DRAKE AVENUE, MARIN CITY, CALIFORNIA
MONDAY, SEPT. 5, 2022 • 11AM - 7PM

MARKIN CITY 00
 LIVE MUSIC • ARTS & CRAFTS • YOUTH ACTIVITIES
 LOCAL FOOD VENDORS • CAR EXHIBIT
 The event will launch the Marin City Historical and Preservation Society
A FREE COMMUNITY CONCERT

SHOW SCHEDULE

11:00 - 11:15 Indigenous Invocation

11:35 - 12:35 Pastor Michael Robinson and the Spiritual Keys

12:55 - 1:55 West Coast Caravan of Blues All-Stars

2:15 - 3:45 Margie Turner Presents "Women Singing the Blues Revue"
 Featuring Earnestine Barze, Pat Wilder, Lady Bianca, DeJana Burkes and Wiley Living Single

4:05 - 5:05 Vernon "Ice" Black Orchestra
 Featuring Fred Ross, Carrie I'Man, Frank Martin, Myron Devo, Billy Johnson and Juan Escovedo

5:30 - 7:00 Andre Thierry Accordion Soul



Ai Weiwei unveils first-ever exhibition of glass sculptures in Venice

Excerpted from Wallpaper.com

[Ai Weiwei](#) is known for many things; glass, until now, has not been one of them. But a major show in Venice is putting the artist's first-ever sculptures in glass centre stage, following a three-year project conceived in Murano. As Ai said of the material, 'Glass, a special material and a part of our daily life, bears witness to joy, anxiety and worry in our reality. In its presence, we reflect upon the relationships between life and death, and between tradition and reality.'

pièce de résistance is *La Commedia Umana*, a 9m-high suspended sculpture involving 2,000 pieces of black glass handcrafted by the maestros of Berengo Studio in Murano. The twisting, cascading chandelier-like sculpture – one of the largest hanging sculptures made in Murano glass in living history – is a sinister theatre of objects including bones, organs, bats and surveillance cameras.

'This vast hanging sculpture in black glass defies definition, nothing like it has ever really been seen or realised before. Part of its beauty is it remains a mystery, a human tragedy, a comedy, a tangled mess that we each must

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Stable and Francesco Carone, said in a statement. 'It is a work that calls emotions, that forces us to come to terms not only with our own mortality but with the part our lives have to play in the greater theatre of human history.'





Have you signed up for ESCOM yet?

Emeritus Students College of Marin

It's easy to sign up for the calendar of FREE events/clubs and the Monthly Journal.

Click [HERE](#) to sign up, they just need your contact info

Click [HERE](#) to view this month's ESCOM's member's journal

Emeritus Students College of Marin (ESCOM) is a pioneer provider of lifelong learning in Marin County and beyond. We have been offering engaging programs for active adults that connect, educate and entertain for almost 50 years. ESCOM provides a rich variety of interactive clubs, interesting talks and social, cultural events for our members. ESCOM members are also welcome to contribute to our monthly online newsletter and journal of photography, art and creative writing.

As a nationally recognized program of the College of Marin, ESCOM has comfortable centers at both the Kentfield and Indian Valley campuses. ESCOM programs are available online and in-person, and

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requirements to participate monthly a desire to learn and be involved.
Share your passion, knowledge and artistic skills! To learn more and to join ESCOM, please visit <http://escom.marin.edu>.



Hike the Coast with Jackie

WHEN: Wednesday, September 7, 10am start

WHERE: Meet at Tennessee Valley parking lot

Join hike leader Jackie Kudler for a lovely loop out of Tennessee Valley, which climbs the coastal slopes, opening broad sea, mountain and city vistas along the way.

Meet at 10 AM at Tennessee Valley parking lot.

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downloader. This should take approximately 5 hours.

We will cancel in case of rain.

Pack water, snacks, and perhaps a light lunch.

Contact Jackie at j77prospect@sbcglobal.net to RSVP and to sign up for a carpool.

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.



News addiction linked to poor mental wellbeing and physical health

Excerpted from The Brighter Side News

People with an obsessive urge to constantly check the news are more likely to suffer from stress, anxiety, as well as physical ill health, finds a new study published in the peer-reviewed journal Health Communication.

During the last two years we have lived through a series of worrying global events, from the COVID pandemic to Russia invading

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...for many people, reading bad news can make us feel temporarily powerless and distressed.

In the case of problematic news consumption, research has shown that individuals may decide to stop, or at least dramatically reduce, their news consumption if they perceive it is having adverse effects on their mental health.

Previous research has shown that individuals who became aware of and concerned about the adverse effects that their constant attention to sensationalized coverage of COVID-19 was having on their mental health reported making the conscious decision to tune out.

However, not only does tuning out come at the expense of an individual's access to important information for their health and safety, it also undermines the existence of an informed citizenry, which has implications for maintaining a healthy democracy. This is why a healthy relationship with news consumption is an ideal situation.

Read entire story including more about a recent study pertaining to this [HERE](#)

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Stretch and Strengthen with Rayner will be back on Labor Day, September 5th, live on zoom 11am. Register on the SV Calendar for the zoom link if you are new to class.

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NIGHT LIVE
Sponsored by
City of Sausalito/EDAC


In Sausalito!

WEST COAST COOL JAZZ



Music of Sinatra, Stan Getz, Dave Pell
— Cool Jazz 1950-60s

Wednesday Night Live
September 7, 2022
5:30 – 7pm
750 Bridgeway (Cascais Plaza)



Event Calendar

Join Friends & Neighbors at this FREE City Event!

Supper Club

New Supper Club date Wednesday, September 7th - Waitlist only!

This event is open to Members and Volunteers only. If you would like

The Supper Club is a great way to meet other members and volunteers in a casual setting and enjoy a home cooked meal. Here is more information:

Reverend Paul Mowry and his partner, Chef Joey Silverman are opening up the kitchen for a September Supper Club.

Members and Volunteers are invited to enjoy a complete meal (price is \$20) created by Chef Joey and served, hopefully, on the patio of Thompson Hall at Sausalito Presbyterian Church. In case of inclement weather, we will move inside. Let us know if you have any allergies/strict dietary restrictions. Joey will be choosing the menu according to what looks freshest at the markets.....translation - it will be a surprise until you get there.

BYOB or some to share.

Door to door Rides will be available as parking is only available on the street. Please contact Wendy to arrange a ride at 415-332-3325 by September 5th.

Hope to see you there!



September: Maintaining a Fire-smart Landscape

Fire-smart Landscaping Tips from UC Marin Master Gardeners

- Clear leaf and needle litter around structures including under decks, around gutters, roof, eaves, vents, and chimney.
- Clear branches 10 feet from the chimney.
- Prune trees and shrubs to open structure and increase space between plants both vertically and horizontally.
- Remove dead vegetation, dry grasses, and dead wood from trees and shrubs.
- Check plants for drought stress. Hydrated plants stay healthy and fare better when exposed to high heat.
- Mowing can kick up rocks that cause sparks & fires especially on hot dry days, better to mow during cooler and/or foggy days. Have a hose ready.
- To keep plants healthier, apply no more than a 2" layer of appropriate mulch to feed the soil, to retain more moisture and to keep soil temperatures more even.

FOR MORE FIRE-SMART LANDSCAPING INFORMATION VISIT THE UC MARIN MASTER GARDENER WEBSITE.

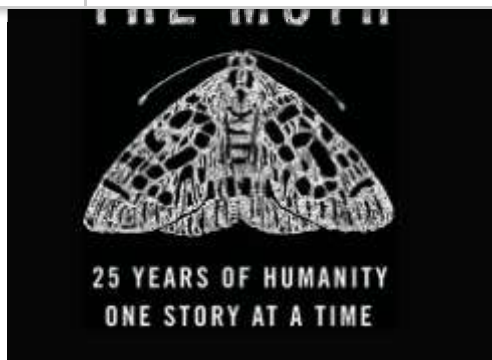
<https://marinmg.ucanr.edu/BASICS/FIRESMARTLANDSCAPING/>



The Best Villain Performances in Cinematic History, Ranked

Excerpted from MovieWeb.com

9. Kathy Bates as Annie Wilkes - Misery (1990)
 8. Leonardo DiCaprio as Calvin Candie - Django Unchained (2012)
 7. Louise Fletcher as Mildred Ratched - One Flew Over the Cuckoo's Nest (1975)
 6. Heath Ledger as Joker - The Dark Knight (2008)
 5. Daniel Day-Lewis as Bill 'The Butcher' Cutting - Gangs of New York (2002)
 4. Javier Bardem as Anton Chigurh - No Country for Old Men (2007)
 3. Sir Anthony Hopkins as Hannibal Lecter - The Silence of the Lambs (1991)
 2. Ralph Fiennes as Amon Goeth - Schindler's List (1993)
 1. Christoph Waltz as Col. Hans Landa - Inglourious Basterds (2009)
-

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Listen to these short stories on The Moth

This playlist was created by The Moth in honor of Women's Equality Day happening on August 26th. They are short stories that celebrate the strength, perseverance and conviction of women.

Click [HERE](#) to listen

I have many hidden
talents.
Just wish I could
remember where I
hid them.



Your Reusable Water Bottle Is Harvesting Harmful Bacteria. Here's How to Clean It

Excerpted from CNET

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about your dog's water dish. According to a recent [study](#), conducted by New Jersey-based EmLab P&K on behalf of Treadmillreviews.net, an average reusable water bottle contains 313,499 colony-forming units of germs per square centimeter. That's more than a kitchen sink (3,191 CFU) and a dog bowl (47,383 CFU) combined.

It's recommended that you wash your water bottle daily, or at the very least, every few days. Make sure to not only clean the inside but the outside as well.

If your water bottle can go in the dishwasher, great! Most metal and glass reusable water bottles are dishwasher safe. Place on the top rack and make sure to take the cap off. You might need to wash the straw separately with a straw brush.

If you can't put it in the dishwasher, don't panic. There's a safe way to hand wash these water bottles.

What you'll need

- Liquid dishwashing soap
- A bottle brush
- A straw brush
- A paper towel or a clean and dry dish towel

Fill your water bottle with warm water and a little bit of liquid soap. Using a clean bottle brush (or a brush small enough to fit inside), scrub the inside and the cap. Rinse and repeat. Clean the outside of the bottle as well. Always completely dry the bottle after cleaning. If your bottle comes with a reusable straw, consider buying a straw brush to clean the inside.

Read entire article [HERE](#)

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Elon Musk's new company making foldable houses



TSA PreCheck vs. Global Entry vs. CLEAR: Which Is Best for You?

Excerpted from [Clark.com](https://clark.com)

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CLEAR

Before we get into the details of each program, let's first look at the basics to understand their differences.

	TSA PreCheck	Global Entry	CLEAR Plus
Price	\$85	\$100	\$179
Membership Length	5 years	5 years	1 year
Designed For	Domestic Travel	International Travel	Domestic Travel
Backing Agency	Transportation Security Administration	U.S. Customs and Border Protection	Private Company
Background Check Required	Yes	Yes	Yes
In-Person Interview Required	Yes	Yes	Yes
Participating U.S. Airports	More than 200	More than 75	More than 40

Click [HERE](#) to read details about each program and Clark.com's Pros and Cons and recommendations.

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MARIN CITY JOB AND RESOURCE FAIR 2022 IN PERSON & VIRTUAL

TUESDAY, SEPTEMBER 13, 2022

3:00 PM - 7:00 PM

VIRTUAL LOBBY STARTS
ON 9-13-22 AT 2:00 PM, PST

Meet employers who are hiring.
Access free resources. Get help to
prepare for your next job. Upload
copies of your resume.
Dress for success. **WIN GREAT
PRIZES!!**

Attendee Registration
bit.ly/3SttWUA



Onsite location

**MARIN GATEWAY SHOPPING CENTER
100 DONAHUE STREET
MARIN CITY CALIFORNIA 94965**

Help us improve our Fair.
Complete this short survey.
bit.ly/3A2GsU6



*For more information contact Elaini Negussie at
enegussie@marincounty.org*

Requests for accommodations may be made by calling (415) 473-2612 (Voice), CA Relay 711 or by e-mail at enegussie@county.org. Copies of documents are available in alternative formats, upon request.

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The 14 Best Trader Joe's Wines for 2022

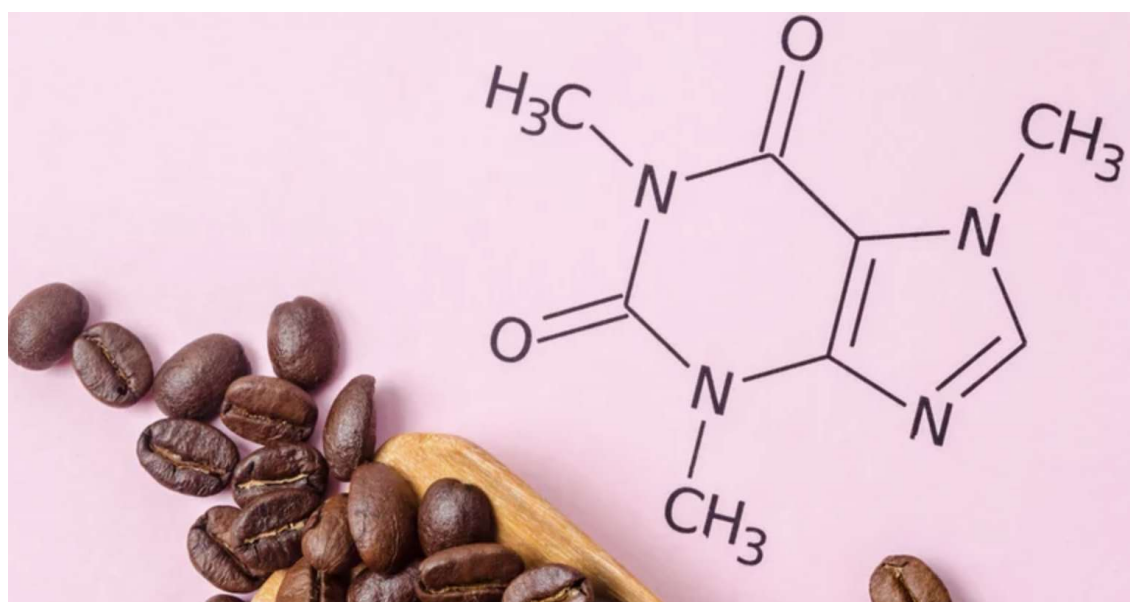
Excerpted from Vinepair.com

- * Villa Antica Asolo Prosecco DOCG Superiore \$7.99
- * De Mont Coteaux Varois en Provence Rosé \$9.00
- * Cecilia Beretta Freeda Rosé Trevenezie \$8.99
- * Sauvignon de Seguin Bordeaux White \$11
- * The Pass Sauvignon Blanc \$8.99
- * Honey Moon Viognier %5.99
- * Reserve Chardonnay Santa Lucia Highlands Lot #231 \$9.99
- * Trader Joe's Chardonnay Coastal \$7.99
- * Paso Dragon \$7.99
- * Liberté Cabernet Sauvignon \$9.99

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- * Porta 6 Red \$5.99
- * TJ's Grand Reserve Shiraz Australia \$12.99

Read more about each wine [HERE](#)



Foods You Never Expected Contain Caffeine

Caffeine is everywhere, and it's easy to see why we love it. Aside from the crucial role that caffeine plays for many people in getting them going for the day, the stimulant may also improve our brain function and alertness, give us a better capacity for long-term memory, protect our liver health, and make us better on the running track, according to Medical News Today.

But here's the thing. When we say caffeine is everywhere, we mean everywhere. The chemical can show up in a huge range of food and drink items that we really weren't expecting, and for folks who have caffeine sensitivity or don't want to consume caffeine, even a tiny amount of the stimulant can be bad news. That's why we decided to put together a list of some foods you never expected to contain caffeine, so you can make sure you're only consuming it when you really want to.

Chocolate

Matcha

Ice Cream

Decaf Coffee

Snack Bars

Kombucha

Yogurt

Breakfast Cereal

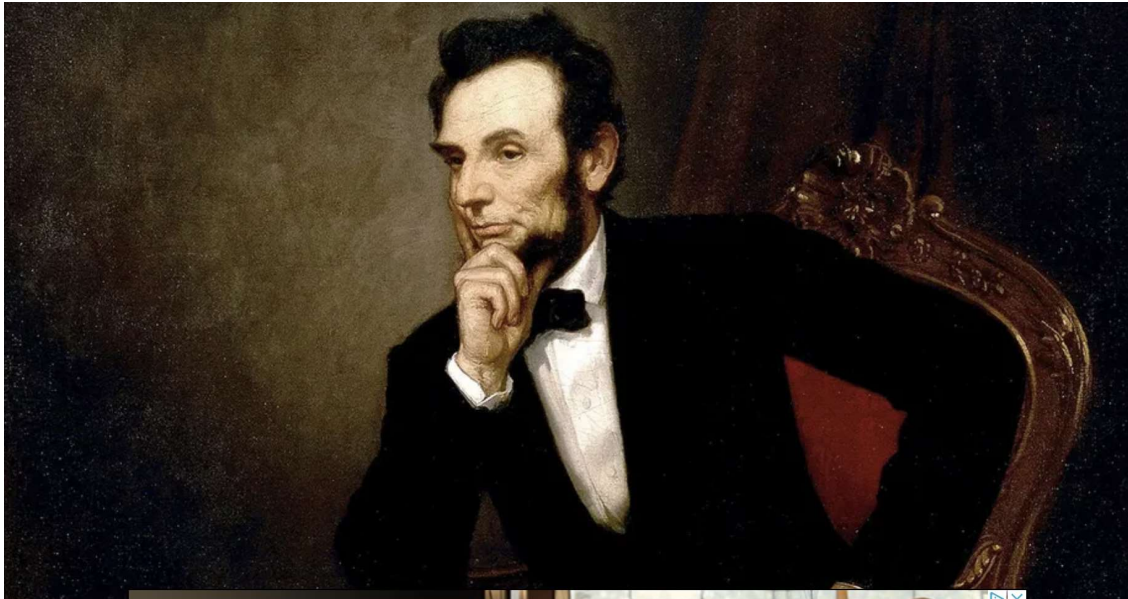
Yerba Mate Tea

Water

Chewing Gum

Read details about each of these items in the full article : [HERE](#)

Although you should generally be safe to eat or drink up to 400 milligrams of caffeine every day without any significant problems, bear in mind that sensitivity to caffeine very much varies from person to person, and some people may be able to tolerate far less than that before negative symptoms occur. It's also important to watch your caffeine intake if you're breastfeeding or pregnant, or if you have one of a range of health conditions, including anxiety, GERD or other digestive conditions, high blood pressure, or arrhythmia. If you have any concerns about your caffeine intake, it's advisable to discuss your diet and your daily caffeine habits with your doctor.



Abraham Lincoln, master inventor: The true story of the only president to ever patent an invention

Excerpted from Salon

On May 22, 1849, only three months after the native Kentuckian celebrated his 40th birthday, the United States Patent Office issued Patent No. 6,469 for a device "buoying vessels over shoals." The impetus for this invention was Lincoln's own hard experience; as a ferryman navigating boats along the Sangamon and Mississippi Rivers, he had repeatedly been frustrated when his flatboat would get stranded and take on water. On one occasion, while he and several other men were trying to get to New Orleans, their flatboat became stranded on a milldam (a dam built on a stream to raise the water level for a water mill) near the small pioneer settlement of New Salem.

Lincoln's idea was to place "adjustable buoyant air chambers" on the sides of any boat that would be traversing a river. Obviously inspired

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the last occasion when he had been stranded, Lincoln's patent specifically mentioned that it would enable vessels to reduce their water intake and pass over bars or shallow water "without discharging their cargoes." That is because the invention, once lowered into the water, could in theory be inflated to simply lift a boat over the various obstructions.

At least, that was Lincoln's invention intention. To the best of our knowledge, his device was never sold or used by anyone, with Lincoln's former law partner and biographer William Herndon dismissing it as "a perfect failure." Yet in a 2018 article for the Journal of the Abraham Lincoln Association, industrial designer Ian De Silva conducted a number of experiments to see if Lincoln's invention could have worked. It didn't — but not because the future president got the science wrong.

"On the contrary, it was a prescient concept and one that was scientifically tenable," de Silva wrote. "Where Lincoln erred was in the execution, specifically his complicated system of poles and ropes that made it an invidious contraption. Had he devised a simpler and less intrusive means of inflating his bellows, the Great Emancipator might have also been remembered for an emancipation of a different sort — freeing boats captured by river sand."



Brain benefits of deep sleep - TED Talk



What A Sound Bath Entails — And How It Works To Ease Stress

Excerpted from YourTango.com

A sound bath is usually a 45-to-60-minute session utilizing various instruments like Tibetan singing bowls, gongs, chimes, and tuning forks by a sound bath expert to facilitate meditation, relaxation, and healing.

The amount of power a sound bath can have on your body and mental health is kind of remarkable.

According to sound bath expert Sara Auster, a sound bath helps you relax almost into a dreamlike, meditative state.

It's "an opportunity to unplug from external stimuli and to gain perspective on what's going on within you. The goal of the experience is to invite deep rest and relaxation, and explore self-inquiry and self-discovery," Auster says.

During a sound bath session, a practitioner will have you lay down on your back in a comfortable position, asking you to focus solely on the sounds that will be made from the various instruments. All that is required is to remain present and to listen.

For 45-60 minutes, you will remain in this position as you quietly absorb and hear the sounds floating around you. Those sounds can come from a variety of instruments, including singing bowls, chimes, tuning forks, and even chants or oms.

Read article and listen to sample [HERE](#)



Excerpted from Grunge.com

The film that Hitchcock loved directing the most was the 1943 suspense thriller, "Shadow of a Doubt" (via Brattle Film). The plot revolves around a family in a small California in which the brother of the family's matriarch pays a visit. Joseph Cotton plays Charlie Oakley, whom you can sense has a close bond with both his sister and his nieces but he is also hiding a terrible secret.

The strong storyline could be argued as a reason why Hitchcock listed this film as the favorite of his directorial career. But when compared to the suspense and terror that many of his other films produced, it's safe to say that it wasn't the storyline alone that made "Shadow of a Doubt" arrive at the top of Hitchcock's list. Rather there were some great sentimental reasons added to the foray that prompted the famed director's response to the question.

Years after the film was released, Hitchcock's only child (daughter Pat Hitchcock) revealed, "[T]his was my father's favorite movie because he loved the thought of bringing menace into a small town ... " (per Brattle Film). Her words were captured during an interview for the 2000 documentary "Beyond Doubt: The Making of Hitchcock's Favorite Film." In it, Pat relays other reasons why "Shadow of a Doubt" resonated so well with her father.

She tells of how her father worked with acclaimed writer Thornton Wilder on the screenplay, adding his personal touches to the script. Hitchcock chose Wilder to work on the film in part because he was from the United States. Though several previous films from the director were U.S. productions, "Shadow of a Doubt" was the first of Hitchcock's movies to take place in the states.

The documentary also tells of how Hitchcock couldn't think of a better person to write the tale of happenings in a small town since Wilder penned the quintessential play about the American small town with

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came into the production without an ego, making working with him a dream. He respected Wilder so much that he gave the writer a special credit of acknowledgment at the beginning of the film's opening credits.

In addition, Hitchcock enlisted the help of someone whose thoughts and creative opinions he highly revered: His wife, Alma. She, along with Sally Benson, helped to write the movie's screenplay (via "Beyond Doubt: The Making of Hitchcock's Favorite Film").

Read entire article [HERE](#)



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Your salt shakers with sugar. But he also leaves messages on each.

If only one of these inscriptions is true, which shaker still contains salt?

Answer at the bottom of the newsletter.



These Ten U.S. Cities Are Safest From Natural Disasters

Excerpted from LifeHacker.com

The Federal Emergency Management Agency (FEMA) maintains a [National Risk Index map](#) that shows you the risk of natural disaster in every area of the country, which is a great starting point if you never want to be rescued from your roof via helicopter. Your risk of disaster will never be zero, but these are the 10 safest U.S. cities you can move to.

Syracuse, NY

Dayton, OH

Salt Lake City, UT

Spokane, WA

Bozeman, MO

Charlotte, NC

Minneapolis, MN

Ann Arbor, MI
Detroit, MI



Meet The Leaf Sheep, the Only Organism That Runs on Solar Power

Excerpted from Buzz.com

Due to its resemblance to the animated lamb, many divers in the Philippines lovingly refer to the unusual sea species known as the leaf sheep (*Costasiella kuroshimae*) as “Shaun the Sheep.” Contrary to what its name implies, the leaf sheep is a marine slug and neither a leaf nor a sheep. It is also a wondrous marvel of nature.

The creature known as a Leaf Sheep or “Sea Sheep” consumes seaweed and produces energy through photosynthesis, just like plants do. This little, adorable creature has a structure like leaves and appears like a small tree.

By using photosynthesis, a process typically usually associated with plants, the leaf sheep can augment its nutrition. The leaf sheep is known as the “solar-powered sea slug” because of its photosynthetic capabilities. The leaf sheep is

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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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One hour of One Hit Wonders of 1960s



Answer to todays puzzle:

Shaker C



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

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