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**Sent:** Friday, May 20, 2022 2:20 PM  
**To:** [galebrewer@comcast.net](mailto:galebrewer@comcast.net)  
**Subject:** [Test] Sausalito Village Weekly Newsletter



Send your Bay Area photos to [SausalitoVillageTips@gmail.com](mailto:SausalitoVillageTips@gmail.com)

**Happy Friday, Villagers**

**And welcome to the our weekly Sausalito Village newsletter, a mix of local news, features, jokes, pictures, and information on events from around the village, virtually, and around the**

world. Please send your contributions by 10 am Thursdays

to: [SausalitoVillageTips@gmail.com](mailto:SausalitoVillageTips@gmail.com)

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## What's on the calendar?

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

Here are a few highlights:

Mother's Day Brunch at Star of the Sea - May 8

Covid 1st and 2nd Booster Clinic for Sausalito seniors - May 11

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

In Person Sing Along/Concert - May 23

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## **Sausalito Village Members with May Birthdays**

Karie Whitman - Mary Robinson - Tricia Smith - Lucinda Watson  
Sybil Boutilier - Burton Drobnis - Barbara Holmes - Jack Sherwood  
Anne Dorsey - John Oppenheimer - Alice Merrill - Ciji Ware  
Sunshine Weismehl - Suzanne Winner - Carolyn Revelle - Robert Sass  
Neil Whitelaw - Jackie Kudler - Cathy DeLano - Nina Meister

If you are a Village member and don't see your name here, check with us! We may not have your birthdate in our system and we would love to make sure to send you a card and newsletter greeting next year! [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com)



## **Covid Vaccine Booster Clinic For Sausalito Seniors**

Age Friendly Sausalito in partnership with Marin County Health Department will hold a Vaccine Booster Clinic for Sausalito Seniors and Adults aged 50 or older.

**WHEN:** Wednesday, May 11 from 10:00 AM to 2:00 pm

**WHERE** Sausalito City Hall, Edgewater Room, lower level  
420 Litho Street, Sausalito

The Clinic is open to **Sausalito Seniors and Adults aged 50 or older**, and to Younger Adults who have a verified immunocompromised condition. Pfizer and Moderna Vaccines will be available.

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

If this is the **First Vaccine Booster** for a person who previously had a complete Vaccination of two doses of Pfizer or Moderna, or one dose of Johnson & Johnson, their last Vaccination shot must have been received **on or before December 11, 2021** (no exceptions).

Please bring your Vaccine Card and ID.

No reservation is required, but it would be helpful to let us know you plan to come so we can estimate number of doses we need to have on hand by end of day Monday, May 9.

RSVP or Questions: Email

to [agefriendlysausalito@gmail.com](mailto:agefriendlysausalito@gmail.com) Subject: VACCINE BOOSTER

Or you can leave a phone message at (415) 331-1393 (Please don't do both).

If a ride is needed to and from City Hall for the clinic, Sausalito Seniors are encouraged to contact CARSS (Call-A-Ride-Sausalito-Seniors) by 5:00 pm on Monday, May 9 by calling (415) 944-5474.





## 21 English Grammar Rules That Confuse Everyone

### 1. It's OK to start a sentence with a conjunction

Despite what your teacher may have told you, starting a sentence with “and” or “but” is acceptable according to most style guides. But it does look a bit informal.

### 2. “Which” and “that” are not interchangeable

While they are both relative pronouns, “which” should be used in non-defining clauses with a comma, as in, “My car, which is in the shop today, has a flat tire.”

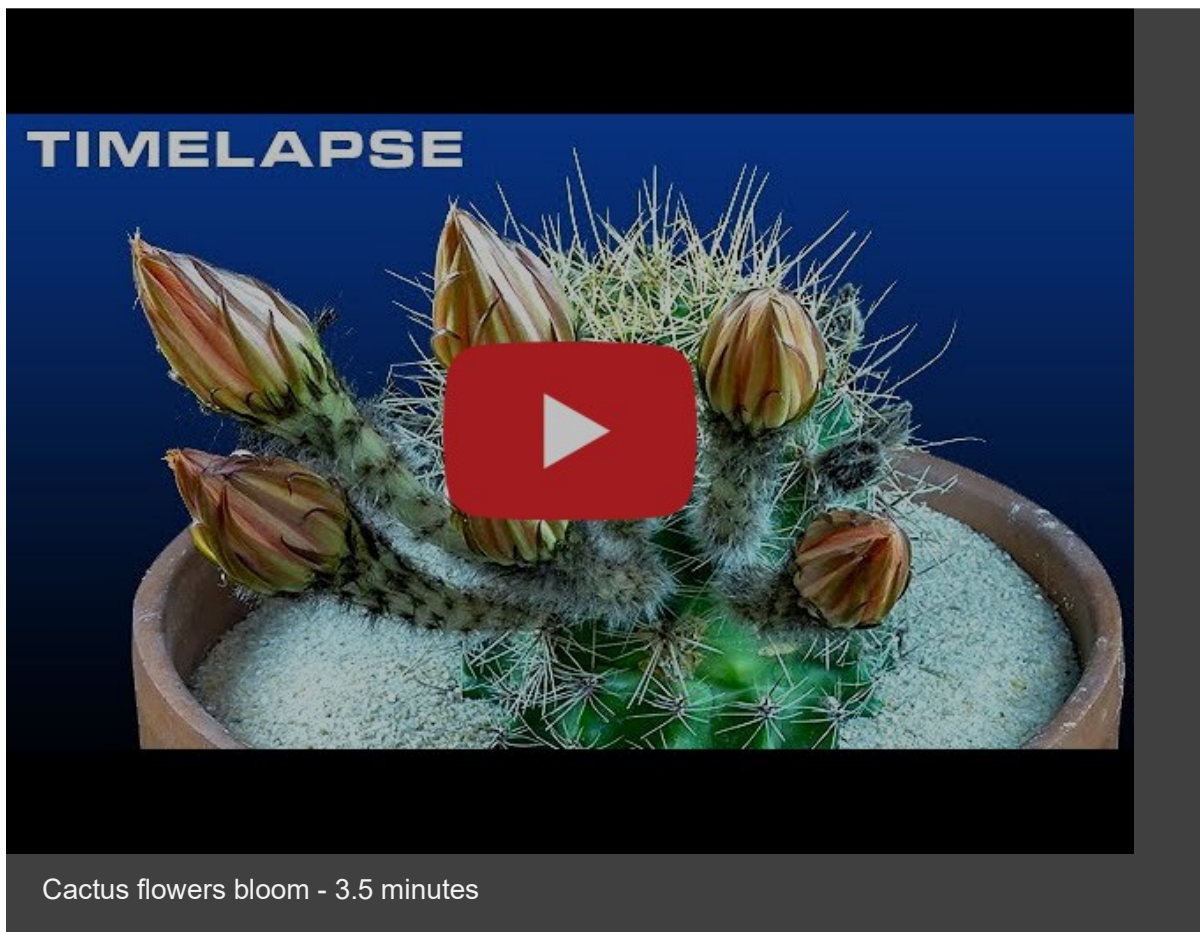
“That,” on the other hand, should only be used in comma-free clauses that are essential to the meaning of the sentence, as in, “The car that had a flat tire is in the shop today.”

### 3. Ablaut reduplication

Reduplication is the repetition of a word in a phrase like bye-bye or no-no. Ablaut reduplication changes the interior vowels of one or more of the almost-identical words in a phrase, as in tick-tock or lovey-dovey. Though we're not usually aware of it, there is an order that the emphasized vowels should be placed in. In cases where there are two words, the first vowel should be "i" and the second is either "a" or "o," as in hip-hop or chit chat. If there are three words, the order of the vowels has to be "i, a, o" as in tic-tac-toe. (Try reversing the order and see how it sounds.)

To read them all, click [HERE](#) for the link to 247wallst.com

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## **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](mailto: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.

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

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## **We've All Been Cutting Our Onions Wrong — This Chef's Hack Is So Much Easier**

First Magazine interviewed Chef Hurrell who made a Tik Tok video ([link below](#)) on the wrong and RIGHT way to cut an onion!

Hurrell says that not only do you end up throwing out many delicious and nutritious parts of an onion by following the traditional method, but

it actually takes more time than how he does it. In his case, before he even peels the fragile skin off of the veggie, he slices his knife right through the entire vegetable vertically. He then cuts off the excess peel at the top of the onion and leaves the root on. “Unless you’re going to julienne the onion, why take this [root] out?” he [asks in the video](#).

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## **May Fire-smart Tips From UC Marin Master Gardeners**

**MAY: Maintain plants along exit routes from your home**

- Identify the best escape routes to get to your vehicle and then for your vehicle to leave your property. Routes with less vegetation are safer.
- Assess the health and condition of the plants along each route. Keep vegetation maintained – pruned and hydrated.
- Remove or move combustible materials from your exits e.g., jute doormats, wood planters, furniture etc.
- Remove dead plant material and debris.
- Remove vines near doors or windows.
- Replace wood gates, arbors, or trellises near exit routes with metal.
- Have evacuation signs ready to post at home exits in the event you must evacuate. This alerts fire personnel that you have left the property. (Check with your local fire department for signs.)

**FOR MORE FIRE-SMART LANDSCAPING INFORMATION VISIT  
MARIN MASTER GARDENER WEBSITE.**

**<https://ucanr.edu/ucmarinmgfiresmart>**

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## **First In Person Monthly Sing Along/Concert Was A Success!**

The only thing missing was YOU!

Whether you love to sing along, sing a solo or just enjoy listening, mark your calendar and plan to attend the May 23rd event now co-

hosted by Sausalito Village and Sausalito Woman's Club with guest hosts, soloists and Andy Dudnick on the piano. Hosts for May will be Maria Paterno, Ciji Ware and Holger Mishal.

DATE: Monday, May 23rd (always THIRD Monday)

TIME: 3pm Social wine/cheese 3:30pm Start singing

WHERE: Campbell Hall, 70 Santa Rosa

More info and RSVP [HERE](#)

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**Seven hours' sleep is ideal amount in middle to old age, study finds**

**Too much and too little sleep linked with worse cognitive performance and mental health**



Article excerpted from The Guardian, read entire article [HERE](#)

The study of nearly 500,000 adults aged between 38 and 73 found that both too much and too little sleep were linked with worse cognitive performance and mental health, including anxiety and depression. A consistent amount of sleep also appeared to be beneficial.

Prof Barbara Sahakian, from Cambridge University's department of psychiatry, said: "For every hour that you moved away from seven hours you got worse. It's very clear that the processes that go on in our brain during sleep are very important for maintaining our physical and mental health."

Getting a good night's sleep, she added, was important at all stages of life, but particularly as people aged. "I think it is as important as getting exercise."

A possible reason for the link between insufficient sleep and cognitive decline may be the disruption of slow-wave, or deep, sleep, which has been shown to be important for memory consolidation. A lack of deep sleep could also prevent the brain from clearing toxins effectively.

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## **The Country of Gambia In W. Africa Conducts Elections Using Marbles Instead of Paper Ballots**

If you think the Electoral College is confusing, perhaps you'll take a liking to The Gambia's method of choosing its leaders: marbles. The small West African nation eschews paper ballots in favor of this novel approach, which was introduced in 1965 due to the country's low literacy rate. Voters are given a marble upon checking in at their polling station, with each candidate represented by a photo affixed to a color-coded drum. Once the marble has been dropped into the voter's drum of choice inside a private booth, a bell sounds to confirm it went through — and prevent anyone from attempting to vote twice. As simple as it is effective, the system has even been [credited](#) with ending The Gambia's former dictatorship and keeping its democracy thriving.

Other countries have adopted unique electoral processes as well. Aspiring presidential candidates in France need to secure [500 endorsements](#) from elected officials, a time-consuming process meant to discourage fantasy candidates. In neighboring Germany, the [Bundestag](#) (lower house of the

Parliament) requires [two votes per ballot](#): one for a district representative and one for the voter's preferred political party, which determines how many seats each party gets in the Bundestag overall. (In general, half of the Bundestag's 598 seats are determined by the first vote and half by the second.)

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[guinnessworldrecords.com](http://guinnessworldrecords.com)

**World's oldest person confirmed as 118-year-old Sister André**

The French nun is 118 years 73 days old, making her the oldest person living and the oldest person living (female)

## **118 Year Old Nun Makes the Guinness Book of World Records**

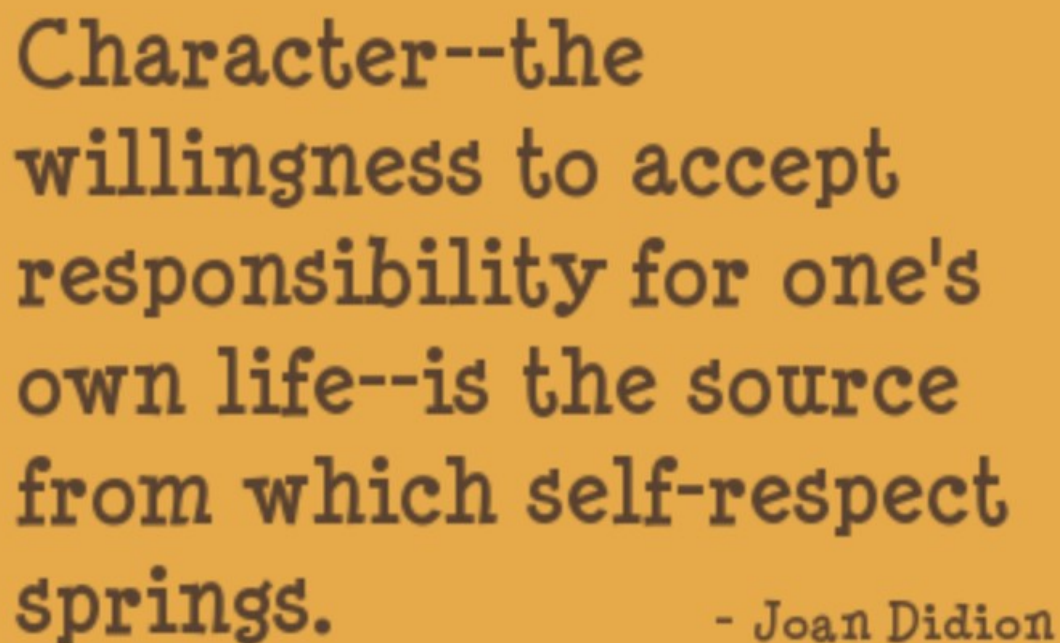
What would it be like to live through every major world event since the First Industrial Revolution? Imagine living through two world wars. Two global pandemics. Witnessing the inventions of televisions and helicopters, the internet, and the smart phones we hold in our hands today. One woman

knows: Lucile Randon, the 118-year-old nun from France known as Sister André.

Randon, who lives in a nursing home in Toulon, is now the world's oldest living person, following the April 19, 2022 death of the former title holder, 119-year-old Kane Tanaka of Japan. Randon was born in Ales, southern France, on February 11, 1904, a decade before World War I began.

Though she did not become a Catholic nun until 1944, when she took the name Sister André, she has been serving others her whole life. She's worked as a teacher and governess, and looked after children during WWII. She worked full-time until the late 1970s, and spent 28 years working with orphans and elderly people at a hospital in Vichy, Auvergne-Rhone-Alpes region. Even after having to go into the nursing home, she still helped care for the other, often younger, residents, until she was 100 years of age.

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Character--the  
willingness to accept  
responsibility for one's  
own life--is the source  
from which self-respect  
springs.

- Joan Didion

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Bob Hope and Dean Martin on the Tonight Show 1975





## **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.

Read full description of volunteer opportunities and volunteers behind this great project [HERE](#)

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!





## **Get your Fire Extinguisher Checked - Refilled - Or Buy a New One!**

**When did you last check your Fire Extinguisher?**

**Correct answer: every 4-5 years**

**Need yours refilled or need to purchase a new refillable one?**

Sausalito Village's Emergency Preparedness Committee will have a

representative from Fire Master available to check the readiness of your fire extinguisher, refill those that are refillable and make available new refillable extinguishers for purchase.

COST TO REFILL a refillable extinguisher \$20

COST FOR NEW SMALL REFILLABLE extinguisher \$30

COST FOR NEW LARGE REFILLABLE extinguisher \$50

COST TO CHECK your extinguishers \$0

COST TO RECYCLE your extinguishers \$0

## **CASH PLEASE**

**WHERE:** First parking lot on RIGHT when you turn on to Gate 6 Road

**WHEN:** SUNDAY, May 22, 10am-2pm

**WHAT?:** Check your fire extinguishers

Refill your extinguishers that are refillable

Purchase a new refillable extinguisher

**Questions?** Email [sausalitovillagersvp@gmail.com](mailto:sausalitovillagersvp@gmail.com)

Floating Homes Day in the Park is taking place right next door. Come to enjoy the music and food too!

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## **CARSS F** **(Call A Ride for Seniors)**

CARSS (Call a Ride Sausalito Seniors Friendly Program) is a volunteer-driven program for residents of Sausalito who are 60 and older. The program's goal is to help seniors stay connected to the community.

### **CARSS pr**

• Free rides around Sausalito





Next LIVE ON ZOOM class is May 16th, 11am.

Join Rayner every 1st and 3rd Monday of the month at 11am.

See Sausalito Village website calendar ([www.SausalitoVillage.org](http://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



## Earth Is Running Out of Sand ... Which Is, You Know, Pretty Concerning

Article excerpted from Popular Mechanics Magazine, read the full story [HERE](#)

Sand is the second most-used resource after water, but it's unregulated and ripping environments apart.

Sand is seemingly everywhere—under our feet, in the walls around us, and, increasingly, in our pockets. The most important ingredient for making concrete, by percentage? Sand. What's glass? Melted sand. What's the backbone of silicon, obviously a major player in the tech industry and in putting mobile devices in your hand and pocket? Sand. As a result, the world's demand for sand has started to strip riverbeds and beaches bare. A 2017 NPR report even says we're ripping up forests and farmlands just to get to more sand.

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

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