



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



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:

Fire Extinguisher Check, Refill or Purchase - May 22

In Person Sing Along/Concert - May 23

Death Cafe - May 31



## **SV Emergency Preparedness Committee invites you to the annual Fire Extinguisher Event**

**When did you last check your Fire Extinguisher?**

**Correct answer: every 4-5 years**

**Need yours refilled or need to purchase a new refillable one?**

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to check the readiness of your fire extinguisher, from those that are refillable and make available new refillable extinguishers for purchase.

Is your fire extinguisher refillable? (Hint: not if you purchased it from Costco). Here are photos of refillable extinguishers. They have metal handles and a gauge.

COST TO REFILL a refillable extinguisher \$20

COST FOR NEW SMALL REFILLABLE extinguisher \$30

COST FOR NEW LARGE REFILLABLE extinguisher \$50

COST TO CHECK your extinguishers \$0

COST TO RECYCLE your extinguishers \$0

**WHERE:** First parking lot on RIGHT when you turn on to Gate 6 Road

**WHEN:** SUNDAY, May 22, Noon-4:00pm

**WHAT?:** Check your fire extinguishers

Refill your extinguishers that are refillable

Purchase a new refillable extinguisher

**Questions?** Email [sausalitovillagersvp@gmail.com](mailto:sausalitovillagersvp@gmail.com)

FHA Day in the Park is taking place, so music and food happening next to the parking lot.

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## Social Rights for Pets In Switzerland

The Swiss are known for their historic commitment to neutrality, but they've taken a firm stand on one of the most important issues of our time: guinea pigs. Because guinea pigs are social creatures who grow lonesome without a friend, it's illegal to own just one of them in Switzerland. The law was introduced in 2008 as part of a legislative effort to grant social rights to pets. Should one guinea pig depart this mortal coil and leave its companion alone — and its owner in potential legal trouble — [rent-a-guinea-pig](#) services have emerged as a temporary solution.

And That is your Fact of the Day!

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**THIS MONDAY! SV/SWC Sing Along Live**



## Sausalito Woman's Club Invite You To

**Sing Alone,  
Sing Along, or  
Just Enjoy the  
Singing**

- **Solos & Duets encouraged**
- **Sing Alongs with words projected**
- **Andy Dudnick on piano**

**Date:**

**Every 4th Monday**

**Time:**

**3:00-3:30 Socialize**

**3:30-4:30 Sing**

**Place:**

**Campbell Hall**

**70 Santa Rosa Ave.**



**Questions? Email [SausalitoVillageRSVP@gmail.com](mailto:SausalitoVillageRSVP@gmail.com)**

**Rides available to all Sausalito seniors with CARSS**

**(Call A Ride for Sausalito Seniors) 415-944-5474**

**Sing Along THIS Monday - need a ride?**



## A Message from SV Members, Jerry and Laurel Spolter

### We're headed to Przemyśl!

Everyone wants to know how to help our Ukrainian neighbors. Here is your opportunity to vicariously travel with us to Poland in June and support the World Central Kitchen.

We invite you to a very special Concert in the 150 year old Christ Episcopal Church, Sausalito

70 Santa Rosa Ave @ Santa Carlos Ave

**Thursday, June 16th, 5pm**

**Limited seating: only 90 seats available for the Concert.**

**Tix will be held at the door for the first 90 donors of a minimum of \$250.**

**(Feel free to donate more (!), but one ticket per donation.)**

### Bach, Beethoven & The Beatles

Chocolate and Champagne Reception immediately following in Church Garden

(Thanks to Rev. Chip Larrimore and the Vestry and to Easton & Co.)

Peter Wilson & Jennifer Kloetzel

Violin

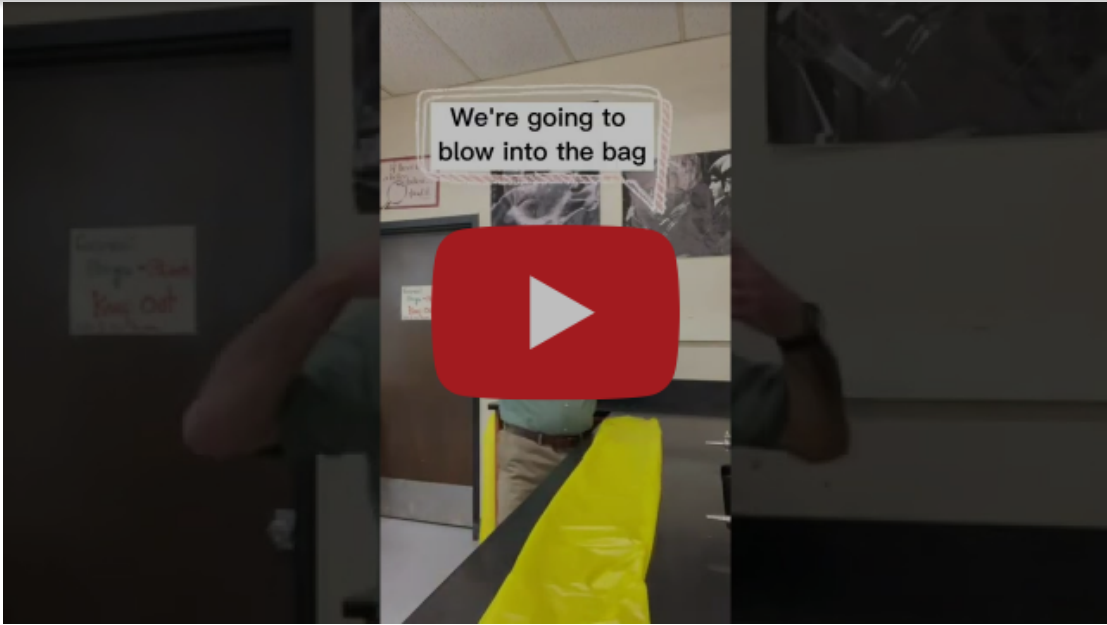
Cello

**Peter Wilson** (MGySgt, USMC ret.): Senior enlisted music advisor to The White House for three decades in support of five U.S. Presidents; currently: Music Director of the Richmond Philharmonic and Waynesboro Symphony in Virginia, as well as Artistic Director, American Festival Pops Orchestra.

**Jennifer Kloetzel:** graduate of Juilliard School, Fulbright Scholar and founding cellist of the acclaimed Cypress String Quartet (1996-2016); recording artist and Professor of Cello, Head of Strings, and Head of Performance at University of California, Santa Barbara.

Click here for the Central Kitchen Donation: <https://donate.wck.org/fundraiser/3915035>





Do you know about Bernoulli's Principle - watch this and in less than 2 minutes you will!





## **CARSS/Sausalito Village Will Pick Up Members Donations And Deliver to WHAP**

**Clean out your home and allow your items to be recycled and reused by local Marin City residents, who will receive them free of charge.**

**SV/CARSS Volunteer, Kathleen Maher will pick up items for Sausalito Village and CARSS members and bring them to WHAP (Women Helping All People) of Marin City.**

**Types of items accepted include:**

**Lightly used clothing for men, women or children**

**Kitchen and household Item**

**Clean and lightly used toys**

**Unopened toiletries**

**Request your pick up through CARSS at 415-944-5474 or**

**InfoCARSS4You@gmail.com**

**YES! You can drop the donations off yourself to WHAP. WHAP is open Monday-Thursday 11-2 and is located at 79 Cole Drive, Suite 5, Marin City.**

**More information about WHAP: <http://www.mcwhap.org/services.html>**

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**Still, in a way nobody sees a flower,  
really. It is so small - we haven't  
time. To see takes time,  
like to have a friend takes time.**

**Georgia O'Keeffe**



## **When you die, what happens to your online accounts if your family can't unlock your phone?**

**"I'm worried that using two-factor authentication could cause real problems for the people you leave behind. What's the solution?"**

An astonishing amount of our activity now takes place online, especially financial stuff. The good news is that most financial

simply connect your next of kin can hand over a proper death certificate, whoever's handling the estate can have access to their accounts.

But for most online services, you'll have to jump through some serious hoops if you can't supply the proper credentials to sign in. The acrobatics can reach an extreme degree of difficulty if 2FA is involved.

If the deceased person's mobile number is on your family account, you can contact the mobile provider to have the number transferred to you. If you don't have access to the account, the executor of the estate can contact the mobile provider to perform the transfer. Here are instructions for the three big mobile carriers in the U.S. If you have a different carrier, you should be able to find similar instructions on their support site.

- Verizon: ["How to manage an account when a loved one passes away"](#)
- AT&T: ["Change wireless account due to life events"](#)
- T-Mobile: ["Cancel an account of a deceased family member"](#)

For other types of accounts, including email and social media, you'll run into more serious roadblocks. Google, for example, says that it might provide content from a deceased user's account to immediate family members but will not provide passwords or other login details. Facebook has a similar policy. And Apple makes it crystal clear that the only way it can remove the passcode lock for an iPhone is by erasing the device.

The onus is really on you to get your digital affairs in order so that your survivors can sort out your stuff after you've shuffled off this mortal coil. The easiest way to do that is to write down the username and password for your email account and the passcode for your phone; if you use a password manager, include instructions for accessing its contents, too. Store that document in a safe place with other important papers, including your will and life insurance policy. And make sure whoever's left behind knows where to look for those documents.

Check out more tech questions at [ZDNet.com](https://www.zdnet.com)



## Inflating animals: 7 incredible creatures that blow up like balloons

This painted tree frog produces a piercing screech that differs slightly in pitch to closely related species. To maintain the call for as long as possible, it squeezes the same breath of air back and forth across the larynx, creating a trilling sound.

This is just one of thousands of different kinds of frog calls, each unique to its own given species. “Vocal sacs differ enormously across frogs,” says herpetologist [Dr Mark Scherz](#) of the Natural History Museum of Denmark. “Some species have single sacs, some have paired sacs, some sacs even expand substantially down the body or expand hugely in front of the head.”

See photos and read about the other 6 at Science Focus [HERE](#)



## On the Road to 100! Meeting the Challenges of Longevity Master Plan for Aging 5th Bold Goal: Affording Aging

Thursday, May 26th, 2022, 10:00 a.m. – 2:00 p.m.

The Key Room, Homeward Bound

1385 North Hamilton Parkway, Novato, CA 94949

Lunch provided by the Chefs at the Fresh Starts Culinary Academy

We must act now to meet the challenges of living longer!

Aging is changing and it is changing California. By 2030, one quarter of the state's population, 10.8 million Californians will be older adults.

The policies and investments we make today determine our future no matter where we are along the continuum of aging.

Health care is not paying for the cost of aging and housing models have not kept up. Older adults are running out of money in their 60's and 70's and living to their 80's and 90's.

Join us and help create a future that realizes the potential of living longer for generations to come.

Our speakers are:

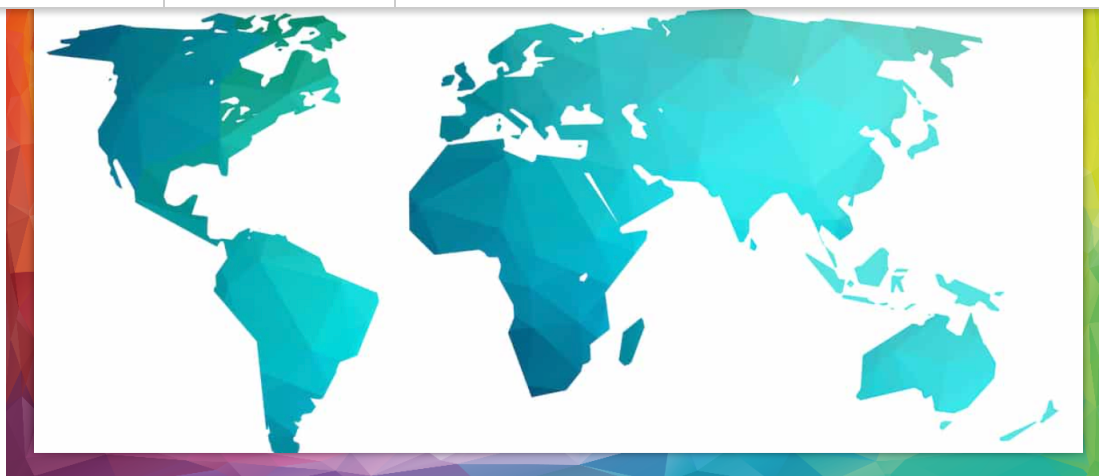
- Susan DeMarois, Director, California Department of Aging
- John Newman, MD, PhD, Buck Institute
- Patti Prunhuber, Senior Attorney, Justice in Aging
- Fernando Torres-Gill, Ph.D., Professor of Social Welfare and Public Policy, UCLA, Adjunct Professor of Gerontology

**This is an in-person event and proof of vaccination is required.**

Register and Purchase Tickets (\$25 OR scholarship) [HERE](#)

If you need a scholarship, please call 415.987.7023





## About the Blue Zones

Excerpted from Matador Newsletter

There is no secret formula for how to live a long and happy life. But there are five regions around the world where life expectancy is measurably longer. These territories are dubbed Blue Zones, and they are located in Okinawa, Japan; Sardinia, Italy; Nicoya, Costa Rica; Ikaria, Greece; and Loma Linda, California.

National Geographic Fellow and bestselling author Dan Buettner came up with the concept of Blue Zones. Buettner and his team of researchers pinpoint [nine specific lifestyle habits](#) that are common to Ikaria and people who live in areas with the highest life expectancy.

### 1. Incorporate natural movement throughout the day

Even in old age, Blue Zone inhabitants continue to live very physical and active lifestyles. Rather than being habitually sedentary or having set aside time for exercise, jobs and social activities keep them moving all day.

### 2. Eat a plant-based diet

The diet in Blue Zones largely comprises of seasonal vegetables, legumes, whole grains, and nuts. It's estimated that [95 percent to 100 percent](#) of the food consumed is plant-based.

### 3. Have a purpose

#### 4. Put family and loved ones first

Family is the top priority in Blue Zones. In many of these cultures, elders will live with children or grandchildren, and families gather and eat together daily.

#### 5. Enjoy a glass of red wine

Four out of the five Blue Zones incorporate moderate drinking into their daily lives. Red wine, which has natural antioxidants, polyphenols, and anthocyanins, is a common favorite beverage.

#### 6. Stop eating when you're 80 percent full

Many of the residents in the communities in Blue Zones take time to eat mindfully and consume much smaller portions than those typically served in the US.

#### 7. Follow a faith or religion

During Buettner's initial research for his two books, he interviewed 263 centenarians from the five Blue Zones. Only three out of the 263 were not a member of a faith-based community.

#### 8. Stay loyal to a tribe

Having a tight-knit healthy and positive thinking community directly affects mental health. The research into Blue Zones has found that these strong support systems exert a positive influence and encourage healthy behavior.

#### 9. Take time to de-stress

Low-stress lifestyle is common among all Blue Zone regions. Chronic stress is all but uncommon with residents and they claim this is because of the combination of their holistically healthy lifestyle. 📧

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You can't shake hands  
with a clenched fist.

Indira Gandhi

quote fancy



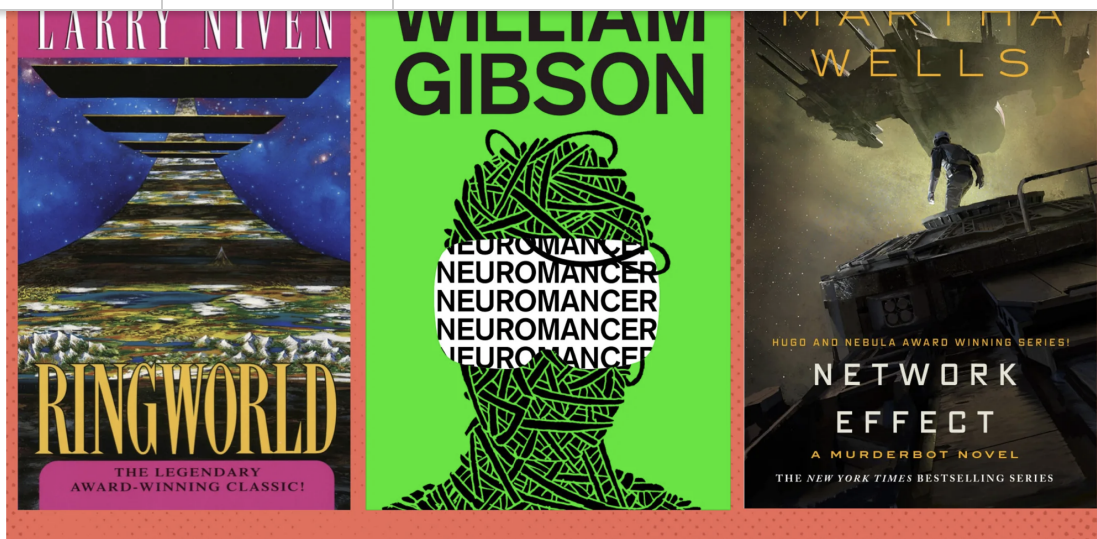
Next live zoom class is June 6th

Join Rayner every 1st and 3rd Monday of the month live (on zoom) at 11am.

See Sausalito Village website calendar ([www.SausalitoVillage.org](http://www.SausalitoVillage.org)) to RSVP for the zoom link.

Make sure to enjoy Rayner's Youtube classes on the other weeks.

Stretch & Strengthen with Rayner



## 12 Novels That Won Both the Hugo and Nebula Awards

Excerpted from Mental Floss

In narrative science fiction, there is no higher honor than earning a Hugo Award or Nebula Award—unless, of course, you win both.

The Hugo, named after sci-fi editor Hugo Gernsback and first presented in 1953, is voted on by members of the World Science Fiction Society; the Nebula has been handed out by the Science Fiction and Fantasy Writers of America to honor the work of their peers since 1965.

While each is highly prestigious, only a handful of titles have earned [both](#) in a single year. Here are 12 books that earned two of the biggest honors in science fiction. Don't forget to buy local at Books by the Bay!!

Read list [HERE](#)



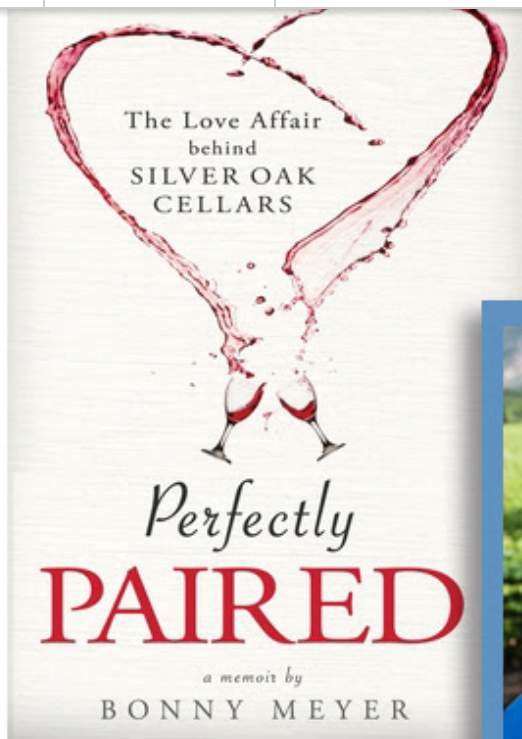


## When did we start brushing our teeth?

Tooth-cleaning goes back thousands of years, with methods including abrasive powder, cloth, and frayed sticks. Bristle toothbrushes emerged in China during the Tang dynasty (618–907 CE); the handles were made from ivory or bamboo. These brushes didn't catch on in Europe until the 17th century, first in France and later in England.

While toothbrushes evolved in design throughout the 18th and 19th centuries, the materials stayed largely the same. Plastic handles came along in the early 1900s, and nylon bristles followed in 1938.

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## 'Books by the Bay' Upcoming Event

Bonny Meyer shares *Perfectly Paired* & Her Favorite Wines

May 19th, 6pm

Books of the Bay, 100 Bay Street, Parking spots available at the bookstore

Come meet local author, Bonny Meyer, who co-founded Silver Oak Cellars with her wine legend husband Justin Meyer. Her memoir is an intimate portrayal of their love affair which infused Silver Oak with its remarkable wines. It is also a insightful and moving account of the making of one of Napa Valley's most iconic wineries. Buy the book and enjoy tasting Bonny's favorite wines – including Meyer Family and Silver Oak Cabernets.

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## **CARSS Program**

### **(Call A Ride for Sausalito Seniors)**

CARSS (Call a Ride Sausalito Seniors) is a City of Sausalito Age Friendly Program for residents of Sausalito and the floating homes community, who are 60 and older. CARSS is managed by Sausalito Village with one goal in mind – to keep older residents connected to the community and safe as they age.

#### **CARSS provides:**

- Free Rides around Sausalito and Marin City. Volunteers can also do errands.
- Service available Monday, Wednesday and Friday between 10am–2pm.
- Schedule a Ride/Errand a day ahead or the same day. Need a ride at other times or days just call 48 hours before.
- Rides/Errands provided by vetted volunteers with their cars.
- Masks and proof of vaccination are required.

### **RIDE FOR FREE WITH CARSS!**

For more information go to [www.carss4you.org](http://www.carss4you.org) or call (415)944-5474 or [infocarss4you@gmail.com](mailto:infocarss4you@gmail.com)



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