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Photo by Pat Zuch

Send your Bay Area photos to [SausalitoVillageTips@gmail.com](mailto: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](mailto:SausalitoVillageTips@gmail.com)

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## What is a digital nomad visa?

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:

September 13 - Advanced Beginning Line Dancing

September 15 - Intermediate Line Dancing

September 15 - Presentation by Marin Center for Independent Living

September 18 - Rancho Nicasio/Charlie Musslewhite - FULL Waitlist only



## RSVP to learn about MCIL's Programs and Services at a SV hosted zoom presentation

**Marin Center for Independent Living**

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**WHERE: On Zoom**

RSVP for Zoom link and a reminder

email: <https://sausalito.helpfulvillage.com/events/3586>

Julia Hales of MCIL will provide an overview of MCIL's programs, discuss eligibility and highlight the specializations of their staff.

MCIL is an incredible resource for Marin seniors and persons with disabilities. It is important for us to get to know them better.

Here is just a sample of what they provide:

- Advocacy/Assistance in signing up for public benefits
- Tenant/Landlord advocacy
- Registry of personal assistant caregivers
- Home modifications for accessibility
- Backup batteries for your lifesaving equipment
- Advocacy and assistance for a range of services that increase independence
- And MUCH MUCH more!

*MCIL Mission: Marin CIL exists to assist persons with all types of disabilities to achieve their maximum level of sustainable independence as contributing, responsible and equal participants in society. Independent Living, as seen by its advocates, is a philosophy, a way of looking at disability and society, and a worldwide movement of people with disabilities who proclaim to work for self-determination, self-respect and equal opportunities.*

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## Better than pumpkin spiced latte

Nebraskan Duane Hansen set the record for longest journey in a pumpkin boat this weekend. The pumpkin grower paddled his 861-pound pumpkin, named Berta, (click link for full story) [41 miles](#) down the Missouri River on Saturday, smashing the previous record of 25.5 miles.

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## Give thanks for the stank: turns out smelly sweat is actually good for you

The sweat from our armpits “contains a cornucopia of compounds, including oils, fats and proteins,” writes NPR science correspondent and formerly-embarrassed-stinky-sweater Michaela Douclev. Many of those compounds are food for bacteria that live on our skin. . It's the waste products of those bacterial snacks – new compounds – that emit odor. And one type of smell-producing bacteria (Click link for full story) [actually protects us from skin conditions like eczema and infections like MRSA](#). Keep this in mind next time you encounter that college student at the co-op who smells so...healthy.

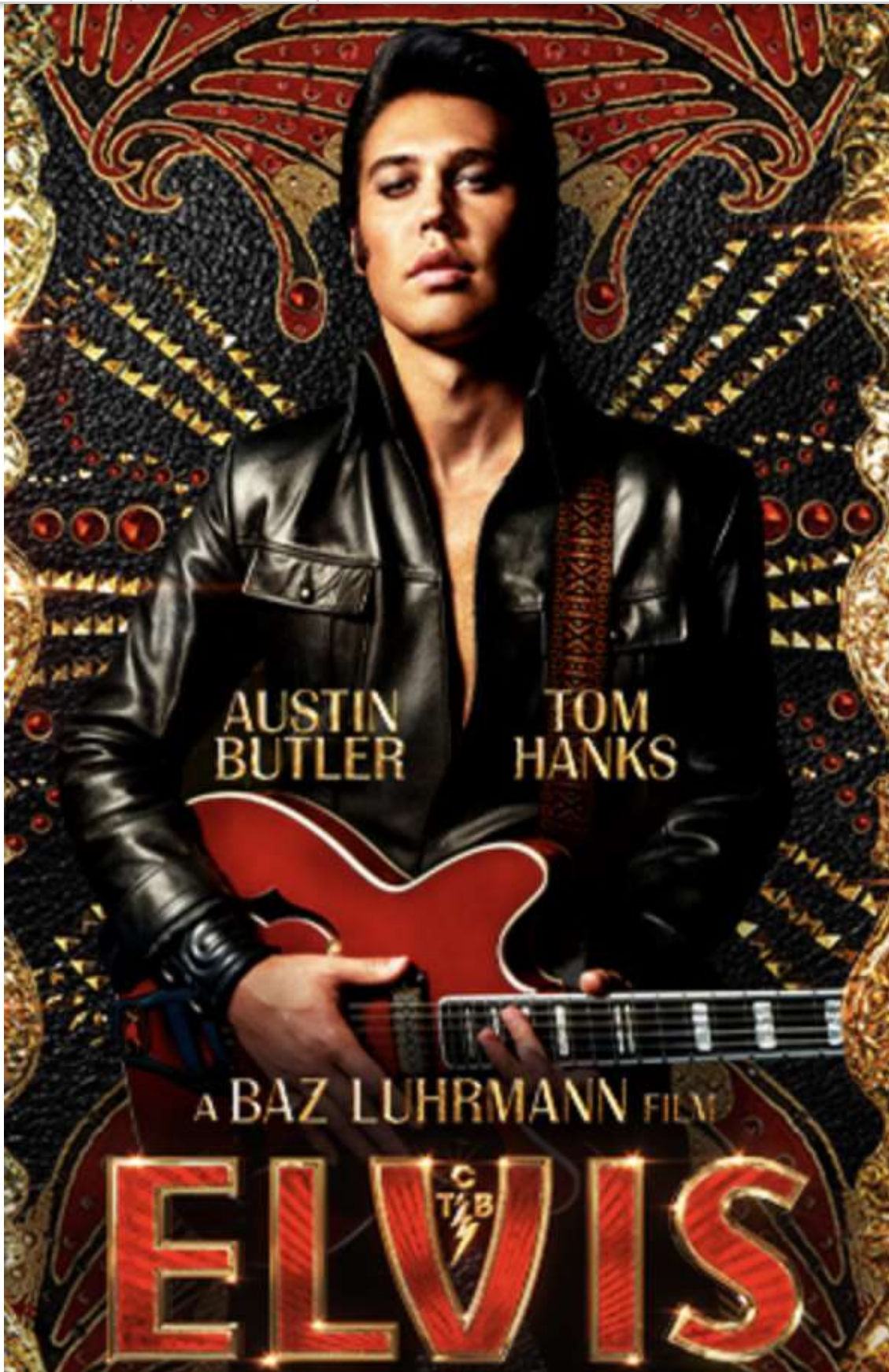
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WHEN: Wednesday, September 21, 2pm Showing 4pm Discussion

WHERE: Sausalito Presbyterian Church Hall (Zoom hybrid discussion)

RSVP: <https://sausalito.helpfulvillage.com/events/3560>

Reverend Paul Mowry and SV Chef Joey Silverman host our monthly Movie Group. Both are graduates of NYU film school, worked in the business in their past lives and are avid film fans. Discussions are always lively!

The film can be viewed ahead of time if you subscribe to HBO Max or rent it on Prime Video. Otherwise, join us at Sausalito Presbyterian Church Hall for a viewing of the film at 2pm.

PLOT: The life of American music icon Elvis Presley, from his childhood to becoming a rock and movie star in the 1950s while maintaining a complex relationship with his manager, Colonel Tom Parker played by Tom Hanks.

Discussion will be both on zoom, for those who have seen the film and do not want to come in person, and live at the Church Hall at 4pm.

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## What is the role of a Queen Consort?

***Note: Sausalito Village has many members and volunteers who are originally from the UK and we would like to acknowledge their loss of a leader that many have known for their entire lives as their Queen. She was undeniably a woman who dedicated her life to serve the people of the British Monarchy and did so for 70 years with dignity and grace.***

Excerpted from YahooNews.com

Following the death of Queen Elizabeth II, her eldest child Prince Charles has ascended the throne to become the King of the United Kingdom.

The Duchess of Cornwall, who has been married to Prince Charles since 2005, will not become Queen because the throne can only be inherited and cannot be taken by members who married into the royal family.

However, earlier this year Queen Elizabeth II announced that it was her “sincere wish” that the Duchess of Cornwall will be known as Queen Consort when Prince Charles becomes king.

It marks a significant U-turn after Camilla took the lesser title Princess Consort



first wife, Princess Diana, in 1997.

Traditionally, the wife of a reigning king is given the title of the Queen consort. She is crowned and anointed at the coronation ceremony.

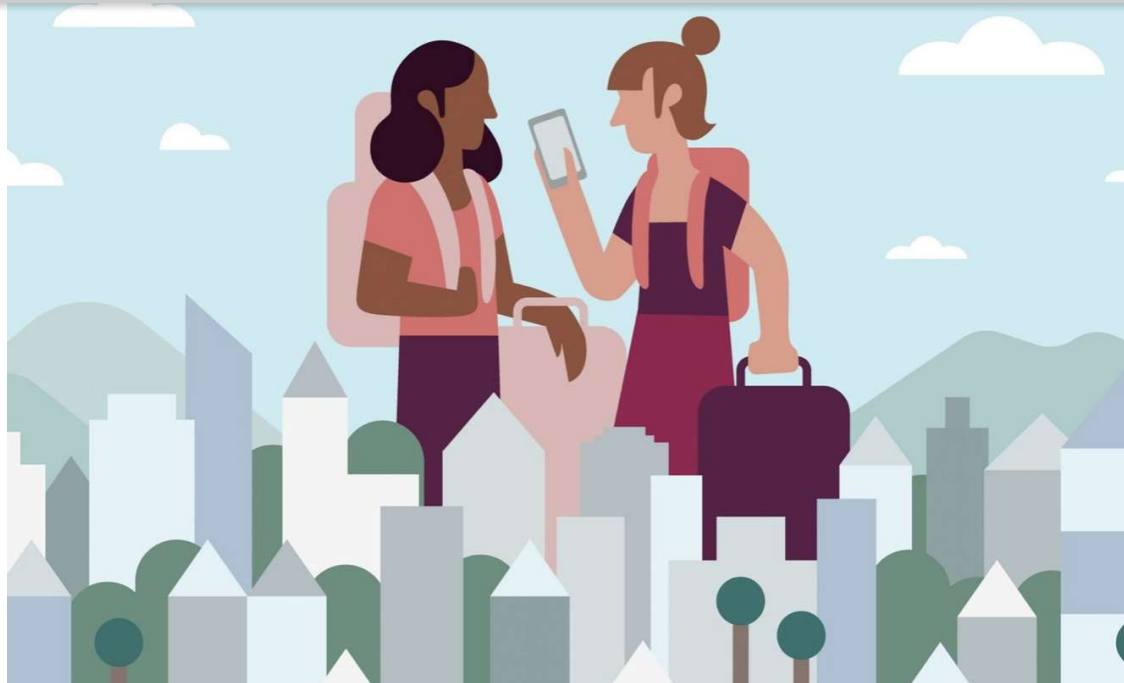
“Unless decided otherwise, a Queen consort is crowned with the King, in a similar but simpler ceremony. If the new Sovereign is a Queen, her consort is not crowned or anointed at the coronation ceremony,” the royal website reads.

The Queen consort's primary role is to "provide companionship and moral and practical support" to the reigning monarch, Buckingham Palace said.

Read the entire story [HERE](#)



## Explaining the Royal line of succession



## What is a digital nomad visa? and 10 Exotic Places You Can Work With One

Excerpted from Readers Digest

A digital nomad visa makes it possible for people to legally work remotely from outside their home country. Unlike a tourist visa (which has a short time limit) or residency visa (which is open-ended), a digital nomad visa covers remote workers who want to stay in a country for more than three months, says Tim Leffel, a digital nomad who has interviewed more than 100 expats in his long career as a travel writer. In other words, with a digital nomad visa, you can get paid by your U.S.-based company while working remotely from Costa Rica over the winter.

These visas generally target workers who can perform their jobs from anywhere in the world, says Patrick Ward, the founder of NanoGlobals, an expert-led platform that helps tech companies tap into global markets. Many come from the technology sector—think software development and other [in-demand jobs](#). But since digital nomads just need a laptop and internet connection to get the job done, they're often in careers such as digital marketing, content creation, e-commerce and web design.

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can often extend your digital nomad visa at least once.

While it's not clear who hosts the most digital nomads, more than 40 countries have either launched a digital nomad visa or announced that they'll have one in the future. (The United States isn't one of them.) Here are some places where the digital nomad visa is up and running.

Click [HERE](#) to read the rest of the article and all of the countries you can visit with your digital nomad visa!



## Support Marin Villages Pop-Up Thrift Boutique

Donations of items accepted Wed/Sat through September 17th

Marin Villages is taking donations for the Pop-Up Thrift Boutique at the Northgate Mall. You can drop off your gently used goods either **Wednesdays, noon – 4:00pm**, or **Saturdays, 10:00am – 4:00pm**. The dropoff location is indicated in the image below. It is the back entrance to what used to be H&M, across the parking lot from Home Goods, and just to the left of Bank of Marin—between the door to Bank of Marin and the entrance to the mall on that side. Either the door will be open or ring the bell and a volunteer will help you. Look for the A-frame sign outside the door along the red emergency lane.

They will gladly take women's, men's, and kids clothing & shoes; jewelry; artwork; kitchenware; home décor; linens; and more. Please note we are NOT accepting books, CDs, skis, women's or men's suits, large furniture, or computers and monitors.

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([xerty.10@gmail.com](mailto:xerty.10@gmail.com) or (415) 388-7832).

Marin Villages is a 'hub and spoke' model village that services all areas of Marin outside of Sausalito and funds raised will go to supporting their programs.

(Sausalito Village is a stand alone volunteer-based Village servicing Sausalito).

The Pop-Up Thrift Boutique will open in October...more info to come.



## Burning Man is back!

Excerpted from SF Gate

When it comes to large-scale events, few are as stimulating — and overwhelming — as Burning Man. Originally founded at Baker Beach in San Francisco as a casual gathering of friends in 1986, it has now evolved into a weeklong festival-like experience full of costumes, art cars and experimental living in one of the most hostile environments on the planet: the Black Rock Desert.

The event has been postponed for the past two years due to the pandemic, and although it did go rogue in 2021, it's back in full force, starting Sunday. Veterans



elaborate camps fill the seven square miles of desert.

One major element of Burning Man is the music. Despite the logistical challenges of running a sound system in the middle of a dust-filled desert (don't expect to see people playing vinyl), there are a ton of opportunities to lose yourself to a live DJ.

But if your ears need a break, there's a wealth of more meditative activities on the menu, like a hammock forest, late-night synesthesia, hypnotherapy and communal peppermint bomb breathwork exercises.

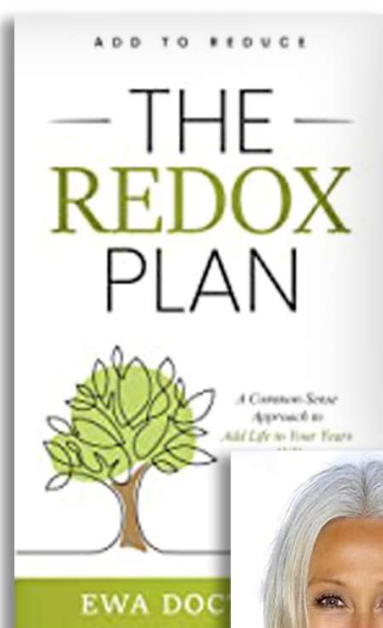
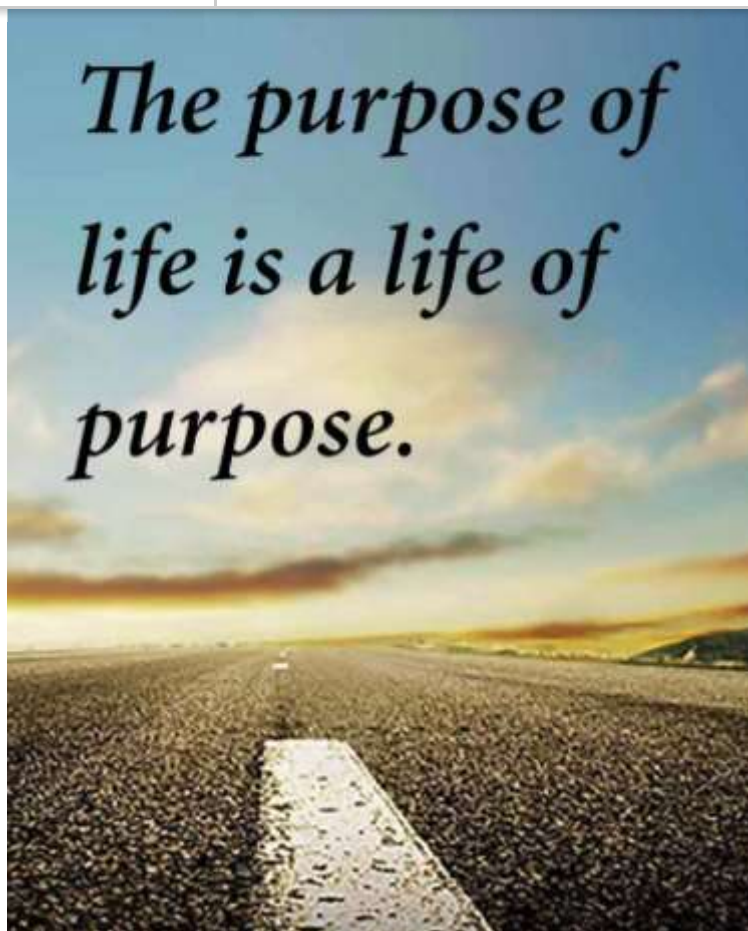
For those feeling more active, you can stack and climb milk crates (with a safety harness), work out in a pink gym, or test your aim at stations for throwing all sorts of dangerous projectiles. Safety will certainly be stressed at those experiences, and for those who want a little extra protection for the weekend in general, a bikini-armor crafting workshop is recommended.

This year has a special emphasis on consent, a crucial component given that so many experiences on the schedule involve sex, from after-hour orgies and flogging to black-light bondage and naked cheese parties. For those coming as couples, a workshop on how to navigate such a changed environment while in a relationship would probably be a good time investment, as would be the Buddhist polygamy session. If you're not in a relationship, the art of flirting and cruising might be useful.

In addition to exploring the human body, there are plenty of options for expanding one's mind. Look for educational sessions on quantum physics (fueled by Italian coffee), the intersection of AI and astronomy, surgery and psychedelics, and because this is 2022, there'll be plenty of blockchain conversations to avoid. And for those who want to take their consciousness to a truly unique level, well, you can spend a few minutes pretending to be a cat.

Read entire article [HERE](#)

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**September 20th, 6pm**

**Ewa Doctor**  
***The Redox Plan***

The author, who is a Planetary Health Nutritionist (think how food impacts your body as well as the planet!), has penned a slim guide with simple tools to create positive habits in your life and benefit the planet.

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## Sausalito Books by the Bay - our favorite bookstore!

100 Bay Street, Sausalito

Look what else is on the Books by the Bay Calendar in September:

September 13th, 5:30pm

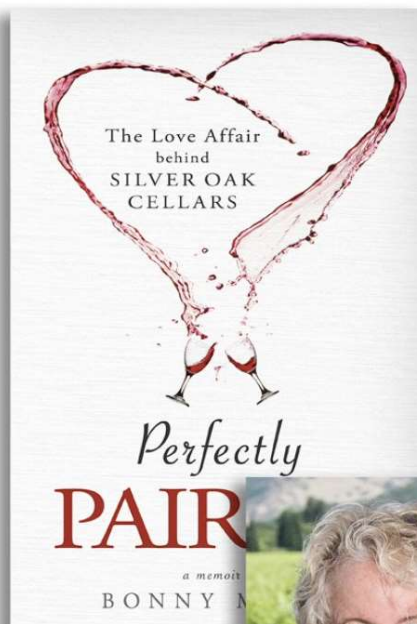
Book Club By The Bay Discussion: *Horse* By Geraldine Brooks

September 14th, 6pm

Author Phil Gioia - *Danger Close* - in person event

September 15th, 6pm

Author John Hagel - *The Journey Beyond Fear* - in person event



September 28th, 5pm

### Tales Of Love & Wine

**Bonny Meyer**  
*Perfectly Paired*

**Sausalito Woman's Club**

120 Central Avenue

\$25 includes a copy of the book and the winetasting. Proof of vaccination required to register & attend.

RSVP to [Cynthia.nimmo@gmail.com](mailto:Cynthia.nimmo@gmail.com)

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Stretch and Strengthen with Rayner will be back on September 19th, live on zoom 11am. Register on the SV Calendar for the zoom link if you are new to class.



## The most popular snack food in each state



To determine the rankings, Wise Voter first compiled a list of 20 classic snacks, running the gamut from sweet (e.g. Reese's, Chips Ahoy, Skittles) to salty (Pringles, Tostitos, Fritos) to sweet-and-salty (trail mix). Some offerings, like Sour Patch Kids, stand in a category of their own. And while Cheez-Its, Cheetos, Doritos, and Goldfish can definitely be described as salty, they're a bit more aptly characterized by their cheesiness. In short, there's a little of almost everything on the list—but it's possible your go-to treat didn't make the cut. Pretzels and popcorn are conspicuously absent, as are Oreos, Ritz crackers, and plenty of other name-brand products.

Wise Voter then used Google Trends data to identify which of its 20 chosen snacks was searched the most in each state. The clear winner was Doritos, the first-place finisher in 23 states, from Oregon to North Carolina. As you can see on the map, the flavored tortilla chips seem to have a particularly strong hold over the Midwest and South. M&Ms, meanwhile, have a near-monopoly over New England and the Rocky Mountain states.

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## Test your knowledge of Millinnial Slang

Excerpted from Opelika-Auburn News

### Keep it 100

"Keep it 100," with the number often being replaced by the 100 emoji, is synonymous with "keep it real." Keep it 100 can also refer to staying true to yourself and your values, respecting others and acting with integrity, keeping things above board if you will.

### Thirst trap

"Thirst" or "being thirsty" is a way to describe lusting after someone, usually desperately. This slang birthed another phrase, "thirst trap," used to describe photos a person posts on social media. A thirst trap is a photo that people post with either the obvious or subtle intention of getting others to lust after them and post comments that boost their ego.

### Glow up

When you "grow up" but have an unbelievable, Ugly Duckling-like

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changes in personality as well as someone's drastic style evolution. Celebrities who have "glowed up" include Matthew Lewis from the "Harry Potter" films, Jonah Hill and Kylie Jenner.

### Gucci

While Gucci is the trademarked name of a luxury Italian fashion company, among millennials the word isn't used to refer to handbags. Instead "gucci" in slang is a synonym for cool, good, fine or OK, so if something is "all gucci," it's "all good."

### On fleek

Meaning "very good" or "on point," "on fleek" was coined on Instagram specifically to describe someone's snatched, well-groomed eyebrows. Nowadays, one's outfit, car or report card could all be described as "on fleek."

Read the entire story and lots more samples [HERE](#)



**Incredibly shy 9 year old until she starts singing "I put a spell on you" and the audience goes wild**





## Time blindness: is this the real reason you're always running late?

Excerpted from Stylist.com

Most of us have that one chronically late friend (or maybe we are that friend), who, for all their efforts, can't seem to make it to gatherings, events or even work on time.

They might even have something called time blindness. Time blindness is the difficulty or inability to sense time passing, so for them, it might not feel like time has actually passed, meaning they may struggle with punctuality.

It's not just a character quirk; in some cases, it can be a symptom of neurodevelopmental disorders, including attention-deficit/hyperactivity disorder (ADHD) and autism. But people without these conditions can still experience time blindness.

While many of us have an innate clock that lets us know how long it's been since we turned the kettle on, or can sense when the bathtub might overflow, some people struggle with this perception of time.

People with ADHD might fare the worst with time blindness, though, and occupational therapist Zara Harris says people with this condition experience more job changes than the general population, citing time-keeping as the number one cause.

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- Losing track of time because of distractions
  - Feeling like you don't have a good 'internal clock'
  - Poor time management
  - Impulsivity
  - Boredom
  - Losing track of time during transitions
  - Procrastination
- 



## Line Dancing continues through September Tues/Thurs 4pm

Come join the fun!

Want to get exercise, have fun, work your brain, and learn dances you can do with or without a partner while being socially distanced?

Ever wanted to learn the Hustle, Cupid Shuffle, or latest dance challenge, Jeruselema? Now's your change!

Music is a mix of R&B, funk, Latin, pop, disco, gospel, jazz, and international. Sorry, not much country. No pressure, just good fun!

Classes taught by Laurie Reemsnyder

WHEN: Tuesdays 4:00pm-5:00pm for Beginner/Intermediate

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WHERE: Exercise Room, Downstairs in Sausalito City Hall, 420 Litho Street,  
Enter through Parks and Rec door off Bee Street

COST: Free, Donations accepted at the door

RSVP and more info on the SV Calendar:

<https://sausalito.helpfulvillage.com/events>



## Monarchy timeline: from Hastings to the Windsors in 122 moments

Excerpted from History Extra

Historian Tracy Borman selects 122 significant moments in the history of the

## 1066, Edward the Confessor dies

Edward the Confessor dies, and the English throne is taken by his brother-in-law, Harold Godwinson. Harold sees off a Norwegian contender but is defeated by William of Normandy at the battle of Hastings.

## 1069, the 'Harrying of the North'

When a new revolt breaks out in northern England, William the Conqueror responds by burning villages to the ground, destroying crops and livestock, and slaughtering thousands of men and women in a campaign dubbed the 'Harrying of the North'.

## 1086, the Domesday Book is completed

The Domesday Book is completed. This vast survey of William's kingdom is meant to assess its wealth and settle arguments about landownership after 20 years of conquest.

And the rest of the history [HERE](#)



## This is the age at which you will be the



## scientists

Excerpted from GQ

People are happiest with their lives over the age of 50.

Experts found that in 145 countries, that's when most people felt the most content in their lives. The peak, actually, is considered the ages of 60 to 75. It is called the "curve of happiness", which is U-shaped because it is the point in our journeys when we are more settled; both from a professional and a personal point of view.

Age isn't the only factor; it's when several aspects of our lives align to give a certain sense of mental and emotional contentment. One of the most key—according to Temma Ehrenfeld, writer and editor at Psychology Today, is friendship. In a study that took into account over 200,000 people, the results showed that the ones that put a high value on having quality friendships and nurturing those friendships had happier, fuller lives—even more so than people who focused on family!

So while you might still be a long way to peak elation, there is a way to start being happier now. Make time for your friends, and treat it as a priority instead of something that exists on the side. Choose to nurture your friendships by investing both time and energy in the lives of friends that matter—and even widening your net to meet new people. The more flourishing friendships you have in your life, the more you're likely to smile through it...

Read entire story [HERE](#)

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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](mailto:SausalitoVillageRSVP@gmail.com)**

**Rides available to all Sausalito seniors with CARSS**

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

RSVP for Monday, September 26th Sing Along/Concert  
with hosts Juli Stewart and Elin Hyytinen

More info and RSVP

<https://sausalito.helpfulvillage.com/events/3387>



## The History of California's Inmate Firefighter Program

Excerpted from Smithsonian Magazine

Since World War II, California has relied on a unique group of firefighters to battle its conflagrations: inmates. Prisoners who want to enter the Conservation Camp Program must meet security requirements and undergo two weeks of training. The all-inmate crews live in so-called fire camps and are led by personnel from the California Department of Forestry and Fire Protection, or Cal Fire. They earn between \$2.90 and \$5 a day depending on their duties—and slightly more when actively fighting a fire. Though their numbers have fluctuated over the years, they have often comprised approximately one-third of California's firefighting force.

Fighting wildfires requires a different approach than extinguishing structural fires, which mainly affect residential or commercial buildings. First responders combat these infernos both

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proximity of blazes that devour acres of vegetation and can morph in size and speed in unpredictable ways. In California, inmate firefighters form handcrews, creating breaks in vegetation and carving out swaths of barren soil that deny flames fuel to go further. They eke these precious perimeters out by hand, using chainsaws, shovels and axes.

Former inmate Adam Azevedo says his experience as a firefighter was transformative in shaping his own identity. “I don’t want to be hyperbolic here, but I would say that going to camp the first time gave me a sense of value for myself,” he explains. Recalling the trust of his leaders and saving the lives of two people, he says it “started at least a belief in myself that I could be good at something good, good at the right thing.”

Proponents of the program emphasize the relative freedom; better conditions in fire camps, where inmates can reside for up to seven years; and opportunities to learn new skills. (Criminal records have made many Cal Fire roles inaccessible for formerly incarcerated firefighters, but a bill signed in 2020 eased the barriers for those pursuing jobs upon their release.) Critics, on the other hand, argue that the initiative exploits prisoners. For their difficult and dangerous labor, inmates earn just dollars a day.

There is more to this story, read it [HERE](#)



## A Conversation with Louis Bershad

Hosted by ESCOM (Emeritus Students College of Marin)

Wednesday, September 14, 2022

In-person at the Kentfield ESCOM Center at 10:30 am - 12:00 pm or

Online with ZOOM at 11:00 - 12:00 pm



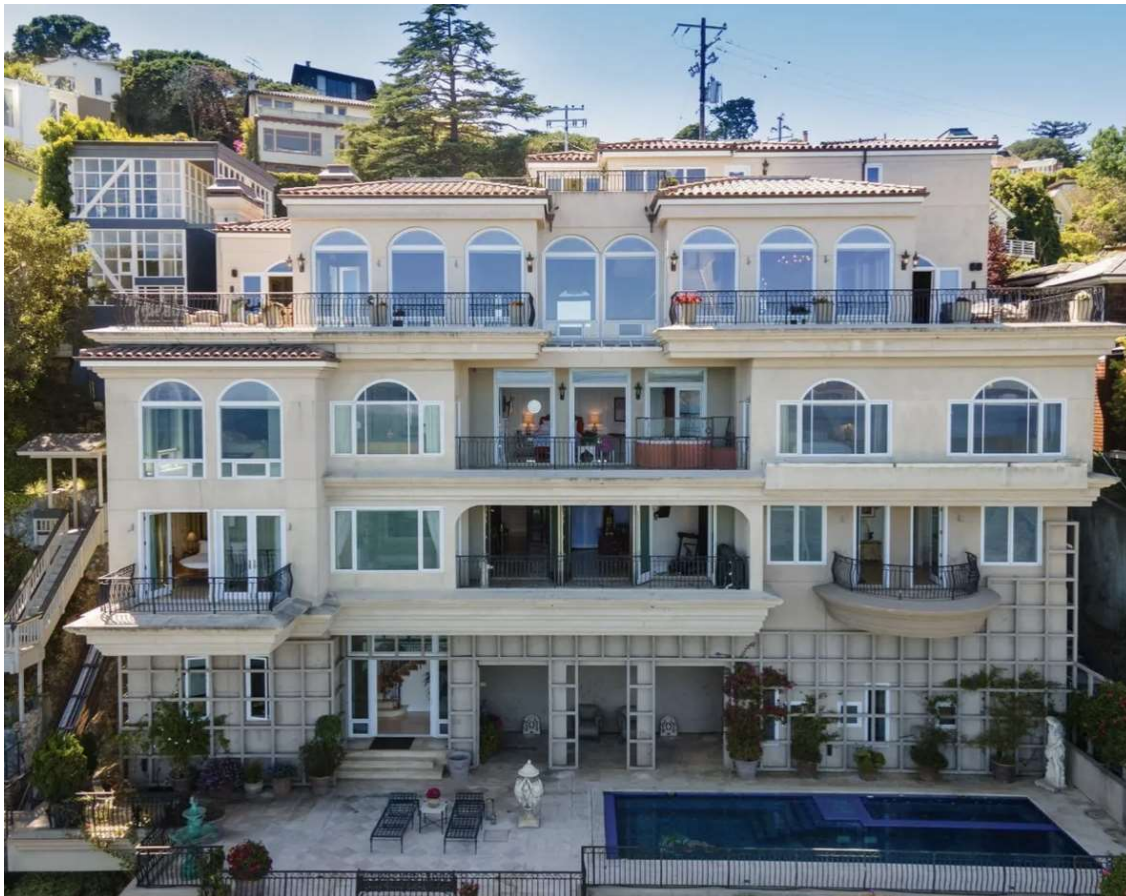
Enjoy coffee, tea, pastries and good friends in the ESCOM Center on the Kentfield campus.

(835 College Avenue, Student Services Building)

Louis is a graduate of the College of Marin and the founder of SDB Partners, Inc., an agency representing theatre, film and TV actors, in Beverly Hills. His company has provided cast members for high profile jobs for more than 40 years. He is a long-time member of ESCOM who is very active in the film business and in the mentoring of younger actors.

Louis represents ESCOM's ideals of life-long doing and lifelong friends, and will be sharing his exciting experiences with us.

Interested in learning more about ESCOM? Click [escom marin](#)



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## Looking to 'Up'size in Sausalito? We have the house for you!

Offered at \$19,950,000



7 Beds | 6 Baths | 1 Half-Bath

Offered at \$22,500,000

6 Bulkley Avenue is a magnificent mansion over downtown Sausalito Bridgeway with 10,783 sq. ft., 7 bedroom, 6.5 baths on 0.7645 acre lot features Italian marble floors, French painted ceilings, grand staircase, gourmet kitchen, elevators to all floors, 4-car garage, pool with steam shower and sauna, exercise room, spacious wine cellar, lush gardens, multiple terraces to enjoy the panoramic views of entire San Francisco skyline, Bay Bridge,

Angel Island, Belvedere Island, Tiburon and East Bay. Extreme high quality custom built for current owner, construction took four years completed in 2000. Great Banana Belt weather protected from wind and fog. Walking distance to downtown Sausalito's Ferry, restaurants and stores. This is a rare chance to own the finest home in Sausalito.

Interested? Call your favorite real estate agent today before its gone!  
Click [HERE](#) for more photos





## Does metabolism increase with exercise?

Excerpted from Fit and Well

The short answer is yes, temporarily. Any kind of physical activity requires our bodies to produce more energy. The more vigorous that activity, the more energy our bodies need. So the chemical processes involved in our metabolic rate work harder to replenish our energy stores by burning extra calories.

However, as soon as you stop moving, your metabolism starts to return to its usual resting rate, usually within an hour or so.

There are also lots of other factors(opens in new tab) that affect our metabolism, such as genetics, age, sex, weight, diet, hormones, and even underlying health conditions. So it's not easy to predict whether a certain exercise will override these factors and boost your overall metabolism.

Recent studies (opens in new tab) have shown that certain exercises, such as high-intensity interval training (HIIT), can help to increase your metabolic rate for longer.

According to the Journal of European Clinical Nutrition(opens in new tab), strength training, or resistance training, has also been found to increase the

Ultimately there is no magic pill or secret exercises that have super metabolism-boosting properties. Don't worry too much about the type of exercise you're doing, just do something you enjoy and can do consistently.

Read entire story [HERE](#)



## Auckland Is the World's Spongiest City: How Other Cities Can Follow

Floods are becoming more common as climate change continues, but there is a way that the globe's low-lying cities can reduce destruction: sponginess. A recent report named the most "spongy" cities in the world, with Auckland coming out on top. So how did **New Zealand's largest city** increase its sponge factor? Since 2016, officials have worked to remove the concrete from one of Auckland's urban streams and **restore it with native vegetation and filtering wetland plants, which soak up excess water.**



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designed to need so that the houses don't, said Pacey, chair of one of the local boards in the Auckland city council, told the BBC. Other cities, like London and New York, can follow suit with similar measures that increase absorption when floods do come, like **adding rooftop gardens to buildings and swapping concrete for gravel**. Mark Fletcher, who co-authored the “spongy city” report, said: **“Sometimes quite innovative things can be quite simple in concept.”**

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**Where did the words for these snack foods come from?**

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# FRIDAY PUZZLE

## Guess the skyline



What city are you looking at?

Answer at the bottom of the newsletter.

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Regional pizza styles



## Scientists Plan to Digitize the DNA of All Known Species on Earth

A network of around 5,000 scientists from across the globe are working together toward a common goal: sequencing and

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Researchers hope the massive effort, called the (check link for full story) [Earth BioGenome Project](#) (EBP), will **protect biodiversity and help save species on the brink of extinction**. “This is absolutely urgent,” researcher Joanna Harley told CBS News. “It’s really important to protect species on this planet. They share with us and they keep us going.”

The project, which first launched in 2018, has set a goal to sequence 3,000 genomes by the end of 2022, but the end game is much larger. The EBP plans to have a complete DNA catalog of **all 1.8 million named species of plants, animals, fungi, and single-celled eukaryotes**. One of the scientists working on sequencing, Mark Blaxter, said the project will ultimately benefit plants, animals, and humans alike. “**Everything’s interconnected**,” he said. “We need the services that these plants and animals and fungi give us ... so by understanding how they do it, we can help humans as well.”

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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](http://www.carss4you.org) or call **(415)944-5474** or [infocarss4you@gmail.com](mailto:infocarss4you@gmail.com)

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Enjoy an hour of Disco Fever!



Answer to todays puzzle:

You might be surprised to find out it's just Long Island City, a neighborhood in Queens, NY.



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*For information about our programs, events,*

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