



Photo by Ingrid Kreis

Send your Bay Area photos to 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

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world. Please send your contributions by 10 am Thursdays to:

SausalitoVillageTips@gmail.com



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:

Stretch and Strengthen Class - June 20
Beginning Line Dancing - June 21
Intermediate Line Dancing - June 23
Being Mortal Event - Advanced Directives - June 27
SingAlong/Concert - 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

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



The Four Main Factors Driving Gas Prices

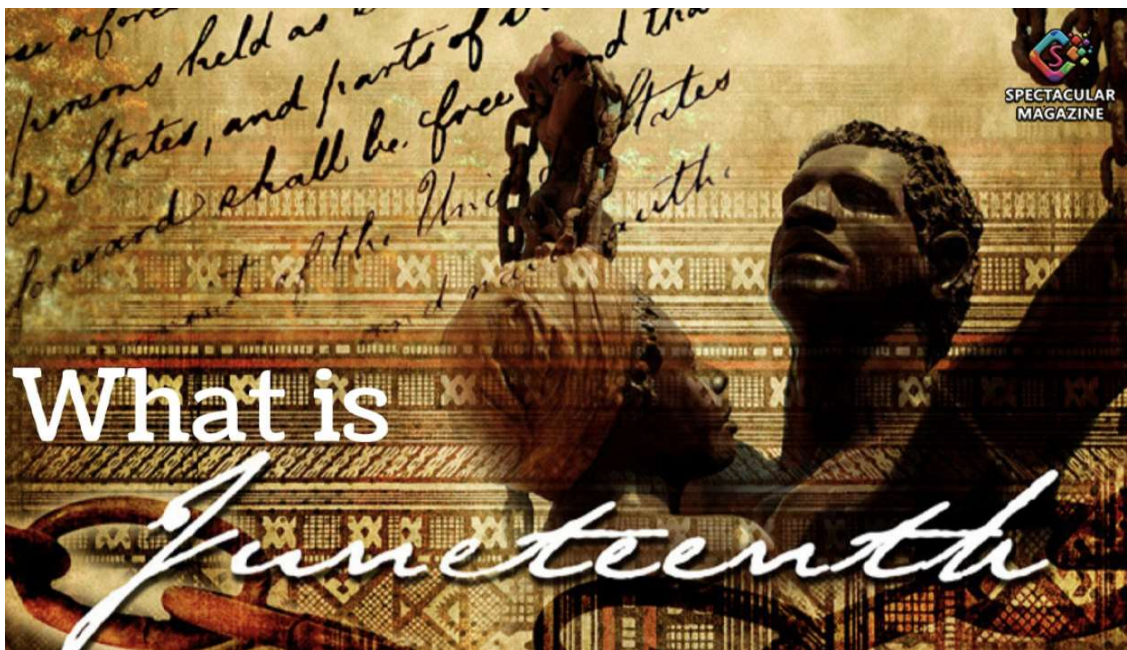
According to the EIA, there are four main factors that influence the price of gas:

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- Taxes (16%)
- Distribution, and marketing costs (16%)

More than half the cost of filling your tank is influenced by the price of crude oil. Meanwhile, the rest of the price at the pump is split fairly equally between refining costs, marketing and distribution, and taxes.

To look at each factor in depth, read the entire article entitled: "Explainer: What Drives Gasoline Prices?" Click [HERE](#)

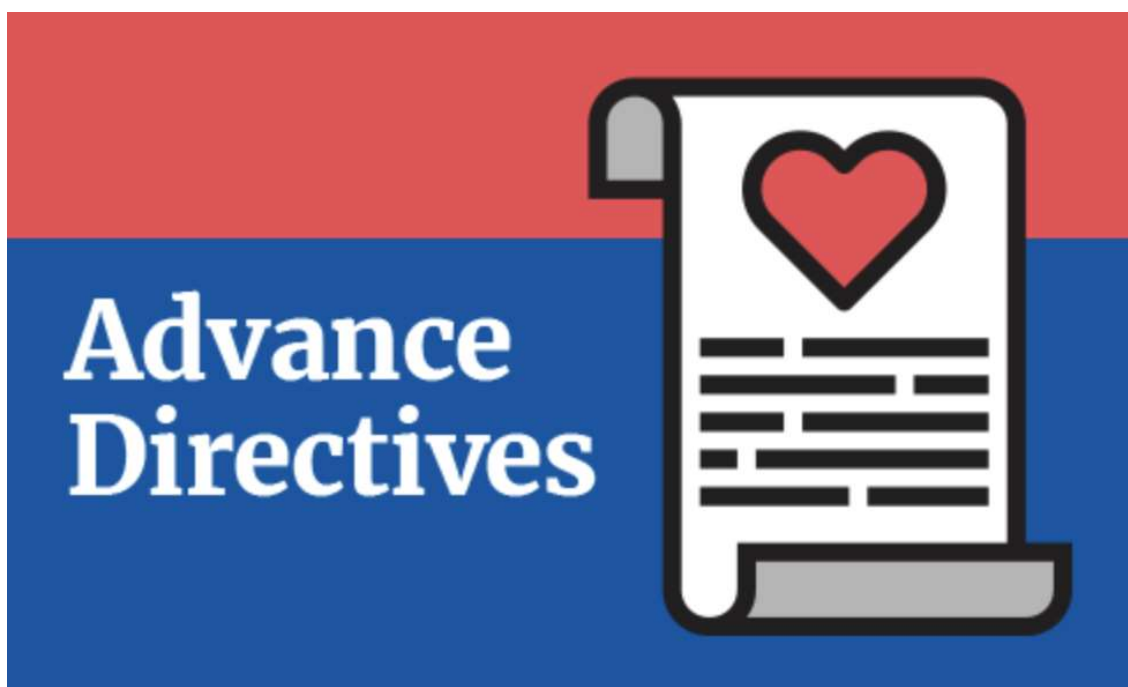


Understanding Juneteenth

Juneteenth (short for "June Nineteenth") marks the day when federal troops arrived in [Galveston, Texas](#) in 1865 to take control of the state and ensure that all enslaved people be freed. The troops' arrival came a full two and a half years after the signing of the [Emancipation Proclamation](#). Juneteenth honors the end to slavery in the United States and is considered the longest-running African American holiday. On June 17, 2021, it officially became a federal holiday.

Read more on History.com [HERE](#)

The Sixth Annual Marin City Juneteenth Community Festival will be held on Sunday, June 19 from 10:30 a.m. until 5:00 p.m. at [Rocky Graham Park](#). Admission is free. There will be two themes at the festival. The stage theme is "Moving Toward the Future." The market theme is "Global Connections." The festival will feature traditional African drumming and other musical performances, horse rides (free for children), free child care with an art and play area, an African marketplace, a Youth Entrepreneur Zone, and a Health and Wellness Zone. A \$150 VIP Pass will include a meal voucher, padded seating area in the amphitheater, waited food service, and valet parking. For more information, please contact Oshalla Diana Marcus at oshalla@mcartsandculture.com or (844) 862-2787.



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BEING MORTAL 2.0: WHO WILL SPEAK FOR YOU?

A DEEP DIVE INTO CREATING EFFECTIVE ADVANCE DIRECTIVES

With Althea Halchuck, Board-Certified Patient Advocate

DATE: Mon 06/27/2022

TIME: 4:00 PM to 6:00 PM

WHO CAN ATTEND: Open to all

RSVP FOR ZOOM LINK:

https://sausalito.helpfulvillage.com/events/3414-being-mortal-2_0:-who-will-speak-for-you%3F

PRICE

Free; donations to FINAL EXIT NETWORK (FEN) welcomed.

ORGANIZERS

Annie Dorsey and Lisa Brinkmann

Althea Halchuck is an experienced and impressively credentialed medical surrogate whose mandate is to ensure that end-of-life wishes are honored by both the named medical proxies and the medical establishment. She will tell us about personality characteristics to look for when choosing a surrogate and why spouses or family members might not be our best choices. She will also use case studies to help us understand our legal rights and show us how to deal with push-back from medical staff.



13 Things You Should (Almost) Never Put in a Text

AARP online

1. Don't report a death. This is especially true if the deceased is someone close to the recipient. A text is no substitute for delivering devastating news face to face or over the phone.

There are exceptions, of course. If the recipient and person who has died have a bit more distance, it might be OK to pass along the news in a text, perhaps with details about memorial services. Apply common sense and consider how you would feel getting such news via text.

2. Don't end a relationship. Breaking up with someone via text is harsh, cowardly, cold and inconsiderate. The dreaded phrase "It's not you, it's me," might come off even worse in a text.

"I do think for the most part breakups should be over the phone or in person, as best they can be," Post says. "At the same time, letting someone you've been on two Tinder dates with know that you're not going to see them again is perfectly fine."

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Don't panic if you're wrong, especially if your relationship is not exactly on solid ground.

4. Go easy on ALL CAPS. Sorry, but YOU'RE SHOUTING AND IT'S RUDE! If you're really that angry, [perhaps you should calm](#) down before sending texts of any kind.

5. Avoid sarcasm. Beyond words, we usually can tell when people are being sarcastic in person by reading the expression on their faces and tone of their voices.

Absent the social cues, conveying sarcasm, or, for that matter, irony, is a lot more difficult in a text, even with visual aids such as smiley faces, winks, and the colorful pictures and [symbols known as emojis](#) that are meant to help you impart a certain mood or idea.

6. Understand emojis. Speaking of emojis, some may have a hidden meaning or slang. That eggplant emoji 🍆 probably isn't really referring to the garden vegetable, nor is the peach 🍑 just Georgia's favorite fruit. While we're at it, this smiling swirl of brown 🍌 isn't soft-serve chocolate ice cream.

Avoid embarrassment and search Google to decode meanings of these and other emojis that are perhaps a bit spicier than what you have in mind. They're frequently not G-rated.

7. Be wary of abbreviations. Most people know LOL as shorthand for "laughing out loud," or "NP" for "no problem." But TBH (to be honest), it could become a problem when you appear to be trying too hard, using abbreviations without much thought or fully understanding their intent. If so, don't be surprised to get a response with SMH (shaking my head) or worse, STFU, which you'll have to look up on your own.

8. Don't write an opus. No one wants to read *War and Peace* as a text. Keep the message concise, so it is not answered with an TL;DR (too long, didn't read).

9. Watch typos. "It" is different than "In," and we all make mistakes texting on the fly. But if you're communicating with an employer, client or customer, take an extra second to read the message before hitting Send. You don't want to leave a sloppy impression.

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rules of punctuation often don't apply. You can find plenty of chatter on social media about how adding a period at the end of a sentence within a text may come across as off-putting or negative.

10. Don't complain about your boss. What did we tell you earlier about sending a text to the wrong person? If you value your job, assume your words can and will be used against you.

11. Don't spread gossip. A reprise: What did we just mention in No. 10? Whomever you're gossiping about may see it, too.

12. Leave out personal data. Insecure texts should not include your birthdate, financial account numbers, passwords, [Social Security number](#), and other personal details that crooks would be licking their chops to get at to spread malware or [steal your identify](#).

13. Consider political ramifications. You're passionate about political issues and may justifiably attempt to persuade friends to join your cause.

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Sausalito Woman's Club Invite You To

**Sing Alone,
Sing Along, or
Just Enjoy the
Singing**

- **Solos & Duets encouraged**
- **Sing Alongs with words projected**
- **Andy Dudnick on piano**

Date:

Every 4th Monday

Time:

3:00-3:30 Socialize

3:30-4:30 Sing

Place:

Campbell Hall

70 Santa Rosa Ave.



Questions? Email SausalitoVillageRSVP@gmail.com

Rides available to all Sausalito seniors with CARSS

(Call A Ride for Sausalito Seniors) 415-944-5474

**Next Sing Along is Monday, June 27th!
Hosts Candace Curtis and Rosalie Wallace
RSVP and let us know you are coming [HERE](#)**



You Need An "If I Go Missing File"

Excerpted from LifeHacker online

The hosts of the podcast Crime Junkie are strong advocates for helping yourself by helping others during a crisis. In other words, they suggest providing useful information to your loved ones to help them locate or identify you should the worst-case scenario happen.

But that's not the only time it will be useful. Suppose your spouse passes away, and they were the one in the relationship who handled all of your finances. In that case, you're going to need easy [access to their usernames and passwords](#) to get into their bank accounts. It will be a lot faster if you have that information at hand than having to go through the stress of providing death certificates to the bank to secure access. Providing this trove of data for your loved ones will make their lives a lot easier in the wake of your passing.

Though what you include might vary based on your personal circumstances, here are the essentials to consider:

- Recent photos of yourself, as well as copies of your driver's license, and your passport
- Vehicle information, such as license plate, make and model, year and color
- Health information, like blood type, medications, and health conditions

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- Physical data, such as your height, age, hair color, eye color and birth date
- Social media profile information
- Bank account details
- A breakdown of your daily schedule
- A list of places you visit frequently
- Names of family, friends, coworkers, and significant others and their contact information
- Handwriting samples and fingerprints
- Written permission for someone to use your file or folder to help find you in the event of an emergency

In essence, the more information you include about yourself, the more helpful it will be for anyone trying to help you during a crisis.

Read the entire story [HERE](#)



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

FRIDAY PUZZLE

Try these!

1. **Riddle:** What question can you never answer yes to?
2. **Riddle:** What is always in front of you but can't be seen?
3. **Riddle:** There's a one-story house in which everything is yellow. Yellow walls, yellow doors, yellow furniture. What color are the stairs?

Answers at the end of the newsletter



Add it to your July Calendar - Wednesday Night

Wednesday Night Live returns to Caledonia Street on **Wednesday, July 6** with live music from 5:30 to 7:00 p.m. at the Pine Street intersection adjacent to the outdoor tables on restaurant row. For the July concert, Sausalito-based vintage jazz band [Davey Jones and the Hot Clams](#) will be playing and singing hits of the '20s through the '50s. Wednesday Night Live is produced by the City's Economic Development Advisory Committee, in partnership with the City of Sausalito and local restaurants and merchants.



10 Iconic Fashion Pieces Named for People or Places

Excerpted from How Stuff Works

DENIM

Believe it or not, this one's a twofer. The term denim has roots in southern France, where twilled wool called serge was manufactured in the town Nimes. The product was known as "serge de Nimes," but in the late 1600s, English speakers began combining "de Nimes" into one word. By the mid-1800s, Americans were using the term to talk about the cotton fabric we now know as "denim."

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made a name for itself by producing pants from a twined cloth called "fustian." French people began calling the trousers "jane fustian" (aka, Genoese fustian), and by the early 1800s, good old English speakers had condensed the terms into the shorthand "[jeans](#)" [source: [Kelly](#)].

TUXEDO

The history of the [tuxedo](#) is just as posh as you'd expect. The name tuxedo dates back to the late 1800s, when wealthy men in Tuxedo Park, New York, began donning the black and white ensemble [source: [Etymonline](#)]. At that time, Tuxedo Park was a residential club made up of rustic mansions that required white-tie and tailcoats as the dress code for its annual autumn ball. Apparently, millionaire James Brown Potter brought back the concept of semi-formal dinner jackets after visiting Britain and once he debuted the look back in NYC, it picked up popularity and was dubbed, a tuxedo jacket [source: [Loveland](#)].

Read the rest of the story [HERE](#)

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Pull Out Your Red White and Blue!!

JOIN SAUSALITO VILLAGE IN THE 4th OF JULY PARADE!

Walk, Bike, Ride...

Anyway you want, just make sure to come and be part of the fun!

We will start at SV Member, Charlotte Mastrangelo's house where she provides coffee, juice, donuts and more in the backyard along with wonderful Ukelele musicians!! Our group will depart right from in front of her house just before 10am.

WHEN

9 a. m., Monday, July 4th

WHERE

Meet at 105 Third Street (Between Valley and Main)

RSVP to:

SausalitoVillageRSVP@gmail.com

NEED A RIDE?

Let us know when you register by writing in the comments section OR Call Wendy by 5:00 Friday, June 1st at (415)332-3325



HOPE YOU CAN JOIN US IN THE PARADE!

NEEDED: Drivers with convertibles

Email SausalitoVillageRSVP@gmail.com if you can lend your convertible or better yet, drive in the parade!



How psilocybin, the psychedelic in mushrooms, may rewire the brain to ease depression, anxiety and more

Excerpted from CNN online

[Small clinical trials](#) that have shown that [one or two doses of psilocybin](#), given in a therapeutic setting, can make dramatic and long-lasting changes in people suffering from treatment-resistant major depressive disorder, which typically does not respond to traditional antidepressants.

People with depression or anxiety often have low levels of serotonin, as do people with post-traumatic stress disorder, cluster headaches, anorexia, smoking addiction and substance abuse. Treatment typically involves selective serotonin reuptake inhibitors, or SSRIs, which boost levels of serotonin available to brain cells. Yet it can take weeks for improvement to occur, experts say, if the drugs even work at all.

With psychedelics such as psilocybin and LSD, however, scientists can see changes in brain neuron connectivity in the lab "within 30 minutes," said pharmacologist Brian Roth, a professor of psychiatry and pharmacology at the University of North Carolina at Chapel Hill.

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people currently on SSRIs -- the receptors in their brains are already flooded with serotonin. People diagnosed with bipolar disorder or schizophrenia, or who have a family history of psychosis are always screened out of clinical trials, said Frederick Barrett, associate director of the Center for Psychedelic and Consciousness Research at Johns Hopkins.

Our hope is that we can use this information to ultimately make drugs that mimic the benefits of psychedelic drugs without the psychedelic experience," Roth said.

"What if we could give people who are depressed or suffer from PTSD or anxiety or obsessive-compulsive disorder a medication, and they could wake up the next day and be fine without any side effects? That would be transformative."

Read entire story [HERE](#)



TONIGHT

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Sausalito Jazz and Blues by the Bay

Gabrielson Park, 6:30 - 8:00pm

More info [HERE](#)



Louis Armstrong's "What A Wonderful World It Would Be"



New Zealand considers taxing cow and sheep burps to combat climate change

Excerpted from Yahoo News

The government of New Zealand has proposed a novel way of fighting climate change: charging farmers for the burps, farts and waste of farm animals.

New Zealand is a progressive, eco-friendly country, but also a land where sheep and cattle both outnumber people.

Sheep, cows and other livestock contribute to climate change in various ways, including by grazing on land that was clear-cut to make room for them and by eating grains grown where forest once stood. But they also create planet-warming emissions directly, as a byproduct of their digestion, which releases methane — a powerful greenhouse gas.

Methane is the second-most prevalent greenhouse gas after carbon dioxide, and the majority of methane emissions come from human activity. Since methane causes much more warming than carbon in the first few decades after it is released, but then dissipates in the atmosphere more quickly, clamping down on methane emissions is essential to averting catastrophic climate change, according to the Intergovernmental Panel on Climate Change. President Biden and the European Union [unveiled a global effort](#) to cut methane emissions at

Read the entire story [HERE](#)



Did you know that Marin County currently has LGBTQ-led programs specifically for older adults? Two Zoom groups/week, a monthly in-person group, an information-and-resource-packed newsletter, a monthly mixer at Marin Joe's, a men's brown bag lunch, and links to other senior events organized by grassroots groups in Marin. Would you like more information or to speak with someone one-on-one?

Please contact, **Bill Blackburn, LGBTQ+ Senior Program Manager**, at bblackburn@thespahrcenter.org.

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Marin City Thursday MARKET DAY

- FRESH FRUIT & VEGGIES
- ROLLING ROOTS TRUCK
- VENDORS with merchandise for sale

WHEN: Every Thursday, 1pm-5pm

WHERE: Marin City Senior Center, 630 Drake Avenue

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NO CLASSES IN JULY!

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!



FROM THOSE OF HUMANS

Every fingerprint is unique, but that doesn't mean they're easy to tell apart — especially since humans aren't the only species that's developed them. Chimpanzees and gorillas have fingerprints too, but it's actually koalas— far more distant on the evolutionary tree from humans — whose prints are most similar to our own. This was first discovered by researchers at the University of Adelaide in Australia in 1996, one of whom went so far as to joke that “although it's extremely unlikely that koala prints would be found at the scene of a crime, police should at least be aware of the possibility.”

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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

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- 
01. Perfect
 02. Just The Voy You fire
 03. Despacito
 04. Love Me Like You Do
 05. Something Just Like This
 06. Girl Like You
 07. See You gain
 08. Hello
 09. Havana
 10. Let Her to
 11. Thinking Out Loud
 12. River flows In You
 13. Canon in D
 14. Hallelujah
 15. A Thousand Years

3 hours of cello music



FRIDAY PUZZLE

Answers

Riddle #1: Are you asleep yet?

Riddle #2: The future

Riddle #3: There aren't any—it's a one-story house.



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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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