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Photo by Annie Dorsey

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?

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

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May 7 - Line Dancing workshop

May 7 - Tales of the Trail

May 9 - Dollar Tree/Sprouts trip

May 11 - Mariachi music at Cascais Plaza

May 15 - Stretch and Strengthen with Rayner

May 15 - SV Emergency Preparedness talk with Police



**It's Cinco de Mayo!**



Photo courtesy of Smugmug

## Fire Smart landscaping tips

### UC Master Gardeners Tips

MAY: Maintain plants along exit routes from your home

- Identify the best escape routes to your vehicle and exiting your property.
- Assess the health and condition of the plants along each route. Keep vegetation maintained – pruned back and hydrated.
- Remove dead plant material and plant debris.
- Remove vines on wooden gates, near doors or windows.
- Remove or move jute doormats, wood planters, outdoor furniture, and other combustible materials from your exits.
- Replace wood gates, arbors, or trellises along your exits with non-combustible materials.

locations when you evacuate. This alerts fire personnel that you have left the property. (Check with your local fire department for signs.)

- Help make your hose locations obvious for fire personnel



## **NEW DATE: Monday, May 15th, 3pm**

This important meeting, which had to be rescheduled, will now take place next month. All SV Members, please mark your calendars and RSVP.

SV Members, register [HERE](#)

SV's Emergency Preparedness Committee has invited our Police Department to teach us how to stay safe in our community. Officers Nick White and Sean Smalgski will be covering:

- What are the most common 'crimes against persons'
- How to avoid purse snatchings and muggings

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- What are the best practices to keeping ourselves safe when out and about

Members will be seated with others in their Neighborhood Group. One more opportunity to get to know your neighbors better.

Parking is available, if you need a door to door ride, call Wendy at 415-332-3325 by Friday, May 12th



## Habits to Boost Happiness, According to Neuroscience

Excerpted from Real Simple.com

**Do 5 random gifts of kindness** - Think about gifting someone else with their own mini moment of joy. Send your friend a funny text



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No need for big gestures (or price tags) here.

**Focus on gratitude** - How? Make it concrete: Write it down, say it out loud, think of it first thing in the morning. Gratitude is an antidote to stress. We can set ourselves onto a more positive trajectory for the day if we start the morning with gratitude. When you wake up, think of something you're grateful for.

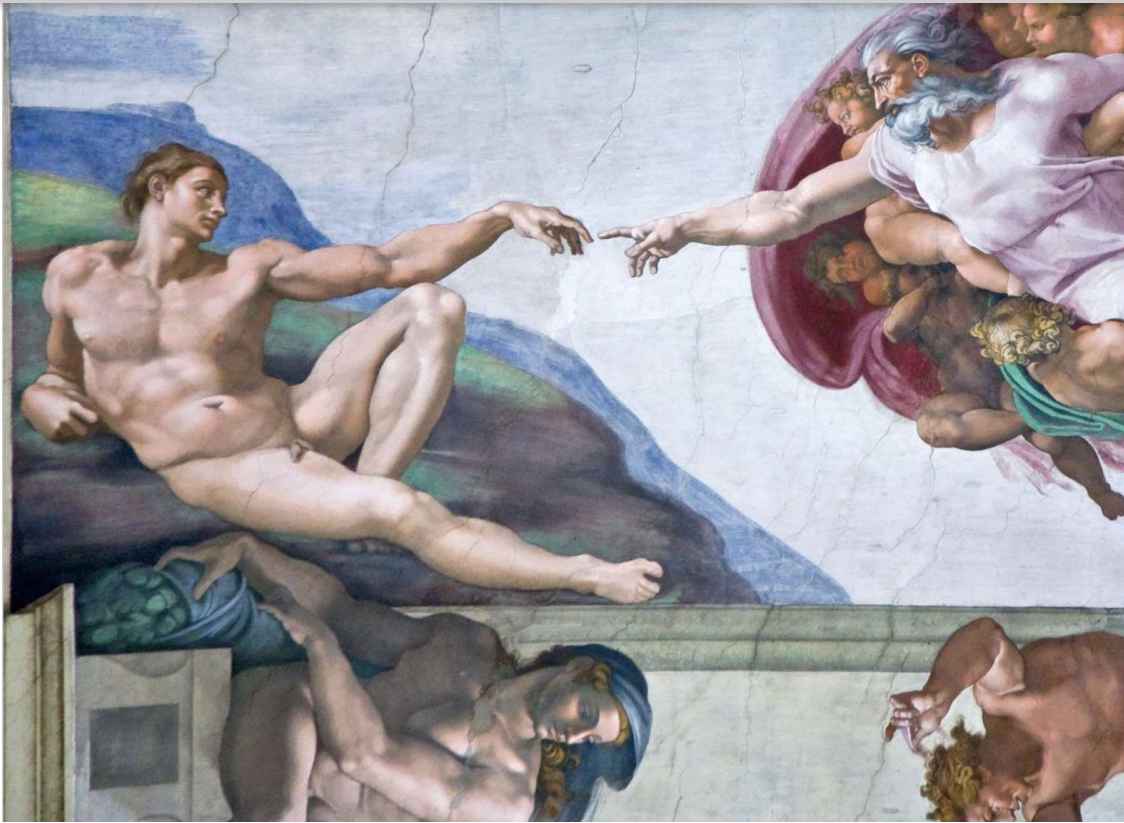
**Experience nature everyday** - Go outside every single day and let the natural light, sounds, smells, and surroundings lower your stress and lift your spirits. Get outside and notice the views or urban greenery around [you] by opening up all of your senses and moving in a mindful way.

**Reframe negative events to find the silver lining** - One helpful modification if you're feeling particularly stuck in your pessimistic ways, start even smaller: See if you can shift your perspective to find something more *neutral* about a setback or grievance. That situation stunk, but can you tolerate it? Will it pass? Have you gotten through something similar before?

**Capitalize on positive events for others** - This goes along the lines of showing kindness toward others, but it's really about listening and being present for your loved ones. Solicit and actively listen to stories about what's going well in other peoples' lives.

**Affirm your most important values often** - Rank the importance of four core values and write a brief account of how they show up in [your] life. Return to this list of values often to help you make hard decisions, to steer yourself back toward contentment, and ultimately find more purpose and happiness in everyday life.

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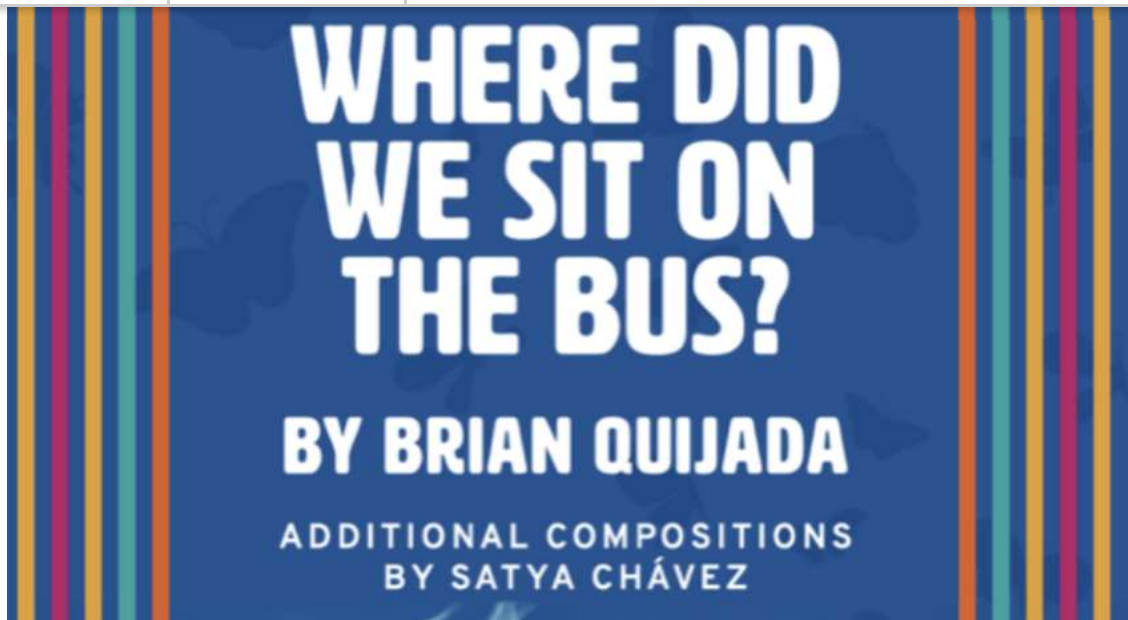


## Is That a Secret Michelangelo Selfie at the Sistine Chapel?

Excerpted from WSJ.com

Michelangelo may have secretly painted himself onto the ceiling of the Vatican's Sistine Chapel, portraying himself as God with arm outstretched to spark life in a lounging Adam.

The theory, if true, underscores Michelangelo's outsize ego, or at least his cheeky sense of humor. The hunch, which is gaining traction among Italian Renaissance scholars, also places the artist's self-portrait squarely at the center of one of the most famous images in Western art.

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## Joint events with Sausalito Village and Marin Village to Marin Theater Company

Sausalito Village and Marin Village are sponsoring two special events at Marin Theater Company, with discounted tickets available to our members and volunteers. Both events are in conjunction with the production of *Where Did We Sit on the Bus?*

One event is in the evening with a cocktail reception, the other is a matinee with closed captioning.

About the production:

*"During a third-grade lesson on the Civil Rights movement and Rosa Parks, a Latina child raises her hand to ask, 'Where did we sit on the bus?' Her teacher can't answer the question. Performed by a dynamic actor, singer, multi-instrumentalist, composer, and intersectional feminist, and infused with Latin rhythms, hip-hop, and live-looping, this solo exploration follows that kid into adulthood, as she navigates growing up in an immigrant family, her identity as a first-generation American, and what the world might look like for her children. Where Did We Sit on the Bus? is a high-octane, tour-de-force theatrical experience that examines what it means to be Latiné in America."*



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## Cocktail reception before the production

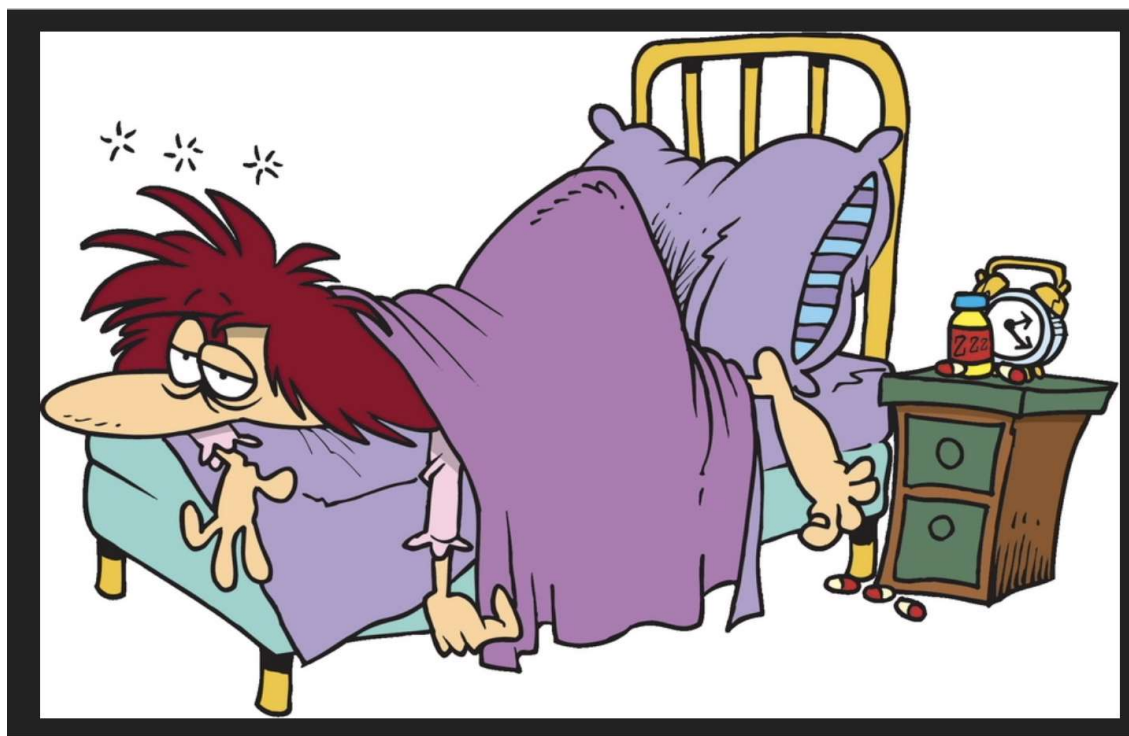
Wednesday, May 24, 6:00pm

We will have a private social event in a reserved space with wine and heavy appetizers before the show. No additional cost to attendees. To register, use [this link](#).

## Closed-captioned matinee performance

Thursday, May 25, noon

Prior to this closed-captioned matinee, there will be a 45-minute talk providing more insight about the show. To register, use [this link](#).



## Valley Hospital Foundation and UCSF health, hosted by SWC

WHEN: Wednesday, May 24, Noon

WHERE: Sausalito Woman's Club, 120 Central Avenue

RSVP by May 19 by emailing: [jean.spaulding@cbtnorcal.com](mailto:jean.spaulding@cbtnorcal.com)

The Sausalito Woman's Club invites you to a Women's Sleep Health Symposium that will feature a panel of UCSF medical experts discussing women's sleep health and will focus on new findings and how women can improve their sleep. The webinar will be livestreamed to the Sausalito Woman's Club, beginning at noon sharp, and will last approximately 1.5 hours. Sausalito Woman's Club, 120 Central Ave., Sausalito.

Free admission; masks recommended.



## Items You Shouldn't Place Near Your Water Heater

Let's start with the flammable items. Paper products, clothes, cardboard, oils, paints, gas cans — any and all of it create a fire risk if left near a water heater. This goes for units powered by electricity or gas. Tankless water heaters don't have an exposed pilot light, but most traditional tank units do. Though it is partially blocked off, this light is still an open flame. There's always the chance a rogue piece of paper or shirt sleeve dips too far down and catches fire. If other flammable materials are nearby, you have kindling just waiting to ignite.

Combustible items like gas are also a threat when near an open flame, intense heat source, or even a sparking electric outlet. A water heater tank stored in the garage should not have any gas cans near it. If storage space is tight, HVAC Seer says a good rule of thumb to follow is to keep flammable or combustible materials at least 18 inches away from a water heater, tankless or not.

Lack of storage is the catalyst for many water heater dangers. It's natural to want to utilize the extra space, but piling things around the unit, even if those items aren't flammable, can cause ventilation issues. A water heater needs good ventilation to work properly. If you have stuff piled around it and on top of it, you run the risk of unnecessary damage. Stick with the 18 inches rules to be safe. Plus, you'll be more inclined to perform regular maintenance if you're not decluttering every time.

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# NIGHT LIVE

**COPITA**  
TEQUILA Y COMIDA

presented by  
City of Sausalito /EDAC

## *In Sausalito!*

### Mariachi Nueva Generación



DUE TO WEATHER  
**SHOW  
RESCHEDULED  
MAY 11**

**THURSDAY, MAY 11**

**5:30 – 7pm**

**750 Bridgeway**

**Cascas Plaza**

**Sausalito Center for the Arts**



**Join Friends & Neighbors at this FREE City Event!**



## The way the IRS operates is about to undergo a major change - how it will impact you

Excerpted from USAToday.com

Following the passage of the Inflation Reduction Act in 2022, the Internal Revenue Service will receive nearly \$80 billion in added funding from now through fiscal year 2031 to catch up with backlogs, hire more employees, implement 21st-century technology, go after increasingly sophisticated tax cheats and, in short, reinvent itself.

**Will you be audited?** [What triggers an audit and what are the signs you could face one?](#)

**What is the Inflation Reduction Act 2022?:** [Answering your common questions about the bill](#)

If some of the proposals come to fruition, taxpayers could:



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and alerts for claiming overlooked deductions, before filing their returns.

- Reach live IRS representatives quickly by phone or easily arrange meetings in local IRS offices.
- Access their personal information more easily from the IRS website, including balances, payments and notices.
- Get real-time updates on return processing, refunds, audits and personal interactions.
- Find it easier to resolve past-due tax bills and arrange payments on balances owed.
- Interact with the IRS with greater confidence that personal information and refund money will be protected.

Those are just a sampling of the more visible changes that taxpayers might see in coming years. It's a rare opportunity to modernize the IRS and make it more effective and efficient.

Read the entire article [HERE](#)

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## Use this 3-word response when someone is rude to you, says Harvard-trained etiquette expert

Excerpted from CNBC.com

When a friend makes a joke at your expense or lobs a “playful” insult your way, it can be hard to know how to proceed.

Acting as if the comment didn’t offend you could invite more of the like, but refuting it might result in conflict or, at least, discomfort.

came the comment. If it were a friend who said something mean to you, I usually look up and say, 'Are you okay?'," she says.

Those three words can signal that even if you don't take the comment personally, you didn't really appreciate it.

Just as important as content is tone, Ho emphasizes. When you say, "Are you okay?" don't be short or sharp. Use a friendly affect.

"I'm not being offensive back," she says. "I'm coming from a place of care and that is usually to put the other person in check."

Saying nothing can convey a similar message, Ho adds, and might be more appropriate if the person insulting you isn't a friend and requires a bit more formality.

"The greatest power is showing that the other person doesn't have power over you," Ho says.



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## SV Lunch About Town at Smitty's Bar is back!

It's been a long time coming.....

We are heading back for lunch at Smitty's!

Thanks so much to owner and SV/CARSS volunteer driver Carol

Keller,

we will be celebrating our 6th trip to Smitty's for Lunch About Town.

JOIN IN THE FUN - OPEN TO ALL

When was the last time you were in Smitty's??

The jukebox will be playing your standards, a free drink on the house  
and

lunch of a selection of sandwiches, salads and chips.

WHEN: Thursday, June 1st, 12:30 - 2pm

WHERE: Smitty's on 214 Caledonia Street

RSVP and PAY: <https://sausalito.helpfulvillage.com/events/3878>

PRICES:

\$12 for SV members

\$0 for SV Volunteers as an appreciation

\$15 for non-members

RESERVE A door to door RIDE with CARSS. Call 415-944-5474 by  
May 30th.

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## What is a cruise host?

Excerpted from CruiseCritic.com

You've seen these men in action on cruise ships -- often silver-haired, somewhat trim and always energetic. No matter the evening, they're twirling around the dance floor with all the single ladies, mostly widows and divorcees of a certain age.

Called dance, gentlemen or ambassador hosts, they're onboard not only to cut the rug with unescorted female passengers but to socialize with them, too. Cunard books hosts for every ocean sailing, Silversea has hosts on repositioning and 15-night or longer voyages and Holland America adds hosts on cruises 30 days or more. Dance hosts usually number between two to four per cruise, depending on the size of the ship and number of passengers. And yes, hosts are nearly always men. Female hosts are pretty much nonexistent.

Cruise lines have specific requirements for who can become a dance host, and you'll find similarities among the hosts you meet. Typically, hosts must be between the ages of 40 and 70, although most veer toward the latter number. They must also be single, divorced or widowed. They're retired or semi-retired and love cruising. Gentleman hosts have worked in many professions, from insurance and education to military and law. They're proficient in basic ballroom dances like fox-trot, waltz, swing, rumba and cha-cha. They might also pull off a





**Amazing wood carving skills**



## **How to Manage Your Guilt About Your Struggling**

Excerpted from PsychologyToday.com

It is normal to feel guilty. As a parent, you want the best for your child and it is natural to feel responsible for their well-being. However, it is important to recognize that you cannot control every aspect of their life and that they are responsible for their own choices and actions.

When your adult child tries to engage you through shaming and guilt with pressuring demands, when your adult child is emotionally abusive, or when they fail to acknowledge your love and/or the positive things you have done, you have to draw the line and say, or at the very least, think: *No more*.

Stop setting yourself up to be on call to automatically respond like a SWAT team to solve the next manufactured, drama-laden crisis. If you are sick and tired of the guilt-slinging, here's a helpful two-word phrase to empower you: *No more*.

- No more being a punching bag for misplaced and displaced disappointments and frustrations.
- No more comparing yourself to parents of adult children who do not have the same struggles as your own.
- No more beating yourself up for past mistakes you've made as a parent.

The more you figuratively rise above your shared interactions, staying mindful of this toxic dance, the less vulnerable you will be to getting tripped up by it. Whether communicating in person, on the phone, or through text messages, within your mind, rise and watch the toxic guilt being hurled at you from above.

Read entire article [HERE](#)



## Meet Percy: Adorable Rescued Bunny Joins California Police Department

Excerpted from NiceNews.com

Percy joined the Yuba City Police Department after Officer Ashley Carson found the bunny while on patrol on October 21, 2022. The little rabbit was wandering in the middle of the road on Percy Avenue, which would become his namesake. Carson decided to rescue the creature, fearing for his safety, and she quickly realized how calm and sociable the bunny was.

When no one stepped forward to claim Percy from animal control, the department's police services analyst chose to adopt him, making him the newest officer to join the force. "Most enjoy his company, while some are still getting used to the idea of a rabbit being inside a police department," the department added in the Facebook post.



Onion in 2017, a white rabbit named Speedy also joined a police force as a therapy animal. And law enforcement agencies have used dogs for emotional support as well, like the Saint Bernard lovingly dubbed Officer Donut, who was sworn in as a comfort animal in Greenfield, Massachusetts. The strangest animal to join a police force, though, may be this drug-sniffing lizard in Arizona.



Elephant seals at sea

ESCOM Journal

May/June 2023

Emeritus Students  
College of Marin

Lifelong Learning

Lifelong Doing

Lifelong Friendship

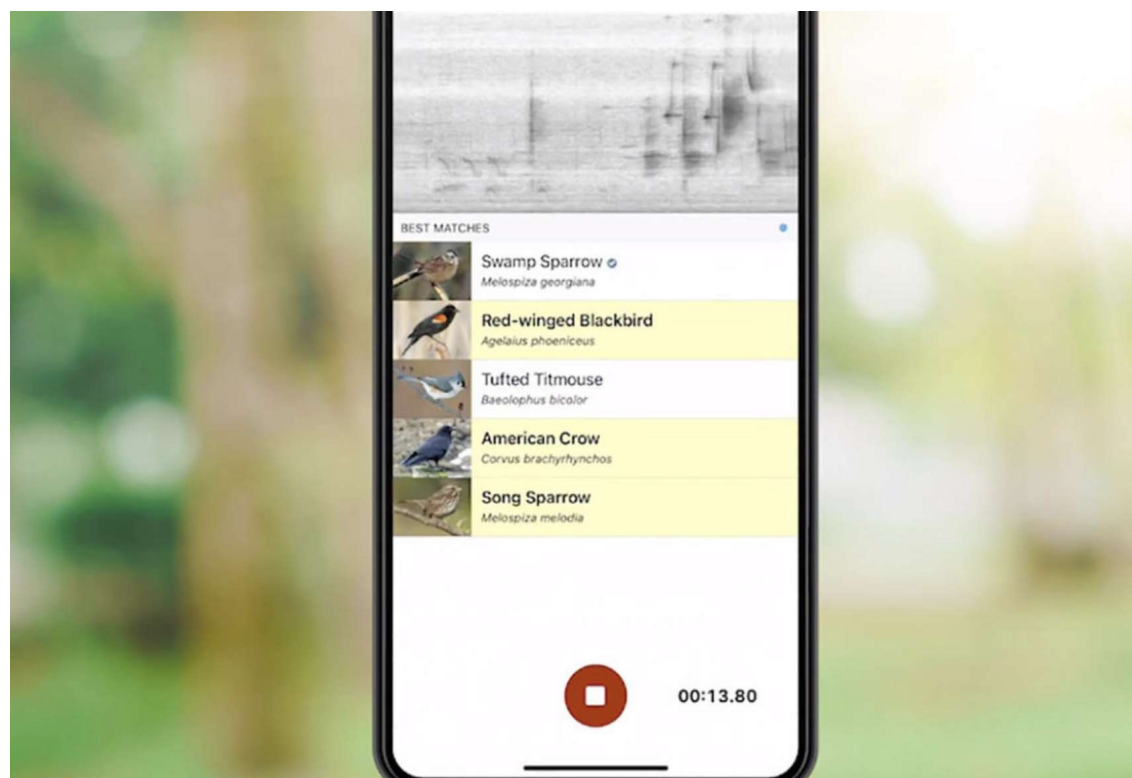
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## Read the latest issue of ESCOM Journal

Click [HERE](#) to read the May/June issue

More about ESCOM: The Emeritus Students College of Marin (ESCOM), was founded at the College of Marin (COM) in 1973. A pioneer in the innovative use of community colleges for adults, the organization enhances the lives of its greater community with a diverse selection of clubs, events and classes offered online or at COM's Kentfield and Indian Valley campuses.

ESCOM website [HERE](#)





Excerpted from CBS News.com

"Birds are really important because they are indicators of environmental health; basically, what's good for birds is good for humans," said Jesse Barry, program manager of the Cornell Lab of Ornithology at Cornell University.

"Birds are really the canaries in the coal mine in a lot of ways," she said. "They're helping us understand the health of the planet. Right now, all the indicators are pointing to bird populations declining. And so, that's a really critical warning sign for *us* right now."

But hope is not lost. Barry and her team at Cornell have given all of humankind a chance at redemption – and it's sitting in the palm of our hands, quite literally.

Enter the Merlin Bird ID app.

The app allows users to identify birds by a picture, or by songs and calls, and can create a digital scrapbook of the birds you discover.

Originally launched in 2014, early versions of the app could ID 400 North American species. Today, the app (available free for both iPhone and Android) can identify more than 6,000 bird species across six continents.

**Apple:** Merlin Bird ID runs on iPhones and iPads with iOS 15 or newer, and M1/M2-equipped Apple computers. [Download app here.](#)

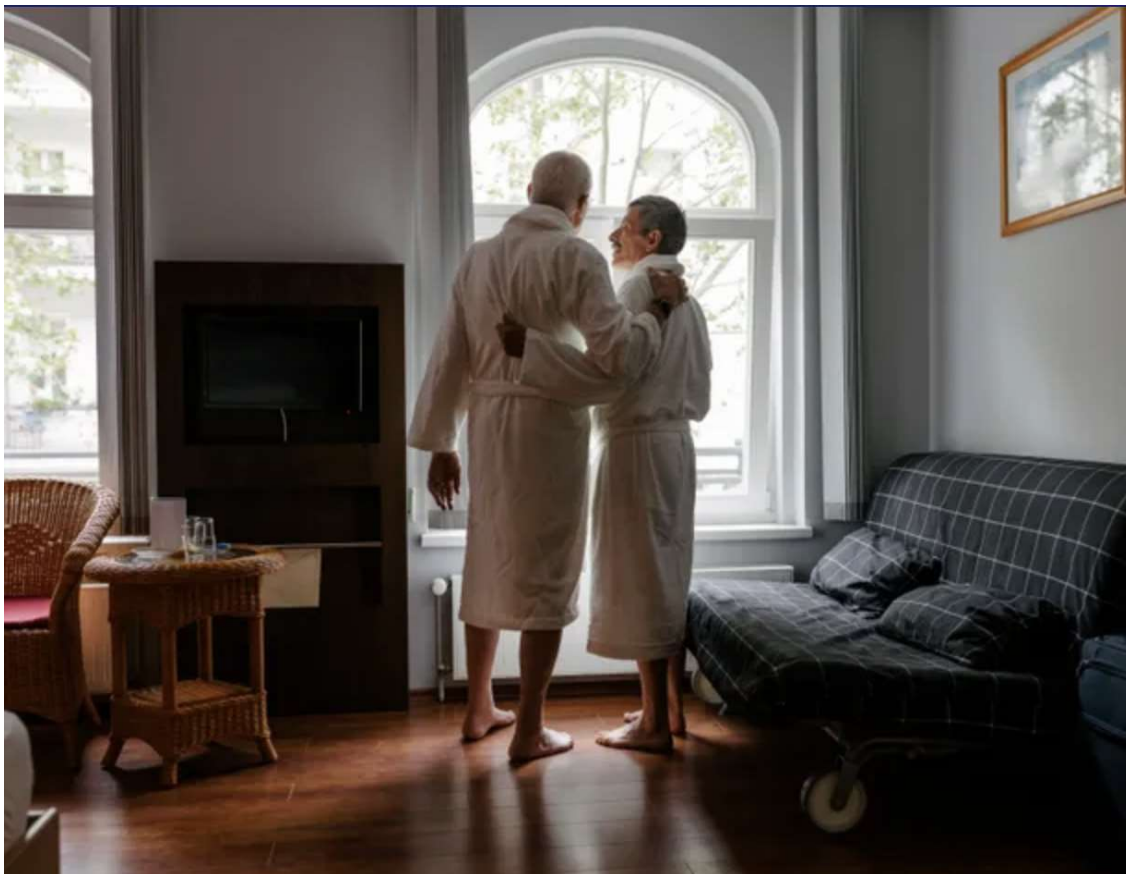
**Android:** Merlin Bird ID runs on devices with Android 6 or newer. [Download app here.](#)

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## Why you wake up earlier as you age

Excerpted from Huffington Post

Like other aspects of our physical and mental health, the brain becomes less responsive as we age.

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So, for a younger person, summer time may help the brain understand that bedtime is in a few hours; for someone older, this connection may not happen. The nerves that are supposed to give the brain time cues have undergone the same amount of degeneration as the brain. This inability to sense time cues is part of the reason why older people tend to get tired before their children or grandchildren. And, as a result, wake up fully rested and earlier than the rest of the world.

One of the reasons seems to be that the vision changes that come with age reduce the intensity of the degree of light stimulation that our brain receives, which plays an important role in 'setting' our circadian clock and keeping it on track.

Why does this matter? Since there is less light getting into the eyes because of the vision issues cataracts cause, the body starts to release melatonin (the sleep hormone) earlier than it should. For younger people, melatonin starts rising after sunset, which is why you generally feel tired a few hours after. For people with cataracts whose brain thinks sunset was earlier, their perceived sunset is earlier, which makes them tired sooner in the evening. And going to bed sooner means waking up earlier.

According to Dr. Sairam Parthasarathy, the director of the Center for Sleep and Circadian Sciences at the University of Arizona Health Sciences, if you struggle with this issue, you should ignore the advice to put away the screens and instead expose yourself to bright light in the late evening. This can mean going for a walk outside before the sun sets, reading a book on a bright iPad, getting artificial lights for your home or watching TV on a bright screen.

These bright lights will tell the brain that the sun hasn't set yet, which will hold the melatonin production, he said. To help yourself stay up a little later (and sleep a little later as a result), Parthasarathy said you should try these things 30 to 60 minutes before sunset, which will vary depending on the time of year and where you live in the U.S.



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**MAY 20, 2023 | 11am-5pm**



**EMBER  
STOMP**



# **Wildfire Festival**

**MARIN FAIRGROUNDS  
FREE ADMISSION**

**Fire Safety Demos**

**Goats**

**Food Trucks**

**Games for Kids**

**Art Exhibit**

**Live Bands**

**Landscaping Expo**



**SCAN ME**

**for a list  
of attractions**



## What happens when you swallow gum? A gastroenterologist answers the question

Excerpted from Well + Good.com

For starters, the GI doctor notes that gum is in a different category from most foods and even candy. “Gum is a very particular concoction of elements that are intended to make it indigestible,” Dr. Berookim says.

Recalling the childhood rumor of gum staying in your system for seven years after swallowing it, Dr. Berookim says this is more of a myth than anything... with one caveat.

“Our digestive enzymes can easily break down all of gum's components except the gum base itself,” Dr. Berookim says. “Gum base is composed of an insoluble gum base—resins, humectants,

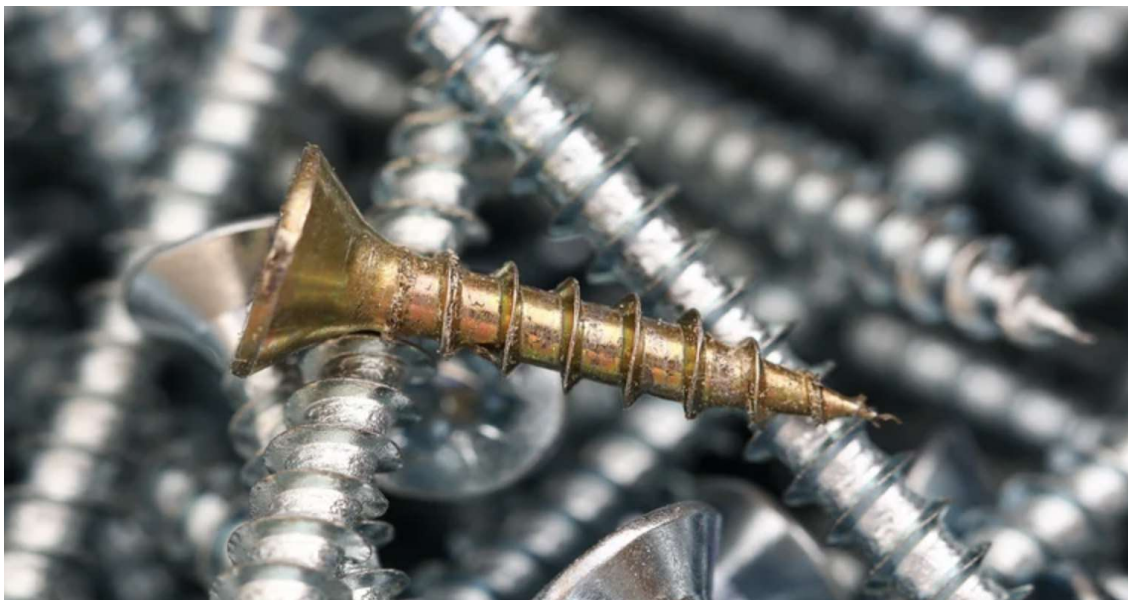


sweetener, and having a good laugh. In fact, he notes that gum base is exactly what makes it sticky and stretchy.

But just because we can't digest gum fully doesn't mean it'll stay in our systems forever. On this point, Dr. Berookim says we can liken gum base to other items we routinely ingest that we can't break down—such as insoluble fiber, watermelon seeds, and popcorn kernels. “[These] are not digestible, but still follow along the path of the digestive system and make their way out of our bodies,” he shares. (Cue the collective sigh of relief.)

“Too much gum swallowed at once can clump together to form a larger clump also known as a bezoar, which is too large to move normally through the digestive tract and can potentially cause an obstruction.”

Children in particular require more caution in this regard. “Since the diameter of the small intestine in a child is smaller, the risk of obstruction increases,” Dr. Berookim says. In sum, he advises spitting out your gum once it loses its flavor or you're done chewing it—but it's not really worth stressing over if you gulp it down by mistake.



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## The Easy Duct Tape Hack That Makes Removing A Stripped Screw Even Easier

Excerpted from HouseDigest.com

Though this duct tape hack does work, it works best if the threads on the head of the screw aren't all the way destroyed. To use duct tape to remove a stripped screw, simply take a small piece of duct tape and attach it to the top of the screw, adhesive side down. Then, using a hand screwdriver — a power drill or driver will not work as well because of the torque — press firmly into the head of the screw and turn slowly. You want to keep consistent, even pressure as you carefully turn the screw.

As said, the reason why this works is because the duct tape provides the screwdriver with something to hold onto, given that the slots of the stripped screw have been worn away. You can also try using a screwdriver that's larger than the size of the screw head opening, as the larger bit might also help it connect and grab on better.

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Here is the name of the leading newspaper of a US city, now you have to name the city.

1. Plain Dealer
2. Journal-Constitution
3. Star-Ledger
4. Union-Tribune
5. Post-Dispatch
6. Post-Gazette
7. Courant

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Answer at the bottom of the newsletter.

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Stretch and Strengthen with Rayner is on zoom Monday, May 15th at 11am. RSVP on the Sausalito Village event calendar for the zoom link if you are attending for your first time.  
[www.SausalitoVillage.org](http://www.SausalitoVillage.org)

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## The World's Newest National Park Protects 550-Million-Year-Old Fossils

Excerpted from Smithsonian Magazine

Australia's Nilpena Ediacara National Park, located in the state of South Australia, opened to the public on Thursday. Situated roughly 300 miles north of Adelaide, the protected area spans 148,000 acres among the mountainous Flinders Ranges.

For now, travelers who wish to explore the park must do so by booking a guided tour. Along the way, they'll be able to stop at a new immersive, audio-visual exhibition about the fossils, located inside a former blacksmith shop. While there, they can also see Alice's Restaurant Bed, which the South Australia government describes as the most significant fossil bed in the park.

Discovered in 2016, the bed "contains many rare species, with evidence depicting the seafloor was once a habitat and complex environment where there was activity of mobility, feeding and

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Blackman Shop's exhibition space to give travelers an up close and personal view of the fossils.



Happy Cinco de Mayo



**Answers to today's puzzler:**

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3. Newark, NJ
4. San Diego, CA
5. St. Louis, MO
6. Pittsburgh, PA
7. Hartford, CT

Have a puzzle to share? Send it to [SausalitoVillageTips@gmail.com](mailto:SausalitoVillageTips@gmail.com)

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

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