

Photo by Ingrid Kreis

Send your Bay Area photos to SausalitoVillageTips@gmail.com

Happy Friday, Villagers

And welcome to our weekly Sausalito Village newsletter, a mix of local news, features, jokes, pictures, and information on events from around the village, virtually, and around the world. Please send your contributions by 10 am Thursdays to:

SausalitoVillageTips@gmail.com



Sausalito Village has a calendar full of events, most open to the entire community. Please take a moment and peruse the listings! [CLICK HERE](#)

Here are a few highlights:

Tales of the Trails - May 1

Docent led Wildflower Hike on Ring Mountain - May 6

Mother's Day Brunch at Star of the Sea with SV Reserved Table - May 8

Covid 2nd Booster Clinic - May 11

Louise Aronson on End of Life Care at the End of Life and Dignity in Death - May 16



Spring Hike with Jackie on Mt. Tam

The Perfect Mt. Tam Hike

WHEN: Wednesday, May 11, 10am start. 3.5 hour hike

WHERE: Meet at Pan Toll Parking lot or contact Jackie to carpool

WHAT: 7.2 miles with moderate grades

RSVP: Jackie at j77prospect@sbcglobal.net

Join hike leader Jackie Kudler for a wonderful loop high on Mt. Tam, highlighted by grand vistas of the Bay, the Pacific and the green hills. A chance to hunt for wildflowers!

We will cancel in case of rain.

Pack water, snacks, and perhaps a light lunch. Plan for all types of weather.



Covid Vaccine Booster Clinic For Sausalito Seniors

Age Friendly Sausalito will hold a Vaccine Booster Clinic for Sausalito Seniors and Adults age 50 or older, at Sausalito City Hall in the Edgewater Room, lower level on:

May 11 from 10:00 AM - 2:00 pm

The Clinic is open to Sausalito Seniors and Adults aged 50 or older, and to Younger Adults who have an immunocompromised condition.

If a participant had a Previous Booster Vaccine, that booster shot must have been received on or before January 11, 2022 (no exceptions).

Please bring your Vaccine Card and ID .

If a ride is needed to and from City Hall for the clinic Sausalito Seniors are encouraged to contact CARSS (Call A Ride for Sausalito Seniors) by May 9th 5pm at 415-944-5474.

Questions about the clinic: AgeFriendlySausalito@gmail.com



One does not
get better but
different and
older and that is
always a pleasure.

– Gertrude Stein

7 Wonders of the Medieval World (By World Atlas)



- Stonehenge
- Colosseum
- Catacombs Of Kom El Shoqafa
- Great Wall of China
- Porcelain Tower of Nanjing
- Hagia Sofia
- Leaning Tower of Pisa

See photos and descriptions of each: [HERE](#)



The 7 Wonders of the Modern World (by World Atlas) include:

- Golden Gate Bridge
- Empire State Building
- CN Tower of Toronto
- Channel Tunnel in France
- Itaipu Dam - Paraguay/Brazil
- Delta Works/ Zuiderzee Works - The Netherlands
- Panama Canal

See photos and descriptions of each: [HERE](#)

MOTHER'S DAY brunch Sunday- MAY 8



Duggan Hall - 10:30 am

ADULTS \$10, Kids Under 12, Free

*Menu - Quiche from Rustic Bakery,
Fresh Fruit, Sausage, Pastries,
Juice, Coffee, Mimosas, Champagne*

**Join other SV Members and Friends at the Star
of the Sea Mother's Day Brunch where we will
have a special table reserved.**

RSVP and pay [HERE](#)

CARSS Rides available, reserve by May 6th 5pm at 415-944-5474.



How to Have a Conversation When You Don't Agree With Someone

As much as we may want to, the chances of crossing paths with people you only agree with are very slim. And in this day and age, maybe more so, according to [Dr. Laurie Santos](#), a cognitive scientist, and Professor of Psychology at Yale University. "There's a lot of features of the modern environment that make it easy to have more political divisiveness than we've

bites, and via platforms that use algorithms to increase more outrage. This leads to a lot of us thinking there are a lot of people who really disagree with us, but in practice, these platforms and algorithms make those disagreements and that divisiveness look worse than it even is.”

But there are ways to mitigate this divisiveness as Dr. Santos notes. How? By connecting, listening, and avoiding thinking of a person’s views as a caricature that you might expect in morally outrageous tweets. “There’s a lot of evidence that we often think the other side is more set in their ways or has more extreme views than ourselves.” Dr. Santos says. “This is a misconception as it can be easy to mischaracterize the views of the other side. But when you take time to really talk to someone, you often realize that their views are more nuanced than you think.” Read below for additional tips from Dr. Santos on what you can do when you don’t agree with someone.

Create a space for listening

Opt for perspective getting

Ask the right questions

Boost your compassion

Find other values you do agree on

HOW? Read the entire blog article [HERE](#)



5 Eloquent and Enduring Quotes From Maya Angelou

Excerpted from How Stuff Works

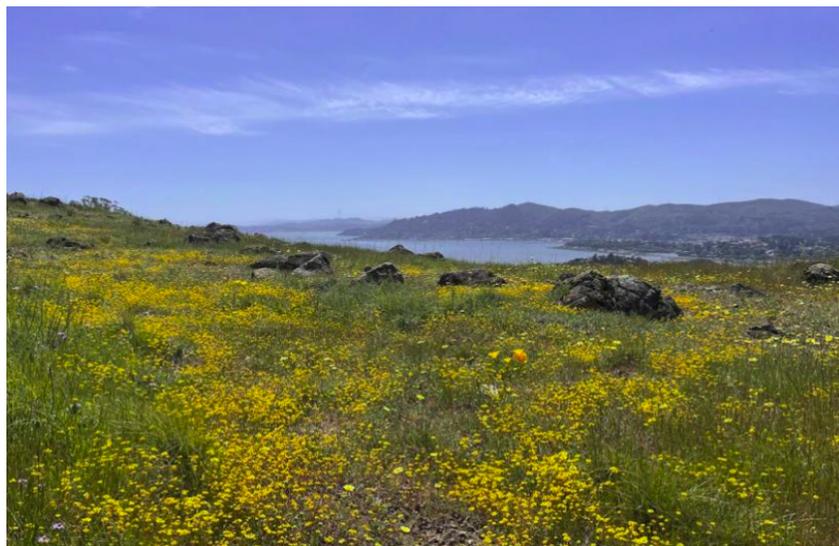
Writer, activist, entertainer and teacher [Maya Angelou](#) was a beloved figure and household name, a rarity for a female African American artist who confronted controversial topics in public. She spoke about race, violence, gender and Black history in her autobiographies, poems and speeches.

Angelou is perhaps best-known for her 1969 memoir "[I Know Why the Caged Bird Sings](#)," which recounts her childhood in Stamps, Arkansas, and in San Francisco. Dealing with themes of racism, identity and sexual violence, the book won the hearts of

of rape and supposed "[anti-white messaging](#)."

1. "Believe people when they tell you who they are. They know themselves better than you."
2. **"You may shoot me with your words/You may cut me with your eyes/You may kill me with your hatefulness/But still, like air, I'll rise.**
3. **"History, despite its wrenching pain/Cannot be unlived, but if faced/With courage, need not be lived again."**
4. **"You are only free when you realize you belong no place — you belong every place — no place at all. The price is high. The reward is great."**
5. **"One must nurture the joy in one's life so that it reaches full bloom."**

Read entire article and the full stories behind these quotes [HERE](#)



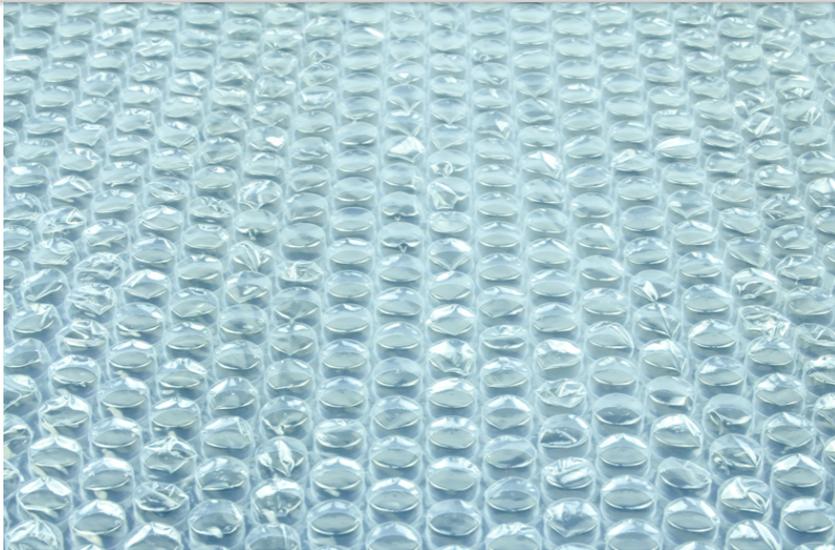
Docent Led Wildflower Walk on Ring Mountain in Tiburon

Age Friendly Sausalito is starting the 2022 Park Trips with this easy walk along the fire road on Friday, May 6, 2022. Exact time TBD.

Transportation and lunch is included. This is a FREE event and open to all seniors.

More information will be available on the Sausalito Village website in the next few days so MARK YOUR CALENDAR!

Click to reserve your space [HERE](#)



Fun Fact: Bubble Wrap Was Invented as Wallpaper!

Bubble Wrap is one of the 20th century's most versatile — and dare we say most beloved — inventions. The pliable, air-pocketed sheets have been used for decades to insulate pipes, protect fragile items, and even [make dresses](#). And that's not to mention the fascination some people have with popping its bubbles (both competitively and for fun). But when it was first created in 1957 in New Jersey, inventors Al Fielding and Marc Chavannes had a different vision in mind for their ingenious padding: home decor. The pioneering duo hoped their creation — which trapped air between two shower curtains run through a heat-sealing machine — would serve as a textured wallpaper marketed to a younger generation with “modern” taste. The initial idea was a flop, however, and they soon pivoted to promoting Bubble Wrap, then called Air Cap, as a greenhouse insulator (another idea whose bubble would quickly burst).

It took another invention of the time — IBM's 1401 model computer — to seal Bubble Wrap's fate as a packing material.





Dr. Louise Aronson Speaks on *End of Life Care at the End of Life and Dignity in Death*

Monday, May 16, 2022

4:00 p.m. to 5:30 p.m.

Campbell Hall, 70 Santa Rosa Ave, Sausalito

Register at: <https://sausalito.helpfulvillage.com/events/3346>

or go to the website sausalitovillage.org under Events

Is it different to die in old age, particularly in advanced old age, than to die earlier in life? Should it be? Our chances of dying increase with each year we live and, thankfully, most Americans die in elderhood, not childhood or adulthood.

Yet the facts of death in old age speak to different standards of care and attention to dying for older people, even as our country purports to have a single, universal approach. Polls find large gaps between what people want at the ends of their lives and what they get. Many of the recent “advances” in care for the dying – from palliative care to assisted suicide – are not set up with the very old in mind. What does death in old age look like today, and what should or could it look like? What can we through our words and assumptions about who and what is worthwhile to help provide people with dignified deaths?

Dr. Louise Aronson has prepared a special talk for Sausalito Village, combining two major topics: *End of Life Care at the End of Life* and *Dignity in Death*.

This presentation is part of the Sausalito Village program, Being Mortal 2.0. co sponsored by the Sausalito Library

Prize finalist *Elderhood: Redefining Aging, Transforming Medicine, and Reimagining Life*. Her writing credits include the *New York Times*, *Atlantic*, *Washington Post*, *JAMA*, *Lancet*, and the *New England Journal of Medicine*, and she has been featured on NPR's Fresh Air, TODAY, CBS This Morning, NBC News, and the New Yorker. More information can be found on her website: <https://louisearonson.com>



BEST AIR CLEANING INDOOR PLANTS

Excerpted from Homes and Gardens

It's easy, with a little know-how, to bring air cleaning indoor plants into your home to keep you happy and healthy. With so many tempting plants on offer, making decisions can be tricky. But did you realize that some possess extra air purifying qualities? Knowing which ones absorb harmful toxins can help narrow down your wish list as well as making your home more restful and inviting.

One well-known study regarding indoor plants and air quality was conducted by NASA in 1989. Scientists were studying natural ways to purify the air in enclosed spaces, such as space stations, and today this has led to further insight into how particular plants can benefit our homes.

To read more and learn the top 10 best air cleaning plants click [HERE](#)

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A Walk in the Garden

A Benefit for the 2022 Walk to End Alzheimer's

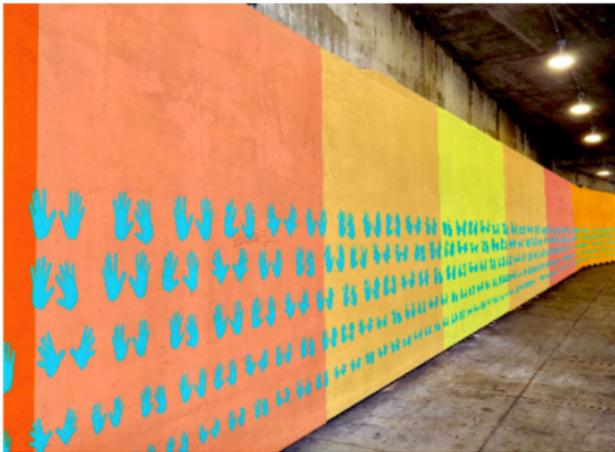
Saturday, April 30th
 9:00-11:00 and 4:00-6:00

Join us for a "walk" through The Promise Garden, a tradition to raise flowers representing the promise to remember, honor, care and fight for those living with Alzheimer's Disease and their caregivers.
 13 Duxbury Cove, San Rafael, CA 94901

Suggested Donation \$5.00
 or visit us at

http://act.alz.org/goto/Tweeten_Tweeties

Tweeten's TEAm Tweeties



Volunteers Needed to Help Celebrate The Tunnel Art Project: All Our Children United

The communities of Sausalito and Marin City are coming together this spring to support an exciting project that will brighten and enliven the pedestrian walkway under the Highway 101 tunnel that school children and other walkers and cyclists use every day. Raylene Gorum, an artist who lives in Sausalito, has designed a painting with rainbow colors that will stretch from one tunnel entrance to the other and be sprinkled with handprints she draws to represent "All Our Children United." The tunnel work will begin when CalTrans and Marin County have signed off on the final plans.

Volunteer Opportunities:

- Help students to cut out the handprints to create stencils between May 1-18
- Help at a celebration on June 4 (1-5 pm.) in the park just west of the tunnel

If you'd like to join the fun, reply to Felicity Kirsch at 10avalon@comcast.net. Please include your name, preferred e-mail address, phone number, desired volunteer activity and your time availability. Thank you!

THANKS TO The Marin City-Tunnel Art Project: All Our Children United Steering Committee: Felecia Gaston (Performing Stars), Dr. Shirley Thornton (Arts + Bayside MLK), Carolyn Revelle (Sausalito Beautiful), Sonja Hanson (Sausalito Foundation). Susan Shea



Yesterday my husband thought he saw a cockroach in the kitchen. He sprayed everything down and cleaned thoroughly. Today I'm putting the cockroach in the bathroom.



2022 Spring Movie Preview: 15 Films Not to Miss

The new 'Downton Abbey' is coming ... find out when!

With the warmer breezes of spring comes a fresh batch of movies — from blockbusters to art films — arriving in theaters and on streaming platforms like [Netflix](#) and HBO Max. Keep track of what’s coming and when with our critics’ guide. See you at the movies!

Read this AARP Magazine article with all of the upcoming movies! Click [HERE](#)



Marin County Commission on Aging Forum

On the Road to 100! Meeting the Challenges of Longevity
 Master Plan for Aging 5th Bold Goal:
 Affording Aging

Thursday, May 26th, 2022, 10:00 a.m. – 2:00 p.m.

The Key Room, Homeward Bound

1385 North Hamilton Parkway, Novato, CA 94949

Lunch provided by the Chefs at the Fresh Starts Culinary Academy

We must act now to meet the challenges of living longer!

Aging is changing and it is changing California. By 2030, one quarter of the state’s population, 10.8 million Californians will be older adults.

The policies and investments we make today determine our future no matter where we are along the continuum of aging.

to their 80's and 90's.

Join us and help create a future that realizes the potential of living longer for generations to come.

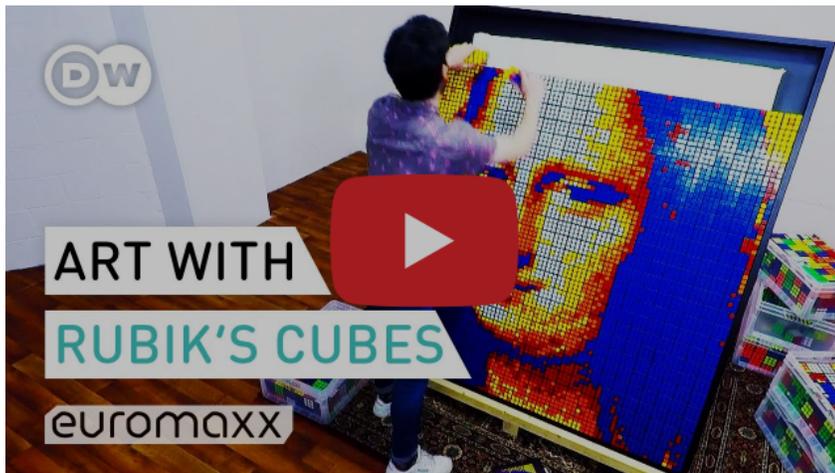
Our speakers are:

- Susan DeMarois, Director, California Department of Aging
- John Newman, MD, PhD, Buck Institute
- Patti Prunhuber, Senior Attorney, Justice in Aging
- Fernando Torres-Gill, Ph.D., Professor of Social Welfare and Public Policy, UCLA, Adjunct Professor of Gerontology

This is an in-person event and proof of vaccination is required.

Register and Purchase Tickets (\$25 OR scholarship) [HERE](#)

If you need a scholarship, please call 415.987.7023



Check out the 'Painting' with Roobik's cubes

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CARSS Program (Call A Ride for Sausalito Seniors)

CARSS (Call a Ride Sausalito Seniors) is a City of Sausalito Age Friendly Program for residents of Sausalito and the floating homes community, who are 60 and older. CARSS is managed by Sausalito Village with one goal in mind – to keep older residents connected to the community and safe as they age.

CARSS provides:

- **Free Rides around Sausalito and Marin City. Volunteers can also do errands.**
- **Service available Monday, Wednesday and Friday between 10am–2pm.**
- **Schedule a Ride/Errand a day ahead or the same day. Need a ride at other times or days just call 48 hours before.**
- **Rides/Errands provided by vetted volunteers with their cars.**
- **Masks and proof of vaccination are required.**

RIDE FOR FREE WITH CARSS!

For more information go to www.carss4you.org or call (415)944-5474 or infocarss4you@gmail.com



Join Rayner every 1st and 3rd Monday of the month live (on zoom) at 11am.
See Sausalito Village website calendar (www.SausalitoVillage.org) to RSVP for the zoom link.
Make sure to enjoy Rayner's Youtube classes on the other weeks.

Stretch & Strengthen with Rayner



The Orchid Mantis Looks Like a Flower, 'Stings' Like a Bee

What Is an Orchid Mantis?

Orchid mantises, *Hymenopus coronatus*, live in the rainforests of Southeast Asia. The females are big, measuring [2.3 to 2.7 inches \(6 to 7 centimeters\)](#) long compared to their male counterparts only 0.7 to 1.1 inches (2 to 3 centimeters) long.

Since their discovery more than 100 years ago, it was thought these floral mantises evolved to their beautiful pink and white colors and wide flat legs to imitate orchid flowers and confuse prey. Then, they sneakily attack insects like moths, butterflies, beetles, or even frogs and scorpions. This type of evolution is called cryptic mimicry or cryptic coloration and can be used for defensive or aggressive purposes. Other insects, such as the leaf-life katydid, do it too.

Why Do They Look Like Orchids?

By evolving to be larger and more flower-like, female mantises increase their chances of attracting their preferred prey. It's called aggressive mimicry. They don't look like one flower. Research shows that their color evolved to imitate *several* species of flowers.

Read the full story [HERE](#)



Over 2.5 hours of classical music for Reading



SAUSALITO VILLAGE

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 Sausalito Village [website](#).***

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