

Sausalito

A N D I T S C O M M U N I T Y

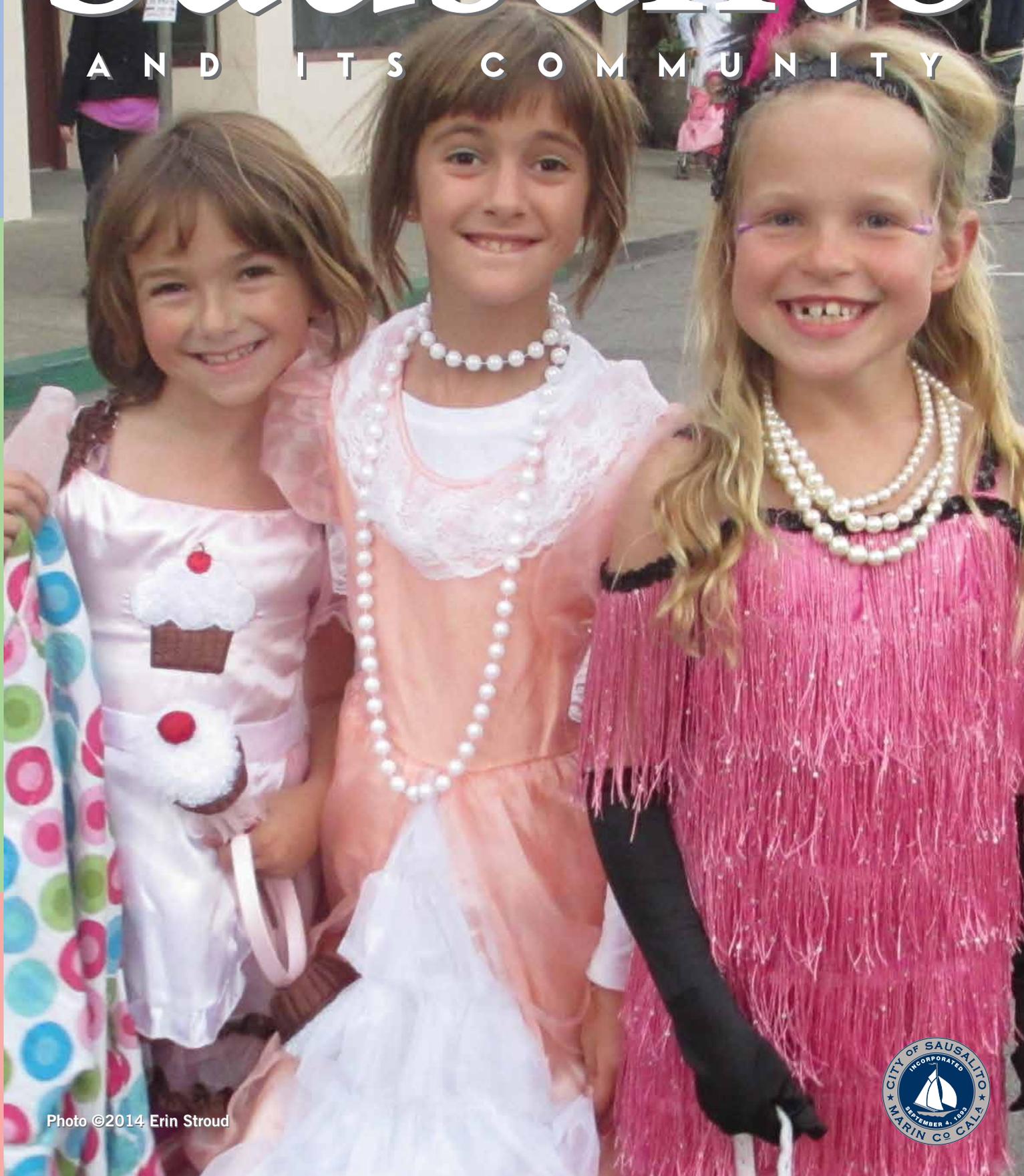


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About the Cover . . .

Left to right: Rachel Vasquez, Savy Behr and Natalie Moore celebrate at the Halloween Parade and Trick-or-Treat Lane. For information on this year's event see p. 3.

Sausalito Parks and Recreation Department

420 Litho Street
Sausalito, CA 94965
415-289-4152 • 415-289-4189 (Fax)
www.sausalitoparksandrecreation.org

Office Hours: Monday–Thursday 8:30am–5pm
Friday 8:30am–12 noon, 1pm–5pm

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BUY A TREE, MAKE A DIFFERENCE.



DUNPHY PARK CHRISTMAS TREE LOT



A PORTION OF THE PROCEEDS BENEFIT

ROBIN SWEENEY PARK

OPEN 11/28-12/24

HOURS: 10AM-7PM DAILY, OPEN TILL 8PM FRI/SAT

**Parks
Make
Life
Better!**

**Mt. Tam
Adventure Camps**

PRE-ORDER: WWW.MTTAMADVENTURECAMPS.COM

CONTACT JEREMY - 415.377.9678

Parks & Recreation Calendar of Events

SEPTEMBER

- 9/6 Concert for Kids
Tim Cain
- 9/27 Chili Cook-Off

OCTOBER

- 10/11 Concert for Kids
Christopher Smith
- 10/11 City-Wide Yard Sale
- 10/18 Beautification Day
- 10/31 Halloween Events

DECEMBER

- 12/6 Breakfast With Santa

Check us out on Facebook at Sausalito Event Coordinator.
All events sponsored by the Sausalito Parks & Recreation Department.

Want to Get Involved?

The Sausalito Parks & Recreation Department strives to provide quality programs to Sausalito and its community that enhance growth, expression, and recreation through people, parks, and programs.

WOULD YOU LIKE TO MEET NEW PEOPLE?

GET TO KNOW NEW FRIENDS AND NEIGHBORS?

Whether you've just moved here or are a longtime resident, an exciting and fun way to meet the people in your community is to volunteer for the Sausalito Parks & Recreation Department. We're already busy planning this year's Breakfast with Santa, Easter Egg Hunt, Haunted House, and Caledonia Street Faire. So, you can tell we need volunteer help with all of these events throughout the season. If you want to help drive these events and participate on a different level, how about joining a committee for a specific event? The time commitments usually require several pre-event meetings and event day participation. The reward is supporting our community and having fun while doing it! Did you know you can have this much fun without leaving town? Call the Recreation Department at **289-4152** and let us know how you'd like to help.

Message from the

Parks and Recreation Director

FALL 2014



As I write this, Summer is in full swing and I find myself longing for the Autumn months that are the feature of this magazine. Fall in Sausalito is not only a beautiful season, but when summer wanes and the kids go back to school we begin to wind down on tourism. The close of Summer also brings an end to the major events where we host several visiting guests from near and far. In Fall, Parks and Recreation excels as we focus on the community building events that are local in scope and spirit.

September 27th, Dunphy Park hosts The Chili Cook-Off. A quintessential family event; friends-family-food & fun, what more needs to be said?

The City-Wide Yard Sale will be on October 11th, and the parking lot at MLK Park is the place to find unique items and see the various odds and ends that neighbors have collected over the years. Stories abound and great deals can be found.

Our Halloween parade and trick-or-treat lane down Caledonia Street is a great way to give kids a safe and fun place to get into the spirit of the night, and for the not so faint of heart the Volunteer Coordinated Haunted House always puts on a great, although sometimes gory, show.

This year on Saturday October 18th, a new volunteer group Sausalito Beautiful is launching a day of beautification projects in partnership with the Public Works & Parks and Recreation Departments, I welcome you to volunteer with your friends and neighbors to show how proud we are of our beautiful city.

December 6th, families will gather at the Yacht Club to enjoy Breakfast With Santa, this event has grown in popularity- and now we offer 2 seatings to serve more people, but I still encourage you to reserve your seats early as we anticipate a sell-out.

As always, we offer many community courses to enrich and enhance lives and have something for every age and stage, check out our programs beginning on page 23 of the magazine and come play, explore and learn with us!

**Parks
Make
Life
Better!**

*Mike Langford
Parks & Recreation Director*

36th Annual Chili Cook-Off

SATURDAY, SEPTEMBER 27
DUNPHY PARK

11am-4pm

The air at Dunphy Park will be thick with the aroma of tomatoes, beans, peppers and spices. Come join us and experience booth after booth of delicious park-made chili. Tasting will begin at high noon. Purchase a \$10 unlimited chili tasting band and visit each booth to try its unique and original chili. You will help decide the winners by casting your "bean vote." Voting beans will be given to the first 1,000 people who purchase a tasting band so don't bean late!

WANTED: Chili Chefs

Come share your favorite chili recipe. You must make at least ten gallons of chili at the Cook-Off itself, but you may do your prep work off-site prior to the event. This is a fun event and [free to enter!](#)

Prize Categories:

MOST CREATIVE: Presentation is everything! Dress up your booth and your helpers.

JUDGES' CHOICE: A panel of judges will help to determine best chili.

PEOPLE'S CHOICE: Your beans count! Cast your special voting beans for your favorites and cheer them on to victory.

To participate in the fun, applications are available at [www.sausalitochilicookoff.com](#). Prizes donated by our fantastic sponsor, Heath Ceramics.

The Volunteers in Public Safety (V.I.P.S.) will also be onsite cooking delicious hot dogs for non-chili enthusiasts.

Concert for Kids

Sponsored by the Sausalito Lion's Club
SATURDAY MORNINGS
ROBIN SWEENEY PARK

10:30am-11:15am

The Sausalito Lion's Club is sponsoring the Sausalito Parks & Recreation Department's Concerts for Kids concert series. This annual children's entertainment event takes place on Saturday mornings once a month from June – October at Robin Sweeney Park. These summer and fall performances feature music, fun and laughs for children of all ages. Bring your family, a blanket and enjoy these FREE concerts thanks to the Sausalito Lion's Club. Entertainment begins at 10:30am.

Schedule of Performers

9/6 Tim Cain
10/11 Christopher Smith



City Wide Yard Sale

SATURDAY, OCTOBER 11
MLK PARKING LOT

9am – 2pm

SELLERS AND BUYERS WANTED!

BUYERS: Come by and see what awesome items you might find. **ADMISSION IS FREE.** Over 80 different booths!!!

SELLERS: Sign up for Sausalito's Community Yard Sale where your old goodies might be someone else's new treasures. Make some money selling what you no longer need. Please no craft vendors allowed, no food vendors allowed and only garage/rummage sale items to be sold. The City reserves the right to refuse any items it does not view as appropriate for sale at this event.

Spaces are either 19' x 9', 14' x 14' or 10' x 18'. Yellow Space is 16' x 9'

Spaces rent between \$10– \$20 depending on location.

Space choice will be given in order of registration.

REGISTRATION OPENS SEPTEMBER 5 AT 9AM.

Yellow Space	\$10R	\$15NR
Blue Space	\$12R	\$17NR
Orange Space	\$15R	\$20NR
Red Space	\$20R	\$25NR
6' Table Rental	\$10	

Check out the SPACE MAP online: [www.sausalitoyardsale.com](#)

Beautification Day

Save the Date: Saturday, October 18, 2014

Would you like to help make Sausalito more beautiful? Volunteers are needed to participate in Sausalito's First Beautification Day on Saturday, October 18. Focus will be on improving some of our most visible public landscapes through simple, hands-on tasks requiring little or no experience. Beautification Day is a joint project of Sausalito Beautiful and the City's Parks & Rec and Public Works Departments. Sausalito Beautiful is a new non-profit organization dedicated to improving Sausalito's landscapes through advocacy, public-private partnership, and shared responsibility. Join our enthusiastic organizing committee and register by emailing volunteer@sausalitobeaautiful.org. Thank you for being part of the solution!



Halloween Parade and Trick or Treat Lane

FRIDAY, OCTOBER 31 5:45pm-8pm
 BEGINS AT FIRE STATION — ENDS AT ROBIN SWEENEY PARK
 Ghouls, Goblins, Princesses, Superheroes, Cats, Ghosts, and Monsters of all sizes, shapes and ages UNITE together at the corner of Caledonia and Johnson to haunt the street in search of free candy. We march at 6pm sharp so be ready to line up at 5:45pm. We will finish our Halloween Parade at Robin Sweeney Park, otherwise known as Trick or Treat Lane for more treats and Halloween fun. The Halloween Parade and activities in Robin Sweeney Park and the Recreation Center are sponsored by Sausalito Parks & Recreation, Caledonia Street Merchants and local community groups.

Howl'O'Ween Dog Costume Contest

FRIDAY, OCTOBER 31 6:30pm
 ROBIN SWEENEY PARK
 Ghoulish greyhounds, devilish dachshunds, poodle princesses and butterfly bulldogs. Dress up your pups and bring them with you on Halloween to compete in this free contest. Prizes will be awarded to the funniest, best couple (dog and owner) and most original canine costumes. Sponsored by Soulmates Animal Care

Haunted House

GAME ROOM, CITY HALL
 Come see what spooky terrors lurk in this year's inception of the annual Sausalito Haunted House. They're dying . . . to meet you!

PREVIEW: Beat the Halloween evening rush! The Haunted House will be open during the weekend for sneak peeks to anyone curious and daring enough to venture in.

\$3 per-person, \$5 per-family Suggested Donation.

Haunted House Schedule

Saturday 10/25	5pm-5:30pm (child-friendly)
	6pm-7pm (full haunt)
Friday 10/31	6:15pm-8pm

Haunted House Call for Volunteers

The Haunted House is volunteer planned, designed, and operated. If you want to help with this year's haunt, call Recreation Supervisor, Jeff Dybdal at **289-4140**.

Breakfast With Santa

SATURDAY, DECEMBER 6
 SAUSALITO YACHT CLUB

Santa's coming! He's making a special trip to the Sausalito Yacht Club to eat breakfast with you and your family! He will sail up and join the breakfast at 9am. It will be a magical morning where the kids will make holiday crafts and visit with Santa while the elves prepare a delicious breakfast of pancakes, sausage, milk and juice. There will be photos with Mr. Claus himself and special memories will be made. Don't forget your wish list and camera! Bring a toy to donate to the Southern Marin toy drive and receive \$1 off admission.

SPACE IS LIMITED. PRE-REGISTRATION REQUIRED.

Call Sausalito Parks and Recreation at **289-4152**

SA	12/6	8:30am-9:30am	\$8R	10NR
SA	12/6	9:30am-10:30am	\$8R	10NR

FREE FOR CHILDREN TWO AND UNDER!
HIGH CHAIRS BY REQUEST ONLY.



Letters from Santa

Would your son or daughter love getting a personalized letter from Santa? Sausalito Parks and Recreation will work with Santa to send a letter to your child using information from the responses you submit with your application to make a special message just for your child. A "Letters from Santa" application form must be completed (and legibly filled out) to receive a letter from Santa.

Letter from Santa application and payment must be received by 2pm Wednesday December 3rd, 2014. Pick up your Letter from Santa application

at the Parks and Recreation department office at City Hall, 420 Litho Street, or download the application from the city website.

Register online at https://apm.activecommunities.com/sausalito/Activity_Search/letters-from-santa/5861. It takes about ten minutes to fill out the questionnaire used to generate personalized responses.

Cost \$5R \$8NR

Parks & Recreation Commission

Joe Burns, Chair Cindy Powers Sela Seleska
Doreen Gounard, Vice Chair Stain Bair

In most areas, Fall is time to start shutting down and preparing for Winter, but here it is a time to Fall in love with Sausalito again. The winds and fog of summer have blown through and our event season is in full swing. Your Parks and Recreation Department is once again hosting the Annual Chili Cook-off on September 27th at Dunphy Park, an event that continues to grow in support and participation. The very popular City-Wide Yard Sale is on October 11th and a great opportunity to sell the stuff you purchased at the Spring yard sale. There is in a plan in the works for a community clean up day in October and of course the famous Halloween Festivities with parade, haunted house and candy push.

Speaking of parks, which we do speak about a lot, I invite you to stop by the Recreation Department in City Hall and look at the various plans posted on the Director Mike Langford's office windows. The Robin Sweeny Park renovation plans, designed through community input, have received rave reviews and the early renditions of a master plan for Dunphy Park are available to view. Contact the department office if you would like to be involved in design and funding plans for these major improvements to City parks.

I hope you will look closely through this magazine at all the wonderful and diverse programs our Recreation Department have added and maintained this season. There are many offerings for seniors, families, children and busy singles. These courses are taught by experienced practitioners, and are offered at a tremendous value to enrich and enhance our community.

Cheers to a beautiful and fun Fall in Sausalito; we'll see you around the parks.

Respectfully Submitted
Joe Burns
Recreation Commission Chair

Chamber of Commerce Calendar

The Sausalito Chamber of Commerce is located at 1913 Bridgeway (beside Suzie's Nails and Fred's Coffee Shop).

SEPTEMBER

- 9 BizX Meeting
Stage Dor, 10 Liberty Ship Way, Suite 340
8:15am-9:30am
- 18 Chamber Member Mixer
Harmonia (formerly the Plant), 2200 Bridgeway
5:30pm-7:30pm

OCTOBER

- 14 Annual General Meeting
The Spinnaker, 100 Spinnaker Drive
8:15am-9:30am

(continued in next column)

OCTOBER *(Continued from previous column)*

- 15 BizEd Seminar
Bay Model Visitor Center, 2100 Bridgeway
5:30pm-7:30pm
- 16 Chamber Member Mixer
Seaplane Adventures, 242 Redwood Highway, Mill Valley
5:30pm-7:30pm

NOVEMBER

- 11 BizX Meeting
TBA—check sausalito.org
8:15am-9:30am
- 20 Chamber Member Mixer
Barrel House Tavern, 660 Bridgeway
5:30pm-7:30pm

DECEMBER

- 9 BizX FORUM
Studio 333, 333 Caledonia Street
8:15am-9:30am
- 18 Chamber Member Holiday Mixer
Bay Model Visitor Center, 2100 Bridgeway
5:30pm-7:30pm

BizX

Meeting the second Tuesday of the month from 8:15am–9:30am. BizX is an abbreviation for “Business Information Exchange.” BizX is a monthly business meeting where Chamber members, Chamber President and CEO, the City Manager and representatives from the Chamber Board of Directors and City Council, meet to discuss current business issues and to promote upcoming events and programs. For location details, visit www.sausalito.org.

Chamber Mixers

Chamber Mixers are typically held on the third Thursday of the month from 5:30pm–7:30pm. Mixers are an opportunity for both Chamber and non-Chamber members to meet and network.

The location of the BizX Meeting and the Mixers varies each month. Hosting a BizX Meeting or a Mixer is a great opportunity to showcase your business. Contact the Chamber at **331-7262** or by email to chamber@sausalito.org if you are interested in being a host.

For additional information on the events listed above, visit www.sausalito.org or call the Sausalito Chamber at **331-7262 extension 10**.

BizEd Seminar

The Sausalito Chamber of Commerce believes in the importance of continuing business education and our Membership Committee has put together a series of Educational seminars over the past three years. These seminars are free and are open to Chamber members, as well as non-Chamber members at a minimum cost.

If you would like to attend one of these seminars or if have any suggestions for future educational seminars, please call the Chamber at **415-331-7262 ext. 10** or email chamber@sausalito.org.



The Psychedelic Furs — one of many legendary bands to have rocked the 2013 Sausalito Art Festival.

Sausalito Art Festival Rocks Again!

Labor Day Weekend – August 30-September 1

The 62nd Sausalito Art Festival is locked and loaded for Labor Day Weekend, once again offering locals and visitors from around the world one of the best outdoor fine art events in the country along the scenic Sausalito waterfront. The juried show features over 260 artists from across the country who will be exhibiting diverse and innovative collections of art – paintings, sculpture, jewelry, ceramics, mixed-media, photography and much more.

Continuous live music on two stages will showcase headline performers such as Taj Majal, Tower of Power, Jackie Greene and Tommy Castro (see the full schedule below). Your favorite local community groups will be dishing up delicious festival foods, and between the beer garden with popular micro-brews and the premium California wines being poured, guests can sip and savor while they dance to the music and stroll through the aisles of art.

Don't miss the this year's American Icon Art Competition Exhibit—a multi-media show that features American Icons captured on mobile devices—and, as always, there is a children's entertainment area. Something for everyone.

Festival hours have changed slightly this year, so please note:

Saturday-Sunday 10am–7pm

Sunday 10am–5pm

A free shuttle to the Marinship festival grounds will run daily from downtown Sausalito every few minutes starting at 9:30am. Free bicycle valet parking is also available and out of town guests can catch a Blue & Gold ferry directly to the festival site from Fisherman's Wharf.

For more information or tickets: www.sausalitoartfestival.org.

Admission remains \$25 for adults; \$20 for seniors; \$5 for juniors (age 6-12), and free for children under six.

Proceeds from the festival benefit art festival foundation grants to local art programs, student art scholarships, and the festival's Artists Teaching Art program.

ART FESTIVAL MUSIC LINE-UP

Saturday, August 30

Main Stage

11am–11:45am: CCB—Craig Caffall Band (R&B funk/blues)

12:30pm–1:30pm: Lavay Smith and her Red Hot Skillet Lickers (swing/jazz)

2:15pm–3:45pm: Big Bad Voodoo Daddy (big band/swing)

4pm–6pm: Jackie Greene (rock/blues)

Artist Stage

11am–12:30pm: Montana Sky (jazz/pop/classical)

1pm–3pm: Sony Holland (jazz)

3:30pm–5:30pm: Hi-Ball Hot Shots (western swing)

Sunday, August 31

Main Stage

11am–11:45am: Danny Click and the Hell Yeahs (country/roots/rock)

12:30pm–1:45pm: Taj Mahal (blues)

2:30pm–3:45pm: The Fabulous Thunderbirds (blues/rock)

4:30pm–6pm: Tommy Castro & The Painkillers Band (blues/rock)

Artist Stage

11am–12:30pm: Gypsy Jazz Caravan (gypsy jazz)

1pm–3pm: Deborah Winters (jazz/pop)

3:30pm–5:30pm: Swing Set (swing)



29th Annual Sausalito Floating Homes Tour September 20, 2014, 11am – 4pm

Sausalito's unique floating homes community eagerly invites you to join us for our 29th annual tour entitled The Artistry of Waterfront Living on Saturday, September 20, from 11am to 4pm. Learn about the art of living on our waterfront and expect to be treated by the various talents of the numerous artists who reside on our shores. Each unique home you see, by virtue of just walking down the different piers or entering the homes opened for your delight and perusal, will be a treasure to remember. Even if you have joined us before, look for new photo ops, new open homes and new information about our special hideaway nestled on the shores of Richardson's Bay. Docents will be on-board to sate your curiosity about our waterfront lifestyle and answer any questions you might have.

One of our featured artists homes is named **Cairdlan-Nead**, a contraction of the Gaelic words for workshop and nest, which is what this boat has become for Teddie and Brad, recent transplants from Washington, D.C. Teddie, a glass artist, works with reclaimed glass from old windows and patio doors. Brad is a writer of fiction and music and theater related non-fiction.

Art abounds in their home; from the glass window curtains in the bedrooms and the glass appliques on the guest shower enclosure created by Teddie, to the original Native American paper feather in the master bedroom, this boat is a must see.

Kappas Marina Green will provide respite and fun throughout the day, featuring local musicians, artists and a variety of food and drinks, which will be available for your purchase.

Advance tickets are recommended as the tour regularly sells out. Purchase tickets online for \$40 via our Web site at www.floatinghomes.org. Tickets on the day of the tour will be \$45. Ticket sales will, in part, benefit the Friends of the Marin City Library and other local non-profits. The Floating Homes Tour is sponsored by the Floating Homes Association, which is a non-profit volunteer organization representing the owners and residents of floating homes in five Sausalito marinas. Additional information can be obtained by calling the Floating Homes Association at **415-332-1916**. To further pique your interest, view color tour photos on line at www.floatinghomes.org.

Join us for a day you will not forget!

Commemorative Bench

Are you looking for a way to commemorate that special someone or special day? The City of Sausalito is blessed with many great benches to sit and look at the view and reminisce over fond memories. These benches can be dedicated to create that special place for you and your family. Benches are located in various City Parks and along pathways throughout the City. If you are interested in a Commemorative Bench please contact the Parks and Recreation Department at **415-289-4152**.

Sausalito Bans Plastic Bags

This fall Sausalito will join a rapidly growing number of communities, near and far, in banning the use of single use carryout bags. Our City Council voted unanimously for this ordinance on March 18, 2014, to go into effect in six months.

The purpose of the ordinance is to reduce the amount of plastic bag pollution in the environment, to reduce the impacts of paper bags which cause other forms of pollution and greenhouse gas emission, and to encourage use of reusable bags by consumers and retailers. It applies to any pharmacy, supermarket, grocery store or foodmart within city limits. Marin County and many of its towns have similar regulations. Plastic produce bags will still be allowed and recyclable paper bags will be available for 10¢ each. The fee for paper bags is to encourage the use of reusable bags and reimburse stores for their cost.

City Engineer Andrew Davidson estimates that the ban will reduce the number of plastic bags by 2.4 million each year. These bags have severe environmental impacts including litter that causes great harm to marine and terrestrial wildlife and increased carbon dioxide, water consumption and landfill.

While it may take a while to remember to bring reusable bags when you shop, it will soon become habit. It is an easy way to make a big difference.

News from the Sausalito Sakaide Sister City Program.

On July 24, eleven very excited Japanese teenagers landed at SFO and were delivered to their eleven waiting host parents and families at the Sausalito City Hall parking lot. What an exciting time for everyone. They were swept away to their new American home for the next ten days. The teenagers, ages 14-17, were continuing a tradition of student exchanges that has been continuous since 1988. Each year either students from Marin or students from Sakaide are selected to participate on this life-changing cross-Pacific journey. For the host parents it too is a life altering experience. For those of us who volunteer to keep this program alive and vibrant this is 'good work'. It is so rewarding to see the faces that first arrive in this foreign place and then to experience the tear-stained faces as they make their way back to the airport pledging to return someday to their new homes in the not so foreign land and their new found parents.

During their stay the Sakaide teens enjoyed tours of Muir Woods, Angel Island, and Sausalito Houseboats. Also a series of Stage Dor dance classes, a scavenger hunt of Sausalito businesses and a Giants Game. Keeping with this years program called, "The Peoples of the Bay Area" they visited the Jewish Museum, the Walt Disney Museum, the Mexican Museum, the Native American Museum and the Bay Model.

Golden Gate National Recreation Area events for the Marin Headlands October 2014 to December 2014

BATTERY TOWNSLEY OPEN HOUSE

OCTOBER 5, NOVEMBER 2, & DECEMBER 7 (12 noon–4pm)

Open the first Sunday of each month. Battery Townsley at Fort Cronkhite was San Francisco's most extensive – and most secret – World War II military fortification. From 1940 to 1948, it mounted two massive battleship guns and housed more than 100 soldiers in an extensive network of underground tunnels. During the Cold War, the army used Battery Townsley as an underground research facility. Long closed to public access, Battery Townsley has been refurbished and the public is invited to visit and explore this labyrinthine fortification. Battery Townsley is reached via a moderately strenuous hike up the Coastal Trail approximately half-mile north of the Rodeo Beach parking lot. For further assistance to the site, call **415-331-1540**. For more information about Battery Townsley, please visit: www.nps.gov/goga/historyculture/battery-townsley.htm.

BEGINNING BIRDING

OCTOBER 26, NOVEMBER 16, & DECEMBER 14 (9:30am–11:30am)

Fall and winter are a great time to bird watch in the Marin Headlands. Explore the trail around Rodeo Lagoon with volunteer Jane Haley and discover the wealth of bird life that visits the Marin Headlands at this time of year. Bring binoculars and field guides. Meet at the Marin Headlands Visitor Center. For ages 8 and older. No pets. Rain cancels. Reservations required. Call **(415) 331 1540**.

NIKE MISSILE SITE OPEN HOUSE

OCTOBER 4, NOVEMBER 1, & DECEMBER 6 (12:30pm–3:30pm)

Nike Missile Site Open House
October 4, November 1 & December 6 (12:30 PM – 3:30 PM)
Open the first Saturday of each month, and Thursday, Friday and Saturday afternoons. Unique in the National Park Service, this restored Cold War anti-aircraft missile site has intriguing stories to tell. Leashed pets are welcome. For up-dated visiting hours or tours, phone **415-331-1540**. Buildings above ground are wheelchair accessible. Visit the Nike Missile website at www.nps.gov/nike-missile-site.htm.

POINT BONITA LIGHTHOUSE

OPEN SATURDAYS, SUNDAYS, & MONDAYS, 12:20pm–3:30pm

Meet Point Bonita docents along the lighthouse trail. This hidden, historic setting offers breathtaking views and many stories. The half-mile trail is steep in places. For more information visit the Point Bonita Lighthouse website at www.nps.gov/goga/pobo.htm.

SUNSET/FULL MOON WALK TO THE POINT BONITA LIGHTHOUSE

OCTOBER 7 (6pm–7:30pm), NOVEMBER 6 (4:30pm–6pm), & DECEMBER 5 (4:30pm–6pm)

Watch the setting sun and greet the rising moon at this wild edge of the continent. The half-mile trail is steep in places. Dress warmly and bring a flashlight. Meet park staff and docents at the Point Bonita Lighthouse trailhead. Limited to 50 people; program fills quickly. Reservations required; phone **415-331-1540**.

To Broadway With Love An SWCSRF Benefit at the Sausalito Woman's Club, 120 Central Avenue

Saturday, November 1,

Doors open at 6pm.

Performance at 7pm.

Step into a sophisticated New York nightclub and enjoy an enchanted evening of show tunes performed by talented professionals. Elegant hors d'oeuvres and decadent desserts will be provided. Sip a cocktail at the no-host bar, bid at the silent auction and try your luck with the raffle!

Community members are encouraged to attend to support the ongoing efforts of raising funds to support our scholarship program for students in Sausalito and Marin City .

RSVP by 10/20: \$50 per person payable to SWCSRF to Yvonne Spencer, 607 Main Street.

Check our website for further details: sausalitowomansclub.org/scholarship/upcoming-events-2.

Sausalito Classic Car Show

Sunday October 5th the Sausalito Classic Car Show returns to celebrate the automobile with a fun event. Join us, free admission, food and beverages are proudly served by Sausalito Parks and Recreation, music and of course the classic cars, all showcased along the beautiful Sausalito waterfront. Open to the public 11am-4pm. Vehicle registration begins at 9am. For more information, visit sausalitoclassiccarshow.com.



The Sausalito Historical Society

We are a group of friends, neighbors, colleagues, local merchants, scholars, writers, artists, historians, history buffs, and history enthusiasts who've been keeping Sausalito's past alive since 1975. The Sausalito Historical Society is an entirely volunteer 501(c)(3) non-profit organization that collects and preserves art, artifacts, photographs and printed materials that document Sausalito's history; provides access to the collection for public and academic research; and develops publications and outreach programs to inspire local interest in Sausalito's history to educate the visiting public and enrich the community. Annual membership dues, donations, and funds raised are used for new acquisitions, maintenance of the collection and public outreach through exhibits and publications.

WHAT WE OFFER

Every year we offer several free or low-cost activities for members and non-members alike. History tours, art shows, lectures, radio shows, special events, walking maps, raffles, historical displays, school programs, music, publications, workshops, and whole lot of fun. And if you're not looking for fun, we have a serious archive and dedicated docents to help you with your research needs in our Phil Frank History and Research Room.

FREE EXHIBITS

The Society staffs and manages the Ice House information center and historical exhibition featuring a permanent display of local history and gift items suitable for locals, their friends and family. Open from 11:30 am-4pm Tuesday through Sunday, 780 Bridgeway (across from Casa Madrona).

Beginning at the Ice House, you can take our Sausalito Sets Sail walking tour, with historic panels along the waterfront from the Ice House to Whaler's Cove. Step back to a dramatic time in Sausalito history by touring the Historic World War II Marinship Exhibit at the Bay Model. This display of photographs, paintings and actual artifacts from the WWII ships and yard was developed by the staff of the U.S. Army Corps of Engineers and the SHS. Open Tuesday through Saturday from 9am-4pm. 2100 Bridgeway, Bay Model Visitors Center.

FOR MEMBERS ONLY

Every member receives our newsletter filled with historical research, the latest news and upcoming events; advance notice of all our events, and member discounts on admission and merchandise. See our membership link at sausalitohistoricalsociety.org for additional benefits and membership offerings.

EXTRA TIME, EXTRA FUN

It's true: time flies when you are having fun. And if you have the time to share your area of expertise, an idea or just lend a helping hand, opportunities exist for those—members or not—interested in participating in the many exciting aspects of our organization. Interested in becoming a docent? Want to work with kids? Love to write or research? Join one of the fun groups or committees to help with docent tours, accessions, the Schools Program, upcoming exhibits or events. We'd love to hear from you! Contact info@sausalitohistoricalsociety.org for volunteer opportunities.

Sausalito Historical Society News

THE SEA LION AND THE SCULPTOR EXHIBITION

The Society is presenting an exhibition of the works of Al Sybrian, creator of Sausalito's iconic sea lion sculpture. Sybrian was an eclectic artist, and this exhibit contains works in a variety of media—most never seen before in a public venue. The exhibit will remain open indefinitely on Wednesdays and Saturdays, 11:am-1:pm at the SHS headquarters atop Sausalito City Hall.

SCHOOLS PROGRAM ENTERS FOURTH SUCCESSFUL YEAR

On June 2, third grade students from the Bayside School and Willow Creek Academy received awards for their participation in the Sausalito Historical Society's biannual schools program. Awards ceremonies were held in the Multipurpose Room at Willow Creek Academy, with students, teachers, administrators, parents and SHS docents in attendance.

Since 2010, the Historical Society has been offering a program about Sausalito history in the Sausalito Public Schools. This annual educational program, endorsed by teachers, parents and students alike, has grown from 45 to 65 students and from one curriculum unit to three.

The first unit features a then-and-now appreciation of Sausalito's historic downtown buildings and businesses. The second portrays colorful personalities and families from Sausalito's past, and the most recent unit explains and documents the history of the World War II shipyard, Marinship. For each topic, docents visit the classroom to introduce a topic-related workbook and later lead a class field trip in Sausalito. Each workbook has been researched and designed by SHS volunteers in conjunction with teachers and administrators of the Sausalito Public School District. It is comprised of historic pictures, maps, facts and a glossary as well as space for student notes and sketches. To further encourage students in their study, SHS provides each classroom with a set of Sausalito history books (Arcadia Press) and a copy of Jack Tracy's Moments in Time.

This past school year, the students wrote about a specific topic such as an individual building, a person or a Marinship job and each had a picture taken in a theme related photo. At the end of the school year, they received a framed award that includes the photo and their own writing.

Participating in the June 2 ceremony were SHS schools program co-chairs Susan Frank and Bob Woodrum, plus volunteers Margaret Badger, Doris Berdahl, Vicki Nichols, Julie Warren, Roland Ojeda, Rayner Needleman, Dana Whitson, Robin Sweeney and new SHS President Jerry Taylor.

Ex-SHS Board Members Jeanne Fiddler and Robin Sweeny (four-term mayor of Sausalito) also received awards of as the first Emeritus Docents of the Historical Society Schools Program for their living history appearances before Sausalito/Marin City school children. The Historical Society will stage its next Schools Program this fall.

VOLUNTEER RECOGNITION EVENING

The Society's first annual Volunteer Recognition event was held at Christopher Holbrook's lovely venue at 333 Caledonia St. on the warm summer evening of June 19. With members, non-members and volunteers in attendance, the jolly group bid farewell to retiring Board members and to the retiring Newsletter staff.

After sipping local wines, devouring delicious appetizers donated by Angelino, Ciba, Saylor's and Venice Gourmet, retiring President Larry Clinton presented the Volunteer of the Year Award to Jeanne Fiddler. Jeanne has been a regular volunteer at SHS since 1991 and is well known for her undying support of the Society's undertakings, her lovely period costumes featured at SHS events and her regular service as a docent. She received a framed photograph of herself, Phil Frank and Shelby Van Meter as they appeared in the 1990s at the Caledonia Street Faire.

New president Jerry Taylor praised Larry Clinton for his six years of dedicated service to the Historical Society. He cited the first Volunteer Recognition Event and other SHS functions he has attended since becoming President as evidence that Larry's tenure has left SHS with strong leadership, good finances, creative ideas and enthusiastic volunteers.



Jeanne Fidler, Volunteer of the Year, holds the framed award presented to her by retiring President Larry Clinton. Photo by Steefenie Wicks

NEW DIRECTORS

At the Society's May 13 annual membership meeting, four new directors were elected to the board of the Society: Mary Ann Griller, Jim Muldoon, Steefenie Wicks and Jerry Taylor. They replace outgoing board members Larry Clinton, Ann Heurlin, Donald Sibbett, Robin Sweeny and Angela Wildman.

Jerry Taylor was later elected President of the Board. Incumbent officers were re-elected for additional two year terms: Dana Whitson, Vice President; Sharon Seymour, Secretary; and Teddie Hathaway, Treasurer.

Keynote speaker at the meeting was Attorney Doug Ferguson, who discussed the defeat of the proposed Marincello development and its impact on Marin environmentalism.

CALEDONIA STREET FESTIVAL

SUNDAY, MAY 25, 11AM-6PM ON CALEDONIA STREET

The Historical Society booth at the festival featured an appearance by representatives of the Caledonian Society of San Francisco, commemorating the history of the Highland Games, which were first played here, and for which Caledonia St. is named. Fairgoers found out about upcoming SHS events, checked out Society publications, entered to win unique raffle prizes, renewed memberships and brought kids to an activity table.



Steve Conway (l.) and Willie Hardie of the Caledonian Society of San Francisco flank "Her Royal Highness" Mary Ann Griller. Photo by Larry Clinton

Willow Creek Academy

Willow Creek is excited to begin the 2014-2015 school year! We're still accepting applications for grades K-8. We have the greatest opportunities for available spaces in grades 6-8. As we enter into this year, we are excited to continue our successful history of providing an outstanding public school choice for the communities of Sausalito and Marin City! Our first day of school is Wednesday, August 27.

Library News

LIBRARY INFORMATION

Address: 420 Litho Street

Phone: 289-4121

Web: sausalitolibrary.org

Facebook: SausalitoPublicLibrary

Twitter: @sausalitolib

HOURS

Monday-Thursday, 10am -9pm

Friday-Saturday, 10am-5pm

Sunday, Noon-5pm

About the Library

The Sausalito Public Library is located at 420 Litho Street in the City Hall building off Caledonia Street. The Library is open seven days a week and provides public internet stations, free Wi-Fi for laptop users, comfortable seating, and large collections of books, DVDs, CDs, audiobooks, and children's materials. Our website features our online library catalog, downloadable e-books and e-audiobooks, research databases, language instruction, museum passes, and our current adult and children's program schedules.

Library Services

E-BOOKS FROM THE LIBRARY

The Library offers three free collections of electronic books, featuring thousands of quality titles -- including recent bestsellers -- from major publishing houses like Random House and HarperCollins. Both e-books and e-audiobooks are available, and can be used on tablet, laptop and desktop computers, Kindles, iPads, iPhones, Android devices, and other mobile gadgets. Visit our website at www.sausalitolibrary.org for more information and step-by-step instructions. You will need a library card and PIN to access the collection. Checkouts and holds are free. Call us at **289-4121** if you need help or a one-on-one tutorial.

REQUESTS ARE FREE

In conjunction with the other public libraries of Marin, the Sausalito Public Library is no longer charging a \$0.50 hold fee on requests for books and other items requested from other Marin libraries. No charge will be assessed whether you place the request yourself using the online catalog or ask for staff assistance. Items will be available for pick up under your name at our self-serve hold shelf.

MUSEUM PASSES

MARINet Discover & Go is an online service you can use to reserve and print free and discount passes to Bay Area museums and cultural institutions like the Bay Area Discovery Museum, the Bay Model Visitors Center, the Asian Art Museum, the Lawrence Hall of Science, the Exploratorium, and the California Academy of Sciences. All you need are your library card number and PIN. Visit our website for a link to Discover & Go and more details about the service.

FREE ADMISSION TICKETS TO THE DE YOUNG MUSEUM AND THE PALACE OF THE LEGION OF HONOR

In addition to the Discover & Go online service, the Library offers free general admission tickets to the de Young Museum and the Palace of the Legion of Honor in San Francisco. Every adult library card holder living in Sausalito is entitled to two tickets per year. Tickets are purchased through a generous grant to the Friends of the Library from the Sausalito Art Festival Foundation.

HOMEBOUND DELIVERY PROGRAM

The Sausalito Library offers a homebound delivery service to Sausalito residents who are unable to visit the Library on their own. Staff will pair volunteers and participants and can assist in the selection of books, DVDs, music CDs and other materials. This is a free service. For application and program information, please contact Augie Webb at **289-4121** or awebb@ci.sausalito.ca.us.

ENTER TO WIN AN iPad MINI!

Coming in January 2015 (postponed from September 2014)

Whether you sign up for your first Sausalito Library card in January or you've been a cardholder for decades, the Sausalito Public Library wants to say "thank you" by giving you a chance to win a new iPad Mini. Among other things, the iPad Mini will give you access to thousands of e-books from major publishers through the Library's free e-book collections. The iPad Mini we'll be giving away is the generous donation of the Friends of the Sausalito Library. Stay tuned for more details!

Programs for Adults

TUESDAY, SEPTEMBER 9

MEDITATION AS MEDICATION FOR THE SOUL

2PM IN THE COUNCIL CHAMBERS

SAUSALITO LIBRARY SPEAKER SERIES

Inside us is an energy that can make us whole, physically, mentally, and spiritually. By learning to meditate accurately, we tap into this energy and heal our physical illnesses, emotional stress, and spiritual isolation—from within. In this entertaining and practical workshop, Dr. Marshall Zaslave will clarify the many benefits of accurate meditation, and will give every participant a personal, instructed demonstration of meditation.



TUESDAY, SEPTEMBER 16

**BEGIN HERE: HELPING SURVIVORS MANAGE AFTER A DEATH
2PM IN THE COUNCIL CHAMBERS
SAUSALITO LIBRARY SPEAKER SERIES**

If you have recently experienced the passing of a parent, spouse, close relative or friend, you may know the daunting experience of trying to help put their personal affairs in order. Most people who find themselves in that position are surprised by the vast number of things to do and start by asking 'Where do I begin?' Author Kat Reed will share simple yet concrete steps to guide survivors through the seemingly overwhelming practical yet necessary tasks that remain after a death, from residential to financial to personal. Learn more at helpingsurvivorsmanage.com.

FRIDAY, SEPTEMBER 19

**LARRY CLINTON: THE HISTORY OF THE MARINSHIP DISTRICT OF SAUSALITO
7PM INSIDE THE LIBRARY
SAUSALITO PEOPLE SERIES**

Not only the entire Marinship district's land mass, but its roads, infrastructure and industrial buildings were constructed in 1942 for the war effort. Once online, Ninety-three Liberty Ships were constructed in two years. After the war the district became fertile ground for thinkers, artists, writers and musicians. A thirty-two-year resident of Sausalito's floating

home community, Larry Clinton is a direct beneficiary of the waterfront lifestyle that grew out of the Marinship development. As past president of the Floating Homes Association, he is particularly interested in the history (as well as the future) of Sausalito's waterfront. Larry is also past president of the Sausalito Historical Society. His illustrated talk will be based on research that was conducted for the Society's permanent Marinship exhibit at the Bay Model.

FRIDAY, SEPTEMBER 26

**BILL PALMINI: A ROOKIE COP VS. THE WEST COAST MAFIA
7PM INSIDE THE LIBRARY
SAUSALITO PEOPLE SERIES**

As a rookie detective for the Sausalito Police Department, Bill Palmini sought to take down the West Coast Mafia by gaining the confidence of notorious mob operative William Floyd Ettleman. Set against a backdrop of social turmoil, Bill's new book, *A Rookie Cop vs. the West Coast Mafia*, immerses readers in the subculture of free love, drugs, robbery and murder, orchestrated by organized crime in locations like Sausalito. In his talk, Bill will provide a multimedia overview of the case, which began with a late night heist at the Trident Restaurant. Bill will also reminisce about his days on the Sausalito Police force in the 1970s. Bill currently serves as Chief of the Department of Public Safety at UC Hastings College of Law.



FRIDAY, OCTOBER 3

A TOUR OF SAUSALITO'S WOODEN BOATS WITH VICTORIA COLELLA

7PM INSIDE THE LIBRARY

SAUSALITO PEOPLE SERIES

Local author, artist, sign maker, and tour guide Victoria Colella will take us on a multimedia tour of the wooden boats of Sausalito, based on the new edition of her book, *Sausalito Wooden Boat Tour: A Three Mile Stroll with Historic Footnotes*. The virtual tour will take us from Sausalito's historic houseboat communities, to art studios, to classic sailing and motor yachts, to the anchor-out community. Colella's Butterflute Studios, which serves as headquarters for the Sausalito Wooden Boat Tour and Valhalla Signworks, is located in the heart of the historic Marinship District next to the shipways where the Liberty ships were built in WWII.

FRIDAY, OCTOBER 10

CHANG CHANG CHANG:

A CELEBRATION OF ELEPHANTS WITH ROBERT TIMINERI

7PM INSIDE THE LIBRARY

SAUSALITO PEOPLE SERIES

Sausalito resident Robert Timineri returns to the Sausalito Library with a follow up to his program, "Crows: Smarter Than Required," one of the most popular speaker series events ever held at the Library. Of his new program, Robert writes, "I only discovered why I went to Elephant Nature Park near Chiang Mai in Thailand after I arrived. In my talk, I'll share that revelation and more through a discussion of the natural history of elephants, the intersection of human and elephant culture, and my experience at Elephant Nature Park. I invite you to share your experience with elephants anywhere in the world at changchangchang.weebly.com. There you can describe your 'ele' contact and become part of the show, if you wish."

FRIDAY, OCTOBER 17

BILL BRODER: TWO RUSSIAN BICYCLES

7PM INSIDE THE LIBRARY

SAUSALITO PEOPLE SERIES

In his talk, local author Bill Broder will present a brief summary of his writing: works in fiction, a memoir, and a professional freelance career. He will then read from his new work, *Two Russian Bicycles*, which consists of two curiously related novellas prophetic of the future course of Russian and world history. "Tolstoy's Wife" and "The Sphinx of Kiev," both based on historical fact, reveal how the small battles of the hearth, friendship, and love shape history and underlie the effort to remain human in times bedeviled by a brutal destiny. Bill's talk will be followed by a Russian Tea with borscht, piroshki, and caviar.

MONDAY, OCTOBER 20

HOW TO BE YOUR OWN FINANCIAL ADVISOR

7PM IN THE COUNCIL CHAMBERS

SAUSALITO LIBRARY SPEAKER SERIES

Think fast: What is $3 \times 2 \times 7 \times 5 \times 2 \times 0 \times 5$? Answer: \$218,400 or simply today's cost of 3 x \$5 meals a day for 2 people for 20 years of retirement. Are you ready? What is your financial plan for good and bad times? No matter where you are in life, planning and executing your own financial game plan is a critical step for you and your family. Join us to better understand the simple tools you can use to minimize financial stress in your life. Wade Pitts is the Managing Director of Fort Point Capital, a boutique wealth advisor serving HNWI individuals and families focused on balancing portfolio returns, risk, and tax efficiency. He sits on the boards of the NorCal Financial Planning Association Conference, Bay Area Financial Education Foundation, and Cornell NorCal Alumni Association.

MONDAY, NOVEMBER 17**AUTHENTIC HAPPINESS IN SEVEN EMAILS****7PM IN THE COUNCIL CHAMBERS****SAUSALITO LIBRARY SPEAKER SERIES**

For many, happiness can seem like an elusive mirage: apparently filling our lives with joy and contentment in one moment, only to slip through our fingers the next. As a result, many find themselves in the constant pursuit of happiness. In this interactive, enlightening, and lighthearted talk, De Anza College & John F. Kennedy University professor Javy W. Galindo explains how happiness need not be pursued, but chosen. Based on his graduate course on the psychology of happiness, professor Galindo shares seven insights from his new book *Authentic Happiness in Seven Emails* on how to choose happiness and why it is often a difficult choice to make.

TUESDAY, DECEMBER 9**HOUGHTON HALL: PORTRAIT OF AN ENGLISH COUNTRY HOUSE****2PM IN THE COUNCIL CHAMBERS****WINTER 2014 / 2015 MUSEUM DOCENT SERIES**

Discover the history and elegance of Houghton Hall, one of England's grandest country houses, built in the 1720s by Sir Robert Walpole (1676–1745), Britain's first prime minister. Constructed in the Palladian style by architects James Gibbs and Colen Campbell and decorated by the influential designer William Kent, it has survived through the centuries in a remarkably well-preserved state. This multimedia talk by Fine Arts Museums of San Francisco docent Marsha Holm coincides with the Houghton Hall exhibit at the Palace of the Legion of Honor, which runs from October 18 to January 18. Sponsored by the Friends of the Sausalito Library

Programs for Children

Wednesday, September 17**INTERNATIONAL TALK-LIKE-A-PIRATE DAY****3pm in the Edgewater Room****Perfect for ages 4-8 but everyone is welcome**

Ahoy mateys! Come aboard the Dread Ship Library if you dare. We'll set sail in search of doubloons (treasure) with our hardtack (snacks) and tattoos (temporary). Dress like a pirate for extra adventure.

Wednesday, September 24**FAIRY TEA PARTY****3pm in the Edgewater Room**

Perfect for ages 4-8 but everyone is welcome

Do you believe in fairies? We do! Join us in the Library's Fairy Land (the Edgewater Room) for a magical fairy party. Wear your best fairy clothes!

Friday, October 17**SHADOW PUPPETS WITH SEAN POWERS****3:30pm in the Council Chambers**

Shadow puppets and live music by master puppeteer Sean Powers. All ages.

Thursday, October 30**HALLOWEEN STORIES WITH PHIL SHERIDAN****3:45pm in the Council Chambers**

Phil Sheridan returns to share his favorite Halloween tales. All ages.

Thursday, December 11**HOLIDAY CELEBRATION IN THE LIBRARY****4-5pm inside the Library**

Join us in the Library to decorate the Christmas tree and the Children's Room, plus have a few holiday snacks. All ages.

Friday, December 12**FAMILY MOVIE NIGHT AND STUFFED ANIMAL SLEEPOVER****6pm inside the Library****All ages, perfect for kids ages 4-8 and their caregivers.**

Come watch a movie in the Library—we'll clear away the bookshelves and tables, set up a big screen, eat some popcorn and enjoy! Bring pillows to lounge on. We'll pick the movie based on popular demand: stop by the Library to vote for your favorite by Wednesday, December 3.

And if you've ever wondered what happens at the Library after we close for the night, bring a stuffed animal or doll with you to the movie and we'll hold onto it overnight for a 'stuffed animal sleepover.' After watching the movie, we'll tuck the animals in and say goodnight. Come back the next day between 10am and 5pm to pick them up and find out what mischief they got into during the night.

If you can't come to the movie but want to leave your stuffed animal for the sleepover, you can drop your stuffed animal or doll off anytime on Friday December 12 and pick it up the next day between 10am and 5pm.

Thursday, December 18**HOLIDAY STORIES WITH PHIL SHERIDAN****3:45pm in the Council Chambers**

Phil Sheridan is back to share his favorite holiday stories and tales. All ages.

ONGOING CHILDREN'S PROGRAMS

Reading Buddies

This program pairs experienced readers, ages 14 and up, with young readers, ages 6-10. The program gives kids one-on-one reading practice with a caring experienced reader in a fun, low-stress environment. Interested in participating or finding out more? Contact Erin Wilson, Children's and YA Librarian, at ewilson@ci.sausalito.ca.us or 289-4121.

TODDLER STORY TIME WITH MOLLY

Wednesdays, 9:40am and 10:40am**Council Chambers**

Fabulous books! Rollicking songs! This story time is specially designed for the developmental needs—and enjoyment—of the youngest library users. For kids 0-3 and their caregivers

AFTERNOON STORY TIME

Day of the week and time to be determined:**Please call the Library at 289-4121 for details.****Council Chambers**

Join us for adventurous, hilarious, surprising, and captivating stories.

Sausalito Library Trustees

The Library Board of Trustees serves as a liaison between the Library and the community and between the Library and the Sausalito City Council. The five-member Board is appointed by the City Council, with members serving three-year-terms. The Board's role is to review the administration of the library operations, make recommendations, and establish library policies. The Board usually meets on the second Tuesday of each month at 4pm. For inquiries about becoming a Library Trustee or a Trustee alternate, please contact Sausalito City Clerk Debbie Pagliaro at (415) 289-4165.

Friends of the Sausalito Public Library

You are invited to become a member of the Friends of the Sausalito Public Library. Your membership will aid the Friends in their support of the Library.

The Friends provide "wish list" funding as requested by the Sausalito City Librarian. This includes support for the Speaker Series and the "Sausalito People" series, children's programs and story times, museum passes, and equipment such as the new projector and projection screen in the Library.

You may donate by becoming a member, making a monetary donation, or donating books and other media. These may be used to replace worn materials in the Library collection or sold in the Bookstore on the second floor of City Hall. The Bookstore is open Monday from 9am to 6pm, and Wednesday and Saturday from 10am to 1pm. Please do come in to browse our ever-changing collection and find a wide range of materials at very reasonable prices.

Donations may be dropped off at the collection box outside the Bookstore on the second floor of City Hall or in the Library. A cart is available to bring them in from the parking lot. Donations of multiple boxes or bags are best brought to the Bookstore during open hours. If that is not possible, call Libby Wilkinson (**332-0206**) to arrange a time convenient for you.

All donations are tax deductible to the fullest extent of the law.

You can become a member in person at the Circulation Desk or online at friendsofthesausalitolibrary.org or by email to fosl94965@gmail.com.

You are also invited to donate your time by volunteering in the Bookstore. Contact Libby Wilkinson at **332-0206** or libbywilkinson2@gmail.com. To help on Saturday please call Mary Lou Anderson at **332-6440**.

Volunteers also help at the Circulation Desk by reshelving books and processing interlibrary loan materials. If you have an hour or two each week and would like to become more closely involved with the Library, contact Jim Delano at **215-6538** or jdelano43@comcast.net.

We welcome and appreciate your membership, your participation, and your ideas.

Sausalito Library Foundation

The Sausalito Library Foundation is proud to have co-funded the recent remodel of the Sausalito Library and we're pleased to see how the community has embraced the change. The number of children who use the library continues to climb as our youngest residents enjoy the revamped area for kids and their caretakers. And in the living room area, new shelving and furnishings that welcome browsers and borrowers during regular library hours are mobile. Reconfigured, the library is now a gathering place for the community to enjoy after-hours programs such as the successful Sausalito People Series.

The Foundation provides long-term support for the Sausalito Public Library. Donations and bequests from the community are used to maintain a revenue source to fund technology, special programs, and capital improvements. We work to ensure that our library remains an essential community resource now and in the future.

In light of remarkable shifts in technology and the delivery of information, the Foundation will help the Sausalito Library evolve and adapt so that the library's physical space and planned programs meet ever-changing needs. It is time for another look at the strategic plan funded by the Foundation in 2006. The Library Board of Trustees will update that long-range plan, examining and assessing new goals and new directions for our library. Foundation grants will be available to help make those plans a reality.

Our thanks go out to the many individuals and organizations whose generous contributions have helped build our financial resources. Income from and appreciation of these gifts have helped the Foundation Fund grow. With this growth, we're helping to safeguard our library's future.

FOUNDATION INFORMATION

For more information about the Library Foundation, please write to 420 Litho Street, Sausalito 94965. Email messages may be directed to jo.gold@comcast.net.

HOW YOUR DONATIONS SUPPORT THE LIBRARY

Sausalito Library Foundation: The Foundation uses donations from individuals, organizations, and businesses to establish a long-term revenue source that supports the library through special programs and projects.

Friends of the Library: The Friends' primary source of income is the Friends Bookstore on the top floor of City Hall. Your book donations and volunteer time help the Friends support short-term projects at the library and pay for items on the library's wish list.

Please note: The Foundation and the Friends of the Library are separate organizations, both 501(c)(3) nonprofits, that complement one another and collaborate to meet our library's needs beyond the capabilities of city funding. Neither the Friends of the Library nor the Sausalito Library Foundation contributions are meant to supplant our publicly funded library budget.



Don't Get Scammed!

In today's digital age, the frequency of unsavory characters attempting to defraud, steal, and cheat honest citizens is on an alarming rise. The Sausalito Police Department regularly receives complaints and reports of scams and successful frauds. Scam artists use clever schemes to defraud millions of people around the globe each year. They commonly use the phone, e-mail, postal mail, and the internet to trick and deceive people into sending money and vital personal information.

Due to the nature of this type of crime, the SPD is usually only notified after the fraud has taken place. The most effective prevention is awareness, common-sense, and intuition. Being aware and on guard can help you minimize your chance of being defrauded. Learn how to recognize common scams and what you can do to avoid them. Listed below are a few of the more common scams of 2013 and 2014.

- Phishing and ID Theft.** Phishing is the attempt to acquire sensitive information such as usernames, passwords, personal information, and credit card information by masquerading as a trustworthy entity through electronic communication. Communications purporting to be from popular social websites, auction sites, banks, online payment processors, or IT administrators are commonly used to lure unsuspecting victims. The phishing e-mails often contain links to websites that are infected with malware and keyloggers. Always keep your computer updated with the most current virus and malware protection.
- Medical Alert Scam.** A new twist on the telemarketing scam hit hard in 2013. With promises of a "free" medical alert system, the scam targeted seniors and caretakers and claimed to be offering the system free of charge because a family member or friend had already paid for it. In many cases, seniors were asked to provide their bank account or credit information to "verify" their identity and, as a result, were charged the monthly \$35 service fee. The system, of course, never arrived and the seniors were left with a charge they had trouble getting refunded. Easy rule of thumb—be wary of "free" offers that require your personal information upfront and always verify with the supposed friend or family member that the caller says paid for the service.
- Arrest Warrant Scam.** This one seemed to really take off last autumn. In this scam, con artists are taking advantage of technology that can change what is visible on Caller ID, which then allows them to pose



as the office of the local sheriff or other law enforcement agency. They call to say there is a warrant out for your arrest but that you can pay a fine in order to avoid criminal charges. Of course, these “police” don’t take credit cards; only a wire transfer or pre-paid debit card will do. Sometimes these scams seem very personal; the scammer may refer to a loan or other financial matter. It may just be a lucky guess, but don’t be fooled into thinking you are about to be arrested.

- **Scam Texts.** With online and mobile banking skyrocketing, it’s not a surprise that scams quickly follow. One major tactic recently is the use of scam texts, known as “smishing,” to steal personal information. They look like a text alert from your bank, asking you to confirm information or “reactivate your debit card” by following a link on your smart phone. Banks of all sizes have been targeted and details of the scam vary, but the outcome is the same; scammers get your banking information and maybe even your ATM number and PIN. You may even inadvertently download malicious software that gives the scammer access to anything on your phone.
- **Fake Friend Scam.** Another recent popular scam has been the theft of people’s online identities to create fake profiles which can then be used in a variety of ways. A new “friend” can learn a lot about you to scam you at a later date. They can recommend sketchy websites that download malware, use your account to scam information from your other friends, even impersonate a military officer or other trustworthy person to perpetrate a romance scam. Be careful on social media, keep your privacy settings high, and don’t share confidential information. You can’t always be sure that your Friends are really your friends.
- **Lottery Scam.** The typical scenario involves an individual who receives a letter in the mail saying they have won \$2.5 million. The person is instructed to send back \$30 as a ‘processing fee’ and include personal details, such as a telephone number and birth date. Once that letter is sent, not only is the consumer out of pocket for the money but also added to a ‘sucker list’ and are likely to receive more and more offers like this one in the mail.
- **Unknown Caller Scam.** You may receive a call that your computer security has been compromised and that the caller can help you, or that your grandchild is in jail and in need of money. In either case, it is a cold call that has come out of the blue and is asking you to take action quickly and send money now.

- **Enterprise Fee Scam.** The most famous version of this scheme is the “Nigerian Letter.” It’s an unsolicited request for modest financial assistance in exchange for a great deal of money. Another version targets investors who have lost money on an investment and offers to purchase or exchange shares and help the investor minimize their losses. Whatever the pitch, the central feature of the enterprise fee scam is to ask for an upfront payment to cover transaction costs to either “unlock” a larger sum of money or facilitate a transfer of shares. Either way, the fraudster keeps the fee but doesn’t deliver what was promised. The investor loses.
- **Utility Scam.** Every winter and during peak air-conditioning seasons, customers get phone calls warning them that their service is about to be shut off because of unpaid bills. The callers claim to be billing representatives from your utility company but are actually crooks looking for a quick payoff. They tell you that to avoid an immediate shutoff you need to settle an overdue bill by providing them with your credit card number or a prepaid debit card. PG&E has received numerous complaints regarding this type of scam.
- **Rental Scams.** Scammers place fake ads for housing rentals and ask for a deposit to secure the rental or fees for a credit check. The property in question is usually on the market for sale which provides the scammer with pictures and information regarding the property.

Most of the current scams can be avoided by simply being aware and using your common-sense and intuition. Listen to that little voice that is telling you something is not quite right. Make sure your computers are up to date with the latest virus and malware updates. Pay attention to your bank and credit card statements. Lastly, never give your personal information to anyone unless you have initiated the communication or you are 100% positive of the source. If you receive questionable or fraudulent mail, immediately contact your local postmaster. If you believe you are a victim of any kind of scam or identity theft, contact your local law enforcement agency to speak with an officer.

Corporal Jason McConnehey
 jmconnehey@ci.sausalito.ca.us
 415-289-4100 ext. 617

Senior Events, Activities & Trips

Calling all Senior Citizens – Sausalito Village, Sausalito's Age Friendly Taskforce, Sausalito Edgewater Seniors Club and Parks and Recreation Department are working together to provide fun activities for you! Here is a sampling of many ways to get involved, go on a trip, or learn about topics of interest. There are plenty more activities for members of Sausalito Village and the Edgewater Senior's Club. You can learn more by joining either organization.

Trip Information details – The trips listed below are offered first to the membership of the sponsoring organization and then any remaining space on the van is available for public registration. Registration information for trips is listed in each trip description.

SEPTEMBER

9/2 – Edgewater Seniors Club Business Meeting – Bring a sack lunch and attend the Edgewater Senior's Club business meeting. Members may vote on actions of the club guests are always welcome to attend and get information. Free event. Edgewater Room – City Hall, 420 Litho Street 11:30am-1:30pm

9/2 – Sausalito Village Bocce Ball – Ad Hoc teams form to play Bocce. Social and fun, all that is required is that you bring a little food or beverage to share on the bocce court. This activity is weather dependent; if it's raining we won't play. Dunphy Park Bocce Courts – 4pm-6pm.

9/9 – Sausalito Village Bocce Ball – Ad Hoc teams form to play Bocce. Social and fun, all that is required is that you bring a little food or beverage to share on the bocce court. This activity is weather dependent; if it's raining we won't play. Dunphy Park Bocce Courts – 4pm-6pm.

9/9 – Sausalito Village trip – Tour of Marin Recycling Center in San Rafael departure/return times TBA. Everyone pays trip expenses, such as lunch, museum entrance fees, etc. on their own. Non-Members of Sausalito Village also pay a fee for a seat on the van of \$10. For more information and to reserve, contact Sharon Seymour at **331-1362** or **sharon126@aol.com**. Dates and times are subject to change.

9/16 – Sausalito Village Bocce Ball – Ad Hoc teams form to play Bocce. Social and fun, all that is required is that you bring a little food or beverage to share on the bocce court. This activity is weather dependent; if it's raining we won't play. Dunphy Park Bocce Courts – 4pm-6pm.

9/16 – Edgewater Seniors Club Social Meeting – Bring a sack lunch and enjoy the company of others, including celebration of club members birthdays, book exchange and card bingo. Edgewater Room – City Hall 420 Litho Street, 11am-1:30pm

9/18 - Sausalito Village trip – Tour of Viansa Winery in Sonoma. Departure and Return times TBA. Everyone pays trip expenses, such as lunch, museum entrance fees, etc. on their own. Non-Members of Sausalito Village also pay a fee for a seat on the van of \$10. For more information and to reserve, contact

Sharon Seymour at **331-1362** or **sharon126@aol.com**. Dates and times are subject to change.

9/22 - Sausalito Village Sing Along – Enjoy being part of a chorus singing some of the standards that have stood the test of time. This is a free and fun event in the Chamarita Room at Rotary Housing on the corner of Olima and Coloma Streets from 4pm-5:30pm

9/23 – Sausalito Village Bocce Ball – Ad Hoc teams form to play Bocce. Social and fun, all that is required is that you bring a little food or beverage to share on the bocce court. This activity is weather dependent; if it's raining we won't play. Dunphy Park Bocce Courts – 4pm-6pm.

9/23 – Edgewater Seniors Club Trip to Angel Island – Cost TBA, including transportation from Sausalito City Hall, Angel Island Ferry ticket, Boxed Lunch & Angel Island Tram Tour. RSVP with Jeff at Sausalito Parks and Recreation 415.289.4140, Registration opens 9/3 and closes 9/15.

OCTOBER

10/7 - Sausalito Village trip – Tour of Marin Water District at Phoenix Lake. Departs Sausalito City Hall 9:45am, returns 2pm. Everyone pays trip expenses, such as lunch, museum entrance fees, etc. on their own. Non-Members of Sausalito Village also pay a fee for a seat on the van of \$10. For more information and to reserve, contact Sharon Seymour at **331-1362** or **sharon126@aol.com**. Dates and times are subject to change.

10/7 - Edgewater Seniors Club Business Meeting – Bring a sack lunch and attend the Edgewater Senior's Club business meeting. Members may vote on actions of the club guests are always welcome to attend and get information. Free event. Edgewater Room – City Hall, 420 Litho Street 11:30am-1:30pm.

10/7 – Sausalito Village Bocce Ball – Ad Hoc teams form to play Bocce. Social and fun, all that is required is that you bring a little food or beverage to share on the bocce court. This activity is weather dependent; if it's raining we won't play. Dunphy Park Bocce Courts – 4pm-6pm.

10/8 – Sausalito Village Informational Meeting – Sausalito Village invites you to attend our monthly informational meets. Bring your own lunch. Water and cookies provided. Topic: James Ward, Senior Access: "Dementia: Marin's Social Disease." Edgewater Room – City Hall, 420 Litho Street Noon-2pm

10/14 – Sausalito Village Bocce Ball – Ad Hoc teams form to play Bocce. Social and fun, all that is required is that you bring a little food or beverage to share on the bocce court. This activity is weather dependent; if it's raining we won't play. Dunphy Park Bocce Courts – 4pm-6pm.

10/20 – Sausalito Village Sing Along – Enjoy being part of a chorus singing some of the standards that have stood the test of time. This is a free and fun event in the Chamarita Room at Rotary Housing on the corner of Olima and Coloma Streets from 4pm-5:30pm

10/21 – Edgewater Seniors Club Social Meeting – Bring a sack lunch and enjoy the company of others, including celebration of club members birthdays, book exchange and card bingo. Edgewater Room – City Hall 420 Litho Street, 11am-1:30pm

10/21 – Sausalito Village Bocce Ball – Ad Hoc teams form to play Bocce. Social and fun, all that is required is that you bring a little food or beverage to share on the bocce court. This activity is weather dependent; if it's raining we won't play. Dunphy Park Bocce Courts – 4pm-6pm.

10/22 – Sausalito Village trip – Golden State Model RR Museum in Richmond. Depart and return time TBA. Everyone pays trip expenses, such as lunch, museum entrance fees, etc. on their own. Non-Members of Sausalito Village also pay a fee for a seat on the van of \$10. For more information and to reserve, contact Sharon Seymour at **331-1362** or **sharon126@aol.com**. Dates and times are subject to change.

10/28 – Sausalito Village Bocce Ball – Ad Hoc teams form to play Bocce. Social and fun, all that is required is that you bring a little food or beverage to share on the bocce court. This activity is weather dependent; if it's raining we won't play. Dunphy Park Bocce Courts – 4pm-6pm.

10/30 – Edgewater Seniors Club Trip to Golden Gate Fields – \$35 includes transportation from Sausalito City Hall, admission to turf club & all you care to eat buffet. Departing after 4th race. RSVP with Jeff at Sausalito Parks and Recreation **415-289-4140**. Registration opens 10/8 and closes 10/20.

NOVEMBER

11/4 - Edgewater Seniors Club Business Meeting – Bring a sack lunch and attend the Edgewater Senior's Club business meeting. Members may vote on actions of the club guests are always welcome to attend and get information. Free event. Edgewater Room – City Hall, 420 Litho Street 11:30am-1:30pm

11/5 - Sausalito Village trip – Hamilton Field History Museum in Novato. Departs Sausalito City Hall 9:30am, returns 1:30pm. Everyone pays trip expenses, such as lunch, museum entrance fees, etc. on their own. Non-Members of Sausalito Village also pay a fee for a seat on the van of \$10. For more information and to reserve, contact Sharon Seymour at **331-1362** or **sharon126@aol.com**. Dates and times are subject to change.

11/12 – Sausalito Village Informational Meeting – Sausalito Village invites you to attend our monthly informational meets. Bring your own lunch. Water and cookies provided. Topic: Zero Waste Marin: "Marin's Zero Waste Program." Edgewater Room – City Hall, 420 Litho Street Noon-2pm

11/24 - Sausalito Village Sing Along – Enjoy being part of a chorus singing some of the standards that have stood the test of time. This is a free and fun event in the Chamarita Room at Rotary Housing on the corner of Olima and Coloma Streets from 4pm-5:30pm

11/28 - Sausalito Village trip – Craftswoman Fair in San Francisco. Depart and return times TBA. Everyone pays trip expenses, such as lunch, museum entrance fees, etc. on their own. Non-Members of Sausalito Village also pay a fee for a seat on the van of \$10. For more information and to reserve, contact Sharon Seymour at **331-1362** or **sharon126@aol.com**. Dates and times are subject to change.

DECEMBER

12/2 - Edgewater Seniors Club Business Meeting – Bring a sack lunch and attend the Edgewater Senior's Club business meeting. Members may vote on actions of the club guests are always welcome to attend and get information. Free event. Edgewater Room – City Hall, 420 Litho Street 11:30am-1:30pm

12/4 Sausalito Village trip – See the Plunge & Pt Richmond historical association & lunch at Hotel Mac. Departs Sausalito City Hall 9:45am, returns 2pm. Everyone pays trip expenses, such as lunch, museum entrance fees, etc. on their own. Non-Members of Sausalito Village also pay a fee for a seat on the van of \$10. For more information and to reserve, contact Sharon Seymour at **331-1362** or **sharon126@aol.com**. Dates and times are subject to change.

12/10 – Sausalito Village Informational Meeting – Sausalito Village invites you to attend our monthly informational meets. Bring your own lunch. Water and cookies provided. Topic: Elizabeth Krivatsy, Attorney at Law: "60+ and Single." Edgewater Room – City Hall, 420 Litho Street Noon-2pm

12/22 - Sausalito Village Sing Along – Enjoy being part of a chorus singing carols to get us in the spirit of the winter holiday season. This is a free and fun event in the Chamarita Room at Rotary Housing on the corner of Olima and Coloma Streets from 4pm-5:30pm



Sausalito Village

Sausalito Village is dedicated to enhancing the ability of our members to live independently, remaining active and integral to our community as we age. Sausalito Village is operated by a volunteer board under the fiscal sponsorship of Community Initiatives, a California nonprofit 501(c)(3) organization, and is not affiliated with Marin Villages. Visit our website at www.sausalitovillage.org.

A key element of membership in Sausalito Village is a dedicated telephone number that you can call to request assistance and referrals to the types of services and support you require. We call this our Concierge Service. Most of our referrals are to a dedicated team of more than approximately 65 direct service volunteers, all of whom have been thoroughly vetted and passed a background check. These volunteers are available to help with transportation, take a member grocery shopping, pick up prescriptions, run an occasional errand, assist with computers and other electronic equipment, and make friendly home visits or daily or weekly phone checks. At the request of a member, trained volunteers will do a safety assessment of the member's home, make recommendations for modifications that can be taken to reduce risks, and refer the member to volunteer and/or paid service providers to accomplish these modifications. A health care advocacy group, consisting of volunteers with experience in some area of the health care field, will assist members in navigating their way through the increasingly complicated

health care system to ensure that their individual needs are identified and appropriately addressed.

When the type of assistance needed by a member goes beyond what a volunteer can reasonably offer and requires the help of a paid professional, referrals will be made to service providers whose qualifications and references have been thoroughly checked or who are personally recommended by Sausalito Village members.

In addition to the Concierge Service, membership opens up the opportunity to become part of a vibrant community of people who share in many social, cultural, and recreational events. Sausalito Village organizes and provides transportation to many cultural programs and events in the San Francisco Bay Area.

There are also monthly member get-togethers, monthly meetings with guest speakers, a chair yoga class, a memoir group, a weekly bocce game, a book group, a monthly singalong, volunteer recognition events, holiday celebrations, and numerous other activities.

Members of the Sausalito Village Board of Directors are: Betsy Stroman, President, Tricia Smith, Vice President, Judy Haslam, Secretary, Teddie Hathaway, Treasurer, Charlie Arenson, Felicity Kirsch, Charles Kaufman, Jackie Kudler, Lois Prentice, Rick Seymour, Stella Shao, and Tricia Smith. For more information contact us at info@sausalitovillage.org or at 332-3325.



Age-Friendly Sausalito Partnering With the Sausalito Woman's Club and Sausalito Village to Promote Sausalito Police Department's 'R U OK?' Program

Partnerships are an important ingredient to a successful age friendly community—a community that works for all of its residents. Recently, members of the Sausalito Woman's Club, Sausalito Village and Age-Friendly Sausalito joined together to create Neighbor Helping Neighbor—a group of volunteers that will facilitate ways in which neighborhoods can increase safety and sense of community.

Neighbor Helping Neighbor will hold its first informational gathering on November 17, 2014, 4pm–6pm in the Edgewater Room (ground floor of City Hall). The evening will include a presentation and question and answer period with Sausalito Police Sgt. Stacie Gregory. Although the focus will primarily be on the R U OK? Program, Sgt. Gregory will be available to answer additional questions. Refreshments will be served.

Sausalito's R U OK? Program is operated by the Sausalito Police Department and is a valuable service for older and/or disabled residents who are homebound, or otherwise vulnerable, and will need extra assistance in an emergency. The program is designed not only to prioritize assistance to residents in times of a natural disaster, fire or other neighborhood emergency but also in case of personal health emergencies.

Participants fill out a simple form about their special health needs and their emergency contacts. All of this is important when police respond to emergencies and every moment counts.

Neighbor Helping Neighbor will be working hard to promote the R U OK? Program by assisting the Sausalito Police in reaching the most isolated and vulnerable residents.

Mark your calendar for November 17 for this special event. In the meantime, if you are interested in receiving an R U OK? application for yourself, a neighbor or loved one in Sausalito, please phone the Sausalito Police Station at **289-4170** and speak to any of the officers.

Edgewater Senior Club

The Edgewater Seniors of Sausalito have been meeting for 38 years. The many members meet for a variety of social gatherings, presentations, trips and friendly conversation. A large percentage of the club members are longtime residents of Sausalito and all are an important part of our community.

To be eligible for membership, one must be at least 55 years of age and pay annual membership dues of \$15 at the beginning of each year. Clergy of all faiths are accepted as honorary members.

PURPOSE

The Edgewater Seniors Club was created to provide an opportunity for members to create and develop friendships, enjoy special events and share experiences.

BOARD OF DIRECTORS 2014:

President: Judith Leachman
Vice President and Historian: Rose De Martini
Secretary: Shiela Keogh
Treasurer: Wera Musaus
Sunshine Person: Flora Rogers

MEETINGS

Regular brown bag lunch meetings are held on the first and third Tuesday of every month. The first meeting of the month is a business meeting. The second is a social meeting that offers programs, special presentations and birthday celebrations. Meetings begin at 11am in the Edgewater Room located in the lower level of City Hall.

Members in good standing receive 25% discount on monthly trips. Details of trips (cost, sign-up information and times) are available in the Club's monthly newsletter. Call for a copy! Contact Anita Wong at **289-4152** for more information regarding the Senior Club or trip information.

UPCOMING ADVENTURES

SEPTEMBER: Angel Island
OCTOBER: Golden Gate Fields
NOVEMBER: Seniors Thanksgiving Luncheon

Registration Form

Register for your favorite classes anytime, day or night, from your home or office computer. Go to www.sausalitoparksandrecreation.org.

first name	last name
address	city/state/zip
home phone	work phone
email	

Would you like to receive email updates about upcoming programs, registration information, events, and more? yes no

Course/Program Information

first name	last name	birth date	code #	program name	fee
TOTAL →					

Method of Payment (Please select one of the following)

Cash \$	Check #	<input type="checkbox"/> VISA	<input type="checkbox"/> MasterCard	<input type="checkbox"/> AmEx
Credit Card #			EXPIRES (mm/yy)	CVV#

Registrations are accepted depending on class availability. No registration will be accepted unless accompanied by full payment. Resident fees apply to anyone living or owning property in Sausalito and youth in the Sausalito/Marin City School District. All others pay non-resident fees.

Refund Policy

A full refund will be issued if the Sausalito Parks & Recreation Department cancels a class/program or if the registration was received after maximum class/program enrollment has been met. Refunds will be issued less a \$10 processing charge ONLY IF REQUESTED 5 WORKING DAYS OR MORE PRIOR TO CLASS/PROGRAM. No refunds will be issued for cancellations made within 5 working days prior to the start of a class/program.

Class Makeups

No make-up classes are offered by the Recreation Department. It is the participant's responsibility to meet all classes as scheduled.

WAIVER [All City of Sausalito classes require the signature of the registering adult or the parent or guardian of any minor(s)]

Permission to participate in the above programs, including associated travel sponsored by the City of Sausalito—Parks & Recreation Department, is given for myself and/ or child as shown above. In consideration of participation in this program, I hereby indemnify and hold harmless and release the City of Sausalito, its agents, its employees and volunteers working for the City from any and all liability for injury suffered by myself or my child arising from or connected with this program. I assume all risk for any injuries. I sign of my own free will.

Registrant's signature (parent or guardian if participant is under 18 years old)
Print name
Second registrant's signature (if two adults are registering on same form)
Print name

SAUSALITO PARKS & RECREATION DEPARTMENT 420 LITHO STREET, SAUSALITO, CA 94965. FAX: 415-289-4189.

CUT HERE



PLAYLAND

INDOOR BOUNCE HOUSE!

AGE 7 AND UNDER

Whether it's sunny and hot or cold and rainy, come inside for a safe and fun time! This fun-filled program features a full sized gymnasium filled with inflatable jumpies and a whole lot more. We have a 32-ft obstacle course with 9-ft slide, a 17-ft x 17-ft toddler bouncy zone with obstacles and a 3-ft slide, a 15-ft tall ride-the-wave slide, a 15-ft x 15-ft palm tree bounce house, and a 14-ft x 14-ft sports arena bounce house with a slide. We provide balloon animals, fun music, air hockey tables, wagons, cars, hula hoops, toddler zone on tumbling mats and plenty of balls to play catch.

Kids seeking a quieter setting can relax in our art room that has coloring, drawing and reading tables, a puppet theater and three train tables with plenty of cool trains for everyone. The interior of the building is a stroller free zone but we have plenty of dry and covered stroller parking available right outside the building.

- Kids must be barefoot or wear socks in jumpy house facility
- Parents are not allowed in the jumpies
- Adults not allowed in facility without child present
- We accept cash, check or credit cards (Visa, AmEx & Mastercard)

We offer FREE hot coffee, natural teas and cookies. Hot drinks are for adults only. Playland is staffed by several coaches.

Playland Session Dates and Times

M,T,TH,F,SA Ongoing 9am-Noon \$10R \$12NR
 Closed: Wednesdays, Sundays and 8/30, 9/1, 9/27, 10/6-10/17, 11/27-11/9, 12/25, 1/1

LET'S HAVE A GREAT PARTY!

Reserve and pay for parties with the City of Sausalito Parks and Recreation Department: **289-4152**.

Playland Office (Answered 9am-11:30am when playland is open—no messages): **339-9154**.

Playland Operator Mt. Tam Adventure Camps: **377-9678**. Playland is located in the MLK Gymnasium 610 Caloma Street, Sausalito

SEMI PRIVATE: Up to 14 kids age 6 and under. A private cake room with balloons and decorations is exclusively for your groups use. You share the bouncy house facility with the public. This hour and a half party consists of one hour of bounce house time and half an hour in the private cake room. Balloon animals and decorations are provided as a parting gift. No alcohol may be served at semi-private parties.

M-F	Ongoing	10:30am-Noon	\$150R	\$160NR
SA	Ongoing	10am-Noon	\$200R	\$210NR

PRIVATE: Up to 60 guests have full and exclusive use of the bounce house facility, only kids age 9 and under are permitted in the bouncy houses. Facility is set-up like the spectacular daily set-up including: Four jumpies, air hockey tables, kids cars, wagons, hula hoops, basketball hoop, train tables, art room and so much more. You may serve food at anytime that works for your party. Alcohol may be served at your Private Party event, you must first file a special event permit application with the City of Sausalito and pay the additional \$50 processing fee for the permit.

SA	Ongoing	12:30pm-2:30pm, 3pm-5pm, 5:30pm-7:30pm	\$300R	\$310NR
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Photo © 2014 Ray Raisedana

Spring Pre-Ballet (3-4years) participants in spring recital L-R: Alessandra Castro-Dara, June McKeon, Ava Rose McGowen & Vida Pozas

Beginning Ballet

Miss Matrisha teaches children's dance classes throughout the Bay Area. She's trained in ballet, modern dance and theater.

Children must be the minimum age by the first day of class. All sessions last six weeks. Classes require tap shoes and ballet slippers. Shoes are available at Payless Shoes, D'Lynnes Dancewear in downtown San Rafael or online at www.discountdance.com.

PRE-BALLET MOMMY AND ME (2-3 YEARS)

Moms and nannies are encouraged to participate in this fun and musical introduction to creative movement. This playful class improves motor skills as children perform finger plays, dance to nursery rhymes and move with balls or scarves to music. Wear comfortable clothing that is easy to dance in. Come barefoot or wear ballet shoes. Children must be the minimum age by the first day of class.

Course # 13391.4141
W 9/10-10/29 9:30am-10:15am \$100R \$110NR
EIGHT CLASSES

Course # 13391.4142
W 11/5-12/10 9:30am-10:15am \$75R \$85NR
SIX CLASSES

Exercise Room, 420 Litho Street, Sausalito

PRE-BALLET (3-4 YEARS)

For children who want to try a ballet class, this is a fun introduction. Dancers develop gross and fine motor skills, learn cooperation, self control and class etiquette all while learning basic ballet. They catch fairies when they plie, jete over a colored ribbon and dance with a scarf to a story. Dancers should wear simple leotards, tights and ballet slippers. For questions about the class contact instructor **Miss Matrisha** at 415-722-8281.

Course # 13392.4141
W 9/10-10/29 10:30am-11:15am \$100R \$110NR
EIGHT CLASSES

Course # 13392.4142
W 11/5-12/10 10:30am-11:15am \$75R \$85NR
SIX CLASSES

Exercise Room, 420 Litho Street, Sausalito

Coding by Treehouse Jr.

Take control of your computing power with Treehouse Jr. Team up to learn, build and develop your own games, websites and software programs. Students will get the chance to program various circuit and bread boards as well as take apart computers! Students will investigate the layers and complexities of software technology, tap into the computer science world through virtual experiences with people around the world and learn how to hack the planet. The sky's the limit! www.teamtreehouse.com

Students must bring a laptop or tablet device to each session.

Course # 11881.4141
TU 9/9-11/3 3:45pm-4:45pm \$175R \$185NR
Game Room, City Hall, 420 Litho Street



Capoeira

Capoeira is an Afro-Brazilian martial art form that incorporates acrobatics, dance, percussion, and songs in a rhythmic dialogue of body, mind, and spirit. It is a communal game in which two players play each other inside a circle, formed by the other players who create rhythm for the game by clapping, singing and playing traditional instruments. The two 'capoeiristas' play a game together using capoeira movements, camouflaging self-defense kicks with playful acrobatics and dance-like moves, spontaneously creating a strategy to fool the other player and perhaps catch them off guard. At the same time, the two players work together to build a beautiful, harmonic and naturally-flowing game. For videos and photos, please go to www.abada.org.

ADULT/TEEN CAPOEIRA (Age 12+)

Course # 23821.3141
 SA 9/6-12/6* 9:30am-10:50am \$160R \$170NR
 10 Class Sessions on Select Saturdays
 *No Class: 10/11, 11/1, 11/8, 11/29

WEEKEND KIDS CAPOEIRA (Age 7-12)

Course # 13821.3141
 SA 9/6-12/6* 2:30-3:30pm \$150R \$160NR
 10 Class Sessions on Select Saturdays
 *No Class: 10/11, 11/1, 11/8, 11/29

PRE-SCHOOL CAPOEIRA (Age 3-6)

Course # 13823.3142
 TU 9/9-9/30 9:30am-10am \$40R \$45NR
 Course # 13823.4141
 TU 10/7-10/21 9:30am-10am \$30R \$35NR
 Course # 13823.4142
 TU 11/18-12/16 9:30am-10am \$50R \$60NR

AFTER SCHOOL CAPOEIRA (Age 4-6)

Course # 13823.3141
 TU 9/9-9/30 3pm-3:30pm \$40R \$45NR
 Course # 13824.4141
 TU 10/7-10/21 3pm-3:30pm \$30R \$35NR
 Course # 13824.4142

TU	11/18-12/16	3pm-3:30pm	\$50R	\$60NR
AFTER SCHOOL CAPOEIRA (Age 7-12)				
Course # 13824.3141				
TU	9/9-9/30	3:30pm-4:30pm	\$60R	\$70NR
Course # 13824.4143				
TU	10/7-10/21	3:30pm-4:30pm	\$45R	\$50NR
Course # 13824.4144				
TU	11/18-12/16	3:30pm-4:30pm	\$75R	\$85NR
Exercise Room, 420 Litho Street				

What? The Class I Wanted To Take Is Cancelled!

We're sorry, but our excellent programs don't always meet the necessary enrollment requirements. When people wait until the last minute to register they are often disappointed to hear that the class was cancelled due to under-enrollment. Please register at least a week early so we have an accurate count of participants with which to make cancellation decisions.

Yoga for Preschoolers (Age 2.5-5)

In this class we will explore yoga through art, music, stories and movement. Designed for children 2-1/2 – 4 years old we will move through different activities to learn about and play with yoga asanas (postures). Parents and caregivers may participate and/or observe according on each child's need during a given activity. Please wear comfortable clothes and bring a yoga mat. We will practice and play barefoot.

Course # 14801.4141
 M 9/8-10/13 10am-10:45am \$66R \$76NR
 Daily Drop-In Fee* \$15R \$18NR
 Instructor: Carrie Kostiner
 *Call to be sure minimum registration was met and that class is in session.
 Exercise Room, 420 Litho Street

Soccer For Tots

Our SoccerTots child development program was created for children aged 18 months up to 4-1/2 years old. We use a variety of fun games to delight and engage kids in physical activity. Classes are professionally designed to develop motor skills, promote physical fitness, and self-confidence. Classes are focused on providing a fun, noncompetitive environment for soccer based fun and games.

TEDDIES – 18 to 24 MONTHS

This parent-participation class uses a variety of props, songs, and games to engage toddlers in participation activities. Simple motor skills are stressed.

Course # 15861.4141

TU 9/16-11/4 10:30am-11:15am \$100R \$110NR
MLK Field, 610 Coloma Street

KOALAS – 2-1/2 to 3-YEAR-OLDS

A great transition class from Teddies to Koalas. Exciting games provide the fundamentals for further growth in this parent participation class.

Course # 15861.4142

TU 9/16-11/4 11:30am-12:15pm \$100R \$110NR
MLK Field, 610 Coloma Street

TEDDIES II – 2 to 2-1/2 YEAR OLDS

More advanced motor skills are stressed. Similar to a Koalas I class with parent participation.

Course # 15861.4143

F 9/12-10/31 10:30am-11:15am \$100R \$110NR
MLK Field, 610 Coloma Street

KOALAS II – 3 to 3-1/2-YEAR-OLDS

We use a variety of fun games to develop balance, movement, and motor skills as well as listening to instructions. A very active and fun part-time parent participation class.

Course # 15861.4144

F 9/12-10/31 11:30am-12:15pm \$100R \$110NR
MLK Field, 610 Coloma Street

CUBS – 3-1/2 to 4-YEAR-OLDS

Development of kicking, running control, and dribbling as well as listening and following instructions. The class uses a variety of fun games with lots of physical activity.

Course # 15861.4145

F 9/12-10/31 2pm-2:40pm \$100R \$110NR
MLK Field, 610 Coloma Street

Rebound Basketball Academy

Rebound Basketball Academy is an excellent educational program for children promoting sports activities. We run basketball programs in several private schools and cities in the Bay Area.

Preschool through 2nd grade program focus on developing sports skills, improving self-esteem, and fair play while teaching basketball fundamentals such as dribbling, passing, and shooting. Fun games will be played towards the end of each day.

Third through fifth grade program focuses on sport skills development, participation, and team work. Classes will emphasize the fundamentals of basketball in offense and defense. Fun games and scrimmages will be played towards the end of each day.

For more information, please contact Manuel Minzer, CEO of Rebound Basketball Academy Inc: **408-499-6707** or manuelminzer@yahoo.com.
www.reboundbasketballacademy.blogspot.com

Six players minimum, eighteen maximum.

PRESCHOOL (2-3.5 YEARS) Requires parent/adult participation

Course # 15631.4141

M 9/8-12/15* 10:35am-11am \$145R \$155NR
*No Class 11/10

Robin Sweeny Park Basketball Courts, 420 Litho Street

Course # 15631.4142

SA 9/13-12/20* 12:20pm-12:45pm \$145R \$155NR
*No Class 11/29

Robin Sweeny Park Basketball Courts, 420 Litho Street

PRESCHOOL (3-5 YEARS)

Course # 15632.4141

M 9/8-12/15* 11:05am-11:40am \$145R \$155NR
*No Class 11/10

Robin Sweeny Park Basketball Courts, 420 Litho Street

Course # 15632.4142

SA 9/13-12/20* 12:45pm-1:20pm \$145R \$155NR
*No Class 11/29

Robin Sweeny Park Basketball Courts, 420 Litho Street

K-5th GRADE

Course # 15633.4141

SA 9/13-12/20* 11:30am-12:15pm \$165R \$175NR
*No Class 11/29

Robin Sweeny Park Basketball Courts, 420 Litho Street



Introduction to Quick Start Tennis (5–7 Years)

This introductory class begins with basics—developing hand/eye coordination, movement to the ball with follow-through and racquet control, and hitting a softer orange ball on a smaller court with a lower net height designed specifically for children. Parental/Adult involvement will be required as necessary.

Instructor **Tex Swain** is a former National Junior Tennis Coach.

Classes held TU, TH, 9/16-12/18*, 3pm-4pm *No class 11/25-11/27

Course #15812.4143			
1x A Week (13 CLASSES)	\$260R	\$270NR	
Course # 15812.4144			
2x A Week (26 CLASSES)	\$510R	\$520NR	
Marinship Park Tennis Courts, Sausalito			

Continuing Quick Start Tennis (6-8 Years)

Participants learn basic strokes, footwork and develop beginner strategy in a fun filled class designed to get kids introduced to the sport of tennis with age appropriate coaching and when necessary smaller court size and lower nets specifically designed for a child’s physiological development.

Instructor **Tex Swain** is a former National Junior Tennis Coach.

(See next column for more information)

Classes Held M,W, 9/15-12/17*, 3pm-4pm *No class 11/24-11/26

Course #15812.4141			
1x A Week (13 CLASSES)	\$260R	\$270NR	
13 CLASSES			
Course # 15812.4142			
2x A Week (26 CLASSES)	\$510R	\$520NR	
Marinship Park Tennis Courts, Sausalito			

Junior Tournament Tennis Class (9-13 Years)

Learn how to get a foundation in competitive tennis match play. This course sets the foundation for junior tennis players who dream of playing varsity, playing in sectional qualifying matches and hope to attain national ranking. Learn strategies, technique and footwork in a fun, fast paced class. This is not a beginners course, participants must already play tennis.

Instructor **Tex Swain** is a former National Junior Tennis Coach.

Classes held M,W,F, 9/15-12/19*, 4pm-5:30pm *NO CLASS 11/24-11/28

Course #15811.4141			
1x A Week (13 CLASSES)	\$325R	\$335NR	
Course # 15811.4142			
2x A Week (26 CLASSES)	\$640R	\$650NR	
Course # 1581.4143			
3x A Week (39 CLASSES)	\$950R	\$960NR	
Marinship Park Tennis Courts, Sausalito			

Painting with Diana Bradley

This course is meant for anyone interested in painting and art. The aim is simple: to inspire, to challenge and to grow in a friendly and fun setting. Get advice on composition, drawing, perspective and learn a few new painting techniques. Bring your own art supplies and medium, and Instructor **Diana Bradley** collaborates with you, offers her own insights and the class discusses pieces as they progress. Diana is a signature member of the National Watercolor Society and teaches sketching as an artist in residence at Yosemite.

Course # 21182.4141				
TH	10/9-10/30	2pm-5pm	\$48R	\$53NR
Course # 21182.4142				
TH	11/6-11/20	2pm-5pm	\$36R	\$41NR
Course # 21182.4143				
TH	12/4-12/18	2pm-5pm	\$36R	\$41NR
Edgewater Room, 420 Litho Street, Sausalito				

Restoring Wooden Furniture

Learn hands-on to restore wooden furniture. Antiques through accidents welcome. Gain the fundamentals and traditional techniques to learn how to professionally restore the wooden furnishings in your home. Basic tool use and finishing techniques will be covered including; cabinet scrapers chisel with sharpening, staining, finishing, French polishing and advanced workshops including "Chinoiserie" using gold & bronzing powder, spray guns and difficult repairs.

NOTE: The full class meets for two Friday sessions and students are invited to meet in smaller groups with the instructor for a Saturday or Wednesday session as arranged between classes. Students provide their own furnishing to restore, please call instructor (**331-1451**) to ensure that a proposed piece will be finished with the scope of the class time-frame.

Instructor **Richard Morton** has been restoring antique furniture in the Bay Area for the past 30 years and has studied the art of furniture repair extensively at home and abroad, including a three year apprenticeship in Japan. See some examples of Richard's work under the furniture restoration link on his website www.rickproductions.com.

Course # 21521.4141				
F	9/12-9/19	9:30am-12:30pm	\$195R	\$205NR
Course # 21521.4142				
F	10/10-10/17	9:30am-12:30pm	\$195R	\$205NR
Course # 21521.4143				
F	11/14-11/21	9:30am-12:30pm	\$195R	\$205NR
Course # 21521.4144				
F	12/12-12/19	9:30am-12:30pm	\$195R	\$205NR
Fine Antique Restoration, 610 Coloma Street, Suite 710, Sausalito				

Accessories Workshop

Learn how to make beautiful textile earrings and a trendy infinity scarf. Great for gifts or to add seasonal touches to your outfits. It's easy and fun! During the workshop, the instructor will share tips on latest trends and design inspiration and other fun things. Only basic sewing skills are required for success in the class. Bring snack or a meal, all materials are provided by the instructor, a \$40 materials fee will be collected by the instructor at the beginning of class.

Instructor **Alayna** is a local Sausalito resident originally from Cape Town, South Africa. She worked as an accessory designer for Levi Strauss for three years and has started her own company called CapetoCali.

Course # 21871.4141				
TH	10/2	9am-1pm	\$100R	\$110NR
Game Room, City Hall, 420 Litho Street				
Course # 21871.4142				
SA	10/11	9am-1pm	\$100R	\$110NR
Game Room, City Hall, 420 Litho Street				
Course # 21871.4143				
M	10/20	6pm-10pm	\$100R	\$110NR
Edgewater Room, City Hall, 420 Litho Street				

Exhale Midlife Body Blues

All of us wish we still had our 25-year-old bodies! The trick is to learn how to think about the body changes we have today—the sags, settling, and cellulite—with humor, practical knowledge, and a "courage key" for the future. It's all about what goes on between our ears—our mindset. With six well-defined and actionable steps, the Exhale Midlife Body Blues course provides practical tips and techniques to rewrite your inner script. You'll laugh at your foibles. You'll learn how to tell the voices of doubt to take a hike. You'll also find out how to let go of past messages, and how to appreciate the hard work your body has done for you. Learn a new way of talking to yourself, a uniquely positive internal dialogue, using the Six Steps to Loving Your Body at Midlife and Beyond. Leave the course with own personal "courage key" to keep yourself confident, motivated, and zesty for the rest of your life!

In her book *Exhale Midlife Body Blues: Six Steps to Loving Your Body at Midlife and Beyond*, **Katherine "Kat" Forsythe, MSW**, shares six steps to living happily with your changing body. In class, Forsythe draws from her personal journey and her professional experience as a women's sexuality expert to help you transform your thinking. If you're tired of body blues and ready to move forward with radiance, this class is for you is for you. Copies of the book to accompany the course will be available at the sale price of \$15 (Normally \$20), purchase is recommended but not necessary.

Course # 21851.4141				
M, W	11/3-11/12	7pm-9pm	\$72R	\$82NR
Edgewater Room, City Hall, 420 Litho Street				

Six Steps to Loving Your Life Now, No Matter What

This course guides you through six essential secrets for living with zest, confidence, and contentment—no matter what—whether you are starting over, starting up, or simply need a boost of renewed energy in your life. Most attendees have dealt with a life-changing event—divorce, death, illness, relocating later in life, children leaving home, etc.—but many simply want to be inspired to live life with more verve.

Instructor **Katherine “Kat” Forsythe** knows firsthand what it’s like to share the angst of change and re-invention. After ending a marriage of 34 years, what followed was not what she expected. Instead of triumph and jubilation, she encountered chaos, desperation, guilt, fear, jealousy, lust, lots of painful lessons and plenty of doubt. Drawing skills from her Masters in Social Work—as a therapist around human sexuality, her professional years as a sales trainer in corporate America, and her own tumultuous experiences, she created her six-step plan to love her life now, no matter what. It saved her life—and motivated her to do the work she is doing today. She’ll bring the six steps to you with a sense of humor mixed with a plan created just for you to start over, tackle that project that has you halted, get back in the game, or simply get the *joie de vivre* back in your life. Join us for a program of practical steps, down to earth stories, lots of laughs, and transformational thinking and planning. Love Your Life Now, No Matter What.

Course # 21852.4141
 M 9/22-10/13 7pm-9pm \$72R \$82NR
 Game Room – City Hall, 420 Litho Street

Relief from Hot Flashes Without Drugs

More than 65% of breast cancer survivors, 70% of menopausal women and up to 80% of prostate cancer patients suffer from embarrassing hot flashes and sleep-disrupting night sweats. Scientific research now confirms that the MOST EFFECTIVE method currently available to reduce and eliminate hot flashes and night sweats is Hypnotic Relaxation Therapy. Through more than a decade of research and clinical trials, Professor Gary Elkins, PhD., Department of Psychology and Neuroscience at Baylor University, Waco, Texas, has developed a practical program in Hypnotic Relaxation Therapy for this purpose.

In Dr. Elkins’ program, participants experience as much as 70% reduction in hot flashes, with a continued reduction to 80% after three months. Approved by Dr. Elkins, this six-week step-by-step support group format follows the program published in his new book, *Relief from Hot Flashes: the natural, drug-free program to reduce hot flashes, improve sleep, and ease stress*. Book is available for purchase in class, for a \$15 additional materials fee collected by the instructor—order to be collected in the first class. In addition, complementary techniques in relaxation, self-hypnosis and mindfulness will be introduced.

Group Leader **A.T. Lynne** is a Certified Clinical Hypnotherapist.

Course # 21661.4141
 M 9/6-10/13 6pm-8:30pm \$115R \$125NR
 Edgewater Room, 420 Litho Street, City Hall

Guitar for the Beginning/ Intermediate Player

This class is welcoming for those with no experience playing guitar (or those who played a long time ago but are having trouble getting back into it) but also will be useful if you have mastered the basic chords. The first 45 minutes of a class are devoted to all the basics. Learn chords, melodies and songs. Strumming, finger picking and finger placement will be the major focal point.

The remaining 45 minutes will offer intermediate level instruction for those who have the basic chords figured out. The focus will shift to finger picking styles where a wide range of songs will be played. Each intermediate player will be taught how to pep up strumming.

Time is allocated as needed, if the majority of the class have needs not addressed by the above outline the instructor will adjust the pace so participants are encouraged and experience development in their guitar playing skill.

Course # 22791.4141
 W 10/1-11/5* 7pm-8:30pm \$90R \$100NR
 Course # 22791.4142
 W 11/12-11/17 7pm-8:30pm \$90R \$100NR
 Game Room, 420 Litho Street
 Instructor: Jonathan Walter
 *Meets in the Edgewater Room 10/22 & 10/29

Taiko – Adult I (Introduction)

Drums provided! Taiko is the art of Japanese drumming, which develops self-expression and musical creativity. This course is a basic introduction to the world of taiko. This includes Japanese expressions, the kinds and use of taiko (drums), and the sounds of various taiko beats. In each class, everyone will participate by playing on actual drums.

A \$60 materials fee (per 8-week session) will be collected by the instructor of this course.

PLEASE NOTE: Taiko is a demanding and challenging endeavor. It requires peak physical conditioning and flexible joints and muscles. Instructor reserves the right to reject questionable physical conditions and/or require a doctor’s written permission and written waiver of liability.

Course # 22341.4141
 SU 8/31-10/26* 10am-11:30am \$80R \$90NR
 Course # 22341.4142
 SU 11/12-12/21 10am-11:30am \$80R \$90NR
 Exercise Room, 420 Litho Street, Sausalito
 Instructor: Kensuke Sumii
 *No class 9/14

Flamenco Dance

Immerse yourself in gypsy dance. Feel the rhythm while clapping, stamping your feet to flamenco guitar and moving your arms. These fun classes building strength and grace as you learn the craft of Spanish flamenco dance.

Instructor **Andrea La Canela** has taught the joy of flamenco for many years and will work with regular class attendees to develop short solo dances in these group sessions as the class progresses.

Course # 23841.4141				
M	9/8-9/29	7pm-8pm	\$60R	\$70NR
Course # 23841.4142				
M	10/6-10/27	7pm-8pm	\$60R	\$70NR
Course # 23841.4143				
M	11/3-11/24	7pm-8pm	\$60R	\$70NR

The Stage Dor, 10 Libertyship Way

Belly Dance for Fun and Fitness

Get Fit while HAVING FUN!—Increase Flexibility and Strength while having a great time moving to lively and sensual dance rhythms. Feel healthier, more energetic and confident- or unleash your inner dance diva. Basic Belly Dance steps and combinations will be presented in an accessible format. THIS CLASS IS SUITABLE FOR ALL AGES!

Instructor **Latifa** is an experienced teacher and performer.

Course # 23361.3142				
M	9/8-10/13	6:30pm-7:30pm	\$54R	\$64NR
Course # 23361.4140				
Daily Drop-In Fee			\$12R	\$14NR

Exercise Room, 420 Litho Street, Sausalito

Introductory and Intermediate Argentine Tango

Argentine Tango is a complex and intimate social dance containing unique and intricate movements. It can be elegant and it can be playful. Tango is not choreographed, but is improvised as it is danced. Tango is highly personal and expressive, and can be an unforgettable experience intimately shared between you and your partner. Come and see why tango is growing in popularity world-wide. This course is for new students and ongoing students who want to learn the fundamental technique and basic movements of tango.

Instructor **David Caditz, Ph.D.** was trained in Buenos Aires, Argentina and has instructed professionally for over fifteen years. He has trained numerous happy and successful dancers throughout the Bay Area. Call **289-4152** to register.

Drop-In	TU, Ongoing	7:30pm-8:45pm	\$15R	\$18NR
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Exercise Room, 420 Litho Street, Sausalito

Swing Dance

Basic, simple, and versatile style of dance taught in a relaxed, fun environment. Swing Dance can be learned with or without a partner with instruction given both from leader and follower's perspective. Dancing with various partners throughout the class is encouraged, but not required, and enhances learning the steps. This style of dance is enjoyable to do with various music genres: swing, rock-n-roll, country, boogie woogie, blues . . . and plenty more!

Instructor **Robin Leonard** has taught in various locations and has been swing dancing for many years. Questions? Call her at **916-521-8364**.

Please wear comfortable clothing and wear good shoes, athletic or flat-soled are usually most comfortable for practice, if you wear heels please have leather soles. All participants registered for the Swing Dance course also receive free admission to the Open Swing Dance Session immediately following this class.

COUPLES

Course #23701.4141				
W	9/3-9/24	7pm-8pm	\$80R	\$90NR
Course #23701.4142				
W	10/1-10/29	7pm-8pm	\$100R	\$110NR
Course #23701.4143				
W	11/5-11/26	7pm-8pm	\$80R	\$90NR
Course #23701.4144				
W	12/3-12/17	7pm-8pm	\$60R	\$70NR

SINGLES

Course #23702.4141				
W	9/3-9/24	7pm-8pm	\$48R	\$53NR
Course #23702.4142				
W	10/1-10/29	7pm-8pm	\$60R	\$70NR
Course #23702.4143				
W	11/5-11/26	7pm-8pm	\$48R	\$53NR
Course #23701.4144				
W	12/3-12/17	7pm-8pm	\$36R	\$41NR
Daily Drop-In (per person)			\$13R	\$15NR

Exercise Room, 420 Litho Street, Sausalito

Open Swing Dance Session

Join facilitator **Robin Leonard** on Wednesday nights for a quick swing dance! She'll be playing swinging tracks so you have a place to show off your moves.

The Open Dance Floor is only available when the Swing Dance class has met the minimum enrollment requirement, please call ahead to be sure.

W Ongoing (beginning 9/3)	8pm-8:30pm	\$3R	\$4NR
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Exercise Room, 420 Litho Street, Sausalito

Swing Dance Private Lessons

One-hour private lessons can be arranged with **Robin Leonard** at a mutually agreed-upon time. Call **289-4152** to make a payment and to set up a lesson.

AS ARRANGED	1 hour	\$35R	\$40NR
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Exercise Room, 420 Litho Street, Sausalito



Knees, Knees, Knees!

Learn specific exercises to help relieve knee pain. By safely strengthening your quadriceps, (muscles on front of thigh) and stretching hamstrings, (muscles on back of thigh), you will gain strength and stability for the knees. Proper body alignment, including posture techniques will be taught to help you stand, sit, get up and down and walk with more ease and awareness in relationship to your knees. If your knees are talking to you, it's time to start listening and give them the help they deserve!

Course# 24033.4141

SA 10/4 3pm-4:30pm \$50R \$55NR

Marin Body Awareness Center, 980 Magnolia Ave, Suite 6B, Larkspur

Instructor: Amy Lynn Sabel

Back Pain Relief

In college, instructor Amy Lynn Sabel broke her back. Always very active, she would not settle with daily back pain. This led her to develop a series of assisted stretching and core strengthening exercises that have kept her pain free and active. Amy wishes she could stand on top of a mountain and shout what she's developed to the world, but the next best thing is offering the Back Pain Relief class to interested students. 90% of Americans will have some kind of back pain during their life! You don't have to live with this pain. In the past 30 years, Instructor **Amy Lynn Sabel** has helped thousands of people of all shapes, ages and sizes live without back pain. The key to eliminating back pain is learning and practicing these exercises every morning—it only takes about 15 minutes and keeps you free of back pain. The best part is—IT FEELS GOOD! Anyone willing to put in the time can learn these basic exercises. We brush our teeth daily to keep them healthy—doesn't it make sense to also have a daily exercise routine to keep your spine flexible, strong and pain free? Call Amy at **250-5439** with questions or to inquire about private sessions.

Course # 24032.4141

SA 10/18 3pm-4:30pm \$50R \$55NR

Marin Body Awareness Center. 980 Magnolia Ave., Suite, 6B Larkspur

Core Restore Yoga

Elaine's class is a joyful and gentle class for everyBODY!

Instructor **Elaine Burka's** classes are formatted for all levels of fitness and body types and offer a balanced series of asanas (positions comfortably held) and vinyasa flow (a series of positions linked together by connective movement and breath). This balanced and gentle practice will increase flexibility and core strength while releasing stress and leaving you with a renewed sense of well-being.

Please bring a yoga mat to class

Daily Drop In Fee		\$12R	\$14NR
TU	Ongoing	5:30pm-6:30pm	
Exercise Room, 420 Litho Street, Sausalito			

Zumba

Join the party! Zumba exercise classes are "Fitness-parties" blending upbeat world rhythms with easy-to-follow choreography for a total-body workout that feels like a celebration. You burn calories, improve flexibility and coordination, improve cardiovascular health and tone your body while doing the easy to follow dance moves.

Instructor **Marleny** is a certified Zumba instructor who loves to teach Zumba fitness classes to groups of all age levels. If you are worried about joining a class like this, she wants you to know there is no experience necessary. It's for all ages and she wants each class to feel like a party. The best part for her is, "you don't even need to have to know how to dance, you just feel the rhythm, move your body and follow the instruction. Before you know it, you're getting fit, your energy levels are soaring and you learn some fun new dance steps. Zumba has it all, it's easy to do, effective and is totally exhilarating fun!"

COME TO A FREE ONE-HOUR INTRODUCTORY CLASS,
EXERCISE ROOM, City Hall
MONDAY SEPTEMBER 8, 7:30pm

Course # 23821.4141

M 9/15-9/29 7:30pm-8:30pm \$30R \$35NR

Course # 23821.4142

SA 9/13-9/27 8:30am-9:30am \$30R \$35NR

Course # 23821.4143

M 10/6-10/27 7:30pm-8:30pm \$40R \$45NR

Course # 23821.4144

SA 10/4-10/25 8:30am-9:30am \$40R \$45NR

Course # 23821.4145

M 11/3-11/24 7:30pm-8:30pm \$40R \$45NR

Course # 23821.4146

SA 11/1-11/22 8:30am-9:30am \$40R \$45NR

Course # 23821.4147

M 12/1-12/22 7:30pm-8:30pm \$40R \$45NR

Course # 23821.4148

SA 12/6-12/20 8:30am-9:30am \$30R \$35NR

Exercise Room, City Hall, 420 Litho Street

Capoeira

Capoeira is an Afro-Brazilian martial art form that incorporates acrobatics, dance, percussion, and songs in a rhythmic dialogue of body, mind, and spirit. It is a communal game in which two players play each other inside a circle, formed by the other players who create rhythm for the game by clapping, singing and playing traditional instruments. The two 'capoeiristas' play a game together using capoeira movements, camouflaging self-defense kicks with playful acrobatics and dance-like moves, spontaneously creating a strategy to fool the other player and perhaps catch them off guard. At the same time, the two players work together to build a beautiful, harmonic and naturally-flowing game. For videos and photos, please go to www.abada.org.

ADULT/TEEN CAPOEIRA (Age 12+)

Course # 23821.3141

SA 9/6-12/6* 9:30am-10:50am \$160R \$170NR

10 Class Sessions on Select Saturdays

Exercise Room, 420 Litho Street

*No Class: 10/11, 11/1, 11/8, 11/29

Tai Chi Basics for the Beginner and Intermediate Student

Tai Chi is a gentle, complete exercise using flowing movements. Tai Chi improves balance, circulation, posture, body awareness, and mood. Students are exposed to the traditional principles from which the mystical qualities of this Ancient Chinese Art arise. The basic use of breath and the fundamentals of footwork will be included.

Instructor **Joe Quinn** has been teaching Yang Style Tai Chi for 15 years.

A paying student can attend the next Chi by the Bay class for free.

Course # 24321.4141

TH Ongoing 6:15pm-7:15pm \$70R \$80NR

SEVEN CLASSES

Daily Drop-In \$10R \$12NR

Exercise Room, 420 Litho Street, Sausalito

Chi by the Bay

Enjoy the gentle flowing movements of Qigong in the same beautiful waterfront location as Jazz and Blues by the bay. Qigong is an ancient philosophical system of harmonious integration of the human body with the universe. It is Art and Science that plays an active role in protecting and strengthens health. Qigong resists premature senility and prolongs life. Beginners are encouraged and welcomed

Led by instructor **Joe Quinn**, a retired fire fighter and massage therapist. Joe studied Qigong at the East West Academy of Healing Art with Dr. Effie Chow. *A paying student can attend the next Tai Chi Basics for the Beginner and Intermediate Student class for free.*

Course # 24322.4141

SA Ongoing 9am-10am \$70R \$80NR

SEVEN CLASSES

Daily Drop-In \$10R \$12NR

Gabrielson Park, Sausalito

Rosen Method Movement

These classes are simple and fun and include different kinds of music and support movements that are designed to improve alignment and flexibility. By gently moving joints and muscles, we come in contact with the parts in us that are open as well as those that have been closed because of tension or physical and emotional pain. As range of motion increases, the breath comes in more fully and we come in touch with a new awareness of our bodies and a renewed feeling of our selves.

Tina Kelly Green is a licensed Rosen Movement teacher and Certified Rosen Method and Transformational Bodywork Practitioner.

Daily Drop-In

M,TH Ongoing 8:30am-9:30am \$10R \$12NR

Exercise Room, 420 Litho Street, Sausalito

Yoga with Dr. Ehret

Dr. Ehret teaches a basic Hatha Yoga routine to increase flexibility, release tension and tone muscles. Join this drop-in class for an hour of development and relaxation for the mind, body and spirit.

Course #34501.4142

TH Ongoing 7:30pm-8:45pm \$80R \$90NR

TEN CLASSES

Daily Drop-In \$10R \$12NR

Exercise Room, 420 Litho Street, Sausalito

Instructor: Dr. Richard Ehret, Chiropractor

Yoga Flow

Instructor **Melissa McArdle** has practiced yoga for more than fifteen years, is certified with Yoga Alliance and focuses on the union of body and mind via the breath. Melissa's teaching style is eclectic, taking cues from Hatha, Vinyasa, Strala and a love of movement and freedom. She has developed her own unique style of flow and alignment. Her classes are fun and playful with easy-to-follow instructions encouraging students of all levels to work deeply while honoring and working with individual limitations.

Course # 24831.4141

TU,TH 9/16-10/16 6:30am-7:30am \$80R \$90NR

Course # 24831.4142

TU,TH 10/20-11/20 6:30am-7:30am \$80R \$90NR

Course # 24831.4143

TU 9/16-10/1 6:30am-7:30am \$50R \$60NR

Course # 24831.4144

TH 9/18-10/16 6:30am-7:30am \$50R \$60NR

Course # 24831.4145

TU 10/20-11/18 6:30am-7:30am \$50R \$60NR

Course # 24831.4146

TH 10/22-11/20 6:30am-7:30am \$50R \$60NR

Daily Drop-In Fee* \$15R \$18NR

Exercise Room, City Hall, 420 Litho Street

*Daily Drop-In available only if minimum registration is met for session

Call **289-4152** during office hours to check!

Leisure Walks in Marin

Do you find the rugged trails of Marin too challenging? Join us for easy and fun walks in the flat lands and gentle slopes of Marin. We'll take time to do bird watching, admire the wild flowers and meditate on the beautiful scenery around us. This is a great opportunity to adventure outside, meet new people and enjoy the magic of nature. Length of walk is approximately two miles. Classes are coed. Enrollment is limited. Led by nature guide **Donna Simonsen** who also teaches Gentle Yoga Classes. "Spend the day at home and you'll never remember it; spend the day outdoors and you'll never forget it." – Mrs. Terwilliger

Course # 24213.3143				
F	9/5-9/26*	2pm-3:30pm	\$65R	\$75NR
Course # 24213.4141				
F	10/3-10/24*	2pm-3:30pm	\$65R	\$75NR
Course # 24213.4142				
F	11/7-11/28*	2pm-3:30pm	\$65R	\$75NR
Course # 24213.4143				
F	12/5-12/26*	2pm-3:30pm	\$65R	\$75NR

Location directions to Trailheads mailed with receipt.

*If you miss a hike, you can make it up the following month.

Hiking Adventures and Gentle Yoga

Join us for an inspiring hike and discover the magic of Marin's hiking trails. Connect with nature to rejuvenate, replenish and nurture yourself and reawaken the elements of wilderness within. We will pause to do some simple yoga amidst the beauty of nature and then explore Marin's most magnificent hiking trails with abundant magical redwood forests, majestic mountains, winding creeks and rolling hills. The hikes are moderately challenging and average four to six miles. Directions to trailheads are given at time of registration. Enrollment is limited. Led by **Donna Simonsen**, inspirational Nature Guide and Yoga Teacher.

Course # 24211.3143				
F	9/5-9/26*	9am-Noon	\$90R	\$100NR
Course # 24211.4141				
F	10/3-10/24*	9am-Noon	\$90R	\$100NR
Course # 24211.4142				
F	11/7-11/28*	9am-Noon	\$90R	\$100NR
Course # 24211.4143				
F	12/5-12/26*	9am-Noon	\$90R	\$100NR

Location directions to Trailheads mailed with receipt.

*If you miss a hike, you can make it up the following month.

Hiking Around Southern Marin

We will hike a number of popular Southern Marin hikes (including but not limited to) portions of Muir Woods, Tennessee Valley, Blackies Pasture, Horse Hill, portions of Mount Tamalpais, the Marin Headlands, Sausalito down Bridgeway, Fort Baker, and from Harbor Point Racquet Club towards Strawberry Shopping Center. Hikes are planned for 30-minute mile pace and will be up to 4 miles with roughly a 1,000 ft elevation climb.

Instructor **John Holtz** grew up in Marin County and the primary reason he moved back to Marin is to trek around nature. He looks forward to enjoying the great outdoors here with fellow aficionados of the bountiful, natural scenery. Participants should bring hats, sunblock, water and snacks for the trail and wear stable walking shoes. There must be a minimum number of four hikers for a hike to be scheduled. John will send an email before each hike detailing where the group should meet and park. Questions, e-mail John valianttennis@gmail.com.

Course # 24312.4141				
SA	9/6-9/27	10am-Noon	\$48R	\$53NR
Course # 24312.4142				
SA	10/4-10/25	10am-Noon	\$48R	\$53NR
Course # 24312.4143				
SU	9/7-9/28	10am-Noon	\$48R	\$53NR
Course # 24312.4144				
SU	10/5-10/26	10am-Noon	\$48R	\$53NR
Course # 24312.4145				
SA	9/6-10/25	10am-Noon	\$88R	\$98NR
Course # 24312.4146				
SU	9/7-10/26	10am-Noon	\$88R	\$98NR
SINGLE HIKE (SCHEDULE ONE WEEK IN ADVANCE & CLASS MINIMUM OF 4 HIKERS MUST BE MET)				
SA or SU	9/6-10/26	10am-Noon	\$15R	\$18NR

Trailhead Meeting Point will be e-mailed by instructor the Wednesday before each Hike

Interested in Teaching a class?

If you have a special skill or are particularly knowledgeable about a subject and would like to share it with others, drop us a line. Proposals for all ages, classes, and/or workshops are encouraged. Contact Jeff Dybdal, Parks & Recreation Supervisor at **289-4140** or send to jdybdal@ci.sausalito.ca.us.

Extreme Fitness Boot Camp

This course will challenge and strengthen both body and mind. The Extreme Fitness Boot Camp is an excellent amalgam of physical and mental exercise in and of itself. It also is amazing cross-training for all manner of sports and physical activity. Level: All skill levels welcome and will become enhanced.

A minimal capability is initially required, however the goal of eventually jogging the complete four miles is desired. Of course, Joggers may stop at different parts of the course until they build up optimum endurance. We meet at the Tennessee Valley Trailhead at 6:15am, where we will stretch and do isometrics strength training for 25 minutes. For those who wish to bypass these elements of the training, it is permissible to arrive at the trailhead by approximately 6:30 a.m., to embark with the group. Then, we will jog the two miles to the ocean, occasionally incorporating nine fast footwork drills interspersed with a lengthier, slower jogging pace.

Once at the water's edge, watching the calm of the ocean, we will quiet our minds through five forms of meditation, lasting approximately 30 total minutes. Each meditation prong is designed to focus our intent from a different angle. The result is a more cohesive, integrated awareness. For those who wish to bypass the meditation, they may choose to socialize at a respectful distance from those actively engaged in meditation along a stretch of the beach, instead.

Finally, we will jog two miles back to the initial Tennessee Valley Trailhead and depart, rejuvenated for a productive day ahead—with the morning still young! A minimum of six participants is required for this course to meet.

Participants should bring warm layers of clothing (necessary at times in our climate, with the probability of shedding layers into a backpack), sunblock, and stable running shoes.

Instructor **John Holtz** is a big proponent of meditation for relaxing and keeping an optimistic perspective. He has experimented with meditation since 1991 to increase peace of mind. One of the reasons he wishes to lead Extreme Fitness Boot Camp is to enhance his personal meditation practice in conjunction with aerobic and isometric expenditures, as well as enable others to do the same. He believes in isometrics to stay strong as well as stretching regularly to avoid injuries, increase relaxation, and peace of mind. Coach John enjoys running to augment his speed and endurance on the tennis court.

Course #24313.4141				
M/W/F	9/1-10/31	6:15am-8:30am	\$600R	\$610NR
Course # 24313.4142				
M	9/1-10/27	6:15am-8:30am	\$230R	\$240NR
Course # 24313.4143				
W	9/3-10/29	6:15am-8:30am	\$230R	\$240NR
Course # 24313.4144				
F	9/5-10/31	6:15am-8:30am	\$230R	\$240NR
DAILY DROP IN			\$30R	\$35NR

ONLY IF 6 PARTICIPANTS ARE REGISTERED FOR FULL COURSE: TO CHECK, CALL **289-4152** DURING OPEN HOURS

Tennessee Valley Trail Head – Mill Valley



Meditation Group

In this meditation course, students will learn and practice five forms of meditation in an effort to “debunk clutter,” attain a state of optimism, and achieve peace of mind. All skill levels are welcome and will become enhanced.

Instructor **John Holtz** has experimented with several forms of meditation to better channel mental and emotional focus. He has studied meditation with Jeff Borowiak and Bob Eldredge, a disciple of PapaGi, GangaGi, Christian Murdi, and Maharshi. John has practiced Nicherin Daishonin 13th Century Buddhist Chanting, he has studied with Zen Master and Rabbi Alan Lew, and he has bolstered his self-esteem and positivity by reciting repetitive affirmations that he has ingrained upon his consciousness.

Course # 21311.4141				
TU	9/2-10/21	8:30pm-9:30pm	\$88R	\$98NR
Course # 21311.4142				
SU	9/7-10/26	8:30pm-9:30pm	\$88R	\$98NR
Course # 21311.4143				
TU/SU	9/2-10/26	8:30pm-9:30pm	\$180R	\$190NR
Daily Drop In			\$15R	\$18NR

ONLY AVAILABLE IF 4 PARTICIPANTS REGISTER FOR FULL COURSE:

TO CHECK CALL **289-4152** DURING BUSINESS HOURS
Exercise Room – City Hall, 420 Litho Street, Sausalito



Adult Tennis Classes

LEVEL 1: INTRO TO TENNIS

Students are introduced to the basic skills of tennis, including forehand, backhand, serve, and volley. Emphasis is placed on proper stroke technique and enjoyment of the game.

Course # 25551.4141
 TH 9/18-11/20 6:30pm-8pm \$250R \$260NR
 TEN-WEEK COURSE
 Marinship Tennis Courts, Sausalito*

LEVEL 2: EARLY INTERMEDIATE TENNIS

Students are taught stroke production, practice skills, and tennis related games. Focus is on additional stroke development and an introduction to strategy and rules.

Course # 25552.4141
 W 9/17-11/19 6:30pm-8pm \$250R \$260NR
 TEN-WEEK COURSE
 Marinship Tennis Courts, Sausalito*

LEVEL 3: INTERMEDIATE TENNIS

Advanced stroke production—spins, shot placement, doubles and singles positioning. Work towards directional control.

Course # 25553.4141
 TU 9/16-11/18 6:30pm-8pm \$250R \$260NR
 TEN-WEEK COURSE
 Marinship Tennis Courts, Sausalito*

HOW TO WIN AT DOUBLES

Round Robin Doubles Instructor Tennis In Marin provide this course as a great way to improve your doubles skills. Play and meet new friends. No partner is required. All ability levels accepted, maximum of 20 players.

Course # 25556.4141
 M 9/15-11/17 6:30pm-8pm \$250R \$260NR

Course # 25556.4142
 M 9/15-11/17 9:30am-11am \$250R \$260NR
 TEN-WEEK COURSE
 Marinship Tennis Courts*

** For one week this fall, at a date yet to be determined, the Marinship tennis courts will be closed for maintenance and resurfacing.*

LEVEL 3: INTERMEDIATE TENNIS—WEEKENDS

Advanced stroke production—spins, shot placement, doubles and singles positioning. Work towards directional control.

Course # 25554.4141
 SA 9/20-11/22 10:15am-11:45am \$250R \$260NR
 TEN-WEEK COURSE
 MLK Park Tennis Courts, Sausalito

ROUND ROBIN DOUBLES

A great way to improve your doubles skills. Play and meet new friends. No partner required. All ability levels accepted. Maximum 20 players.

Course # 25555.4141
 SA Ongoing 8am-10am \$12R* \$14NR*
 MLK Park Tennis Courts, Sausalito
 *per class

For Additional Information contact Erik Johansson
457-9217, erik@tennisinmarin.com, www.tennisinmarin

Private Tennis Lessons

TENNIS ENTHUSIASTS! Look no further—private tennis lessons are available here at reasonable prices. Beginning through tournament competitive players are welcome to register for private lessons.

Instructor **Jon Holtz** was a San Francisco All-City Selection as the #1 Singles player for Lowell High. He played varsity college tennis for Cal Riverside's national championship squad. He prides himself as being extremely patient as well as an exceptional motivator especially as a player he's been in your shoes and won 5.5 "A" tournaments.

Jon's coaching style incorporates multiple forms of eastern meditation for a balanced approach to court focus, confidence, and desire. Jon is a serve and volleyer with topspin groundstroke emphasis. Book with him and together, you'll have lots of fun and tailor you into tennis shape!

To register and schedule your lesson time, call **289-4152** between 8:30am–Noon or 1:30pm–5pm, Monday–Friday. Lesson must be booked in advance to notify instructor of scheduled lesson time. Booking must be arranged more than 48 hours prior to beginning of lesson. Typical lesson availability is Weekdays 6pm–8pm but availability is subject to change—be sure to confirm your registration and set-up your private lesson schedule by calling **289-4152**. Fee is per lesson scheduled.

M-F as Arranged w. Instructor 1hr. \$65R \$75NR
 Marinship Tennis Court, Marinship Park, Sausalito

Cardio Tennis

This fast-paced drill oriented workout is great for tennis players wanting to get into better shape and will develop tennis skills for those with strong aerobic conditioning. Either way, it's a fun aerobic class that provides a new twist on exercise. Work out with purpose and develop greater shot control and ability to more consistently get to your opponents shots.

Instructor **Tex Swain** is a former National Junior Tennis Coach.

Classes held M, W, F, 9/15-12/19, 10:30am-Noon

Course # 25811.4141			
1x A WEEK (13 CLASSES)	\$280R	\$290NR	
Course # 25811.4142			
2x A WEEK (26 CLASSES)	\$550R	\$560NR	
Course # 25811.4143			
3x A WEEK (39 CLASSES)	\$820R	\$830NR	
Marinship Park Tennis Courts, Sausalito			

Beginning/Intermediate Tournament Tennis

This class is approachable for a true beginner interested in playing tournament level tennis but will be valuable for those with a few tournaments already under their belts. Learn or develop fundamentals, improve technique and begin to form a match play strategy to score with more consistency. The focus is on development of tennis skill through drills and games.

Instructor **Tex Swain**, former National Jr. Tennis Coach, is a developmental coach and has put together this class in a fun, fast paced manner that will introduce new players to tournament style tennis and improve your game if you've already been involved in the sport at this level.

Classes held TU, TH, 9/16-12/18*, 4pm-5:30pm *NO CLASS 11/25-11/27

Course # 25812.4141			
1x A WEEK (13 CLASSES)	\$325R	\$335NR	
Course # 25812.4142			
2x A WEEK (26 CLASSES)	\$640R	\$650NR	
Marinship Park Tennis Courts, Sausalito			

Marin Table Tennis Club

MLK Gym is an excellent, well-lit location for table tennis. The club has been attended by hundreds of enthusiasts, with a typical night seeing from 12 to 20 players. We offer six tournament-class Stiga tables and nets. We also provide balls and paddles. A variety of play formats allows competition and recreation for all levels, from beginners to tournament players. Come try us out, meet new players in a friendly atmosphere, improve your game and have a great time! Please wear non-marking athletic shoes.

Sponsored by the Sausalito Parks and Recreation Department, the Marin Table Tennis Club and Stiga Corporation.

Course # 25531.4141			
TH Ongoing	7pm-10pm	\$35R	\$40NR
TEN-VISIT PASS			
Daily Drop-In	7pm-10pm	\$4R	\$5NR
MLK Gym, 610 Coloma Street, Sausalito			
Instructor: Marin Table Tennis Club			

Table Tennis for Beginning and Intermediate Players

Enjoy the game of "ping pong" and learn the sport of "table tennis" with an open play format, with coaching available. This class is designed for new players and those rediscovering the game after years, but will provide opportunity for everyone who desires to train, play or understand the sport at a higher level.

Balls and paddles provided. Please wear non-marking athletic shoes.

Course # 25532.4141			
TH Ongoing	5pm-7pm	\$35R	\$40NR
10-VISIT PASS			
Daily Drop-In	5pm-7pm	\$4R	\$5NR
Private coaching available by appointment. Fees vary.			
MLK Gym, 610 Coloma Street, Sausalito			
Instructor: Marin Table Tennis Club			

2014 Fall Bocce Ball League

The Sausalito Fall Bocce Ball League is expanding to Mondays. The league consists of several eight-team divisions. All teams must have at least two players present per game, a minimum team roster of four players and a maximum of eight. Regular season play is scheduled for seven games for a divisional round robin of seven games, culminating in an exciting double-elimination playoff to determine the division finalists. With a full eight-team division there are nine guaranteed games in all for each team—more for teams that earn wins in the playoffs. Fewer teams registered will result in fewer games for all teams. Saturday and Sunday mornings are reserved for make-up games due to weather cancellations. Divisional Championships and the League Championship 'The Super Roll' are scheduled for Saturday with all teams invited to attend the bocce league barbeque and watch the final games.

Captain's meeting August 21 at 5:30pm in Sausalito Parks and Recreation Department Game Room, 420 Litho Street.

REGISTRATION OPENS AUGUST 11 AT 9AM

M	9/8-10/20*	5pm-8pm	
\$100 Team Registration Fee +Per-Player fee of \$10R \$20NR			
SA	9/6	10am	Opening Weekend
SA	10/26	9:30am-3:30pm	Finals for Qualifiers
Dunphy Park Bocce Courts, Sausalito			



**UNIVERSITY OF CALIFORNIA SAN FRANCISCO
OUTDOOR PROGRAMS AND THE CITY OF SAUSALITO'S
PARKS AND RECREATION DEPARTMENT TEAM UP!**

Sausalito and Its Community Residents are eligible for the UCSF Student Discount Rate for UCSF Campus Life Services Outdoor Programs. You must live in zip code 94965 to receive this benefit.

Registration is taken by UCSF Outdoor Program Supervisor Kirk McLaughlin by phoning **415-502-2121**.

**TO REGISTER FOR UCSF COURSES, CALL UCSF OUTDOOR
PROGRAM SUPERVISOR KIRK MCLAUGHLIN AT 415-502-2121**

SEPTEMBER 6 – FULL MOON KAYAK TRIP

Watch the sunset sparkle off the water and moonlight glisten in your kayak's wake.

6pm-9 pm Cost: \$60

SEPTEMBER 8 – FULL MOON HIKE IN THE HEADLANDS OF SAUSALITO

Watch the sun set as the full moon rises over San Francisco Bay. Meet in the west parking lot by the north tower of the Golden Gate Bridge.

6:30-8:30 pm Cost: \$26

SEPTEMBER 13-14 – POINT REYES BACKPACKING TRIP

This two-mile hike to Coast Camp is the perfect trip for beginners or those wanting to camp right near the Pacific Ocean! All backpacking gear, food and guides included. Transportation not included

Cost: \$165

SEPTEMBER 20-21 – MENDOCINO SEA CAVING AND CAMPING TRIP

Experience kayaking through a cave lined with seastars, mussels and barnacles! We'll be car camping Saturday night, kayaking Sunday morning. All camping gear and food included. Kayak rental and transportation not included.

Cost: \$165

SEPTEMBER 20-21 – OVERNIGHT KAYAK TRIP TO ANGEL ISLAND

Best overnight adventure in our backyard! Kayak over to Angel Island and let our guides take care of the rest! All kayaking, camping gear and food included.

Cost: \$165

SEPTEMBER 27 – TIDEPooling AND SUNSET IN BOLINAS

Learn about the critters that live in the tidepools at Duxbury Reef in Bolinas while the sun sets over the ocean.

5pm-7:30 pm Cost: \$26

OCTOBER 4 OR NOVEMBER 8 – FULL MOON KAYAK TRIP

Pure magic as we glide along the shores of Sausalito and watch the full moon rise.

Oct 4: 5pm-8pm Nov 8: 4:30pm-7:30pm Cost: \$60

OCTOBER 10-12 – BIG SUR EXPLORER CAMPING TRIP

Meet at Pfeiffer Big Sur campground no later than 10pm and then come explore Big Sur and camp in style. We'll base ourselves out of Pfeiffer Big Sur State Park and visit gorgeous beaches, redwood forests and waterfalls. All camping equipment, food and guides provided.

Arrive Friday at Pfeiffer Big Sur Campground by 10pm. Trip finishes Sunday after lunch.

Cost: \$165 – food provided

OCTOBER 15 – GOLDEN GATE BRIDGE KAYAK TRIP

An incredible "bucket-list" adventure in our stable two-person sit inside kayaks. No experience necessary but good physical fitness is suggested for this 5 mile round trip paddle.

9am-4 pm Cost: \$85, lunch not included

OCTOBER 18 – SUNSET/MOONRISE HIKE ON MT. TAM

We'll meet at the Mountain Home Inn and hike to the East Peak and back for a stunning display of the sun setting and full moon rising.

4pm-7pm Cost: \$26, dinner not included

OCTOBER 25 OR NOVEMBER 22 –

TIDEPooling AND SUNSET AT DUXBURY REEF IN BOLINAS

Join us for an afternoon of exploring the intertidal zone of Duxbury Reef.

Our guides will share their stories and knowledge about the incredible world at the shore of our ocean. Bring a snack and something to drink as we relax and watch the sun set into the ocean afterwards.

Oct 25: 4pm-7 pm Nov 22: 2pm-6 pm

Cost \$26, dinner not included

OCTOBER 31 THROUGH NOVEMBER 2 –

YOSEMITE VALLEY IN THE FALL CAMPING TRIP

We've got awesome campsites in Yosemite Valley for the Fall colors.

We'll go on a 6 mile hike past Vernal and Nevada Falls and enjoy the lack of crowds on this off-season adventure. All camping equipment, food and guides provided. Arrive by 11pm on Friday. Trip finishes after lunch on Sunday Cost: \$165 – food provided

NOVEMBER 16 – ANGEL ISLAND "IRON MAN" ADVENTURE

Challenge yourself on this ten-mile paddle circumnavigating Angel Island and run to the top of Mt. Livermore on the island.

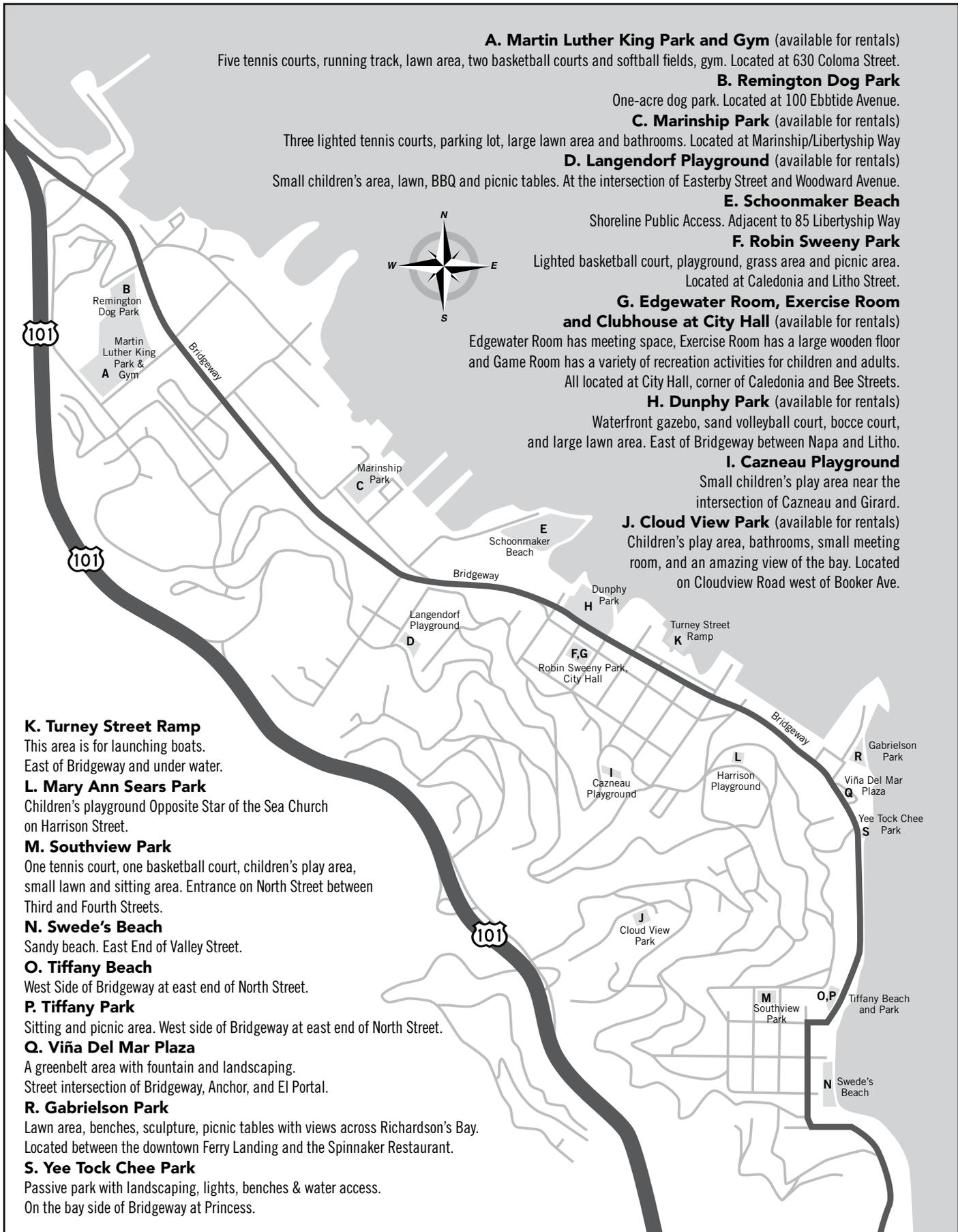
Some previous kayaking experience required.

9am-4pm Cost: \$85, lunch not included

DECEMBER 13 – SAUSALITO PARADE OF LIGHTS KAYAK TRIP

Enjoy this spectacular night on the Bay from the intimate perspective of a kayak!

4pm-9pm Cost: \$80



A. Martin Luther King Park and Gym (available for rentals)
Five tennis courts, running track, lawn area, two basketball courts and softball fields, gym. Located at 630 Coloma Street.

B. Remington Dog Park
One-acre dog park. Located at 100 Ebbtide Avenue.

C. Marinship Park (available for rentals)
Three lighted tennis courts, parking lot, large lawn area and bathrooms. Located at Marinship/Libertyship Way

D. Langendorf Playground (available for rentals)
Small children's area, lawn, BBQ and picnic tables. At the intersection of Easterby Street and Woodward Avenue.

E. Schoonmaker Beach
Shoreline Public Access. Adjacent to 85 Libertyship Way

F. Robin Sweeny Park
Lighted basketball court, playground, grass area and picnic area. Located at Caledonia and Litho Street.

G. Edgewater Room, Exercise Room and Clubhouse at City Hall (available for rentals)
Edgewater Room has meeting space, Exercise Room has a large wooden floor and Game Room has a variety of recreation activities for children and adults. All located at City Hall, corner of Caledonia and Bee Streets.

H. Dunphy Park (available for rentals)
Waterfront gazebo, sand volleyball court, bocce court, and large lawn area. East of Bridgeway between Napa and Litho.

I. Cazneau Playground
Small children's play area near the intersection of Cazneau and Girard.

J. Cloud View Park (available for rentals)
Children's play area, bathrooms, small meeting room, and an amazing view of the bay. Located on Cloudview Road west of Booker Ave.

K. Turney Street Ramp

This area is for launching boats. East of Bridgeway and under water.

L. Mary Ann Sears Park

Children's playground Opposite Star of the Sea Church on Harrison Street.

M. Southview Park

One tennis court, one basketball court, children's play area, small lawn and sitting area. Entrance on North Street between Third and Fourth Streets.

N. Swede's Beach

Sandy beach. East End of Valley Street.

O. Tiffany Beach

West Side of Bridgeway at east end of North Street.

P. Tiffany Park

Sitting and picnic area. West side of Bridgeway at east end of North Street.

Q. Viña Del Mar Plaza

A greenbelt area with fountain and landscaping. Street intersection of Bridgeway, Anchor, and El Portal.

R. Gabrielson Park

Lawn area, benches, sculpture, picnic tables with views across Richardson's Bay. Located between the downtown Ferry Landing and the Spinnaker Restaurant.

S. Yee Tock Chee Park

Passive park with landscaping, lights, benches & water access. On the bay side of Bridgeway at Princess.

Facility & Park Rentals

Planning a Special Event? Having a party? Need a professional environment to hold a business meeting? We're here to assist you in planning your next event.

We offer you several different parks that can serve as the perfect venue for your wedding, birthday party, fundraiser or performance. Most of our parks are located on the waterfront with breathtaking views, all at affordable rates!

Need an indoor facility? Your guests are bound to feel at ease in our charming, historic City Hall building located at 420 Litho Street, complete with a conference room including a full service kitchen, a patio nestled

beneath the trees, an exercise room that's great for social gatherings, and a game room for kids to enjoy. Our center is equipped with rectangular tables and chairs. Our conference room offers a supportive environment, perfect for professional gatherings.

If your meeting requires a larger area, the Martin Luther King Gymnasium located at 610 Coloma Street, is available. If you need break-out space, this is a perfect location for team-building sessions and conferences.

Call the Parks and Recreation Department today to see which facilities best suit your needs. Reservations are required and facilities are booked in advance, so call **289-4152** for more information.

Sausalito Facility and Park Rental Fees

PARKS		Sausalito Non-Profit Groups	Residents	Non- Residents	Commercial Groups
Dunphy Park (Includes parking lot)					
Area 1	Main Area including Gazebo	\$26 per hour	\$37 per hour	\$47 per hour	\$58 per hour
Area 2	Sand Volleyball Area	\$16 per hour	\$26 per hour	\$37 per hour	\$47 per hour
Area 3	Bocce Court (Rates per court)	\$16 per hour	\$26 per hour	\$37 per hour	\$47 per hour
Marinship Field		\$21 per hour	\$26 per hour	\$32 per hour	\$42 per hour
Martin Luther King Field (#1 or #2)		\$21 per hour	\$26 per hour	\$32 per hour	\$42 per hour
Langendorf Park		\$16 per hour	\$28 per hour	\$42 per hour	\$58 per hour
Cloudview Park		\$16 per hour	\$28 per hour	\$42 per hour	\$58 per hour
Tennis Courts - Marinship & MLK (Hourly Rates)		\$21 per hour	\$26 per hour	\$32 per hour	\$42 per hour
Other Parks		\$16 per hour	\$28 per hour	\$42 per hour	\$58 per hour
FACILITIES					
Edgewater Room	Groups under 25	\$21 per hour	\$32 per hour	\$42 per hour	\$58 per hour
	Groups over 25	\$37 per hour	\$47 per hour	\$58 per hour	\$84 per hour
Exercise Room	Groups under 25	\$21 per hour	\$32 per hour	\$42 per hour	\$58 per hour
	Groups over 25	\$37 per hour	\$47 per hour	\$58 per hour	\$84 per hour
Game Room	Groups under 25	\$21 per hour	\$26 per hour	\$37 per hour	\$47 per hour
	Groups over 25	\$32 per hour	\$42 per hour	\$53 per hour	\$68 per hour
MLK Gymnasium		\$42 per hour	\$58 per hour	\$74 per hour	\$89 per hour

Important Phone Numbers, Fax Numbers, and Email Addresses

Administration Department

420 Litho Street, Sausalito CA 94965 • 415-289-4100 • Fax 415-289-4167

City Manager	Adam Politzer	289-4166	apolitzer@ci.sausalito.ca.us
City Attorney	Mary Wagner	289-4103	mwagner@ci.sausalito.ca.us
Assistant to City Manager/City Clerk	Debbie Pagliaro	289-4165	dpagliaro@ci.sausalito.ca.us
Administrative Services Director/Treasurer	Charlie Francis	289-4105	cfrancis@ci.sausalito.ca.us
Sr. Accounting Technician	Joe Finnegan	289-4150	jfinnegan@ci.sausalito.ca.us
Sr. Accounting Technician	Elena Shankin	289-4101	eshankin@ci.sausalito.ca.us
Sr. Accounting Technician	Cindy Kato	289-4148	ckato@ci.sausalito.ca.us
Human Resources	Susan Paterson	289-4130	spaterson@ci.sausalito.ca.us
Administrative Analyst/Deputy City Clerk	Lilly Schinsing	289-4134	lschinsing@ci.sausalito.ca.us
Administrative Aide	Patty Enos	289-4199	pmenos@ci.sausalito.ca.us

Business Licenses

Muni Services 800-987-0999 M-F 9am to 5pm

Technology

Technology Manager	Rhett Redelings-MacDermott	289-4196	rhett@ci.sausalito.ca.us
Technology Assistant	Russell Jaycox	289-4195	rjaycox@ci.sausalito.ca.us

Sausalito Public Library Library Hours: Monday–Thursday 10am to 9pm, Friday and Saturday 10am to 5pm, Sunday noon to 5pm

420 Litho Street, Sausalito CA 94965 • 415-289-4121 • Fax 415-331-7943

City Librarian	Abbot Chambers	289-4123	achambers@ci.sausalito.ca.us
Assistant City Librarian	Augie Webb	289-4122	awebb@ci.sausalito.ca.us
Children's Librarian	Erin Wilson	289-4122	ewilson@ci.sausalito.ca.us
Senior Library Assistant	Peggy Gill	289-4122	pgill@ci.sausalito.ca.us
Library Assistant	Andrew Bendickson	289-4122	abendickson@ci.sausalito.ca.us

Community Development Department—Planning and Building Office Hours: Monday–Thursday, 7:30am–5pm. Fridays, 7:30am–12pm.

420 Litho Street, Sausalito CA 94965 415-289-4128 • Fax 415-339-2256 • TO SCHEDULE BUILDING INSPECTIONS: 415-289-4100 Ext. 811

Community Development Director	Jeremy Graves	289-4133	jgraves@ci.sausalito.ca.us
Building Inspector	Kenneth Henry	289-4136	khenry@ci.sausalito.ca.us
Associate Planner	vacant		
Assistant Planner	Calvin Chan	289-4139	cchan@ci.sausalito.ca.us
Permit Technician	vacant		
Administrative Aide	Albert Viana	289-4132	aviana@ci.sausalito.ca.us

Parks & Recreation Department Office Hours: Monday–Friday 8:30am to 12pm, 1pm to 5pm

420 Litho Street, Sausalito CA 94965 • 415-289-4152

Parks & Recreation Director	Mike Langford	289-4126	mlangford@ci.sausalito.ca.us
Recreation Supervisor	Jeff Dybdal	289-4140	jdybdal@ci.sausalito.ca.us
Recreation Supervisor	Erin Stroud	289-4198	estroud@ci.sausalito.ca.us
Administrative Aide	Anita Wong	289-4197	awong@ci.sausalito.ca.us

Public Works Engineering 420 Litho Street, Sausalito • 415-289-4106

Maintenance Office Hours: Monday–Friday 6am to 3pm.

530 Nevada Street, Sausalito CA 94965 • 415-289-4113 • Fax 415-289-4138

EMERGENCY: CALL POLICE DEPARTMENT DISPATCH: 415-289-4170

Public Works Director	Jonathon Goldman	289-4176	jgoldman@ci.sausalito.ca.us
Senior Engineer	Andy Davidson	289-4180	adavidson@ci.sausalito.ca.us
Assistant Engineer	Alex Chan	289-4190	achan@ci.sausalito.ca.us
Public Works Division Manager	Loren Umbertis	289-4113	lumbertis@ci.sausalito.ca.us
Public Works Foreperson	Kent Basso	289-4193	kbasso@ci.sausalito.ca.us
Sewer Systems Coordinator	Pat Guasco	289-4192	pguasco@ci.sausalito.ca.us
Administrative Aide	Katie Laufman	289-4106	klaufman@ci.sausalito.ca.us

Police Department Office Hours: Monday–Thursday 7am to 5pm

29 Caledonia Street, Sausalito CA 94965 • 415-289-4170 • Fax 415-289-4175 • Emergency 911 • Parking Citations: 415-289-4149

Chief of Police	Jennifer Tejada	289-4170	jtejada@ci.sausalito.ca.us
Police Captain	John Rohrbacher	289-4177	jrohrbacher@ci.sausalito.ca.us
Police Lieutenant	Kurtis Skoog	289-4169	kskoog@ci.sausalito.ca.us
Administrative Aide II	Susan Barnes	289-4173	sbarnes@ci.sausalito.ca.us
Administrative Aide I	Dawn Barbour	289-4174	dbarbour@ci.sausalito.ca.us

Fire and Emergency Medical Services Office Hours: Monday–Friday 8am to 4pm.

Southern Marin Fire Protection District • 415-388-8182 • Fax 415-388-8181 • Emergency 911

Sausalito Station, 333 Johnson Avenue, Sausalito, CA 94965 • 415-289-4156

Fire Chief	Jim Irving	388-8182	jirving@smfd.org
Administrative Assistant	Susan Kim	388-8182	skim@smfd.org

Parking and Transportation Division Hours: Monday-Thursday 9am to 5pm

For general information, Commuter Parking & Resident Parking SmartCards, please visit the Sausalito Police Department located at 29 Caledonia Street. Residential Area Parking Permits are available for purchase Monday-Thursday 8:30am-1:30pm. Please call 415-289-4149 for more information.

Lead Parking Attendant	Elliott Holt	289-4116	eholt@ci.sausalito.ca.us
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The following community partners have contributed to helping the Parks & Recreation Department expand and enhance the recreation experience we are able to offer our residents and visitors.

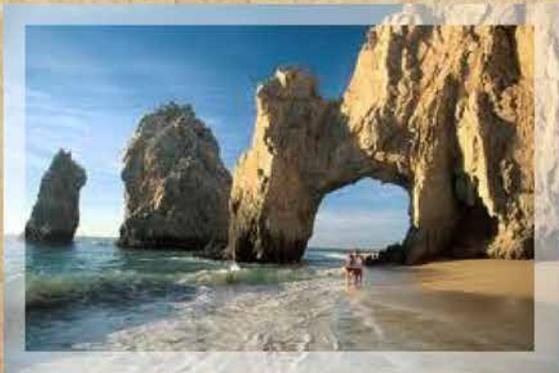
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