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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 on events from around the village, virtually, and around the world. Please send your contributions by 10 am Thursdays to:

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:

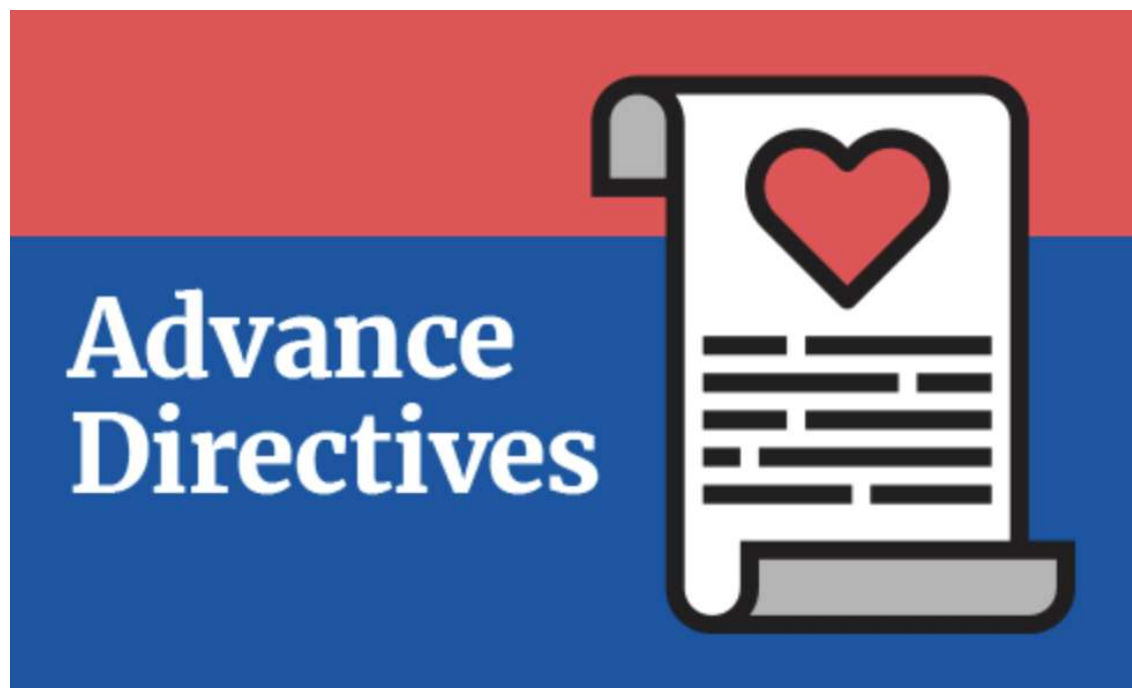
Being Mortal Event - Advanced Directives - June 27

SingAlong/Concert - June 27

Beginning Line Dancing - June 28

Intermediate Line Dancing - June 30

4th of July Parade!



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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.

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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](#)**



Organization of Your Bookshelves Tells Its Own Story

The complexity of the human heart can be expressed in the arrangement of one's books.

By [Leslie Kendall Dye](#)

Excerpted from The Atlantic

My father loved books more than anything else in the world. He owned about 11,000 of them at the time of his death, in March of 2021, at 83 years old. There were books in his living room and bedroom, books in the hallways and closets and kitchen.

Sometimes I stop in the center of my own home like a bird arrested in flight, entranced by the books that line my walls. I live in a small Manhattan apartment, and I, too, have books in the living room, the bedroom, the hallway, the closets. Often, I stare at them because I'm puzzling over their geography. I wonder if I've placed any book in the wrong spot, according to an emotional map I've made of my bookshelves. As I gaze at the titles, the associations come tumbling out. Tennessee Williams's [Memoirs](#) is next to a biography of Patrick Dennis called [Uncle Mame](#), because Williams and Dennis had many things in common: Pathos. Cruel fathers. Spectacular female characters. [A Dictionary of Yiddish Slang & Idioms](#) is next to [Heartburn](#) because, however secular Nora Ephron was, her humor

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between [Time and Again](#) and [Rosemary's Baby](#), because like now, they form a triumvirate of fantasy stories that have nothing in common save my personal opinion that they are the finest of their genre. (Many would argue that *Rosemary's Baby* belongs in horror, not fantasy, but my system allows for the blurring of these lines.)

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



Can't Sit Still to Meditate? Try a Walking Meditation Instead

If sitting still isn't for you, a body-centered technique may be the mindfulness hack you've been looking for. Enter walking meditation.

LIVESTRONG.COM talked to [Marlena Lambert, LMT](#), a somatic educator, as well as Ash Wix, a yoga teacher and founder of Out Together, to learn all about walking meditations and how to do them.

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Lambert says a good way to kick off your walk is to focus your attention on your body.

"I start with a standing body scan," Lambert says. "The awareness of posture, the awareness of connection of feet to ground — it starts with that awareness of the body and standing. Then I shift weight from front to back, heel to toe, side to side, one foot to the other."

2. Focus on Each Movement

From there, you can turn your attention to your movements.

Being aware of your body during a walking meditation is a very different experience than taking a walk, Lambert says. Rather than going into autopilot and letting your legs do their thing, a walking meditation involves attention to the details.

"Take slow, intentional steps, feeling the movement in each part of your body as you lift your foot and shift your balance onto the other," Wix says. "Feel the ground on the sole of your foot and the texture and temperature of the earth beneath you."

3. Try Breathing Exercises

Once you get the hang of the movement, you can tie it to your breathing practice.

"You can bring in a [breathing meditation](#) like [inhaling] for one foot and [exhaling] for the other," Lambert says.

4. Tune in to Your Senses

You might find it hard to turn off the chatter in your brain — and that's normal.

Wix has some tips to help you quiet that voice and focus on your walk:

"Start by intentionally committing to letting any thoughts that come through your head pass by for the duration of the walk," Wix says.

"Focus on one sense at a time: Look around you, taking in the whole landscape and letting your vision go soft."

Once you've observed the scenery, you may want to close your eyes and listen to the sounds around you, "including those that seem

experience as wind and bird song," Wix says.

Next, pay attention to what you can smell so that each of your senses is engaged.

5. Take It Slow

The point of doing a walking meditation is not how fast you can do it — it's to keep your awareness in the present and away from the past or future.

The best way to do this? "Go as slowly as you can at first until you are able to take in all these senses at once," Wix says. "Keep breathing. Keep practicing. Once you have that flow, you can bring that practice to any activity any time you need a break from distracting thoughts."

Read entire story at Livestrong.com [HERE](#)



Memory Café Returns!

We are delighted to announce that Memory Café will return at the end of July. This weekly gathering is attended by individuals experiencing memory loss, along with their care partner—spouses, family members, friends, or professional caregivers. The gatherings are intended to

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care, with activities (games, books, etc.) and more, designed to engage and offer social interaction for both simultaneously.

Memory Café will meet weekly in San Francisco and Marin.

To learn more, please contact Alana Goldscheid at memorycafe@jfcs.org or 415-449-3849.



Medicare Should Have Gone on Shark Tank

MorningBrew.com

Medicare could have [saved \\$3.6 billion](#) in a single year if it bought its drugs from Mark Cuban's newly launched pharmacy, a new study from Harvard Medical School researchers concluded.

The paper, published in the *Annals of Internal Medicine* on Monday, said that Medicare's drug program (Part D) is overpaying for generic drugs by being forced to navigate a complex web of pharmacies and private health insurers instead of buying them straight from the source, like Cuban's firm does. The government isn't allowed to do that, though.

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Company, the online pharmacy buys generic drugs directly from manufacturers and sells them after adding a 15% markup, \$3 fee for labor, and \$5 fee for shipping. It has more than 400,000 account holders and offers more than 300 generics, according to the WSJ.

That model, when compared to the Medicare maze, resulted in some stunning price discrepancies, the researchers found. While Medicare paid \$160 for a 90-day supply of acid-reflux treatment esomeprazole, it could have gotten it for \$17 from Cuban's pharmacy.

Bottom line: "There are some serious inefficiencies in the pharmaceutical supply chain," said the study's lead author, Dr. Hussain Lalani.—*NF*



Virtual Tour of the National Constitution Center: Signer's Hall Philadelphia - Hosted by AARP

Looking for something creative to experience with your friends and family while staying safe at home?

Join AARP Pennsylvania for a free virtual tour of the National Constitution Center and walk alongside the signers of the U.S. Constitution!

AARP membership is not required.

A virtual experience for culture and history lovers of all ages. This

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Philadelphia to sign the Constitution on September 17, 1787 and meet Benjamin Franklin, Alexander Hamilton—and of course, George Washington! In this signature museum experience.

Monday, Jun 27, 2022

From 1:30 p.m. to 2:30 p.m.

[CLICK HERE TO REGISTER](#)

AARP will provide the link to all registrants 24 hours before the start of the event. Register by clicking the link above.



**Marin County Fair Returns, June 30-July 4,
with Fun for Everyone**

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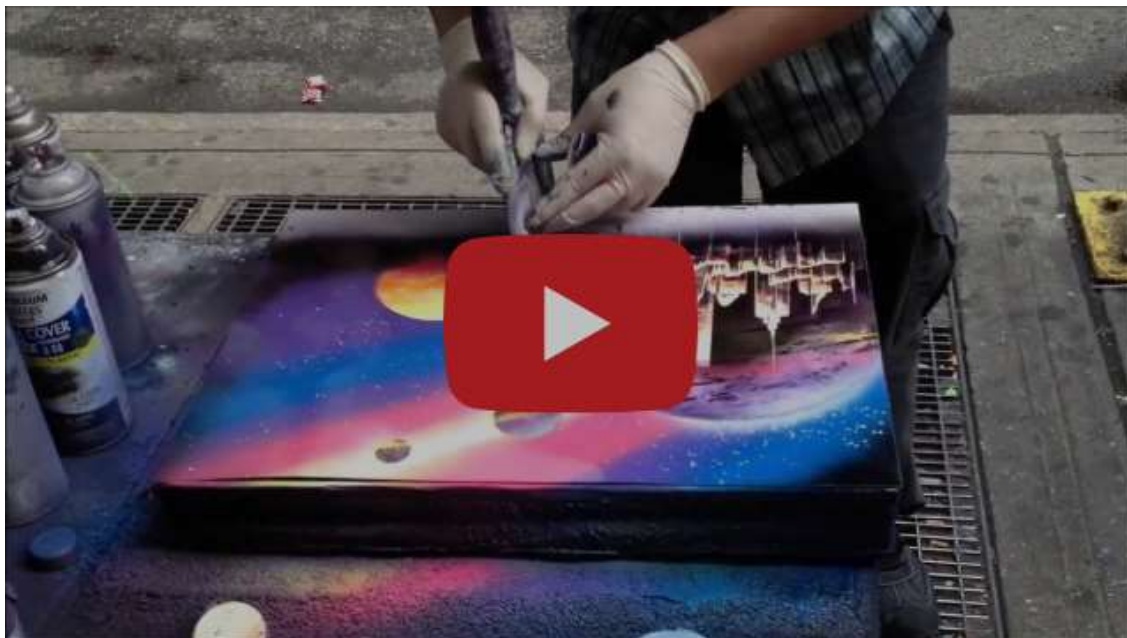
Renowned for presenting world-class music, the Marin County Fair will have a stellar lineup of bands every night June 30 through July 4, all free with the price of general admission.

The 2022 fair will focus on outdoor entertainment including the [headline concerts](#), performers roaming the grounds such as jugglers, unicyclists, and stilt walkers, and interactive art experiences for fans of all ages. Returning fair favorites will include traditional carnival rides, the Global Marketplace, the Barnyard, food and drinks, and fireworks every night over the Civic Center's Lagoon Park. The always-popular competitive exhibits program will take place online as it did in 2021. Entry information is available at [MarinFair.org](#).

[Discounted fair tickets](#) are still available for adults and teens through June 29. The fair is a one-price gate featuring 28 carnival rides, exciting exhibits, spectacular firework displays, first-rate concerts and exciting attractions are FREE with gate admission. Advance tickets are available online only at [MarinFair.org](#). Reserved concert seating in a special section is \$60 per person and includes fair admission.

Special Admission Day, June 30:

Tickets for children 12 and under and seniors 65 and over are admitted FREE.

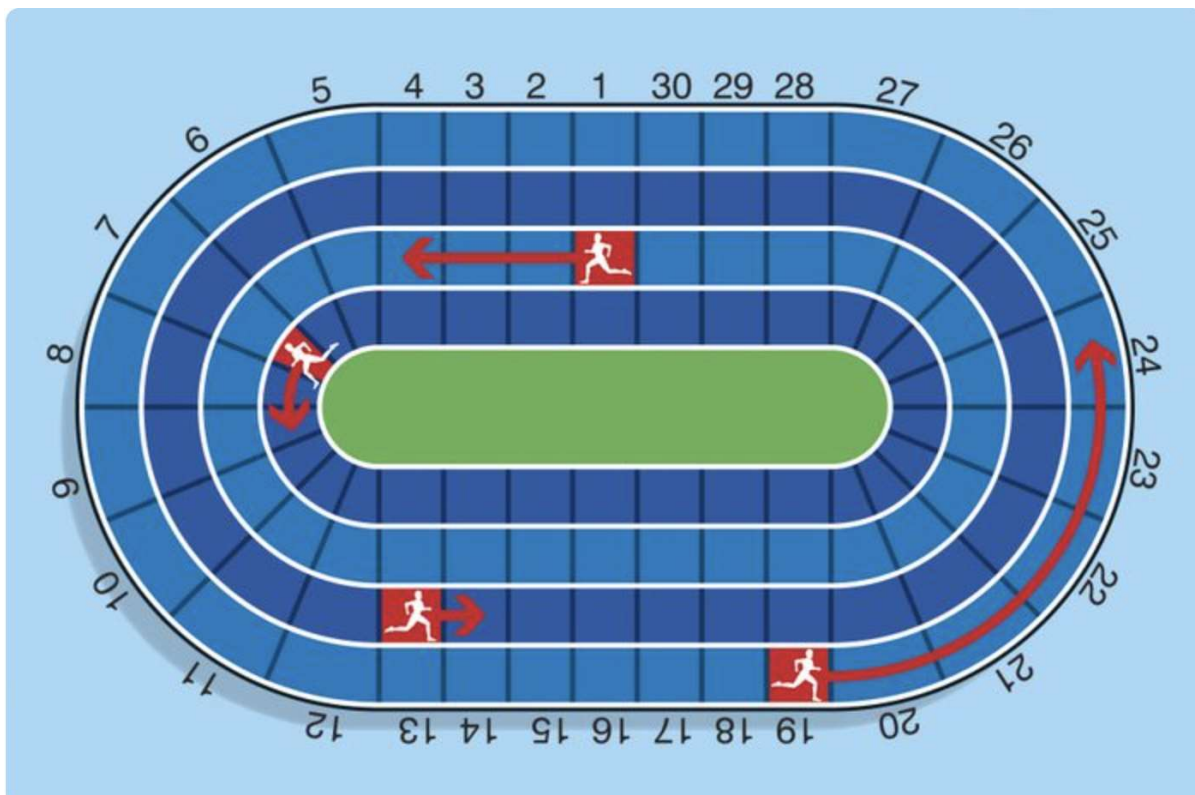


Amazingly fast spray paint artists

FRIDAY PUZZLE

Track and field

If each of these runners travels the indicated number of spaces in the same amount of time, at which numbered spot will all of the runners be next to one another? (answer at end of the newsletter)



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Line Dancing is So Much Fun! Join Us!

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

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 who reminds us most people associate line dancing with country, but it originated back in the folk dance era, and became popular in the 70's with the Hustle. It's since gone through various phases and formats, and regionally, reflects the styles and music preferences of those who continue the love of dancing without needing a partner. Laurie's choices for the class will be a mix of R&B, funk, Latin, pop, disco, gospel, jazz, and international. No pressure, just good fun!

WHEN: Tuesdays 10:00am-11:00am for Beginners
Thursdays 4:00pm-5:00pm for Intermediate

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](#)

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grade mask



Add it to your July Calendar - Wednesday Night Live! on Caledonia Street

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.

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Cookbook celebrates Marin City's grandmothers

Excerpted from Marin IJ, Read entire article and recipes [HERE](#)

“When I first started working here, I hadn’t known all about this rich history of Marin City. I first started connecting with a lot of the grandparents. They reminded me of my grandmother,” she says. “These women had endured so much, coming over from the South and parts of the Midwest and coming out here to make a new life and keeping their traditions.”

And like her grandmother, they had stories and wisdom and, as important, they had recipes. They weren’t necessarily fancy recipes; instructions are more “a little this or a little that” than exact measurements and often based on whatever was available at the time, but they were recipes that nourished their loved ones as well as their community. Recipes like Amanda Harris’ Famous Liver and Onion, Bea Johnson’s 7-Up Cake, Conchitta Sibbaluca’s Lumpia, Annie

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“As I reflect on my own life history growing up in the South, these women are my tradition,” Gaston writes in the book’s introduction.

“They live in me. They are the dynasty of Marin City. They are to be forever revered. They are the leaders in the family for several generations. They are the strength of our community.”

Gaston is hopeful the cookbook resonates with everyone’s memories of the love and nourishment they found at their grandmother’s table, and “to understand the legacy of these Marin City grandmothers, to understand Marin City, to look at the beauty, to look at all these beautiful women and their treasured recipes.”

Details: “Grandmothers Feed Us Love” (\$25) is available at Book Passage in Corte Madera and through marincity80.com

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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?

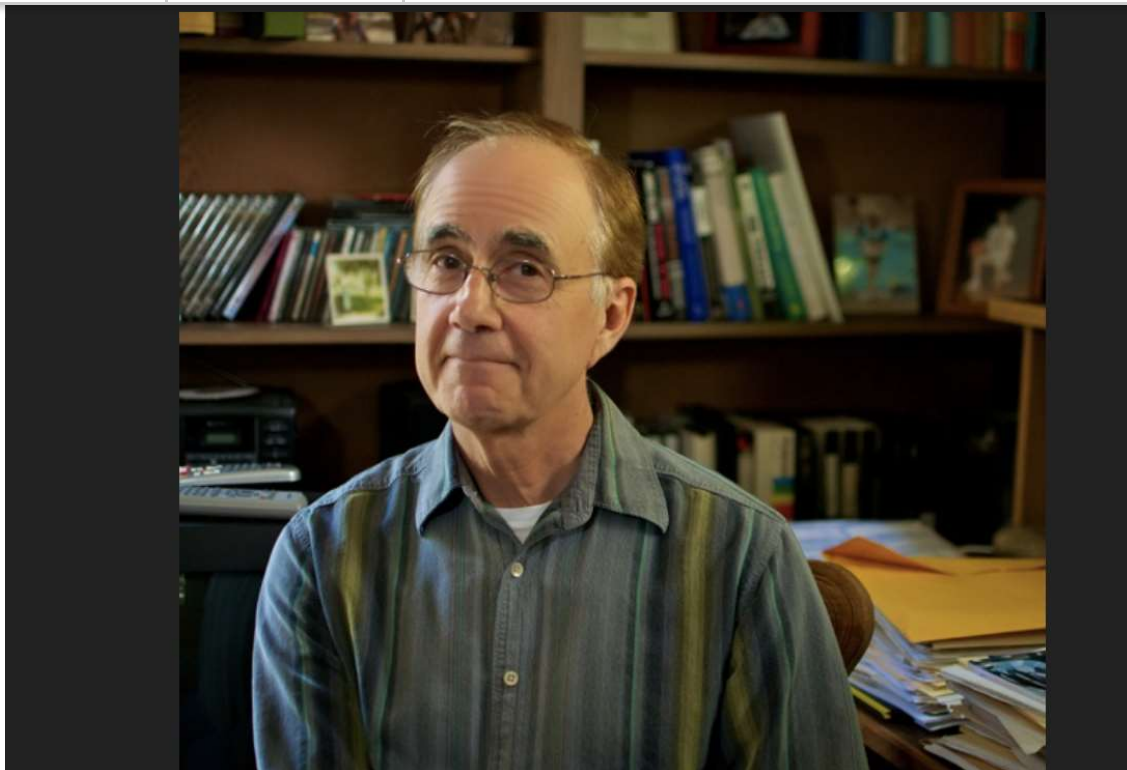
Let us know when you register by writing in the comments section OR Call Wendy by 5:00 Friday, June 1st at (415)332-3325



We hope you can join us in the parade!

NEEDED: Drivers with convertibles or luxury sedans

Email SausalitoVillageRSVP@gmail.com if you can drive some of our members in your car in the parade.



An Ashby Village Arts & Culture Series Presentation

Caregiving: Challenges and Lessons Learned A Conversation with Dave Iverson

When: Sunday, June 26, 2022, 2:00-4:00pm PDT

Where: via Zoom Webinar (registration required)

Dave Iverson was a 59-year-old KQED broadcast journalist and filmmaker when he decided to do something he'd never imagined. He moved back into his childhood home when his 95-year-old mom could no longer care for herself.

Dave's new memoir, *Winter Stars: An Elderly Mother, An Aging Son and Life's Final Journey*, is the story of their 10-year caregiving odyssey, lasting until his mom's passing at the age of 105.

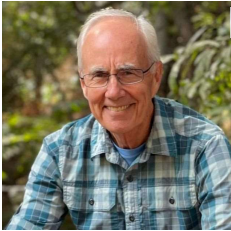
In a live interview with NPR Senior Editor and Correspondent Ron Elving, Dave will talk about his poignant and pathbreaking new book and our growing eldercare crisis.



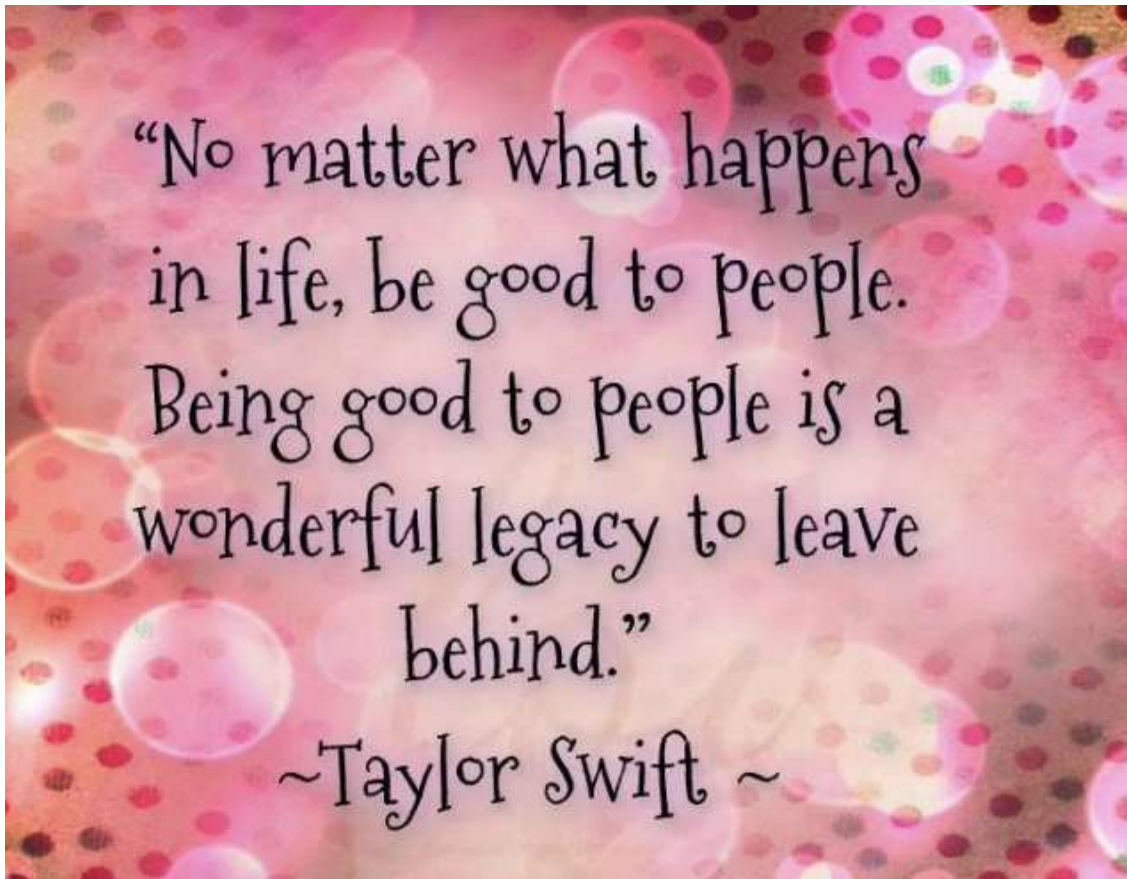
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can be for an intimate, unvarnished conversation about the challenges, choices and unexpected rewards of caring for someone during life's final journey.

Visit tinyurl.com/lversonJune26 to Register



Dave Iverson is an Emmy Award winning documentary film producer and director of over 20 PBS specials. He is a founding member of the Michael J. Fox Foundation's Patient Council. All royalties from Winter Stars go to support Parkinson's disease research and eldercare.



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One hour video of the most amazing yet unusual animal friends



Durable Medical Equipment

Village Members, did you know that the Sausalito Village Healthcare Advocacy Committee keeps a 'library' of durable medical equipment for you to borrow for a short term? .

This equipment includes, a pair of crutches, a walker, a transport chair, a commode, an ice machine, a shower chair and a shower bench.

If this is of interest to you, you can contact MaryKae Krause at 415-332-3554 for more information.

Not a Village member? Or need something different. Don't forget about Marin's Medical Equipment Recylery on 3100 Kerner Blvd in San Rafael. MMER is open ONLY on Wednesday's from 11am-2pm. You can borrow any of their equipment for free. You can also drop off equipment you no longer need that is in good, working, clean condition during their open hours.

Need help picking up or donating the equipment? Call the SV Concierge to help you! A volunteer can drive up and pick up equipment or help you to donate it.

More info about MMER [HERE](#)

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Here is just a sampling of finalist's photos of the Bird Photography of The Year Contest. Click [HERE](#) to see more.



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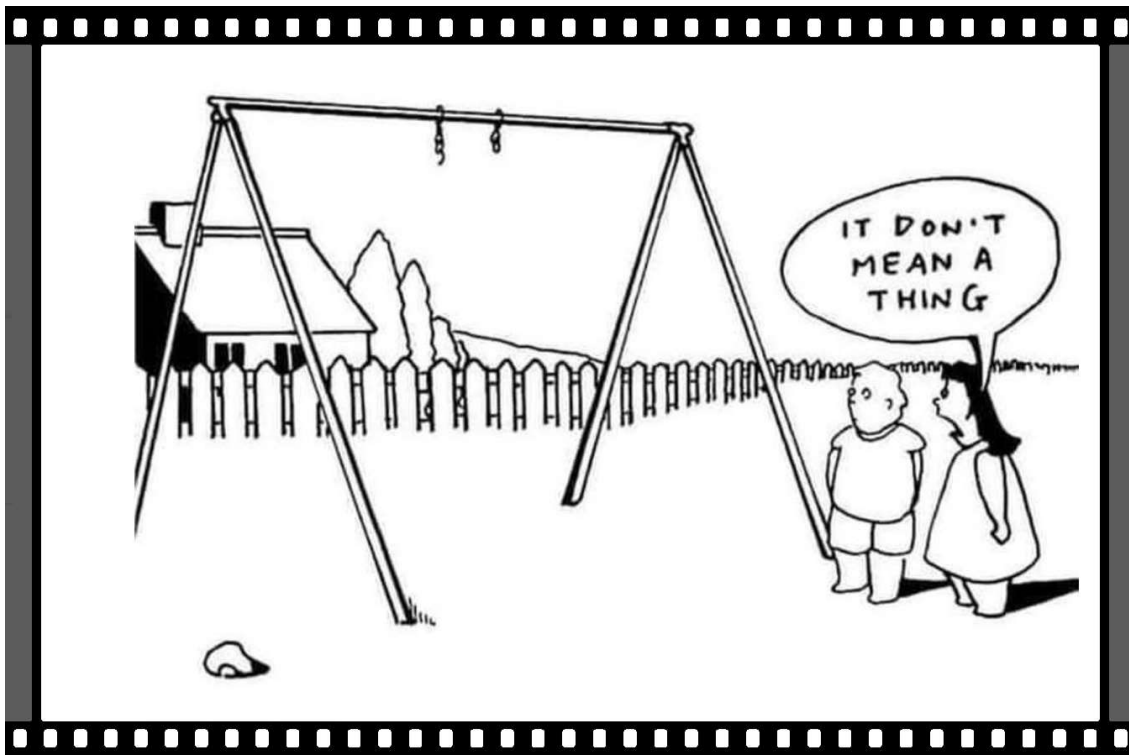
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Marin City Thursday MARKET DAY

- 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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Rayner's Summer Schedule: No classes in July, Next class is August 8th, August 22nd. Then back to the 1st and 3rd Mondays starting in September (yes, on Labor Day).

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!



An 1895 8th Grade Final Exam: I Couldn't Pass It. Could You?

This is part of the eighth-grade final exam from 1895 in Salina, KS, USA. It was taken from the original document on file at the Smokey Valley Genealogical Society and Library in Salina, KS, and reprinted by the Salina Journal. Students were given 5 hours to complete the test.

Read the entire exam [HERE](#)

8th GRADE FINAL EXAM

Grammar (Time, one hour)

1. Give nine rules for the use of Capital Letters.
2. Name the Parts of Speech and define those that have no Modifications.
3. Define Verse, Stanza and Paragraph.
4. What are the Principal Parts of a verb. Give Principal Parts of. lie, lay and run
5. Define Case, Illustrate each Case.
6. What is Punctuation? Give rules for principal marks of Punctuation.
7. Write a composition of about 150 words and show therein that you understand the practical use of the rules of grammar._

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1. Name and define the Fundamental Rules of Arithmetic.
 2. A wagon box is 2 ft deep, 10 feet long and 3 ft. wide. How many bushels of wheat will it hold?
 3. If a load of wheat weighs 3942 lbs., what is it worth at 50cts/bushel, deducting 1050lbs. for tare?
 4. District No. 33 has a valuation of \$35,000. What is the necessary levy to carry on a school seven months at \$50 per month, and have \$104 for incidentals?
 5. Find cost of 6720 lbs. coal at \$6.00 per ton.
 6. Find the interest of \$512.60 for 8 months and 18 days at 7 percent.
 7. What is the cost of 40 boards 12 inches wide and 16 ft. long at \$20 per meter?
 - 8 Find bank discount on \$300 for! 90 days (no grace) at 10 percent.
 9. What is the cost of a square farm at \$15 per acre, the distance around which is 640 rods?
 10. Write a Bank Check, a Promissory Note, and a Receipt._
-

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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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3 hours of soothing Japanese music



Answer to todays puzzle from Readers Digest:

Space 19

At first, it seems like this will take forever to figure out—but, in actuality, the runners will all be lined up after only six “moves”! Make a chart indicating where each runner will be after each “move.” To figure that out, all you really need to do is add! Just add the number of spaces each runner advances—three, two, one, and five—to the number they’re already at, going back to Space 1 after 30. Sure enough, they’ll all reach Space 19 at the same time.

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emergency preparedness, COVID resources,
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newsletters, visit the continuously updated
Sausalito Village [website](#).***

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