



Photo by Annie Dorsey

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)



## What's on the calendar?

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community. Please take a moment and peruse the listings. [CLICK HERE](#)

Here are a few highlights:

Stretch and Strengthen with Rayner - June 6

CARSS rides for Voting - June 7

Trip to Samuel P Taylor Park - June 10

Ukraine Concert Event - June 16

Beginning Line Dancing - June 21

Intermediate Line Dancing - June 23



## Rides for Voting on Tuesday!

CARSS (Call A Ride for Sausalito Seniors) is providing rides on Tuesday for Sausalito voters!

Reserve your ride call 415-944-5474

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## **Sausalito Village Members with June Birthdays**

Maria Arana - Kent Barichievich - Rich Brayton - Susan Keegin

Tom Theodores - Peggy Chipkin - Michael Lewis

Amy Farella - David Marshall - Bill Miller

Norm Scheiner - Lisa Bennett - Carol Fusco

Roger Brindle - Olga Murray - Walden Raymond

Mary Lou Dauray - Peter Van Meter - James DeLano - Gilleen Yattes

If you are a Village member and don't see your name here, check with us! We may not have your birthdate in our system and we would love to make sure to send you a card and newsletter greeting next year!

[SausalitoVillageConcierge@gmail.com](mailto:SausalitoVillageConcierge@gmail.com)

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## **NEW! Sausalito Village Hosted Line Dancing Class!**

Want to get exercise, have fun, work your brain, and learn dances you can do with or without a partner while being socially distanced?

Ever wanted to learn the Hustle, Cupid Shuffle, or latest dance challenge, Jeruselema? Now's your change!

Music is a mix of R&B, funk, Latin, pop, disco, gospel, jazz, and international. Sorry, not much country. No pressure, just good fun!

Classes taught by Laurie Reemsnyder

**WHEN:** Tuesdays 10:00am-11:00am for Beginners



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**WHERE:** Exercise Room, Downstairs in Sausalito City Hall, 420 Litho Street, Enter through Parks and Rec door off Bee Street

**COST:** Free, Donations accepted at the door

**REGISTER HERE For Beginners:** [CLICK](#)

**REGISTER HERE For Intermediates:** [CLICK](#)

Non-SV/CARSS members and volunteers will need to sign a waiver.

**MASKS** - The best way to keep yourself safe from covid is to wear a medical grade mask



**Spell check**

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determine the correct spelling of these commonly misspelled words.

1. Embarrass / Embarrass
2. Advisable / Adviseable
3. Carribean / Caribbean
4. Liaison / Liason
5. Supercede / Supersede
6. Inoculate / Innoculate



Ode de Joy Flash Mob started by one young girl



## Stretch and Strengthen with Rayner Returns This Monday!

Stretch and Strengthen with Rayner on Zoom

Date: Every 1st and 3rd Monday of the month, next one is June 6th

Time: 11:00 AM Pacific Time

Register [HERE](#) if it is your first time and you will receive an automatic confirmation that you are registered and a Zoom Link and password will be sent prior to the class.

**This class is a wonderful morning pick-me-up. Exercise with new friends on Zoom to energize and feel good all day. Rayner is a certified Yoga teacher and therapist and her classes are fun and a good all-around workout. Each week she focuses on a different aspect of wellness, always incorporating yoga-based stretches, breathing and guided relaxation. Classes are a mix of cardio, strength, increased mobility and balance and may include Qi Gong, or the optional use of light weights or other props. All that is required is a chair for seated stretches, and for support during standing movements. Everything can be modified so that you feel comfortable at any level.**

Join us for an hour of uplifting energy and spirits, and maintain your healthy body and mind!"

**Questions? Contact Sharon [sharon126@aol.com](mailto:sharon126@aol.com) and 415-272-6608**

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Photo credit: Jim Kasper

## Fire-smart Landscaping Tips from UC Marin Master Gardeners

### JUNE: Clean up Zone Zero – Within 5 Feet of Your Home

- Clean-up areas where wind eddies deposit leaf and plant litter along the perimeter of your home, on the roof, and combustibles under decks.
- Clear dead debris from flowerbeds close to the house and any combustible mulches.
- Remove dead, damaged and diseased plant branches, trees and shrubs. Dispose of the material in your green waste bin.
- Any vegetation should be pruned back and kept hydrated especially along exit routes. Placement and maintenance of plants are more important than type of plant.



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immediately surrounding your home including brooms, rakes, plastic bins, wood furniture, furniture cushions, wood piles, and natural fiber door mats. Move these items as far away from the house as possible – or indoors if a nearby wildfire threatens.

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## Bus Trip to Samuel P Taylor Park - Free for Seniors

Dear Friends,

Please join Age Friendly Sausalito for a free picnic under the redwoods at Samuel P Taylor Park.

We've reserved our favorite area to relax under the beautiful trees next to the creek

Friday, June 10, 2022

Arrive 9:45am

Leave 10:00 am (from city Hall Parking lot)

Return by 2:15 pm

**Transportation** is provided

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Parks Naturalist Shannon Burke will join us to talk about the park and the flora and fauna there, as we enjoy our lunches and the good company, and she will also accompany anyone who wants to take a short walk beside the creek .

Sign up on Sausalito Village Calendar [HERE](#)

Or email Felicity at [10avalon@comcast.net](mailto:10avalon@comcast.net) include your name, email & cell phone number if you have one or home phone, if you don't.

Or call Felicity at 415 497 0194 (leave name and phone number, we will call you back soon)

We hope you'll join us ---It's going to be fun!

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## The History of Germany's Century-Old Upside Down Railway

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glides above a track — seems like a creation of the future. In Wuppertal, Germany, though, it's an enduring symbol of the past. The Wuppertal Schwebebahn was completed in 1901 in order to accommodate a new influx of people living along the Wupper river, and has been helping locals get around ever since. It is **one of only two suspension railways in the world**, the other being more recent and located in Japan.

The Wuppertal Schwebebahn has even persevered through disaster — it was **badly bombed during World War II but bounced back quickly**, becoming fully operational again less than a year after the fighting in Europe ended. “I don't think there's a more iconic symbol representing both Wuppertal and Barmen than the Schwebebahn,” Rosemarie Weingarten, who was born in the area in 1933, told CNN. **“It has always been there for me and I'm proud that it is still running.”**



## It's Tick Season

Excerpted from CNET blog



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reasoner. Either they aim to make the tick to detach with time -- when you should remove ticks immediately to minimize chances of disease transmission -- or they risk injuring the tick's host (fire burns skin as well as ticks, after all).

But this method is quick and harmless. All you need is a Q-tip.

When you locate an attached tick, immediately grab a Q-tip, and gently twirl tight circles around the wound, lightly pulling at the tick. The goal here is not to pull the tick free, but to cause it to release and latch onto the Q-tip. It should happen within moments.

If, on the off chance, something goes wrong, you can always still run out to the store and get some tweezers, as the CDC recommends.

Once you dispose of the tick, you can clean the bite with soap and water or alcohol -- and if you're worried about disease transmission, follow up with the appropriate steps.

*The information contained in this article is for educational and informational purposes only and is not intended as health or medical advice. Always consult a physician or other qualified health provider regarding any questions you may have about a medical condition or health objectives.*





## How Duct Tape can help you in the outdoors

During the past 75 years of its existence, duct tape has become a staple product for “fix-it-yourselfers” from every walk of life. This wonder tape has been used for jobs that the original duct tape developers never imagined. The versatile product can mend, bind, patch, repair, and replace many of the items we would need in a survival situation. And best of all, you don’t need any specialized tools or training to use it.

Sample: Wrangle Some Rope

Duct tape is strong, but twisting it makes it stronger.

Even cheap duct tape has a lot of strength, and by twisting the tape, you add even more muscle to it. Twisting duct tape into rope will give you a surprisingly strong cord that you can use for a host of survival tasks. For best results, twist it as you peel it off the roll and use a continuous strip of tape for your entire rope. Just note that splices will be weak spots. Military grade tape has a 40-pound breaking strength while the strength of less expensive tapes is in the 20-pound range. And by twisting the tape, you’ll add a few more pounds to its tensile strength.

Read more in OutdoorLife Magazine [HERE](#)



**June 3 - August 26 ~ Fridays ~ 6:30 p.m. - 8:00 p.m.**  
**2022 Line up at Gabrielson Park**

**June 3:** [Zydeco Flames](#) (zydeco)

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June 17: [Alpha Rhythm Kings](#) (swing)

June 24: [Lavay Smith](#) (jazz/swing)

July 1: [Lydia Pense and Cold Blood](#) (blues)

July 8: [David Gerald](#) (rock/blues)

July 15: [Alicia Gomez](#) (rock/soul)

July 22: [Bait and Switch Blues Band](#) (blues)

July 29: [Tracorum](#) (rock/funk)

August 5: [Jenny Kerr](#) (blues)

August 12: [Randy McAllister](#) (blues/soul)

August 19: [Mo'Fone](#) with special guests (jazz/funk)

August 26: [Eugene Huggins and Friends](#) (blues)



## The Meaning of 'Goodbye'

'Goodbye' comes from 'God be with you'.

Many farewells have religious connections. [Adios](#) in Spanish

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phrase in English, goodbye, looks rather peculiar by comparison. It just means to part on good terms, right? Well, looks can be deceiving. “Goodbye” is actually a contraction of the phrase “[God be with ye,](#)” and started popping up around the 1570s (spelled “godbwye”). The “God” part of “goodbye” [likely gained an extra “o” over time](#) to be consistent with other common English salutations, such as “good morning” and “good night.”

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## Michelin Stars - What are they?

Michelin Stars were originally connected to an effort to boost tire sales

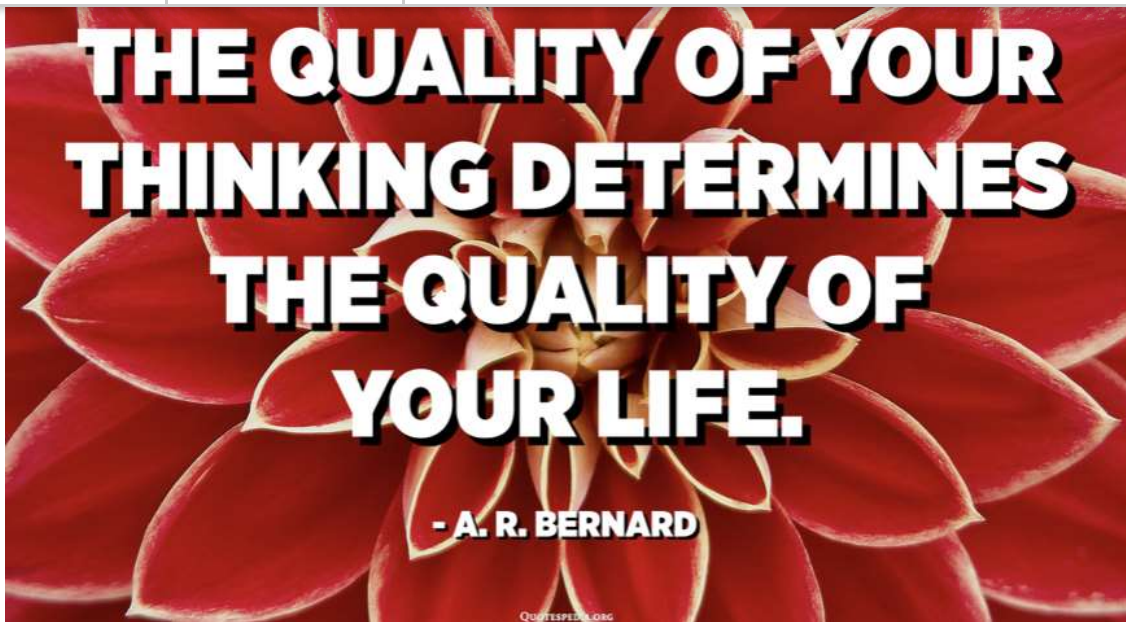
In the restaurant business, there is no greater honor than the Michelin star. Awarded on a ranking from one to three, Michelin stars are *the* standard of greatness when it comes to fine dining. Chefs pin their reputations on them, and having (or not having) them can make or break a business. So it might seem strange to discover that this culinary accolade is intimately entwined with... car tires. The story starts back in 1900, when brothers Andre and Edouard Michelin, founders of the Michelin tire company, created the Michelin Guide — a booklet full of useful information for French motorists. The free Michelin Guide included maps, lists of nearby gas stations and amenities, basic tire maintenance information, and various road-ready adventures. The hope was that these guides would inspire

But the Michelin Guide might be a forgotten relic if not for two events — one big, one small. The first event was World War I, which ravaged France and forced the Michelin brothers to stop publishing for a few years. The other was when Andre Michelin visited a tire shop around the same time and saw his free Michelin Guides doing the undignified work of propping up a bench. To help raise the guide's prestige (and also help motorists explore Europe again following the war), the brothers reintroduced the handbooks in 1920, featuring more in-depth hotel and restaurant information — and instead of being free, they now cost seven francs. Within a few years, Michelin also recruited “mystery diners” to improve its restaurant reviews (they still work undercover), and in 1926, they began handing out single Michelin stars to the very best restaurants. Five years later, Michelin upped the amount of possible stars to three, and they have continued searching for the world's best food in the nearly a century since. Today, the guides — and stars — cover more than 30 territories across three continents.



Bison and Calves hold up traffic in Yellowstone





## 10 Different Types of Laughter

According to the late Robert Provine, who was a laughter expert and professor emeritus of neurobiology of psychology at the University of Maryland, laughter is specifically a social structure, something that connects humans with one another in a profound way.

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a social setting that warrants it than when alone with humor-inducing media. That means that you're more likely to laugh with friends while watching a comedy together than when you're watching the same show or movie by yourself.

Though there are many ways to laugh, from giggles to guffaws and chuckles to cackles, it turns out that we humans laugh for many reasons, some of them odd. And it's more than just the latest episode of "Saturday Night Live" that has us doubled over; 90 percent of why we laugh has nothing to do with somebody telling a joke.

So what are some of the different types and reasons for all the laughter?

## Contents

10. Etiquette Laughter
9. Contagious Laughter
8. Nervous Laughter
7. Belly Laughter
6. Silent Laughter
5. Stress-relieving Laughter
4. Pigeon Laughter
3. Snorting Laughter
2. Canned Laughter
1. Cruel Laughter

Read the entire story and descriptions of each type of laughter at How Stuff Works [HERE](#)

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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)





## Official Bird of Madison, WI: Plastic Flamingo!

Wisconsinites are known for their love of cheese, so it's no surprise that the city of Madison's official bird is the invariably cheesy plastic flamingo. The lawn bird first "migrated" to town in 1979 as part of a prank on the University of Wisconsin-Madison campus. Students awoke one day that September to find the school's Bascom Hill covered with [1,008 plastic flamingos](#), which had been placed there by the school government's Pail & Shovel Party. The group was known for their absurdist stunts, including throwing a 10,000-person toga party and building a replica of the Statue of Liberty emerging from nearby Lake Mendota. Yet it wasn't until 2009, after a successful lobbying campaign from local newspaper columnist Doug Moe, that the Madison City Council voted 15-4 in favor of designating the plastic flamingo as the official city bird. Councilwoman Marsha Rummel defended the decision against the four dissenters by saying, "If you don't have a little fun, [life's] not worth living." These days, the prank-turned-tradition is recreated each year as a fundraiser.

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Indie-Folk Compilation 2.5 hours



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