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Photo by Rayner Needleman

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

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What's on the calendar?

Sausalito Village has a calendar full of events, most open to the entire community. Please take a moment and peruse the listings! [CLICK HERE](#)

Here are a few highlights for SV hosted events in the coming 2 weeks:

October 9 - Line Dancing Workshop

October 10 - SV Hosted Understand Palliative Care

October 11 - AFS Trip to Stafford Lake w/free lunch and van

October 12 - Meet SV at Sausalito Wed Night Live music

October 17 - Stretch and Strengthen with Rayner

October 18 - Ice Cream Social for SV Members

October 19 - SV Trip to Private Showing of "Bros" at Cinemark

October 20 - Waitlist only for Guo Pei trip to Legion of Honor

October 22 - Art sale of Jennie Wasser's estate

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**Eric Delloue - Errol Friedberg - Helene Warwick
Lewis Shireman - Victoria Bour - Jian Johnson
Alex Rynecki - Joyce Alexander - Fred Juul
Nancy Curran - Jon Brooder - Charlie Browne**

If you are a Sausalito Village member with an October birthday and your name is missing, please let us know. It means we do not have your birthdate in our database. We don't want to miss it next year, so please email us at SausalitoVillageConcierge@gmail.com. Thank you!



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](#)

What exactly is palliative care? Is it the same as hospice? If not, when is it appropriate . . . and for what type of care does it provide? Dr. Sarah Sedki will give us an overview of palliative 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:

RSVP if you would like to be emailed a reminder the day before [HERE](#)



Five Ways To Declutter Your Mind And Reset Your Headspace

Excerpted from Forbes.com

It is important to grow and evolve our mindset because:

- **Our brain thrives on novelty.** Fear holds us back, but certainly not our brain; it lunges forward, firing synapses into gear, and devours the new information, honing patterns and creating new ones.
- **It de-stresses us over time.** The quicker we are able to let go of negativity and the worry associated with it, the greater our ability to move forward in a more positive manner.
- **We gain wider perspectives** than before because we learn more. It helps our decision-making, problem-solving and communication, too.

- **We may start understanding our purpose**, which is the key to unlocking fulfillment and happiness.

Here are some interesting ways to declutter your mind and create that much-needed reset.

1. Focus on the present through mindfulness. In each and every moment, whether you are in front of your computer, reading a book, making or eating lunch—your presence on the task at hand results in [increased](#) memory and decreased stress levels. It becomes easier to focus on any task the more you practice this.

2. Declutter your physical space. Our brain feeds on all sensory cues in our environment, kinaesthetically, visually and auditorily. When you see a cluttered space in front of you, it can cause stress neurotransmitters to be released because it becomes visual overwhelm. We may try to ignore it, but actually seeing the same cluttered space all the time just feeds the stress, which may become underlying over time. Providing a consciously neat physical space also feeds into an open, highly connected thinking space.

3. Set boundaries to help you prioritize. Decluttering means letting go and resetting means starting fresh. Boundaries help you to do just that. It's about letting go of what you should no longer be doing to create opportunities for things that matter to you. Being able to say no, create a limit or offer this as an opportunity for someone else to learn by doing can constructively get you into understanding what is necessary and important for you to undertake.

4. Move more. Have you ever found that you're working out and a brilliant idea strikes or you solve that nagging problem or you suddenly have the resolve to do something you were previously undecided on? The more you move your body, especially through exercise that helps boost oxygenation in your body, the more you allow the opportunity to refresh your brain with oxygenated blood and challenge yourself to stimulate mental growth.

5. Allow yourself to daydream about the possibilities—often. Simply put, think about “what if...?” Picture productive, alternative options and how they could pan out. It fuels your brain to connect abstract ideas to come up with different solutions. It is the freedom of thought and idea generation at its best, and in my experience, the more you do so, the quicker it becomes for you to do this in all aspects of your life, professionally and personally.

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Unplug, step back and press pause to declutter your mind and reset your headspace.



Line Dancing Workshop on Sunday, October 9th

WHEN: Sunday, October 9th, start at 3pm or 4pm and stay until 5pm

WHERE: City of Sausalito Dance Studio downstairs City Hall

PRICE: Free! Donations accepted

RSVP: <https://sausalito.helpfulvillage.com/events/3621>

Working Your Brain and your Body

First hour, we will focus on basic steps and simple dances, intended to gently ease newbies into it, geared to those with little

Second hour will be a dance party! We'll do mostly beginning and one wall dances at least the first few workshops, but adjust based on who is coming. Students are welcome to come for just the first or second hour, or stay for both. Music is old school, contemporary, disco, jazz, R&B, and a little Latin.

Open to all, geared to seniors.

Wear comfortable clothing and shoes. Dance shoes encouraged if you have them to provide the right amount of 'slide'.



WHY ERNEST HEMINGWAY'S KEY WEST HOUSE IS ACTUALLY HOME TO 59 FURRY FRIENDS

Excerpted from Grunge.com

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On their website, the Hemingway Home & Museum writes, "Ernest Hemingway was given a white six-toed cat by a ship's captain and some of the cats who live on the museum grounds are descendants of that original cat, named Snow White." While it was his custom to hunt animals on the fields and in the forests, Hemingway was exceptionally accommodating of them in his own home and warmly welcomed their company. His Key West home later became a sanctuary for them.

According to TMZ, every cat that lives on the premises bears six toes on one or all of its paws. Apparently, they all carry what's called the polydactyl gene in their DNA and can thus continue to produce offspring with an extra digit on each paw. The Hemingway Home & Museum offers various tours of its property to curious literature-lovers who also enjoy the company of cats — all 59 of them.

Read entire story [HERE](#)

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NIGHT LIVE
In Sausalito!

Sponsored by
City of Sausalito/EDAC

**GARRY GRAHAM'S
19 BROADWAY GOOD TIME BAND**

Please Note:
SECOND
WEDNESDAY
in October

Enjoy Yourself, It's Later than You Think!
Music from the American Songbook from the 30s & 40s.

Join Friends & Neighbors
at this FREE City Event!

**Wednesday Night Live
October 12, 2022
750 Bridgeway
5:30-7pm**

Join SV in the Plaza! CARSS rides available!

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



SV Volunteer Drivers NEEDED!

This autumn many of our volunteers are making up for lost vacations and we are short of drivers to take our seniors to medical appointments.

If you have been thinking about volunteering, now is the time, we need you more than ever!

If you enjoy spending time with older adults and would like to donate your time locally, please let us know. Volunteer drivers must have auto insurance and pass a criminal and DMV background check. Call 415-332-3325 or email SausalitoVillageConcierge@gmail.com to get started.

There is reimbursement available for rides so don't let gas prices keep you from volunteering.



How to Brush Your Teeth Properly

Excerpted from The Conversation

For starters, make sure you're brushing both teeth and gums at least twice a day.

Brushing removes dental plaque, the grey-white bacterial mass that sticks to the tooth and gum surface. If left undisturbed for at least a day, plaque bacteria multiply and begin to mature.

Plaque feeds on the food we eat, particularly carbohydrates (sweet and savoury) to reinforce and build a complex structure that releases acids and gassy, smelly by-products (plaque sewage).

Mature plaque on your teeth and gum surfaces can lead to cavities (holes in our teeth) and gum disease.

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eventually, dentine, and even to neutralize plaque acids. Over time, the tooth softens and caves in.

Every time you brush, you stop plaque bacteria from feeding on your food, multiplying and maturing. Mature plaque mixed with mineral in your saliva forms calculus or tartar. Calculus can only be removed completely by a dentist or hygienist using special tools.

Not brushing before bed is especially risky; saliva flow reduces and food stuck between your teeth ferments, creating a perfect petri dish for plaque growth. This is where flossing or using tapered interdental cleaners can help.

Make sure you clean the teeth at the back of your mouth, and don't rush. The Australian Dental Association recommends brushing for two minutes morning and night. Watch this video for some handy tips on how to brush your teeth: https://youtu.be/_w3JUUBExoQ

To read the entire article with answers to what type of toothbrush is best and how to keep your breath fresh, click [HERE](#)



This President may have been the most difficult to cook for

Excerpted from Tasting Table.com

During John F. Kennedy's brief tenure in the White House, he and his wife, Jackie, employed French-trained chef René Verdon to prepare rarified meals for esteemed guests and he seemed happy to oblige, per *The New York Times*. But everything changed on November 22, 1963, when the death of JFK put his vice president, Lyndon B. Johnson into the Oval Office and the State Dining Room (via The White House). Suddenly, beef filet au jus gave way to barbecued spareribs and crème brûlée was now tapioca pudding. Verdon felt it was beneath him and tapped out in 1965.

Unfazed, Lady Bird Johnson hand-picked Swiss-born New York hotel chef, Henry Haller, as Verdon's successor, per a 2010 interview with the Gerald R. Ford Foundation. Haller was, however, forewarned by the FLOTUS herself that pleasing the president would not be easy. Indeed, it was not, with Johnson quickly finding fault in Haller's handling of Florida pole beans — he had left the stringy stems intact. Johnson's response was to just do it himself and then hand a fistful of

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To his credit, Haller, who died in 2020 at the age of 97, had no problem with Johnson's brusqueness. "I mean, the President was right, but he was very polite, he called me 'Mr. Haller,'" Haller said in the above interview. "He could have called me something else, you know."

Read the entire story [HERE](#)



SV is going to the movies - and we have rented a PRIVATE THEATER

WHEN: Wednesday, October 19th, 4pm showing

WHERE: Cinemark, Northgate Shopping Center, San Rafael

TICKETS: Members/Volunteers \$5.00, limited seating

a monthly watch and discussion of different films. Both are graduates of NYU film school and help to lead lively conversations. But this month we are going to the theater!

Sausalito Village has rented a private theater at Cinemark in Northgate Shopping Center to view the new film 'Bros'. The film is the first of its kind - a high budget, first run rom com with gay men leads. The reviews are in and it has gotten high marks by both critics and viewers.

The theater has 86 seats BUT Cinemark limits private viewings to 30 people. This is good for social distancing. You are not required to wear a mask, but certainly do if you feel safer from covid/flu.

Either meet us at the theater or reserve a ride from Sausalito by vetted volunteers.

This trip is open to Members/Volunteers. Tickets are \$5.00.
Reserve/pay online [HERE](#)

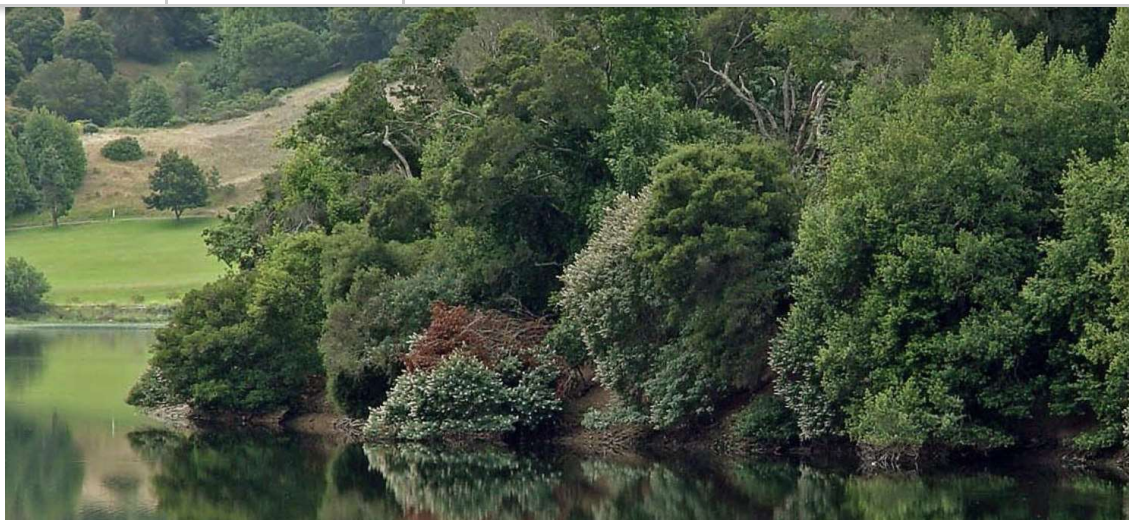


SF's 'Dogue' restaurant in the Mission District serves dogs only

Excerpted from SF Chronicle

Dogue opened last week at 988 Valencia St. with pastries and “dogguccinos” served during the day and a \$75, three-course tasting menu on Sundays. Passersby could easily confuse this for San Francisco’s hottest new all-day cafe. A glass case is filled with elegant pastries, like a rose-shaped cake filled with wild venison heart and a doggy petit gâteau modeled after the creations of acclaimed French pastry chef Cédric Grolet. (Dogue’s version swaps butter and sugar for grass-fed cream and braised chicken.) On Sundays, Dogue transitions into Bone Appetit Cafe, where chicken-mushroom soup is poured tableside — and then promptly licked up by the eager diners.

Read the rest of them [HERE](#)

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Age Friendly Sausalito trip to Stafford Lakes

WHEN: October 11, 2022, 9:45am-2:00pm

Included in this free trip is van transportation and lunch.

Enjoy the day at beautiful Stafford Lakes in Novato.

More info and reserve your spot: [HERE](#)



What color reduces stress?

Excerpted from Homes and Gardens.com

As well as reducing stress, this timeless color is cool and calm and works well in both classical and contemporary schemes. Blue runs the whole gamut of shades from delicate eau de Nil to the deepest, darkest, inky blues – they are easily the palette of choice for many, from amateur decorators to interior designers as they're incredibly easy to live with and perfect for layering, believes Patrick O'Donnell of Farrow & Ball. 'Blue also comes with positive attributes in color psychology, such as anxiety-relief, sympathy, warmth, encouragement, spirituality, loyalty, and thoughtfulness.'

As anyone who has been through the process of searching for room colors will attest, it is also worth thinking about what colors cause anxiety and what is the most stressful color, too.

Red room ideas can be too harsh and aggressive for some people. Decorating with red could also be one of the reasons why your friends hate your house. Often used as a warning sign, a red color scheme reminds us of danger. Physically, red can induce chemical reactions in the body that are similar to danger-bearing stress responses, such as increased heart rate and higher body temperature.



**1st Annual Ice Cream Social
Sausalito Village Emergency Preparedness
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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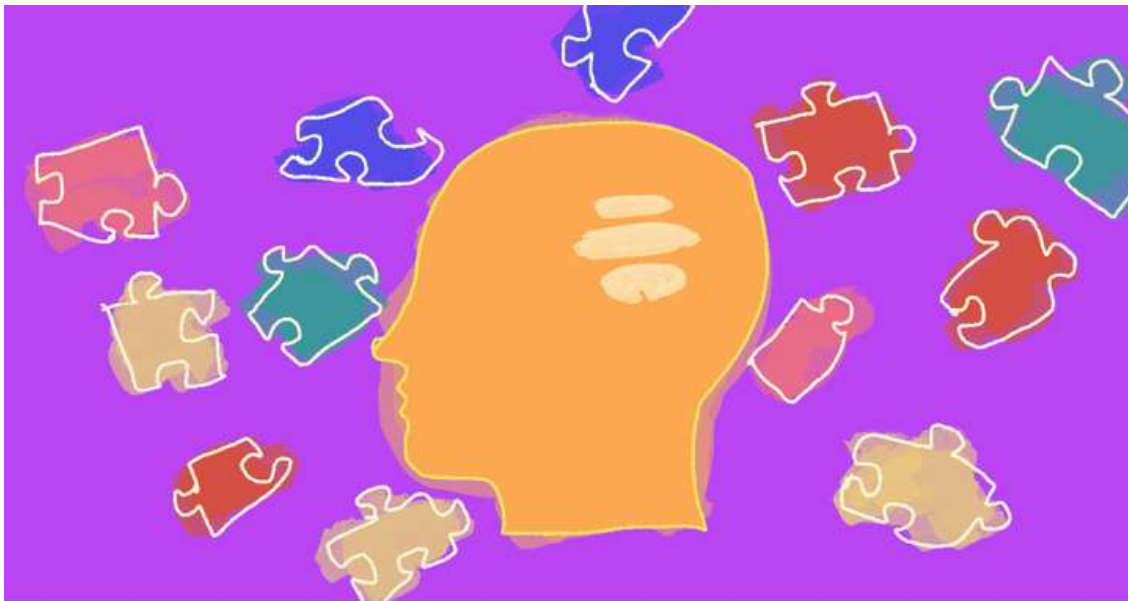
help you with specific emergency preparedness topics

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



What is working memory and how is it impacting your productivity?

Excerpted from the Hive.com

“Working memory could be thought of as the post-it note of the mind. It’s the information you want to keep front and center because you’re going to do something with it soon and don’t need it to be stored anywhere more permanently,” according to clinical psychologist Dr. Dug Y. Lee. “Your working memory is temporary holding space in your brain. Its primary job is to house

Health Coach at Longevity Coaching, LLC.

“Beyond short-term use, your working memory receives and organizes information for longer-term memory storage. However, this process is highly susceptible to interference and distraction. It’s not enough to just receive information. If it’s data you need to remember, you must actively pay attention to it,” adds Waskavitz.

Tips to improve your working memory:

1. Play memory games

Memory games are great because they provide a concrete way to see if your working memory improves over time, according to Lee. Apps like Lumosity provide fun ways to train your brain. Lee recommends easing into this sort of thing with a few minutes a day and building up from there.

2. Challenge yourself outside of work

Forgetting things can definitely be worse in some scenarios than others – working on an important project versus running errands, for instance. Practice challenging your working memory in innocuous situations so that it improves when the stakes are higher.

“Challenge your working memory with small wins in situations with minor consequences. For example, your partner asks you to pick up three things at the grocery store. Don’t write them down, and challenge yourself to remember those three things, suggests Lee.

3. Focus on one thing at a time

Both Lee and Waskavitz agree: Your attention span and focus influence your working memory. “There is a condition called Directed Attention Fatigue (DAF) that seems to be an epidemic. This is when people have a depleted ability to focus their attention. If there is any DAF happening, that would greatly worsen any deficits with working memory, according to Lee.



Know your Propositions - ESCOM hosted zoom TODAY 11am

There are some propositions on the ballot for the 2022 Midterm Election that need interpretation. What does "yes" mean, what are the issues, why is the proposition there?

ESCOM (Emeritus Student College of Marin) hosts the League of Women Voters of Marin about the propositions on zoom today, October 7, 11am-noon.

Join Zoom Meeting at 11:00am by clicking on this link and following the instructions:

<https://marin-edu.zoom.us/j/83627896975?pwd=OWF3TGt6MG04azF6bzFjVmJ0Q05NZz09>

October 10th, 7pm

The Sausalito Woman's Club and the League of Women Voters of Marin County will host a virtual forum with the four candidates for Sausalito City Council from 7:00 to 8:30 p.m. on **Thursday, October 13**. Two seats are up for election in the [General Municipal Election](#) on November 8. To watch the live broadcast of the virtual forum, please tune in to the Marin County League of Women Voters [YouTube channel](#) on October 13. A video recording will be available after the event. Questions for the candidates may be submitted to SausalitoCityCouncil@marinlwv.org through October 10.

For over 100 years, the League of Women Voters has been empowering voters and defending democracy. They are a diverse, non-partisan, grassroots group of women and men with a long-standing tradition of educating voters.



Stretch and Strengthen with Rayner is on zoom every first and

your first time. www.SausalitoVillage.org



7 Ways to say NO for people who are people-pleasers

Excerpted from OprahDaily.com

1. “This isn’t the right time for me, but I do have some resources that might help.”

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service, and they ask you to review their resume and give them ideas of where to send it. Respond with some links for job boards or newsletters they might not know about, or forward an invite to a schmoozy industry event they might want to go to. If you find you get approached about the same kind of thing frequently, it's totally fair to retain a boilerplate response to send each time.

2. “Arggh...I have to save myself from eating myself.”

Communications strategist Michael Thompson has a simple go-to: “Thanks for thinking of me. It sounds cool, but I’m trying to limit my commitments to save myself from eating myself. If anything changes, I’ll let you know.”

3. Employ the “soft no.”

A “soft no” allows us to refuse something in a polite but firm way, by offering the tiniest explanation. It works particularly well in an interpersonal scenario—for instance, when your aunt is visiting your city and wonders if you can meet her for lunch (across town, during your sync with your boss).

4. “I wish I could, but there are other things I need to say yes to.”

Author Ryan Holiday points out that every time we say yes to something, we’re saying no to something else. You can note this without laying it on too thick and making the requester feel bad. In fact, they probably don’t even need to hear the reason—you just need to know it, so you can remember why this boundary is so important to keep.

Read the rest of the list [HERE](#)



Estate Sale of Jennie Wasser's sculptures and paintings

Over 150 pieces of fine art priced to sell

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 go.

Cash and credit cards will be accepted.

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

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



Inside Grandma and Grandson's Journey to Every National Park

Excerpted from People Magazine

The thought of a 92-year-old sleeping in tents, scaling mountains and riding rapids might seem unimaginable, but for Joy Ryan, it's nothing short of reality.

In 2015, Joy and her grandson, Brad Ryan, set out on the adventure of a lifetime: to visit all 63 U.S. national parks. Joy was in her 80s at the time, working a minimum wage job at a deli in their hometown of Duncan Falls, Ohio. But she was hungry for more.

really through watching the Travel Channel."

While the initial plan was to visit the Great Smoky Mountains in 2015, their great experience at the national park made them want to continue the journey.

"We got to the park around 1 in the morning, and it was pouring rain," Brad says. "She had never been in a tent before, but she held the umbrella over me and I put the tent together. We blew up the air mattress and she fell off a couple of times, but she laughed through every bit of it."

Keep reading [HERE](#)



Memory Café—Please Join in!

Join Seniors At Home in-person gatherings for individuals experiencing memory loss and their care partners!

Memory Café is intended to benefit the individuals with memory loss as well as those providing care, with activities (lunches, bocce ball, and more) designed to engage and offer social interaction for both

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Memory Café meets twice a week: Tuesdays in San Francisco and Thursdays in Marin.

To learn more, please contact Alana Goldscheid at memorycafe@jfcs.org or 415-449-3849, or visit seniorsathome.org/memory-cafe.



Why Are Wishbones Supposed to be Lucky?

Excerpted from HowStuffWorks.com

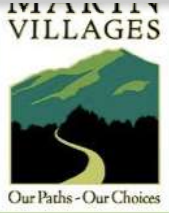
The furcula, or "wishbone," of a turkey, duck or chicken is the fusion of the bird's clavicles right above the sternum. Although today we mostly play the wishbone game with turkey bones during the holidays, the origins of wishbones as lucky charms go all the way back to ancient times. Around 700 B.C.E., the Etruscans believed birds were oracles and could tell the future. Whenever the Etruscans slaughtered a chicken, they would leave the furcula in the sun to dry out, preserving it in hopes of gaining some of its divining powers. Villagers would then pick up the furcula and gently stroke it while making a wish — giving it its more common name, the wishbone.

Legend has it that the Romans then picked up on this superstition. However, chickens were scarce, and therefore so were the wishbones. People had to resort to cracking the bones in half so there were

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cracking tradition to the British, who then carried it over with them to Plymouth Rock. As this new land was abundant with wild turkeys, people began using turkey wishbones for luck.

But what are the rules around cracking a wishbone? How do you make a wish on it? Typically you dry the wishbone for a few days until it's brittle. Then, two people hook their pinkie fingers around each end, make a wish and pull. Whoever ends up with the bigger piece will have their wish come true. More complicated versions of this include a British version in the 17th century in which someone would balance the wishbone on their nose, make a wish and then shake it off. Then it would be pulled apart. Or, taking it further, then the winner would put a broken piece of the wishbone in each fist and let the other person choose a fist. If the other person chose the longer piece, they would get their wish instead.

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MALL STORE #61
terra linda**

thurs · fri · sat
OCT 6 - OCT 8
11 AM - 4 PM


NORTHGATE

Cash or credit only. All proceeds benefit Marin Villages, a not-for-profit, 501(c)(3) tax-exempt organization. Due to risk of COVID, masks are required at all times. For more info, visit marinvillages.org.

Great shopping bargains and you are supporting Marin Villages!

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

WHERE: Northgate Mall, the old H&M Store, across from Home
Goods



Here are the top 5 countries in the world to grow old in — and the US doesn't even come close

Excerpted from MoneyWise.com

Americans looking to retire should plan to do so elsewhere, based on this year's Global Retirement Index (GRI) by investment bank Natixis.

The retirement index looked at the 44 countries taking into consideration important factors such as health, finances during retirement, the quality of life experienced and general well-being as retirees aged. The countries were given a score by the index, with 100 points the highest result possible.

So what makes these countries so great?

1. Norway

Norway held the distinction of being in the top 10 across the four subindices, including finance, where the Nordic nation ascended from 25th to eighth place as it moved its five-year interest rate average into positive territory.

The country also benefited from improvement in the life expectancy and insured health expenditure. While unemployment increased in the country, it appears its interest rate improvements significantly boosted the country's overall scores, supported by its strong health care system.

2. Switzerland

with higher scores in its life expectancy and health expenditure per capita indicators.

3. Iceland

After achieving the top spot in 2021, Iceland had one of the largest drops to 79%, coming in third. The largest factors here were also in finance and material well-being.

A large factor that brought down the score was an increase in [government indebtedness](. Still, it managed to come in second for income equality and a higher quality of life score thanks to its environmental and happiness indicators.

4. Ireland

This year's decline came from increased unemployment and income equality factors, but Ireland maintained the third-highest score for income per capita. It also boasted some of the top 10 finishes in the happiness and health indices, with air quality and environmental factors, and health expenditure improvements pushing it forward.

5. Australia

Rounding out the top five, Australia scored 75% in 2022, down from 76% in 2021. As with the other countries, the decrease came mainly from drops in the finances and material well-being subindices. However, there was also a decline in its quality of life factors.

Yet while improvements were made in its income per capita and unemployment factors, it received a lower income equality indicator. It also had some of the highest air quality scores, offset by some of the lowest environmental improvements. Its health care system helped the country to hold onto the fifth position, with life expectancy a major factor.



Rhapsody in Rune

Calling all poets and writers

The Sausalito Library, in partnership with Sausalito Books By The Bay, will host a convocation of poets and writers in the Edgewater Room from 6:00 to 8:00 p.m. on **Wednesday, October 12**. All are invited to enjoy refreshments while listening to local poets and writers read their work. If you are a poet or writer and would like to read a short piece, [please RSVP](#). Any questions about the event may be directed to Jeffrey Jackson at jjackson@sausalito.gov.

Sausalito Books by the Bay has a calendar full of events. Sign up for their monthly newsletter to stay in the know! Request to be put on their mailing list at info@sausalitobooksbythebay.com.

Here are some other upcoming events hosted by Books by the Bay:

October 16th, 3-6 pm, Three Year Anniversary Party!

Live Music, Libations, Lite Bites & Local Authors

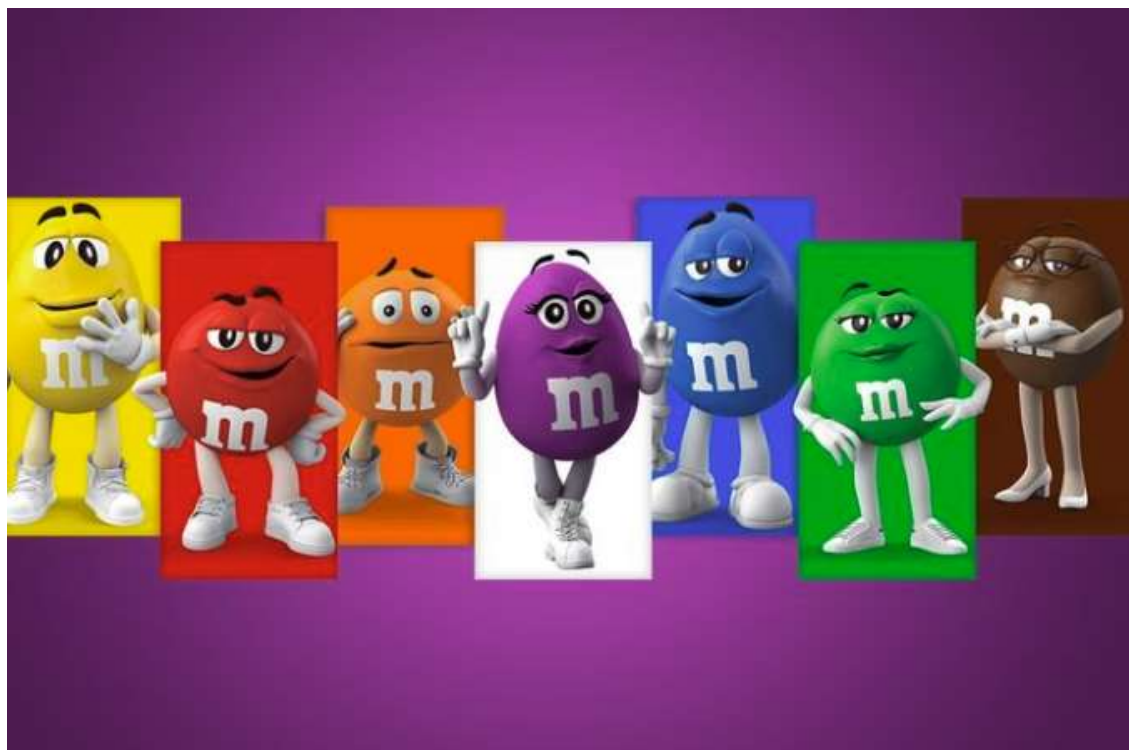
October 18th, 6 pm, An Evening Of Poetry

with Andrena Zawinski, Jeanne Wagner & Susan Cohen

October 20th, 6 pm, Jim Sargent - *Don't Act Your Age*

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community volunteer, rather than all around the world while seeking the fountain of youth. Of all people (!), he has penned a health and fitness treatise with a program that only requires 20 minutes a day to restore your vitality and add years to your life.



There's a Brand-New Purple M&M Character in the M&M's Lineup

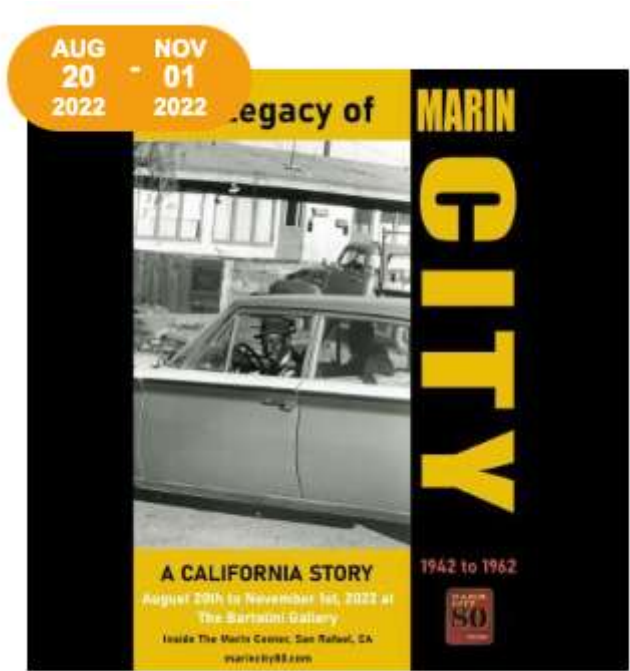
Excerpted from Taste of Home.com

You already know the six regular M&M characters: Red, Blue, Yellow, Orange, Green and Brown. They've been on packages, commercials and advertisements for years. But the people wanted something *more*. Back in 2002, M&M's asked their fan base to vote for a new color, and purple won. Unfortunately, the color seemed to disappear not long after.

Now it seems we're finally getting what we wanted 20 years. M&M's has officially introduced the Purple M&M into its spokescandy lineup. She's the first female Peanut M&M character, encourages everyone to embrace who they are, promotes inclusivity and even comes with her



Neil Degrasse Tyson on the James Webb Telescope



SV Trip October 31st - Legacy of Marin City

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Join other Sausalito Village members and volunteers for a trip to see the exhibit “The Legacy of Marin City” at the Bartolini Gallery at the Marin Civic Center. On the 80th anniversary of Marin City, this exhibit features memorabilia of Black shipyard workers with a virtual-reality experience, soundtrack listening stations and historical knowledge around housing discrimination. See more about the exhibit below. It closes on November 1- last chance!

We have paired this trip with lunch at The Village at Corte Madera shopping center.

NOTE: If you wish to ONLY go to the exhibit and not lunch, let us know by stating this in the 'Comments' when you register and we will arrange for a driver to bring you straight back to Sausalito.

Click [HERE](#) for details and to register for the trip.

More about the exhibit:

The exhibit includes contemporary original artwork by Chuck D of the Rockand Roll Hall of Fame group Public Enemy, clay sculptures by San Francisco based artist Kaytea Petro, and original pieces made by Marin

City youth in collaboration with Lynn Sondag, Associate Professor of Art at Dominican University of California. The Legacy of Marin City — A California Story will display original, never seen before photos and articles about the Black experience in Marin City from 1942 — 1962.



Which sea has no coastline?

Excerpted from WorldAtlas.com

Often associated with the infamous Bermuda Triangle, the Sargasso Sea is the only sea in the world without any coastline. With no land boundaries, it is surrounded by four currents which are the Gulf Stream, North Atlantic Current, Canary Current, and North Atlantic Equatorial Current. Notably, it is also home to the famous Bermuda island. Located near deeper regions of the Atlantic Ocean, the sea's depth averages at approximately 4,500 meters while the deepest point is more than 7,000 meters below ground. Along with this, the Sargasso Sea is known for its prominent and deep blue color with immense clarity up to depths of 60+ meters.

The Sargasso Sea is shaped similar to an ellipse and it covers an area of approximately 4,163,499 sq. km. That being said, as the area is defined by dynamic currents on all sides, the exact boundaries can fluctuate.

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Brene Brown on The Power of Vulnerability



LeBron is taking his talents to the pickleball court

Excerpted from the MorningBrew.com

LeBron James, his business partner Maverick Carter, and several other NBA stars are the proud new owners of a Major League Pickleball team.

It's another sign that pickleball's (literally) loud entrance during the pandemic just keeps growing as more high-profile names

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expanding from 12 teams to 16 and has among its backers NFL QB Drew Brees, entrepreneur Gary Vaynerchuk, and Milwaukee Bucks owner Marc Lasry.

The backstory: Pickleball, which is similar to tennis but more accessible to beginners, is the fastest growing sport in the country, according to MLP's founder Steve Kuhn. The number of players surged from 3.4 million in 2019 to 4.8 million in 2021—and that's likely an undercount.

But with an average of three new pickleball venues opening up *per day* in the US, some people have half-soured on the sport as it takes over their cherished tennis courts and public spaces. One frustrated father told the NY Post, pickleball players are “the lantern flies of the sports world.”

Bottom line: Pickleballers and their neighbors will have to learn to share the court, because the sport is well funded and isn't going anywhere. MLP's purses for six 2023 tournaments will total more than \$2 million.



Puzzle from MorningBrew.com

Who said it?

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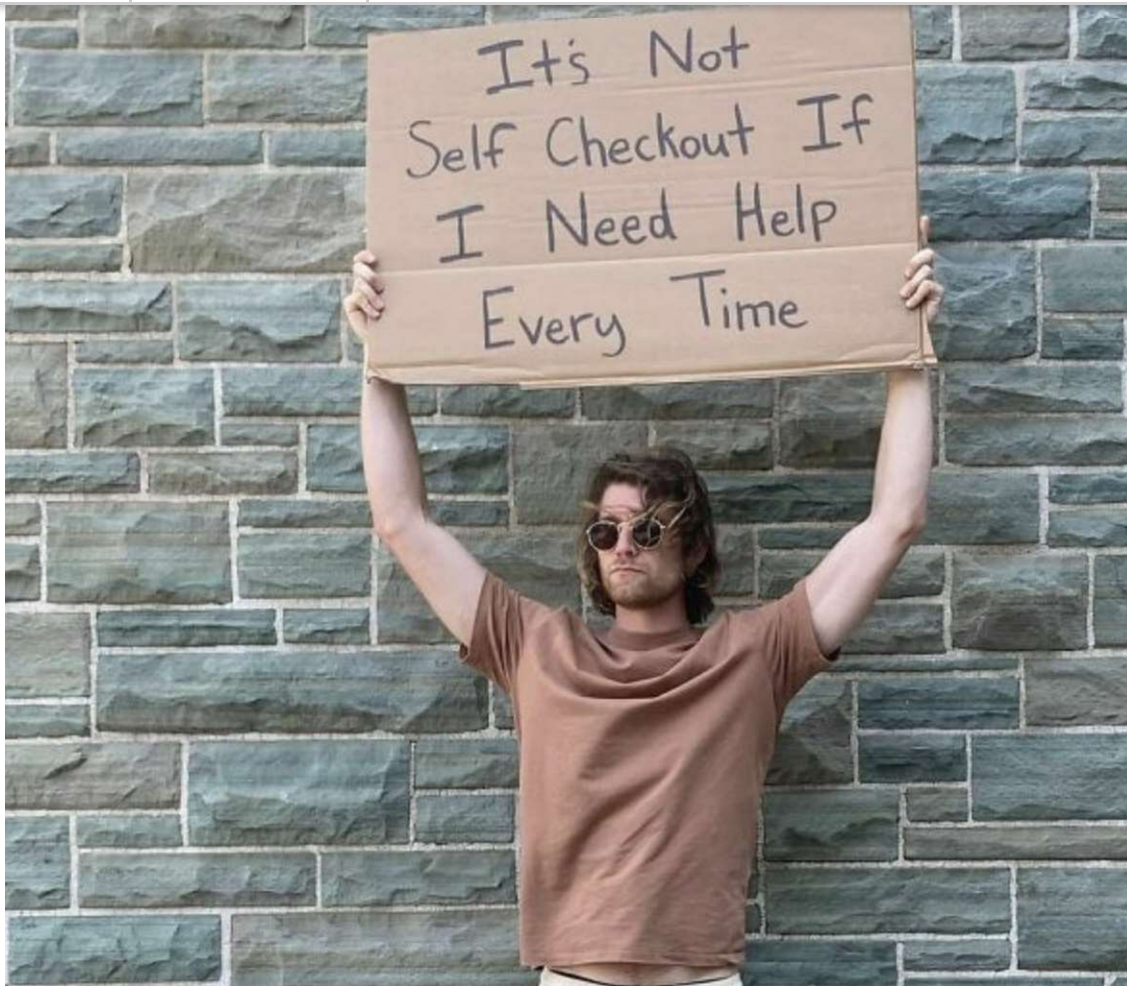
and you have to guess who said (or tweeted) it.

1. "The pandemic is over."
2. "I had no intent to break Russian law."
3. "Interest rate is going up in two weeks ,rent is over the top high ,and there's no inventory on homes ...WTF-_-"
4. "I know it's a hassle to come into the office, but if you're just sitting in your pajamas in your bedroom, is that the work life you want to live?"
5. "I'm not going to argue with people that are broker than me about money."

Answer at the bottom of the newsletter.



25 greatest natural wonders - travel video

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'Dude With Sign' has 8 million followers on Instagram for his daily signs

IN-Person Sing Along is back September 24th!

RSVP

Sausalito Village & The Sausalito Woman's Club Invite You To

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

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

Date:

Every 4th Monday

Time:

3:00-3:30 Socialize

3:30-4:30 Sing

Place:

Campbell Hall

70 Santa Rosa Ave.



Questions? Email SausalitoVillageRSVP@gmail.com

Rides available to all Sausalito seniors with CARSS

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

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3 hours and 40 minutes of continuous music



Answer to todays puzzle:

ANSWER

1. President Biden, in an interview with *60 Minutes*.
2. Basketball star Brittney Griner, during her trial over drug charges in Russia. Griner was sentenced to nine years in a penal colony.
3. Cardi B, rapper and amateur economist, in a tweet.
4. Malcom Gladwell, in controversial remarks about the downside of remote work.
5. Kanye West, explaining why he ended his partnership with Gap in a CNBC interview.

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