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Photo by Annie Dorsey "Our Glorious Fog"

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 17 - Stretch and Strengthen with Rayner

October 18 - Ice Cream Social for SV Members & Volunteers

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

October 24 - In Person Sing Along

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Photo by Herman Privette - pbprivette@aol.com

SV had great fun at Wednesday Night Live with 19 Broadway Good Times Band

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1st Annual Ice Cream Social Hosted by Sausalito Village Emergency Preparedness

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? Email SausalitoVillageRSVP@gmail.com



Why 'Wednesday' Isn't Pronounced the Way It's Spelled

Excerpted from [HowStuffWorks.com](https://www.howstuffworks.com)

The medieval period, also called the Middle Ages, is a period in European history that stretches from the fifth to the 15th century C.E. It's also a time that had great influence over the dialects that would eventually form our modern English language.

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realms in what is now Scotland. As people interacted, languages fused and a dialect known as Old English emerged. This "borrowed" language, which sprung from many roots, continued to transform over the centuries. It later took on the influence of Romance languages, which sprung from Latin, as well as a version of the French language spoken by Viking raiders who conquered areas of England. By the 11th century, this new variety of English became known as Middle English.

The word "Wednesday" has adapted over time, too. Its origin lies in Old English's Germanic languages, where it emanated from the word "Wōdnesdæg." Throughout Old English and Middle English, it remained an homage to the Anglo-Saxon god Wōden and the Germanic god Wodan.

As Wōdnesdæg moved from Old English to Middle English, its spelling changed. It became "Wednesdei" and the "d" remained, even as the word morphed into "Wednesday."

Wednesday is just one example of words — like February and ptarmigan — where letters appear in a word's spelling but not in its pronunciation. The curious case of America's silent "d" doesn't extend to parts of England, Scotland and India, where many people enunciate the letter. (Though some don't. Language is tricky!)

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YOUR VISION WILL BECOME CLEAR
ONLY WHEN YOU CAN LOOK INTO
YOUR OWN HEART. WHO LOOKS
OUTSIDE, DREAMS; WHO LOOKS
INSIDE, AWAKES.

- CARL JUNG

"ESCOM is an army of influencers!"

David Wain Coon, Ph.D., President, College of Marin



SV Hosts presentation to learn about ESCOM

(Emeritus Students College of Marin)

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RSVP for the zoom link: <https://sausalito.helpfulvillage.com/events/3596-presentation:-learn-about-escom>

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

As a nationally recognized program of the College of Marin, ESCOM has comfortable centers at both the Kentfield and Indian Valley campuses. Our programs are available online and in-person, and are free to all members. There are no educational or financial requirements to participate...only a desire to learn and be involved! Share your passion, knowledge and artistic skills! To learn more and to join ESCOM, please visit <http://escom.marin.edu>. We look forward to seeing you soon!



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. Not a member or volunteer? Charge will be \$10, email

SausalitoVillageRSVP@gmail.com to register.

Pastor Paul and his partner Joey lead the SV Movie Group in 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. Carpools will depart Dunphy Park at 3:15pm.

Village Members/Volunteers Reserve/pay online [HERE](#)

Not a member or volunteer? Charge will be \$10, email SausalitoVillageRSVP@gmail.com to register.



There's a reason these spots don't get a lot of repeat visitors. | The Ohio State Reformatory

The creepiest places to live in every state

Excerpted from [thrillist.com](https://www.thrillist.com)

Alabama

Maple Hill Cemetery

Huntsville

Oh, sure, the actual cemetery here is creepy and all, but it's the playground that'll really get you. In 1985, somebody decided to open a playground adjacent to Huntsville's oldest cemetery, presumably to give the children of mourning parents some respite. Instead, it appears that the resident ghosts are the ones enjoying it most. People report seeing orbs of light going down the slide and unoccupied swings moving, accompanied by disembodied giggles. Adding to the eeriness, some locals believe the victims of a rash of child murders in the '60s were buried nearby, their spirits now having eternal playdates with the cemetery's official residents. —Andy Kryza

Alaska

The Alaskan Hotel

Juneau

The most famous ghost to roam the halls of Alaska's oldest-operating hotel is that of a gold miner's wife who lived here while waiting for her husband to return. When he didn't, she began supporting herself by working as a prostitute —until he did return. Not exactly thrilled with her new career choice, he killed

Arizona

Jerome Grand Hotel

Jerome, Arizona

Located in the scenic hillside town of Jerome—an old gold mining hub once known as the Wickedest City in the West, and today, one of Arizona's coolest small towns—is the Jerome Grand Hotel, formerly known as the United Verde Hospital. Originally built in 1917 (and rebuilt in 1926 after a mine explosion destroyed the first), the Great Depression caused the hospital to take a serious downturn; by 1950, it had been abandoned entirely. The hospital sat essentially dormant until it reopened as the Jerome Grand in 1996. Much of the building's original structure and facilities have been restored, and many of its spirits still linger: the specter of a maintenance man found dead in the basement in the 1930s; human-shaped figures that roam the hall; children who run and laugh in the corridors; and even the spirit of a cat who scratches at guests' doors at night, begging to be let in.

Arkansas

The Arlington Hotel

Hot Springs

This grand, century-old hotel is a paragon of ornate luxury, so much so that you'd probably choose to stay a while if you were a ghost, too. History weighs on the place, as well as on your mind (four presidents have stayed here, plus Babe Ruth and Al Capone). Outside, the old-timey lamplights guide your walk through the Downtown spring-fed spas that draw visitors to this resort town. Echoing against stone buildings and set against a backdrop of steep, inky forest, even the burbling fountains sound ghostly and ominous. —Sam Eifling

California

Turnbull Canyon

Whittier

California is packed with terrifying places, from cult compounds to famous murder sites, haunted hotels, and mysterious mansions. But none of them come with the promise of a brisk, scenic hike. Turnbull Canyon offers a 4-mile hike through the sprawling Puente Hills. Keep an eye out for sweeping city views—and the ghosts of 29 people who perished here in a plane crash in the '50s. Oh, and the ghosts of children who, according to (uncorroborated) legend, were taken from a nearby orphanage and used in ritualistic sacrifices. Oh, and

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power. Wait, burned-down asylum? UFO sightings? Rumors of multiple cults? No wonder the natives called it “Hutukngna,” or the place of the Devil. So yeah, enjoy that hike. We're sure it'll be brisker than you expected. —AK

Here is the rest of the [STORY](#)



Need a ride to cast your vote? Call CARSS for a door to door ride in Sausalito

CARSS (Call A Ride for Sausalito Seniors) will be providing rides on election day. Reserve yours today at 415-944-5474 or SausalitoVillageConcierge@gmail.com.

CARSS is a City of Sausalito Age Friendly Program managed by Sausalito Village



Have an apple watch? Be careful when you are on a roller coaster!

Excerpted from The Morning Brew.com

Apple's new iPhone 14 and Apple Watch models, which have a function called "crash detection," have been mistakenly calling 911 over roller coaster rides and other noncollisions, according to the Wall Street Journal.

How is this happening? All the makings of a good coaster—like quick deceleration and abrupt stops—can trigger the devices' sensors. If your phone thinks you were in a car wreck, it deploys a warning on your screen with a 10-second countdown before automatically alerting 911 and sending your location.

The ability to detect serious crashes was a big selling point for the new devices, and it *has* proven vital in actual crashes. But the accidental calls to first responders waste resources.

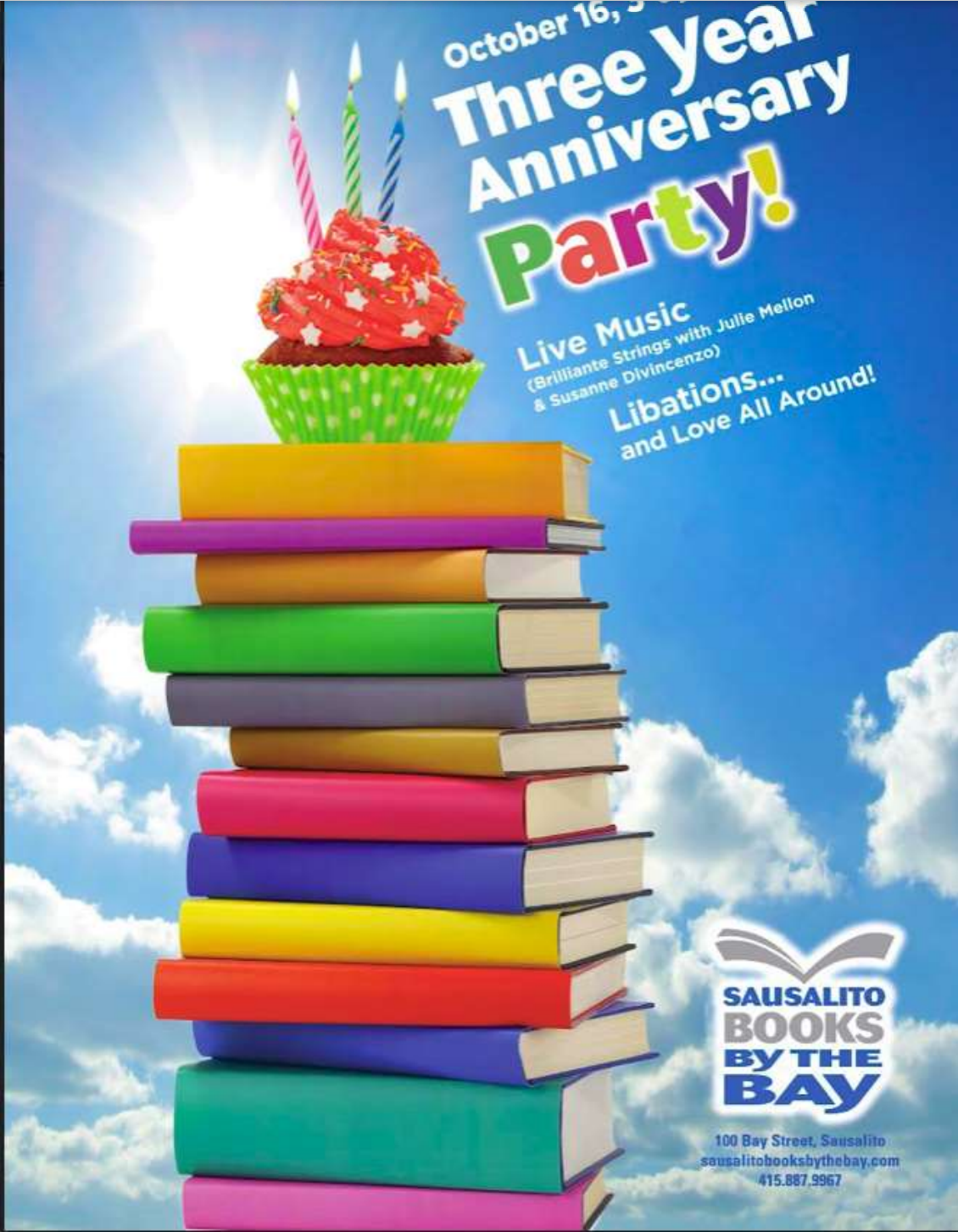
The Warren County Communications Center in Ohio has received six calls already from iPhones on rides at Kings Island since September, when the iPhone 14 was released.

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phone alerted his emergency contacts (his mother and grandmother) that he had been in a crash after it flew off his handlebars onto the highway.





2,560-pound pumpkin wins California contest, sets record

Excerpted from Associated Press

A horticulture teacher from Minnesota set a new U.S. record Monday, Oct 10, for the heaviest pumpkin after raising a giant gourd weighing 2,560 pounds.

Travis Gienger, of Anoka, Minnesota, set the new record and won an annual pumpkin-weighing contest in Northern California. Gienger drove the gargantuan gourd for 35 hours to see his hard work pay off at the 49th World Championship Pumpkin Weigh-Off in Half Moon Bay, south of San Francisco.

“Minnesota has a great midyear, but our spring in our parts is really, really tough. So to do it in Minnesota, it just shouldn’t happen,” Gienger said. “It’s like winning the Tour de France on a big wheel. You know, you can only hope, but it worked.”

A grower in Italy holds the world record for the heaviest pumpkin. He grew a 2,702-pound squash in 2021, according to Guinness World Records.



Estate Sale of Jennie Wasser's sculptures and paintings

OCTOBER 22, 10am - 2pm

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.

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LOCATION: 203 Third Street between Main and Richardson,
Sausalito

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



CA becomes first state to ban produce bags

Excerpted from [EcoWatch.com](https://www.ecowatch.com)

In California grocery stores, however, these other plastic bags will soon be a thing of the past. The state became the first in the nation to ban them in grocery stores when Governor Gavin Newsom signed a bill to that effect into law September 30.

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any other packaging, Nick Lapo, director of advocacy for the group Californians Against Waste, told The San Jose Mercury News. “It flies around landfills and flies out of trucks. It gets stuck on gears at recycling facilities. And it contaminates compost. It’s a problematic product we want to get rid of.”

The bill, known as Senate Bill (SB) 1046, stipulates that stores can only provide so-called “precheckout bags” if they are compostable or made from recyclable paper.

“The bill would define a ‘precheckout bag’ for this purpose to mean a bag provided to a customer before the customer reaches the point of sale, that is designed to protect a purchased item from damaging or contaminating other purchased items in a checkout bag, or to contain an unwrapped food item,” the bill reads.

The ban was originally going to go into effect in 2023, but the California Grocers Association successfully lobbied to push the date back to January 1, 2025, according to The San Jose Mercury News.



86-Year-Old Bodybuilder Breaks Own Record, Becomes Oldest to Ever Compete in Japan

Getting older doesn't mean we have to stop doing the things that make us feel vital and alive, and Toshisuke Kanazawa is inspiring proof of just that. The 86-year-old Japanese bodybuilder recently competed in the Japan bodybuilding championship, and beat his own record as the oldest person ever to do so in Japan.

Kanazawa began competing seriously at age 20, and won the Japan championship for the first time four years later. At 27, he won his second Mister Japan title, and by the age of 34 he decided he'd had enough, and retired. However, he made his comeback before turning 50, to encourage his wife, as he explains, who was prone to ill-health. He quit smoking and drinking, cut meat and fish from his diet, and returned to meals primarily consisting of rice, fermented soya beans, and miso soup with eggs, and started spending three hours a day in the gym.

At 57, Kanazawa won the Masters championships for bodybuilders age 40 and above, and he has been a Japan champion a total of 15 times. In 2016, he

The legendary fitness fanatic has no plans to retire anytime soon, and aspires to keep competing for at least another four years.



Parisians Will Be Able to Swim in Seine River Again After 2024 Olympics

Excerpted from Nice Environmental News

Parisians will soon be able to experience the Seine River in a whole new way. Beginning in 2025 — following the city's hosting of the 2024 Summer Olympics — the river will be open for public swimming, per [The Week](#).

The major news comes nearly a **century after people were banned from taking a dip in the famed waterway** due to pollution. But extensive cleanup efforts have made the Seine quite different, and much safer, than it was when the ban came down in 1923.

Water quality regulations and increased wastewater treatment have prompted the return of fish to the once-dead river, a positive sign of its

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the past, he turned our backs on the river, Cyprien Bernier, the mayor of a suburb outside of Paris, told the outlet. “Now locals are taking it back.”

In addition to allowing regular swimmers, officials **hope to host much of the 2024 Olympics, including the opening ceremonies, on the Seine.** If you’ve ever dreamed of floating down the river and looking up to views of Notre Dame and the Eiffel Tower, now may be the time to start thinking about a trip.



Stretch and Strengthen with Rayner is on zoom every first and third Monday of the month at 11am. RSVP on the Sausalito Village event calendar for the zoom link if you are attending for your first time. www.SausalitoVillage.org



Park Rangers saw something unprecedented with this years Fat Bears

Excerpted from Mashable.com

Brown bears live largely solitary lives. Mothers and cubs, wary of potentially threatening outsiders, also live as independent families. Yet 2022 bucked this tradition. For the first time, fat bear viewers, naturalists, and former rangers watched two family groups in Katmai National Park and Preserve — in this case two mothers each with her own cub — hang out, nap, fish, and travel together. Like a big family.

"This was really fascinating to watch this year," Mike Fitz, a former Katmai park ranger and currently a resident naturalist for the wilderness livestreamers at explore.org, told Mashable. "Mother and cubs often keep to themselves. I've never seen two families associate with each other like these have."

The two mothers are bears 909 and 910 — themselves offspring of the legendary Katmai bear 409, a former Fat Bear Week champion. (If you're just getting acquainted with Fat Bear Week, it's Katmai's

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909's cub is an impressively fattened up yearling (meaning the young bear is wrapping up its second fish-eating season) and 910's offspring is a spring cub (meaning it was born this year). From the human perspective, they're aunts and cousins.

At first, bear viewers often spotted the four-member family near the waterfall. The experienced mothers caught most of the salmon, while the cubs mostly watched from the riverbank. It's dangerous out there, particularly the threats from other bears. Remarkably, 909's cub still snatched a few leaping fish from atop the falls, a "feat that yearling bears rarely accomplish," notes explore.org.

"They hung out together. Relaxed together. Played together. It's pretty incredible," Naomi Boak, the former media ranger at Katmai National Park and Preserve, told Mashable.

"To me it was the story of the year," added Boak. She's cohosting the Otis Fund on Oct. 15, which raises money for The Katmai Conservancy, an organization that supports the park.



Does Thread Count Really Matter With Your Sheets?

Thread count is determined by the number of woven threads, both vertically (called warp) and horizontally (called weft), within 1 inch of fabric, explains Ben's Brands for Less. So, a 300-thread count sheet has 150 weft and 150 warp threads for a total of 300. It's important to note that some sheets, such as silk and flannel, are measured by weight rather than thread count.

Thread count pertains mostly to sheets made with cotton, and it only really matters with single-ply yarn. Thread count can also apply to bamboo and linen sheets. A sheet will feel more luxurious if it's made with long staple fibers even if the thread count is low, while one made with multiple short fibers will tout a higher thread count, resulting in a lower-quality product.

The best thread count for cotton and percale weave is 200 to 400, while Egyptian cotton should be between 300 and 400. In addition, bamboo is best between 300 and 500, sateen is ideal at 300 to 600, and linen has the lowest thread count at 80 to 140 per square inch. Linen's thread count is a bit misleading because linen threads, according to Bed Threads, are naturally thicker than cotton, so it takes fewer linen threads to create a luxurious feel. Therefore, linen sheets are usually measured by weight using grams per square meter (GSM) rather than thread count. The higher the GSM, the heavier the fabric.

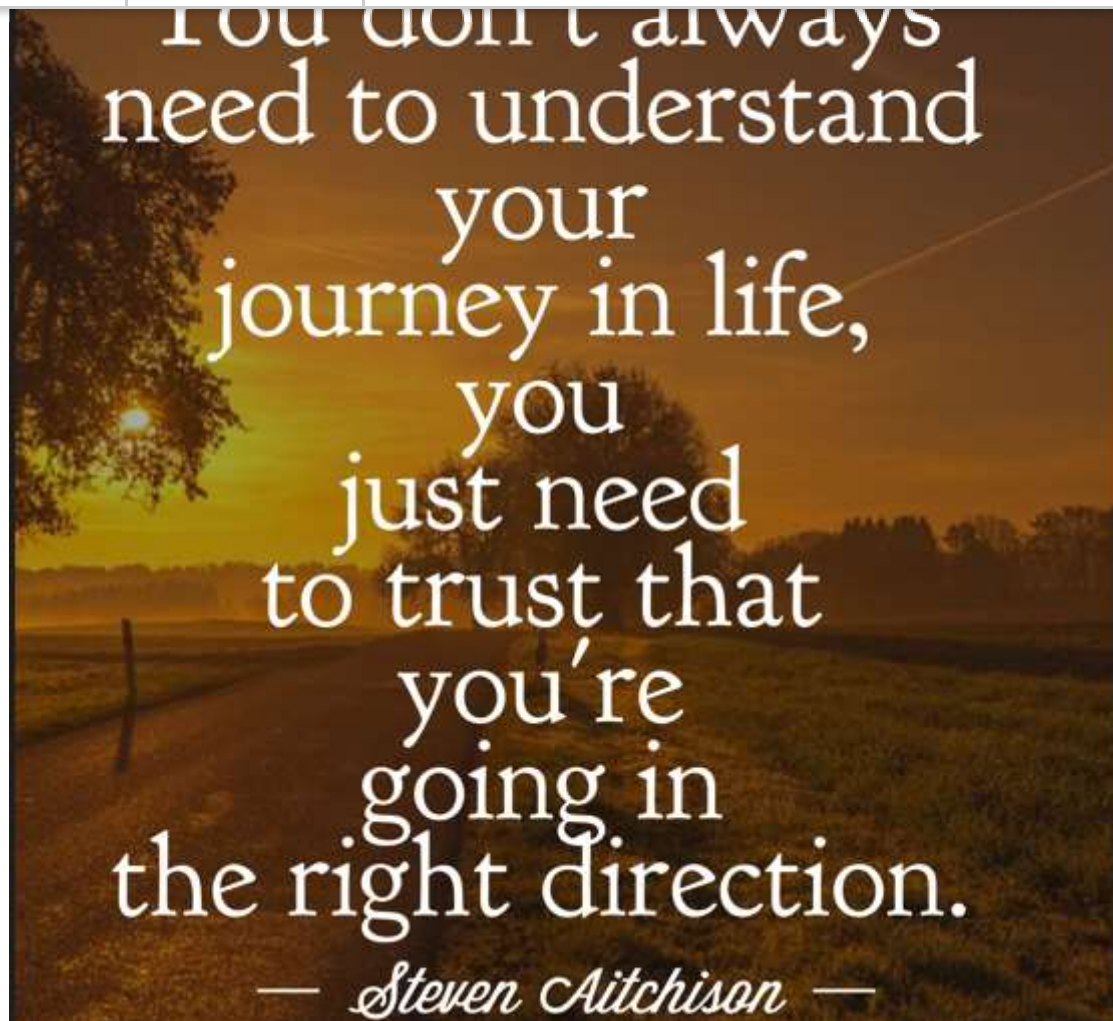
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George Carlin 'Whiny Boomer' rant (2min21sec) Warning: Foul language

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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



— An aerial shot of the "Western White House" in Hillsborough, Calif.
Danny Chung

Western White House in Hillsborough sells for a bargain!

Excerpted from SF Gate

The “Western White House,” commissioned by George Hearst to replicate America’s presidential White House, recently sold for \$15 million — \$10 million below its original asking price.

The original mansion at 401 El Cerrito Ave. It was physically moved a quarter mile away to El Cerrito Street in 1915. The relocation was to take advantage of the lush landscaping and the creek on El Cerrito Street. Hailed as an engineering achievement, the house move was written up in Popular Mechanics magazine.

In the late 1920s, a fire seriously damaged the mansion. Its next owner, George Hearst — the eldest son of William Randolph Hearst — commissioned **Julia Morgan** to re-envision the home in the style of the presidential White House in 1930.

George Hearst clearly sought Morgan’s expertise in building the Western White House because of her work on the similarly opulent Hearst Castle. Both of these startlingly over-the-top mansions represented a departure from Morgan’s signature style of elevated

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The home listed for \$25 million in late October of 2021. While waiting for its next owner, it suffered multiple price cuts, finally selling early this September for \$15 million. Compass agent Alex Buljan, who represented the buyer in this transaction, didn't find such a long stint on the market unusual: "The property, because of its size and significance, required a buyer willing to put time, effort and capital into preserving its rich history."

SeniorsAtHome
Better Care Starts Here



Event

A DIVISION OF JEWISH FAMILY AND CHILDREN'S SERVICES

**Improving
Quality of Life
Through a Better
Understanding
of Depression
and Dementia**



**Join us for a discussion on detecting and
differentiating between depression and dementia.**

Online

**Tuesday, Oct. 25, 2022
11:00am (PST)**

Register [HERE](#)



Removing deadlines could help prevent procrastination, research says

While many might assume that deadlines keep people from procrastinating, **new research actually suggests the exact opposite.** “Although a long deadline theoretically gives us more time to finish a task, **it often means that we postpone it over and over until eventually we forget all about it,**” Professor Maroš Servátka, of Australia’s Macquarie Business School, told the *Harvard Business Review*.

The professor and his colleagues conducted a study where participants were asked to take a short online survey. There were three groups, and each was given a different deadline: one week, one month, or none at all.

They found that the participants with no deadline not only returned more surveys, with an 8.3% response rate, but also did so quicker than the other two groups. However, the group given the monthlong deadline had a lower response rate (5.5%) than those with the weeklong one (6.6%).

“Deadlines motivate us to do things we might otherwise put off, but the relationship isn’t always clear-cut,” Servátka said, noting that context is important when incorporating the research into real-life

questioning our assumptions.



20 of the most unique birds of the world



How double amputee Katy Sullivan triumphed as a Paralympian—then conquered Broadway

Excerpted from NY Post.com

There still aren't too many people on film, TV or the stage who look like Sullivan. She is a bilateral above-the-knee amputee and walks on prosthetic limbs — shapely, sleek legs in shiny black that make her look a bit like a bionic superwoman. The fashion fan loves to accentuate them with short skirts or dresses with high slits.

The ebullient redhead, who was born without the lower halves of her legs, has never let her disability stop her.

She booked her first audition at 12, as a “townsperson” in a local children's production of “Sleeping Beauty,” studied theater at Webster University, and starred as Hedda Gabbler in Chicago. Sullivan took up running in her 20s — and competed in the London Paralympic Games in 2012, where she set an American Record and finished sixth in the world.

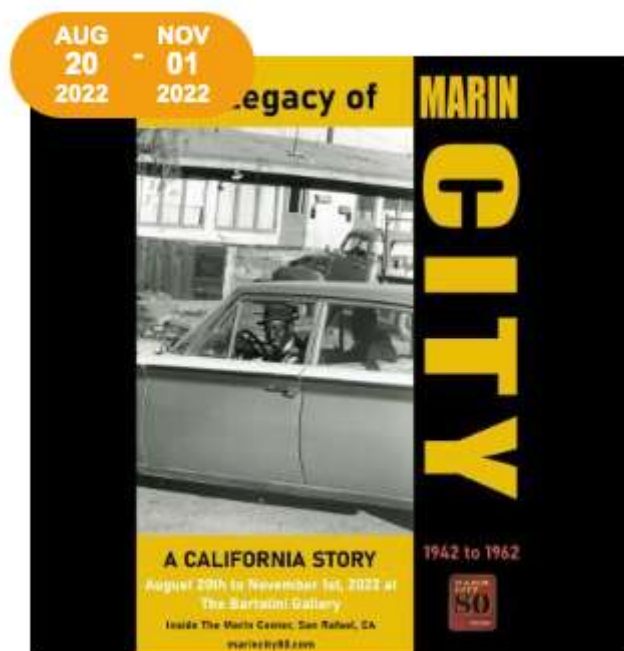
Now, she's making her Broadway debut in the Pulitzer Prize winning play “**Cost of Living**,” as the foul-mouthed, feisty and very funny Ani, who ends up paralyzed and in a wheelchair after a car accident. Sullivan originated the role back in 2016, and has played it at the Williamstown Theatre Festival, Off Broadway and in London, picking up accolades along the way.

It's a powerhouse performance — hilarious, raw, vulnerable, true — that's already garnering considerable Tony buzz.

Read entire story [HERE](#)

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Hear Einstein explaining his theory on relativity - 1 minute video



SV Trip October 31st - Legacy of Marin City exhibit

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

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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 Rock and 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.



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.



Bay Area's Robust Chocolate Legacy

Excerpted from BayCurious Newsletter

The gold rush enticed immigrants from all over the world to San Francisco, including many Italian and French people who brought chocolate-making expertise with them. Becky Duffett traced our area's long history with chocolate in this great article for Eater.

Domingo Ghirardelli was the first on the scene. He started out as a grocer in Stockton before moving to San Francisco to open a candy company in 1852, well before some other big names like Nestle and Tollhouse got their start.

But even though Ghirardelli may be synonymous with San Francisco, it's now owned by the U.S. division of Swiss confectioner Lindt & Sprüngli. Another big San Francisco chocolate name, See's Candies, is owned by the holding company Berkshire Hathaway. Despite these corporate buyouts, there are still many locally-owned chocolate companies, and one of them is almost as old as Ghirardelli.

Guittard Chocolate, founded by French immigrant Etienne Guittard in

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company in the Bay Area. Gary Guittard still manages the business, along with his daughter, Amy. Located in Burlingame, the Guittard factory is responsible for the heavenly chocolate smell that sometimes wafts across Millbrae and Burlingame.

Food writer Becky Duffett does think San Francisco is special in part because the food and wine scene is so good here generally. In her Eater article, she highlights the contributions of Scharffen Berger, another local company, founded in the late '90s, that brought a winemaker's sensibility to chocolate. They were the first to put chocolate percentages on packaging and to focus on the origin of the beans themselves. That helped revolutionize the industry and paved the way for some of the small, innovative businesses we see popping up now.

"The chocolate scene is so cool now," Duffett said. "I see a proliferation of small makers."

During the pandemic, a lot of people's lives changed dramatically. For some folks, getting laid off or spending more time at home allowed them a chance to refine recipes and create a niche market for their products. Duffett says the cottage industry of chocolatiers is booming. She's excited about places like Socola, 9th and Larkin (who roast and grind their own beans) and Feve Chocolates. And San Francisco Chronicle food writer Janelle Bitker recently wrote about three Bay Area companies, Formosa, Kokak and Deux Cranes, showcasing Asian flavors in their chocolatey confections.

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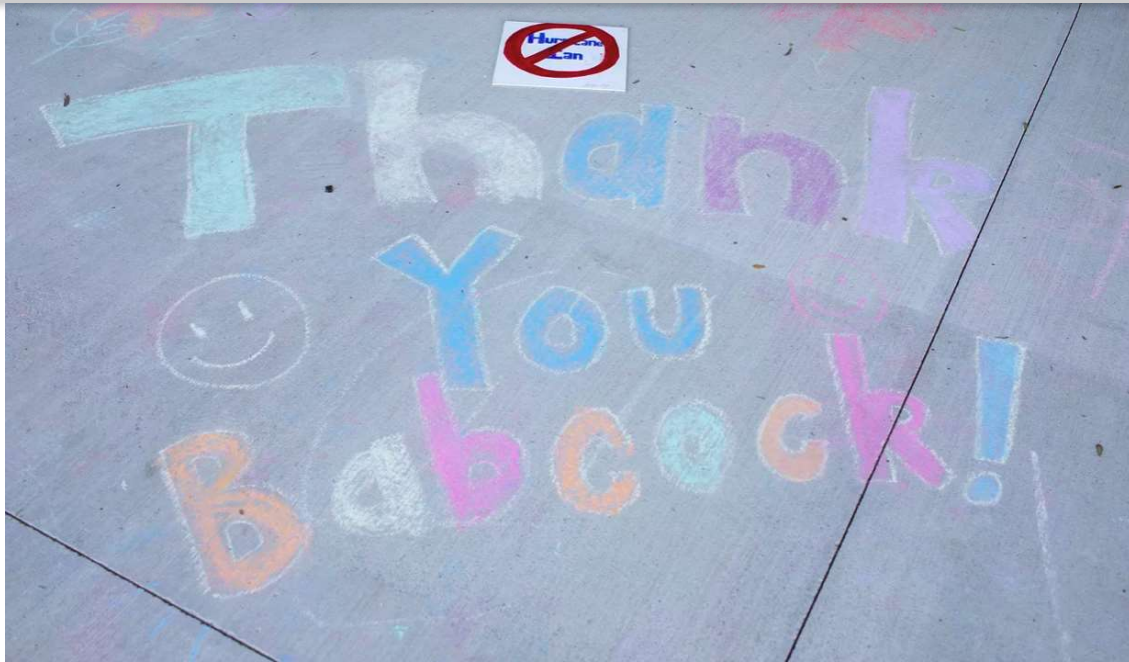
FRIDAY PUZZLE

Puzzle from MorningBrew.com

Dozens of African countries won independence from European colonizers throughout the 20th century. In today's quiz, we'll give you the name of an African country, and you have to name the European country it gained its independence from.

1. Egypt (1922)
2. Morocco (1956)
3. Kenya (1963)
4. Mozambique (1975)
5. Rwanda (1962)

Answer at the bottom of the newsletter.



One Florida community built to weather hurricanes endured Ian with barely a scratch

Excerpted from NPR

In 2018, Mark Wilkerson became one of the first 100 residents of Babcock Ranch — an innovative community north of Fort Myers where homes are built to withstand the worst that Mother Nature can throw at them without being flooded out or losing electricity, water or the internet.

The community is located 30 miles inland to avoid coastal storm surges. Power lines to homes are all run underground, where they are shielded from high winds. Giant retaining ponds surround the development to protect houses from flooding. As a backup, streets are designed to absorb floodwaters and spare the houses.

So when the storm hit, Wilkerson and his wife stayed put, as did most other residents here. Although the community didn't experience the hurricane at its most intense, Wilkerson says they felt 100-mph winds. At one point, the lights in his house flickered but "lo and behold, we never lost power."

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Babcock Ranch, just half a mile from a train right at the development's main entrance that's no longer there, a few street signs lying on the ground and some knocked-over palm trees, you'd hardly know that a hurricane came through.

Babcock Ranch is the brainchild of Syd Kitson, a 64-year-old former professional football player who made his name in the 1980s with the Green Bay Packers. He went on to found a real estate development company, Kitson & Partners, and Babcock Ranch is one of firm's showcase projects.

Admittedly, Babcock Ranch has a slightly insular feel to it. But partly because residents were spared the full wrath of the hurricane, they have been able to reach out and help those in need.

A community center here was designed to double as a reinforced storm shelter. Everyone staying there right now has come in from other hard-hit communities. Babcock Ranch residents have been fielding requests on social media and shuttling in supplies.



7 Ways Being Kind to Others is Good for You

Excerpted from Healthy Human Life.com

1) It helps to foster closer relationships

Research shows that being kind to others activates our posterior superior temporal cortex, the part of the brain associated with [empathy](#). By exercising our “understanding” muscle, we are better able to see the world from other people’s perspective and listen to friends and family with kindness and compassion.

2) Being kind is a natural anxiety antidote

Being kind to someone in need also helps us put life into perspective. By helping us practice gratitude for all that we have, being kind to others who are struggling can help us see that life’s small adversities don’t matter so much.

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Research shows that complex levels of social integration, such as instances in which we offer significant help to a close friend in need, have the highest impact on our longevity. However, all acts of kindness have a positive impact on our long-term well-being and health.

4) We are happier when we are nicer

For centuries, philosophers all over the world have said the same thing: happiness is best found in the joy of helping others.

5) It reduces stress

Being kind acts like a medical antidepressant in that it stimulates the production of serotonin, the feel-good chemical that calms us down.

6) We may be wired to be kind

Our good nature is something that's ingrained in us from an early age. It's possible that being kind feels good because, from an early age, we've known that it's the right thing to do.

7) Being kind leads to success

Remember, if you win the rat race, you're still a rat! Studies show that as long as you keep people from taking advantage of you, nice guys finish first.

Read more details about each step [HERE](#)

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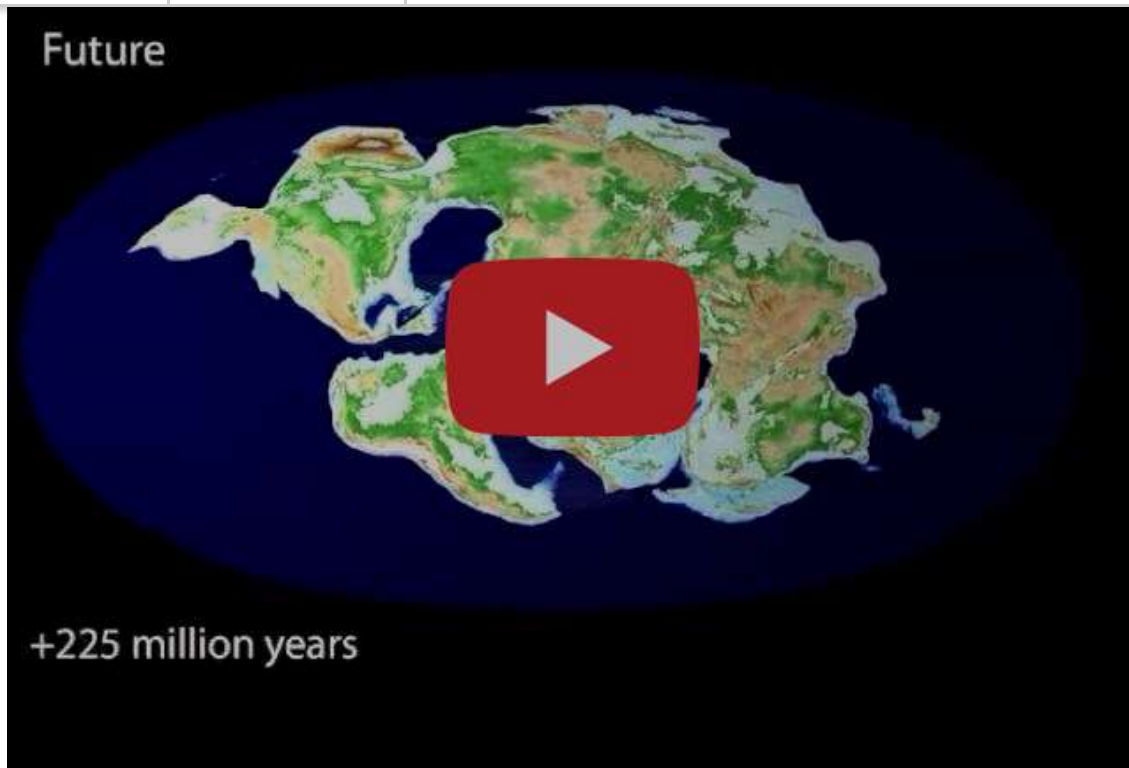


Plate tectonics - 240 million years ago to 250 million years in the future



What does it take to forgive? Answering these 4 questions will get you there.

Excerpted from Houston Chronicle

We pick up regrets, anger, bitterness, disappointment, you name it – gunk we may not even notice, hiding under the surface. But according to Ramesha Nicole, who calls herself “the Forgiveness Specialist,” it takes a toll.

“I’ve personally seen a decrease in mood swings, my depression and anxiety have lessened, my (muscles and nerves) don’t ache and aren’t as tight as they were before beginning this process of forgiving and releasing,” she says.

Ramesha is a former school counselor turned Christian-focused wellness coach. Her message is universal: forgiveness heals. It’s her life’s work, in more ways than one.

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think of a smartphone. If too many apps are left open, the battery drains, it runs out of power. Holding onto hurts and grudges does the same to our bodies. It drains and takes the life out of us, and it prevents us from thriving,” she says.

Ramesha says forgiveness isn’t a quick fix, and it doesn’t involve sweeping issues under the rug. Rather, “forgiveness is a conscious decision to live and dwell in a place of freedom from hurt by no longer allowing those things to control you ... and your life,” she says. It’s about choosing our own well-being instead of letting the burden of our grievances crush us.

Ramesha breaks down the process into four main steps, which she calls the four basic layers of forgiveness – a series of questions that require squarely facing our pain points, in a journal, prayer or reflection: Who do I need to forgive?; What do I need to forgive them for?; What traumas were caused?; How did that impact me mentally, emotionally, physically, relationally, spiritually and financially?

She points to other practices – like writing letters to spell out our hard feelings, then burning them – for help with letting things go. But Nicole’s main message is that releasing our deepest hurts first requires honestly and introspectively confronting them with the understanding that we can’t have the grievance and our peace of mind.

Read entire story [HERE](#)

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2 hours 20 minutes traditional african instrumental



Answer to todays puzzle:

ANSWER

1. Britain
2. France
3. Britain
4. Portugal
5. Belgium

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