



Photo by Marilyn Aronowitz

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:**

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Have your friend sign up directly to receive the weekly newsletter by making the request to [SausalitoVillageTips@gmail.com](mailto:SausalitoVillageTips@gmail.com)

## Have you missed a previous newsletter? They are archived!

You can view past newsletters on the SV Website:

[https://sausalito.helpfulvillage.com/newsletters?newsletters\\_month=7&newsletters\\_year=2023](https://sausalito.helpfulvillage.com/newsletters?newsletters_month=7&newsletters_year=2023)



## SV hosted events in the coming 2 weeks:

December 9 - [Line Dancing](#)

December 9 - Sausalito Lighted Boat Parade

December 11 - [Stretch and Strengthen with Rayner](#)

December 12 - Errand Tuesday

December 13 - [Trip to Safeway and Trader Joes](#)

December 13 - [Gingerbread House Group Tour](#)

December 18 - [Deadline for Holiday Meals delivered](#)

**December 18 - RSVP for [Holiday Sing Along and Party](#)**

December 19 - Errand Tuesday

December 20 - [Trip to Dollar Tree and Sprouts](#)

December 20 - [Film Group](#)

December 20 - [Drop in Technology help on zoom](#)

To view the Sausalito Village calendar full of events [CLICK HERE](#)

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## Sausalito Village takes the Sausalito Gingerbread House Tour

**WHEN:** Wednesday, December 13th, 2pm-4pm

**RSVP:** <https://sausalito.helpfulvillage.com/events/4170-sv-group-for-the-gingerbread-house-tour>

The Sausalito Chamber of Commerce's 17th annual Gingerbread House Tour and Competition has begun and runs through December 31st. It promises to be bigger and better than ever. Over 25 stores are participating by creating confectionary wonders with the hope of winning the competition.

This year, Sausalito Village invites you to join a group as we walk the downtown section and vote for our favorites. RSVP above to join in the fun.

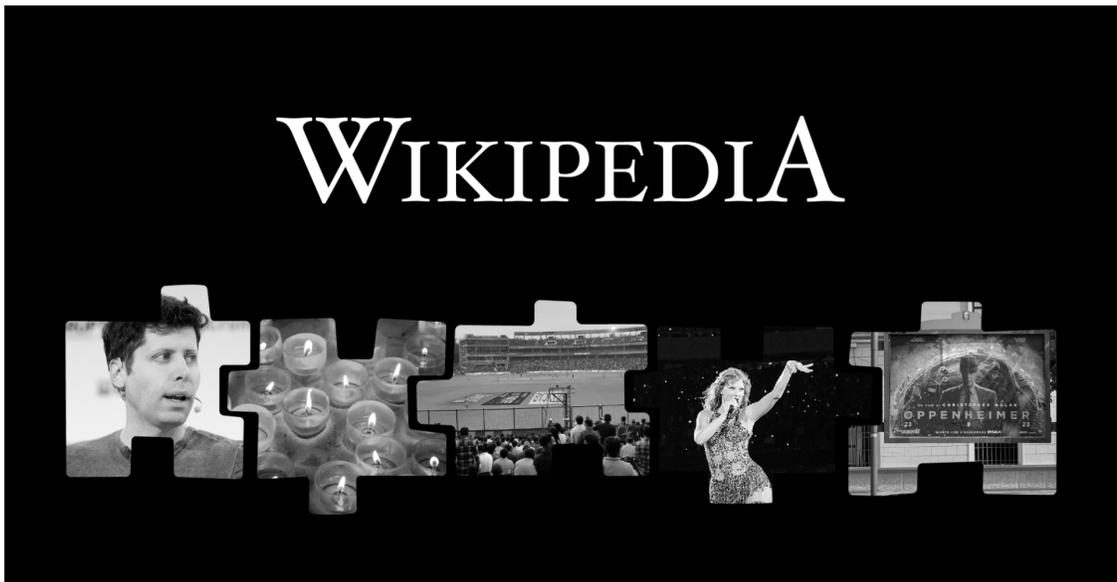
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keep that in mind before you sign up. Also, dress for the weather! The event will be postponed if it is raining.

More about the Gingerbread House

Tour: <https://www.sausalito.org/gingerbread-house-tour>

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



## Announcing Wikipedia's most popular articles of 2023

Excerpted from [WikiMediaFoundation.org](https://www.wikimediafoundation.org)

People around the world have a lot of questions. And when they're looking for answers, they turn to Wikipedia. English Wikipedia received over 84 billion views this year alone, according to data from the Wikimedia Foundation, the nonprofit that hosts Wikipedia.

The most-viewed Wikipedia articles of 2023 tell the story of you and society at large seeking out knowledge about our ever-changing world from the world's largest encyclopedia.

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- #1: [ChatGPT](#), 49,490,406 pageviews
  - #2: [Deaths in 2023](#), 42,666,860
  - #3: [2023 Cricket World Cup](#), 38,171,653
  - #4: [Indian Premier League](#), 32,012,810
  - #5: [Oppenheimer \(film\)](#), 28,348,248
- 



## Line Dancing on December 9th and 30th, 4pm-5pm

**WHEN:** Saturdays, December 9th and 30th, 4pm-5pm

**WHERE:** Exercise Studio, downstairs in Sausalito City Hall

**COST:** FREE!!

**REGISTER:** <https://cityofsausalito.perfectmind.com/24457/Classes/BookMe4LandingPages/Class?classId=15e3c83a-0e03-4a45-9791-3d0eb0bda0ef&occurrenceDate=20240114>

Sausalito Village and Sausalito Parks and Recreation host Line Dancing classes taught by Laurie Reemsnyder who will guide you through the dances.

Music is old school, contemporary, disco, jazz, R&B, and a little Latin. Trouble registering? You can drop in for class and sign your waiver there.

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them to provide the right amount of 'slide'.

IMPORTANT: If you are new and want to meet with Laurie ahead of class to go over basic moves, email her: [phototeacher94@gmail.com](mailto:phototeacher94@gmail.com) several days ahead

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*Photo taken in front of Anchorage Restaurant facing Heath Ceramics on Gate 5 Road*

## **CALTRANS ADVISORY: King Tides in December**

Lower half of Manzanita park and ride Lot in Tam Valley to close due to projected high tides December 11th - December

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parking on State Route 1 (SR-1), in Tam Valley from Monday, December 11 through Thursday, December 28.

The lower half of the park and ride lot will be closed 24 hours per day during these periods to prevent overnight parking in the lot, and to ensure the safety of motorists that frequent this park and ride lot. For real-time traffic, click on Caltrans QuickMap: <http://quickmap.dot.ca.gov/>

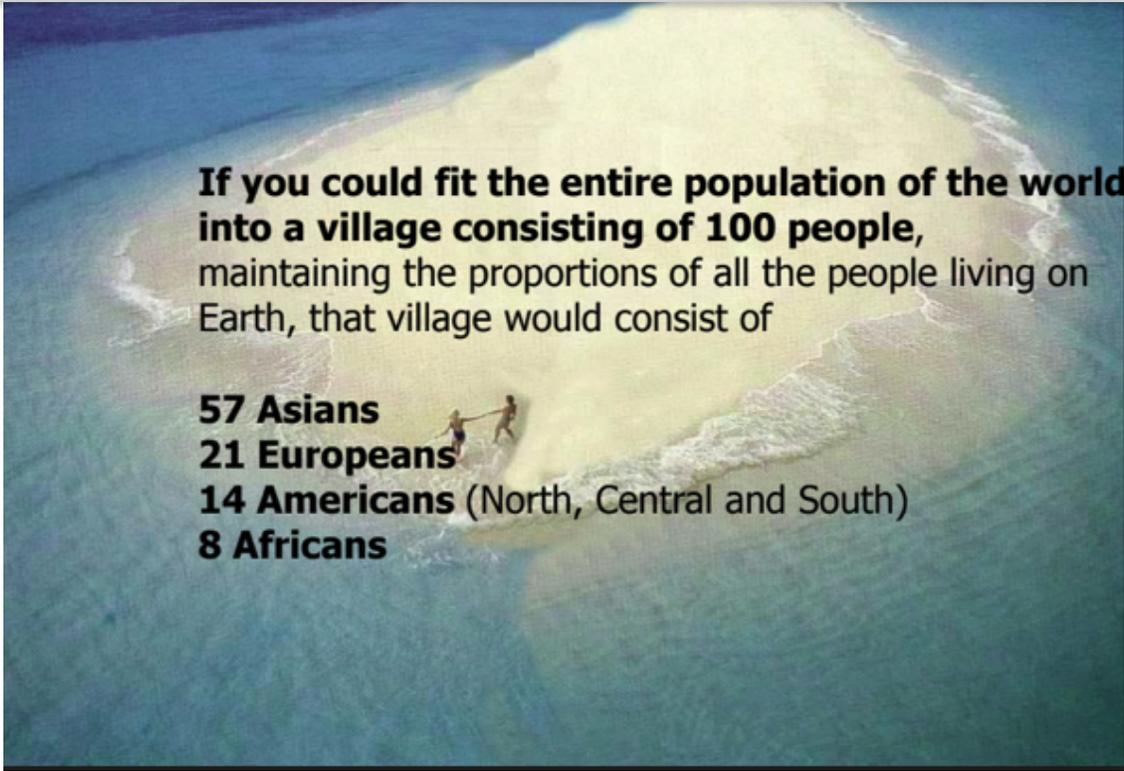
2023:

- Dec 11, 9:24 AM, 6.4 feet
- Dec 12, 10:01 AM, 6.6 feet
- Dec 13, 10:42 AM, 6.7 feet
- Dec 14, 11:26 AM, 6.6 feet
- Dec 15, 12:14 PM, 6.5 feet
- Dec 23, 8:05 AM, 6.6 feet
- Dec 24, 8:46 AM, 6.7 feet
- Dec 25, 9:26 AM, 6.7 feet
- Dec 26, 10:07 AM, 6.6 feet
- Dec 27, 10:46 AM, 6.4 feet

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**If you could fit the entire population of the world into a village consisting of 100 people,** maintaining the proportions of all the people living on Earth, that village would consist of

**57 Asians**

**21 Europeans**

**14 Americans (North, Central and South)**

**8 Africans**



## Holiday meal delivered to your door December 24th

### RSVP BY DECEMBER

18th: <https://sausalito.helpfulvillage.com/events/4122>

Sausalito Village is coordinating with Mollie Stone's catering to offer holiday dinners delivered to your door by SV and CARSS volunteer drivers.

**Open to all seniors in Sausalito/Marin City.** Meals with dessert are \$25/each including tax, tip and delivery.

Sausalito Village members who receive a fee waiver are eligible for

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This year we are offering two choices - TELL US YOUR CHOICE in the comment section when you register/pay:

- 1) Ham dinner with greenbeans/carrots, potatoes and pumpkin pie
- 2) Turkey dinner with potatoes, stuffing, cranberry and pumpkin pie

Meals will be delivered by vetted volunteers between 10:30-12:00 on Sunday, December 24th.

**DEADLINE for meal reservations is December 18th.**

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## **Christmas tree origin—what has the evergreen tree symbolized in history?**

Excerpted from Parade.com

In ancient times, it was common to believe that the sun was a god. In the winter, the god appeared to be sick, but the evergreens that thrived during this time reminded the people that the sun would become strong again and bring

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Similarly, ancient Egyptians, Chinese, and Hebrews saw evergreens as a symbol of eternal life. Long before Jesus Christ's birth (and the subsequent celebrations), pagans in Europe would use evergreens in their homes as a way of representing fertility and new life.

There are various myths and legends about the Christmas tree's origin and its significance to Christianity—instead of just pagan worship. For example, one claim from the 15th century states that in the 8th century, Christian missionary, Saint Boniface, came across Germans who were offering sacrifices to their false god, Thor, in front of an oak tree. Boniface allegedly began cutting down the tree with his axe to stop their worship, and they expected him to be struck by lightning from their god. When that didn't happen, he began telling them about Christ. Then, as the legend goes, a fir tree later grew out of that oak.

It is widely believed that in the Middle Ages, modern-day Germany revealed the first real Christmas trees. There were also events on Christmas Eve called "Paradise Plays" that celebrated the feast day of Adam and Eve, and a fir tree with apples on its branches was used to represent the Tree of Knowledge. These "paradise trees" began to be set up in family homes throughout Germany, with wafers placed among the branches.

History.com reported that the first recorded instance of Christmas trees being displayed in the United States wasn't until the 1830s, which was by German settlers in Pennsylvania. Even still, it took the popular women's magazine, Godey's Lady's Book, publishing an edited illustration in 1850, which featured Britain's fashionable Queen Victoria and Prince Albert standing beside a fully decked-out Christmas tree (from two years prior, in 1848) to begin truly popularizing this tradition in America.

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## Sausalito Village Annual Holiday Sing Along and Party

SV members and volunteers mark your calendars!

**WHEN:** Monday, December 18, 3pm-4:30pm

**WHERE:** Campbell Hall, 70 Santa Rosa Avenue

**RSVP:** <https://sausalito.helpfulvillage.com/events/4098>

Andy Dudnick will be playing holiday music on the piano, and his wife Jan will be leading the sing along, there will be lots of food, libations and of course, free tickets for the many many raffle prizes.

Parking is limited, please plan to walk, carpool or reserve a free CARSS ride.

**CARSS will be providing rides from Dunphy Park - park there for free and catch a ride with one of our CARSS volunteer drivers!**

Reserve your ride by December 16th at  
SausalitoVillageConcierge@gmail.com or 415-332-3325.

# FRIDAY PUZZLE

You are in a room that has three switches and a closed door. The switches control three light bulbs on the other side of the door. Once you open the door, you may never touch the switches again. How can you definitively tell which switch is connected to each of the light bulbs?

**Find the answer at the bottom of the newsletter.**



**Make Navigating European Airports Easier With Tips From Rick Steves**

Along with terminal maps, look up the names of the services you'll need when you arrive, like ATMs, bathrooms, luggage carousels, and airport shuttles. Though most major European airports offer signs in the local language and English, it can still be tricky, says Steves via his blog. To stick with the Paris-Charles de Gaulle Airport example, the shuttle bus that ferries passengers between terminals is called the CDGVal, which doesn't intuitively read as "airport shuttle" in English. Or at the Frankfurt airport, you might see signs that look similar, but they mean completely different things. Fernbahnhof, for example, is the station for long-distance trains. Regionalbahnhof, on the other hand, is for regional trains. It's easy to confuse the two.

A phrasebook or app like Duolingo is a great way to learn the basics, but you may have to rely on other tools to overcome the language barrier. One notable app is Scan & Translate+ Text Grabber, which can translate signs in 70-plus languages. Just hold up your phone, take a picture of the sign, and the app will translate the text. The same goes for menus and documents. Another option is to download Google Translate. You could write, "Where is the bathroom?" in the English field and watch the answer populate in French. Next, find an airport employee, press the speaker button, and the phone will ask, "Où se trouvent les toilettes?" out loud on your behalf.

When you land, it's tempting to get away from the crowds and make a beeline for your accommodation to catch up on some rest. But now would be a good time to look around and see what amenities are available at the airport, says Steves on his blog, so it's one less thing to think about later. If there's a tourist information office, stock up on maps of the city, public transportation tickets, and packages for attractions and museums. If there's a gift shop, look for an international SIM card to pop into your smartphone. Save your data by seeing if there's free WiFi at the airport, perhaps by sitting near a fancy airport lounge.

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The history of underwear



## 8 Mindful practices for everyone this Hannukah season

Even for those who don't celebrate, the holiday can inspire moments of reflection on health and well-being, said Jason Klein, a rabbi and associate chaplain for the Jewish community at Brown University. The holiday, he said, is inherently mindful.

**Emotional:** Love anchors the holiday and many Jewish traditions. Ask yourself: "Am I giving love in a way that is satisfying? Am I getting the support I need from my family, friends, therapist or others?"

**Environmental:** The menorah at the center of the holiday tradition is itself a reminder of conservation, Klein noted. "Part of what I love about the Hanukkah story is that the Talmud tells us that a little bit of something can go such a long way. I think, for me, this sometimes means, how large do we need to live? What's our footprint? Are there other ways to live large that aren't about taking up more space than we need?"

**Intellectual:** "When you are having a conversation with someone and you're feeling uncomfortable, can you push yourself to ask one more question?" Klein said. "Every interaction we have with someone, every conversation is an opportunity to experience more truth."

**Financial:** Use the holiday to think about your financial health. Are you satisfied with how you spend and save? Are you supporting causes you believe in? Does your family spending reflect your values?

**Work:** Are you finding purpose in your daily work? Ask yourself: "When do I live to work? When do I work to live?"

**Physical:** Is your body truly nourished? Are you feeling shame and disempowerment about your body? Are you offering support for body positivity for all types of bodies?

**Social:** Think about the people you spend time with. Are you tending to your relationships? Are the people in your life giving you the support you need?

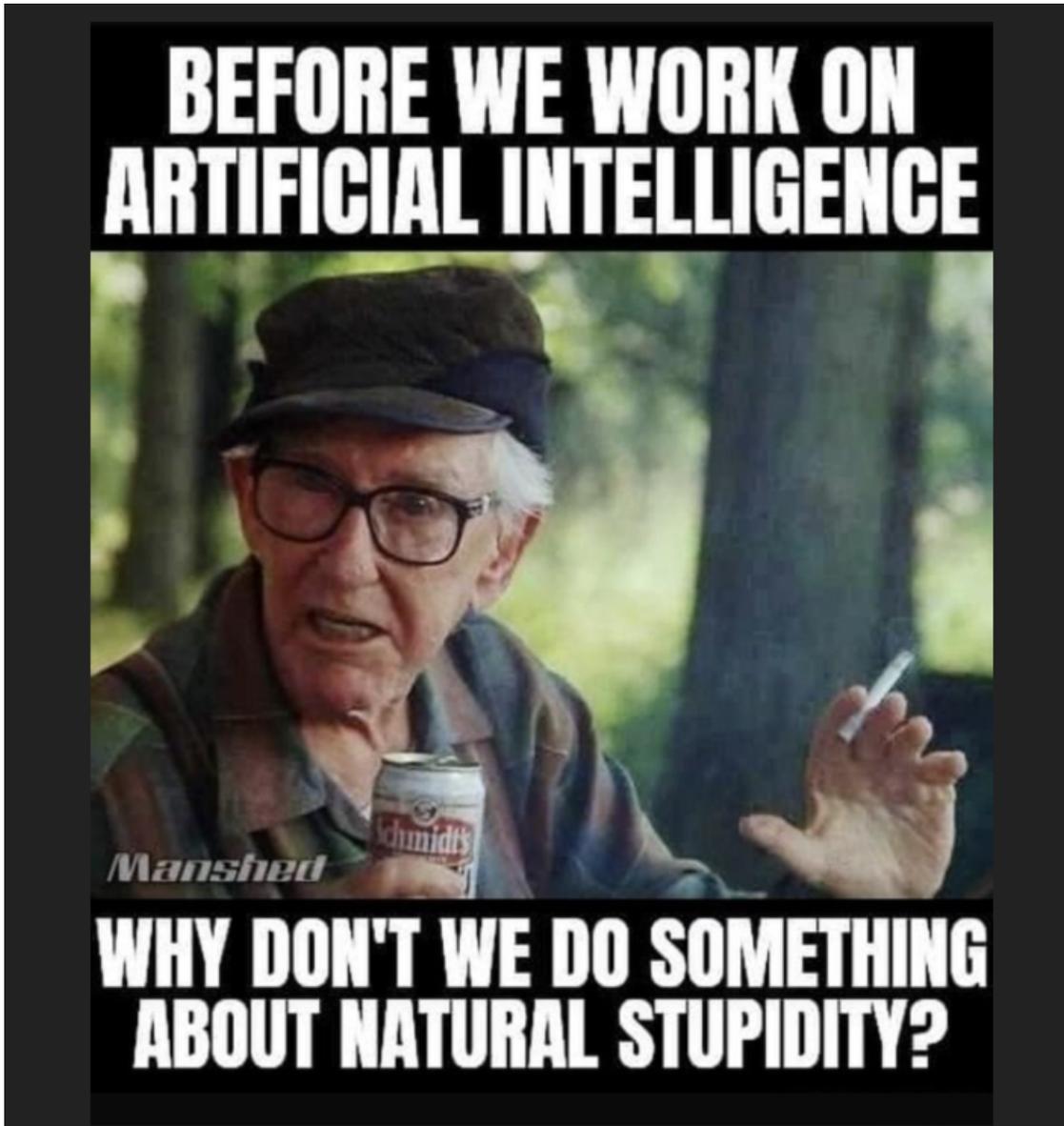
**Spiritual:** Is there a spiritual practice you've been wanting to explore? If you've been thinking about prayer study, meditation, mindfulness or some other form of personal reflection, how can you take the next step to explore it?

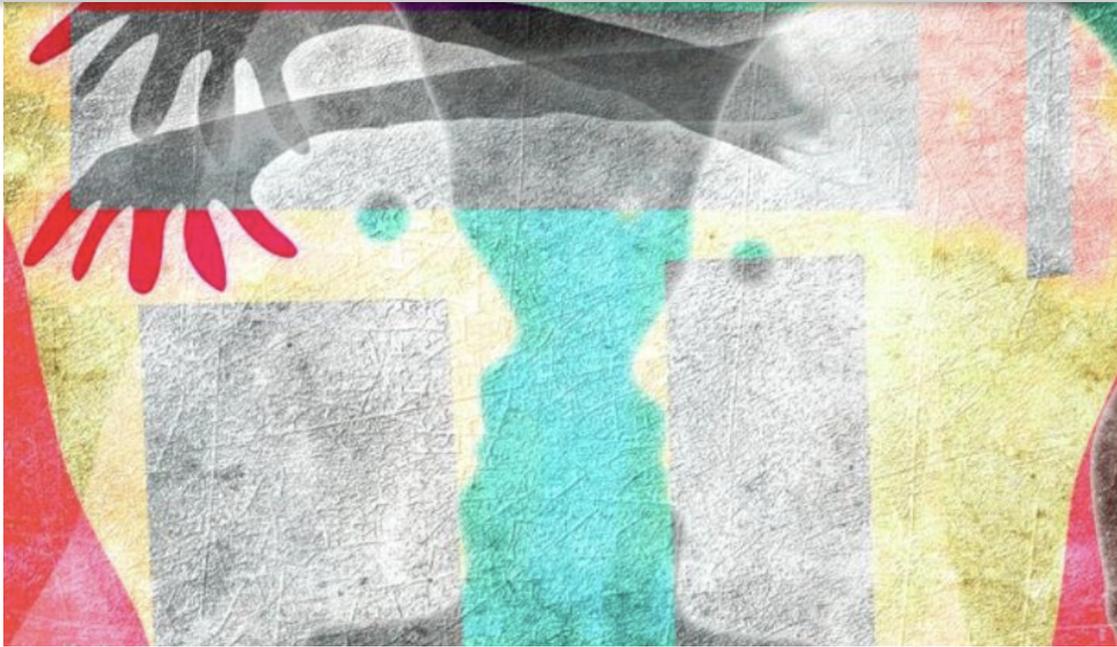
Klein said he advises his students to think about one of these areas each night of Hanukkah or to pick a few to reflect on over the course of the holiday.

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## How To Keep ‘Energy Vampires’ From Sucking the Life Out of You

Excerpted from Well+Good.com

Like the term insinuates, an energy vampire is someone who sucks the energy out of someone else through the ways in which they approach conversations. Anyone in your life can take on this role—a friend, family member, coworker, or someone else—and while it’s not necessarily intentional, the impact will always be to leave you feeling overwhelmed or under-resourced in the wake of your interactions with them. Here are four ways you can protect yourself:

### **Set boundaries (and more boundaries)**

Friendly reminder that it’s okay and good to set boundaries! That might look like setting parameters around when you’re available to be reached by a coworker, how much time you can offer a friend on the phone, or what kinds of topics you feel open to discussing in order to protect your energy and your peace.

Outline such boundaries when you first meet a person and/or throughout the relationship (depending on the nature of your connection) and reinforcing them whenever they are crossed.

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It's possible to train yourself to expel less emotional energy—even in the presence of energy vampires. One simple technique is to imagine your emotional input as a dimmer switch. As you go into an interaction, you can adjust how much of your energy you want to offer up to the person. The idea? While you can't control how much energy any given person might demand of you, you *can* control how you respond.

### **Consider seeing how they respond when you're honest with them**

As noted above, some energy vampires aren't aware of the ways in which they're sucking the life out of those around them. In which case, it may be worth communicating with an energy vampire in your life and letting them know how their actions are affecting you.

Read the full article [HERE](#) for further descriptions



## Meet India's Sibling Grandmaster Duo

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## Sausalito Center for the Arts upcoming events

### **The First Annual Sausalito Print Marketplace**

**Saturday, Dec. 9 & Sunday, Dec. 10 10:00 AM - 6:00 PM**

A print art marketplace dedicated to the buying and selling of various types of printed art, such as posters, fine art prints, photographs, illustrations, and other forms of visual art that have been reproduced in print form.

### **Winter Market '23**

**Saturday, Dec. 16m 10:00 AM - 6:00 PM**

Join us December 16th as the City of Sausalito brings together a talented group of makers for a one-day Winter Market.

Sausalito Center for the Arts is located at 750 Bridgeway.

<https://www.sausalitocenterforthearts.org/>

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## Why is one side of aluminum foil shiny?

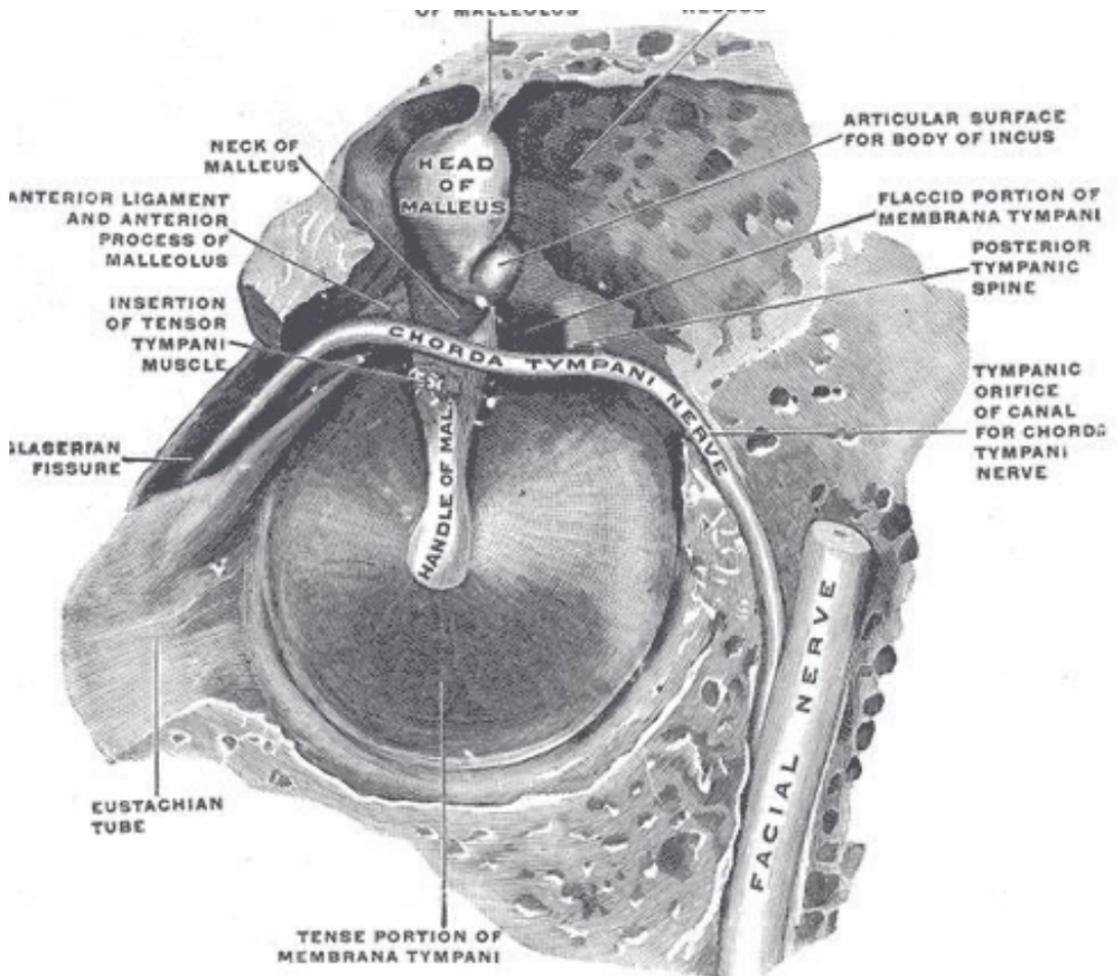
Excerpted from InterestingFacts.com

To make foil, manufacturers melt aluminum, and then cool it into slabs called ingots. These slabs are then pressed between rollers many, many times to make them thinner and thinner.

By the time they get to the final press, the foil is so thin they need to double it up to press it through the rollers. Then they separate it and roll it onto the tubes that we buy. The pieces that come out are smooth

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But, importantly, the sheet is made of the same material through and through, so the textures don't make a difference in how it works. Unless, Reynolds reminds us, you're using one of their products like the Non-Stick Foil, which actually does have a coating on one side.



## Ear rumbling is a special 'superpower' that not everyone has

Excerpted from Upworthy.com

People who can ear rumble have the ability to control the tensor tympani, a muscle within the ear. Contracting the muscle creates a

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This can be useful when someone is saying something that you don't want to hear but don't want to be rude and cover your ears. It can come in real handy if someone is about to spoil your favorite TV show or if you live with someone who can't stop nagging.

Some people cannot voluntarily create the rumbling sound but hear it when they let out a large yawn.

The muscle exists to mask-low frequency sounds so we can focus on those at a higher frequency. It also works to mute sounds we create ourselves such as eating potato chips or coughing. It's a way that helps us from becoming annoyed with our own bodies.

Unfortunately, the muscle has a rather slow reaction time so it cannot prevent us from hearing loud sudden noises like a gunshot or a book slamming on the ground.



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Rayner? Here is the most recent class taped for you to enjoy at home. We like to know if you have watched the class, please email [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com) and let us know!



## Try ‘Moon Breathing’ for Calm and Tranquility

Excerpted from [Well+Good.com](https://www.wellgood.com)

An ancient Indian breathing practice called chandra bhedana pranayama in Sanskrit (which loosely translates to "moon piercing breath"), moon breathing involves breathing through the left nostril.

While moon breathing has been around for centuries, recent research supports its potential benefits for mental well-being and sleep. Moon breathing can help you chill out by activating your parasympathetic nervous system.

Part of the reason why moon breathing may have such a soothing effect may have to do with the reduction of air that you’re actually breathing while practicing it, says functional medicine physician Leland

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is nothing. “Reducing the respiratory rate has a tendency to improve overall respiratory mechanics,” he says, contrary to hyperventilation—or essentially, breathing too much—which can trigger anxiety. (Just consider how your breathing might speed up in moments of stress.)

Reducing your breaths per minute also restricts how much carbon dioxide (CO<sub>2</sub>) you exhale, raising the CO<sub>2</sub> level in your blood, adds Dr. Stillman. “CO<sub>2</sub> is usually thought of as a waste, but it’s a nutrient in the sense that it opens your blood vessels and allows blood to flow around the body,” he says. By keeping more CO<sub>2</sub> in your system, then, single nostril breathing (versus regular nasal breathing) can improve circulation, which can in turn boost your mental state.

Here’s how to practice moon breathing, according to Tiwari:

1. Find a comfortable position. Place your thumb underneath your right nostril to close it off.
2. Inhale through your left nostril.
3. Either:
  1. Release your thumb from your right nostril, and exhale through your nose or mouth.
  2. Exhale through your left nostril.
4. Repeat, aiming to breathe at a steady pace with inhales and exhales of the same length.



A graphic with a colorful, low-poly background. In the center, a dark blue rectangle with a white border contains the text "FRIDAY PUZZLE" in white, bold, uppercase letters. Below it, a white horizontal line is followed by the word "ANSWER" in white, bold, uppercase letters.

## FRIDAY PUZZLE ANSWER

Turn on the first two switches. Leave them on for five minutes. Once five minutes has passed, turn off the second switch, leaving one switch on. Now go through the door. The light that is still on is connected to the first switch. Whichever of the other two is warm to the touch is connected to the second switch. The bulb that is cold is connected to the switch that was never turned on.

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**SAUSALITO VILLAGE**

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