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Light painting and photo by Katie Godowski

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 world. Please send your contributions by 10 am Thursdays to: [SausalitoVillageTips@gmail.com](mailto: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

December 26 - Line Dancing Workshop 3:30pm

December 29 - Line Dancing Class 4pm

January 12 - The Final Journey featuring BJ Miller, 10:30

January 17 - Hike Mt. Tam with Jackie, 10am



## Happy Birthday, January members!

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*Marilyn Aronowitz - Ceci Browne - Cara Burke*

*Candace Curtis - Lance Kincaid - Lawrence Kincaid*

*Barbel Drobnis - Jane Clinton - Teddie Hathaway*

*Judianne Eynon - Anne Casey - David Neuman*

*Thomas Fligelman - Cheryl Popp - Fay Rudio*

*Rosalie Wallace - Meg Fawcett - Rayner Needleman*

*Gerald Needleman - Pamela Kahn*

If you are a member of Sausalito Village with a January birthday and we haven't listed your name, it is because we don't have your birthday in our system. We would love to add you to our birthday calendar. Please contact [SausalitoVillageConcierge@gmail.com](mailto:SausalitoVillageConcierge@gmail.com) and give Wendy your birthday month and day (year optional).

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New Year's Day now is  
the accepted time to  
make your regular annual  
good resolutions. Next  
week you can begin  
paving hell with them as  
usual.

MARK TWAIN



## January Fire-smart Tips from the UC Master Gardeners

- Trim and remove all dead & dying vegetation.
- Cut back vines and low-growing groundcovers (e.g. ivy) to remove build-up of dry stems and dead leaves.
- Prune trees when dormant (except apricot and cherry).
- Gently thin and trim back tree & shrub canopies to remove twiggy growth and maintain separation between plants.
- For trees, remove limbs 6 to 10 feet from the ground, or trim up to 1/3 of tree height for smaller trees.
- Avoid topping trees and shearing hedges as this causes excessive and twiggy growth and more fuel for a fire.
- Remove branches within 10 ft of chimney, and clean roof & gutters of plant debris. Consult an arborist regarding any branch removal, especially to ensure the health of the tree.

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

[www.ucanr.edu/ucmarinmgfiresmart](http://www.ucanr.edu/ucmarinmgfiresmart)

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## Marin restaurants: What's come and gone in 2022

Excerpted from RealDealMarin.com compiled by Leanne Battelle

Below are the Southern Marin restaurants only, for the full article, click [HERE](#)

Keiko Fish took over the former Posie space in Larkspur.

As we reach the final days of 2022, it's with a welcomed uptick in restaurant openings after a prolonged period of uncertainty that influenced the end for three-year-old fast-casual restaurant Parranga Taqueria & Cerveceria last December in Mill Valley.

But the pandemic-driven pause also afforded the time and mindset for a few others to enter the industry for the first time. Just before the start of the year, sushi chef Yoshihiko (Yoshi) Abe and his wife, Keiko Arata, opened Keiko Fish in the storefront space that previously housed Posie ice cream in downtown Larkspur.

Two woman-owned bakeries arrived in downtown Mill Valley. Mill Valley Baking Co. opened on Valentine's Day, fulfilling the long-time aspirations of pastry chef Karen Fong. In September, Waldscraft Bakery owner Stacey Waldspurger

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and finally to landing on permanent ground in what was previously West Coast Wine + Cheese on Sunnyside Avenue.

A couple of established chain restaurants opened their first outposts in the county. Bay Area-born fast-casual “feel-good crispy chicken” chain Starbird replaced Baja Fresh at the Town Center Corte Madera in February, and in August, Teaspoon made its reveal at the shopping center, adding boba tea to the mall’s offerings.

In July, Mixt, known for its build-your-own and made-to-order salads, grain bowls and sandwiches, opened in Mill Valley, its 16th location, filling the prominent corner space that housed Gira Polli for 25 years before it closed in 2017.

Eight-year-old Burmatown in Corte Madera opened a second location right around the corner from the original to provide more space for co-owner Jennifer Fujitani and her mother, chef Jenny Gee, to serve fans of its Asian fusion cuisine.

The rollout of downtown Tiburon’s new destination eateries continued in September with traditional French bistro Petite Left Bank, which opened on the site of the former New Morning Café. The original Left Bank Brasserie in Larkspur, the first of four, was co-founded by Michelin-starred chef and Marin County resident Roland Passot and is nearing its three-decade mark.

The Counter served its last burgers, fries and shakes in Corte Madera in July.

In the fall, Brandon Jew, the chef-owner of Michelin-starred Mister Jiu’s in San Francisco’s Chinatown and the James Beard Foundation’s 2022 best chef in California, revealed a complete remake of what was Mill Valley Beerworks when he and his collaborators opened Chinese American fast-casual restaurant Mamahuhu. This is their second counter-service establishment.

Local Kitchens, a two-year-old digital food hall founded by former DoorDash employees, opened in Mill Valley’s Alto Center shopping plaza, offering a diverse selection of options from 10 Bay Area eateries under one roof. Mill Valley was its ninth Bay Area location; Novato is coming soon.

Bob’s Donuts made its Marin debut in Tam Valley in October in the refreshed Bamboo Hut. The shop has been in the Marin County family since 1977 when patriarch Elinor Ahn purchased the original Bob’s Donuts & Pastries on Polk Street in San Francisco that had been operating since the early 1960s.

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two decades closed after less than 12 months.

Cavallo Point introduced three new dining outlets in October — Farley, Sula and Sula Lounge — all with dramatic new interiors and revitalized menus.

In November, Feng Nian in Sausalito closed after more than 40 years when its owners retired.

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## These Will Be The Biggest Travel Trends in 2023

Excerpted from SouthernLiving.com

### 1. Off-the-Grid Vacations

With the constant onslaught of communication through email, social media, and the like, we could all use a little time to unplug. That's why one of the biggest travel trends of 2023 will be off-the-grid vacations. Whether flying to a phone-free wellness retreat, or enjoying the serenity of nature for a camping or glamping weekend, spending distraction-free time with loved ones will be a high priority for many travelers in 2023.

### 2. Off-the-Beaten Path Destinations



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have a place in our hearts for the most popular travel destinations, travelers are looking to expand their horizons and consider lesser-known destinations with under-the-radar charm.

### 3. Family and Multigenerational Travel

After the mayhem of travel over the past three years, we're still looking to make up for lost time when it comes to travel and visits with loved ones. Family reunion trips and multigenerational getaways are expected to see an increase in 2023, with extended families finally making time to meet up with one another and make memories to last a lifetime.

### 4. Nostalgic Getaways

This trend will ring especially true for Southerners who have always had a certain predilection for the good old days. Travelers are ready to revisit the nostalgic days of yesteryear with trips to destinations that speak to their childhood. From Disney World to favorite coastal towns you frequented with family as a child, 2023 will bring a renewed interest in vintage vacations.

### 5. Embracing the Great Outdoors

Travelers are looking to stop and smell the roses with outdoor-oriented trips in 2023. The huge upswing in National Park attendance seen over the past couple of years is expected to continue, as will travel centered around other natural attractions and outdoor pursuits.

### 6. Small Town Travel

We're declaring 2023 the Year of the Small Town. Southerners are happy to trade in the huge crowds and popular attractions of bigger cities for the quiet charm and slower pace of small towns. Hidden gem communities across the nation are waiting to welcome new visitors with open arms, and Southerners will likely be at the forefront of the movement.

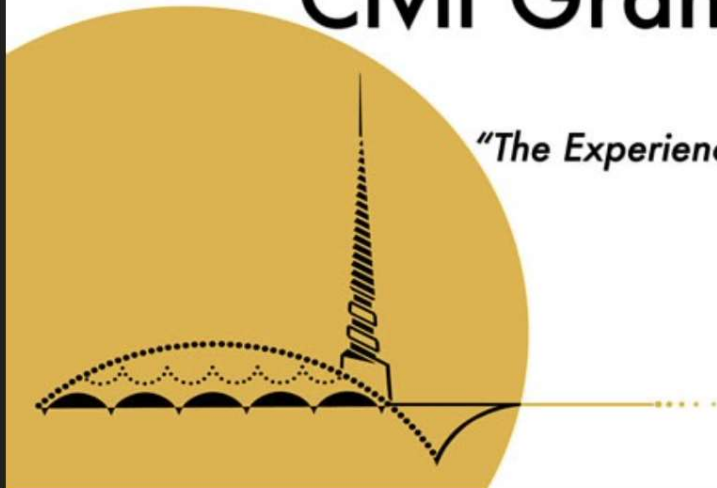
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Why New Years Resolutions Fail and how to succeed in 2023

## Join the Marin County Civil Grand Jury

*"The Experience of a Lifetime"*

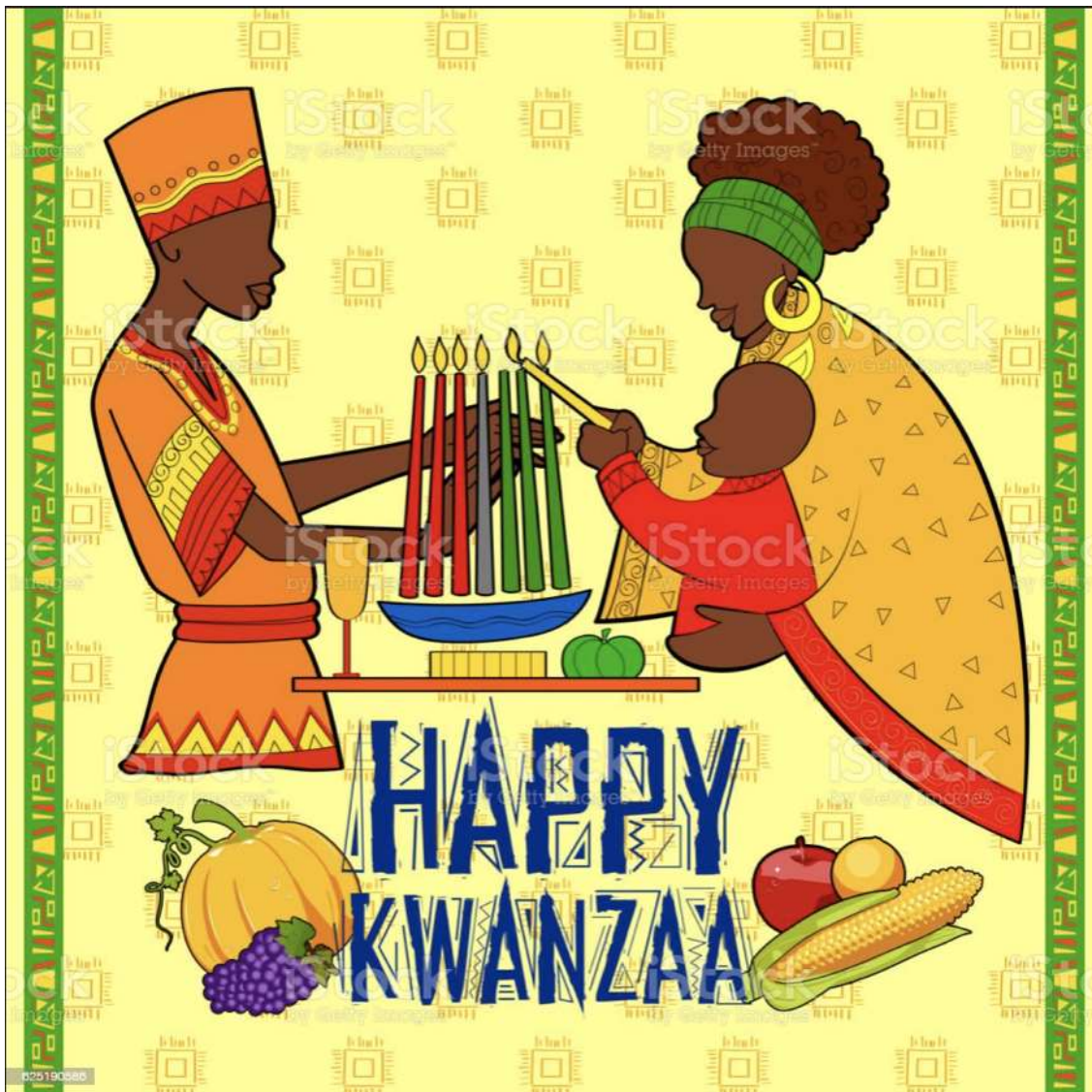


**Marin County Civil Grand Jury.** The Marin County Law Library will host a free informational webinar about the Marin County Civil Grand Jury at 6:00 p.m. on **Thursday, January 5**. Made up of volunteer

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watchdog appointed by the California Superior Court for one year to formally investigate the efficiency and responsiveness of any local government entity. Presenter Pat Shepherd currently serves as foreperson.

Reserve to attend [HERE](#)



## About Kwanzaa - December 26 to January 1

Excerpted from Brittanica.com

Kwanzaa, annual holiday affirming African family and social values that is celebrated primarily in the United States from December 26 to January 1. Both the name and the celebration were devised in 1966 by Maulana Karenga, a professor of Africana studies at California State University in Long Beach and an important figure in Afrocentrism. Karenga borrowed the word *kwanza*, meaning “first,” from the Swahili phrase *matunda ya kwanza*, adding the seventh letter, an extra *a*, to make the word long enough to accommodate one letter for each of the seven children present at an early celebration. (The name Kwanzaa is not itself a Swahili word.) The concept of Kwanzaa draws on Southern African first-fruits celebrations.

Each of the days of the celebration is dedicated to one of the seven principles of Kwanzaa: unity (*umoja*), self-determination (*kujichagulia*), collective responsibility (*ujima*), cooperative economics (*ujamaa*), purpose (*nia*), creativity (*kuumba*), and faith (*imani*). There also are seven symbols of the holiday: fruits, vegetables, and nuts; a straw mat; a candleholder; ears of corn (maize); gifts; a communal cup signifying unity; and seven candles in the African colours of red, green, and black, symbolizing the seven principles. On each day the family comes together to light one of the candles in the *kinara*, or candleholder, and to discuss the principle for the day. On December 31, families join in a community feast called the *karamu*. Some participants wear traditional African clothing during the celebration.

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## New rules for California disabled parking placards kick in

Excerpted from Mendocino Beacon

Under a state law cracking down on misuse of disabled parking placards, renewal notices are going out this month to millions of Californians.

The protocol in effect under SB 611, enacted in 2017, requires holders of permanent placards to submit a signed renewal every six years. Previously, the Department of Motor Vehicles renewed permanent placards automatically with no action required by customers.

Those who get the notice can send in a signature on the paper notice or submit an electronic signature by scanning a QR code on the notice or going to [dmv.ca.gov/dpp](https://dmv.ca.gov/dpp).

New placards will start going out in February; the old ones expire on June 30, 2023.

The law, sponsored by Jerry Hill when he was a state senator, was prompted by an audit revealing that up to 35,000 parking placards in use were in the names of deceased people and 26,000 were to holders over the age of 100, though California had just 8,000 centenarians in 2014.

There was also no limit on the number of replacement permits that could be ordered, and some people had requested more than 16. The new law sets a limit of four in a two-year period.



## The Easiest Tips For Getting Stale Smells Out Of Your Vintage Pieces

Excerpted from HouseDigest.com

### Leave it out in the sun

According to Chemistry Cachet, leaving your old clothes out to dry will help remove different kinds of smells, whether from mildew or even air fresheners. All you need to do is leave them out in direct sunlight for a minimum of six hours. If the smell isn't gone, give it a few more hours in the sun.

Furniture can also benefit from time spent drying out in the sunshine. Since furniture is porous, pieces over time will absorb moisture and other smells from the environment, causing that stale, funky "vintage" smell. Along with drying out moisture in vintage pieces, the sun's UV rays will also help to kill bacteria, especially when it comes to vintage wooden furniture. If you can't dry your vintage pieces out in the sun, try using a dehumidifier to remove the moisture from the air.

order of business is to clean it. Whether it's a piece of clothing or furniture, cleaning goes a long way in removing that lingering stale odor, especially from clothes. To dry the piece, you'll want to air dry it and ensure you do so in a place with proper ventilation.

### **Try white vinegar**

It might be difficult to wrap your head around how this smelly substance can eliminate any odor, let alone the vintage smells of a thrifted find, but vinegar contains acetic acid — about 4% to 7%.

When using white vinegar to eliminate any odor from your vintage pieces, the trick is knowing where the smell is concentrated. If it's in the drawers of your furniture, dampen some newspapers with a white vinegar solution and allow it to soak up the odor overnight. If the odor is stronger, give the newspaper more time to deal with the smell. You can also wipe the surfaces of the furniture with the solution. White vinegar works particularly well not only for furniture but also vintage ceramic pieces.

### **Baking soda**

According to the University of Wisconsin–Madison Extension, many bad smells result from either strong bases or acids. Baking soda works by neutralizing both basic and acidic elements, and thereby, eliminating the associated odors in the process.

When it comes to cleaning your vintage pieces using baking soda, there are two approaches you can take depending on the particular object. For clothes, sprinkle the baking soda in a plastic bag and throw in the piece of clothing. Allow the ingredient to eliminate the smell overnight. For pieces of furniture, like a dresser or storage chest, place a bowl of baking soda inside the furniture. If there are compartments, you'll need a bowl inside of each.

### **When all else fails, hire help**

Depending on the storage and conditions of the vintage piece, there's a chance the smell has developed over time and will be difficult to eliminate on your own. This is particularly true for old thick pieces of fabric that have been in dark damp places for a long time. In such scenarios, the home remedies above might not be enough, and you'll need more equipment to get rid of the smell entirely. In such scenarios, it's best to call in the pros. Professional odor



## The differences between CBD and THC



## How often should you change your toothbrush?



The American Dental Association recommends changing your toothbrush every three to four months, at minimum. However, Dr. Maria Ryan, DDS, Colgate-Palmolive's Chief Clinical Officer, says this year is different. "This guidance is even more critical during flu season, and this year in particular with COVID and RSV also circulating at rapid rates," Dr. Ryan says. "Those who don't dispose of their toothbrush risk getting sick again." If you've been sick, you should change your toothbrush immediately—and if you have gum disease, you should change your toothbrush every four to six weeks.

"Many families or couples share a toothbrush holder in the bathroom, so if your toothbrush has been close to the toothbrush of someone who has been sick, I recommend replacing it."

In addition, Dr. Hitesh Gupta, DMD and founder of the Smile Factory, says that if the bristles are bent or broken in any way, it's time to replace your toothbrush. "I recommend this method to my patients: hold your toothbrush up in front of your face, with the bristles facing outwards. If you can see any bristles from the back, they're bent enough to warrant the purchase of a new toothbrush," Gupta says.



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# ***The Final Journey: Acceptance, Control, Loving Life***

featuring B. J. Miller MD

## **Thursday, January 12, 2023**

**Buck Institute for Research on Aging**

**10:30 to noon**

*Doors open at 9:30*

B. J. Miller, MD is an American physician, author, and speaker. Dr. Miller's career has been dedicated to moving healthcare towards a human-centered approach, on a policy as well as a personal level. Led by his own experiences as a patient, Dr. Miller advocates for the roles of our senses, community and presence in designing a better ending. His discussion about end of life will be more existential and include getting pleasure from time left. He sees patients and caregivers through his online palliative care service, Mettle Health [[mettlehealth.com](https://mettlehealth.com)]

ONLY \$10 FOR VILLAGES MEMBERS AND VOLUNTEERS • \$20 FOR OTHERS

This symposium is made possible by the **Kenneth A. Berg Living Trust**

## **Reserve your ticket today!**

**Marin Village has offered Sausalito Village Members and Volunteers the same discounted ticket price of \$10**

Click to purchase your ticket: <https://marin.helpfulvillage.com/events/4800-the-final-journey:-acceptance,-control-and-loving-life---a-symposium-featuring-bj-miller,-md>

Carpools from Sausalito will be arranged, email [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com) to reserve a ride.

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**January 15 from 2-4:00 PM**

*Sausalito Woman's Club*

*It's National Hat Day and you're invited!*

*Enjoy a presentation and round table discussion with local members of the USA Milliners' Guild, Sarah Fedaie, SF Millinery (San Francisco) and Laurie Berliner, Madge & Me Hats (San Anselmo).*

*Join us for an afternoon tea party and learn about the magic and artistry of fine millinery.*

*And of course, wear your favorite hat!*

Cost \$20

RSVP to Holly Stewart by January 8, 2023

[holly@hollystewart.com](mailto:holly@hollystewart.com)



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## **Hike Mt. Tam with Jackie A Brief New Year Refresher**

Tuesday, January 17

2 1/4 miles

Join hike leader Jackie Kudler for a short scenic walk through woods and along ridgetops on Mt. Tam, which climbs the old Gravity trail from Mountain Home and back, affording glorious vistas of bay and city

Meet at 10 AM at Mountain Home Parking Lot

Plan for a 2 1/4 mile hike with 1 mile gradual uphill, 1 mile rolling, 1/4 mile steep downhill. This should take approximately 1 1/2—2 hours

We will cancel in case of rain.

Pack water, snacks, maybe a light lunch.



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carpet, and get specific directions for meeting place.

If you think you only will join us for part of the loop, bring your own wheels, so you can turn back whenever you choose.



The advertisement features a smiling man and a young girl. The text on the box reads: "FAST. EASY. READY WHEN YOU ARE." and "QuickVue® At-Home OTC COVID-19 Test". The QUIDEL logo is in the top left corner. On the right side, there is a list of instructions in both English and Spanish:

- Two (2) tes
- The test is over two t 24 hours a between t
- .....
- Dos (2) pr
- La prueba dos veces con al m de 48 ho

Below the list, it says: "If you have sy you do not ha two tests per to perform se you a false ne lab-based mo"

## Covid test expiration dates extended

The Covid tests that Sausalito Village and the Library have been offering have expiration dates marked on them as 2-8-2023. The FDA has just extended that date to June 4, 2023.

Do you need a test kit? Contact [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com) to arrange for pick up or delivery to your Sausalito or Marin City address.



## What Does It Mean To Bloom Coffee And Does It Impact The Flavor?

Excerpted from TastingTable.com

Many people grind their coffee beans fresh, which is standard practice in most professional and home brewing methods. Some people will even weigh out their fresh and ground beans for the best pourover. They also take time to bloom their coffee, a process that helps your pourover coffee taste even more delicious.

Blooming coffee refers to the process of releasing carbon dioxide that gets stuck in the beans during the roasting process. Blooming coffee just involves adding some hot water to the coffee grounds: Not enough to start brewing the coffee, but enough to wet the ground coffee. After roughly 30 to 45 seconds, the coffee grounds will start releasing bubbles to the surface, which is a sign of the carbon dioxide being released.

Once it's degassed/the carbon dioxide has been released, you can slowly pour the rest of your hot, boiling water over the grounds. Carbon dioxide doesn't impact the flavor of the beans, but it prevents water from fully permeating the

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coffee that is even more potently flavorful, and the brewing process is a lot cleaner and smoother.

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## Try walking meditation, here is how

Excerpted from WomanandHome.com

Walking meditation aims to align the body and the mind together. Here are some tips to get started:

### Choose the right surroundings

Just as you might not practice sitting meditation around others if you find it distracting, having the right surroundings for your walking meditation session is essential. As it's walking, you'll also want to take a look at the location in particular detail and consider stocking up on hiking essentials, like the best hiking boots, if needed. "If you are going out into the countryside, make sure you are on level ground with no steep hills. Stick to footpaths and avoid walking through livestock. Although you can do walking meditation in towns and cities,

**Take your time**

Walking meditation doesn't have a purpose in the same way that walking to build muscle does - so take your time and enjoy the process. There's no need to set a demanding pace or try and cover a certain number of miles, says the meditation teacher. "Remember there are no rules. You can't get this wrong, so just relax. And anytime you feel distracted, know that this is your mind interfering, telling you that you don't have time to meditate. Ignore those thoughts and refocus on the sensations in your body."

**Focus on your breathing**

Breathing is a mostly unconscious process but it has a huge impact on the chemical and physiological activities in the body, says Dr Suzanne Hackenmiller, a specialist in outdoor therapy and integrative medicine. "Exploring breathing practices in nature provides for a unique environment in which we can achieve better mental and physical health," she explains. For example, "one of the simplest methods for inducing the body's relaxation response is to prolong the exhale or the 'outbreath'. By breathing in for a count of six or eight, we can reverse the body's stress response in a matter of seconds," says Dr Hackenmiller.

**Walk at a steady pace**

While meditation is supposed to be relaxing, you'll want to keep a steady pace still. "We want to be walking at a rhythmic pace and to be aware of this. We want to notice the feeling of the ground underneath our feet," says Carson. To increase this grounded feeling, she also suggests walking barefoot where possible. "This will bring added benefits of grounding to the earth and connecting to nature. Imagine that your feet are rooted into the earth and feel the strong foundations like the roots of a tree. Imagine the nourishment, the strength. Feel the texture of the ground. Is it hard or soft? Wet or dry? The temperature, is it warm or cool?"

**Focus on how you feel**

If you've followed a session from one of the best mindfulness apps, this won't be new to you. When trying walking meditation for the first time, think about how it feels. "Consider what sensations you can feel, the temperature of the air on your skin, and any tension or tightness in the body," says Carson.



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other walkers, try to detach from creating meaning or story to those sounds, Carson suggests. This will be the ultimate distraction and sure to bring you out of your meditative mindset. “Similarly with smells, notice any smells but don’t attach any meaning to them. Take note of how your mind might want to do this. When this happens, bring your attention back to your body, to the movement and rhythm of your body. Notice where you place your feet, and how your arms swing or not by your side.” And similarly, try to avoid any chance of distraction by turning off any devices. “The idea is that you’re going off the grid for a while, even if it’s only for ten minutes,” she adds.

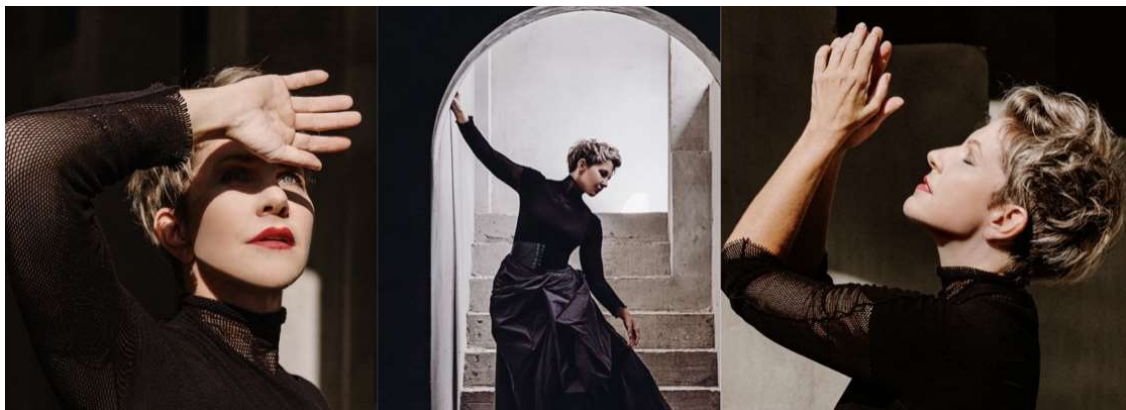
### **Be consistent**

If you’ve tried walking meditation once and struggled to get into the flow, try it a few more times. Consistency is key, says Carson. “The more you practice, the easier it will become and the more you will reap the benefits. That said, even if you can only practice once a week, do that.”

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## 10 commercials from the 1940's



## Life lessons from a real Diva

Excerpted from SenecaWomen.com

What can an acclaimed opera singer teach us about life? A lot, it turns out. Mezzo-soprano Joyce DiDonato is currently getting raves singing the role of Virginia Woolf in the Metropolitan Opera's world premiere of *The Hours*. (The New York Times called her voice "subtle...sonorous.") But DiDonato—who grew up in Prairie Village, Kansas—has also won admiration for her down-to-earth focus on connecting with others and contributing to a greater good. Here are her lessons on how to stay human and connected and do good in the world.

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When she was 26, DiDonato was told she had no talent as a singer.

Undaunted, she continued to hone her craft. “I didn’t really start coming into my own until my early thirties,” she says, “but I kept working, and with a certain amount of determination, because I felt there was something inside that I was destined to express.”

## 2. It’s not all about you

When we focus on something besides ourselves, we can have a greater impact. Some performers, says DiDonato, are “looking for love. They’re looking for the audience to tell them they are good. And their mindset is all about them and how they sound and how they look.” But DiDonato has a different approach: “What I found in my own journey is the more I concentrated on what I intended to give to the public, the easier it became for me, because it wasn’t so dependent on whether I was liked or not or whether I was good or not.”

## 3. We are all put here to serve humanity, each in our own way

All of us, even those working in the most exclusive and rarified arts, need to give back to others, says DiDonato. She likes to reverse the old saying by asking “How can Carnegie Hall get to *you*? How can Carnegie Hall help to ameliorate [a challenging] situation through music?” One of the ways she does that is by working with the Lullaby Project, in which single moms, who are often going through financial and social stress, bond more closely with their infants by writing songs for them.

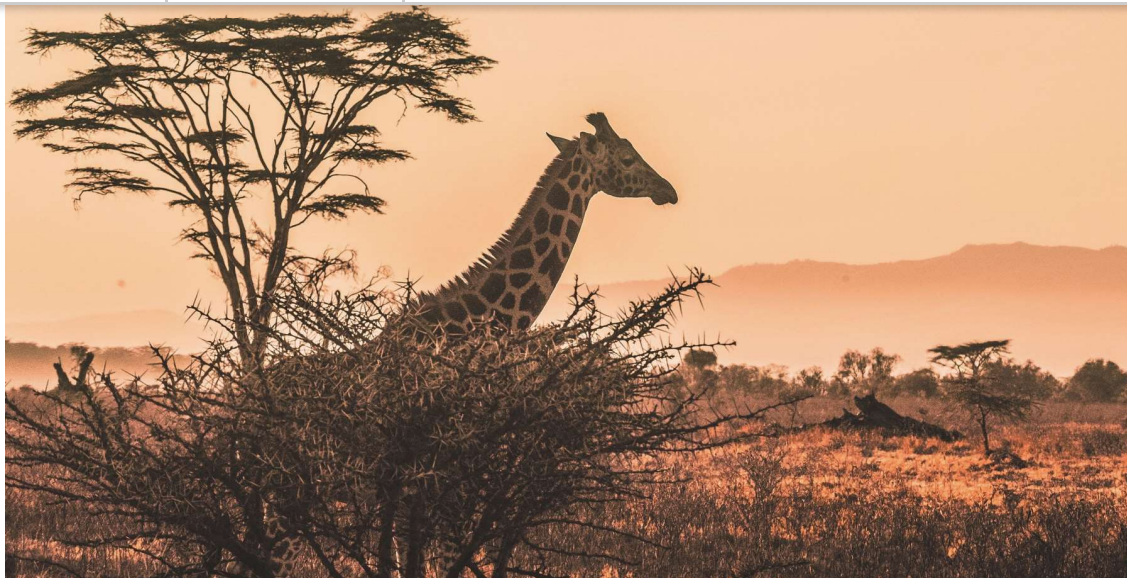


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## Where to Travel in 2023, According to Your Astrological Sign

Excerpted from OnTraveler.com

**Aries:** Kenya

**Taurus:** Wales

**Gemini:** Queensland, Australia

**Cancer:** Central California Coast, U.S.

**Leo:** Marrakech, Morocco

**Virgo:** Loire Valley, France

**Libra:** Sharjah, United Arab Emirates

**Scorpio:** Yucatán Peninsula, Mexico

**Sagittarius:** Egypt

**Capricorn:** Mustang, Nepal

**Aquarius:** Taiwan

**Pisces:** Western Japan

Want to understand more about the astrology behind these choices? Read the entire article [HERE](#)



## San Luis Obispo sees the most monarchs in 20 years

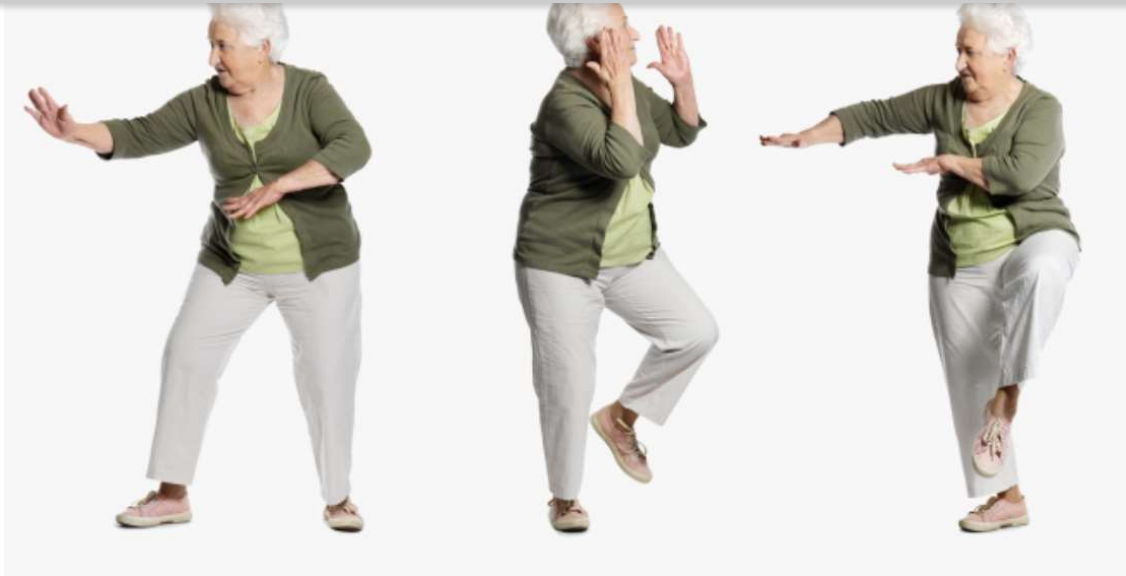
Excerpted from SCNow.com

More than 129,000 western monarch butterflies were counted in the county by Xerces Society for Invertebrate Conservation employees and volunteers in November, according to preliminary data shared by local volunteer coordinator Jessica Griffiths.

That's the most counted in San Luis Obispo County in more than 20 years — in 1998 there were about 182,000 counted, according to the Xerces Society's data.

The numbers are giving some researchers hope that the western monarch butterfly population could be rebounding from devastatingly low numbers a few years ago that left some worrying the insect was on the verge of extinction.

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## Tai Chi for Arthritis and Fall Prevention Classes

**FREE for Older Adults age 60+ in Marin County .**

**New Beginning and Continuing level classes, start in January.**

**Registration is now open through Sausalito Parks and Recreation Adult Classes Portal. All Classes are on zoom and are led by Certified Instructors from Age Friendly Sausalito and Dominican University,**

**Register [HERE](#) and click on fitness-full series**

**Open to Older Adults in Marin County of all abilities**

**TAI CHI FOR ARTHRITIS AND FALL PREVENTION. Three new Classes for beginning and continuing participants start in January. Each class is taught over 16 sessions, meeting once per week for one hour.**

**Mondays beginning January 23, meets 5:00 pm to 6:00 pm**

**Wednesdays, beginning January 18, meets 12:30 pm to 1:30 pm**

**Saturdays, Beginning January 14, meets 9:00 am to 10:00 am**

**TAI CHI FOR ARTHRITIS AND FALL PREVENTION \*PART TWO\*. This Continuing and Intermediate Class is for participants who have completed the Tai Chi for Arthritis basic class. The class is taught over 16 sessions, meeting two times per week for one hour.**

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meets 2 X per week from 11:30 am to 12:30 pm

For Assistance in Registering call (415) 289-4189. For Questions about the Tai Chi Classes call (415) 331-1393

or email: [agefriendlysausalito@gmail.com](mailto:agefriendlysausalito@gmail.com)

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

*\*(voluntary contributions are welcome, but there is no obligation to contribute and service will not be denied based on ability to make any contribution).*



## Charging your phone for potential power outages

Excerpted from Washington Post

Assume your electricity can go out at any time and plan accordingly.



collected in one place to take with you. Even if you can't use it to get online, that laptop can double as a backup battery for your devices.

Buy a portable power bank for your small electronics in advance. Make sure it's one of the first things you charge and pack if you'll need to evacuate — they can be easy to forget when you need to move fast. We've had good luck with power banks made by companies like Anker, Mophie, and Zendure; just make sure the one you buy has multiple USB ports and that you have the proper cord.

Once the power is out or you're no longer someplace with an outlet, you'll need to make any charges last as long as possible. To do that, follow these instructions:

- **Turn on low power mode.** On iPhones, go to Settings, Battery and toggle on Low Power Mode so it's green. On many Android phones, you can swipe down from top of the screen to see your notifications, and swipe down one more time to find a shortcut to the phone's battery saver mode.
- **Avoid draining activities.** Don't use your phone as a WiFi hotspot, don't watch streaming videos, and limit your app use if you can help it. Close apps that use your location and turn off notifications you don't need. If you're in a safe place, turn off GPS to stretch battery life further.
- **Use WiFi whenever possible.** If you don't need to be in immediate contact with anyone, consider turning on airplane mode for maximum power savings. Unless you're planning on leaving your phone off for a long period of time, it's better not to turn it off completely.
- **Turn off Background App Refresh.** On an iPhone, go to Settings, General, then Background App Refresh. If you have an Android phone, search in your settings for a feature called Data Saver and turn it on — it will prevent all apps except the ones you've selected from sending or receiving data in the background.
- **Avoid phone and video calls.** Send text messages whenever possible.
- **Turn down your screen's brightness.** This may require turning off your phone's automatic brightness feature.

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## The Unesco World Heritage Sites in the USA



Find a three-letter word that has one syllable—but when you add one letter to the end, the word becomes three syllables.

Answer at the bottom of the newsletter.

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## This is how the 'I'm not a robot' button works

Excerpted from [Gizmodo.com.au](https://www.gizmodo.com.au)

If you're an internet user you've no doubt come across the 'I'm not a Robot' button once, twice or several thousand times in your life. The checkbox consistently appears on web pages when you're doing things like signing in or making a purchase. But what does checking that little I'm not a Robot box actually do to prove you're human?

Essentially, by ticking the box the website is prompted to check your recent browsing history.

If you've been going about doing certain factors that Google deems are normal for a human, the website will believe you're not a robot.

If the website is unsure of you it will prompt you with further tests. This is why you may have to click on a certain number of bridges or cars in an image to prove your humanity.

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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)

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○ Rare symptom ● Occasional symptom ● Common symptom

Symptom	Cold	Flu	COVID-19	RSV
Fever, chills	○	●	●	●
Headache	○	●	●	●
Cough	●	●	●	●
Body aches, muscle pain	●	●	●	○
Fatigue	●	●	●	●
Stuffy or runny nose	●	●	●	●
Sore throat	●	●	●	○
Loss of taste or smell	●	○	○	○
Vomiting, diarrhea	○	●	●	●
Loss of appetite	●	●	○	●
Sneezing	●	○	●	●
Difficulty breathing	○	○	●	●

Table: Jenny Kwon / The Chronicle • Source: Centers for Disease Control and Prevention, National Institutes of Health and World Health Organization

**REMEMBER: Need a Covid test delivered to your door? Email [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com) or phone 415-332-3325.**

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## 30 top songs going into 2023



### Answer to todays puzzler:

One solution is adding “a” to the end of “are” to get “area.”

Have a puzzle to share? Send it to [SausalitoVillageTips@gmail.com](mailto:SausalitoVillageTips@gmail.com)

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