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Photo by Paul Monohan, 'Morning Fog'

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:

Movie Group - June 15

Stretch and Strengthen Class - June 20

SingAlong/Concert - June 21

Beginning Line Dancing - June 21

Intermediate Line Dancing - June 23

Being Mortal Event - June 27

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## **SIGN UP NOW!!**

### **Sausalito Village Hosted Line Dancing Class!**

Want to get exercise, have fun, work your brain, and learn dances you can do with or without a partner while being socially distanced?

Ever wanted to learn the Hustle, Cupid Shuffle, or latest dance challenge, Jeruselema? Now's your change!

Music is a mix of R&B, funk, Latin, pop, disco, gospel, jazz, and international. Sorry, not much country. No pressure, just good fun!

Classes taught by Laurie Reemsnyder

**WHEN:** Tuesdays 10:00am-11:00am for Beginners

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**WHERE:** Exercise Room, Downstairs in Sausalito City Hall, 420 Litho Street, Enter through Parks and Rec door off Bee Street

**COST:** Free, Donations for the teacher accepted at the door

**REGISTER HERE For Beginners:** [CLICK](#)

**REGISTER HERE For Intermediates:** [CLICK](#)

Non-SV/CARSS members and volunteers will need to sign a waiver.

**MASKS** - The best way to keep yourself safe from covid is to wear a medical grade mask



## Sausalito Historical Society's Flag Exhibit Opens!

“Flags”, a new exhibit by the Sausalito Historical Society, opens on Tuesday June 16 (Flag Day!) in the Exhibit Room on the 3rd floor of City Hall with a reception from 6:30 - 7:30 p.m.

“Flags” features traditional flags, as well as pennants and banners. Drawing from the collections of both the Historical Society and late Sausalito resident Frank Fuetsch, items date from the late 1800s to the 1980s, and include flags from the Marinship World War II era,

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Shipping company, movie night, and more.

Join us for a Flag Day toast on June 14 from 6:30 - 7:30 p.m. to launch our new exhibit!

The Exhibit Room is accessible from the upper parking lot of City Hall by entering on the right side of the building.

We hope to see you there!

Your friends at the Sausalito Historical Society

P.S. If you can't make the reception, please visit at one of the times below when docents are available:

- Mondays from 10 a.m. - 1 p.m.
- 1st and 3rd Wednesdays of the month, 10 a.m. - 1 p.m.
- 2nd and 4th Saturdays of the month, 12 - 3 p.m.



## What is Cinema Therapy?

## Analysis

You may see your movie watching sessions and therapy sessions as completely separate activities, but they may be more linked than you think. For example, *The Incredible Hulk* sheds light on anger management, *Titanic* is a study on relationship compatibility, and the horror film *It* is an easy segue to talking about childhood trauma. Those are just three of the **over 100 topics Jonathan Decker and Alan Seawright have covered on their popular YouTube channel, [Cinema Therapy](#)**. The duo have been friends since college, but in 2020 decided to merge their areas of expertise — Decker is a licensed therapist and Seawright a filmmaker — to discuss mental health through the lens of film.

“The mission of Cinema Therapy is to provide the spoonful of sugar that helps the medicine go down, so that people learn about improving their mental health, their emotional health, their relationships,” Decker tells Nice News. In two years, Decker and Seawright have cultivated a community of nearly 900,000 subscribers, many of whom have jokingly started calling them their “internet dads,” Decker says. **“We tried to create a space where ... everyone could just kind of come together and be friends, which is a really ambitious thing to try,”** he adds. “And so far it's working.”

See what their videos are about [HERE](#)

Thanks to Nina M. for this article from 'Nice News'

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## How to Have the Best Sex of Your Life

### Proven ways to please an older partner

Excerpted from AARP Magazine. Read full story [HERE](#)

All it takes is a willingness to let go of judgments and try new things to accommodate the natural physical and emotional changes of aging. It may take trial and error and the courage to venture outside of your comfort zone to reinvigorate your sex life as an older person, but this process of exploration can be powerful (and very sexy) if you approach it with patience and vulnerability.

Explored in this story are the following topics:

- Estrogen Levels
- Dealing with ED
- Quickie is out, Slow burn is in
- Embrace change in sexual desire

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Dr. Matt Willis, Public Health Officer for Marin County with a Covid Update - 5 important minutes



## Try this one!

84% of people reading this will not find the the mistake in this:  
A,B,C,D,E,F,G,H,I,J,K,L,M,N,O,P,Q,R,S,T,U,V,W,X,Y,Z.

Answer at the end of the newsletter

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## Register for Encore.org's Upcoming Program: Practicing Mutual Aid Across Generations

You are invited to Encore.org's signature event of the year, the **Gen2Gen Innovation Showcase 2022: *Practicing Mutual Aid Across Generations***.

This free, virtual, 90-minute showcase — taking place on **June 29 at 11am PT / 2pm ET**— will feature the inspiring work of 15 cogenerational leaders (pictured below), all bringing younger & older people together to solve problems and bridge divides.

[REGISTER NOW](#)

More about Encore.org at their website: <https://encore.org>



## Sausalito offers play on desegregation for Juneteenth at Dunphy Park on Sunday 4:30pm

Excerpted from Marin IJ, read entire story [HERE](#)

Sausalito will offer a play about the historical events of Brown vs. Board of Education to commemorate Juneteenth.

Performers and organizers said they hope the play will remind viewers about the effects of segregation and motivate continued advocacy for social justice.

“We can’t be silent. People spoke up and that’s what changed things. They were willing to put their lives on the line for justice,” said Cindy Acker, an educator and playwright from Alameda who wrote the play.

Acker said she was inspired to write it as an educational tool for her students following the Sausalito-Marin City School District’s historic desegregation settlement in 2019. The California Attorney General’s Office accused the district of deliberately creating a segregated school at Bayside Martin Luther King Jr. Academy.

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to do, Peter said. I wanted them to understand it took courage on behalf of all the characters, all the players.”

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## How to Spot Fake News

One of a calendar FULL of free events from Senior Planet

### Date & Time

Tuesday June 14, 2022

11:30AM ET / 10:30AM CT / 9:30AM MT / 8:30AM PT

### Location

Online

### Description

Concerned about fake news? In the digital age, anyone can publish anything on the internet. This lecture will provide a helpful explanation for the increase in the use of the term fake news, as well as give you

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Click or tap to join this class by Zoom:

<https://seniorplanet.zoom.us/j/853133798>

Meeting ID: 853 133 798

Need help joining by Zoom? [English instructions](#) / [Spanish instructions](#)

[Click here for a handout!](#)

Now, what is Senior Planet? Check out the website: <https://seniorplanet.org>



## 4 Simple Exercises to Help You More Easily Get In and Out of the Bathtub

Excerpted from Livestrong.com.

As we age, simple tasks can become more difficult, and nagging aches and pains can interfere with activities of daily living. For some older adults, getting out of bed, standing up from the floor — and even getting in and out of the bathtub can become challenging.

strength and flexibility, which are skills that can atrophy as we get older if we don't take care of our bodies, says Bonnie Strati, yoga instructor and lead flexologist with StretchLab.

"You must be able to stand from a sitting position which requires you to push yourself up from sitting to a half-kneeling position and then stand up from the split squat position. This requires mobility in the ankle, knee, hip joints, as well as strength in the lower and upper body," Strati says.

Not to mention, you might be contending with a wet and slippery surface, so you need to be able to balance on one leg while lifting your other leg out of the tub.

But by doing exercises that strengthen your legs, arms and core, you can improve your balance and overall strength. Here, Strati shares the best exercises to make getting in and out of the bathtub — and other daily movements — easier. Strati recommends doing these exercises two to three times per week.

To read all and view the Youtube videos, click [HERE](#)



**Sausalito VIPS can check your home while you**

**You can rest easier when you're on vacation knowing that you've arranged for the Sausalito Police Department's [Volunteers in Public Safety](#) (VIPS) to do a vacation house check while you're away. The VIPS are a group of dedicated volunteers who assist the police department in protecting the Sausalito community. Vacation house checks are just one of the many tasks they perform. There is no charge for the service.**

**When the VIPS conduct a vacation house check, they will visit your home and do the following:**

- Check for excessive mail, packages, and newspapers.
- Check if all accessible windows and doors are secure.
- Walk your property looking for anything suspicious.

While conducting a vacation house check, VIPS wear an official VIPS uniform, carry an official VIPS identification card, and drive a marked VIPS patrol vehicle. If the VIPS notice anything out of the ordinary, it will be reported immediately to the Sausalito Police Department, and an officer will be dispatched to your home.

To request a vacation house check, please do one of the following:

- Fill out the vacation house check [online form](#) on the police department website.
- Call the police department at (415) 289-4170 during regular office hours of Monday through Friday, 8:00 a.m. to 5:00 p.m.
- Download, print, and fill out a [paper copy of the form](#), then scan and email it to [dbarbour@sausalito.gov](mailto:dbarbour@sausalito.gov).

**Every member of the VIPS is a resident of Sausalito who has been screened by the police department. VIPS are also graduates**

**Any questions about vacation house checks may be sent to Lieutenant Stacie Gregory at [sgregory@sausalito.gov](mailto:sgregory@sausalito.gov).**

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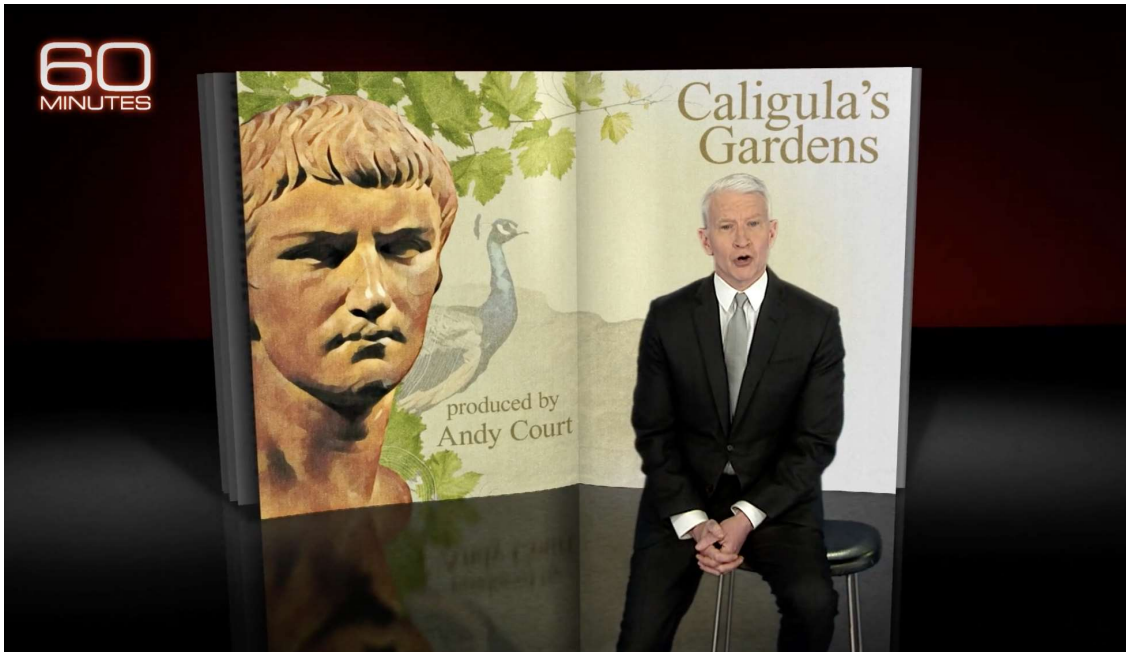
Photo of Song Sparrow by Bill Leman

## Top Songbirds

Excerpted from Birds & Blooms

What is the best bird song? How can we choose when there are so many beautiful songbirds in the bird world! And the winner is... the [wood thrush](#). Or the hermit thrush. Or maybe it's the [mockingbird](#), veery or the [house finch](#). With hundreds of bird songs to choose from, picking the singer who reigns supreme all depends on who's listening. But whichever bird strikes a special chord in your own heart, this list of soulful songbirds will definitely give you a few new favorites to discover. Here's some of the best songbirds in America.

Learn how to [identifying birds by their song](#).

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## Roman parking garage excavation uncovers Caligula's gardens

When workers began excavating a new parking garage in Rome, they discovered what archeologists say was once Emperor Caligula's "pleasure gardens." Anderson Cooper reports on the find and the scholarly re-examination of Caligula's legacy.

Click to watch the story on 60 Minutes [HERE](#)



## First Ever: American woman wins the Cooper's Hill Cheese Rolling and Wake

This is one wild and crazy race!

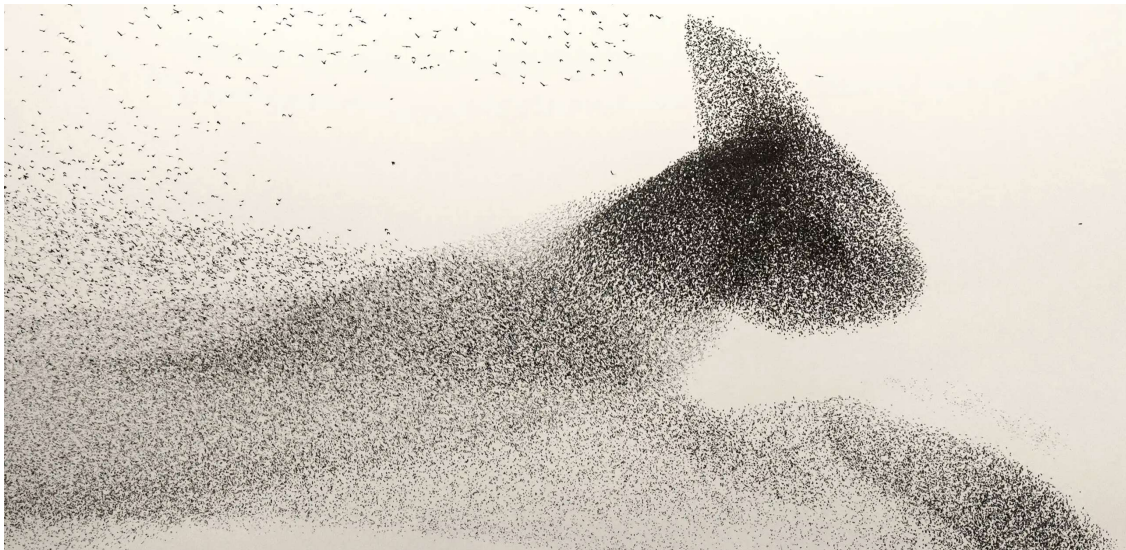
For the first time since 2019, several dozen hopefuls literally threw themselves down a ridiculously steep hill in the west of England, as they tried desperately to catch up to... a seven-plus pound wheel of [cheese](#). That's right, after a pandemic-related hiatus, the [Cooper's Hill Cheese Rolling](#) and Wake was held in Gloucester on Sunday and, for the first time ever, an American woman came away with one of the titles (and one of the wheels of Double Gloucester cheese that everyone was trying to grab).

[Gloucester considers](#) cheese-rolling to be an extreme sport and, after watching some of the clips from Cooper's Hill, it's pretty hard to argue with that description. The tradition stretches back to at least 1826, the date of the earliest written reference to cheese-rolling, but some believe that the races could've been held for hundreds of years before that. [According to](#) the BBC, some of the other annual events on Cooper's Hill included wrestling for a belt, grinning through a horse's collar to win a cake, and a shin-kicking contest.

Watch the crazy video of the men's and women's races and read the rest of this Food & Wine article [HERE](#)

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Starling Murmurations videographed by Soren Solkaer  
More in the story below



## Mesmerising murmurations of Europe's starlings

“It’s such an ephemeral sensation. You know that it’s happening right now, in a second it’s gone and it will never come back, and I find that really fascinating. It’s one of the most exciting things I’ve ever tried. It can compete with seeing Arcade Fire or Amy Winehouse on a big stage at Glastonbury and being on stage with them – I think this is equally exciting.”

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**Life goes by fast.  
Enjoy it. Calm  
down. It's all funny.**

~  
Joan Rivers



Join Rayner Needleman every 1st and 3rd Mondays at 11am for Stretch and Strengthen on Zoom. If it is your first time, register for the zoom link on the Sausalito Village event calendar by clicking on the event and completing the registration. Open to all!

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## Books by the Bay June Events at 100 Bay Street, Sausalito

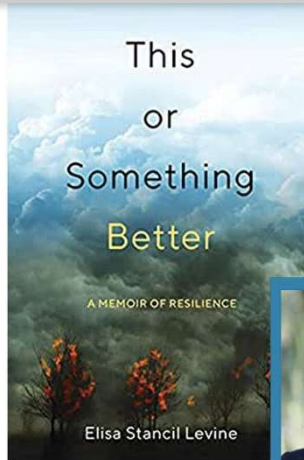


June 13th, 4:30 – 6:00pm

### Community Discussion About a New Cannabis Initiative

Paul Austin & Erich Pearson  
Safe Access Marin

More information at: <https://www.safeaccessmarin.com>

[Subscribe](#)[Past Issues](#)[Translate ▼](#)**June 16th, 6pm****Elisa Stancil Levine*****This or Something Better******A Memoir of Resilience***

Driven by new experiences and personal revelations, this is a beautifully written and inspirational memoir about remaking a life – from abused child, high school drop out and single mom, to successful entrepreneur and a family life full of love.

Elisa Stancil is an award-winning decorative artist, colorist & designer. Stancil Studios is an internationally-acclaimed decorative finishes company.

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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](http://www.carss4you.org) or call (415)944-5474 or [infocarss4you@gmail.com](mailto:infocarss4you@gmail.com)



## **FRIDAY PUZZLE**

**There are two of the word 'the' in the sentence!**

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1.5 hours of Greatest Hits of 1950 & 1960



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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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