



Photo by new SV member, John Truxaw

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](#)

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Here are a few highlights for SV hosted events in the coming 2 weeks:

May 19 - AARP hosts Scam presentation

May 21 - Line Dancing

May 24 - Cocktail party and Marin Theater Company

June 1 - Lunch at Smitty's

June 7 - Summer Reading choices by Cheryl at Books by the Bay



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

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

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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.





## 7 Drugs that can cause memory loss

Excerpted from AARP web letter

### 1. Antianxiety drugs (benzodiazepines)

**Why they are prescribed:** Benzodiazepines are used to treat a variety of anxiety disorders, agitation, seizures, and [delirium](#) and muscle spasms. Because benzodiazepines have a sedative effect, they are sometimes used to treat insomnia and the anxiety that can accompany depression. **Examples:** Alprazolam (Xanax), chlordiazepoxide (Librium), clonazepam (Klonopin), diazepam (Valium), flurazepam, lorazepam (Ativan), midazola

### 2. Antiseizure drugs

**Why they are prescribed:** Long used to treat seizures, these medications can also be prescribed for nerve pain, bipolar disorder, mood disorders and mania.

**Examples:** Acetazolamide (Diamox), carbamazepine (Tegretol), gabapentin (Neurontin), lamotrigine (Lamictal), levetiracetam (Keppra), oxcarbazepine (Trileptal), pregabalin (Lyrica), rufinamide (Banzel), topiramate (Topamax), valproic acid (Depakote) and zonisamide (Zonegran).

**How they can affect memory:** Anticonvulsants are believed to limit seizures by dampening the flow of signals within the central nervous system (CNS). Drugs that depress signaling in the CNS can cause memory loss. One thing to note: These medications can be sedating, “and sometimes it’s hard to separate what is a true cognitive decline from simple sedation,” Devanand says.

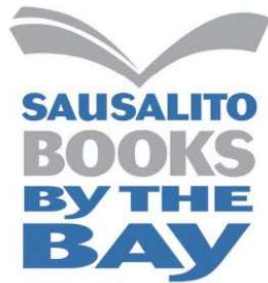
Read the rest of the story [HERE](#) if you are taking any of the types of drugs listed below

3. Tricyclic antidepressants (older class)
4. Narcotic painkillers
5. Sleeping aids
6. Incontinence drugs
7. Antihistamines (first generation)

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# The Best Books for Summer Reading

Special Sausalito Village Event  
with Cheryl Popp

Thursday, June 7th  
4:30 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)

**OPEN TO THE COMMUNITY- Pass the word!**

**RSVP:** <https://sausalito.helpfulvillage.com/events/3891>  
**Need a ride? Call Wendy at 415-332-3325 by June 5th**



## World's oldest dog celebrates Guinness Book record at 31 years of age

Excerpted from AssociatedPress.com

Bob, a purebred Rafeiro do Alentejo, a breed of Portuguese dog, celebrated during a party Saturday at his home in the Portuguese village of Conqueiros, where has lived his entire life.

One of the biggest contributing factors to Bob's longevity is the "calm, peaceful environment" in which he lives, according to his owner.

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The “very sociable” dog was never lonely because he grew up surrounded by many other animals. Now in his senior years, Bobi finds it difficult to walk, so he prefers to hang out at home in the yard. His eyesight has gotten worse, meaning he often bumps into things when he walks. Just like old-age humans, Bobi sleeps a lot. He immediately lies down in bed after eating, although on cold days he chooses to nap by the fire, his owner said.

Bobi’s birth date has been confirmed by the Veterinary Medical Service of the Municipality of Leiria, which registered Bobi in 1992.



## 6 Tips on how to care for a senior dog

Excerpted from Insider.com

According to VCA Animal Hospitals, a small dog becomes a senior between the ages of 11 and 12, a medium dog at 10, a larger dog at 8, and giant breeds dogs are considered seniors at 7.

1. **Exercise and play are essential** for dogs of all ages. According to Miller, senior dog owners should consider swimming, which is less strenuous on the joints than other types of exercise.

2. **Dogs' diets and appetites change with age**, and weight gain becomes a greater concern. To meet these needs, Miller recommends a dog food specially formulated for senior dogs that considers a slower metabolism and supports a healthy weight.

3. Miller says there are ways to **make sure your home is safe and secure** for a senior dog. Miller advises an orthopedic bed for maximum comfort and support. Miller suggests investing in nonslip mats to place in high-traffic areas of your home as well as booties for your dog's paws to help with grip. If your older dog likes to lay on the furniture, ramps or stairs are essential.

4. **Cognitive decline is common** in older dogs, and there are ways to ease their discomfort. Miller says there are medications explicitly made for cognitive dysfunction that can be prescribed by a vet, in addition to treatments for dogs more prone to anxiety and restlessness. For those conditions, there are over-the-counter hemp-based anxiety relievers. Miller also suggests a ThunderShirt, a tight-fitting garment a dog wears while stressed, and making sure your dog has a safe space like a kennel they can go to when anxious.

Read the rest of the tips and entire story [HERE](#)

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## **NEW: Summer Line Dancing Schedule**

Teacher Laurie Reemsnyder is off for the summer from her 'day' job and will be adding weekday classes - ALL FREE! And all held at the Dance Studio, downstairs in Sausalito City Hall. Check the calendar for dates and more info by clicking on the events:

<https://sausalito.helpfulvillage.com/events>

Coming up:

Sunday, May 21, 3:30-4:30 Dance Workshop

Every Tuesday in June - 3:30-4:30 Mixed level

Every Thursday in June - 4:00-5:00 Beginning level



## Bridge the Gap chosen as nonprofit of the year!

Bridge the Gap is proud to announce it has been selected as a 2023 California Nonprofit of the Year by Assemblymember Damon Connolly.

Bridge the Gap provides comprehensive educational, social and emotional resources to underserved students in Marin City and Southern Marin. Their goal is to ensure that all students graduate high school, and achieve their greatest potential through college completion or other pathways to economic sustainability and independence.

Annually, more than 400 young people receive essential academic services during school, after school, and the summer. So far this year, 75% of the first graders they are working with have advanced from below to grade level reading. In addition, all of the 23 Tamalpais High School seniors in the program have committed to colleges and other post-secondary education programs. Bridge the Gap also engages in strategic partnerships with schools and districts to move the needle toward educational equity.

Now in its eighth year, the Nonprofit of the Year initiative provides the opportunity for each California state legislator to choose a nonprofit

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year is June 7.

Read the entire press release [HERE](#)

More about Bridge the Gap: <https://btgcollegeprep.org/>



Claire Turnham of Only With Love demonstrating how to wrap a shroud

## What is a Home Funeral?

Community-led after death care is when individuals who are not funeral directors decide to provide some form of after-death care and allows time to honor the life of the departed.

It is legal to care for your own dead in every state, and may involve:

- completing the necessary paperwork, such as preliminary death certificates and transport permit
- transportation of the body
- body care
- celebration and ritual
- making, buying, or renting caskets, urns, shrouds, etc.
- having them lay in honor
- disposition of the body

### Why have a home funeral?

- because you can; it's your legal right!
- allows time to slow down and creates space for those who are grieving.
- allows the community to follow the wishes of the dying and grieving.
- having access to more time, privacy, and/or hands-on engagement may result in a more meaningful experience, which may also benefit the grieving process.
- may cost less money if you aren't paying for the services of a funeral home.

### Rules in California

- Preservation Time Requirement: None; only funeral directors must embalm or refrigerate after 24 hours by regulation, not statute.
- Embalming Requirement: If shipped, required to be embalmed OR shipped in airtight container by common carrier and when forwarding.
- Disease Reporting Requirement: Reporting of contagious or communicable disease to attending physician is recommended.



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Learn more through the National Home Funeral Alliance:

<https://www.homefuneralalliance.org/home-funeral-guidebook.html>



The Marin County Commission on Aging Invites You  
to our Annual Health Forum

## Food for Thought

A unique opportunity to explore the connection, intersection, and transformative power  
of food and medicine as a community!

Lunch will be provided by the Chefs at the Fresh Starts Culinary Academy

**Friday, May 26<sup>th</sup>, 2023, 9:30 a.m. – 1:30 p.m.**  
**The Key Room at Homeward Bound**  
**1385 North Hamilton Parkway, Novato, CA 94949**

Our speakers will be:

- **Anna O'Malley, M.D.**, Integrative Family and Community Medicine physician and director of Natura Institute for Ecology and Medicine.
- **Dean Ornish, M.D.**, president and founder of the Preventive Medicine Research Institute and Clinical Professor of Medicine at the [University of California, San Francisco](#). The author of *Dr. Dean Ornish's Program for Reversing Heart Disease*, *Eat More, Weigh Less*, and *The Spectrum*.

Our focus will be:

- ❖ Understanding the ways our nutritional needs change as we grow older.
- ❖ Learning how to avoid the risks of medication interactions and side effects.
- ❖ Discovering ways to navigate the sea of available information and advice related to diet, supplements, and medications.

**Click here to register and purchase your \$30 ticket to this event:** <https://www.eventbrite.com/e/marin-county-commission-on-aging-health-forum-food-for-thought-tickets-615894776857>

If you have any questions about this event, please call (415) 987-7023.

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How to remember people's names with this simple trick



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## World Holy Ghost Festa

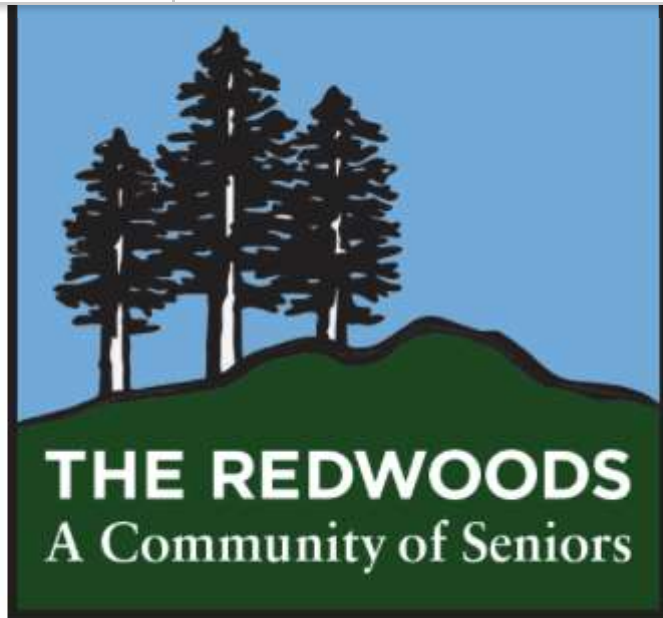
May 28, 2023, 8:00 am

### *Festa schedule*

- 8:00 AM Arrival at Sausalito Hall
- 8:15 AM Parade formation
- 8:30 AM Parade departs from the Hall
- 9:00 AM Mass at St Mary Star of the Sea Church
- 10:00 AM Parade returns to the Hall via Bridgeway  
with a stop at Praça de Cascais
- 11:15 AM Dove ceremony with Lusitania Band outside the Hall
- 12:00 PM Sopas lunch will be served
- 1:15 PM Lusitania Band of North Bay performance



Mill Valley Library presentation by Mike Moyle



## **RARE OPPORTUNITY - PASS THE WORD**

### **The Redwoods Announces HUD Section 8 Waitlist Lottery Opening**

Application Deadline: May 31, 2023

The Redwoods, A Community of Seniors is working with the Marin City Community Development Corporation on the collection and processing of applications for the lottery for The Redwood's waitlist for affordable housing. Please let your low-income seniors know about this opportunity.

Applications for the lottery to get onto The Redwoods HUD wait list will be taken all May at the Marin City CDC. Click [here](#) for more information.





## How to Overcome Perfectionism

Excerpted from GoodHousekeeping.com

According to the American Psychological Association, perfectionism is the tendency to demand of others or of oneself an extremely high or even flawless level of performance, in excess of what is required by the situation.

We tend to put so much pressure on ourselves to maintain our version of perfection that there are physical implications for our health. Perfection may be tied to cardiovascular disease, stress, anxiety and depression, particularly among women, found a 2018 study published in *Roeper Review*. It's also linked to a variety of mental health disorders, including obsessive compulsive disorder, anxiety and several types of eating disorders, according to a study published in the *Journal of Clinical Psychology*.

When perfectionist tendencies disrupt our relationships, our performance in the workplace or our emotional and mental health, it might be time to consider treatment, Takos says. Generally, treatment for perfectionism is focused on helping them derive worth from their core values instead of their ability to achieve, perform or attain unrealistic standards. For example, thinking, "I am worthy if I achieve a perfect score" can be replaced by, "My worth is defined by what value I can offer as a friend, parent, employee, etc." Helping individuals redefine what is important to them allows for a healthier and stable sense of

Read the entire article [HERE](#)



**This beer is made from recycled shower water in San Francisco**

Excerpted from The Guardian

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become a pressing issue – but just how much can be done with what we’ve got?

A water-recycling company is seeking to answer that question, with help from a local brewery. The result is a beer made from wastewater, and I can tell you from personal experience that it’s pretty good.

Epic OneWater Brew, from Epic Cleantec and Devil’s Canyon Brewing Company, is made from greywater recycled from showers, laundry and bathroom sinks in a 40-story San Francisco apartment building, where Epic has onsite equipment to capture, treat and reuse water for non-drinking purposes.

You won’t find the beer for sale anytime soon. Epic has been open about the fact that it’s a “demonstration product”: the company’s goal is to get people talking about the possibilities of water recycling, and current commercial regulations on recycled drinking water are strict.

“We wanted to do something fun that was going to be an engaging tool to talk to people, to get them excited, but also that showcased the untapped potential of water reuse,” said Aaron Tartakovsky, Epic Cleantec’s co-founder and CEO. They opted for a kölsch: “We wanted to choose a beer that was going to be sort of more universally liked versus some of the more craft beers, like an IPA, that some people like, some people don’t.”

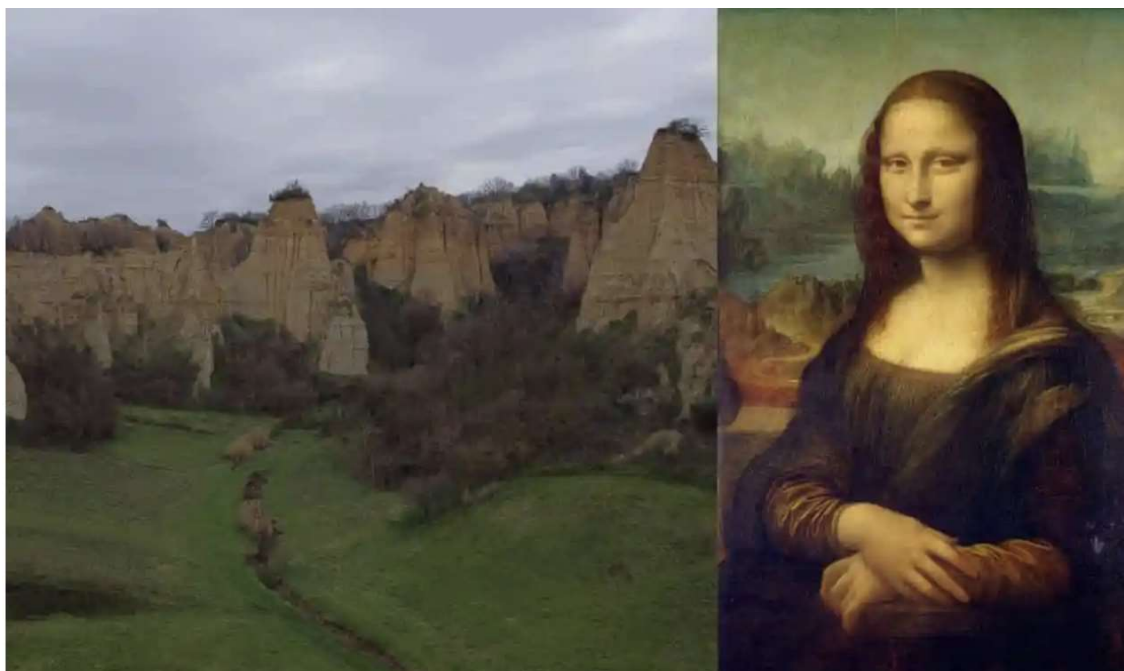
In the meantime, companies like Epic are tackling the issue in other ways. The company is running the first approved greywater recycling system in San Francisco, where buildings erected after 1 January 2022 are required to install onsite water reuse systems. Epic’s system at Fifteen Fifty, the 40-story apartment building in the city’s SoMa neighborhood, is built to recycle 7,500 gallons a day, or 2.5m gallons a year, according to the CEO.

“We’re going into these buildings, which globally use 14% of all water, and almost none of them reuse that water. And we are helping these recycling projects reuse up to 95% of their water,” Tartakovsky said.

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Stretch and Strengthen with Rayner is on zoom.  
Reminder - no class on May 29 - the next class will be June 5 and every other week after that at 11am. RSVP on the Sausalito Village event calendar for the zoom link ONLY if you are attending for your first time.  
[www.SausalitoVillage.org](http://www.SausalitoVillage.org)

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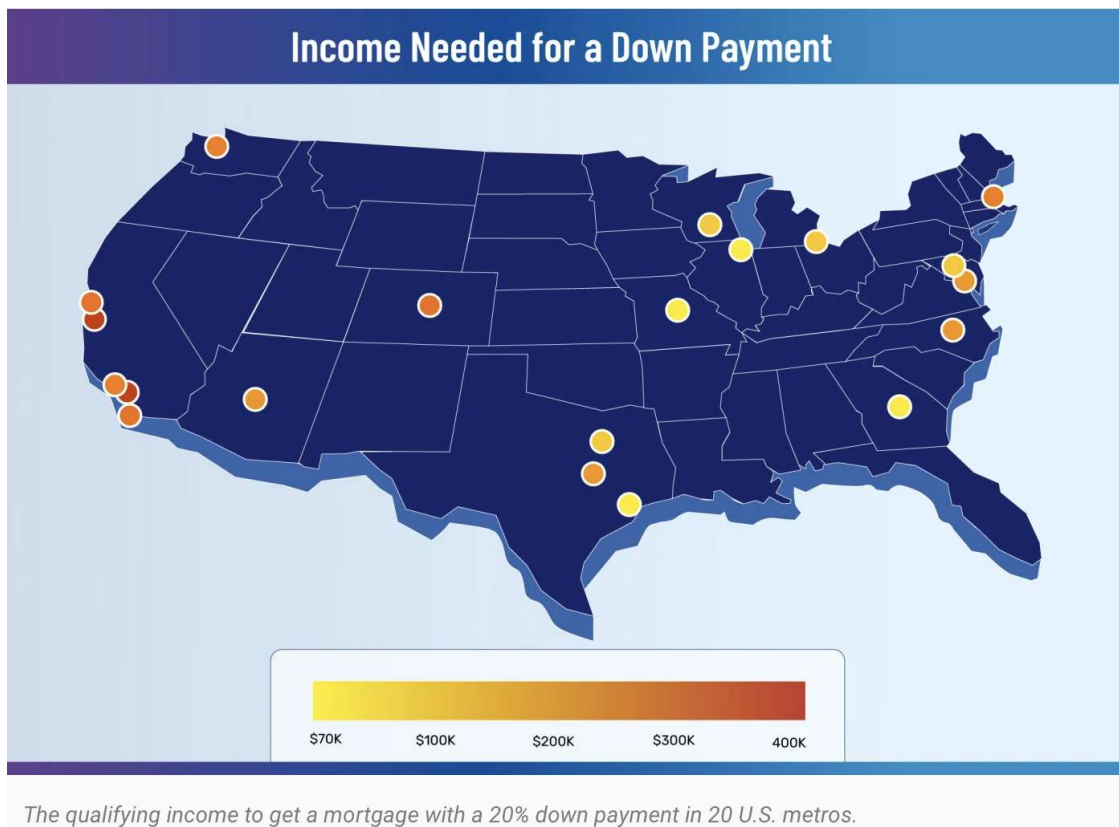




## Location of the bridge in the Mona Lisa is finally identified

Excerpted from BoingBoing.net

After centuries of debate, the location of the bridge in Leonardo da Vinci's Mona Lisa has been identified once and for all, at least according to Italian historian Silvano Vinceti. Based on historical documents, drone images of the present landscape, and precise measurements, Vinceti is convinced that the 16th century painting depicts the Romito di Laterina bridge in the province of Arezzo. As one might expect, the small Tuscan village is quite stoked.



## How Much Income You Need to Buy a House in

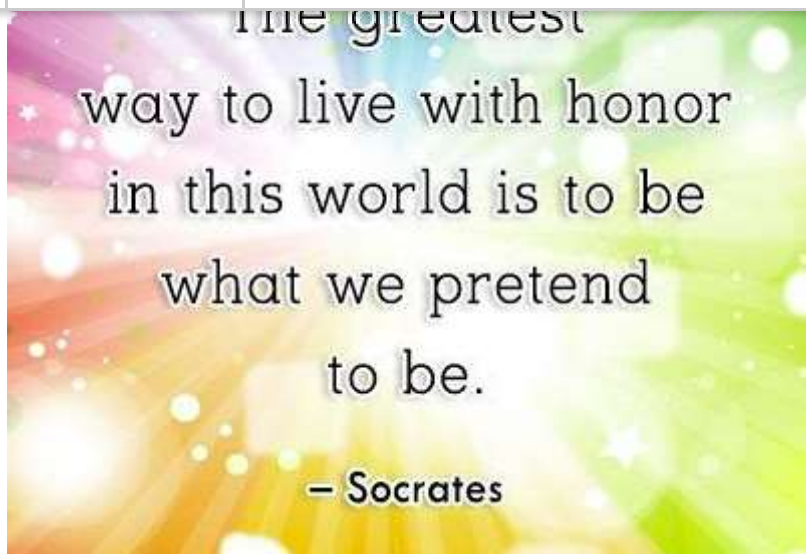
Excerpted from TheStreet.com

The run-up in home prices has made it increasingly difficult for homebuyers to put 20% down, especially first-timers. For those who qualify for non-conventional loans from the Federal Housing Administration or VA, there's no requirement—and little incentive—to put down that much.

Today, the typical down payment among repeat homebuyers and first-time buyers, respectively, is 17% and 6%, according to NAR's annual Home Buyers and Sellers report.

City, state	Income req. for a 20% down payment mortgage	Income req. for a 10% down payment mortgage	Income req. for a 5% down payment mortgage
Cambridge, MA	\$156,438	\$175,993	\$185,770
Arlington, VA	\$135,269	\$152,178	\$160,632
The Woodlands, TX	\$79,384	\$89,307	\$94,269
Naperville, IL	\$77,928	\$87,669	\$92,539

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

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Below you will find 7 types of fish, determine whether it mostly lives in freshwater or saltwater.

1. Tuna
2. Beluga sturgeon
3. Walleye
4. Red snapper
5. Largemouth bass
6. Swordfish
7. Rainbow trout (not the steelhead variety)

Answer at the bottom of the newsletter.

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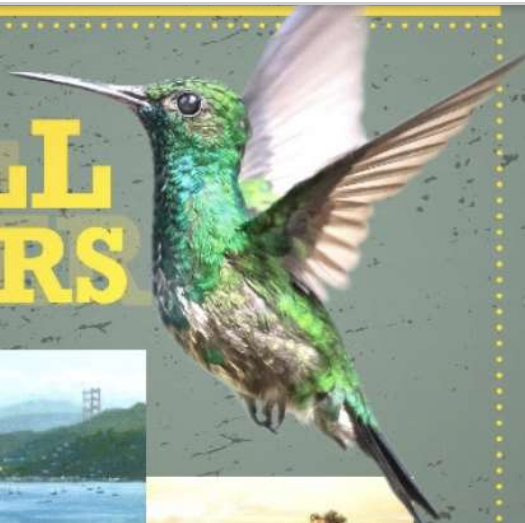


## Training our brains to help prevent falls



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# SMALL WONDERS



Like the 7 Wonders of the World, the Sausalito Center For The Arts presents the wonderful work of 45 artists. Original **SMALL SCALE**, two and three dimensional creations including painting, sculpture, photography, ceramics, jewelry, wood and glass. All work will be for sale.

**Wednesday May 17th – Sunday, June 4th**

**Meet the Artists: Saturday, May 20th, 1 – 4pm**

**Open 11am to 5pm daily**

**SCA**  
SAUSALITO CENTER FOR THE ARTS

750 Bridgeway Sausalito, California • [SausalitoCenterForTheArts.org](http://SausalitoCenterForTheArts.org)



## How to attract birds to your birdhouse

Excerpted from Better Homes and Gardens.com

### 1. Know the bird species in your region.

Putting up a birdhouse doesn't guarantee birds will automatically arrive at the new doorstep. Familiarize yourself with the bird species that inhabit the area where you live.

### 2. Plant natives.

Make your backyard or front lawn a haven for many avian species simply by choosing the right plants.

### 3. Provide a water source.

Birds need access to water to drink and bathe. Hutchison knows offering a water source for birds may not be possible for everyone but a natural basin where water can collect will suffice.

Read all 9 points and the full article [HERE](#)

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25 second timelapse of night sky over Zion National Park



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PHOTO: COURTESY OF SPORTS ILLUSTRATED

## Martha Stewart - 81 and on the cover!

Excerpted from NPR.com

Lifestyle magnate Martha Stewart is making history, as she becomes the oldest person to grace the cover of *Sports Illustrated*'s yearly swimsuit issue, at 81.



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due to her plethora of shows, books, product lines and social media followers.

"I am so thrilled to be on the cover of the @SI\_Swimsuit issue," she said in an Instagram post. "My motto has always been: 'when you're through changing, you're through,' so I thought, why not be up for this opportunity of a lifetime? I hope this cover inspires you to challenge yourself to try new things, no matter what stage of life you are in."

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101-year-old WW2 Veteran FINALLY Attends Graduation



## What to do if you are attacked by a swarm of bees

Excerpted from NPR.com

A group of aggressive bees descended on passersby in Los Angeles this week and sent at least two people, including a police volunteer, to the hospital.

Though bee stings are common, images of throngs of honeybees attacking people on a busy, residential street are less so.

James Nieh, a professor of ecology, behavior and evolution at UC San Diego, told NPR that the attack could have started when someone disturbed a hive of feral bees.

Bees sting to defend themselves or their colony. When they sting, their stinger releases an alarm pheromone with a subtle, banana-like odor that attracts other bees nearby.

Nieh has several pieces of advice for people under siege from bees. Run away as fast as you can. Don't cover your face, because you won't be able to see where you're going. And don't play dead, because bees are attracted to the alarm pheromone left by other bees' stingers and may continue to sting you anyway.

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footwear.

He emphasized that the best way to get out of being attacked by a group of bees is to simply buzz off.



## The word for the smell of rain

From Interesting Facts.com

The pleasant scent of rain after a dry spell is called "petrichor." Humans love the smell of rain, a delicious medley of aromas known collectively as "petrichor." But where does that smell come from? Well, the word itself (coined by Australian scientists in 1964) gives a clue. "Ichor" is the name for the fluid that forms the blood of the gods in Greek mythology, while "petros" in Greek means "stone" — which is one of the places this sweet-smelling chemistry happens. When rain hits porous soil and rocks after a long dry spell, small bacteria called actinobacteria (primarily *Streptomyces* species) release earthy-smelling organic compounds known as geosmin (a type of alcohol)



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opens that then release scents which trigger human noses are highly sensitive to this mixture of smells and can sniff it out better than a shark can smell blood in the sea. Some scientists theorize that early humans relied on this keen sense of smell to find clean sources of water.

Bacteria and plant oils aren't the only reasons rainstorms come with a signature aroma, however. Lightning can sometimes split two oxygen atoms (O<sub>2</sub>), which reform with other oxygen molecules to form ozone(O<sub>3</sub>), a word derived from the Greek for "to smell." Because of powerful downdrafts, ozone can be carried on the wind for miles, tingling the nostrils of animals and humans alike.

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4 hours of soft rock/jazz instrumental



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# FRIDAY PUZZLE

## Answers to today's puzzler:

1. Saltwater
2. Freshwater
3. Freshwater
4. Saltwater
5. Freshwater
6. Saltwater
7. Freshwater

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

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