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Photo by Mary Ann Coral

Send your Greater Bay Area photos to [SausalitoVillageTips@gmail.com](mailto:SausalitoVillageTips@gmail.com)

## Happy Friday, Villagers

**And welcome to 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](mailto: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](mailto: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:

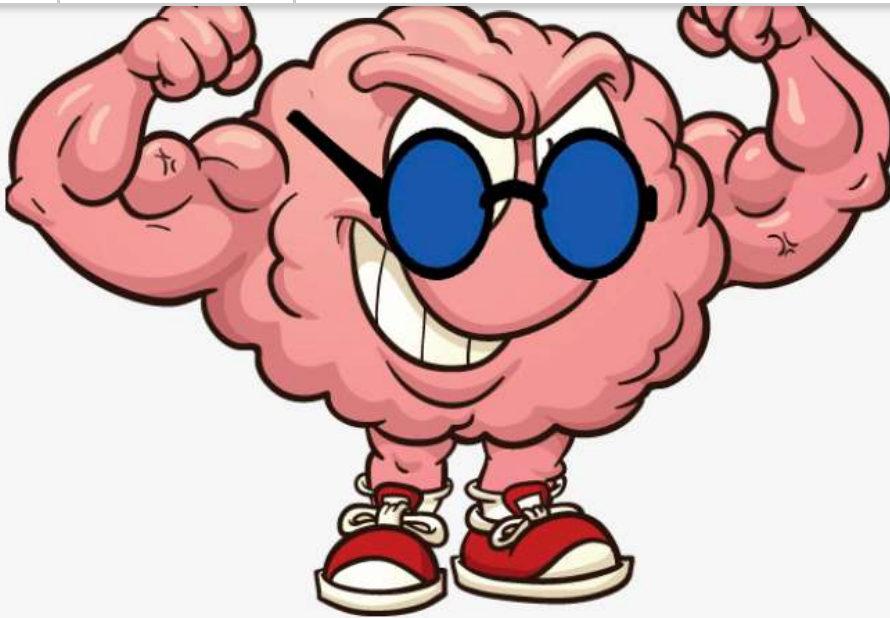
- April 27 - [Rotary Chore Day](#)
- April 29 - [Stretch and strengthen with Rayner](#)
- April 29 - [Safeway and Trader Joe's trip](#)
- May 1 - [Mat yoga for seniors with Rayner](#)
- May 6 - [CANCELED!! Souper Monday Club](#)
- May 7 - Book Review Group (Full)
- May 7 - [Music and Memories](#)
- May 8 - [Mat yoga for seniors with Rayner](#)

Sign up for these upcoming programs with limited space

- May 13 - [Watercolor 4 week session begins](#)

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

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**LAST DAY to sign up is today by 3pm**

**Rotary and Sausalito Village  
Chore Day - 20 minutes of Muscle is tomorrow**

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.

**DATE:** Saturday, April 27th, 2024

**TIME:** You will be scheduled for 20 minutes between 12:15 and 3:15pm

**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

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- Sweep the room
- 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



## How to fall back asleep in the middle of the night

Excerpted from Sleep Institute

**Deep Breathing** - One such breathing technique is called the 4-7-8 method which involves four seconds of inhalation through the nose, holding the breath for seven seconds, and then exhaling through the mouth for eight seconds.

**Mindfulness Meditation** - A variety of techniques exist, including meditation that incorporates specific breathing patterns. People interested in trying mindfulness meditation can seek out courses or listen to recorded guidance using a smartphone or another device.

**Box Breathing** - To engage in box breathing, breathe in for four seconds, hold the breath for four seconds, exhale for four seconds, and hold the breath again for four seconds. You may find it helps to imagine working your way around a



**Guided Imagery** - A recording can help guide you as you practice visualizing somewhere peaceful, like a beach. As you visualize the setting, try to imagine what you would be experiencing through all five senses. For example, try to see, hear, smell, taste, and feel the sensations you would if you were in the setting you are imagining.

**Progressive Muscle Relaxation (PMR)** - This technique involves progressively tensing and then relaxing each muscle in the body. You can start with your feet, then move up to your head one muscle group at a time, or vice-versa. After you tense a muscle, try to keep it contracted for at least five seconds, then slowly release it.

**Non-Sleep Deep Rest** - Focus on a specific thought that helps your mind and body relax. Keep this thought at the forefront of your mind and allow the stress and tension in your body to release. Try NSDR on your own or through an audio guide.

**Calming Music or ASMR** - Research shows that listening to music or white noise can help people fall asleep faster and wake up less during the night. Music and white noise likely promote sleep by blocking out background noise or prompting a relaxation response.

Read complete article [HERE](#)



**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.

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Apple air tags - tips and tricks



## What Actually Controls The Price Of Gas In The US?

### Excerpted from Money Digest

Energy Information Administration identifies four major factors that directly correlate to the cost of gas (and none of them are the president). These factors are crude oil prices (which are set by oil-producing countries), refining costs (which are increasingly impacted by natural disasters and climate change), distribution and marketing costs (which depend on the individual retailer you purchase gas from), and taxes (federal, state, and local taxes and fees).

The price of crude oil is far and away the biggest contributing factor. The biggest deciding body in these crude oil prices is the Organization of the Petroleum Exporting Countries, or OPEC as it's more commonly referred to. OPEC is an organization composed of 13 countries (however, the organization is led by Saudi Arabia) that control roughly 60% of the world's traded petroleum supply. As a cartel, OPEC not only controls the supply of most of the world's oil but is also directly responsible for regulating and, increasingly, manipulating oil

It's important to realize that even though the U.S. is the world's largest oil producer, the country ultimately imports more crude oil than it exports, leaving prices vulnerable to the global market (which is largely controlled by OPEC). This means that price manipulations from OPEC heavily impact gas prices across the country, and even prices depending on the day of the week (the cheapest day to buy gas is Monday, by the way), with the U.S. having very little power to influence those prices.

Two of the four major factors contributing to gas prices can and do vary quite significantly at the individual level. For starters, the tax rate on gasoline in your specific state, county, and/or city can have a lot to do with how much you might pay at the pump (the EIA estimates taxes make up 16% of what you ultimately pay). The federal government taxes 18.4 cents on every gallon of gasoline while, as of July 2022, state taxes on gasoline average around 32 cents per gallon. It's also worth mentioning that the sales tax in your local area can also impact your gas prices.

The last factor depends on just what gas station you go to. You might not be aware of this, but each individual gas station can have drastically different ownership models.

Read More: [HERE](#)



**CANCELED due to flood in Campbell Hall**





## **SIGN UP NOW! 5 spots left SV Hosted Watercolor with Lucinda 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

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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](http://www.artbylucinda.com)

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# LET'S CELEBRATE

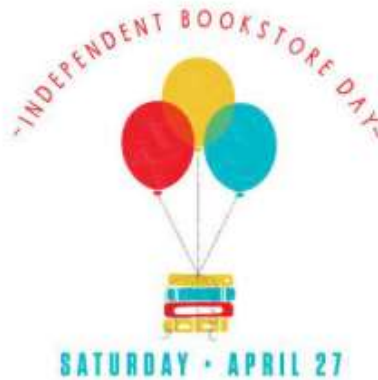
## *Independent Bookstore Day*



Join us for an Open House -  
**Dock Party!**

Saturday, April 27th, 3-5pm

*Live Music*  
*Complimentary  
Beverages*



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## 15 Free online classes with M.I.T.

### [MITx: Becoming an Entrepreneur:](#)

Becoming an Entrepreneur, an edX partnership course with MIT is a practical guide to starting a business. You'll debunk common myths, spot opportunities, conduct market research, design and test your offering, and pitch and sell to customers. The best part? No prior experience is needed. This course is not just about learning; it's about investing in your future success.

### [MITx: World Music: Global Rhythms:](#)

In this global course, you will learn about musical rhythms from all over the world, recognize different rhythms and their history, and understand the concepts and techniques of rhythm and metric structure. No prior musical knowledge is required.

### [MITx: Genetics: The Fundamentals:](#)

This genetics course series taught by Professors Hemann and Reddien emphasizes real experiments and scientific thinking skills. You will learn to apply genetics concepts to modern studies of heredity, appreciate their applications to everyday life, and design genetic crosses.

Read the entire list [HERE](#)





## Marin Open Studios Preview Gallery

**WHERE:** The Sausalito Center For The Arts

**WHEN:** April 20 through May 12

Returning for its 31st year is the annual Marin Open Studios (MOS), in various locations throughout Marin County. For two weekends, art lovers from across the Bay Area are invited to visit art studios all over Marin County for a self-guided tour to meet the artists, enjoy their portfolio of artwork up close, and purchase work directly from the artists.

**The public is also invited to preview artwork from participating artists at the Marin Open Studios Preview Gallery, at the Sausalito Center for the Arts. Samples of each artist's work will be on display.**

Over 250 artists of every stripe including sculptors, pottery, abstract and figurative painters, photographers, textile, and jewelers to name a few are participating in the 2024 Marin Open Studios, including 22 new artists.

### **2024 Marin Open Studios Schedule includes:**

**Preview Gallery** at the Sausalito Center for the Arts — group exhibition of over 250 works showcasing Marin Open Studio artists opens April 20 through May 12 (closed Mondays and Tuesdays).

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from 7 to 9 pm at Sausalito Center for the Arts, 100 Broadway, Sausalito. Ticket prices are \$50 a piece and are available through Eventbrite. For more information, [click here](#).

**Two weekends of self-guided tours** showcasing open studios of over 250 artists, May 4-5, 11-12 from 11am to 6 pm. Visit the Marin Open Studios [website](#) for a map of the studios and start your self-guided tour. Participants are encouraged to make a day of it with their friends and family.



Animals seeing themselves for the first time in mirrors

**FRIDAY PUZZLE**

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Rank the following mammals according to their average lifespan, from shortest to longest.

Wolverine

Weasel

Bowhead whale

Humans (1950)

Humans (2022)

Elephant

Brown bear

Western gorilla

**Find the answer at the bottom of the newsletter.**

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## Very Punny

- Energizer Bunny arrested - charged with battery.

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- A hangover is the wrath of grapes.
- Corduroy pillows are making headlines.
- Sea captains don't like crew cuts.
- Does the name Pavlov ring a bell?
- A successful diet is the triumph of mind over platter.
- Time flies like an arrow. Fruit flies like a banana.
- A gossip is someone with a great sense of rumor.
- Without geometry, life is pointless.
- When you dream in color, it's a pigment of your imagination.
- Reading whilst sunbathing makes you well-red.
- When two egotists meet, it's an I for an I.



**\*\*\* CALL FOR ARTISTS 60+ \*\*\***

**94965 Intergenerational Art Show**

at

**Sausalito Center for The Arts**

**Hosted by Sausalito Village**

**WHEN:** November 14 – 24, 2024 during SCA hours



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**ARTIST RECEPTION:** Sunday, November 17, 3-5pm

Our SV art show is now expanding and open to all artists 60 years and older who live in the 94965 area. All art mediums accepted for submission.

Due to limited space, this will be a juried show. Art from students of MLK School will also be showcased.

Rules for submission, click [HERE](#)

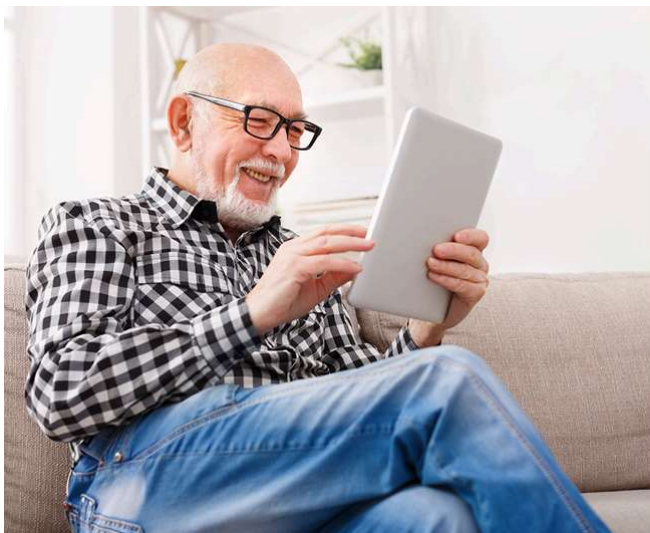


## Joan Rivers best of Part 1

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

[View this email in your browser](#)



## Tech Class: Deep Fakes

Can you trust what you are seeing online? How do you know if that video everyone's talking about is real, or a fake? In this class, you will learn about deep fakes: sophisticated, technology-driven—and often convincing—audio and visual hoaxes.

Community Services to present this event as part of our series of free workshops to help you make the most of today's technology.

## Online Event via Zoom

**Tuesday, May 21, 2024**

**10:00 – 11:00am (PDT)**

[REGISTER NOW](#)



## How to read poetry

Excerpted from NPR LifeKit

### 1. Don't approach poetry like it's school

The way poetry is taught in school can be a barrier to entry. So rest easy as you read a poem — there's no quiz at the end!

### 2. Don't worry about 'getting it'

People often put pressure on themselves to crack a poem, unlock its meaning or figure out what the poet was trying to say. Instead, ask yourself some questions to get at what you think of the poem.

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What ideas float around in your mind?

What do you feel?

### 3. Read it out loud

As an exercise, try reading a poem aloud a few different ways:

Like you're savoring every word and every syllable

Like you're explaining something really difficult to someone else

### 4. Visualize the poem

A poem might offer visual imagery — or may not. If not, go ahead and fill them in with your imagination. These brain pictures will illuminate whatever it is you seem to be getting out of the poem.

### 5. Read a bunch of poetry

The experts we talked to say their poetry curriculum in schools was mostly centered around the classical canon — your Shakespeares and your Frosts. But everyone stressed that the world of poetry is a lot bigger than that (not to mention less white, less male, less old). So if poems about walking in the woods when it's snowing aren't your jam, keep looking — there's something out there for you. Check out this [starter playlist of poetry](#) on YouTube; [Write About Now's](#) Instagram account, which features poetry from around the world; or poetry in [The Paris Review](#), a quarterly literary magazine, to get you going.

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***The second in a series of  
Sausalito Historical Society  
2024 History Talks***

**The Legacy of Sausalito Women**



***Presented by***

**DANA WHITSON - Chair, SWC Preservation Society**

**Tuesday, May 14, 2024, 6– 8pm**

**Sausalito Woman's Club**

**120 Central Avenue, Sausalito**

**\$10 SHS/SWC members, \$15 non-members.**

The Sausalito Historical Society and the Sausalito Woman's Club invite you to an illustrated talk by Dana Whitson about the important legacy of women in Sausalito. Come hear the stories of the visionary women who have made history through their contributions to Sausalito for more than 100 years.

*No-host bar and hors d'oeuvres*

*Limited seating*

Register and pay online by clicking the button below:

[sausalitohistoricalsociety.org/historytalks](https://sausalitohistoricalsociety.org/historytalks)

Questions?

Call 415.289.4117 or email

[info@sausalitohistoricalsociety.org](mailto:info@sausalitohistoricalsociety.org)

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3 hours of relaxing guitar music



1. Weasel (1 to 2 years)
2. Wolverine (12)
3. Brown bear (25)
4. Western gorilla (35)
5. Humans in 1950 (47)
6. Elephant (56)
7. Humans in 2022 (72)
8. Bowhead whale (200)

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