



Photo by Adrian Battieger taken from Hyde Street next to Francisco Park
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



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 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

December 4 - Trip to Christmas with CS Lewis

December 6 - SV and ESC host Marin Access: Your transportation options with Marin Transit

Mark your calendar! - SV Member and Volunteer Holiday Party

December 19th 3-5pm

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**RANCH MARKET**

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 ONLY

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](#)

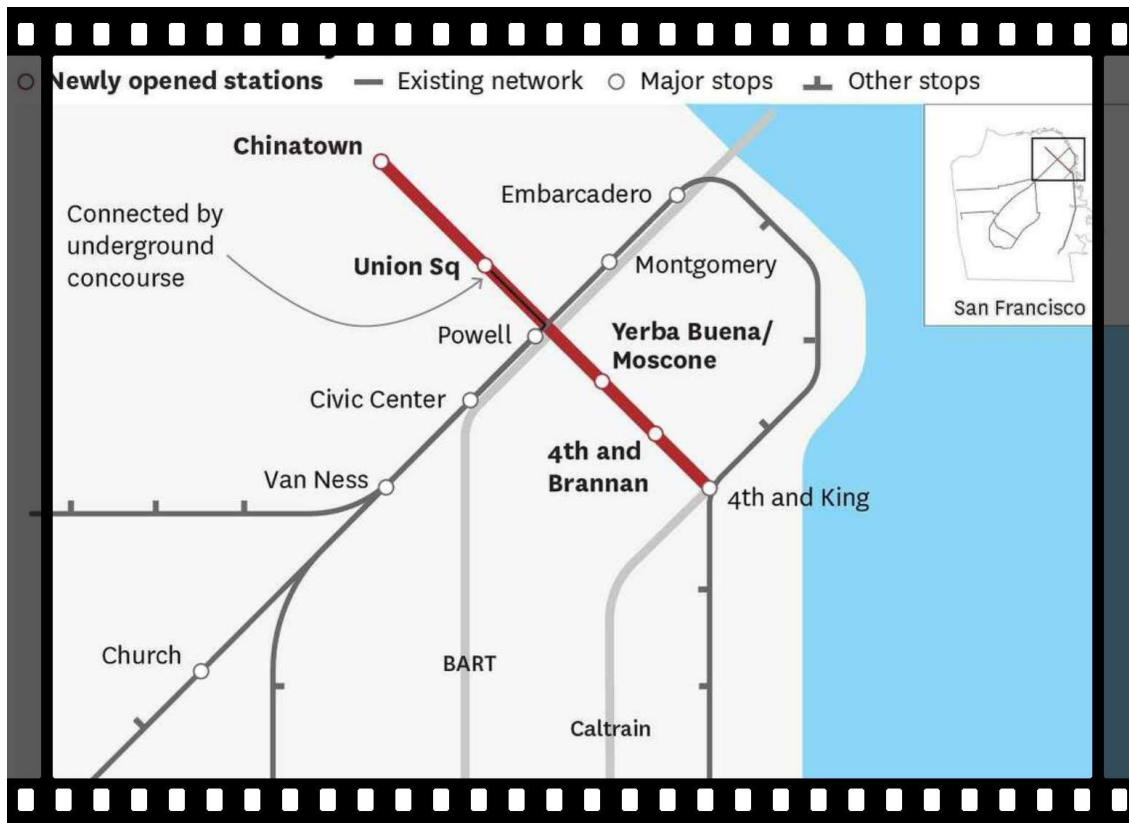
The Richmond store is in the Pacific East Mall.

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



There is a NEW Central Subway in SF!

Excerpted from the SF Chronicle

The \$1.95 billion, 1.7-mile extension of Muni's T-Third Street line is San Francisco's first major rail transit expansion since the initial segment of the T line opened in 2007. It will open almost four years later than originally planned.

The Central Subway will take Muni riders to four new stations — three of them underground — in South of Market, Union Square and Chinatown along Fourth and Stockton streets.

The subway extension's Fourth and Brannan platform, the project's only above-ground stop, is three blocks north of Caltrain's Fourth and King Station on the Fourth Street median north of Brannan. From there, the subway will take riders underground to Yerba Buena/Moscone Station. The station entrance is located on the corner

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Square Station, takes riders to the heart of the downtown shopping district. The station entrance is located at northwest corner of Stockton and Geary streets.

The station entrance for the T line's new terminus, Chinatown-Rose Pak Station, is located on the southwest corner of Stockton and Washington streets.

The San Francisco Municipal Transportation Agency is running limited weekend shuttle service from Saturday through the first week of January. This means that subway trains, which will run every 12 minutes from 8 a.m. to midnight, will only be stopping at the four new stations and won't connect to Muni's Fourth and King Station.

Riding the Central Subway is free until full service begins Jan. 7. Simply board at Fourth and Brannan or walk through the turnstiles at the three underground stations (if they appear closed) to ride.



2022 Beard and Moustache Championships

Excerpted from MyModernMet.com

Growing and maintaining a beard and mustache is an art that some take very seriously. So seriously, in fact, that there is an annual competition that celebrates epic facial hair. The 2022 Honest Amish National Beard and Moustache Championships has announced the winners of its November 12 competition in Casper, Wyoming. Photographer Greg Anderson was there to document the incredible beards and mustaches that graced the competitive contest.

Jono Gross won the Best in Show title for his mustache, and it's easy to see why; the ends of his strawberry-blond mustache were curled into perfect circles. But from Anderson's photos, the competition looked fierce. More than 200 people showed off their facial hair over four main categories: mustaches, partial beards, full beards, and craft. Other entrants included folks with woven beards and even non-hair sculptural pieces. Sommer Hibbler created a steampunk-inspired piece using coils, springs,

category.

The 2022 competition may have also broken a world record. During the event, participants stood side by side and clipped their beards together, resulting in a beard chain that was 150 feet long. If accepted by the Guinness World Records, it would more than double the current record for the longest beard chain, which is 62 feet six inches long set in Germany in 2007.



Jono Gross (above) won the Best in Show title for his mustache

Check out photos of more of the champions [HERE](#)



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>

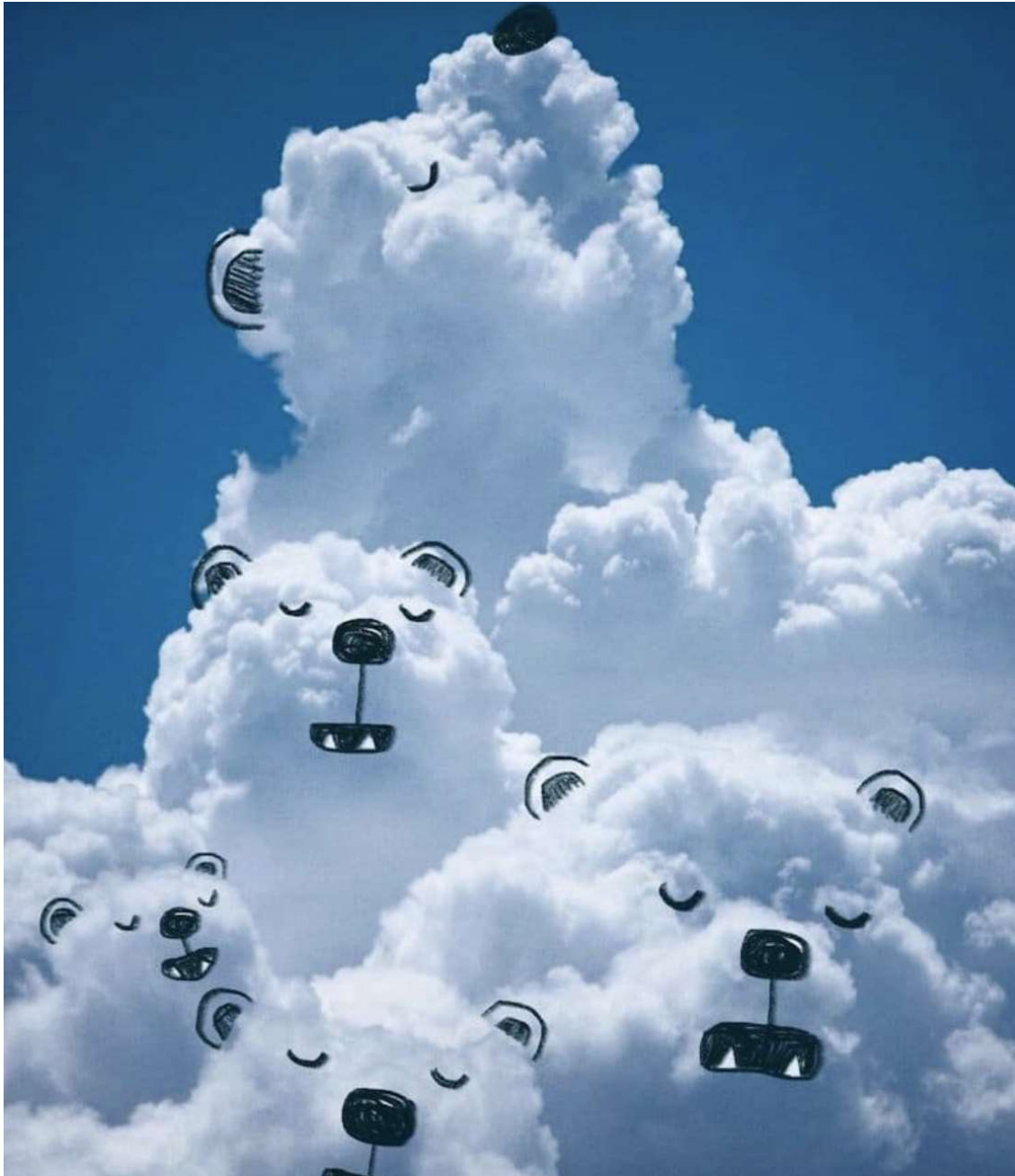
First 1/2 hour, we will focus on basic steps and simple dances, intended to gently ease newbies into it, geared to those with little dance experience but some curiosity.

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.

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



Artist Transforms Fluffy Clouds Into Playful Cartoon Characters Every Day

Excerpted from MyModernMet.com

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into playful characters. The ongoing project, aptly titled *Happy Clouds*, started during the first COVID-19 lockdown in 2020 when Judge was spending more time in the yard with his family. He shared some of these illustrations on his social media and was pleasantly surprised by the feedback he received. Since then, the whimsical idea has continued to grow, sharing “happy cloud art” in people's feeds every day.



Read/See more [HERE](#)

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

at CV and the Reading Home Association. She has deep knowledge of everything 'emergency preparedness'.

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.



What is the difference between a D.O. and an M.D.?

Excerpted from HowStuffWorks.com

So what in the world is a D.O.? Well they're definitely doctors, according to the American Osteopathic Association (AOA). D.O.s and M.D.s are similarly educated and certified, but the training and philosophies of care are quite different.

Medical doctors are typically trained in and practice "allopathic medicine," also commonly referred to as "Western" or "conventional" medicine. This system is rooted in alleviating symptoms and treating diseases with tools like medications and surgery when appropriate. And while D.O.s definitely utilize these tools as well, osteopathy is a system that's rooted in a whole-person approach, as in they look at how a person's mental and physical health are interconnected.

Andrew Taylor Still developed this holistic approach to health care in the 19th century after three of his children died from spinal meningitis. Still, a licensed M.D., had served as a surgeon in the Union Army during the Civil War, and by the 1860s he had deemed conventional medicine ineffective and even believed it could do more harm than good. In 1874, Still developed his philosophy of holistic wellness, and in 1892, he opened the first school of osteopathic medicine in Kirksville, Missouri.

M.D.s and D.O.s receive similar medical training, but osteopathy places a special emphasis on the musculoskeletal system, which Still believed plays a critical role in health and disease. The founder felt that using hands-on manipulation techniques to correct problems in the body's structure, practitioners could improve patients' overall health.

Today, in addition to emphasizing preventive medicine and the mind-body connection, D.O.s often incorporate manual therapies like spinal manipulation or massage into their treatment protocols.



"Amirite, bae?": Scrabble dictionary adds 500 new words

Excerpted from Axios.com

"Bae," "vax," "verbing" and "zonkey" are among some 500 new words added to the Scrabble dictionary.

Driving the news: The Merriam-Webster Dictionary released its seventh edition of the Official Scrabble Players Dictionary this week, adding new words to the game for the first time since 2018.

What's new: Words like "adorbs," "bae," "hangry" and "subtweet" are common in the current culture and seem like natural additions.

"Amirite?"

- Some food-related additions included "queso" and "matcha."
- Words that are a bit more obscure like "zonkey," "vaquita" and "embiggen" were also added.
- "Dumpster" is a surprising addition in that it wasn't already allowed. Until now, the term was categorized as a trademark in the dictionary, but now it's a playable noun.

What they're saying: "So much about the new words for SCRABBLE are consequences of the way dictionaries classify words," per a

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- "For example, VERB had always been playable, but now VERB is a *verb*! Which means that VERBED and VERBING are now playable. A grammatical distinction that allows for new plays.



The fascinating history of seahorses



Looking for information on your transportation

Sausalito Village and Edgewater Seniors host Marin Access

WHEN: Tuesday, December 6th, 1:00pm-2:00pm

WHERE: Zoom

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.

A 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
-



5 ways that a clean space can help your mental health

Excerpted from CNET.com

1. Happiness boost

Knowing that a cluttered space can lead to a cluttered mind, it only makes sense to understand that a clean space can lead to a more eased and happy mind. A 2015 study on students showed that those who did dishes and focused on the cleaning aspect and soapy smells experienced a heightened mental inspiration, meaning the act of cleaning actually boosted their minds. While you're doing your own cleaning, try to focus on the fresh smells and squeaky clean area rather than the daunting task.

2. Increases productivity

The previously mentioned study on how clutter can make you procrastinate suggests that a clean space may do the opposite: it helps you get moving and get things done. When you're not worried about messy surroundings, your mind, energy and hands are free to work on the tasks that you actually need to get done, whether it's work, taking care of yourself, or taking care of your family. Plus, the act of

productivity. The moment you start cleaning, you're increasing your productivity, and once you get going, it's easier to keep going.

3. Heightens focus

When you're not concentrating on the mess around you, you can focus on important tasks like work instead. A clean space can even make it easier during leisure time. If your living room isn't full of clutter, you can watch TV in peace because your eyes aren't scanning the room, worrying about the mess. The previously mentioned study that found that clutter makes it hard to focus concluded that clean spaces do the opposite. If you find yourself struggling to focus because of the mess you're surrounded by, try cleaning little patches of space at a time so the task isn't overwhelming.

4. Decreases stress

Having a messy space increases cortisol levels. That implies that a clean space may do the opposite. The Anxiety and Depression Association of America has researched methods of reducing people's stress, and one way to do that is to engage in physical activity. What better way to be physically active than to clean your home? This gives you a double whammy: the clean space can reduce stress and physical activity can also reduce stress. The end result is a clutter-free home and hopefully lower stress levels now that everything is tidy. And because physical activity is good for decreasing stress, you can even amp up your cleaning by putting on some music and really having fun with it. This gets your heart pumping, which releases endorphins, the chemical in your brain that eases stress.

5. Better sleep

In the same way that physical activity eases stress, it can also help you sleep better. When you clean and get your heart pumping you've got endorphins running through your body which can also lead to better sleep at night. Endorphins don't just lower stress levels but they actually help your brain rest, according to the ADAA.

If your cluttered space is affecting your sleep, focus your energy on tidying that space first, because sleep is an incredibly important part of both your physical and mental health.

Though you may not realize it, the space you live in heavily impacts your mental health. Giving yourself small cleaning-related tasks each day can help you stay on top of your space and your mental health. Think of activities that make you happy and see if there's a way to turn them into cleaning activities. Or you could even reward yourself with something you love after you've completed your cleaning tasks.

Read full story [HERE](#)



You Can Get TSA Pre-Check at Staples—Here's How

Excerpted from ReadersDigest.com

TSA Pre-Check offers an accelerated security process for travelers. The option allows travelers to keep their “shoes, jacket and belt on... laptop in its case; 3-1-1 compliant liquids in your bag; and enjoy a better overall travel experience,” according to the Staples website.

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locations like the airport. But if you don't want to go to the airport, all you have to do is sign up on Staples.com website the night before and go to your local Staples.

On the TSA Pre-Check enrollment process, one customer says “they took our fingerprints, took a mug shot, we confirmed our address, typed in our social security number, and we were out of there” with the entire process taking around “three minutes.”

According to Staples website, it really is that simple. All travelers need is to follow these easy steps:

- Search for the closest participating Staples to your location by typing in your zip code on the [Staples TSA services website](#)
- Head to the government website to begin the enrollment process
- Once on the government website, look for a “located inside Staples” option to confirm you are enrolling at the store that is closest and works best for you

With those three easy steps, you’re ready to head to Staples for a process that takes less than five minutes. Talk about our new favorite travel hack.

P.S. from the Editor - looks like the nearest Staples offering the service is in South San Francisco. Click to check all nearby stores [HERE](#). Scroll down and enter your zip code.

Read the entire story [HERE](#)



Join us for this SV holiday outing

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)

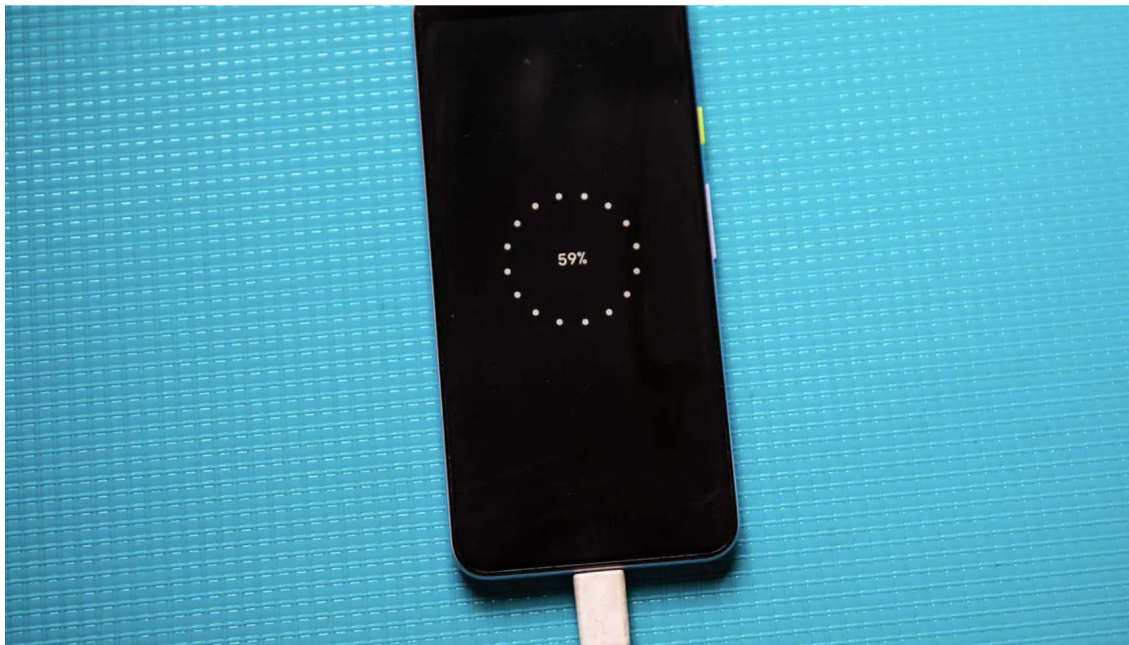
About Christmas with C.S. Lewis:

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

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.



Phone Battery Dying Fast? Try Turning This Setting Off

Excerpted from CNET.com

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On iPhones, background apps refresh periodically by default. This uses your phone's battery and your data. While background apps refreshing don't drain your resources as much as screen brightness and cellular connection, stopping apps from refreshing can help conserve your battery and data for when you really need them.

Low Power Mode for iPhones and Battery Saver for Android phones both stop background apps from refreshing, too. However, they also pause or change other settings, like screen refresh rate and device performance. These options will certainly save your battery and data, but they cause more dramatic changes compared to stopping background apps from refreshing.

Here's how to stop background apps from refreshing, helping your battery last longer and saving your data.

Stop background apps from refreshing on iPhone

If you have an iPhone, here's how to stop background apps from refreshing.

1. Open **Settings**.
2. Tap **General**.
3. Tap **Background App Refresh**.
4. Tap **Background App Refresh** again.

Here you can choose to turn background refreshing **Off**, limit background apps to refresh when you're connected to **Wi-Fi**, or allow background apps to refresh on **Wi-Fi & cellular data**.

If you select **Wi-Fi** or **Wi-Fi & cellular data**, you can also select which apps can refresh in the background. For that, follow the first three steps above. Then you should see a list of apps near the bottom of the page and select which can refresh in the background.

Stop background apps from refreshing on Android

If you have an Android device, here's how to stop background apps from refreshing.

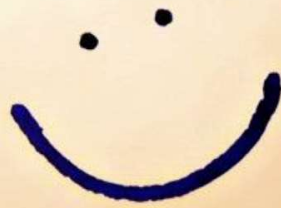
2. Tap Network & internet.**3. Tap Data saver.****4. Toggle Use data saver on.**

Data saver will stop background apps from using data unless your phone is connected to Wi-Fi. Some apps you're actively using might not load things like images, unless you tap on the image, which can be annoying. You can tap **Unrestricted data** just below **Use data saver**, and this lets you choose three apps to have unrestricted data access even with **Data saver** on.

You can also allow certain apps to use background data. Here's how.

1. Open Settings.**2. Tap Network & internet.****3. Tap Mobile network.****4. Tap App data usage.****5. Tap the app you want.****6. Toggle Background data on.**

Now you can decide what apps refresh in the background, potentially saving your battery and data.



a smile is the shortest distance
between two people



A brain expert shares his 7 'hard rules' for boosting memory and fighting off dementia

Marc Milstein, PhD, is a brain health expert and author of *"The Age-Proof Brain: New Strategies to Improve Memory, Protect Immunity,*

1. Keep blood pressure and cholesterol levels in check

Your heart beats roughly 115,000 times a day, and with every beat, it sends about 20% of the oxygen in your body to your brain.

High blood pressure can weaken your heart muscle, and is one of the leading causes of strokes. Ideally, your blood pressure should be no higher than 120/80.

Cholesterol is critical to your brain and nervous system health, too. The American Heart Association recommends getting your cholesterol levels measured every four to six years.

2. Manage sugar levels

Blood sugar is the primary fuel of the brain. Not enough of it, and you have no energy; too much, and you can destroy blood vessels and tissue, leading to premature aging and cardiovascular disease.

Keep in mind that sugar isn't enemy, excess sugar is. It's easy for grams of sugar to add up, even if you think you're being careful — and usually, sugar will sneak in through packaged foods.

Where is the sugar hidden? Look for these in the ingredients list:

- Dextrose
- Fructose
- Galactose
- Glucose
- Lactose
- Maltose
- Sucrose

And be wary of any product that includes syrup, such as agave nectar syrup or high-fructose corn syrup.

3. Get quality sleep

Studies show that people with untreated sleep apnea raise their risk of memory loss by an average of 10 years before the general population.

For most people, a healthy brain needs somewhere between seven and nine hours of sleep a night.

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- Keep a consistent bedtime and wake-up schedule.
- Turn off devices one hour before bedtime.
- Do something relaxing before bedtime, like listening to soft music or doing mindful breathing exercises.
- Go outside and get in natural sunlight as soon as you can after waking up.

4. Eat a nutritious diet

One way I keep things simple is to have most, if not all, of these items in my grocery cart:

- Fatty fish like salmon
- Avocados
- Nuts
- Blueberries
- Cruciferous veggies like arugula, broccoli, Brussels sprouts and collard greens

When food shopping, I ask myself three questions to help determine whether something is good for my brain:

1. Will it spoil? In many cases, perishable is a good thing. The additives and preservatives that keep food from spoiling wreak havoc on your gut bacteria.

2. Are there tons of ingredients in that packaged food? And for that matter, can you pronounce the ingredients? Or does it look like the makings of a chemical experiment? Also avoid anything where sugar is one of the first few ingredients.

3. Do you see a rainbow on your plate? The chemicals that give fruits and vegetables their vibrant colors help boost brain health.

5. Don't smoke (and avoid secondhand and thirdhand smoke)

Smokers have a 30% higher risk of developing dementia than non-smokers. They also put those around them at risk: Secondhand smoke contains 7,000 chemicals — and at least 70 of them can cause cancer.

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residue of cigarette smoke that creates the terrible smell on cleaning up in a room. That residue alone can emit chemicals that are toxic to the brain.

6. Make social connections

In a recent study, people over the age of 55 who regularly participated in dinner parties or other social events had a lower risk of losing their memory. But it wasn't because of what they ate, it was the effect of the repeated social connection.

To lessen isolation and loneliness, you can also boost brain chemicals like serotonin and endorphins by performing small acts of kindness:

- Wish others well or check in with somebody.
- Give a compliment without expecting anything in return.
- Make a phone call to somebody you don't usually reach out to.

7. Continuously learn new skills

Maintaining a strong memory is not all about brain games like Sudoku, Wordle and crossword puzzles.

Learning skills and acquiring information are much more effective ways to make new connections in the brain. The more connections you make, the more likely you are to retain and even enhance your memory.

When you think about learning something new, approach it the way you would with fitness training. You want to work out different muscles on different days. The same goes for the brain.

Over the course of this week, try cross-training your brain by mixing mental activities (learning a new language or reading a book) and physical learning activities (playing tennis or soccer) .

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Ray talks about his 89 year old mom



You are probably using too much laundry detergent
Most people use 33% more than needed

Excerpted from HouseDigest.com

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too much can do the exact opposite. By consistently using too much detergent in every load, you build up a layer of soap suds in your washing machine and on all your clothing. This build-up can leave stains, dark marks, and rust spots on your laundry. It will also cause the fabric to feel scratchy and hold odors.

The amount of laundry detergent you should use is way less than you may expect. The general rule is 1 tablespoon of detergent for an average load, which is about 6 pounds. If you are washing more than that, you can add 2 tablespoons of detergent. American Home Shield explains that this rule works for liquid and powder soap. For laundry pods, you should use just one. Many people use such an excessive amount of liquid detergent for every load because the measuring cup on the bottle is about 10 times larger than it needs to be.

For best results you should thoroughly clean your washer to remove built-up soap residue.

House Digest recommends taking a clean, dry cloth and beginning by wiping down the inside of your machine. Doing this will make the next steps work more efficiently. Then start your washer. Once it's filled with water, add 2 cups of vinegar and run it for a cycle. When it's done, run an extra rinse cycle. Doing this will help to remove the extra soap or smells that are still lingering. Repeat these steps if there is still an odor inside your machine or the drum still has slimy detergent. When your washer is clean, you can safely put your clothes in there without fearing they may come out dirtier than they were to begin with.



Overhead wires at the corner of Bonita and Litho streets

Would you be willing to pay for electrical under grounding along your property?

Excerpted from Sausalito Currents

PG&E is embarking on a multi-million dollar project to replace much of the **electrical distribution system** north of Johnson Street in Sausalito. Work is scheduled to begin in the summer of 2023.

At its meeting on November 15, the (Sausalito City) Council directed City staff to explore legal avenues that could cause PG&E to underground the new system rather than making above-ground upgrades. This is unlikely to succeed but was judged worth exploring.

The Council also directed staff to provide a mechanism for individual property owners to indicate how much they would be willing to pay for the undergrounding of utilities adjacent to their homes, both within the area of planned PG&E upgrades and elsewhere in our community.

The Council hopes that this approach will identify large or small areas

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willing to cover the costs of undergrounding. Efforts to build consensus could then be concentrated in those areas.

To begin collecting data from property owners, the City has created a [simple online form](#). The cost of undergrounding is unknown at this time, so respondents are asked to estimate the maximum amount they would be willing to pay as an annual property tax assessment spread over 20 years. Responses are nonbinding.

This is not an opinion survey. The intent is to gauge the level of property owner interest in an effort that could have many benefits, including increased property values, less "visual clutter," and reduced wildfire risk for the entire community.

Read entire story [HERE](#)

Sign up for the City's digital weekly newsletter, The Currents, [HERE](#)



wonder why you haven't heard of her?

Excerpted from Smithsonian Magazine

A century ago, on November 21, 1922, suffragists flocked to the Senate Chamber to watch 87-year-old Rebecca Latimer Felton become the country's first woman senator. "The grand old woman from Georgia," as newspapers dubbed her, had spent half her life fighting for women's rights in her home state. Now grayed and bent, she raised her right hand and swore to uphold and defend the Constitution, prompting a roar of applause from the galleries.

The day marked a historic first for American women. But it's complicated by Felton's record as an outspoken white supremacist and the last member of Congress to have enslaved people. Not only did she believe Black people were inferior, but she also advocated lynching Black men accused of raping white women—"a thousand times a week if necessary," as she said in an infamous 1897 speech.

This aspect of Felton's legacy—along with the fact she served just 22 hours and 25 minutes, never casting a congressional vote—has led some modern observers to overlook her story.

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

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Luis Fonsi - Despacito ft. Daddy Yankee music video Over 8 BILLION views!



Who produces the most maple syrup?

Excerpted from [TastingTable.com](https://tastingtable.com)

Canada has a red maple leaf on its flag for a reason. The North American country's woods are filled with maple trees used for making maple syrup. According to Maple From Canada, 71% of the world's maple syrup comes from Canada; and of the maple syrup that Canada

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Quebec alone produces 1,000,000 gallons of maple syrup annually. There are 8,600 maple syrup businesses in Canada, 7,400 of which are located in Quebec. With maple syrup production being so prominent in the province, it has become a big part of the local culture. It is incorporated into many regional dishes, including the hard-times dessert pouding chômeur.

As the world's largest producer of maple syrup, Canada exports its famous product to about 50 countries, according to Maple From Canada. These exports amounted to 12.5 million pounds in 2017, its biggest importer being the U.S. Whether you enjoy maple syrup poured on waffles, used for a glaze for bacon, or in the form of candy, it's very likely that a tree in Canada helped in its creation.

Read the entire story [HERE](#)



What is land art?

Excerpted from The Collector.com

Land art, sometimes also known as Earth art, is one of the most daring and adventurous branches of contemporary art. Emerging out of the 1960s and 1970s, land artists worked predominantly in Europe and the USA. As the term explains, artists made Land art within the natural world. Artists making land art would often incorporate materials from the surrounding area, responding intuitively to its unique qualities.

More often than not, Land art occupied some of the most abandoned and uninhabitable places in the world. This meant many artists went to great lengths to make their interventions on the landscape, becoming intrepid, daredevil explorers and incorporating elements of performance art. In essence, Land art emphasized our need to connect with the natural world, and to work with nature, rather than against it, a message that is more pertinent and pressing than ever.

Look at some more samples of land art [HERE](#)



Kurt Steiner - Insane Stone Skipping - World Record - 88 Skips

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SAUSALITO, CA

Gate 5 Clay

A CO-OPERATIVE
CERAMIC STUDIO**HOLIDAY PARTY AND SALE**
SAT, DEC 3

12 NOON - 5PM - RAIN OR SHINE

STUDIO ARTISTS

Hillair Bell
Barbara Binns
Donna Bragg-Tate
Julianne Havel
Byrdie Keeler
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Gordon Morris
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Sally Seymour

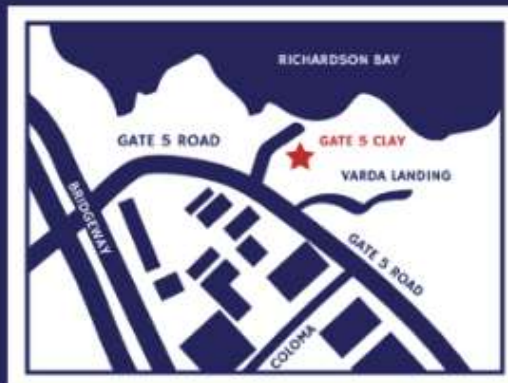
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FRIDAY PUZZLE



A man pushes his car to a hotel and tells the owner he's bankrupt. Why?

Answers at the bottom of the newsletter. Puzzle thanks to Readers Digest



Mermaids save a scuba diver from drowning

Excerpted from GoodNewsNetwork.com

A fairytale rescue saved an experienced diver from drowning when a trio of mermaids suddenly showed up off Catalina Island in California.

Pablo Avila lost consciousness while scuba diving with his son and a friend on Oct. 23, which coincided with the second day of a mermaid training course nearby.

A 33-year-old mermaid performer and diver from Miami who was leading the certified diving course in open water jumped into action when they all heard calls for help. Elle Jimenez and two of her students, all donning their mermaid fins, used their training—and their tails—to speedily take control of the situation.

Mermaid student Elaina Marie Garcia, a certified diver who also works as a firefighter, said Mr. Avila was foaming at the mouth and unconscious by the time they reached him.

The mermaid pod quickly removed his heavy dive gear, which can weigh 30 to 40 pounds, and underwater weights that can add another 35lbs.

“I gave him rescue breaths in the water,” Garcia said. “My training kicked in, and I had the muscle memory I needed to get his scuba gear quickly and efficiently off.”

“I think we were all meant for these roles and that moment proved we were exactly where we needed to be,” said Jimenez.



When It's Finished, The Great American Rail Trail Will Be The Longest Bike Trail In The USA

Excerpted from The Travel.com

When the Great American Rail Trail is complete, it will run some 3,700 miles or 6,000 kilometers from Washington D.C. to Washington state (a sort of Washington to Washington trail). The trail will run through 12 states plus the District of Columbia. It is a very ambitious and long-term project.

When the trail is completed, it is to preliminarily be over 80% off-road and separated from vehicle traffic. However, the ultimate plan is to have the whole trail away from the roads.

The states (and districts) it will run through are Washington D.C., Maryland, Pennsylvania, West Virginia, Ohio, Indiana, Illinois, Iowa, Nebraska, Wyoming, Montana, Idaho, and Washington State.

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times, or a mile over half of the trail, have been completed. When it is completed, around 50 million Americans will be living within around 50 miles of the trail. It is made up of over 150 existing multiuse trails (although 90 gaps remain to be filled between the sections).

It will be a long time before one will be able to cycle the full route. It is not expected to be completed any time soon - it is likely to take a few decades to finish. That being said, segments of the trail will be completed with regularity as the gaps are closed, and the Great American Rail-Trail takes form.

It is estimated that the Great American Rail Trail will cost around \$1 billion to complete. While that is a lot for a trail, it is believed that the cost will be entirely offset within five years on account of visitor spending along the route. It is the signature project of the Rails-to-Trails Conservancy (which is the nation's largest trails organization). The organization is a grassroots community with over a million strong. It is dedicated to developing a network of nationwide public trails (with many of these trails coming from abandoned rail lines).



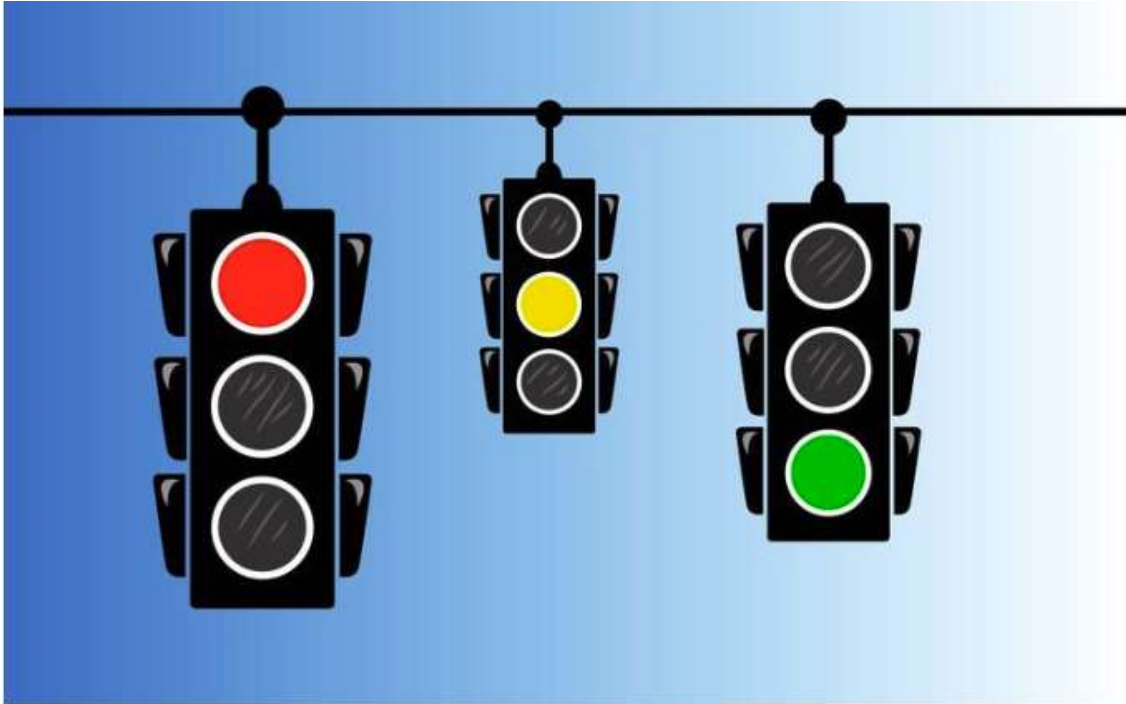
Watch the elephants welcome a new baby into the family



New Fact Sheet: Older California Homeowners Can Get Help with Delinquent Mortgage and Property Tax Payments

The Homeowners Assistance Fund (HAF) helps homeowners impacted by COVID-19 to catch up on their housing expenses. In California, the HAF program is called the California Mortgage Relief Program. The program provides money for past-due mortgage payments or property taxes that does not need to be paid back, including grants of up to \$80,000 to reinstate delinquent mortgages and grants of up to \$20,000 to cover delinquent property tax payments.

A new fact sheet produced by Justice in Aging and the National Housing Law Project, [Older California Homeowners Can Get Help with Delinquent Mortgage and Property Tax Payments](#), provides information for advocates to help their older adult clients access this critical assistance. The fact sheet provides more information about who is eligible, how to apply, documents needed to complete the application, guidelines on re-applying for homeowners who were previously denied, and how homeowners can get assistance with the application process.



Why are traffic lights red, yellow and green?

Excerpted from ReadersDigest.com

Well, it's important to know that before there were traffic lights for cars, there were traffic signals for trains. At first, railroad companies used red to mean stop, white to mean go, and green to mean caution. As you could imagine, train conductors ran into a few problems with the color white meaning go—bright white could easily be mistaken for stars at night, with train conductors thinking they were all clear when they really weren't. Railway companies eventually moved to the color green to mean go, and the color yellow to mean proceed with caution since it's easily distinguishable from the other colors, and it's been that way ever since and when traffic lights were put up it became standard for them as well.

As far as red goes, that's always been a color that indicated danger, long before cars were even around. Red is the color with the longest wavelength, so it can be seen from a greater distance than other colors. The color yellow was used to caution drivers because it has a slightly shorter wavelength than red, but not as short as green.

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far as signage goes. Back in the 1930s, some stop signs were yellow because it was too hard to see a red sign in a poorly lit area. Eventually, materials were developed that were highly reflective and red stop signs were born. Since yellow can be seen well at all times of the day, school zones, some traffic signs, and school buses continue to be painted yellow. Keep these safe driving tips in the back of your mind whenever you see a yellow light.

So next time you're impatiently waiting at a traffic light, don't get so mad; employ these driving etiquette rules first and know that traffic lights have certainly come a *long* way.



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



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Answer to todays puzzler:

He is playing Monopoly



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