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Photo by Joyce Alexander

Send your Greater 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

Are you forwarding this newsletter to a friend?

Have your friend sign up directly to receive the weekly newsletter by making the request to SausalitoVillageTips@gmail.com

Have you missed a previous newsletter? They are archived!

You can view past newsletters on the SV

Website: <https://sausalito.helpfulvillage.com/newsletters>

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SV hosted events in the coming 2 weeks:

- April 19 - [Sign up for Watercolor 4 week session](#)
- April 20 - [Line Dancing - Todays class is CANCELLED](#)
- April 22 - [Monthly sing along with hosts Joe DeBellis and Pat Ronzone](#)
- April 23 - [Trip tp Dollar Tree and Sprouts](#)
- April 23 - [Afternoon Book Review group](#)
- April 24 - [SV Gentle mat yoga with Rayner](#)
- April 24 - [Group tour to Villa Marin is FULL](#)
- April 25 - [Evening of Poetry](#)
- April 27 - [Rotary Chore Day](#)

Register now for upcoming events with limited space:

- May 6 - [Souper Monday Club](#)
- May 7 - [Music and Memories](#)
- May 13 - [Watercolor 4 week session begins](#)
- May 20 - [Marinara Monday open to SV members/volunteers and Christ Episcopal Church members only](#)

To view the Sausalito Village calendar full of events [CLICK HERE](#)

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SV Hosted April Sing Along with Joe and Pat

DATE: Monday, April 22, 2024

TIME: 4:00pm - 5:15pm

WHERE: 501 Olima Street, Chamarita Room

RSVP: <https://sausalito.helpfulvillage.com/events/4249-monthly-sing-along-special-hosts-joe-debellis-and-pat-ronzone>

SV proudly welcomes guest hosts Joe DeBellis and Pat Ronzone who will be leading a sing along playing guitar and ukelele.

We will have a printed song book for you to follow along. You can sing along or just listen.

Wine and nibbles will be served.

Call ahead for a door to door ride by 48hours ahead - Wendy at 415-332-3325 or SausalitoVillageConcierge@gmail.com



Confused by the growing list of terminology?

Defining LGBTQIA2S+

Excerpted from Insti

(L) **Lesbian:** A person who identifies as a woman and experiences attraction to the same sex and/or gender

(G) **Gay:** A person who experiences attraction to people of the same sex and/or gender. Gay can include people who identify as either men or women and refer to those who identify as men only.

(B) **Bisexual:** A person who experiences attraction to both men and women.

(T) **Transgender:** A person whose gender identity does not correspond with the gender and/or sex assigned at birth.

(Q) **Queer and/or Questioning:** This term has a history of being used as a derogatory, homophobic, and transphobic slur but has been reclaimed by some LGBTQIA2S+ communities as a term of pride and positivity, and diversity. It is used to encourage a broad spectrum of identities related to sex, gender, and attraction.

(I) **Intersex:** Refers to individuals for whom chromosomal, hormonal, or anatomical sex characteristics combine in a variety of ways that fall outside of medical and social classifications of male and female.

(A) **Asexual:** A person who does not experience sexual attraction or has little or no interest in sexual activity.

(2S) **Two-Spirit:** An English umbrella term to reflect the many words used in different Indigenous languages describing the fluid and diverse

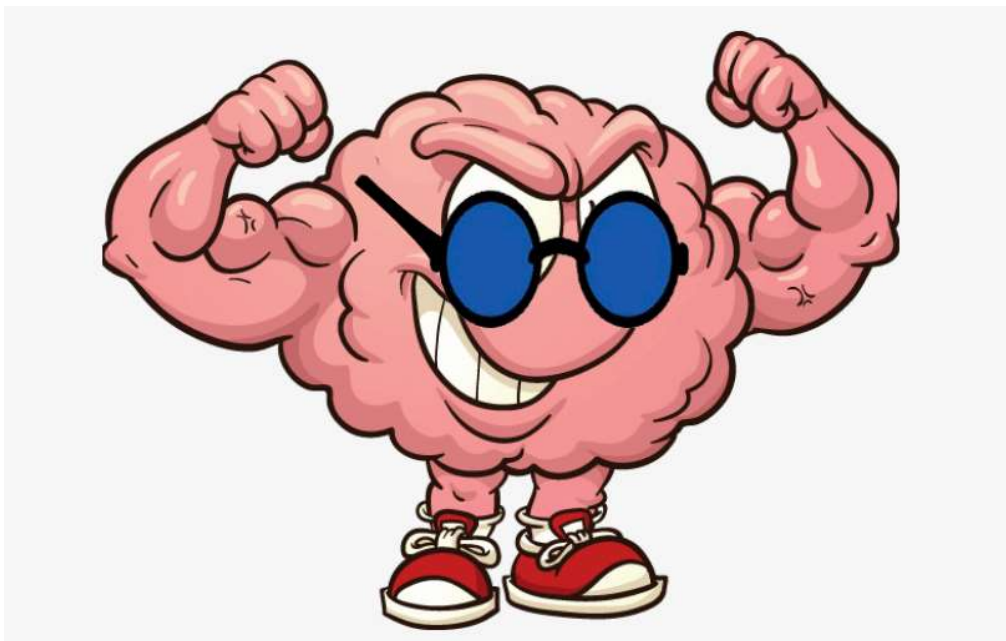
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(+) **Plus:** The plus symbol is intended as an all-encompassing representation of sexual orientations and gender identities. This can also include (but is not limited to):

Pansexual: A person who experiences attraction to a diversity of sexes and/or genders.

Demisexual: Often referred to as Demi, this term describes someone who can only experience sexual attraction after an emotional bond has been informed. This bond does not have to be romantic in nature.

Even more information and terminology [HERE](#)



Rotary and Sausalito Village Chore Day - 20 minutes of Muscle is coming, RESERVE YOUR SPOT!

Rotary Club of Sausalito and Sausalito Village are partnering to assist older and/or disabled residents in town with chores they have been wanting to get done, but are physically unable to perform. Volunteers will come in pairs for 20 minutes per home. Sign up now, limited spaces.

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TIME: You will be scheduled for 20 minutes between noon-4:00pm

WHERE: Your home

SIGN UP: <https://sausalito.helpfulvillage.com/events/4361>

Some of the chore possibilities - remember 20 minutes:

- A small carpentry fix
- Stand on a stool or ladder and change lightbulbs
- Wash a window or two
- Sweep the deck
- Flip a mattress or dust under the bed
- Change batteries in flashlights and smoke detectors
- Break up cardboard boxes and take them to the recycling bin



***It is not the fundamental I
For which the poet searches
But the deep most essential you.***

— A. MACHADO

Join us for an evening of poetry

WHEN: April 25, 2024, 7:00pm-8:30pm

WHERE: On zoom

REGISTER: https://us06web.zoom.us/webinar/register/WN__Djj8EDCRWqYNWIEDDWUrA

A Sausalito Woman's Club Virtual Event
Co-sponsored by the Sausalito Library

Explore where the particular and universal, the actual and possible intersect.

Hear readings from teachers, clergy, moms and dads, students, and award winning poets, as they share words that sear, that soothe, that jostle our minds and mark our hearts.

NOTE: Including several SV members and volunteers



Don't recycle your old smart phone, re-use it!

Excerpted from PC Magazine

Here are 3 ideas to make good use of your old smart phone.

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...you can use a security camera. Download a security camera app like AlfredCamera on your old and new device, then mount the old phone where you need it; just make sure the device has access to power. You can use something as simple as a suction cup mount for a car. Then use your current smartphone to log in and view the feed from your old device.

2) Video chat device - If you communicate a lot via Zoom, FaceTime, or any other video chat platform these days, your old smartphone can serve as a dedicated interface for video chats, as long as you have decent Wi-Fi coverage. You can hold a virtual movie night without sacrificing the use of your phone, which will remain open for incoming calls and other alerts.

3) Alternate E-book reader - If you love books and comics, but don't want to purchase an ebook reader, use your phone instead. Download the Amazon Kindle app or your ebook reader app of choice, and sync up your purchases, free e-books, and titles borrowed from the library.

Full descriptions on the 'how to' and 7 other ideas when you read the entire article [HERE](#)



SIGN UP NOW!

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4 class session starts May 13

Did you always want to become an artist, but went into different career? Now that you have time, why not become that artist you wanted to be. Lucinda Eubanks, resident artist at CavalloPoint has created a watercolor workshop just for you!

Join Lucinda for four, two hour classes over two weeks where you will learn the basics of the colors in the palette, mixing and how to use the colors to create a painting you just might want to frame. There will also be instruction on drawing, composition and perspective.

WHEN: May 13, 16, 20, 23, 1pm-3pm

WHERE: See description on RSVP link

COST: \$60 for the entire series of four 2-hour classes for SV Members and Volunteers

RSVP: <https://sausalito.helpfulvillage.com/events/4374-watercolor-4-class-session-with-lucinda-starts>

No experience is necessary, all you need to do is show up with a positive attitude and a willingness to learn. All the supplies are provided.

Space is limited to 12 people, so sign up soon.

For more information on Lucinda and her classes, please visit: www.artbylucinda.com

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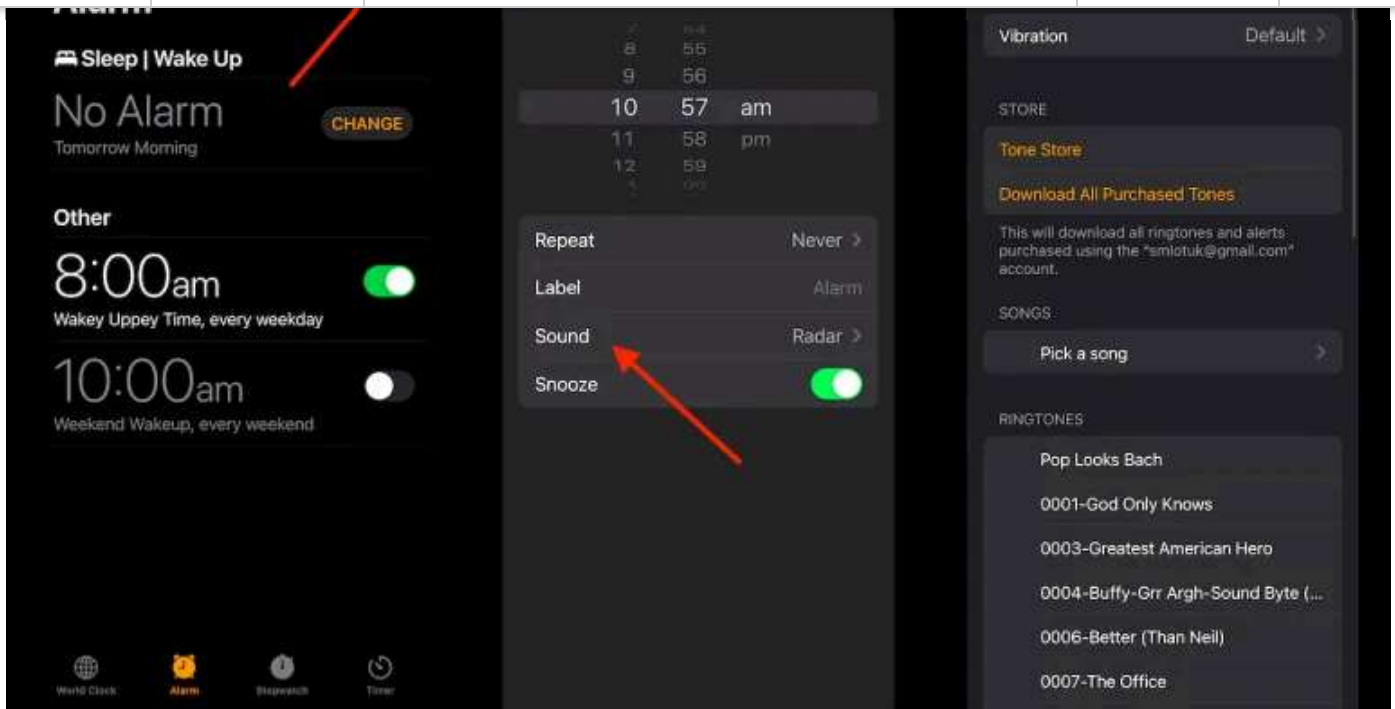
Watch the full length documentary: "Love is the Law" about the Sausalito anchor outs and tent encampment



How to Change Your Annoying Alarm to a Favorite Song or Artist

Excerpted from PC Magazine

How to Wake Up to Music on Your iPhone

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(Credit: PCMag)

Open Clock > Alarm > Plus (+) > Sound. Or, alternately, tap on an existing alarm to update the tune. From there, you can open the iTunes Store app to download a tone, or choose from those saved to your Apple Music library. Don't forget to set the time, when it repeats, and whether you want the option to snooze. Tap Label to give it a name that appears when the alarm rings.

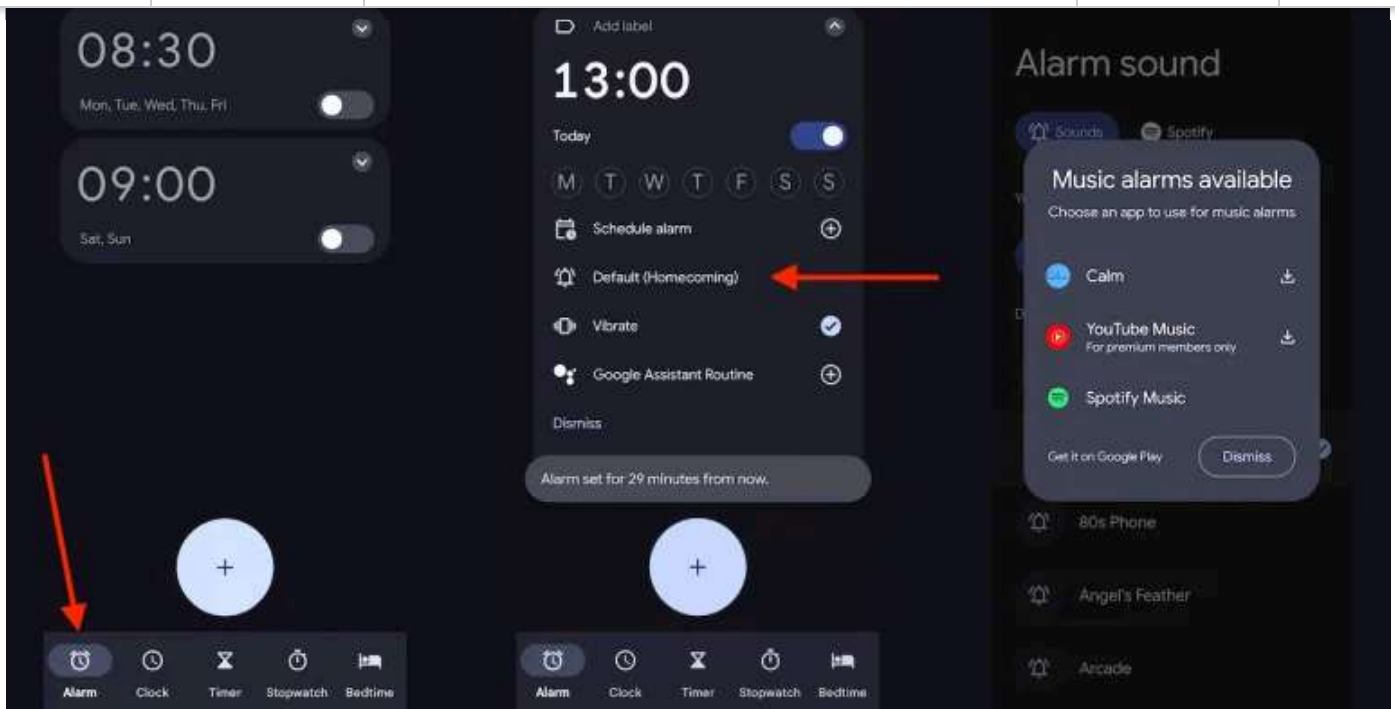
How to Wake Up to Music on Your Android Phone

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(Credit: PCMag)

Open Google Clock > Alarm > Plus (+) > Sound (bell icon). Choose from downloaded tunes, or tap into your YouTube Music, Spotify, or Calm libraries for more options. Google this year updated its Clock app for Pixel devices, making it easier to record and use your own sounds for alarms and timers. Look for a Record new option in the settings; tap to open the Recorder app and capture the noise of your choice.



for the next online class on our SV calendar.



Here are 30 letter pairs that make up 10 six-letter words. Use the clues provided to find all 10 words, using each letter pair only once.

AG CE CT ED ED EL EN ER ES ES ES EV EW FI HS IM IS IS IT LA
LE LE NO NT OF SE SU TA UG VI

1. Gift
2. Polished
3. Joyful sounds
4. *Stranger Things* character
5. TV watcher
6. Important matters
7. Choose
8. Google Search option
9. Workplace
10. Sounds

Find the answer at the bottom of the newsletter.

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What is a reverse waterfall?

Next time you feel like defying gravity, consider a trip to Hawaii — specifically the island of Oahu, which is home to a reverse waterfall. Also known as the Upside Down Waterfall, Waipuhia Falls sprays up Mount Konahuanui and can be seen from Route 61 (also known as the Pali Highway). The striking effect, visible only during the wet season between November and March, is a result of the island's strong trade winds. They blow in a northeasterly direction, and catch the water before it can reach the bottom, making it look as though the waterfall flows in reverse.

Though rare, reverse waterfalls do occur elsewhere. Perhaps the most famous is Naneghat, a waterfall in Maharashtra, India, some three hours from Mumbai. It's at its strongest during monsoon season, from June to September. Similar phenomena have also been observed in places as varied as Utah and Sydney, though most of these are one-off events caused by extreme conditions — not that that makes them any less fascinating to watch.

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**SV's Emergency Preparedness Committee
recommends this upcoming program**

YOU'RE INVITED TO

Prepare Your Pets for Disasters with



Marin Humane & Southern Marin Fire District

Tuesday, April 30, 2024 • 2:30 p.m. - 3:30 p.m.

Mill Valley Recreation Center, 180 Camino Alto, Mill Valley 94941
or virtually on Zoom

Register to receive follow up resources and a recording of the event. Scan the code or type the link into your browser to sign up for in-person or virtual options.
<https://bit.ly/petprep24>

Walk-ins welcome; registration encouraged.
Questions? Email lcurtis@smfd.org.



SCAN ME



marin humane
Lives made happy.

**READY
marin**

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What idioms from other countries sound like in American English



Museum of the American Indian invites you to the Grand Re-Opening

As the seasons shift and the earth awakens, we are thrilled to announce the Grand Re-Opening of the Museum of the American

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revitalization, we invite you to join us in celebrating the resilience and vibrancy of Indigenous cultures.

Saturday, April 27th, from 11:00 a.m. to 4:30 p.m

Museum of the American Indian, Miwok Park

2200 Novato Blvd., Novato, 94947

Join us for a day of ceremony, storytelling, and cultural exchange. Experience special exhibitions honoring the Coast Miwok, past, present and future, learn about our national animal, the Buffalo, and celebrate Indigenous traditions.



Excerpted from Nice News

When *Dracula simia* blooms, a bizarrely striking monkey face materializes. These flowers are indigenous to the cloud forests of Peru and southeastern Ecuador, and there are around 100 varieties within the *Dracula* genus — so if you're in the area, keep an eye out for little monkey faces peeking out of the greenery.

Fun fact: Monkey orchids smell like oranges.



Look closely at the dove orchid and you'll see what appears to be a delicate bird tucked between its petals (hence the name). The national flower of Panama, the *Peristeria elata* is often called the flower of the Holy Spirit.

Fun fact: The dove orchid belongs to the orchid species *Peristeria*, which means dove in Greek.



Native to Japan, Korea, Russia, and China, the white egret orchid is known for its uncanny resemblance to the bird it's named after. With petals that look like outstretched wings, this flower is a showstopper.

Fun fact: A 2022 study found that the white egret evolved “as a stabilizer for the hawkmoth while it pollinates the plant, resulting in better seed production.”

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Marin City Community Services District

We are looking for volunteers for Earth Day
to work in our Intergenerational Garden for a volunteer clean up day.
Saturday April 20th
8:30 am to 12:30 pm.
640 Drake Avenue.
Marin City. CA



For more information or if you are interested in participating please
contact gpryor@marincitycsd.com or
415 332 1441



 www.marincitycsd.com



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WHEN: Tuesday, May 7th, 4pm-5:30pm

WHERE: Chamarita Room , 501 Olima Street

RSVP: <https://sausalito.helpfulvillage.com/events/4324>

An afternoon to enjoy songs by your favorite singers, vocal groups or bands.
Tunes that take you to an enjoyable moment or period in your life.

No need to pick a song in advance. When we get together, just select a song
and performer that you would like to hear, and share why that particular choice
is one you feel so good about.

We will play the song on a portable 'jukebox' for everyone to enjoy.
You can even just suggest a favorite artist, and we will find one of their songs to
play.

Open to all Sausalito Village members and volunteers and Rotary Housing
members. Yes, you can attend and just listen and enjoy the music and stories.

Wine and cheese will be served.





ANSWER

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2. EDITED
3. LAUGHS
4. ELEVEN
5. VIEWER
6. ISSUES
7. SELECT
8. IMAGES
9. OFFICE
10. NOISES



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