



Photo of Jezra by Kimery Wiltshire

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 for SV hosted events in the coming 2 weeks:

May 30 - Trip to Safeway

June 1 - Lunch at Smitty's

June 4 - Line Dancing workshop

June 4 - Tales of the Trails cancelled this month, see you in July!

June 5 - Stretch and Strengthen with Rayner

June 6 - Morning Book Review Club

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



Happy Birthday Village Members born in June

Maria Arana (96) - Kent Barichievich - Lisa Bennett

Rich Brayton - Peggy Chipkin - Mary Lou Dauray

James De Lano - Amy Farella - Carol Fusco

Susan Keegin - Michael Lewis - David Marshall

William Miller - Olga Murray (98) - Susan Roegiers

Norman Scheiner - Tom Theodores - Peter Van Meter

If you are currently a Sausalito Village member with a June birthday and you don't see your name listed above, it means we don't have your birthdate in your file. Please let us know, we don't want to miss celebrating you in the future! Email SausalitoVillageConcierge@gmail.com or call 415-332-3325.



NEW: Summer Line Dancing Schedule

Teacher Laurie Reemsnyder is off for the summer from her 'day' job and will be adding weekday classes starting June 13 - ALL FREE! And all held at the Dance Studio, downstairs in Sausalito City Hall. Check the SV calendar for dates and more info by clicking on the events: <https://sausalito.helpfulvillage.com/events>

Coming up:

Tuesdays starting June 13 - 3:30-4:30 Mixed level

Thursdays starting June 15 - 4:00-5:00 Beginning level

Sundays 1st and 3rd of the month - 3:30-4:30 Workshops



People who achieved great things later in life

Excerpted from NiceNews.com

We've all probably heard the old adage "age is just a number." But it's one thing to hear it and a totally different thing to witness people accomplishing big dreams and setting new goals later in life.

United by a drive to keep moving forward, the impressive writers, adventurers, painters, creators, and changemakers featured in our roundup below remind us there's no age limit for ambition, or creativity. We can continue to evolve and improve, whether we're in our 20s or 90s, so take advantage of the season you're in to learn a new skill or pursue something you've always wanted — today is a wonderful time to begin.

Yuichiro Miura

Described as "The Godfather of Extreme Skiing," Yuichiro Miura was the first person to ski down Mount Everest in 1970. More than four decades later, he became the oldest person to climb the mountain at age 80 in 2013.

Nelson Mandela

We all know Nelson Mandela for his unwavering dedication to promoting peace and justice. However, it wasn't until his mid-70s that many of his life milestones

was open to all races in that country's history. Mandela had previously spent nearly three decades imprisoned for opposing South Africa's apartheid system. He died at age 95 in 2013.

Wally Funk

At 82, Wally Funk — a pilot and flight instructor — became the oldest woman to ever go to space. Although Funk actually passed a test to go to space about 60 years prior in her early 20s, she was rejected because of her gender. Fortunately, Amazon founder Jeff Bezos invited Funk to be an honored guest on Blue Origin's NS-16 mission in July 2021 and she finally got to experience her long overdue dream.

Read more of the list [HERE](#)



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.



We can cut 80% of plastic pollution

Excerpted from NiceNews.com

A new “solutions-focused” report from the United Nations Environment Program says the world could successfully cut plastic pollution by a full 80% by 2040. It outlines some steps to get there, with hopes of informing government and business decisions around the globe.

The report, titled “Turning off the Tap: How the world can end plastic pollution and create a circular economy,” lays out exactly how such a reduction could take place in less than two decades. It involves three major market shifts: reuse, recycle, and reorient and diversify products.

Those shifts toward a more circular economy, meaning one that “keeps materials, products, and services in circulation for as long [as] possible,” could lead to a significant economic upturn, UNEP said.

Reuse

The first 30% of the total reduction figure would come from promoting plastic reuse, via reusable water bottles and food containers, buying in bulk, deposit-return-schemes, and other similar initiatives. “To realize its potential,

Recycle

Next is recycling, responsible for 20% of the 80%. Though recycling has long been touted as a way to stave off climate change, UNEP proposes making it “a more stable and profitable venture.”

“Removing fossil fuels subsidies, enforcing design guidelines to enhance recyclability, and other measures would increase the share of economically recyclable plastics from 21% to 50%,” the organization said.

Reorient and Diversify

Finally, reorienting and diversifying consumer products means “shifting the market towards sustainable plastic alternatives, which will require a shift in consumer demand, regulatory frameworks, and costs.” That could involve providing incentives for companies to swap out plastic wrappers, takeout containers, and other pollutants for compostable alternatives like paper.

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**SAUSALITO
BOOKS
BY THE
BAY**



The Best Books for Summer Reading

Special Sausalito Village Event

with Cheryl Popp

Wednesday

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

NOTE: last week's announcement said Thursday, but June 7th is indeed a
Wednesday

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

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Spanish artist creates portraits that age as you walk by!



6 Table Etiquette staples

Excerpted from Interesting Facts.com

1. Silverware: work from the outside in

A formal dinner setting might have three or more forks, and just as many knives and spoons. The basic rule to remember is that you should always start at the outside and work your way inward so that the largest tools are used for the main course.

2. Napkin always on the lap

When sitting down to eat, it is polite to take the napkin and spread it on your lap. Do not tuck it into the neck of your shirt. Use it to gently dab at your mouth during the meal and, when finished, leave the napkin loosely folded on the table.

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The correct way to eat it is to break off a small piece and butter just that piece. Continue to butter one bite at a time. And to avoid confusion, the bread plate is to your left.

4. Consider adopting the continental style of holding your silverware
The Continental style is to hold the fork in your left hand with the tines facing down. The knife is held in the right hand. The index finger of each hand is extended along the utensil. Etiquette experts advise that the Continental style may be “the most diplomatic”.

5. No elbows on the table while eating

Most people agree that elbows on the table while eating can be seen as impolite and can intrude upon your neighbor’s space.

6. Avoid eating faux pas when in another country

Table etiquette varies from one country to another. To avoid insulting a host when dining overseas, it can be useful to brush up on local manners. Read this article for more info about customs in 18 countries: [HERE](#)



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/>



AARP summer homeowner checklist

Excerpted from AARP Newsletter online

Summer's here! And if you're a homeowner that means your home may need some TLC.

AARP's handy checklist tells you exactly where to look and what to do to keep your place in good condition for years to come.

Among other treasures, check out our link that explains three easy ways to add exterior lighting — which will help you see better at night, add curb appeal, and prevent break-ins.



June Fire-smart Tips from the UC Master Gardeners

JUNE: Clean up Zone Zero – 0-5' From Your Home Is Most Critical

- **Woody plants, yard debris and mulch** near structures can easily ignite from flying embers. Remove from the first five feet of structures.

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- Remove dead, damaged and diseased plant branches, trees and shrubs. Dispose of the material in your green waste bin.
- Move common combustible fire hazards as far away from your house as possible – or indoors immediately if a nearby fire threatens. These combustible items might include things such as brooms, rakes, plastic waste bins, wood piles and natural fiber door mats.

More Fire-Smart Landscaping Information can be found at the UC Marin Master

Gardener website:-

<https://marinmg.ucanr.edu/BASIC/FIRESMARTLANDSCAPING/>



2023 IDESST Festa do Espirito Santo
133rd Holy Ghost Festa
May 28, 2023, 8:00 am

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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 |



Important Pre-hospitalization checklist

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Corte Madera Women's Improvement Club has created a document that helps you to think about every possibility before you head out the door. The checklist walks you through the preparation before being admitted, being admitted, your stay and coming home.

Link to the checklist [HERE](#)

If you have a surgery coming up and are a Sausalito Village member, you are welcome to contact Wendy, our Concierge, to be connected with one of the SV Healthcare advocates to talk over your plans. Wendy can be reached at 415-332-3325.



Architecture was once an Olympic event

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Can you picture an Olympic hopeful waking up at the crack of dawn to spend hours hunched over a drafting table, perfecting their blueprints? Thanks to International Olympic Committee co-founder Pierre de Coubertin, the concept became a reality when the IOC began awarding medals in the categories of sports-related architecture, music, literature, painting, and sculpture at the 1912 Stockholm Games.

Artistic competitions remained part of the Olympics following a hiatus for World War II, with Austria's Adolf Hoch and Finland's Yrjö Lindegren claiming architecture gold in 1948. However, the writing was on the wall for these Jim Thorpes of the compass and T-square, as new IOC President Avery Brundage (who started in 1952) strongly discouraged the proliferation of professionals in the amateur realm. The creative arts were permanently relegated to the sideshow of Olympic exhibitions in 1952, and the hard-earned efforts of champion builders, singers, and writers from the first half of the 20th century were banished to obscurity when their medals were stricken from the Olympic record books.

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Enjoy this previously taped Stretch and Strengthen with Rayner class and don't forget to join us for the next live zoom class!

Reminder - no class on May 29 - the next class will be June 5 and every other Monday 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



I CAN'T KEEP
CALM
MY FLIGHT
IS DELAYED

Want to avoid flight delays? These are best and worst airlines at SFO

Excerpted from SF Chronicle

The San Francisco Chronicle analyzed data for more than 1.6 million flights that departed from four Northern California airports – SFO, Oakland, San José and Sacramento – between 2018 and 2022 to see when flights have historically experienced the most cancellations and delays. Only major airports served by multiple airlines were included.

One way to assess an airline's performance is to compare it to other airlines operating at the same airport. Though an important thing to note is that many major airlines, including United, American, Delta and Alaska, use regional airlines such as SkyWest to provide parts of their service. Flights from regional carriers operate under names like United Express, American Eagle or Delta Connection but are identified in FlightAware statistics by their operators' name and aren't included in the major airlines' statistics. Some regional carriers partner with multiple airlines, and some change their affiliations. Other major

These domestic airlines had the highest percentage of delays and cancellations at each airport:

- SFO – Frontier (delays), Southwest (cancellations)
- Oakland – Allegiant – (delays), Allegiant (cancellations)
- San José – Frontier (delays), British Airways, Southwest (cancellations)
- Sacramento – Frontier (delays), Volaris, Spirit (cancellations)

Major airlines with the lowest percentage of delays at each airport were:

- SFO – Delta
- Oakland – Skywest
- San Jose – Delta

Sacramento – Delta

Read the entire article [HERE](#)



5 Mistakes we make when feeling overwhelmed

Excerpted from Harvard Business Review

The following are five common self-sabotaging mistakes overwhelmed people tend to make. There are practical solutions for each that will help you feel like you're on top of things and do a better job of navigating your most important tasks and solving problems.

1. You think you don't have time for actions that would help you.

Instead of thinking about what would be ideal, choose the best option that's easily available to you *now*. Perhaps you don't have time to research the best therapists by interviewing multiple candidates, but you do have time to pick someone who meets a few of your criteria and try a couple of sessions with them.

2. You don't utilize your unconscious mind enough.

Your unconscious, wandering mind is as valuable a tool for solving problems and creative thinking as your focused mind. Utilizing your wandering mind will help you get important things done, without so much pressure to be focused and undistracted all the time, which can be an unreasonable expectation.

3. You interpret feeling overwhelmed as a weakness.

Sometimes we get self-critical about the very fact that we feel overwhelmed. We think: "I shouldn't feel overwhelmed by this. It's not that hard. I should be able to handle it without it stressing out." When you're self-critical, you become more likely to procrastinate, because not only does the task trigger feelings of overwhelm, it also triggers shame or anxiety about having those feelings. It's important to replace your self-criticism with compassionate self-talk, which I've provided specific strategies for previously.

4. You default to your dominant approaches and defenses.

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the demands of the situation. Does the particular task or problem need _____? (Insert your dominant value, such as thoughtfulness or self-reliance.) Or would a different approach be better suited to the circumstances?

5. You withdraw from your supports.

Identify ways you still enjoy connecting with your supports even when you've got limited emotional energy. For example, I like to draw alongside my five-year-old during my breaks, or construct something out of blocks and shapes with her. We also like to cuddle in bed while watching our own individual screens. If you struggle to get around to these activities, create routines for them so they fit into your day or week in specific places — for example, maybe you always bake with your child on Saturday mornings.

Read the entire article [HERE](#)

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**Life isn't perfect,
any failures you have are
actually *learning*
moments. They teach us
how to grow and evolve.**



PHILLIPA SOO

FRIDAY PUZZLE

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Sophie thinks her watch is 25 minutes fast, although it is actually 10 minutes slow. Caroline thinks her watch is 10 minutes slow, while it is actually 5 minutes fast. What will happen if they both aim to arrive exactly on time?

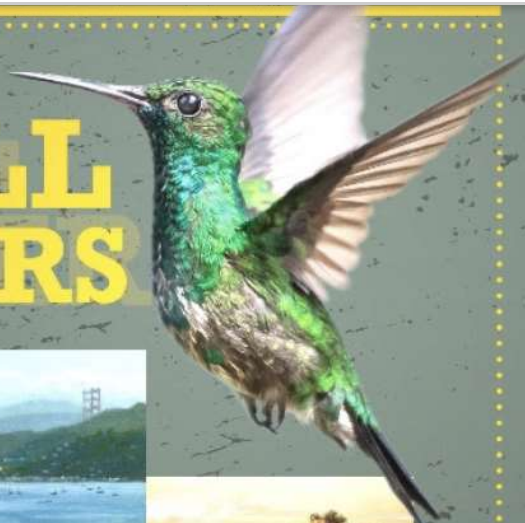
Answer at the bottom of the newsletter.



3 minute meditation to calm anger

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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



Memory Screening in Marin at Vivalon

May 31 @ 9:00 am - 3:00 pm

Free

Memory screening is a proactive step to help you be better informed about your cognitive health. Screenings are free and confidential, and are appropriate for people who are concerned about memory loss, as well as those who want to set a baseline for future comparisons. **Note: Appointments required.**

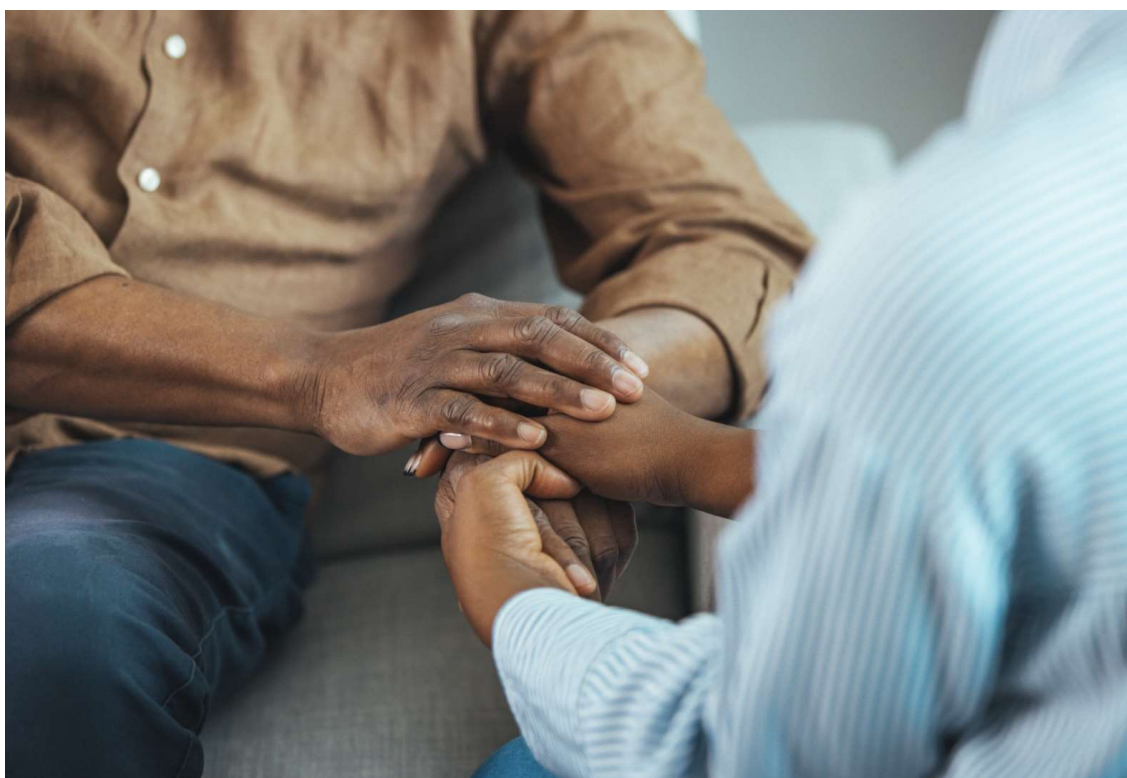
Cost: Free

Where: Vivalon, 930 Tamalpais Ave, San Rafael, CA 94901

Contact: To register for your 60 minute time slot, call Vivalon at **415-456-9062**

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Mysterious Underground City In Turkey Found In Man's Basement



Forgiveness improves mental health

Excerpted from NiceNews.com

New patterns are hard to instill and forgiveness is a practice. But if you're looking to process your feelings, hold space for compassion,

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- Start small: Notice where you can extend forgiveness in smaller moments. The idea is: The more you forgive, the easier it will be to make forgiveness something you're accustomed to doing. That way, it becomes less difficult when you most need to hold space for forgiveness.
- Change your perspective: A fresh lens can bring a new perspective to the situation and help you get a clearer picture of what's going on, perhaps with less judgment and more compassion.
- Meditate: Loving-kindness meditations generally involve holding grace for others (and yourself) as a way to generate benevolence and forgiveness.
- Make a choice to be present: Choosing to be present is the opposite of ruminating on the past. Headspace, a popular meditation app, similarly describes forgiveness as the act of deciding "to live life as it is, not how we wish it could be."
- Return to your why: Forgiveness isn't inevitable; it's a decision. Reflecting on that decision will remind you why you wanted to let go of these feelings of resentment and negativity in the first place.
- Acknowledge the process: Be patient with yourself. The Mayo Clinic writes, "Even small hurts may need to be revisited and forgiven again and again." That's OK.
- Express gratitude: Finally, expressing gratitude is a requirement for forgiveness, according to The Greater Good Science Center at UC Berkeley. Writing in a gratitude journal or simply thinking of a few things you're grateful for each morning can be a powerful way to integrate appreciation into your routine.

When in doubt or experiencing moments of struggle, consider returning to these insightful words: "Forgiveness doesn't solve all problems. But forgiveness is freeing."

Read the entire article [HERE](#)

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Watch this 58.8m High Dive World Record being set



Be careful of these supplement combinations

Excerpted from VeryWellHealth.com

According to Crumble Smith, RDN, a certified registered dietitian at Top Nutrition Coaching, there are certain supplements that shouldn't be taken together because one can negate the effectiveness of the other.

- **Calcium and iron:** These two supplements should not be taken at the same time because calcium can reduce the absorption of iron—iron can often become less effective when combined with other foods. If you need to take both calcium and iron supplements, try taking them at least two hours apart, Crumble Smith said. It might be easier to remember taking one in the morning and the other during the evening.
- **Zinc and copper:** Both of these supplements compete for absorption in the body, so taking them together can reduce their effectiveness. If you need both, look for an option that contains a balanced ratio of zinc and copper, or take them at different times of the day, at least two hours apart.
- **Magnesium and calcium:** These supplements can also interfere with each other's absorption in the intestines when taken together, which can reduce their effectiveness. If you take both, take them at different times of the day.
- **Vitamin C and vitamin B12:** These supplements should not be taken in high doses together because vitamin C can decrease the amount of vitamin B12 that the body absorbs and metabolizes. It's recommended to take these supplements separately or at least two hours apart.

It's important to note that the order in which supplements are taken can affect how well they are absorbed in the body and how effective they are, Mary Sabat, RDN, LD, a registered dietitian nutritionist and an ACE-certified trainer, told Verywell in an email. For example, some supplements like calcium are best taken with food to enhance absorption, while others like iron are better absorbed when taken on an empty stomach.

Supplements Combinations That Can Be Harmful to Your Health

iron in the body, which can be a good thing. However, if vitamin C is taken in high doses, it can lead to excess levels in the body and increase the risk of iron toxicity. If you must take both, experts generally recommend spacing them out by at least two hours.

- **Vitamin D and calcium:** While these two supplements are often recommended together, taking high doses of both can lead to hypercalcemia, or too much calcium in the blood. This can increase the risk of kidney stones or heart issues.



A Babylonian clay model dated to 1800 B.C.E. shows a nude couple on a couch engaged in sex and kissing. The Trustees of the British Museum

Humanity's First Recorded Kiss Was Earlier Than We Thought

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“My upper lip becomes moist, while my lower lip trembles! I shall embrace him, I shall kiss him.” —1900-1595 B.C.E. tablet from Sippar, Mesopotamia; translation by Nathan Wasserman, *Akkadian Love Literature of the Third and Second Millennium B.C.E.*

These breathless lines of cuneiform script, etched into a clay tablet some 4,000 years ago, are among the very first depictions of romantic kissing. But hints from archaeology and DNA suggest that humans were kissing long before they had the ability to tell about it in writing; the amorous act might even be as old as our species.



10 hours of ukulele music

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FRIDAY PUZZLE

Answers to today's puzzler:

Sophie will be 35 minutes late

Have a puzzle to share? Send it to SausalitoVillageTips@gmail.com



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