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Photo from Fort Baker by Annie Dorsey 'Pink One'

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)



## What's on the calendar?

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community. Please take a moment and peruse the listings. [CLICK HERE](#)

Here are a few highlights:

Every Tuesday/Thursday Line Dancing

July 19 -CHP class: 'Age Well Drive Smart'

July 20 - SV Trip: SF Ferry/Salesforce Gardens

July 20 - Movie Group - "Good Luck to You, Leo Grande"

July 24 - Practice using a fire extinguisher

July 25 - Broadway tunes-themed Sing Along/Concert

July 25 - Being Mortal presentation: Peaceful Death - Another Option?

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CALIFORNIA HIGHWAY PATROL

Age Well



Drive Smart

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**A program for older drivers**

Join us on **July 19, 2022 from 2:00 p.m. to 3:00 p.m.**  
for a presentation designed to help senior drivers:

- **Tune up driving skills**
- **Refresh knowledge of rules of the road**
- **Learn about normal age-related physical changes**
- **And how to adjust to these changes**

**LOCATION:** Sausalito City Hall (420 Litho Street)  
**Edgewater Room**



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**Open to all seniors, free of charge.**

**Register [HERE](#) for the CHP program.**

**Or go to the events page at [SausalitoVillage.org](https://SausalitoVillage.org)**

Your registration helps to ensure that the CHP volunteers have enough printed materials for everyone who attends.

BTW special thanks to SV Member, Walter Lemmermann, who is also the CHP volunteer running this important program.

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## James Webb images: How can NASA's new telescope see back in time to the start of the universe?

Excerpted from UK Mail

What is James Webb?

James Webb is basically a huge telescope in space.

Unlike large observatories on the ground, Webb has been blasted into the cosmos so that it can observe distant objects without having its view disrupted by Earth's atmosphere, which blocks wavelengths of light in the red to mid-infrared spectrum.

This is what makes Webb special, because it detects infrared light at longer wavelengths than can be sensed by our eyes.

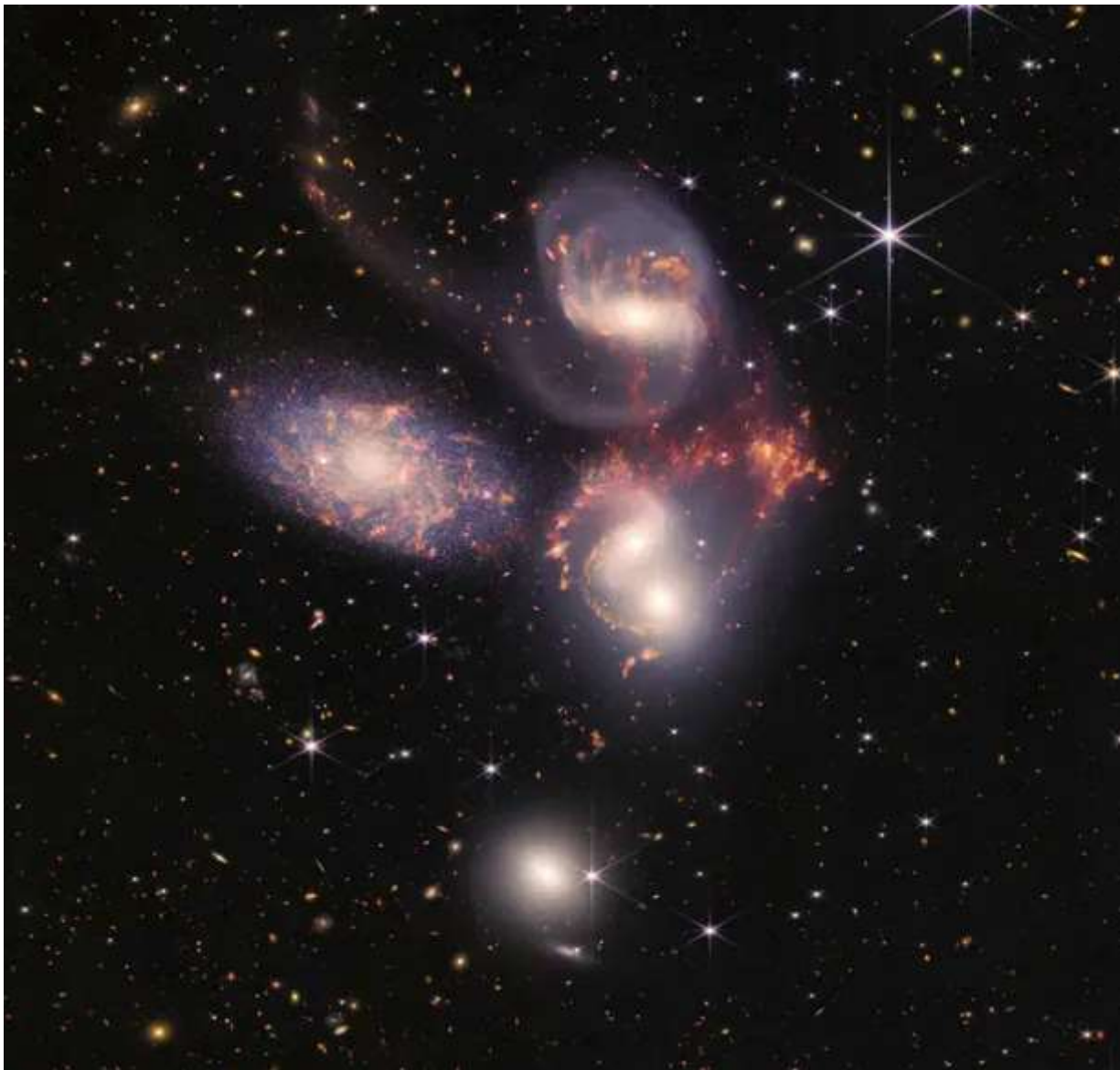
Essentially, as light from the universe's most distant galaxies travels through space, it is stretched by the expansion of space. This means that by the time



wavelengths of visible and ultraviolet light into the longer wavelengths of infrared light.

Only telescopes that can detect infrared light can see the faintest light from distant galaxies and other objects, and therefore make images of them, which is what Webb is capable of doing.

Webb also doesn't orbit Earth, like its predecessor Hubble does, but rather orbits the sun 1 million miles (1.5 million km) from our planet at what is called the second Lagrange point or L2.



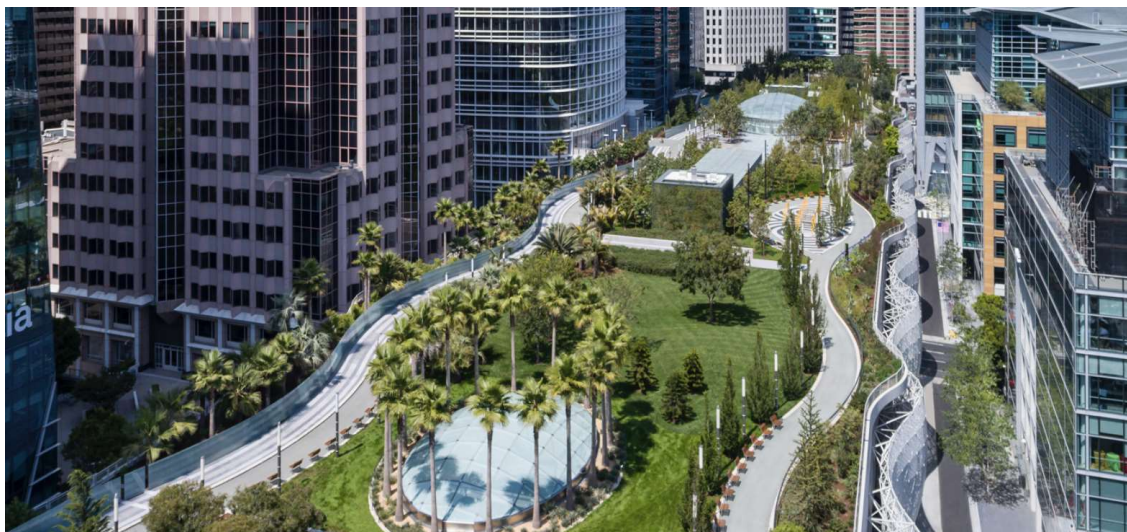
See more photos and read the entire article [HERE](#)

Want more about the JW? Watch these Youtube videos:

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Bloomberg (over 1 mil. views), approx 39 minutes: <https://youtu.be/XvfuxtVr7JY>

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## Sausalito Village Ferry Trip and Docent Led Walk/Tour of Salesforce Park

Wednesday, July 20, 2022, 10:30am- 4:30pm

NOTE: 4 miles of flat walking

Join us for an all day event. We will take the 10:30am ferry from Sausalito to San Francisco and leisurely walk to Salesforce Park. This is approximately 1.5 miles.

Bring a bagged lunch which we will enjoy at the park before we take a guided tour.

The private group tour will be provided by Paul Fisher of City Guides. The tour will begin at 1:00pm and take approximately 1.5 hours.

We will walk back to the Ferry Building(1.5 miles) and stroll around until the 4:00pm departure.

The total price for Members/Volunteers is \$30 which includes the ferry

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15 person maximum for the tour

Comfortable shoes a must! Be sure you are able to walk the distance - 1.5 miles in each direction to and from Salesforce Park plus walking around the park, approximately 4 miles total.

Let us know if you need a ride to/from the Ferry by requesting the ride in the 'comments' section when you RSVP.

RSVP and more info [HERE](#)

(Members who receive SV Membership fee waivers should RSVP by emailing [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com) to ensure discounted amount is charged)

About Salesforce Park: <https://salesforcetransitcenter.com/salesforce-park/>





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Sausalito Village Emergency Preparedness Cluster Program will be providing an opportunity for Members and Volunteers to actively practice using a fire extinguisher.

WHEN: Sunday July 24 at 11 Am

WHERE: In the Van Damme parking lot near Gate 6 Road

Southern Marin Fire Chief Welch will be teaching us how to use a fire extinguisher to put out small fires in our home or cars.

Everyone who attends will get to use a fire extinguisher to put out a small fire.

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## Sausalito Village Movie Group - "Good Luck to You, Leo Grande"

Reverend Paul Mowry and SV Chef Joey Silverman host our monthly Movie Group. Both are graduates of NYU film school, worked in the business in their past lives and are avid film fans. Discussions are always lively!

This month the film will be "Good Luck To You, Leo Grande" starring Emma Thompson.



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The film can be viewed ahead of time if you have a hard time, otherwise, join us at Sausalito Presbyterian Church Hall for a viewing of the film on July 20th at 2pm.

Discussion will be both on zoom, for those who have seen the film and do not want to come in person, and live at the Church Hall July 20th at 4pm.

Here is a link to the IMBD for the film:

<https://www.imdb.com/title/tt13352968/>

Rotten Tomatoes Critics gave it a 95%

RSVP [HERE](#) and write in the comments if you will be coming in person. Thanks!

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**This past winter, more monarch butterflies than the year before flocked to their winter home in Mexico**

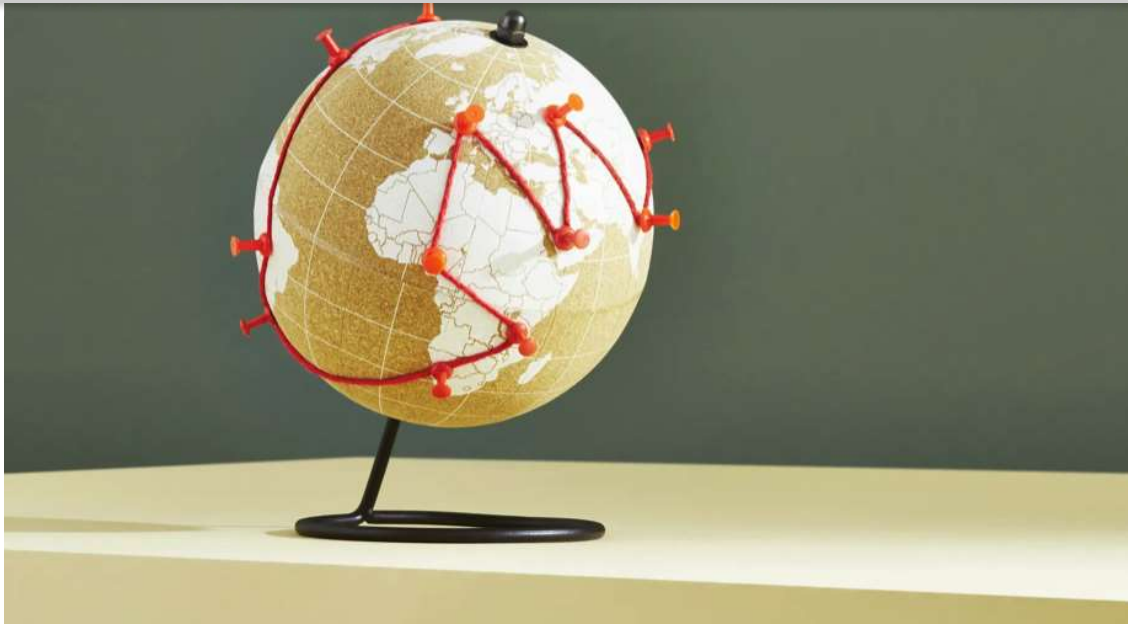
Monarch butterflies are famous for their striking orange and black wings. These beautiful, elegant insects are also renowned for their impressive migratory regimen. Wintering in Mexico, they travel as far north as Southern Canada in the spring. However, as with many other species, the delicate natural rhythms of their migration are threatened by global warming and habitat loss. Thankfully, during the winter of 2021 to 2022, 35% more butterflies congregated in their winter home than in the past year—suggesting a possible path of resilience for the species.

Each October and November, thousands of [monarch butterflies](#) flock to the sheltered, forested mountains west of Mexico City. Typically, they return to northern, cooler climes in March. However, in the 2020 to 2021 season, the butterflies fled in February, suggesting climate change may be altering their pattern due to climate change. Yet in the spring of 2022, the butterflies lingered until April. It is unclear exactly why, but it suggests the species is adapting to a rapidly changing world.

While the butterflies are still at the mercy of climate change, their recently rebounding numbers in Mexico suggest they may be able to adapt their calendar to a changing climate. This past winter, 160,000 tourists flocked to see the magnificent winged creatures gathered in the trees of the butterfly reserves. The butterflies may be adapting—but we humans have to adapt too. Fighting climate change will only make survival easier and surer for this incredible species.

Read entire article [HERE](#)

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## Travel Back in Time With Street View and Map Archives

Excerpted from Wired.com

THE TOOLS AND tech used to map our world are improving all the time, and we take it for granted that we can see any part of the globe in great detail through our phone or laptop screen.

As more data is collected and digitized, another opportunity opens up: being able to take a step back in time—whether one year or a hundred years—to see how a place looked in the past.

Mapping company Esri has put the [World Imagery Wayback](#) portal online, giving you access to historical pictures taken from space. It's not quite the same as standing on a virtual corner looking through Google Street View, but it still provides an impressive collection of images to browse through.

Use the timeline in the top left-hand corner to scroll through the years. As you do so, you'll see a preview of the historical photography shown onscreen. Once you select a date, the entire view will be updated. Data sets are also listed on the left and can be browsed manually if needed.

The interface is similar to most other mapping apps: You can look for a location using the search box at the top of the screen, or the website can attempt to detect your location based on where you're connecting to the internet from, and show you pictures from your local area.

While this archive doesn't have as much yearly data as the others, it's still fascinating to browse through the satellite imagery for the years that are

Read entire article and other historical map options [HERE](#)

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## Being Mortal 2.0 Presents: Peaceful Death: Another Option?

Life Ending Medications - Final Exit Network

Monday, July 25, 5:30pm

Campbell Hall, 70 Santa Rosa Avenue, across from Christ Church

### Peaceful Death: Another Option?

This year marks the 25th anniversary of Oregon's Death With Dignity Act, allowing patients to request -- and physicians to prescribe -- life-ending medications. However only eleven jurisdictions currently have such laws, and some people desiring a death with dignity don't meet states' strict criteria. There exists another potential option: for over 25 years Final Exit Network, which grew out of the Hemlock Society founded by Derek Humphry, has been supporting those who wish to hasten their own deaths. Learn more about this important organization, what it does and how it addresses the needs of potential clients who are not necessarily terminally ill. Presented by Jim Van Buskirk, FEN Regional Coordinator, newsletter contributor, and Death Café facilitator.





## Social Interactions Tied to Sense of Purpose for Older Adults

From Neuroscience News.com

Having positive social interactions is associated with older adults' sense of purposefulness, which can fluctuate from day to day, according to research from the Department of Psychological & Brain Sciences in Arts & Sciences at Washington University in St. Louis.

And although these findings, published in the July 2022 issue of the *American Journal of Geriatric Psychiatry*, apply to both working and retired adults, the research found that for better and for worse these interactions are more strongly correlated to purposefulness in people who are retired.

The research team worked with a group of some 100 adults with an average age of about 71. For 15 days, participants were asked three times daily about the quality of the social interactions they'd had that day. Every evening they were asked to use a scale of one to five to answer the question: How much do you think your life had a purpose today?

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purposeful they reported feeling in the evening. Of note, Pfund said, the study also showed how dynamic a person's own sense of purpose could be.

"Most research on sense of purpose is focused on big-picture orientation of someone being purposeful versus someone being not purposeful," she said. But it turns out, purposefulness may be more dynamic.

Although some people do tend to be generally more or less purposeful overall, Pfund said, "We found purpose can change from day to day. Everyone was experiencing fluctuations relative to their own averages."

The association was much stronger in retired people, the data showed: more positive social interactions showed a stronger association with a higher sense of purpose while more negative interactions were more strongly tied to a lower sense of purpose.

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**Red Dunes of Dubai**

## **Tripadvisor's Most Highly Recommended World Experiences**

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## **Red Dunes Quad Bike, Sandsurf, Camels & BBQ at Al Khayma Camp in Dubai**

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## **Tour of North Shore and Sightseeing in Honolulu**

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## **Natural Pool & Indian Cave Jeep Safari in Aruba**

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## **Rafting the Rio Jacaré Pepira Via Wild Canoe Territory in Brotas, Brazil**

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## **City & Beatles Tour in Liverpool**

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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](mailto:SausalitoVillageRSVP@gmail.com)**

**Rides available to all Sausalito seniors with CARSS**

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

**This month's theme will be Broadway and Hollywood Movies  
hosted by Maria Paterno and Ciji Ware**

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## Important Habits to Keep Your Brain Healthy

Excerpted from Discover Magazine

More and more research is also showing that not only is exercise important for your cardiovascular health, it's equally critical to your cognition. The reason is twofold: For starters, exercise releases good chemicals from the brain including the neurotransmitters dopamine, noradrenaline and serotonin. These chemicals reduce your risk of anxiety and depression, both of which have a negative impact on your brain. What's more, when you're in a better mood, you're more likely, says Benabou, to make positive decisions about what you eat and how you take care of yourself.

Additionally, as with a Mediterranean diet, exercise promotes blood flow to the brain and reduces inflammation in the body, both of which are important for good brain function. When the arteries aren't running as efficiently that means that brain tissue may become damaged.

Beyond diet and exercise, the other big piece of the brain health puzzle is sleep, says Benabou. While we're snoozing, the lymphatic system cleans the metabolites that have accumulated on the brain during the day. "Different types of dementia result in the accumulation of various types of metabolites on the brain and while this is partially genetic and the cause of some brain degeneration, many metabolites can be cleansed from the brain while you're sleeping," she says.

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decreasing the risk for brain injury through conditions such as hypertension, stroke and heart disease,” he says.

Read entire article [HERE](#)

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A graphic with a colorful, low-poly background. In the center is a dark blue rectangle with a white border. Inside this rectangle, the words "FRIDAY PUZZLE" are written in white, bold, sans-serif capital letters. A white horizontal line is positioned below the text.

## FRIDAY PUZZLE

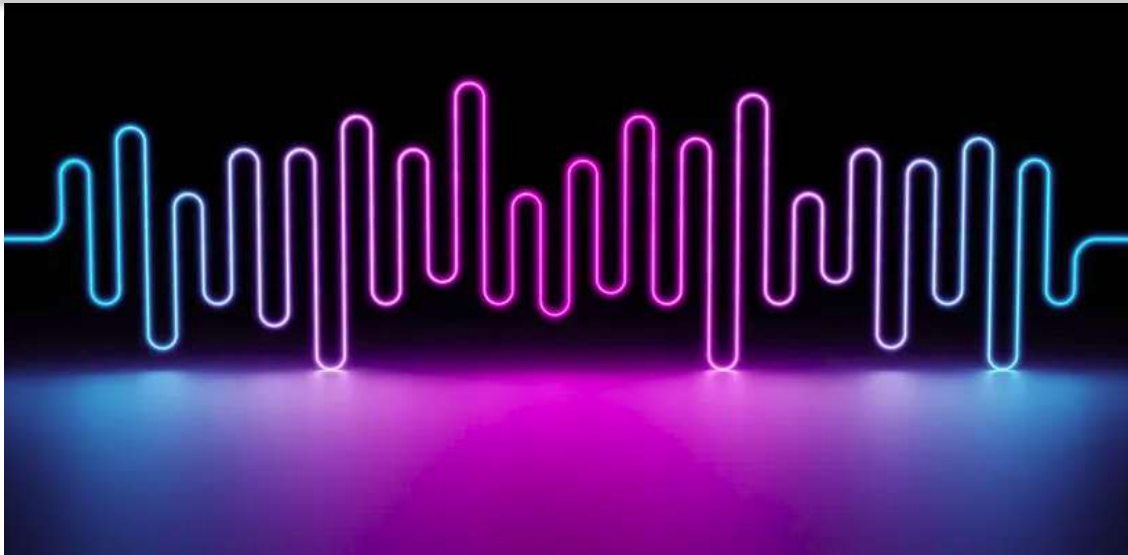
A graphic with a solid orange background. In the center, the equation "abcd x 4 = dcba" is written in white, sans-serif font. Behind the text is a faint, light-colored grid pattern.

$abcd \times 4 = dcba$

**Which 4-digit number multiplied by 4 gives the same number in reverse?**

Answer at the bottom of this newsletter

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## You Know White Noise, But What's Pink Noise and Brown Noise?

Excerpted from How Stuff Works

### White Noise vs. Pink Noise vs. Brown Noise

It's the sound inconsistency (noises going from loud to soft or vice versa) rather than the sound level that tends to wake you up. White noise creates a blanket of sounds that masks this inconsistency. White noise is made up of sounds from all over the spectrum, from low-frequency bass notes to high-frequency chimes. These sounds are all blended together to create a constant stream of soft noise. ("Frequency" refers to how fast the waves vibrate per second, according to the Sleep Foundation.)

White noises occurring in nature include sprinkling rain, gently running water and a breeze sifting through trees, all sounds that humans tend to find relaxing at any time of day.

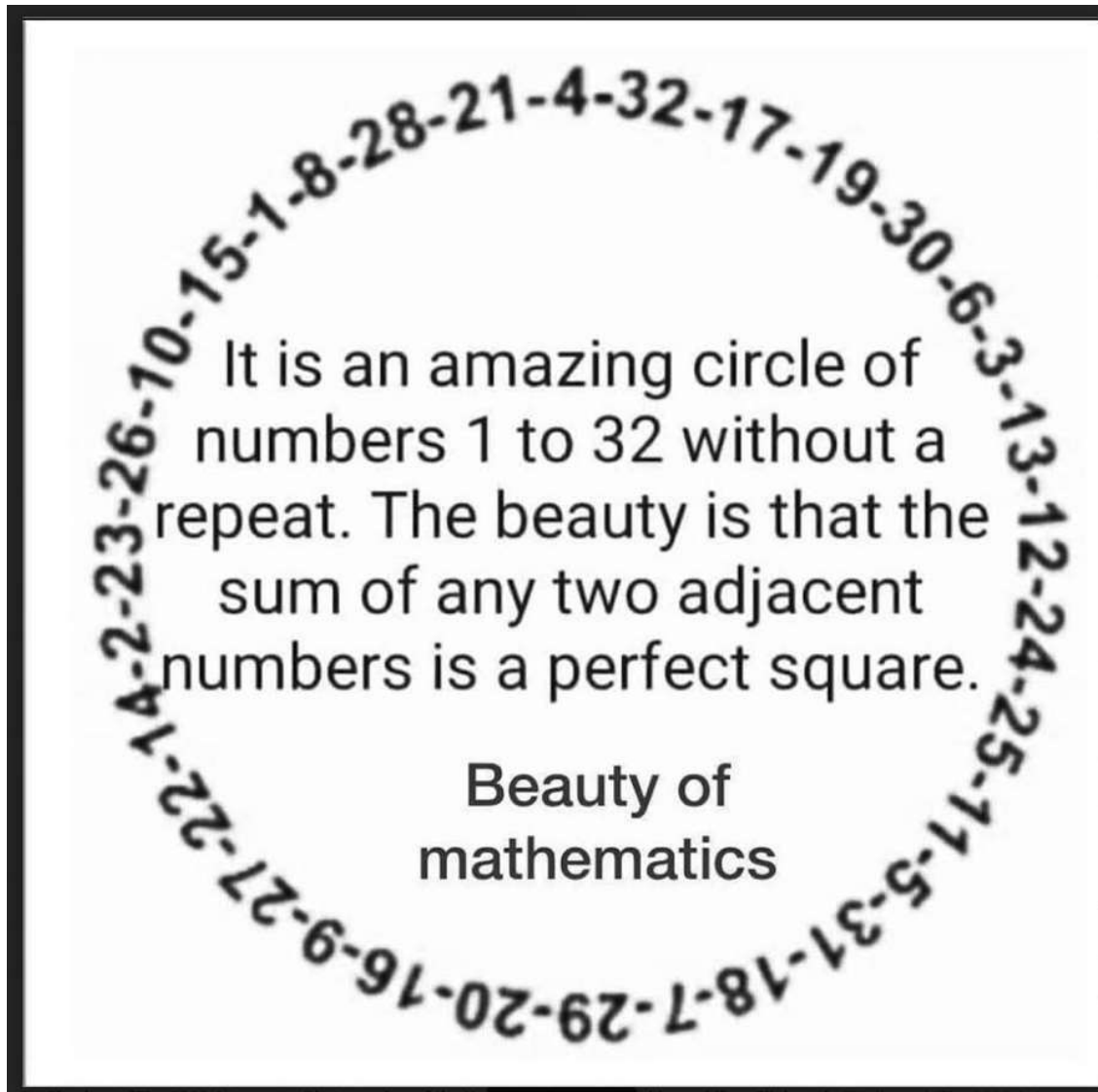
Pink noise is similar to white noise, but it leans less heavily on high frequencies and more on bass and mid-range tones, so it sounds like moderate rainfall or ocean waves. Those who dislike higher-pitched sounds may find pink noise more pleasing to the ear.

Brown noise emphasizes bass notes even further, almost completely eliminating high frequencies from its profile. Natural brown noises can be things like roaring river rapids, heavy rainfall and distant rumbling thunder. This type of noise is named not only for a color, but also for Scottish scientist Robert Brown.

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randomizing formula is used to generate electronic sound, a bass-heavy noise profile results. Brown noise is sometimes known as red noise.

Click [HERE](#) to read the rest of the article and access 8 hour YouTube of each of the color choices



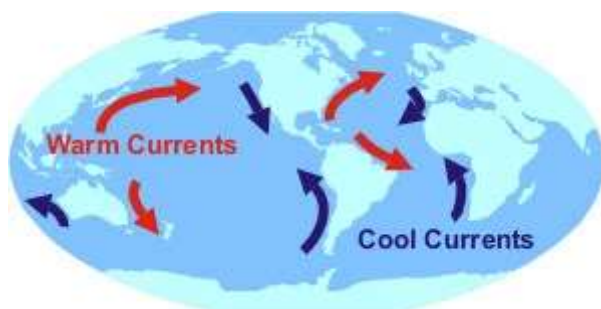




## Why is the water so cold at California beaches?

Experts say two key factors chill the sea even when the sun is shining: The cold California Current, which flows south along the coast from the Gulf of Alaska, and a concept called “upwelling.”

The California Current as a “river of cool air that’s transporting Alaskan water down to California.”



The air is driven, in part, by high pressure that sets up over the Eastern Pacific for long portions of the year. Scientists have found that air moves around high pressure in a clockwise direction, which results in wind that flows from north to south off the West Coast of the

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surface, it pulls the water along in the same direction.

That sends the frigid waters of Alaska down past Washington, Oregon and then California en route to Mexico. If you've swum or surfed at a vacation spot in western Baja California, like Ensenada or Rosarito, you know the water's chilly there, too.

The East Coast doesn't have the same conditions that contribute to our chilly ocean temperatures. The warm Gulf Stream current flows from south to north, bringing warm waters from the Gulf of Mexico and Caribbean Sea up past Florida and along the coast. That warm channel isn't disrupted by the same degree of upwelling, either, letting those who take a dip in the Atlantic Ocean in the eastern U.S. enjoy generally warmer temperatures.

Read entire article [HERE](#)

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Insult comedy gold delivered by Betty White and Joan Rivers, 1982



## We know Greek statues weren't white. Now you can see them in color.

Excerpted from NPR online

Walk through the Greek sculpture galleries of most museums and you'll see pedestal after pedestal of white, marble statues with sightless eyes. That's just how Ancient Greek sculpture was, right?

Nope.

A new exhibit at the Metropolitan Museum of Art in New York scatters recreations of what these statues ACTUALLY looked like throughout its galleries: they're painted in garish colors with multiple patterns.

"For some, it will be a shock," said Max Hollein, the director of the museum. "But one has to understand that our current, whitewashed idea of Greek and Roman antiquity is wrong. It's false."

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excavated in 1888 - it's clear that the architectural segments came out of the ground vibrantly colored. And in museums around the globe, hints of color remain on statues from antiquity.

Yet somehow, that knowledge was lost. Vinzenz Brinkmann, Head of the Department of Antiquity at the Liebieghaus Sculpture Collection in Frankfurt am Main, said when he first started researching polychromy 40 years ago, "no one had interest in this for years, no one collected the clearly visible evidence. Except for me. I collected the evidence like a stamp collection."

Read entire article and watch Youtube of colorization [HERE](#)

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**Marin Villages Pop-Up Thrift Boutique is taking DONATIONS!**

**The time you've been waiting and holding your treasures for has**



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**Northgate Mall. Starting July 13, you can drop off your gently used goods either Wednesdays, noon – 5:00pm, or Saturdays, 10:00am – 4:00pm. The dropoff location is indicated in the image below. It is the back entrance to what used to be H&M, behind Macy's, across the parking lot from Home Goods, and just to the left of Bank of Marin-- between the door to Bank of Marin and the entrance to the mall on that side. The door will be open and there will be a sign outside letting you know you're in the right place!**

**Marin Villages will gladly take women's, men's, and kids clothing & shoes; jewelry; artwork; kitchenware; home décor; linens; and more. Please note we are NOT accepting books, CDs, skis, women's or men's suits, large furniture, or computers and monitors.**

**Please contact Annemarie Clark ([amco0616@gmail.com](mailto:amco0616@gmail.com) or (415) 519-8331) or Sue Steele ([xerty.10@gmail.com](mailto:xerty.10@gmail.com) or (415) 966-6614) with questions.**

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Mentalist Jay Alexander brings his awe-inspiring performance to the Sausalito Center For The Arts for a night of magic, food and drink.

Join us August 4th, 6:00-8:00pm when mentalist Jay Alexander brings his awe-inspiring performance to the Sausalito Center For The Arts for a night of magic, food and drink.

This unique pop-up is a show for these extraordinary times, a shared experience that explores the power of connection through magic, comedy, human lie detection, and psychological illusions. [SEP]

Jay Alexander's Mind Tricks Live! at the Marrakech Magic Theater is the highest-rated show in San Francisco on YELP and TripAdvisor, and this is your opportunity to see it in Sausalito.

Ticket price includes 1 Year Membership to the Sausalito Center For The Arts, located at 750 Bridgeway.

Tickets are limited so get yours now. Purchase [HERE](#)

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Missing Rayner while she is on vacation?

Enjoy this archived Stretch and Strengthen Classes. Regular students will receive a youtube via email. She will return on August 8th, 11am Live on Zoom



**What is a group of pandas called?  
It's an embarrassment!**

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says. The site goes on to explain that there is very little scientific backing or origin of this name as it may have started and been popularized online.

The name comes from the hilariously clumsy movements and lifestyles of pandas. Pandas also have had a dwindling population, in part due to their “lazy” mating process, as wildexplained.com says. Finally, they must eat a huge amount of bamboo every day to gain enough nutritional value, all of which contributes to their reputation for being lazy, says wildexplained.com.

A group of pandas is also called a cupboard of pandas or a bamboo of pandas, according to wildexplained.com.

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# The Best Books for Summer Reading

Special Sausalito Village Event  
with Cheryl Popp

Tuesday, August 2nd  
4 PM

100 Bay Street

Join us for wine & reading recommendations!

10% discount for Sausalito Village Members

415.887.9967 [staff@sausalitobooksbythebay.com](mailto:staff@sausalitobooksbythebay.com)

Need a ride? Call CARSS (Call A Ride for Sausalito Seniors) for your free door to door ride. Reserve by August 1 by phoning 415-944-5474



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## 12 Most Amazing Animal Bridges in the World



## Learn the art of Feng Shui

AARP is offering this upcoming presentation.

RSVP to AARP directly at this link [HERE](#)

WHEN: Tuesday, July 19, 2022, at 4:00pm

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required.

Feng Shui is an ancient Chinese practice that can help enhance the circulation, energy flow, and layout of an environment, including the rooms in a home. It is based on the principle that “everything is energy.” By understanding and applying this art, you can learn to create intentional change and happier spaces in your home.

This event is FREE but registration is REQUIRED.



## **CARSS Program** **(Call A Ride for Sausalito Seniors)**

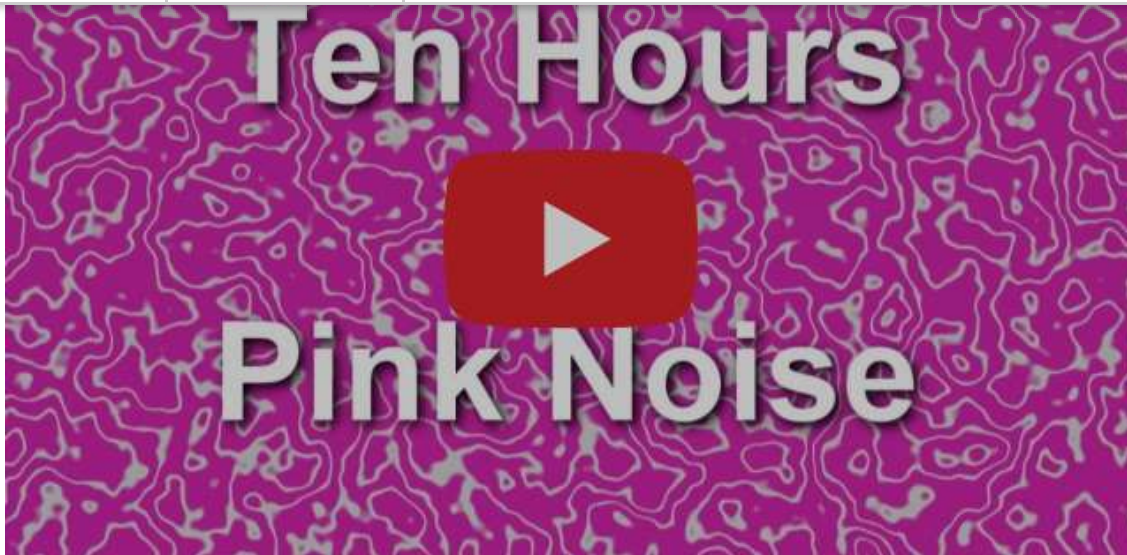
CARSS (Call a Ride Sausalito Seniors) is a City of Sausalito Age Friendly Program for residents of Sausalito and the floating homes community, who are 60 and older. CARSS is managed by Sausalito Village with one goal in mind – to keep older residents connected to the community and safe as they age.

### **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)

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Here is a taste of Pink Noise. See if it helps you sleep.



**Answer to todays puzzle:**

When multiplied by 4, the number 2178 is 8712.



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***For information about our programs, events,  
emergency preparedness, COVID resources,  
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