



Happy Friday, Villagers

Please send along your suggestions for materials to add to the daily tips. We're always looking for good content.

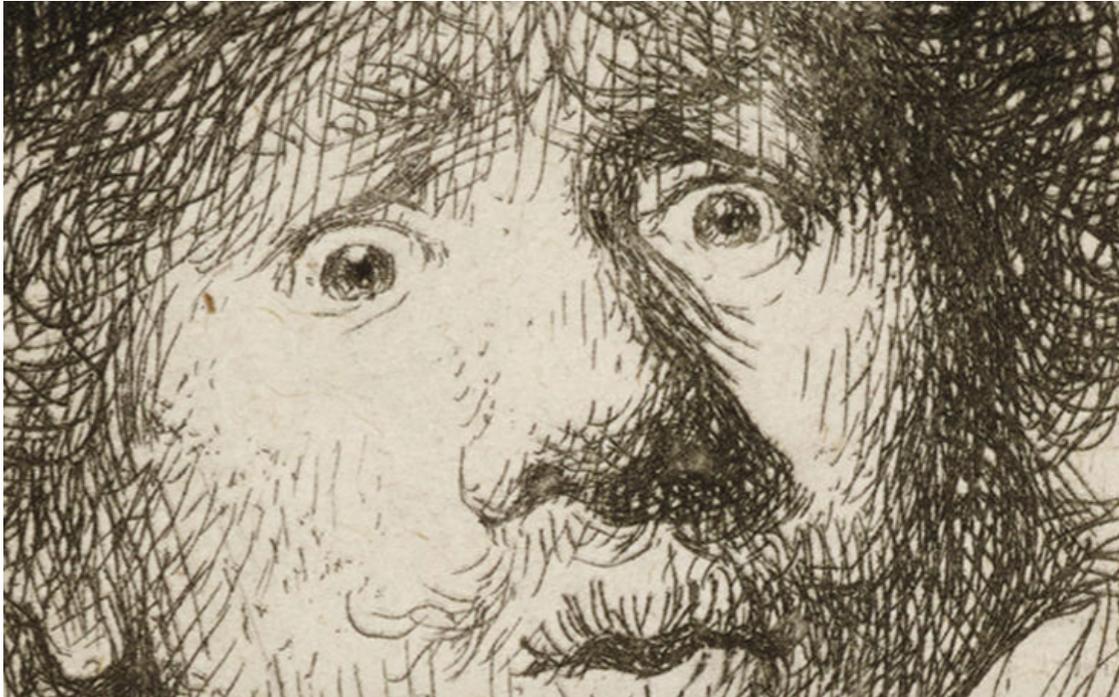


[Bioluminescent waves dazzle surfers in California: 'Never seen anything like it'](#)

Mother nature has provided a radical gift to nighttime beach-goers in southern

[California surf shimmers with bioluminescence – in pictures](#)

The event occurs every few years along the coast of southern [California](#), though locals say this year's sea sparkle is especially vibrant, possibly related to historic rains that soaked the region and generated algal bloom.



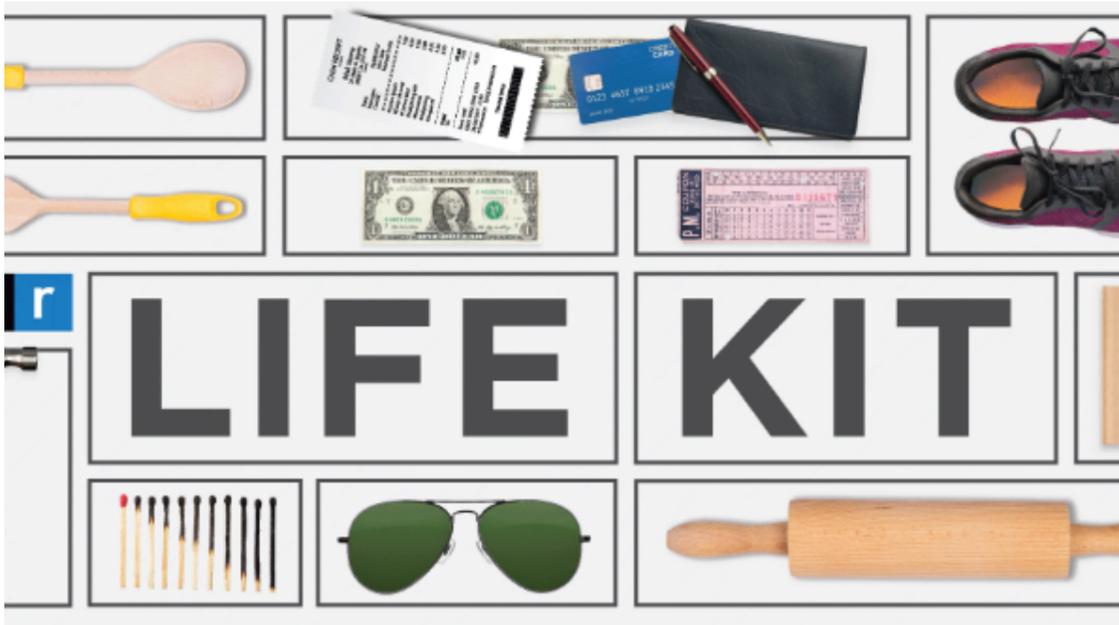
From Oxford's Ashmolean Museum:

Our [Young Rembrandt exhibition](#) is currently closed, but you can still visit virtually.

Watch an introduction from exhibition curator [An Van Camp](#), and explore the exhibition section by section.

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Game Of Bones



NPR Life Kit Podcast

May is Mental Health Awareness Month, and it couldn't have come at a better time. [Nearly half of adults in the U.S.](#) say their mental health has been negatively affected by worry and stress over the coronavirus crisis. And while no one needs a laundry list of why that's so, we hope a reminder to prioritize your psychological and emotional wellbeing is a helpful nudge.

This week, we're sharing takeaways from new episodes on coping with perpetual uncertainty and navigating grief. We're throwing back to a few tried

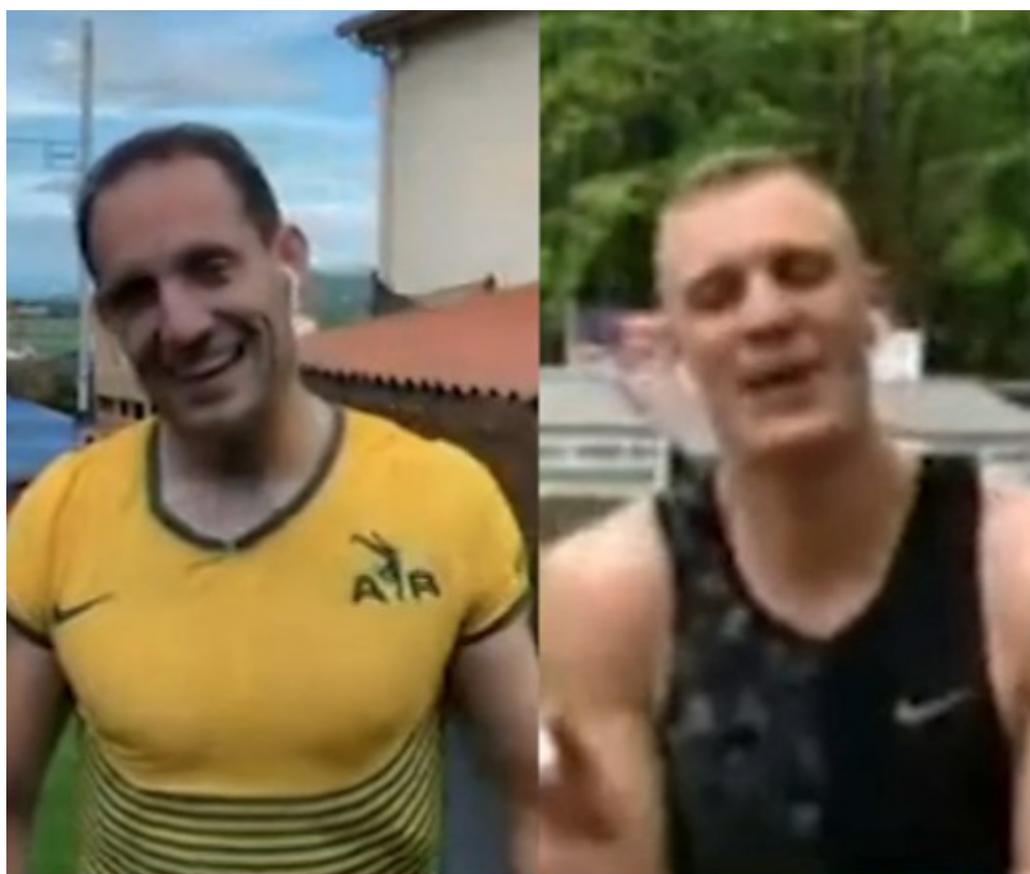
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And we're topping it all off with a round-up of your advice on creating healthy boundaries around screens.

[Feeling Anxious? Here's a Quick Tool To Center Your Soul](#)

Have you ever noticed how tough it is to be present? We spend so much time planning and worrying about the future or dwelling on the past.

"We're in a trance of thinking. We're time traveling," says Tara Brach, a world-renowned psychologist and mindfulness teacher. "We're in the future, we're in the past."



[Ultimate Garden Clash - Pole Vault Edition 'felt like Worlds', says](#)

[Former Olympic champion Renaud Lavillenie](#)

Former Olympic champion Renaud Lavillenie says he felt like he was in a World Championship after finishing joint-winner of a pole vault competition from his garden.

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[9 Places to See Amazing Wildlife](#)

Facetime with Uganda's majestic mountain gorillas. Track the Siberian Tiger in Russia. Swim with sea turtles in the Galápagos. It's time for you to set out your own personal adventure and view wildlife in its natural habitat.

WE are A
COMMUNITY

Community: Food, Services, Virtual

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Remember you can contact Sausalito Village/CARSS if you are in need of essentials - food, medication, and pet supplies. Call 415-332-3325 or email sausalitovillageconcierge@gmail.com. All of our volunteers have been vetted and are eager to help out!

Interested in volunteering to help out with errands? Please contact sausalitovillageconcierge@gmail.com or call 415-332-3325.

Face Coverings

Face coverings by Sausalito Villagers are still available for free. Contact triciasmith58@gmail.com. Residents are required to wear face coverings while shopping and carrying out other essential services. They should carry a face covering along with them when they are out exercising in case they encounter situations where they can not maintain six feet social distancing requirement.

Cibo Popup and Sausalito Bakery Cafe.

Cibo bakery popup has moved to Angelinos from 9-1, MTWFS.

The Sausalito Bakery Cafe is serving coffee and goodies to go.

Local Sources for Hand Sanitizer

- **The Marinship Emergency Medical Manufacturing Group (MEMM) and the [Sausalito Working Waterfront Coalition](#) on Mondays from 11:00 a.m. - 1:00 p.m. at 170 Gate 5 Road. Bring your own container that seals with a lid. They will dispense 6 ounces to each person until supplies run out.**
- **Sausalito Market on Caledonia @ \$7.50**
- **Hanson Tasting Room /Gallery on Bridgeway at Princess (open Friday-Saturday 11-5.)**

[Virtual Rec Room](#)



Welcome to Sausalito's Parks and Recreation Virtual Rec Room. Each day we will be featuring new content from our many instructors, Parks and Recreation Team, and from the web. This Rec Room was designed for our community to think inside-the-box (since you can't go outside), grow by learning new skills, and challenge ourselves on a daily basis.

More and more villagers are having their groceries delivered using online shopping such as [Mollie Stone's Instacart](#). All of the local stores using this service can be accessed via this link. If you need help setting this up, call 415-332-3325. The Chamber of Commerce has [information on all the local restaurants providing take out and delivery](#).

- **DRIVER'S MARKET: Driver's is opening at 11 am on Tuesdays and Fridays as these are delivery days. Senior Shopping on those days will be 11 am – 12 pm.** Regular Monday through Sunday hours are 9 am until 8 pm with the 9 to 10 am hours reserved for senior shopping. Curbside pickup is every day but Sunday for curbside pick up and orders must be in by 8 pm the night before and pick up between 11-12. Call 415-729-9582 with phone number, list of items and credit card or local check.
- **GOLDEN GATE MARKET: Senior Shopping 8-9 with 15% discount.** Curbside Pick Up - Order by phone at 415-332-3040. They will shop for you and have it ready for pick up. Credit card payment over the phone; prefer not to take checks.

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between customers.

- **Trader Joe's (Cost Plus): Senior Shopping 8-9.**
- **Whole Foods: 8-9**
- **Target Wednesdays 9-10**
- **Good Earth: 9-10**

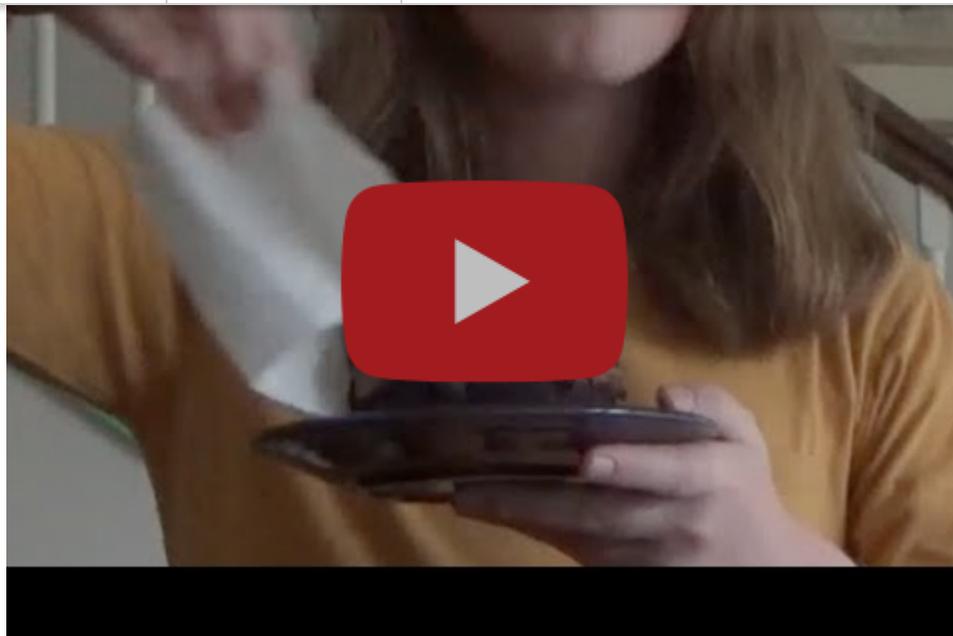
if you are ordering food to go, support our [local restaurants](#)! Many of them are registered with delivery services such as www.grubhub.com, www.doordash.com, or www.trycaviar.com . You can also order delivery from [BevMo's Instacart](#). **Wash your hands after removing food from delivery containers.**



[Bounty Box](#)

Fresh from the farmer's market to curbside

CVS is offering [free delivery](#) of prescriptions and everyday essentials. The local school district and Willow Creek Academy are offering free breakfast/lunch provided daily at BMLK campus 10:30 - 12:00 and hot lunches served on Tuesdays and Thursdays. [Play Marin](#) is also providing meals to those in need. And Port and Provisions delivers and has a special "no neighbor left behind" service [here](#).

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A recipe to accompany this video

Here are the ingredients for Tristan's Flourless GF chocolate cake
invented for a magic video:

- 12 Tbsp. Butter (melted)
- 2 tsp. Vanilla extract
- 3 Eggs
- 1 tsp. Baking powder
- 1 Cup Cacao powder
- Blueberries for decoration

FROSTING:

- 1 stick of butter (room temperature)
- 4 cups Powdered sugar
- 1/4 cup Milk
- 2 tsp. Vanilla extract
- 1/2 cup Cacao powder.

Instructions:

To make the Cake, Preheat oven to 350 F.
Grease a 4.5x8 inch. pan, melt the butter and wait for it to cool. mix the butter with the sugar in a large bowl, then add the vanilla and eggs and combine. Sift in the cacao powder and mix carefully (or else the cacao powder will fly out of the bowl and make a big Big BIG!!!! mess) then add the baking powder. Pour mixture in the pan and bake for 45 mins. After it is baked and cooled cut the chocolate "loaf" in half and set aside.

To make the frosting:

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combine(again) and finally add the cacao powder.

apply to cake in your desired fashion making sure to put the frosting in
between the two halves of the cake and decorate with blueberries!

enjoy!!!!

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