



## Happy Friday, Villagers

And welcome to the our weekly newsletter, a mix of local news, features, jokes, pictures, and information on SV events.

Please send your contributions by 10 am Thursdays.

[email address](#)



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Wednesday: [HIKE MT. TAM WITH JACKIE.](#) 10-2



Gale Brewer - Holly Bacuzzi - Robert Clark - Vlcki Samo - Kathleen Watson -  
Brad Hathaway - Florence Holyman - Linda Sempliner - Ted Sempliner -  
Michael Visnick - Wilford Welch - Jola Anderson - Nan Berg - Patricia Zuch -  
Holland Gray - Roy Johnson - Linda Ojeda - Beth Garbutt - William Ring - Judy  
Holmes - Donald Beers - Mimi Ting

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**Tibetan Bowls > Universal Chants >> Silence**  
**Tuesday, 5 PM & 7 PM, Pacific**  
**Ask for instructions before joining: [Praktikos@outlook.com](mailto:Praktikos@outlook.com)**

Richard Pavek invites you to join one of these Praktikos Sessions.

[https://us02web.zoom.us/j/81955765433?  
pwd=NVNyRkZJRkZ3aUFwQkpRYjZmdU5Ddz09](https://us02web.zoom.us/j/81955765433?pwd=NVNyRkZJRkZ3aUFwQkpRYjZmdU5Ddz09)



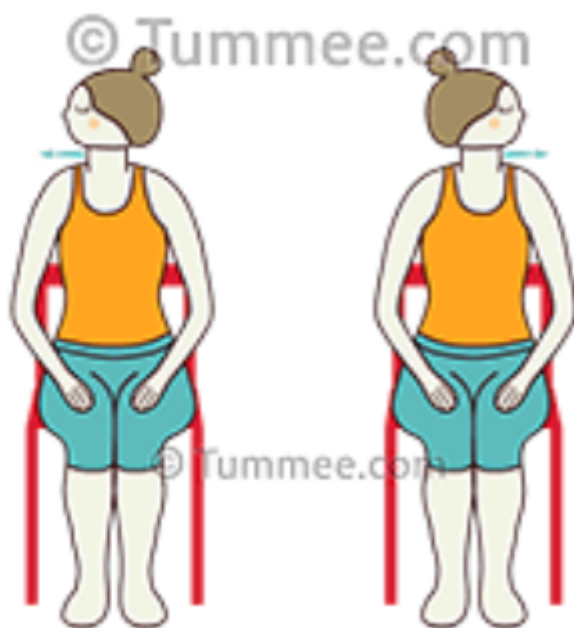
### *July 4th Weekend in Sausalito*

*Friday, July 2.* Sausalito legend Joe Tate and his band [The Hippie Voices](#) will perform a [Jazz and Blues by the Bay](#) concert at 6:30 p.m. in [Gabrielson Park](#). There will be no tables for the first concert of the season, so the entire lawn area of the park will be available for attendees. Bring a blanket or a low-backed beach chair so those around you can see all the action. Picnics are encouraged, as the event will be without food and beverage vendors. Masks are optional but recommended.

*Sunday, July 4.* Everyone is invited to spread out for an afternoon picnic on the lawn area of [Dunphy Park](#). Live music will be performed by Sausalito's own [Southern Comfort](#). The band will set up in the park gazebo and play Southern rock favorites from noon to 3:00 p.m. Food and beverage vendors will not be available at the picnic this year, so please bring your own food and drink. Blankets, beach chairs, and lots of sunscreen are also recommended.

Also of note on the 4th of July weekend:

- The San Francisco [Fourth of July Fireworks Show](#) will begin at 9:30 p.m. along the northern waterfront between Pier 39 and Aquatic Park.
- The [Golden Gate Ferry](#) will be offering [free rides](#) between Sausalito and San Francisco from Saturday, July 3 through Monday, July 5. Rides are also free between Larkspur and San Francisco.
- [Golden Gate Transit](#) and [Marin Transit](#) will offer free bus rides on all routes from July 3 through July 5.



### Rayner's Chair Yoga DVD Available!

Rayner is offering her Chair Yoga DVD for a \$6 donation to Sausalito Village - perfect for a gift for a loved one....including yourself!

Here is her story behind the DVD:

"Several years ago, when my mother was still alive, I flew to Spain where my parents were living to help nurse my Mum back to health after a chronic bronchitis. She was spending too much time in bed not being active, so one day I hopped on her bed and started some simple yoga stretching exercises.



this DVD for others to use to recoup from sickness and injury, or simply to do daily for general health. Half the DVD is done lying on the bed, and half sitting in a chair with some standing poses. I hope they will bring you a sense of wellness and peace.” Love, Rayner

The DVD is available for a \$6 donation to Sausalito Village delivered to your Sausalito address. If you live outside of Sausalito, but within the U.S., it will be mailed for an additional \$2, total \$8. No international shipping, sorry!

Contact [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com) To reserve your copy today.

NOTE: Join Rayner's free zoom class hosted by SV - Stretch and Strengthen with Rayner - every Monday at 11am. You can register on the SV website on the Calendar of Events



### Mindfully Mulch with Wildfire Preparedness in Mind

UC Marin Master Gardeners like the mantra, mulch, mulch, mulch. Adding wood

mulch to your landscape helps to improve soil structure and fertility. In a fire-smart landscape, it's important to take precautions when using mulch. Please follow these guidelines to create defensible space around your home:

□ Zero to five feet from your house: use only non-combustible mulch such as stone, rock and gravel.

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smoldering. Separate continuous wood chip areas with non-flammable materials such as decomposed granite, gravel and rocks.

□ 30 feet and beyond from your home: Use composted or medium to large wood chips up to a depth of three inches.

□ Do not use fine, stringy mulches. They burn faster than larger chunks.



# The Best Books for Summer Reading

## Exclusive Sausalito Village Event

with Cheryl Popp

### Tuesday, July 13th 4 PM

100 Bay Street

Join us for wine & reading recommendations!

10% discount for Sausalito Village Members



*Mountain Cave near Grand Canyon National Park, Utah, 30" x 30", 2020*

### [The Art of Mary Lou Douray.](#)

The paintings I have created these past few years reveal my deep concern about human-caused climate destruction. I am profoundly alarmed about global warming's contributions to the massive displacement of people, social injustices, food scarcity, forest fires around the world, rising ocean waters, radioactive pollution, and more.

I spent many months painting a series related to potential dangers originating from nuclear power plants. There are many who postulate that new nuclear power plants should be a viable source of alternative energy. Prohibitive costs, radioactive pollution, and lack of ability to hide, destroy, or eliminate radioactive water serve to counter the nuclear power argument. The multi-million-dollar (sometimes billion-dollar) costs to build new nuclear power plants could be redirected toward other, more sustainable and safer energy production alternatives. The effects of the deadly [Fukushima Daiichi](#) triple meltdown in Japan in March 2011 impelled me to undertake a particular series about that disaster. After completing the paintings, I delved into a study of uranium in rocks, which comprise a completed group of paintings on canvas and on mannequin heads.

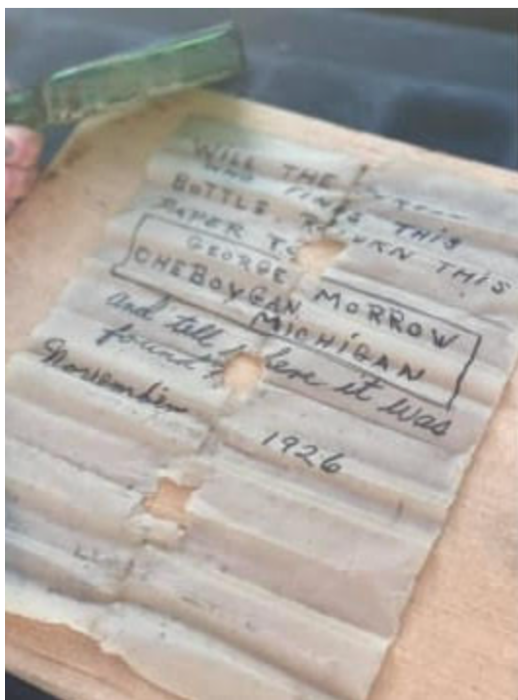
As we all know, March 2020 will go down in history as a removal from "normal" living. As soon as shelter-in-place orders took effect, I fashioned an 8-foot-by-8-foot sunroom into a studio and immediately found solace and purpose by painting almost every day. The first group of artworks reflect my worries about

Protection Agency and Department of Interior reopened mining in those areas and cut back the size of some of the national parks. Over many days I painted vistas of the parks that I had been fortunate enough to visit in 2019. Thankfully, I mentally left my little studio just by putting brush to canvas to depict some of our most beautiful land.

More recently my paintings have been veering more toward the abstract, into the non-objective realm. While I enjoy painting semi-realistic work, creating abstractions presents an enormous challenge to me.

I paint on paper, canvas, and wood panels and use a variety of oil- and water-based pigments.

[For more on her work.](#)



Boat captain Jennifer Dowker was cleaning the bottom of her glass-bottomed boat on the Cheboygan River in Michigan when an old-fashioned green bottle caught her eye. She thought it would just be a cool find, until she saw a piece of paper carefully rolled up inside.

Sure enough, it was a note, written all the way back in November of 1926: *"Will the person who finds this bottle return this paper to George Morrow Cheboygan, Michigan and tell where it was found?"*



She recognized the handwriting as her father's. Morrow passed away in 1995, but Primeau says the bottle brought back a lot of good memories -- especially since it all happened on Father's Day weekend.



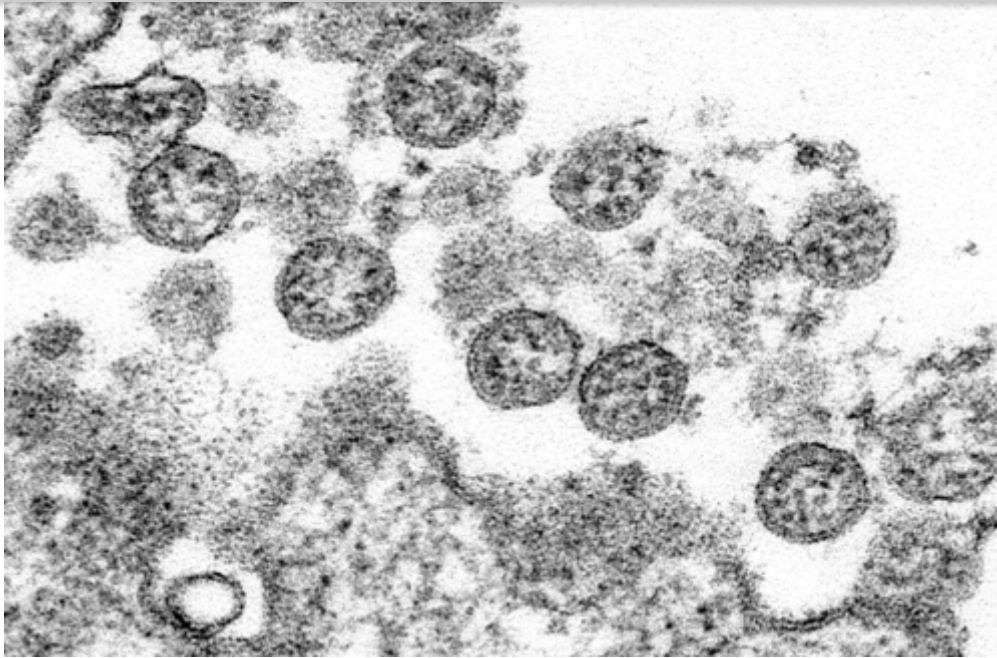
100 of Matt's firefighter friends surprised him with a trip to the Giant's game - look at the scoreboard - what a thrill!



## SCIENTISTS PROPOSE WILD NEW THEORY FOR WHAT ORIGINALLY KILLED THE DINOSAURS

The asteroid was only the "fatal coup de grâce," new research suggests.





## Over 20,000 Years Ago, a Coronavirus Epidemic Left Marks in Human DNA

**The oldest modern coronavirus is about 820 years old, but humanity has been fighting similar viruses for millennia**



Raise a Glass to ...

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Lockhart, of Welch, West Virginia, died peacefully on May 4, and his thoughtful planning led to a life-saving liver transplant. Lockhart decided to become a donor after his son, Stanley, healed the lives of 75 people through tissue donation and restored sight to two others through cornea donation after he died in 2010. His family said the decision helped Lockhart heal through his grief and knowing Lockhart has helped others will help them heal, too.

"This is just a way he's continuing to help people after his time on Earth is finished," Lockhart's son-in-law, Bill Davis said. "If we could all be that way, I think the world would be a little bit better place for us to be in."



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***For information about our programs, events, emergency preparedness, COVID resources, archived copies of Daily Tips, and weekly newsletters, visit the continuously updated Sausalito Village [website](#).***

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