



Photo by Annie Dorsey

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:

- June 18 - Line Dancing workshop
 - June 19 - Stretch and Strengthen with Rayner
 - June 20 - In Home Monitoring Devices hosted by Seniors at Home
 - June 20 - Line Dancing mixed level
 - June 22 - Line Dancing beginner
 - June 23 - Trader Joe's - volunteer shops for you
 - June 26 - SV Summer Sing Along
 - July 4 - Join us in the Sausalito 4th of July Parade
-



SV Summer Sing Along - Monday, June 26th, 4pm

Join in the fun!

We have gone back to our original time - 4pm start. Grab a drink and some appetizers before the music starts at 4:15.

This month, Maria Paterno and Ciji Ware will be at the microphone and Jean Capron will be on the keys. They have a great list of songs to share - come to sing along or just listen and enjoy.

WHEN: Monday, June 26th, 4pm

WHERE: Campbell Hall, 70 San Carlos, plenty of parking

Door to door rides are available within Sausalito/Marin City. Must be reserved by Friday, June 23rd.



Borrow the work of a local artist from the library

Excerpted from Marin IJ

Marin residents will soon be able to borrow and display local artwork in their homes at no cost through a Marin County Free Library program set to launch this fall.

The program, a collaboration with the Marin County Department of Cultural Services, will allow anyone with a library card to check out artwork the same way they can books. It will feature about 30 paintings, photos, prints, textiles, drawings and mixed media pieces from artists in the county.

One of the main goals is to bring art — and joy — to residents who might not have access to it otherwise. Stephanie Hartwell-Mandella, a project leader for the program and the branch manager at the Corte Madera Library, said art can have emotional impact.

“I think people want to find what makes them happy and what brings them joy,” Hartwell-Mandella said. “It helps to make (art) accessible and to bring some wonderful things into their lives, homes and surroundings, just like we would

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art-rich environment, too, even just one or two places to explore.

Another key part of the program is the exposure and financial support it will offer local artists. The library will buy the art directly from artists with funds provided by the Marin County Library Foundation, the Tomales Bay Library Association, the Marin County Library Association, the Friends of Marin City Library and the Friends of the Novato Library.

The art will initially be available at the South Novato, Point Reyes Station, Inverness, Corte Madera and Marin City libraries, but program developers hope to expand to all 10 branches.

Garrison said the county has already received a lot of applications from a diverse range of artists. The free online application does not close until June 30. The only requirements are that artists live or work in Marin County and be at least 18 years old, and that the artwork be one- or two-dimensional.

A jury will select pieces in September, and then library members will be free to check out the art to enjoy from their own homes.



Marin City Juneteenth Festival

The 7th Annual Marin City Juneteenth Community Festival will be held on **Monday, June 19** from 10:30 a.m. until 6:00 p.m. at [Rocky Graham Park](#).

The festival will feature traditional African drumming and other musical and theatrical performances, free childcare with an art and play area, food vendors, and an African marketplace.

For more information, please contact Marin City Arts and Culture at (844) 862-2787.



People who live longest share these 2 traits

Excerpted from NBC Today

1. A positive attitude

Prioritizing peace and happiness is often touted for its benefits on mental health, but perhaps it can also help you live longer.

Most centenarians in the longevity study had positive attitudes, Dr. Nil Barzilai, one of the study's co-authors, told ABC News. They could typically be referred to by others as:

- Optimistic
- Easygoing
- Extroverted

important part of their life,” the study states. Larry Janisse, 98, always finds time to crack a joke and credits it for his longevity: “You kind of have to laugh in your life,” he told CNBC Make It.

2. A high degree of emotional awareness

Being emotionally aware is also a commonality among centenarians, according to the study. This means they don’t bottle up their emotions, and make an effort to communicate how they feel to those around them.

Expressing your emotions in a healthy way can benefit relationships. And social fitness, the act of pouring into the connections you value and resolving any issues to become a better friend and partner, has been linked to increased happiness and longevity.

“In other words, those who face challenges with a positive outlook and are able to manage their emotions are already well on their way toward longevity,” wrote García and Miralles.

Though these two traits seem to stand out the most as a theme among centenarians, more research is required to determine if they actually contribute to people’s longevity, Barzilai told ABC News.

“We still need to find out what the cause-and-effect relationship is,” he said. “We don’t know if we can change longevity by having a positive attitude, or if achieving longevity causes a positive attitude.”



SV Emergency Preparedness Committee Recommendation

PG&E Wildfire Safety Webinar

All Customers

Tuesday, June 27 | 5:30 - 6:30 p.m.

[Join webinar »](#)

[Call 888-997-8508 »](#)

Conference ID: 8911342

We encourage you to join and:

- Learn about wildfire safety improvements
- Hear about resources available to support you
- Connect with PG&E leadership

For more information on how you and your family can plan for and stay safe during an emergency, please visit safetyactioncenter.pge.com »



The Airline Unexpectedly Changes Your Flight Itinerary? Here Are Your Rights

Excerpted from Explore.com

When an airline's flight itinerary changes, passengers usually have three options: accept the new itinerary; change to another flight free of charge; or get a refund. The airline will usually send an email with their proposed change; presumably, if your flight itinerary shifts by five minutes, you'll suck it up and accept. Sometimes, you'll find the new schedule is better or makes little difference to your plans. You're on easy street. But if the new schedule doesn't work for you, you'll have to get in touch with the airline. However, before you do that, you need to know the airline's policy on schedule changes. That means diving into the fine print.

We have great news for those traveling with JetBlue: The policies are

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schedule change of 120 minutes or greater are entitled to a refund, and rebooking is promised for changes over 61 minutes. Southwest doesn't lay it out quite as clearly, but it promises passengers a refund or a free flight change if their new schedule doesn't work for them. If the airline's proposed new flight isn't good for you, ask the agent to search for others. This is within your rights.

With United Airlines, you can choose a new flight if your original schedule changes by over 30 minutes. Refunds are offered for significant schedule changes. Yup, we know what you're thinking: that's a bit vague. Well, the vagueness continues.

If your airline isn't playing ball and you think you're entitled to a refund, the U.S. Department of Transportation (DOT) has got your back (sort of). The DOT states that passengers are entitled to a refund if the airline makes a "significant schedule change." The website also states that even those who bought non-refundable tickets are entitled to get their money back if the change is significant. There's that word again: significant. Unfortunately, DOT has not yet defined what it means by significant. Advice from the DOT is to proactively request a refund from an airline if you think you're entitled to one. If that doesn't work, you can submit a complaint via the DOT's website.



Join us in the Sausalito 4th of July Parade

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.

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

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THE SAUSALITO PLAYERS

Presents



Love, Loss and What I Wore

written by

Nora & Delia Ephron

based on the book by Ilene Beckerman

**Starring: Karen Betzner,
Rebecca Cooper, Natasha Kimmel,
Cynthia Nimmo, Rosalie Wallace**

Directed by: Candace Curtis

**June 21, 2023
Sausalito Woman's Club
120 Central Avenue, Sausalito, CA
Doors open @ 7:00 PM Performance @7:30 PM
Free Admission**

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Join us for a live interactive discussion on how to use proper lighting and light exposure to improve Health and Vitality



David Thompson
Healthy Senior Lighting

Proper lighting can help us Reduce Fall on, and Sundo ral and Artificial science bac




Wed., May 10 @ Noon EST

PositiveAging
Connections • Choices • Community

One hour recorded presentation



CARSS and SV need drivers!

If you've been looking for a way to help your fellow Sausalitans stay connected as they get older, consider volunteering as a driver for [Call a Ride for Sausalito Seniors](#) (CARSS) and/or [Sausalito Village](#) (SV).

CARSS provides free rides around town to residents 60 and older living in Sausalito and the floating homes community. Your commitment can be as little as one four hour shift a month, and you will be providing an invaluable service by helping local seniors stay connected to the community.

Volunteer drivers use their own cars to pick people up and take them to destinations around Sausalito and the Gateway Shopping Center. There is no highway driving. Rides are between the hours of 10:00 a.m. and 2:00 p.m., Monday through Friday.

CARSS is an Age Friendly Sausalito program managed by Sausalito Village. To learn more about becoming a CARSS driver, please contact the program manager at infoCARSS4you@gmail.com or (415) 944-5474.

Rides for Sausalito Village are mostly for medical appointments in Marin and SF. Mileage reimbursement is offered for SV rides. If this type of driving interests you, contact the program manager at SausalitoVillageConcierge@gmail.com or (415) 332-3325.



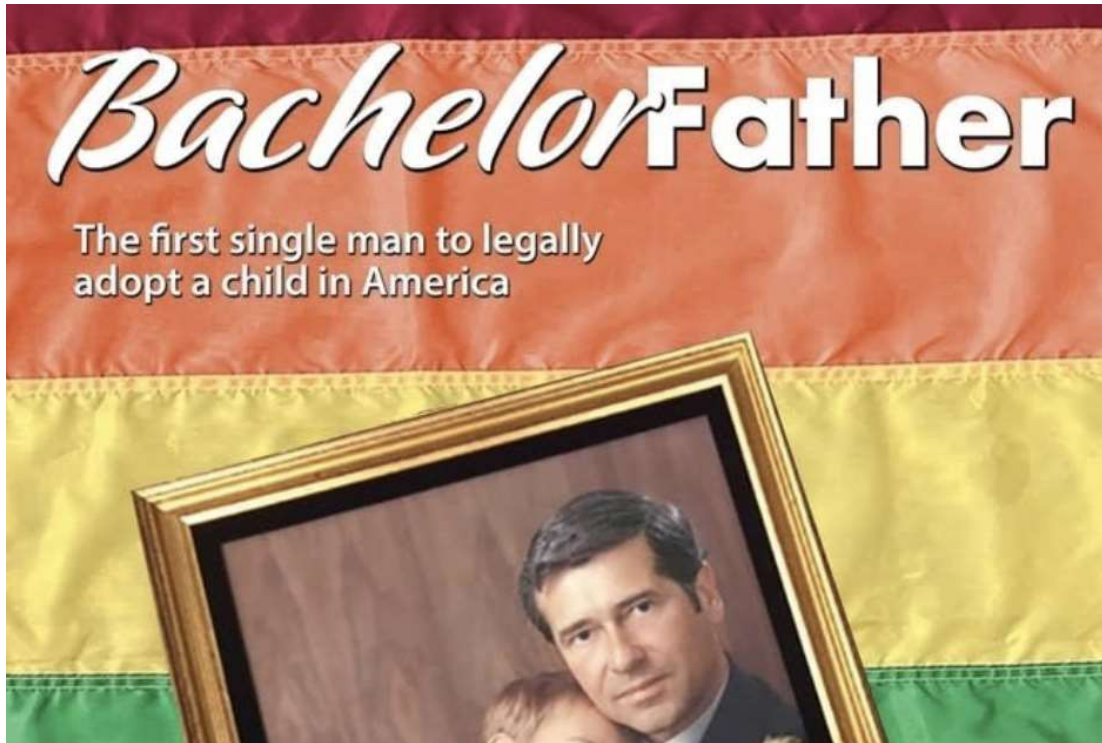
How to Avoid a Scam

Excerpted from Experian.com

While scammers' delivery methods and messaging can quickly change, a few basic security measures can help protect you from the latest and most common scams:

- Be skeptical when someone contacts you. Scammers can [spoof calls](#) and emails to make it look like they are coming from different sources, including government agencies, charities, banks and large companies. Don't share personal information, usernames, passwords or one-time codes that others can use to access your accounts or [steal your identity](#).
- Enable multifactor authentication. Add this feature to any accounts that offer it as an option and try to use a non-SMS version to protect yourself from SIM swapping.
- Research companies. Before you make a purchase or donation, take a few minutes to review the company. Do a web search for its name plus "scam" or "reviews" and research charities on [Charity Navigator](#) and [CharityWatch](#).
- Be careful with your phone. If you suspect a spam call, don't respond or press a button. The safest option is to hang up or ignore the call entirely. You can always look up the organization and initiate a call yourself if you're worried there may actually be an issue.
- Don't refund or forward overpayments. Be careful whenever a company or person asks you to refund or forward part of a payment. Often, the original payment will be fraudulent and taken back later.
- Look for suspicious payment requirements. Scammers often ask for payments via wire transfer, money order, cryptocurrency or gift cards. These payments can be harder to track and cancel than other forms of payment, which can leave you stuck without recourse.

If you're the victim of a scam, you can file a report with the FTC and your local law enforcement. The report may help others avoid similar scams.



A Celebration of LGBTQ+ Literature

- Wednesday, June 21, 2023
- 5:30 PM 7:30 PM
- Sausalito Center for the Arts ([map](#))

Join us for a Celebration of LGBTQ+ Literature at Sausalito Books by the Bay!

Author Bill W. Jones (*Bachelor Father: The First Single Man to Legally Adopt a Child in America*) in conversation with Cheryl Popp of Sausalito Books by the Bay. Includes screening of the documentary *A Family of My Own — The Bill Jones Story*.

The event is free to attend and [tickets are available on Eventbrite](#).



Etiquette at an ancient Roman dinner party

Excerpted from HistorySkills.com

Roman feasts were steeped in a complex web of etiquette, balancing convivial enjoyment with strict decorum.

Understanding these social norms was crucial to navigating the elaborate dance of a Roman feast successfully.

The setting for these feasts was usually the triclinium, a dining room designed specifically for feasting. The triclinium was typically furnished with three couches, called lectus, arranged in a U-shape around a central table.

The guests, usually no more than nine to ensure intimate conversation, would recline on these couches, leaning on their left arm and using their right to eat.

The arrangement of guests followed a particular order, with the place of honor being the middle couch's top position.

Personal grooming was of utmost importance for both the host and the guests. Romans placed a high value on cleanliness and personal appearance, and it was expected that all attendees would bathe and dress appropriately before attending the feast.

The dress code often varied based on the occasion and the social standing of the host, but togas were generally worn by men, and

Perhaps the most iconic aspect of a Roman feast was the practice of reclining. Guests would rest on their left elbow on couches, leaning on cushions, and using their right hand to eat.

The tradition stemmed from the belief that only the gods stood while eating, so by reclining, Romans were honoring the gods during these feasts.

This posture also demonstrated a certain leisure class's privileges, emphasizing the social hierarchy in these gatherings.



NEW: Summer Line Dancing Schedule

Teacher Laurie Reemsnyder is off for the summer from her 'day' job and has added weekday classes - ALL FREE! (Donations accepted) 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>

Tuesdays - 3:30-4:30 Mixed level

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

DONATIONS ENCOURAGED!



VenHub's 24/7, fully autonomous smart stores are reinventing convenience.

Excerpted from Morning Brew.com

This isn't another self-checkout system: Customers order from an app, then robots fill the order. And with more than 152k convenience stores in the US generating \$652b in sales, increasing efficiency is a huge market opportunity.

VenHub's robotics and AI can help store owners achieve up to 5x higher margins and open new locations in 98% less time, nearly eliminating real estate and construction overhead. No wonder they've racked up \$44m in smart-store preorders already.

Now VenHub is checking every box for investors. Using tech to solve an age-old problem? Check. Massive market potential? Check.



Celebrate 50 Years with ESCOM

Emeritus Students College of Marin

WHEN: October 14, 2023, 1 - 4 pm

WHERE: Jonas Center Indian Valley Campus, College of Marin, 1800 Ignacio Boulevard

RESERVE: [Reserve Your Seat Here](#)

[More Information](#)

[Become a Sponsor Here](#) All Star Program, Sponsor Tables, Food, Reception

[Speaker Bios](#)

- David Wain Coon - President, College of Marin
- Ken Dychtwald - Keynote Speaker, Author, [Radical Curiosity](#)
- Josh Kornbluth - Comedian, Citizen Brain
- Desiree Goyette - Director, Cabaret Songs



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

The next class will be June 19 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

IN ADDITION: Rayner teaches via zoom for Vivalon on Tuesdays. Classes are free, but you must sign up as a Vivalon member. Here is the link: <https://vivalon.org/about/Vivalon-membership/>



Is Raw Ground Beef That's Turned Brown Still Safe to Use?

Excerpted from [SimplyRecipes.com](https://www.simplyrecipes.com)

Freshly cut meat is a purplish or burgundy color, but that changes quickly. “Oxygen reacts with myoglobin (a protein found in muscles), causing the meat to darken,” says Brittany Towers, the food scientist behind The Black Food Scientist. After about 15 minutes of exposure to the air, the meat turns the bright red color we’re familiar seeing in the butcher case. After about 5 days in the fridge, the outside will turn brown.

But what about raw ground beef that’s red on the outside and brownish in the center? Let’s revisit our friend myoglobin. Myoglobin has three color states: purple, red, and brown. We touched on how the brown state can occur after prolonged storage, but that color shift can also be caused when the meat is exposed to small amounts of oxygen, like the environment in the center of your package of ground beef or when pre-made burger patties are stacked on top of each other.

as well as your common sense. "As long as ground beef isn't slimy or doesn't smell bad the color doesn't matter," says Towers.

To keep ground beef at its freshest, use it within a day or two of buying it or stash it in a zip-top freezer bag, mark the outside of the bag with the date, and freeze the meat for up to 4 months. Thaw ground beef in the fridge before cooking.



What excited us as kids

And what excites us as adults



Online Safety and Technical Education for Older Adults

Introduction to In-Home Monitoring options for a safer home

Seniors At Home is pleased to partner with the Peninsula JCC and AnewVista Community Services to present the latest in our series of free workshops to help you make the most of today's technology.

Technology can help you create a safer home environment and

can help you build a safer home.

WHEN: Tuesday, June 20, 10:00am (PDT)

REGISTER for zoom link by calling 650-378-2703 or clicking this link:

[REGISTER](#)

Seniors At Home is a division of Jewish Family and Children's Services.



No AC? Use These 10 Expert Hacks to Sleep Cool Without It

Excerpted from CNET.com

You don't have to suffer through the heat. Consider the 10 tips below to help you sleep cooler without relying on air

tips for [sleeping during a heat wave](#), how to [sleep next to a human furnace](#) and why [restful sleep is so important](#) in the first place. (Click on the words above to open the additional tips)

1. Freeze your sheets and pillowcases

An hour or two before you go to bed, throw your sheets and pillowcases in the freezer. They won't come out stiff as a board, don't worry. However, they'll stay icy long enough that you can easily fall asleep without feeling like you're overheating.

2. Throw your socks in the freezer, too

Along the same lines as freezing your linens, you can also freeze your socks for [cooling relief](#). Like your fingers, feet and toes are [sensitive to temperature changes](#) and play a role in regulating temperature. By keeping your feet cool, you help cool down the rest of your body.

3. Use house fans to make your own AC

Fans are much more energy-efficient and wallet-friendly than an air conditioner. They use about [1% of the electricity](#) that AC does. So, take advantage of fans and strategically place them around your room. Place one fan next to your bedside and put a bowl of ice water in front of it. The ice will create cold air that the fan will blow towards you. Next, face a window fan outwards to blow the hot air from your bedroom outside.

4. Use a wet towel layer

Lay a damp towel down on your bed over your sheets to give your body some cooling relief while you fall asleep. Though, I recommend you lay a dry towel underneath the wet one to avoid soaking your mattress with water which can damage the foam in your mattress. The towel won't stay cold for the entire night, but it should stay cool enough that you can drift off to sleep.

5. *Don't* sleep in the nude

You may see advice on the internet suggesting that you should sleep in the nude to stay cool. That might work if you sleep cool, but it won't do much for you if you get sweaty. If you're hot, it's beneficial to wear

Otherwise, your body is free to sweat all over your sheets.

Read the entire article and the other 5 tips [HERE](#)



Jazz Up Your Aging Brain with Music! Ways to Address Aging and Dementia

Age-Friendly Forum is hosting a new event, and they'd love to see you there. Join them for Jazz Up Your Aging Brain with Music! Ways to Address Aging and Dementia, June 28, 2023 at 10:30 AM.

Register soon because space is limited.

Hope you're able to join in!

Wednesday, June 28, 2023 10:30 AM

ONLINE - register for the zoom link

Jazz Up Your Aging Brain with Music! Ways to Address Aging and Dementia

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Baby penguin swims for the first time - adorable!



Uitwaaien: The simple Dutch cure for stress

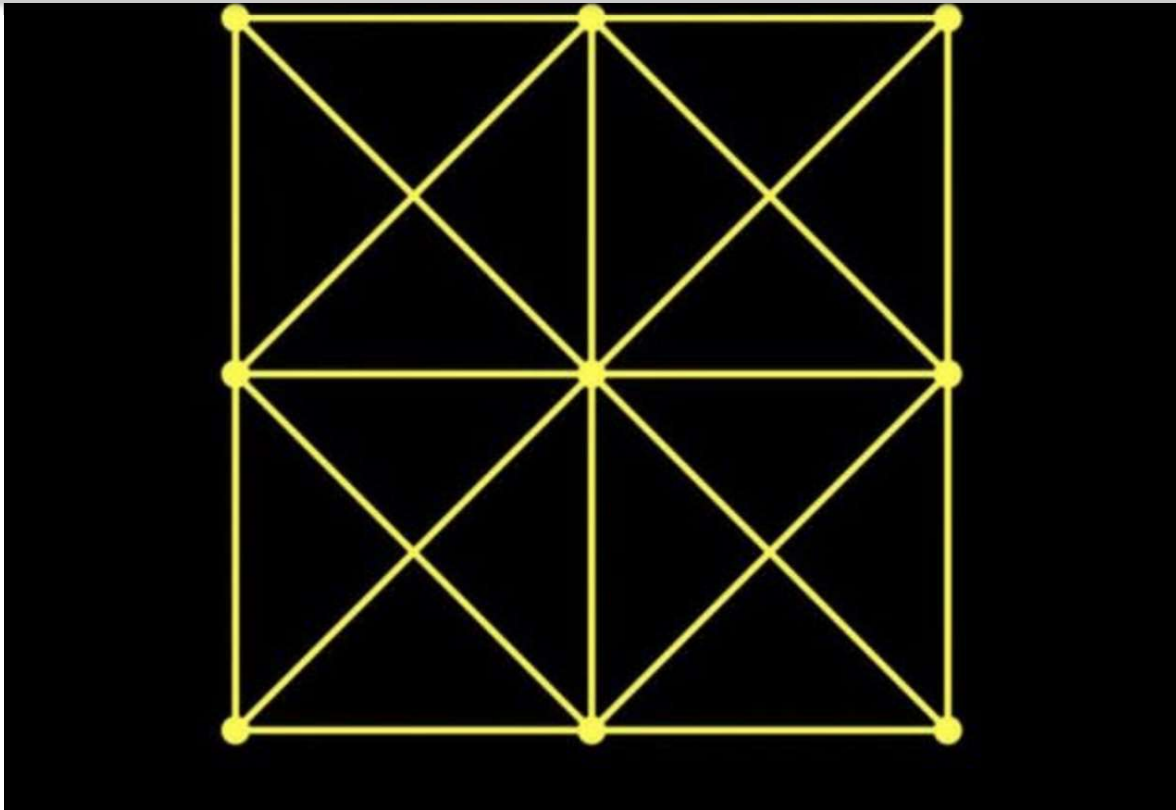
Excerpted from BigThink.com

In the Netherlands, people have been seeking out windy exercise for more than a hundred years. Today, the practice is so common that it's known as "uitwaaien." It "literally translates to 'outblowing,'" explains Caitlin Meyer, a lecturer at the University of Amsterdam's Department of Dutch Linguistics. "It's basically the activity of spending time in the wind, usually by going for a walk or a bike ride." Meyer has lived in the Netherlands for more than 20 years and has come to specialize in the language, despite being a non-native speaker. She says uitwaaien is a popular activity where she lives—one believed to have important psychological benefits. "Uitwaaien is something you do to clear your

tells me. "It's seen as a pleasant, easy, and relaxing experience—a way to destress or escape from daily life."



How many triangles can you find in this image?

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Answer at the bottom of the newsletter.



Paralysed man walks again via thought-controlled implants

Old Japanese

Old Japanese is the oldest attested stage of the Japanese language, recorded in documents from the Nara period (8th century). It became Early Middle Japanese in the succeeding Heian period, but the precise delimitation of the stages is controversial. Old Japanese was an early member of the Japonic language family. No genetic links to other language families have been proven.



AI has brought back 15 languages people haven't heard for centuries. Here's what they sound like.

Excerpted from Upworthy.com

Given that language evolves so rapidly, it's hard to imagine what people sounded like 200 years ago, let alone 500 or a thousand. Even when we watch movies about ancient civilizations, the characters usually speak in a language similar to the audience, giving us a false sense of what people in those times were like.

The folks at Equator AI are giving people a realistic idea of what people in ancient civilizations sounded like by recreating the languages of 15 languages that haven't been heard in centuries. In the video, the languages are spoken by computer-generated recreations of people who lived in that era.

One of the most interesting parts of the video is the young man speaking 5th-century Old English. It sounds a bit like a mix of English spoken by a modern-day Scotsman with a dash of Latin rhythms and a lot of R-rolling. English has changed so much over the past 1500-plus years that it bears little resemblance to the language spoken today.

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TechnoGlowStick commented.

“They really loved rolling the ‘r’s, don’t they,” Huai Wei Edmund Teo added.

The video is a wonderful way to visit the past while also a reminder that our language will continue to evolve. And one day, in the not-so-distant future, people will dig up old footage of people speaking English in 2023 and have no idea what they're saying.

Listen to the languages spoken in the Youtube video below.



Hear the 15 lost languages here on this youtube



New rules regarding disabled parking placard

Excerpted from Sausalito Currents

If you received your original permanent disabled parking placard in California prior to January 2017, you will need to provide a signature to the Department of Motor Vehicles (DMV) to renew it before it expires on June 30, 2023.

The process can be completed entirely online at dmv.ca.gov/dpp. There is no charge or fee to renew, and no doctor's note is required. Renewals by phone can be made by calling (800) 777-0133.

The change in the renewal process is the result of [SB 611](#), a 2017 state law intended to limit fraudulent use of disabled placards. Going forward, all disabled parking placard holders in California will need to go through the new renewal process every six years.

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4 hours of classical music



Answers to today's puzzler:

There are 44 triangles

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

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emergency preparedness, archived copies of
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