



Photo by John Oppenheimer

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

world. Please send your contributions by 10 am Thursdays to:
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](#)

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

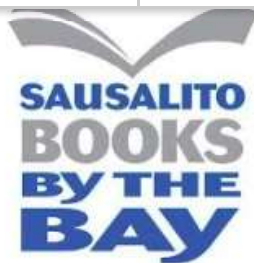
June 4 - Line Dancing workshop

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

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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



Join us in the Sausalito 4th of July Parade

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we will once again be part of the Sausalito 4th of July Parade this year. It is great fun and we hope you can join us. We will be bringing together seniors from Sausalito Village, Edgewater Senior Club, CARSS (Call A Ride for Sausalito Seniors) and Age Friendly Sausalito.

NEEDED: If you have a convertible car that you can drive in the parade, or allow someone to drive in the parade, we would love it! Many of our seniors in town enjoy participating but can no longer walk the parade route. Please let us know if you are available by emailing SausalitoVillageRSVP@gmail.com

Here is the info:

Walk, Bike, Ride...

Anyway you want, just make sure to come and be part of the fun!

We start in front of SV Member, Charlotte Mastrangelo's house on Third Street, between Valley and Main in Hurricane Gulch. We will decorate the cars and get organized as a group. We will have coffee and donuts waiting for you! Our group will depart right from in front of her house just before 10am where we will feed into the rest of the parade, which starts at Second and Main.

WHEN: 9 a. m., Monday, July 4th

WHERE: Meet at 105 Third Street (Between Valley and Main)

RSVP: https://sausalito.helpfulvillage.com/events/3910-join-sausalito-village_carss-in-the-parade

Questions?: SausalitoVillageRSVP@gmail.com

Need A RIDE?: Let us know when you register by writing in the comments section OR Call Wendy by 5 pm June 30th at (415)332-3325



All blue-eyed people likely descended from a single ancestor

Excerpted from Fact of the Day

Eyes are said to be the windows to the soul, but they're also a glimpse at humanity's genetic past. Scientists estimate that between 6,000 and 10,000 years ago, the eye color of all *Homo sapiens* was brown — likely an evolutionary advantage, as the melanin pigment offers some protection from UV radiation. But then, something changed. Sometime during the Neolithic expansion in Europe, an individual was born with a mutation to the OCA2 gene. This gene code controls melanin production in the iris, and the mutation caused this person's eyes to turn blue rather than the usual brown. Because blue eyes can only form as a result of this mutation, scientists theorize that all blue-eyed people — about 10% of the world population — are a relative of this original lone blue-eyed ancestor.

Strangely, this mutation doesn't actually turn your eyes blue — in fact, blue eyes are technically not blue at all. The eye's iris is predominantly made up of two layers: the stroma and the epithelium. Brown eyes have a brown-black melanin pigment in both these layers (though the stroma absorbs the most light), which produces the color brown. Blue eyes, on the other hand, have no melanin pigment in the stroma; in fact, blue eyes have no pigment at all. Instead, they are a

blue wavelengths of light are the shortest, they are reflected the most by the fibers in the eyes, which absorb the longer red-orange wavelengths. This bit of complicated optics is similar to how the atmosphere reflects sunlight, turning the sky (and the ocean) a dazzling blue. So while the overall effect is that people have “blue” eyes, from a pigment perspective, the truth is that they really don’t have any color at all.



Meet Chonkosaurus, the giant snapping turtle living in Chicago River

On May 19, two individuals were kayaking down the Chicago River when they unexpectedly spotted a ginormous snapping turtle. One of the kayakers, a botanist named Joey Santore, caught the delightful “beast” on video, and a viral sensation was born.

To get a better understanding of the Internet-famous snapping turtle—dubbed “Chonkosaurus”—as well as the native fauna supporting this magnificent beast.

According to Santore, Chonkosaurus is likely a pregnant female snapping turtle, approximately 50 years old, and about 50 pounds. One of the reasons

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incredibly healthy Chonkosaurus is.

Watch Chokosaurus in this Youtube video: <https://www.youtube.com/watch?v=qjnpWuPw1tA>



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



Perfectly Preserved Declaration of Independence Found Under a \$4 Painting

Excerpted from TheMet.com

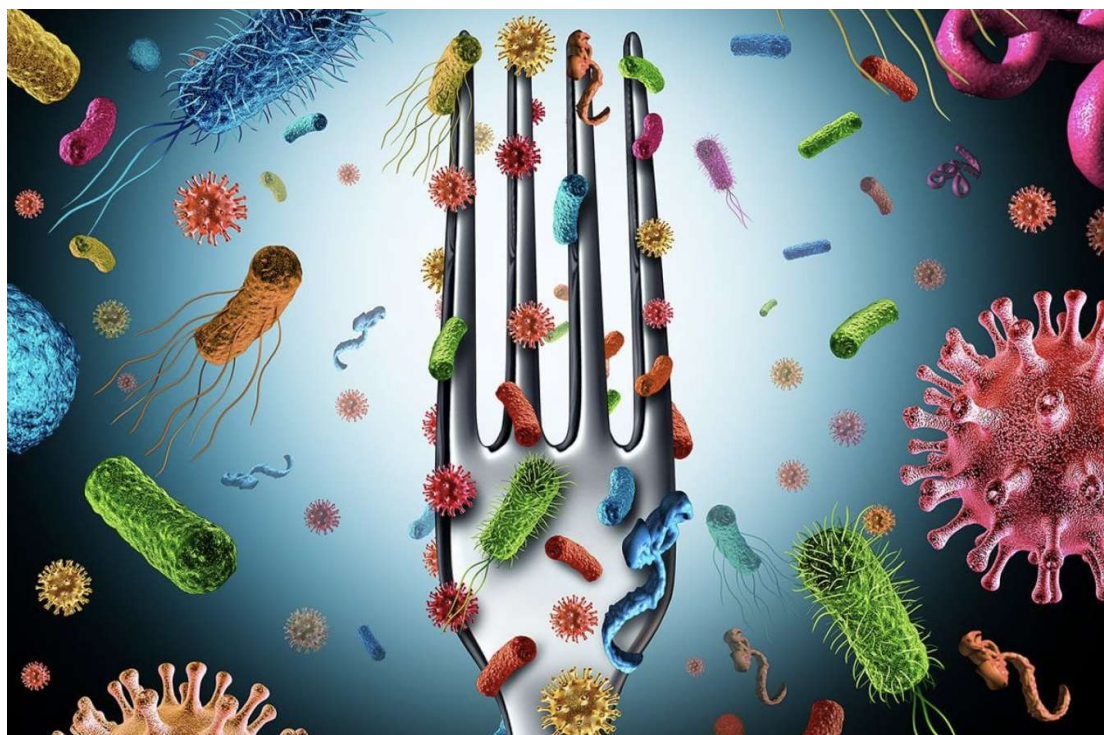
In 1991, a man shopping at a thrift sale purchased an “ugly painting” for \$4 because he liked the frame. Behind the painting, he discovered a folded-up copy of the first printing of the Declaration of Independence. This shockingly rare find ended up selling for over \$7 million at auction in 2000—a true tale of hidden history and exceptionally lucky thrifting.

When the man took apart his purchase, he found a document folded in an envelope. The man did not originally realize its significance, but he saved the cool discovery. “[H]e kept the declaration, which he had found behind the painting,” David Redden, who helped sell the document at auction, told *The New York Times* in 1991. “It was folded up, about the size of a business envelope. He thought it might be an early 19th-century printing and worth keeping as a curiosity.”

A friend convinced the man to take the document to Sotheby's for more information. It turned out to be printed in 1776, part of a run of 25

July 4, 1776—the same day the original was signed at Independence Hall in Philadelphia, PA. Printed by John Dunlap, the official printer to the Continental Congress, they were sent out the next morning to spread word of the monumental decision made the day before to separate from England.

This incredible document was estimated to sell for about \$1 million maximum, but at auction in 1991 it achieved an incredible \$2.2 million (about \$5 million today). This copy in particular is well preserved and lacks the backing that was affixed to many of the early copies. In 2000, it sold again for \$7.4 million (about \$13 million today). This lucky thrift find certainly must have been an epic adventure for the purchaser.



What Is the Top Cause of Food Poisoning?

Excerpted from Taste of Home.com

in the grocery store. Between the years of 2017-2022, leafy greens caused 614 illnesses and 50 recalls, according to a study by *Consumer Reports*.

Consumer Reports looked at recalls and outbreaks of widely consumed foods during the five-year window between 2017 and 2022, focusing on bacterial contamination (and not recalls due to things like allergens or extraneous particles found in food). In putting together the ranking, *Consumer Reports* notes that contaminated leafy greens were also responsible for the most deaths, 11, of any food on its list.

The most likely cause of leafy green recalls is *E.coli* and listeria contamination. Water used to irrigate growing fields has been found to occasionally be polluted with manure from nearby cattle feedlots. Pre-packaged greens can also be contaminated with salmonella or listeria in food processing plants, which is what happened during a salad greens recall in 2021.



Astronomers view a star swallowing a planet for the first time



Marin County's Online Community Survey Now Open

The [2023 Marin County Community Survey](#) is now online and open to all people who live in Marin County through June 9. This is the opportunity for the Marin County community to share anonymous opinions to help the County plan its priorities for the next five years.

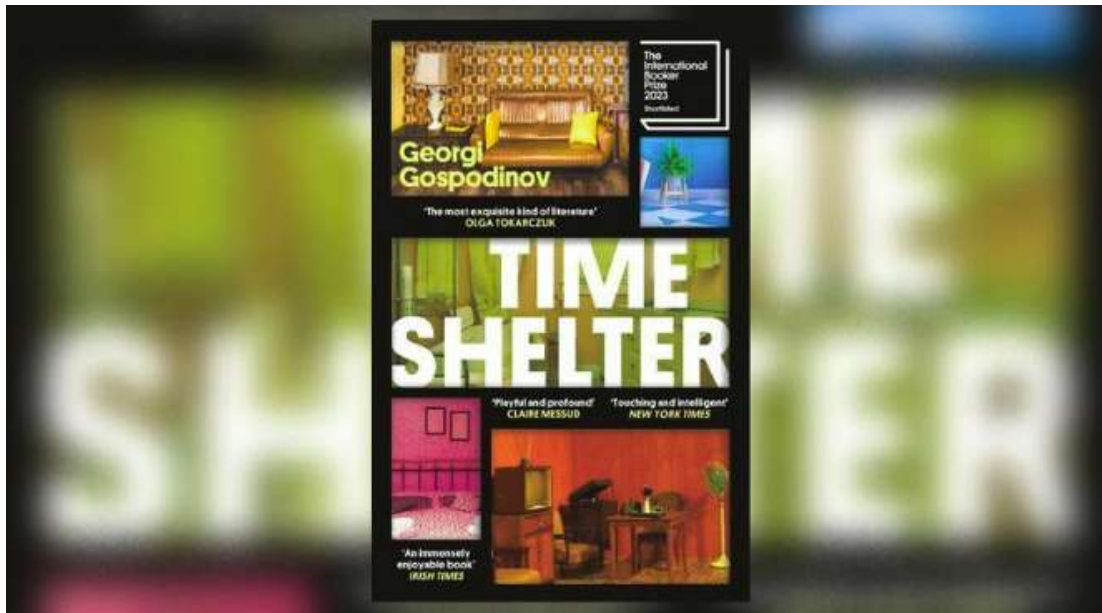
The County is excited to hear from those who receive its services as a measure of its customer service. Survey results will be compared to those from 2019 and will be benchmarked to other communities nationwide.

In mid-April the County government mailed 4,500 surveys to randomly selected households. All others living in Marin now have an opportunity to participate online in English, Spanish (Español), or Vietnamese (Tiếng Việt) to ensure everyone has an opportunity to be heard. All responses are anonymous.

The survey, which takes about 15 minutes to complete, includes questions about general quality of life, local policies, demographics, and rating of local government services. Community priorities may have changed since the last survey in 2019, and the County is eager to create a foundation to inform future strategic planning efforts.

the survey at any Marin County Free Library location. County staff members are also working with local community-based organizations to help spread the word about the survey and ensure that every voice has an opportunity to be heard.

Survey results will be available in late summer 2023 via the County's website and will also be presented to the Board of Supervisors. For more information, visit the [2023 Community Survey webpage](#).



2023 International Booker Prize Winner Announced

Excerpted from BookRiot.com

Honoring the finest works of translated fiction from around the world, the International Booker Prize has announced its 2023 winner, *Time Shelter* by Georgi Gospodinov and translated from Bulgarian by Angela Rodel. The winner was announced at a ceremony at Sky Garden in London that included remarks from the judges and the winning author and translator, among other festivities.

Time Shelter is the first book translated from Bulgarian to win the International Booker Prize. At the heart of the novel is a clinic created for treating patients with Alzheimer's disease and dementia, with each floor recreating past decades in painstaking detail. An unnamed

as everyday people begin to flock to the clinic to relive the past and escape their lives. The novel has been applauded for its complexity and subtlety as it explores time, memory, identity, and the dangers of nostalgia. Chair of the judges novelist Leïla Slimani, called it “a brilliant novel, full of irony and melancholy.”

She adds, “In scenes that are burlesque as well as heartbreaking, he questions the way in which our memory is the cement of our identity and our intimate narrative. But it is also a great novel about Europe, a continent in need of a future, where the past is reinvented, and nostalgia is a poison. It offers us a perspective on the destiny of countries like Bulgaria, which have found themselves at the heart of the ideological conflict between the West and the communist world.”



Great dance routine - Bob Hope (52yo) and James Cagney(56yo)



What we learned at the Sausalito Police presentation

We are sorry if you missed the great presentation by the Sausalito Police Department two weeks ago.

What you missed the most was the Question and Answer period - so much more was covered! Thankfully, Officer Sean Samalgski provided his notes for us to share with you.

Read the notes [HERE](#)

Hope to see you next time!

Sincerely,
Sausalito Village Emergency Preparedness Committee



The basics about thunder

Excerpted from KXAN.com

Electrical charges that build up in a storm release in the form of **lightning**. Extreme heat is generated by this electrical discharge with air surrounding the lightning channel superheating to ~54,000 degrees Fahrenheit (that's about five times the surface temperature of the sun!)

All gases expand when the temperature increases, so when lightning superheats the air at just a fraction of a second, the air expands so rapidly that it compresses the air in front of it. **Thunder** is the acoustic soundwave generated by this quick expansion and contraction of air.

Sound waves move faster in warm air compared to cold air and refract or bend towards areas of lower pressure. Since our atmosphere typically cools with height, these soundwaves tend to bend upwards, making it harder to hear thunder for a person farther away from the point of lightning. Moisture also plays a role as a more humid environment will bend or block more sound waves.

A “**crack**” is typically indicative of a nearby or relatively close thunderstorm and/or with a strike perpendicular to a person (ex. lightning bolt stretching from the cloud to the ground).

A “**rumble**” is typically associated with storms further away and/or with a strike parallel to a person (ex. lightning bolt stretching from one end of a cloud to another).

A “**boom**” is indicative of a lightning strike reaching the ground.

multiple strikes reach a person at varying times.



How much you exercise may impact your flu and pneumonia risk, study shows

Excerpted from CNN.com

It's time to add to your list of reasons to work out: Getting active could help prevent risk of death from the flu and pneumonia, according to new research.

Meeting the physical activity guidelines for aerobic and muscle-strengthening activity reduces risk of dying from influenza and pneumonia by 48%, according to a study published Tuesday in the British Journal of Sports Medicine.

Adults should get at least 150 minutes of moderate aerobic physical activity and two or more days of moderate muscle strengthening activities a week,

Department of Health and Human Services.

The study relied on the survey data of more than 570,000 people from the US National Health Interview Survey between 1998 and 2018. People were asked about their physical activity habits, and they were categorized into groups based on how well they met the recommended amount of exercise, according to the study.

On average, the respondents were monitored for nine years after the initial survey. There were 1,516 deaths from the flu or pneumonia in that time.

Meeting both recommendations for aerobic and muscle-strengthening activity cut the risk associated with flu or pneumonia death nearly in half, but meeting just the aerobic activity target was associated with a 36% lower risk, according to the study.

Both influenza and pneumonia are among leading causes of death in the United States and around the world, so the results are significant, said lead study author Dr. Bryant Webber, an epidemiologist in the US Centers for Disease Control and Prevention's Division of Nutrition, Physical Activity, and Obesity.

"This study is also consistent with the various studies showing that regular exercise dramatically lowered the risk of COVID-19 related death in similar fashion," Sallis said in an email.

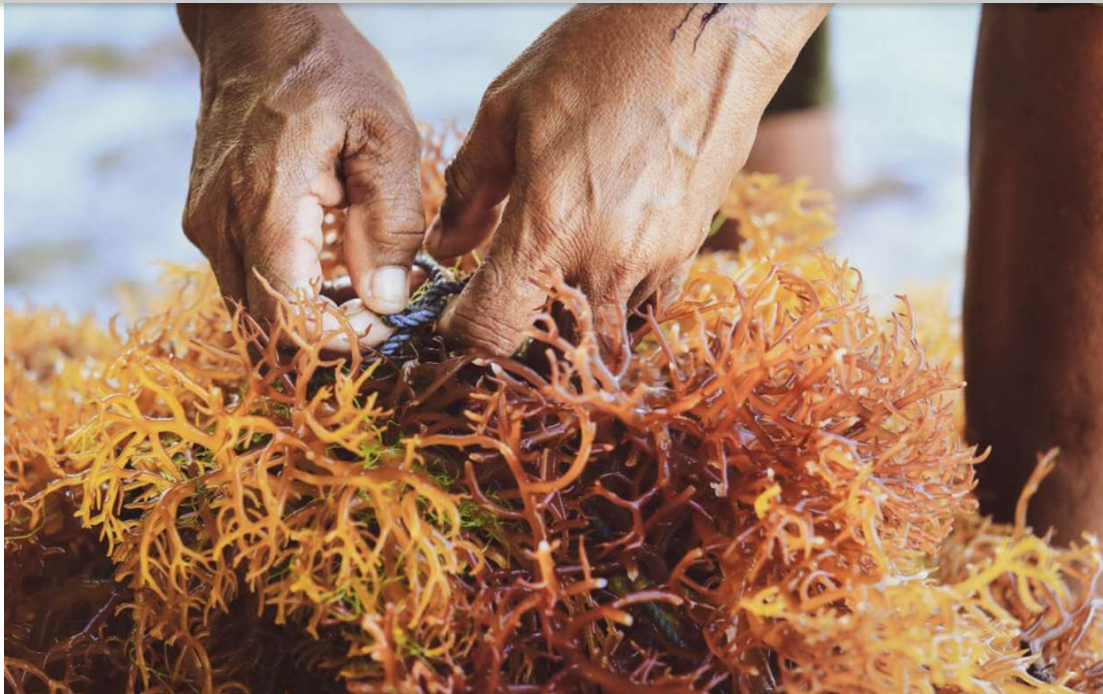
Keep reading the entire article [HERE](#)

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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



Nutritional benefits of sea moss

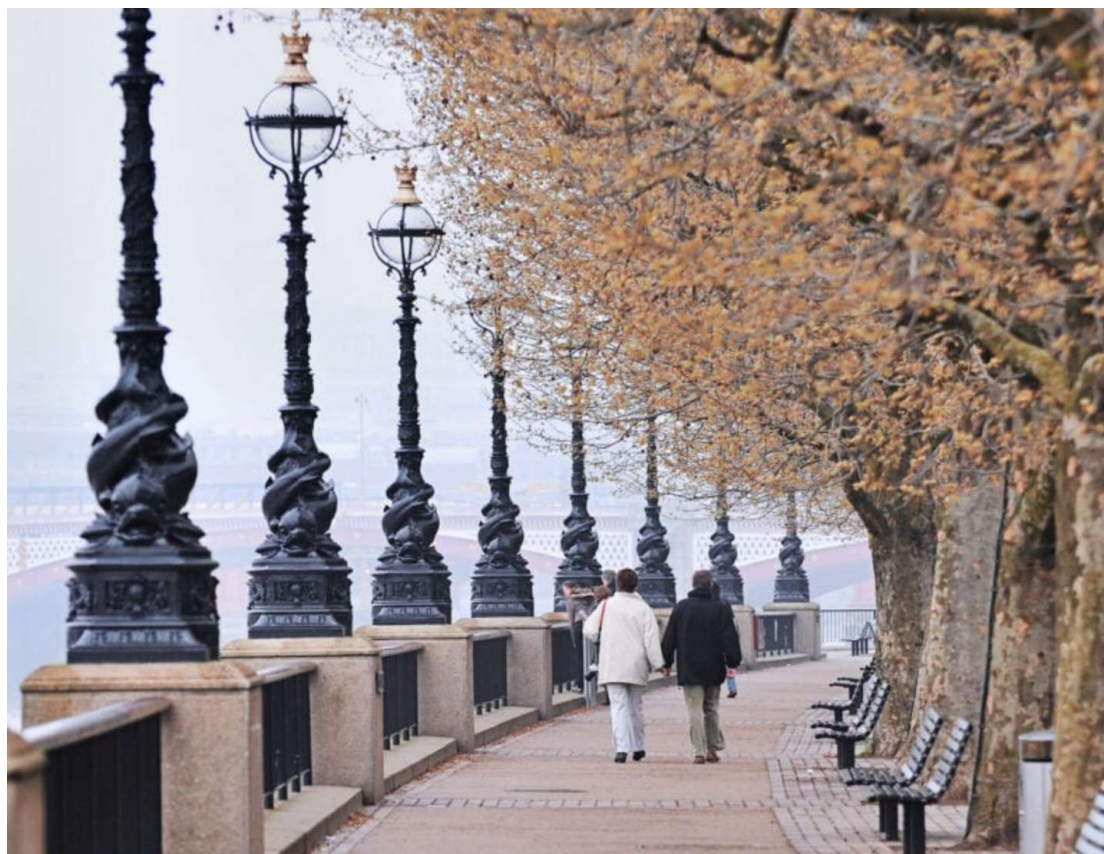
Excerpted from RealSimple.com

Sea moss, which is also called Irish moss, carrageen moss, or *Chondrus crispus* if you're getting scientific, has been used as a thickener for ages (you'll see carrageenan listed as an ingredient in ice creams, nut milks and other creamy packaged foods) thanks to its versatility, flavorlessness, *and* nutritional benefits.

"Sea moss is a type of seaweed that is usually available in powder or capsule form," explains Natalie Rizzo, MS, RD, author of *Planted Performance*, and founder of Greenletes. "You can buy it in its natural form, but most people use it as a supplement."

Sea moss is nutritionally dense, meaning a small amount packs in vitamins and minerals. "In its natural form, a one ounce serving of sea moss has a good amount of iron and folate," says Rizzo. "Iron is crucial for transporting oxygen throughout the blood and maintaining energy, and folate is involved in DNA formation and protein

Though nutritional research on sea moss is currently quite limited, Rizzo points to research on seaweed as a whole to consider sea moss's full benefits. A study published in February 2020 suggests that seaweed may have prebiotic properties, which supports overall gut health. Red seaweed has also been found to contain antioxidants and in one study, prevented weight gain in mice. Of course, there's much more to learn about sea moss, but the preliminary health research is promising.

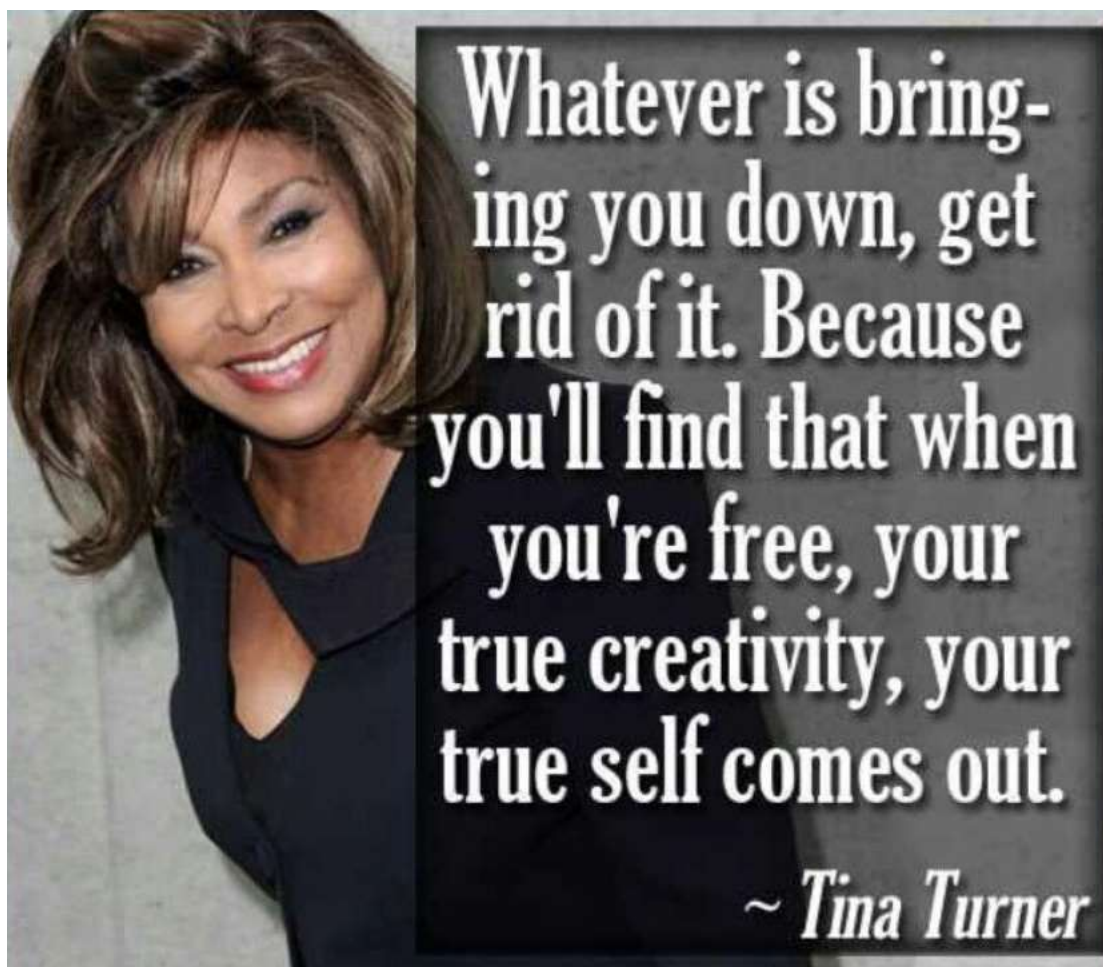


Most walkable cities outside of the U.S.

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1. Victoria, British Columbia, Canada (Winner)
2. London, England
3. Edinburgh, Scotland
4. Paris, France
5. Amsterdam, Netherlands
6. Venice, Italy
7. Florence, Italy
8. Dublin, Ireland

Read 8 more and the descriptions of each [HERE](#)



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FRIDAY PUZZLE

Place each letter from the word CULTIVATE onto the blank spaces below to spell a three-letter word, a five-letter word, and a seven-letter word. Each letter can only be used once.

_ C _

_ O _ N _

_ A _ I _ N _

Answer at the bottom of the newsletter.

A graphic featuring the word "Sausalito" in a black cursive script, positioned above the word "PRIDE" in large, bold, block letters. The letters of "PRIDE" are filled with a colorful, low-poly geometric pattern in shades of red, orange, yellow, green, and blue.

June is Pride month

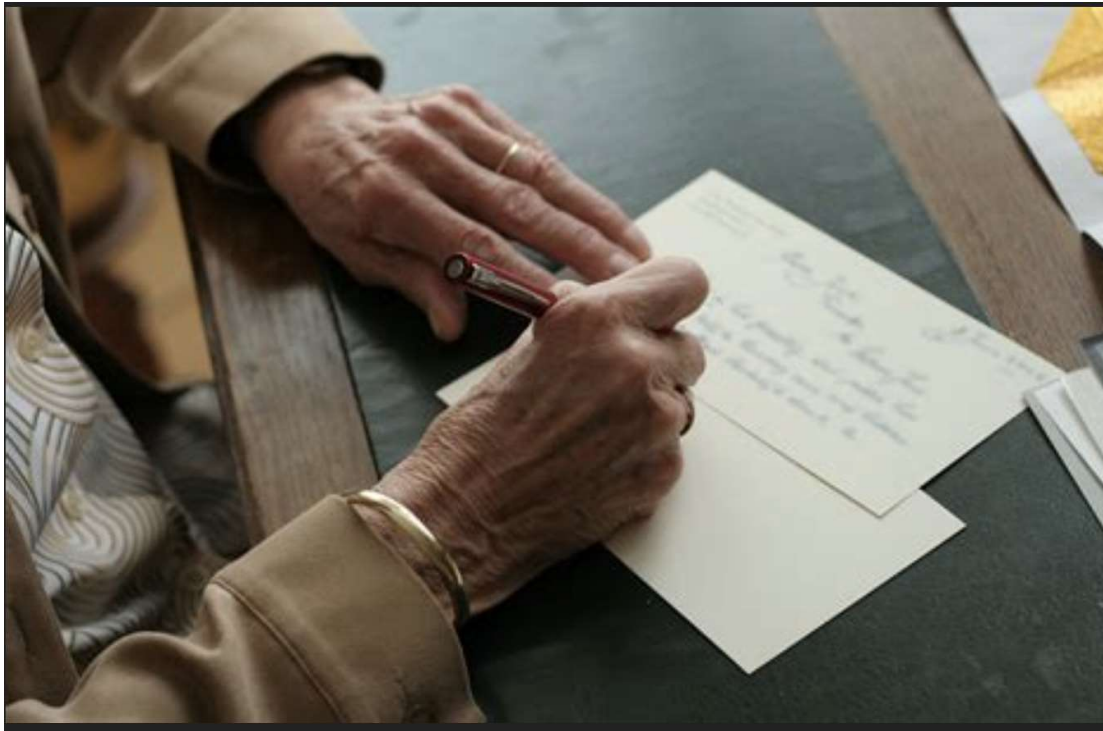
Sausalito became a gay mecca after World War II. By the 1960s, there were more gay bars per capita here than in San Francisco. Despite this long and colorful history, our town has never hosted an official LGBTQ+ celebration or festival.

Events during the month of June include a Pride exhibit and opening reception at Sausalito Center for the Arts, a Pride sail on the Matthew Turner, a celebration of LGBTQ+ literature at Sausalito Books by the Bay, a party on June 29, and the Jazz and Blues by the Bay performance by Banda Sin Nombre.

A schedule of events can be found on the Sausalito Pride website. Events that have yet to be added to the schedule include a ribbon cutting for new rainbow crosswalks at the downtown intersection of Bridgeway and Bay Street and a special high-fashion drag performance at Gene Hiller Menswear.

Pride website: <https://www.sausalitopride.org/>





How to Find the Perfect Thing to Say in Every Situation

Excerpted from Readers Digest.com

Rule No. 1 of knowing what to say for every occasion: Say *something*. The top etiquette mistake people make when trying to find the right thing to say is getting so hung up on finding the “perfect” response that they end up saying nothing, says etiquette expert Valerie Sokolosky, author of *Do It Right*, a comprehensive etiquette guide. “We’ve all been there! I can’t tell you how many times I’ve stumbled over words, trying to find just the right combination of witty, intelligent and original—and I’ve written whole books about this. It’s not easy, even for the pros,” she says. “But people don’t need a perfect Hallmark quote. They need to know you care—and there are lots of ways to communicate that.”

In both happy and sad situations, your perfectly imperfect “wish” needs just three things, according to Fran Walfish, PsyD, a psychotherapist in

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1. Be appropriate to the situation
2. Reflect your relationship with the other person
3. Share a heartfelt, funny or sincere sentiment

No novels or dissertations required! To help you find the right words, we asked our experts to share some simple tips—and even an actual script for every situation, including [congratulations messages](#), [happy birthday messages](#), [condolence messages](#) and [wedding wishes](#).

How's that for making things easy?



TED Talk: Ask better questions to make better connections



A multi-exhibit exhibition in celebration of Pride month

Sausalito has a history of welcoming all people and continues the tradition in 2023 with an inaugural Pride Celebration.

SCA is proud to present **Pride Not Prejudice** in support of the Sausalito Pride Celebration.

Pride Not Prejudice includes **Homosocial**, a project that celebrates queer culture. Founded in 2022 by artist Brian Van Camerik, Homosocial at its core is a collection of vintage photographs of same gendered couples and queer individuals displaying intimacy. The exhibit is presented in various art forms including photography, reliquaries and film.

LGBTQIA+ Art will showcase original work by twenty-eight accomplished LGBTQIA+ California artists. Curated by Charlie Barboni, the show will include two and three dimensional art encompassing all mediums by notable artists including Ajuan Mance, Clark Mitchell, Hunter Harvey, Shae Rocco, Wendy Franklin, Jun Gang, Joseph Abbati and others

Exhibition Dates: June 9th -July 4th

Wednesday - Sunday. 11:00 AM - 5:00 PM

SCA is located at 750 Bridgeway

Artist Reception:



The importance of cairns...and please don't make your own

Excerpted from the Met.com

If you've ever been on a hiking trail and seen a manmade stack of rocks, then you've encountered a **cairn**. Since prehistoric times, humans have stacked rocks as waymarkers or memorials. Scotland, in particular, is rife with cairns and, in fact, the word comes from the Gaelic word càrn meaning “heap of stones.” In more modern times, cairns have been used to mark trails and mountains, help give directions, and even provide wind shelters.

understanding their true purpose, and this is cause for concern. Sometimes celebrated as a zen practice, building cairns can have consequences. By adding cairns to trails without any consideration, it's possible to confuse hikers who use the rock stacks as directional markers. They can also disturb the environment, robbing the animals who live under the rocks of their shelter. The practice can also dislodge plants and inadvertently cause soil erosion. At the same time, it's also not wise to add to or knock over existing cairns, as you might confuse hikers who used authorized rock stacks as directional markers.

For these reasons, it's technically illegal to practice rock stacking in National Parks. "While not always widely enforced, rangers consider these stacks to be 'rock graffiti' and will take them down when they're spotted or discourage visitors caught building them," notes the Zion National Park hiking guide. All parks take a "leave no trace" stance. They ask visitors to leave the natural environment exactly as they found it, without adding or taking anything away.



In Memory of Tina 1939 - 2023



FRIDAY PUZZLE

Answers to today's puzzler:

ICE
COUNT
VALIANT

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



***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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