



Photo by Anne and Ken Hammer of Doran State Beach Park (looking toward Dillon Beach)

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

## Happy Friday, Villagers

**And welcome to the our weekly Sausalito Village newsletter, a mix of local news, features, jokes, pictures, and information on events from around the village, virtually, and around the**



## 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:

Stretch and Strengthen with Rayner the 1st and 3rd Mondays  
November 21 - Deadline to order Thanksgiving dinner delivered  
November 21 - Sing Along/Concert at Campbell Hall  
November 23 - Order an Emergency Grab and Go Bag deadline  
November 24 - Thanksgiving meals delivered  
November 27 - Line Dancing Workshop  
November 28 - Creating and enhancing your emergency Grab and Go  
November 29 - Trip to Ranch 99 and 7 Stars Holistic Healing Cannabis Dispensary

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## Thanksgiving Turkey Dinner delivered to your door on Thanksgiving morning

Open to all seniors in Sausalito

Deadline to order is Monday NOON

Dinner will be prepared by Mollie Stones and will include:

Turkey and gravy

Stuffing

Potatoes

Vegetable

Cranberry sauce

Roll

Slice of pumpkin pie

Vetted volunteers from Sausalito Village and CARSS will be making the deliveries.

RSVP and pay: [https://sausalito.helpfulvillage.com/events/3666-thanksgiving-turkey-dinner-delivered-to-your-door\\_-rsvp-by-11\\_21](https://sausalito.helpfulvillage.com/events/3666-thanksgiving-turkey-dinner-delivered-to-your-door_-rsvp-by-11_21)

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## What is mind gardening?

Excerpted from Harper's Bazaar AUS

Anne-Laure Le Cunff, PhD candidate at the Institute of Psychiatry, Psychology & Neuroscience says “We are constantly bombarded with content from the news and social media. We consume all these ideas that are not ours and that then get stuck in our heads. All those thoughts weigh on our mind.”

For managing this, she suggests a technique called mind gardening.

“Mind gardening is a new approach to managing information overload. It takes inspiration from the world of gardening: instead of letting weeds grow in your mind garden, you can make it a place that you cultivate based on ideas you actually care about. The idea is that taking care of your mind involves cultivating your curiosity (the seeds), growing your knowledge (the trees), and producing new thoughts (the fruits),” she explains.

In essence, there are three main steps in mind gardening.

“First, you need to plant high-quality seeds in your mind. That means curating the content you consume and the conversations you have. Pay attention to what inspires you, and engage more with those things.”

Secondly, Le Cunff says “you need to cultivate and nurture these thoughts by actively engaging with them. Look for interesting connections between ideas, ask yourself what these ideas mean to you.”



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Read the entire article [HERE](#)

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

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

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

**Next Event: THIS MONDAY, November 21st**

NOTE Date Change THIS month from the 4th Monday to the 3rd Monday



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](http://www.SausalitoVillage.org)



## Condition Index?

Excerpted from Mill Valley Connect newsletter

The Metropolitan Transportation Commission has released the Annual Pavement Condition Index (PCI) Report to provide the 3-year rolling average of pavement condition of cities, towns and counties throughout the Bay Area. The PCI provides a snapshot of the pavement health of a road. It is measured on a scale of 0 to 100 (where 100 means a newly paved road), and many factors affect a city's or county's PCI score. In 2021, Mill Valley's PCI was evaluated to be 72 (Good) just behind Tiburon (75) and Ross (77).

Click on the Report link to see where Sausalito is on the list [HERE](#)



**Want to donate one of your gently used coats to a new home?**



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## Collection Hours: 9 am-5pm (Mon-Fri)

SV Volunteer, Kathleen Maher will pick up your coat for donation NEXT FRIDAY between the hours of 11:00am and 1:00pm. COATS ONLY. And, please make sure they are in good condition with no stains, holes or other damage.

Contact Kathleen directly at: [kemswc@gmail.com](mailto:kemswc@gmail.com) or 415-726-8957 to arrange to pick up on 11/18/22

*High Flying Foods has partnered with the non-profit, One Warm Coat, and will be making sure your donation goes to a much needed home.*

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## How to Clean Your TV Screen the Right Way

Excerpted from MarthaStewart.com

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1. Turn off and unplug your TV.
2. Dust the screen with a microfiber cloth and repeat until it's clear of debris.
3. Wipe the screen down with soft cloth dampened with water (or water and vinegar solution) to remove tough smudges and fingerprints.
4. Dust off the top and base of the TV.

Follow these best practices to refresh an old school boxy TV screen type:

1. Power off and unplug your box TV.
  2. Clean the screen with a soft microfiber cloth.
  3. Since these screens are more durable, you can mix equal parts rubbing alcohol and lukewarm water to create a cleaning solution.
  4. Dampen the cloth with the solution and wipe the screen, base, and top.
  5. Let the TV air-dry and repeat in a circular motion to remove any caked-on debris or fingerprints.
-



## Line Dancing Workshop: Sunday, November 27th

WHEN: November 27th, 3:30pm - 5:00pm

WHERE: Sausalito City Hall downstairs in dance/exercise studio

RSVP: <https://sausalito.helpfulvillage.com/events/3656>

First 1/2 hour, we will focus on basic steps and simple dances, intended to gently ease newbies into it, geared to those with little dance experience but some curiosity.

Starting 4pm 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 part, or stay for both. Music is old school, contemporary, disco, jazz, R&B, and a little Latin.

Open to all, geared to seniors.

FREE but donations accepted.

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



**A NATIVE AMERICAN TRIBUTE**  
**Honoring The First People**  
**Through Literature & Art**

Join us for a special tribute to commemorate Native American Heritage Month featuring writers, poets, artists and activists. We will uplift their voices, hear their stories, experience their art, and discuss relevant issues that impact us all. Join the in-person discussion and be a part of the celebration.

**Friday, November 18th, 6:00pm**

**The Spinnaker Restaurant** | 100 Spinnaker Drive, Sausalito

Event is free to attend, but please register in advance at [Eventbrite Marin | Native American Tribute](#)



**Georgina Marie Guardado**

Poet Laureate of Lake County, CA (2020-2024) Poets Laureate Fellow with The Academy of American Poets. Currently working on full-length poetry manuscript, *The Length of Trauma Covets*.



Denise Low

Kansas Poet Laureate 2007-09. Recent books include *Shadow Light*, *Jigsaw Puzzling* and *The Turtle's Beating Heart*. Founded the Creative Writing Program at Haskell Indian Nations University.



**Kurt Schweigman**

Oglala / Sicangu Lakota heritage. Co-editor of *Red Indian Road West: Native American Poetry from California*. Two soon-to-be published poetry books and a first novel – *Sitting Bull in Paris*.



**Kim Shuck**

Tsalagi (Cherokee) heritage. Poet, author, weaver, and bead work artist. 2017 San Francisco Poet Laureate. Recent collections of poems include *Deer Trails* and *Exile Heart*.



**Racquelle Meyers**

Attorney and Executive Director at the National Indian Justice Center; a member of the Pinoleville Band of Pomo Indians. Teaches "Criminal Justice and the American Indian" at CSU.



**Todd Darling**

Documentary filmmaker who directed and produced acclaimed feature documentary *Occupy The Farm* (2014). Current film project related to Native-American land rights and environmental concerns.



## 4 Questions that will change your professional - and personal life

Excerpted from INC.com

### **"Do I know why I feel this way?"**

When you feel stressed, anxious, or nervous, take a step back and identify the granular reasons you feel the way you do. Being specific in identifying the feeling lets you take the right actions to deal with that emotion.

### **"Do I actually control (this)?"**

Wasting time on things you can't control means you can spend less time on things you can control. What your employees do -- not what they might think. How you see yourself -- not how other people might see you.

### **"Who do I spend the most time with?"**

What you do, what you read, what you eat... the 122 (or whatever the real number is) decisions you make every day add up. Who and what you spend the most time makes you who you are. Or, if you're more intentional... the person you will become.

### **"Am I making (this) happen?"**

Saying "no" to one thing allows you to say "yes" to something else.

And the best "yes" you can say is to a wish, a hope, or dream that you

Read the entire story [HERE](#)



## Do You Always Need Background Noise? There's A Psychological Reason Why

Excerpted from HuffPost.com

“Background noise may be used in an attempt to distract from or avoid unpleasant emotions and thoughts,” said Jenna Carl, a clinical psychologist and the chief medical officer at Big Health, a digital therapeutic company that provides help for insomnia and anxiety.

Basically, it serves as a distraction. “Effectively, we fill our attentional capacity to the max with other stimuli in an attempt to have no resources left for the things we are trying to avoid,” explained Juulia Karlstedt, a counselor who specializes in anxiety and perfectionism.

To some degree, playing background noise is a perfectly fine way to manage your emotions. If you’re feeling overwhelmed or depressed at

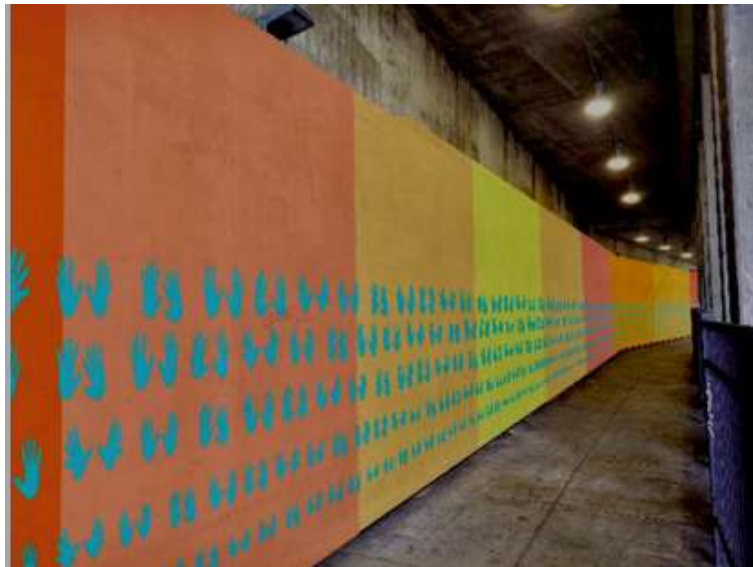


But here's the catch: You don't want to dodge your emotions completely or forever. "You want to find the time later on to return to your thoughts to evaluate them and feel the feelings they bring up," Carl said.

Why? Unfortunately, avoidance can exacerbate your distress. "If you find yourself always distracting from or avoiding unpleasant thoughts, that can reinforce the anxiety that's behind the thoughts," Carl said. Basically, you aren't able to work through the anxiety; you're just pushing it under the rug again and again. While this is certainly understandable, it's not the most helpful.

So ask yourself: Am I coping in other (effective) ways, too? This might look like talking to a therapist or friend, doing a type of exercise you enjoy, taking baby steps, journaling, avoiding caffeine or taking deep breaths. If you're not, it may help to add a couple of those items to your daily life.

Read entire article [HERE](#)



**TOMORROW! Saturday, November 19th**

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AOCU STEERING COMMITTEE (415) 332-8316

**SAVE THE DATE-RIBBON CUTTING & CELEBRATION****SATURDAY, NOVEMBER 19 FROM 1:00 PM  
TO 3:00 PM PT****TUNNEL BETWEEN MARIN CITY & SAUSALITO  
100 Block of Drake Avenue  
Marin City, CA 94965**[RSVP](#)

**The Steering Committee invites the community to celebrate the completion of this long-awaited project on Saturday, November 19 from 1-3 p.m.** (rain date November 20). There will be refreshments and a musical parade through the tunnel linking our Sausalito and Marin City communities.

Members of the Steering Committee are Carolyn Revelle; Sonja Hanson, Sausalito Foundation; Felecia Gaston, Performing Stars of Marin, Dr. Shirley Thornton, Arts + Foundation; and Susan C. Shea, former Sausalito resident and non-profit fundraiser.

More information about the project is at [allourchildrenunited.org](http://allourchildrenunited.org).





## Ever wondered how you become a nun?

Excerpted from HowStuffWorks.com

A lot of life choices require a great deal of thought and preparation, but few need as much contemplation as when a person is considering a religious vocation. More of a calling than a career, becoming a nun is a multi-year process, followed by a lifetime of dedication to the service of the church and its people.

Nuns are not only found in the Roman Catholic church. There are Buddhist nuns, as well as nuns in other faith traditions. However, for the purposes of this article, we are going to focus mainly on Catholic nuns.

If you're a woman wondering how to become a nun, know there are a few very important requirements before starting on the road to religious life [source: A Nun's Life]:

- Catholic nuns must be members of the Catholic faith. If you aren't Catholic, you'll need to convert, which is its own process entirely. If you don't want to convert to Catholicism, you may want to look into groups such as the Benedictine Women of Madison, which welcomes single women of any Christian denomination to live in a religious community as sisters.

Woman has previously married, she must obtain an annulment through the church, unless she was widowed.

- Nuns can't have any dependent children. Grown-up kids are just fine, but not young ones.
- Psychological and physical health is very important. This does not automatically disqualify people with managed illnesses or disabilities, however.
- You should be between the ages of 18 and 40. However, some orders will accept women above that age bracket.
- Most religious communities encourage their applicants to have at least a bachelor's degree, preferably from a religious college.
- Debts must be paid off before entering the novitiate portion of the process. This is usually one or two years into becoming a nun. The church provides counsel on how to eliminate debts, such as student loans.

Becoming a nun involves an intense training period, as well as lots of personal sacrifice. You must take a deep look inside yourself to know if you're cut out to be a nun. If you feel a strong calling to do this and would like to learn how to become a nun, then keep on reading.

Read the entire story [HERE](#)





## Excerpted from Marin IJ

A large part of the fun of looking at birds is their sheer variety. It's entirely possible to see 100 different bird species in a day in Marin, representing a vast array of different shapes, sizes, colors and ways of life. When people first start trying to learn the birds, they often focus on color first, with perhaps a rough guess about size. But color and size can often be distorted by light and distance, and aren't particularly informative about what kind of bird you're seeing, what family it belongs to, or how it moves or finds its food. Instead, one of the most useful things you can do to improve your understanding of birds is to start looking more at their shapes. And the easiest shapes to start with are beaks.

Whether short, long, narrow, wide, straight or curved, birds' beaks tell you what they eat and how they eat it, which in turn are invaluable clues about where and how they live. There's an unbelievable amount of variety in birds' bills ("beak" and "bill" are essentially interchangeable terms). Think of ducks compared to shorebirds, hummingbirds compared to hawks.

Why look at the shape of birds' beaks? For all those thoughtful reasons about understanding their relatedness to each other and ecological roles, but also to marvel at the strange and extravagant world that surrounds us every day.

Keep reading [HERE](#)

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## SV Hosted Trip to Richmond's 99 Ranch Market in Pacific East Mall and optional stop at 7 Star Holistic Healing Cannabis Dispensary

WHEN: Tuesday, November 29th, 10am - 2pm-ish

Open to Sausalito Village Members and Volunteers

RSVP: <https://sausalito.helpfulvillage.com/events/3648>

Have you ever been to a 99 Ranch Market? It is an unforgettable experience - a gigantic grocery store that will transport you (not literally!) to Asia. The selection is fresh and affordable. Check out the website [HERE](#)  
And sample weekly Shopping Ad [HERE](#)

The Richmond store is in the Pacific East Mall.

Lunch on your own at the Pacific East Mall. Click to see the mall eateries and stores directory [HERE](#)

Transportation will be provided in carpools by vetted volunteer drivers. We will meet at Dunphy Park at 10am.

OPTIONAL TRIP to 7 Stars Holistic Healing Cannabis Dispensary (<https://www.7starshhc.com>) across the street from 99 Ranch Market for those interested. Not interested? Keep shopping and eating at Pacific East Mall and everyone will head back at 2pm.

Questions? Email [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com)



## Are you washing your hair too much?

Excerpted from Healthline.com

Shampoo is designed to clean the scalp and remove excess oil. But if it's overused or if you work it all the way down the length of your hair, shampoo can damage your hair. Shampoo strips the important oils the scalp produces and can leave the hair and scalp too dry. To prevent this, only shampoo the roots of your hair. The ends will be cleaned when you rinse the shampoo out of your roots.

"I see more problems with people overwashing their hair than you would think," says Hughes. "If people didn't rely on these detergents so much the quality of people's skin would probably be better, especially as people get older. People in their 40s and 50s who are still washing their hair and scrubbing themselves as if they were teenagers are really damaging their skin. It takes a long time to fix that."

### Dandruff and shampoo

Your dandruff may actually be a sign of overwashing. Dry hair, itching, and persistent flaking or dandruff are all symptoms of an overly dry scalp. But that doesn't mean we should all banish washing our hair forever.

"There's a feeling out there that some of the natural hair oils are helpful for the hair and that's certainly true, especially for people with

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Shampooing less often is more of a personal preference. Some people may experience itching when they wash less frequently. But for the most part, shampooing less will only change the appearance and feel of the hair. In extreme cases, you can get clogged pores or dandruff. Some people benefit from skipping traditional detergent-based shampoo altogether or using it rarely.

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## Tai Chi for Arthritis and Fall Prevention (ages 60+)

This is a FREE virtual online program for Marin County older adults of all abilities ages 60+. This course is conveniently taught in-person via Zoom and participants must have access to the internet and a computer or tablet with a webcam. Classes are led by Tai Chi for Health Institute Board certified community instructors from Age Friendly Sausalito, and Dominican University.

**Classes begin November 20<sup>th</sup>** – Register through Sausalito Parks and Rec [HERE](#) or phone 415-289-4152

### **Beginning November 20, 2022 - Beginning and Continuing**

Meeting 1 x per week for 16 weeks

Sundays, 10:00am-11:00am (no class December 25 or January 1)

### **Beginning January 10, 2022 - Part 2 Intermediate**

Meeting 2 x per week for 8 weeks

Tuesday and Thursday 11:30am-12:30pm (no class February 2)



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331-1393

Funding for this program, in part, is made available by the Older Americans Act, administered locally by the Marin Department of Health and Human Services, Aging and Adult Services\* and by Marin County Parks

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**Today  
I give thanks to  
everyone  
who has been  
part of my life's  
journey.**

# EMERGENCY "GO BAG"



## SV Presents ALL about Emergency Grab and Go Bags

**WHEN:** Monday, November 28th, 3pm-4:30pm

**WHERE:** Campbell Hall, 70 San Carlos

**RSVP:** <https://sausalito.helpfulvillage.com/events/3649>

**What are they? Why should you have one? What should be in yours?**

**Presentation is open to all - Pass the word!**

- Create your own bag or purchase one through SV (available to members/volunteers only at this time)
- Learn to personalize your bag
- Ready it for the coming season (fire, flood, mudslide, power outage, and don't forget earthquake)
- Talk about where to keep it
- Get your questions answered

Flo Hoylman is the Chair of the Emergency Preparedness Committee at SV and the Floating Homes Association. She has deep knowledge of everything 'emergency preparedness'.

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**If you are a Village member or volunteer and would like to purchase a Grab and Go Bag with essentials in either a backpack or rolling bag, Register and Pay [HERE](#)**

Items include a solar- handcrank radio plus phone charger, 12 in 1 Multi tool, toiletries, emergency kit, mylar blanket, emergency bar/water, etc. Value is \$80 but will be subsidized for members/volunteers who can purchase one for \$60.

Your bag will be available at the November 28th event.



## **Oldest known sentence written in first alphabet discovered – on a head-lice comb**

Excerpted from The Guardian

It's a simple sentence that captures the hopes and fears of modern-day parents as much as the bronze age Canaanite who owned the doubled-edged ivory comb on which the words appear.

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...the inscription on the tummy from reader may the task root out the lice of the hair and the beard.”

Unearthed in Lachish, a Canaanite city state in the second millennium BCE and the second most important city in the kingdom of Judah, the comb suggests that humans have endured lice for thousands of years and that even the wealthiest were not spared the grim infestations.

The earliest alphabet was invented around 1800 BCE by Semitic-speaking people who were familiar with the Egyptian writing system, said Rollston. Known as Canaanite or early alphabetic the system was used for hundreds of years, particularly in the Levant, and was standardised by the Phoenicians in ancient Lebanon. It went on to become the foundation for ancient Greek, Latin and most modern languages in Europe today.

“The fact that this inscription is about ordinary life is especially fascinating,” Rollston said. “Throughout human history lice have been a perennial problem. And this inscription nicely reveals that even the rich and famous in ancient times were not exempt from such problems. We can only hope that this inscribed comb was useful in doing that which it says it was supposed to do – root out some of these pesky insects.”





**Sausalito Village will provide carpooling from City Hall by vetted volunteer drivers. Open to Active Members and Volunteers.**

**Sunday, December, 4, 2 pm matinee**

**RSVP/Pay [HERE](#) (\$36 for Orchestra rows C or D)**

**About Christmas with C.S. Lewis:**

**In the early years of his young adult life C S Lewis believed the story of Christ's birth was nothing more than feel-good myth. That all changed after a particular encounter with his great friend and fellow author, J R R Tolkien. Although both men loved mythology in general, Tolkien was convinced that the Jesus myth was the one true myth. That was the start of Lewis' journey from Atheism to Christianity. From that point on Christmas, for Lewis, took on an entirely different meaning.**

**Here we find him at his home near Oxford on Christmas Eve hosting a group of Americans who are Christmassing in England. They are about to experience an unforgettable assortment of Yuletide recollections which stimulates a whole range of emotions – curiosity, laughter, gladness and even some tears. Above all, they will discover how that encounter with Tolkien forever changed his Christmas celebrations.**

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## What is the difference between Mayo and Miracle Whip?

Excerpted from Tasting Table.com

According to How Stuff Works, mayonnaise is an emulsion of egg yolks, oil, acid (typically lemon juice or type of vinegar, per Masterclass), and seasonings. Emulsions take two substances that usually don't mix and beat them together, suspending the separation. When making mayonnaise, you must constantly beat the egg yolks and acid while slowly pouring in a stream of oil until you get a nice creamy sauce.

As far as common ground, Miracle Whip and mayonnaise are made of the same essential components, but there are some key differences, as you can probably taste. Healthline states Miracle Whip is made with other ingredients not found in most mayonnaise recipes. The water, high fructose corn syrup, and soybean oil are responsible for the sweeter flavor of the Miracle Whip in contrast to the richer and often tangier taste of mayonnaise. Miracle Whip also contains a unique blend of spices that include mustard, paprika, and garlic, adding to the taste difference.

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5 year old prodigy plays flawless Mozart



## What to Know About Europe's New Entry Requirement—and Entry Fee—Coming in 2023

Excerpted from Frommers.com

Travelers planning to visit Europe anytime from November 2023 onward will encounter a new hoop to jump through: the **European Travel Information and Authorization System**, or **ETIAS**.

**ETIAS is an electronic visa waiver that's essentially the European Union equivalent to the USA's Electronic System for Travel**

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Travelers from countries whose citizens don't need to get special visas to enter Europe will need to register with ETIAS to show that those travelers are in fact exempt and may visit Europe.

While the new system doesn't change the EU's open-border policy within the so-called Schengen Area, the ETIAS is intended to "identify security, irregular migration, or high epidemic risks posed by visa-exempt visitors," according to the European Commission, the EU's governing body.

ETIAS registration will be mandatory for travelers who don't otherwise need a visa to enter Europe's **Schengen Area**, which includes 22 European Union countries plus Iceland, Liechtenstein, Norway, and Switzerland.

### Who will need to register with ETIAS to travel to Europe?

The scheme applies to the citizens of around 60 visa-exempt countries, including the **United States, Canada, Mexico, the United Kingdom, Australia, Japan**, much of the **Caribbean**, and most of **South America**.

Read entire story [HERE](#)



## Looking for information on your transportation options?

**Sausalito Village and Edgewater Seniors host Marin Access**



RSVP for zoom link: <https://sausalito.helpfulvillage.com/events/3662-marin-transit:-navigating-transportation-options>

Don't have a computer or know someone who does not? You can watch the zoom presentation at the Edgewater Senior Club Room downstairs in City Hall.

Join Marin Access Travel Navigator team for a virtual presentation hosted by Sausalito Village and the Edgewater Senior Club to learn about your transportation options.

At this presentation, you will learn about:

- Public transit options available in Marin County
- How to apply for and use Marin Access programs and services including taxi vouchers and paratransit
- Fare assistance programs for those with income barrier



## Rescue Flight Helps 23 Senior Shelter Dogs Find Homes So 'No Old Dog Dies Alone and Afraid'

Excerpted from People.com

Pet Rescue Pilots

It's a heartwarming senior-only adventure!

To celebrate reaching 125 flights and helping 2,500 shelter pets find forever homes — through cost-free plane trips for pets from overcrowded shelters to rescues with rooms to adopt out animals — Pet Rescue Pilots (PRP) planned a flight with only senior dogs (canines age 7 or older) on the passenger list.

According to a press release from the Los Angeles-based nonprofit, on Nov. 5, PRP flew 23 senior dogs from rural shelters with less space in California to Oregon, where rescue organizations RSQ209, Oregon Coast Humane Society, Loved Again Pets, and Bichons and Buddies greeted the canines and helped them settle into foster homes or in with their adoptive families.

Unfortunately, senior dogs in shelters only have a 25% chance of being adopted, per PRP's release. The Grey Muzzle Organization is dedicated to increasing this percentage by giving out grants to rescue efforts that help ensure that "every senior dog thrives and no old dog dies alone and afraid."

"Thanks to the generosity of our donors, we're delighted to help deserving organizations like Pet Rescue Pilots make a difference in the lives of dogs and people in their communities," Grey Muzzle's executive director Lisa Lunghofer shared in a statement. "Many senior dogs from rural California shelters are enjoying their golden years in loving homes thanks to the wonderful work of Pet Rescue Pilots and their rescue network."

"When a pet is more predictable, as is the case with senior dogs, their placement also tends to be more successful. And we find that the energy level and personalities of senior shelter pets work well with our own senior community of fosters and adopters," Thompson said.

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From telephone repairman to shoe designer



## Banksy is in Ukraine

Excerpted from BBC.com



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Banksy posted a picture on Instagram of the artwork, a gymnast doing a handstand amid debris, in Borodyanka.

Murals spotted in and around Ukraine's capital Kyiv had led to speculation the anonymous artist was working in the war-torn country.

Another, not officially claimed, depicts a man resembling Vladimir Putin being defeated at Judo by a child.

The graffiti artist posted three images of the gymnast mural in the wreckage left by Russian shelling, with a caption merely stating "Borodyanka, Ukraine".

Borodyanka was one of the places hardest hit by Russia's bombardment of Ukraine in the immediate aftermath of the 24 February invasion.

Russian soldiers occupied the town - located around 30 miles (48km) north west of Ukraine's capital Kyiv - for weeks in the initial phase of the war, before it was eventually liberated by Ukraine in April.

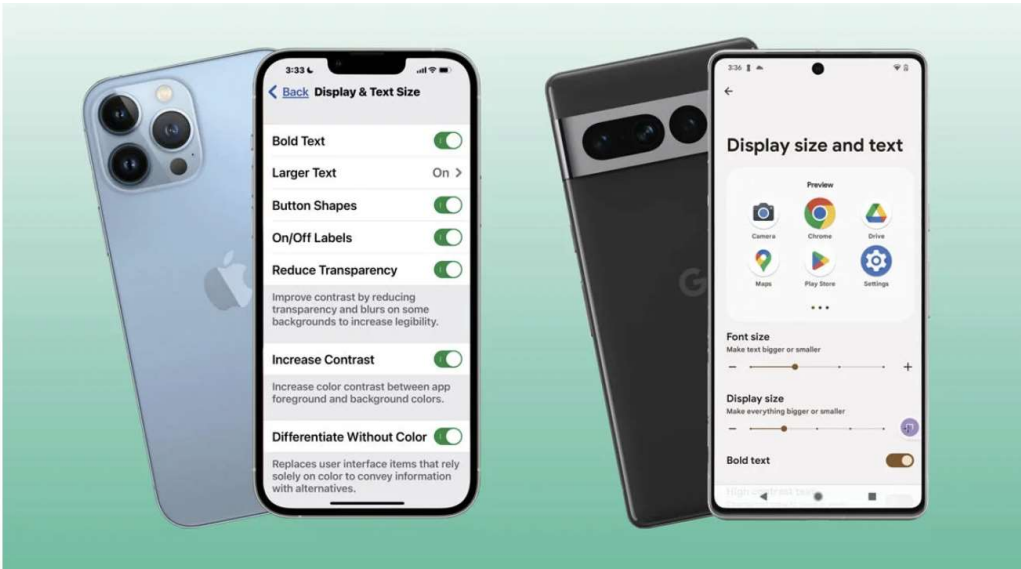
A second piece in Borodyanka, which has not been confirmed to be by Banksy, depicts a man resembling Vladimir Putin being flipped during a judo match with a young boy. The Russian president is a judo black belt and noted admirer of the martial art.

Banksy is one of the world's most famous artists - while also remaining completely anonymous.

He rose to fame with stencilled designs around Bristol in the early 1990s. But over the years, examples of his work have popped up in Paris, New York and Park City, in Utah.

Read more and see a short video created by Banksy about his work in





**If You Have Vision Problems, These Phone Accessibility Settings Can Help**

## Use Bold Text and Increase the Font Size

Changing to bold and larger lettering can make the text stand out more not just on emails, text messages, and web pages, but on the onscreen keyboard, too.

- On Android: Go to Settings > Display size and text. Toggle on “Bold text” and use the slider to make the font size bigger. Samsung Galaxy phone owners should find this feature under Settings > Display > Font size and style.
- On iPhone: Go to Settings > Accessibility > Display & Text Size. Toggle on “Bold Text.” Next, tap “Larger Text” to turn on Larger Accessibility Sizes. You can use the font slider to adjust the reading size.

## Make App Icons Bigger

This makes app icons easier to find and tap.

- On Android: Go to Settings > Wallpaper & style > App grid. Select a grid with fewer columns and rows. Samsung Galaxy owners can go to Settings > Home screen and adjust the grid for the home screen, apps screen, and folder grids.
- On iPhone: Go to Settings > Display & Brightness > Display Zoom. Select the screen with the zoomed display and tap Set. This will not only increase the size of Home screen icons, it will also enlarge the size of objects and text in apps, such as chat message boxes.

## Zoom in on the Screen

- This is helpful for seeing any part of your screen, not just app icons.
- On Android: Go to Settings > Accessibility > Magnification. Turn on “Magnification shortcut.” With the shortcut, you can tap the accessibility button at the bottom right of the screen, press and hold both volume buttons, or triple-tap the screen. See [Google's support page](#) for more things you can do with Magnification. Samsung phone owners will find this feature under Settings > Accessibility > Visibility enhancements.
- On iPhone: Go to Settings > Accessibility > Zoom. Toggle Zoom on. Now you can double-tap with three fingers on the screen to zoom in.



Here is how McDonald's french fries are produced

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## Spotlight *presents*

**SENIOR PLANET**  
FROM AARP

**OATS** | OLDER ADULTS  
FROM AARP TECHNOLOGY  
SERVICES

Senior Planet from  
AARP at Avenidas  
*with*  
Ryan Kawamoto

## *Empowering Older Adults Through Technology*

**Friday, November 18, 2022**

- - -

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

- - -

Senior Planet has developed powerful connections with older adults across the country. The organization behind the program, Older Adults Technology Services (OATS), joined AARP to help seniors with technology no matter their socioeconomic circumstances.

Learn more about how you can access free Senior Planet classes online and in-person.

Ryan Kawamoto is the Regional Program Manager for OATS from AARP in Palo Alto. A graduate of UC San Diego and Princeton University, Ryan is the former Executive Director of an older adult community center and former Chair of the main advocacy organization for older adults and people with disabilities in Santa Clara County.

Join us for an overview of new (and existing) Senior Planet programs for older, active adults to learn about technology training and much more!



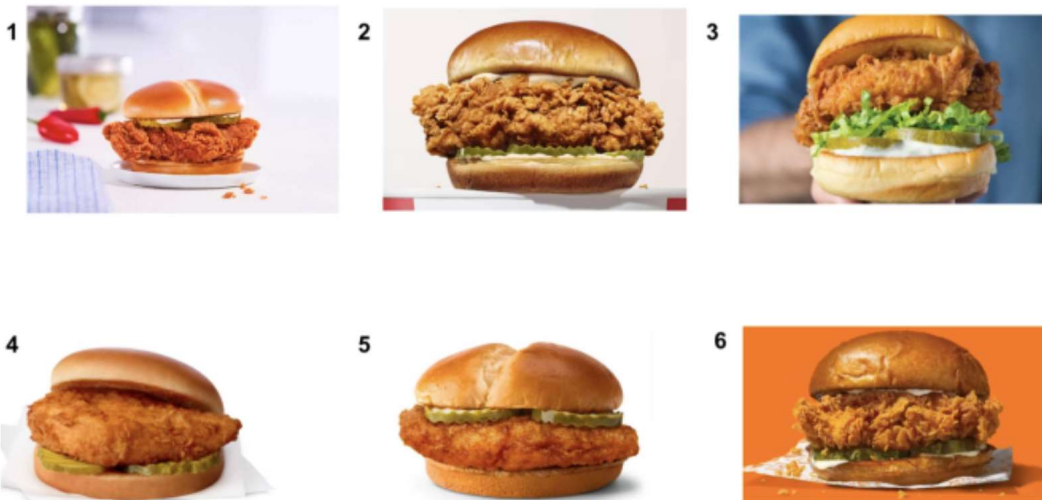
**RSVP with ESCOM for the zoom link [HERE](#)**

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## FRIDAY PUZZLE

Below are fried chicken sandwiches from six different fast-food restaurants.  
Can you identify them?

Your options: Chick-fil-A, Popeyes, Shake Shack, KFC, Bojangles, and McDonald's.



Answers at the bottom of the newsletter. Puzzle thanks to  
[MorningBrew.com](https://morningbrew.com)

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## What is Wabi Sabi?

Excerpted from JapanObjects.com

In Japan, wabi sabi is imperceptible but everywhere: a crack on a teapot, the wood of an old door, green moss on a rock, a misty landscape, a distorted cup or the reflection of the moon on a pond.

In *Wabi Sabi: The Japanese Art of Impermanence*, Andrew Juniper defines wabi sabi as "an intuitive appreciation of ephemeral beauty in the physical world that reflects the irreversible flow of life in the spiritual world."

Related to landscapes, objects and even human beings, the idea of wabi sabi can be understood as an appreciation of a beauty that is doomed to disappear, or even a ephemeral contemplation of something that becomes more beautiful as it ages, fades, and consequently acquires a new charm.

The term wabi sabi is composed of two kanji characters. The second part, *sabi* (寂) is said to date back to the eighth century, when it was used to designate desolation in a poetic way. From the twelfth century, the term evolved and referred more precisely to the delightful contemplation of what is old and worn. It was also used to talk about the beauty of faded or withered things. Sabi could also mean "old and elegant", or "being rusty", with an untranslatable impression of

Read the entire article [HERE](#)

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## PG&E Checklist to winterize your home

The holiday season is fast approaching and with it comes colder, wetter weather and potential seasonal hazards. Winterizing your workplace is the best way to maintain a safe and comfortable workplace during the cold winter months. Here are some tips to help you prepare your business and protect your most important asset – your workforce.

Prepare for the winter season:

- Test, clean and adjust your heating equipment
- Replace dirty air filters, cleaning blower coils and heat exchanger surfaces
- Identify and repair leaky or disconnected ducts
- Caulk cracks around windows, doors and other openings





The world in 2050 The Real future of the earth (National Geographic and BBC)



## Why does chocolate turn white and is it still safe to eat?

Excerpted from LiveScience.com

Rest assured: The chocolate is indeed safe to eat. What you see is the result of a natural reaction known as "chocolate blooming." Chocolate blooming



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Fat bloom happens when cocoa butter migrates to the surface of the chocolate "due to heat, light exposure or improper handling," Vishnefske said. Fat bloom appears as a white sheen or blotchy white spots.

Sugar bloom is brought on by storing chocolate in a moist environment, or by removing cold chocolate from a refrigerator and exposing it to the moist air, just as a soda bottle coming out of the refrigerator will collect moisture. Sugar bloom is noticeable as a rough, gritty surface and finely speckled appearance.

Large chocolate companies suppress fat bloom by reducing cocoa butter levels or by adding bloom inhibitors, such as vegetable fats or oils. Adding sugar or cocoa powder — cocoa mass that has been dried, powdered and had most of its cocoa butter removed — can also minimize bloom during manufacturing, the company noted. However, these additions influence the flavor of the chocolate, and sometimes make it seem waxy or gummy.

Chocolate blooming is harmless, although bloomed chocolate may have a chalky or gritty mouthfeel. Instead of throwing away bloomed chocolate, you can revive it with quick microwave tempering, or use it in your baked goods that don't require the tempered crystalline structure of solid chocolate.



## Man who inspired "The Terminal" dies in the Paris airport, where he lived

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Mehran Karimi Nasseri died after a heart attack in the airport's Terminal 2F around midday, according an official with the Paris airport authority. Nasseri lived in the airport's Terminal 1 from 1988 until 2006, first in legal limbo because he lacked residency papers and later by apparent choice.

Year in and year out, he slept on a red plastic bench, making friends with airport workers, showering in staff facilities, writing in his diary, reading magazines and surveying passing travelers. Staff nicknamed him Lord Alfred, and he became a mini-celebrity among passengers.

Nasseri was born in 1945 in Soleiman, a part of Iran then under British jurisdiction, to an Iranian father and a British mother. He left Iran to study in England in 1974. When he returned, he said, he was imprisoned for protesting against the shah and expelled without a passport.

He applied for political asylum in several countries in Europe. The UNHCR in Belgium gave him refugee credentials, but he said his briefcase containing the refugee certificate was stolen in a Paris train station. French police later arrested him, but couldn't deport him anywhere because he had no official documents. He ended up at Charles de Gaulle in August 1988 and stayed. Further bureaucratic bungling and increasingly strict European immigration laws kept him in a legal no-man's land for years.

When he finally received refugee papers, he described his surprise, and his insecurity, about leaving the airport. He reportedly refused to sign them, and ended up staying there several more years until he was hospitalized in 2006, and later lived in a Paris shelter.

In the weeks before his death, Nasseri had been again living at Charles de Gaulle, the airport official said.

Nasseri's mind-boggling tale loosely inspired 2004's "The Terminal" starring Tom Hanks, as well as a French film, "Lost in Transit," and an opera called "Flight."

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## Transport to the Italian Riviera cafe music



### Answers to todays puzzle:

1. Bojangles
2. KFC
3. Shake Shack
4. Chick-fil-A
5. McDonald's
6. Popeyes

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