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Photo by Mary Ann Coral 'Early morning paddle at Seatrek'

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:

<u>SausalitoVillageTips@gmail.com</u>

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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! <u>CLICK</u> HERE

Here are a few highlights in the coming 2 weeks:

- October 2 Tales from the Trails
- October 3 Stretch and Strengthen with Rayner
- October 3 City Council Candidate Conversations with Rev Paul
- October 4 Book Review Morning Group
- October 6 Dr. Matt Willis on Covid and Beyond
- October 9 Line Dancing Workshop
- October 10 SV Hosted Understand Palliative Care
- October 11 AFS Trip to Stafford Lake w/free lunch and van

NOTE: Waitlist only for Guo Pei exhibit

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'In Conversation' with the City Council Candidates

Join us for these special one-on-one interviews with each of the four candidates hosted by Sausalito Village

WHEN: Monday, October 3, 4:00-6:00

WHERE: Zoom

RSVP for Zoom Link to be sent to you:

https://sausalito.helpfulvillage.com/events/3630

Pastor Paul Mowry will be leading in-depth, one-on-one personal interviews with each of the four Sausalito City Council candidates who

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This will not be a typical candidate debate. Instead, think more like the 'Actor's Studio' interviews. It is an opportunity to learn more about the candidate as a person before you cast your ballots.

Who are the candidates?

Jill Hoffman, Joan Cox, Timothy McCloud, Jeff Jacob Chase

Click to read more about the candidates on the City website HERE



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Photo credit: Marin Master Gardeners

October 2022 UC Marin Master Gardeners tip on Fire-smart landscaping

Right Plant, Right Place - Plan Your Garden

With the implications of climate change, we need to adapt and be more mindful planning our gardens, including what to plant. There are no fire-resistant plants since all plants can burn. Plant spacing, size, and maintenance are more important than type of plant. Rather than focus on individual plant species, think about growth habits and plant characteristics.

Consider:

- Drought tolerant plants, low-growing non-woody shrubs and deep-rooted trees with thick bark, leaves over needles.
- California natives, that add critical biodiversity for pollinators, can use less water once established and can stay hydrated longer.

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In general, avoid plants and trees that:

- Tend to build up dead thatch inside or under a green surface layer.
- Produce and shed excessive dead, dry, or fine debris that can become fuel for fire.
- Are Invasive.

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

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



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event calendar for the zoom link if you are attending for your first time.



This African Plant Is the Brightest Object in the World

Excerpted from My Modern Met.com

With shiny, iridescent berries that look like little Christmas ornaments, *Pollia condensata* takes home the title of the brightest living matter in the world. Also known as the **marble berry**, this fascinating perennial plant grows in the forests of Central Africa. Growing up to 3 feet tall, the plant sprouts clusters of up to 40 electric blue berries.

Its smooth surface is reflective, just like a mirror. And just below the surface sit multiple layers of special cells made from cellulose fibers. These layers reflect a

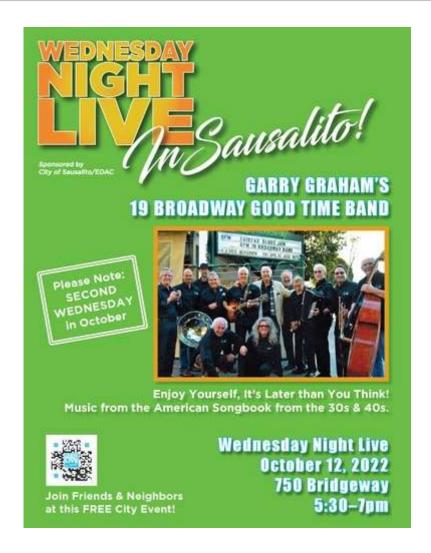
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then filters down through the remaining layers, like a sieve. The light reflected through each layer is exceptionally bright and produces strong colors in an effect known as Bragg reflection.

Interestingly, these shiny baubles aren't edible. The berries effectively act as a husk and are filled with seeds. This is also part of the reason that they are so durable, retaining their shape for years. Researchers believe that the plant relies on its berries looking similar to those of another blue plant that grows in the area. Birds mistakenly munch on marble berries, helping spread their seeds.

Read entire story **HERE**



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SV Member Jerry Spolter is in the 19 Broadway Good Time Band.

Let's support the band and enjoy the music of the 30's and 40's.

WHEN: Wednesday, October 12, 5:30-7pm

WHERE: Cascais Plaza in front of the Sausalito Center for the Arts

(previously Bank of America)

Need a door to door ride? Call CARSS by October 9th to reserve a ride. Call 415-944-5474

Wednesday Night Live are sponsored by City of Sausalito and EDAC



Mark your calendar!

Sausalito Village Hosts Understanding Palliative Care

WHEN: Monday, October 10th, 4:00pm - 5:00pm

WHERE: On zoom

RSVP for a reminder email the day before: HERE

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Sarah Sedki will give us an overview of pallative care and help dispell the mystery behind it.

Dr. Sarah Sedki is a hospice and palliative care physician who has experience treating seriously ill patients in the hospital, in the office, and at home. Sedki received her medical degree from the Columbia University Vagelos College of Physicians and Surgeons. She then completed a residency in Internal Medicine at the Weill Cornell Medical Center/New York-Presbyterian Hospital, followed by a fellowship in Hospice and Palliative Medicine at University of California San Francisco. She currently practices home-based palliative care and hospice at By the Bay Health.

This meeting will be held via Zoom at the following link:

https://us06web.zoom.us/j/4967189803

RSVP if you would like to be emailed a reminder the day before HERE



Why Are Air-dried Towels So Stiff?

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Why is it that a towel dried outside on the line comes into the house as rigid and abrasive as a piece of beef jerky? The question has stumped scientists for some time, but a research team from Hokkaido University and the Kao Corporation in Japan thinks they might have cracked the air drying code — and in the process, they might have learned something important about water.

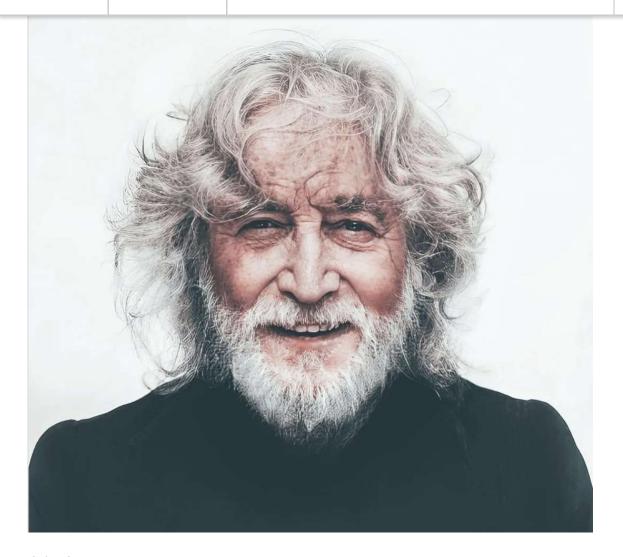
When it comes right down to it, most fabrics (with the exception of silk and wool) that aren't made out of plastic are made out of plants. Cotton is made from the fluffy seed casing of a small shrub, while rayon, modal, viscose, acetate, bamboo fabric and the like are made out of wood pulp. Plants contain a lot of cellulose, an organic compound that helps keep plant cell walls stiff. Cellulose is great at absorbing water, which is why we make towels out of cotton instead of polyester. Water molecules cling to cellulose and climb along it through a process called capillary action — cellulose can even defy gravity in order to pull the water along its surface.

Because water is a polar molecule, meaning one side of it holds a more positive charge and the other end a more negative charge, water is easily seduced by electrical charge. In the study published in the February 2020 issue of The Journal of Physical Chemistry C, the research team found that individual, cross-linked fibers on air drying fabric like a cotton towel actually have "bound water," or water that behaves in unique ways as it adheres to the surface of something because it likes the charge of that thing, which gets sandwiched between the fibers, causing them to stick together.

The experiments conducted by the research team found that bound water on the surface of the cotton fibers created a "capillary adhesion" of the tiny fibers to each other, creating stiffness in the fabric when these little strings glued together.

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John Lennon

Artist Imagines What Celebrities Who Died Young Would Look Like Today Using Artificial Intelligence

Excerpted from digg.com

Istanbul-based lawyer and photographer Alper Yesiltas used Al to imagine what celebrities and famous figures like Princess Diana, Michael Jackson, Paul Walker, Amy Winehouse and others would like had they been alive and aging.

"When I started tinkering with technology, I saw what I could do and thought about what would make me the happiest. I wanted to see some of the people I missed again in front of me and that's how this project emerged.

I am using various software programs. The time it takes for me to create one fully finished image varies, but I would say it takes a while for an image to feel

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Michael Jackson

See the rest of the stars **HERE**

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Two Bay Area restaurants ranked among the best pizzerias in the world

Excerpted from SF Gate

Earlier this month, the annual ranking 50 Top Pizza released its complete guide to the top pizzerias around the globe, which included San Francisco based <u>Tony's Pizza Napoletana</u> as a top 10 spot at No. 10 and ranked <u>Doppio Zero</u> at No. 89, both among a fraction of U.S. restaurants mentioned in the overall world rank. (Doppio Zero has locations in San Francisco, Mountain View and Concord.)

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Age Friendly Sausalito trip to Stafford Lakes

RSVP now!

WHEN: October 11, 2022, approximate times 10am - 2pm (will be confirmed)

Included in this trip is van transportation and lunch thanks to a grant received by Age Friendly Sausalito.

Enjoy the day at beautiful Stafford Lakes in Novato.

RSVP to reserve your spot: HERE

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1st Annual Ice Cream Social Sausalito Village Emergency Preparednesss Captains Invite ALL SV MEMBERS

When: Tuesday, October 18, 2:30pm-4:30pm WHERE: MLK Basketball Court/Gymnasium

Sausalito Village members click to register:

https://sausalito.helpfulvillage.com/events/3625-membershipwide-ice-cream-social-hosted-by-sv-emergency-preparedness

Thanks to Lappert's ice cream for the ice cream and all the toppings!

Here is the schedule for the event:

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3:15-3:30pm - Opening Remarks: Everyone takes a seat at their Neighborhood Group Table and the Committee gives a short opening

3:30-4:30pm - Create and enjoy ice cream sundaes with members in your Neighborhood Group and discuss how you are doing with your emergency readiness

4:30pm - Closing Remarks and Free Raffles!

NEED A RIDE? Call Wendy at Sausalito Village by October 16: (415) 332-3325



Anonymous French Artist Creates Striking Mosaics to Fill in Potholes

Excerpted from NiceNews.com

The city of Lyon, France, is as much subject to urban decay as

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pristine roads. But for one man, there is inspiration in disrepair.

An anonymous artist known as Ememem has been filling in street and sidewalk divots with striking geometric mosaics — colorful bursts of beauty amid the asphalt. "He calls himself the bitumender," a representative for the artist tells Nice News, referencing bitumen, a substance used for paving. As soon as Ememem laid the first tile, "he understood he was going to do it again and again, until the end of his life."

He doesn't speak to media in person or by phone, and he won't allow his face to be photographed — inviting comparisons to anonymous England-based street artist Banksy — but Ememem doesn't shy away from explaining the impetus for his work.

According to his website, which refers to him as a "sidewalk poet," he's interested in "the art of healing the street," believing that his mosaics encourage viewers to reflect "on the care given to what is damaged and the role that we can give to our public spaces."

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FREE Fado at The Pines for Portugal Republic Day October 5th!

The Sausalito-Cascais Sister City Council and the Consul General of Portugal in Sausalito is hosting a Fado Guitar Concert at The Pines Wednesday night October 5 with doors opening at 6PM. The concert features Marta Pereira da Costa who is the first and only professional fado guitarist in the world. She is from Portugal and is doing a US tour. Click for the link with more information about her: HERE

The concert is free, and tickets are limited. The event is limited to 2 tickets per person. Here is the link to register on Eventbrite: <u>HERE</u>

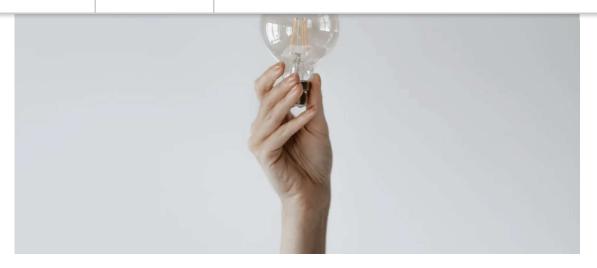
The doors at The Pines will open at 6PM. Lite Portuguese Petiscos will be served in the dining room. No-host wine and beer will be available on the terrace.

This is the third in a series of Portuguese concerts we have been able to bring to Sausalito in conjunction with the Consul General and Camões. We are not allowed to charge for these concerts. Donations to support the Sausalito – Cascais Sister City Program will be appreciated.

The Pines is a special venue, don't miss out!

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Experts on willpower explain how to harness it to achieve your goals and live a successful life

Excerpted from insider.com

Typically willpower is associated with self-control, and people with more self-control achieve better grades and have fewer substance abuse issues, according to research.

So the more willpower you have, the better off you'll likely be in life. But if you feel like you don't have a ton of willpower, can you increase it to lead a more successful life? Turns out, psychologists haven't really settled on an answer to this.

Some argue that it's possible to increase your self-control through practice, including Roy Baumeister, a social psychologist and author of "Willpower: Rediscovering the Greatest Human Strength."

Baumeister points out that many people who seem to have great self-control don't necessarily have more willpower than others: they may just know how to use it more effectively, through tools like implementation intentions and stress management.

So the next time you're in need of some strong resolve, here are a few tips to keep in mind.

- 1. Start with small changes
- 2. Get enough sleep and manage stress levels
- 3. Avoid triggers

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Read the entire article and fuller descriptions of the tips HERE



Estate Sale of Jennie Wasser's sculptures and paintings

Over 150 pieces of fine art

Longtime SV Member, Jennie Wasser, was a prolific local artist best known as the sculptor of the beautiful bronze mermaid located on Bridgeway by the Shell Station.

Last spring, Jennie died unexpectedly and now her original sculptures and paintings will be sold. All will be priced to move - everything must

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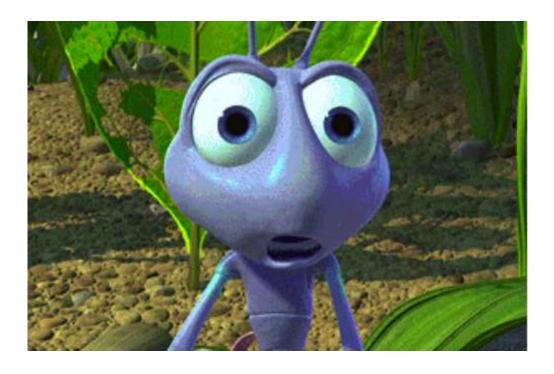
Cash and credit cards will be accepted.

Finger foods and drinks will be donated by Sausalito Village while you shop.

LOCATION: 203 Third Street between Main and Richardson,

Sausalito

DATE: Saturday, October 22nd, 10am - 2pm



How many ants are there in the world???

Excerpted from Morning Brew.com

That's the face you're gonna make when you hear this—researchers at the University of Hong Kong say they've finally calculated how many ants there are in the world, and it's an "unimaginable" amount. They estimate that there are 20 quadrillion ants living on Earth, or 2.5 million ants for every human. If you used a watermelon to lure all of the ants

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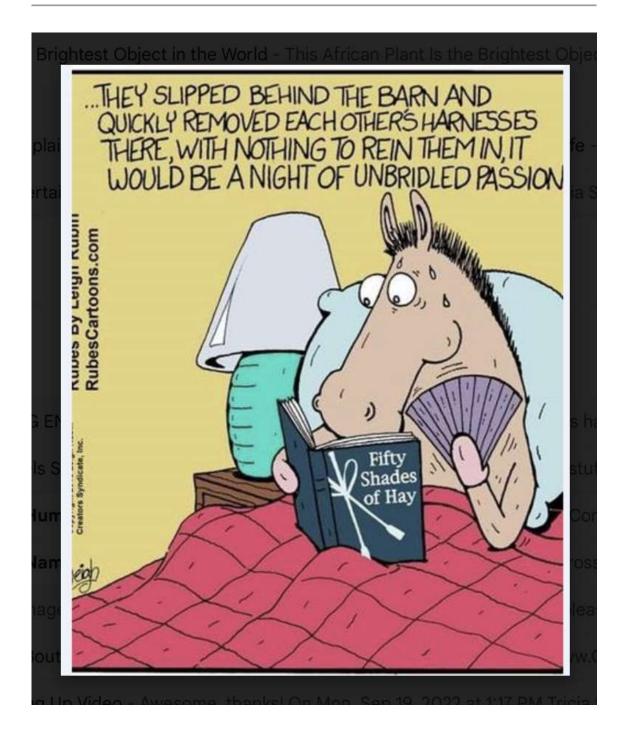


Great shopping bargains and you are supporting Marin Villages!

WHEN: October 6th - 8th 11:00am - 4:00pm

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The reason why the Queen's guards wear the strap under their lips and not their chins

Excerpted from Mirror.com

The guards' hats stand approximately 18 inches tall and weigh around 1.5 pounds.

They are made from Canadian black bears fur and it's reported that it takes one bear pelt to make one hat, which can last for 80 years if cared for properly.

Each regiment puts a slightly different spin on the famous ceremonial hat.

The strap for the hat is placed under the bottom lip instead of under the chin.

This decision to wear the chained strap for headpieces under the lip comes from when soldiers actually fought while wearing them, WalesOnline reports.

If a soldier was shot, the heavy hat could fall backward and cause the soldier's neck to break if they were wearing a chin strap.

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Another theory for why the guards put their straps under their lip is for one regiment to distinguish themselves from others serving the Foot Guards.



SV Member Giveaway

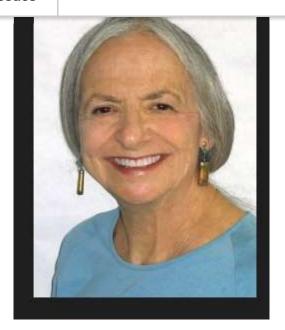
One of our members in Whiskey Springs no longer needs this filing cabinet. The dimensions are 30" W \times 18 3/4" D \times 25"

If you would like this item let us know. The only catch? You need to be able to remove it from her condo and take it away.

Contact: SausalitoVillageRSVP@gmail.com if you are interested.

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Jackie Kudler's Poetry Class at College of Marin

EC | Poetry: From Delight to Wisdom

"A poem begins in delight and ends in wisdom." -Robert Frost

Perhaps it is the rich diversity of America's voices that has elevated its poetry to the highest ranks of world literature. This quarter we focus our study on that American diversity, starting 100 years ago with the ever-provocative, ever-profound work of Wallace Stevens and the ever-current music of Langston Hughes; continuing on through the 20th century into the present, with Nobel Laureate, Louise Gluck; and Ada Limon, a new voice for our own times. Since all poems are distributed, read, and discussed in class, this study welcomes those new to poetry alongside lifelong devotees.

5425 | Kudler | Zoom Virtual Classroom 7 Thursdays 1:10-3pm | Oct 20-Dec 8 (no class Nov 24) \$94

REGISTER ONLINE AT MARINCOMMUNITYED.COM

Jackie is a founding SV Board Member and volunteer. She currently leads our SV Mt. Tam Hikes

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The Sausalito Art Festival Foundation invites you to be among the first to see the newly remodeled Sausalito Center For The Arts (SCA), when we present Art Weekend Sausalito.

Art Weekend Sausalito will be the inaugural exhibition at the newly remodeled Sausalito Center For The Arts. The event will highlight over 100 pieces of artwork from an exceptional group of artists while offering the public an impressive assortment of creative expression.

Proceeds from this juried, benefit art sale with will be donated to SCA to help fund its Phase I Buildout.

Get your FREE ticket HERE

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Multiple Artists









Artist Credit: Top Left, Lisa Kristine. Top Right, Anne Fought. Bottom Left, John Gowan. Bottom Right, Anne-Marie De Rivera

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Weirdest city names in the USA



What is the difference between coyotes and wolves?

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Key Differences

- Size: On average, wolves are taller, longer, heavier, and more muscular than coyotes.
- Range: Coyotes span from Alberta, Canada, through every U.S. state except Hawaii, into Mexico, recently entering Panama; wolves are native to both North America and Eurasia.
- Face Shape: Coyotes tend to have more fox-like noses with pointed ears in contrast to wolves' more rounded ears and snouts.
- Behavior: Wolves are expressive, social creatures whereas coyotes prefer a more solitary life.

Read entire story **HERE**



Human Composting - it is now legal in California!

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Woodpeckers Are Drumming Out Their Own Kind of Song: Study

The loud tapping of a woodpecker in the morning may not be as pleasant as the lyrical chirps of another bird, but researchers say that the animals are creating their own kind of music. A recent study found that a woodpecker's drum is not very different from a songbird's tune.

Both are used to mark territory and attract mates, and **both are controlled by specialized brain structures that don't exist in non-singing birds**, like penguins or ducks. "The structures are similar in size and shape and are similar in terms of where we find them in the brain," co-author Matthew Fuxjager explained to NBC News.

The sounds made by woodpeckers and songbirds also have parallels to human speech, as all of the vocal behavior is learned early on in development and humans control speech with the same "specialized forebrain circuits" found in the birds, the study said. So if you find yourself getting annoyed by the incessant pecking of a woodpecker in your yard, consider thinking of it as more of a song — and if that doesn't work, maybe find some noise-canceling headphones.

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Brain Teaser:

A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?

Answer at the bottom of the newsletter.

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Larkspur man completes 91-day solo kayak voyage from Monterey to Hawaii

Excerpted from San Jose Mercury News

After 91-plus days alone on the Pacific Ocean, Larkspur's Cyril Derreumaux completed his solo kayak adventure from Monterey to Hawaii, arriving at Hilo Bay on Tuesday.

Derreumaux's arrival at Hilo Bay capped what was essentially a fouryear journey starting from the moment he initially began preparing for this voyage. The COVID pandemic delayed his initial attempt in 2020. Derreumaux embarked on an initial attempt in June 2021, only to see it get interrupted after just six days by bad weather and a damaged sea anchor. Derreumaux had to be rescued by a U.S. Coast Guard helicopter.

All told, the 2,400-nautical-mile journey took 91 days and 9 hours. Derreumaux departed from Monterey on June 21 and arrived in Hawaii on Sept. 20. Derreumaux made the journey on "Estelle", his 23-footlong kayak.

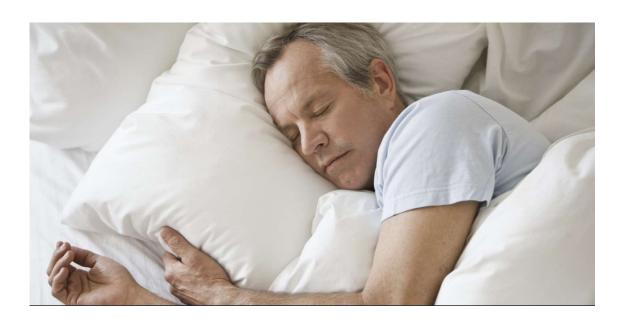
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calories a day but used up 8,000 calories while rowing for an average of 9 to 9.5 hours per day.

The journey took 24 more days than Derreumaux expected, forcing him to ration his food during the latter stages. Derreumaux also had to change his target destination from Honolulu to Hilo.

Derreumaux, 46, was born in Lille, France, and has lived in Marin for the past 14 years. Derreumaux is working on a documentary about his adventure and hopes to write a book. More information about his journey can be found on his website, www.solokayaktohawaii.com.



Do You Sleep on Your Back or Side? Here's The Research on 'Optimal' Sleep Positions

Excerpted from Science Alert.com

Most people prefer to sleep on their side. This is good to hear, as those who lie on their backs are more likely to be poor sleepers or have breathing difficulties during the night. **Past Issues**

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spent about 54 percent of their time in bed sleeping on their side, about 37 percent on their back, and about 7 percent on their front.

Males (especially those aged under 35) tend to be most restless, with moreposition shifts, and arm, thigh, and upper-back movements during the night.

This may not be a bad thing, as allowing your body to move during the night is generally a good idea.

During sleep, your body will keep track of any pain or discomfort and adjust position accordingly. This is why we usually avoid developing bedsores (or pressure ulcers) in everyday life.

If you find you can't move because your partner (or dog) is taking up too much room in the bed, consider switching sides or getting a larger bed.

And don't tuck yourself in too tightly; give yourself some room to move around on either side.

Being comfortable is key. There is no quality research providing clear evidence for an "optimal sleep position". Your age, weight, environment, activities, and whether you're pregnant, all play a role in which sleep position is best for your body.

Ideally, we can find a position that helps us get a good night's sleep, and one that avoids us waking up in any pain.

Even with our chosen position, some layouts are better than others. In one study, people who rested in a position where there is a rotation of the spine (such as the unsupported side position), woke up with more pain in the morning.

Nonetheless, although some forms of side-sleeping may cause a bit of load on the spine, it appears the side positions, in general, are still better than the other options.

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The History of the London Tube Map - it was almost very different!

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PLEASE COME TO THIS EVENT



Youth Transforming Justice OCT. 12, SWC, 5:00 P.M.

Everyone is welcome. Vaccine required. Presenters: **Don Carney**, Exec.Director Youth Transforming Justice and **Talia Harter**, San Rafael high school teen cannabis prevention trainer.

Community Enhancement Committee Sausalito Woman's Club 120 Central Ave.

Hosted by Sausalito Woman's Club

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27 untold facts about the Declaration of Independence

Excerpted from NewInterestingFacts.com

1. The Declaration Wasn't Signed By Everyone on The 4th of July.

Although the documents were adopted on the 4th of July, many signers only signed them by August. One reason was that <u>New York</u> delegates only received an authorization on 9th July. The declaration took approximately two weeks to be re-written in clear handwriting.

2. The Declaration had Five Writers.

Many people believe that Thomas Jefferson was the sole writer of the documents, but it required the effort of five writers to complete the declaration. Thomas Jefferson was the primary author, but John Adams, Benjamin Franklin, Robert R. Livingston, and Roger Sherman were all included in the writer's committee.

3. The Documents Had A Ton Of Trails And Errors

All forms of documentation are rarely perfect the first time you write it, and it was no different for the Declaration of Independence. Although Jefferson created the original draft, tons of edits ensued before the Declaration Of

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4. There Weren't Many Celebrating The Declaration in Its Early Days.

Although it has become a public holiday, the Fourth Of July celebration had to wait a few years before it was acknowledged by the extended public. The main reason for this delay was the fued between John Adam's Federalists and Thomas Jefferson's Republicans.

The two parties disagreed on the signing of the declaration. But it started to be celebrated more after the Federalists exited the political scene around 1812.

5. The Message Behind the Declaration of Independence

Did you know that the Declaration of Independence hides a small but very cool detail? There is a 'not-so hidden' message that you can see behind the document. However, it is upside down, but the statement reads, "Original Declaration Of Independence Dated 4th July 1776".

It doesn't mean anything but serves as a label or stamp and a reminder of when it came into existence.

Read the rest of them **HERE**

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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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If you missed the SV trip to Rancho Nicasio to see Charlie Musselwhite, enjoy an hour of his music here



Answer to todays puzzle:

ANSWER

The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry.

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

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