



Photo by Annie Antler, from her home

Send your 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



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What's on the calendar?

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:

July 4 - Pre-Parade Party at Charlotte's house and 4th of July Parade!

July 5 and July 7 - Line Dancing

July 20 -CHP class 'Age Well Drive Smart'



Charlotte Mastrangelo at a previous Pre-Parade Party

Come walk with us for the 4th of July Parade!

Longtime SV Member, Charlotte Mastrangelo, will be hosting a pre-Parade party in her backyard starting at 8:30am, please be sure to stop by. She has been hosting for decades and is happy to be back after a two year absence! Enjoy live music, donuts, coffee, punch and her famous coffee cake.

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net home and walking along the parade route carrying lightweight signs and giving out flyers.

Party starts at 8:30am at 105 Third Street near Valley

Parade starts at 10am.

Questions? Email SausalitoVillageRSVP@gmail.com



Sausalito Village Ferry Trip and Docent Led Walk/Tour of Salesforce Park

Wednesday, July 20, 2022, 10:30am- 4:30pm

Join us for an all day event. We will take the 10:30am ferry from Sausalito to San Francisco and leisurely walk to Salesforce Park. This is approximately 1.5 miles.

Bring a bagged lunch which we will enjoy at the park before we take a guided tour.

The private group tour will be provided by Paul Fisher of City Guides. The tour will begin at 1:00pm and take approximately 1.5 hours.

We will walk back to the Ferry Building(1.5 miles) and stroll around

The total price for Members/Volunteers is \$30 which includes the ferry tickets and guided tour.

15 person maximum for the tour

Comfortable shoes a must! Be sure you are able to walk the distance - 1.5 miles in each direction to and from Salesforce Park plus walking around the park, approximately 4 miles total.

Let us know if you need a ride to/from the Ferry by requesting the ride in the 'comments' section when you RSVP.

RSVP and more info [HERE](#)

(Members who receive SV Membership fee waivers may attend for \$15. Email SausalitoVillageRSVP@gmail.com to RSVP for this event)

About Salesforce Park: <https://salesforcetransitcenter.com/salesforce-park/>



How To Succeed at Weight Loss After Age 50

Excerpted from AARP

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challenging. The reasons are a mix of lifestyle and physiological factors that combine to make dropping a few pounds more onerous than it was at 35 or 40 (not that it was easy then). William Yancy Jr., M.D., director of the Duke Lifestyle and Weight Management Center in Durham, North Carolina, explains that adults in their 50s face a number of roadblocks to maintaining a healthy weight — from arthritis and other health conditions that can affect stamina, mobility and balance, to sleep and stress issues that can derail any well-intentioned diet.

But that doesn't mean you have to accept weight gain as an inevitable part of the aging process. Read on for some expert tips on how to clear the five most common hurdles for losing weight in your 50s.

Read the full story [HERE](#)



July Fire-smart Landscaping Tips from UC Marin Master Gardeners

JULY: Mindfully Mulch

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reduce water evaporation, add organic material to soil,

reduce erosion and compaction and help maintain a more even soil temperature and health.

- **0 feet to 5 feet from your house: non-combustible mulch such as stone, rock, pavers, decomposed granite, or gravel.**
- 5 feet to 30 feet from your house: composted wood chips are considered the best choice for residential landscapes. Limit mulch depth to two inches. Separate wood chip areas with non-flammable hardscaping materials such as decomposed granite, gravel, rocks, and flagstone.
- 30 feet and beyond from your house: larger, composted or non-composted wood chips or bark nuggets up to a depth of 3 inches.
- Hazardous mulches to avoid: shredded western red cedar (gorilla hair) or pine needles. Do not use any fine, stringy mulches, they burn faster than larger chunks.

FOR MORE FIRE-SMART LANDSCAPING INFORMATION VISIT
MARIN MASTER GARDENER WEBSITE.

<https://ucanr.edu/ucmarinmgfiresmart>



The Pacific Ocean was named because Ferdinand Magellan thought it was peaceful

The [largest and oldest](#) ocean basin on Earth, the Pacific has roughly [twice](#) as much water as the Atlantic. Yet it didn't receive the name we know today [until the 16th century](#). On [November 28, 1520](#), Portuguese navigator Ferdinand Magellan — after 38 days of weathering the treacherous waters of the strait that's now named after him at the tip of southern Chile — became the first European to reach the ocean by way of the Atlantic. Happy to have the harrowing journey behind him, Magellan referred to this new ocean as “[Mar Pacifico](#),” meaning “Peaceful Sea.” While the moniker made sense at the time, today we know that both the Pacific and Atlantic can be tumultuous at times.

Yet “Pacific” isn't the only name this big blue expanse has been known by. In 1513 — seven years before Magellan glimpsed the Pacific — Spanish conquistador Vasco Nunez de Balboa led an expedition across the isthmus of Panama and named the sea he found on the

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However, the most authentic moniker for the Pacific Ocean may be the Hawaiian term “[Moananuiākea](#).” Interestingly, this name — perhaps over a thousand years old — is closely related to the Maori “Te Moana Nui a Kiwa,” meaning the “Great Ocean of Kiwa” ([Kiwa](#) being a Maori guardian of the sea). So while “Pacific” is the name most of us now know, it’s certainly not the one used by the people who mapped and sailed the Pacific’s 63 million square miles for centuries before the Europeans arrived.



"I am Life" by Hawaii-based sculptor Mélineige Beauregard won first place

Some Winners of the 2022 Hampton Beach, NH Sand Sculpting Classic

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"Trolls," by Karen Fralich, of Canada, won second place.

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"Entropy" by Carl Jara won third place.



Air travel is getting worse. Here are 6 tips to make it less of a headache

Excerpted from CBS News

headache this summer.

Book through the airline

Booking your ticket directly through an airline can make for more effective customer service and faster rebooking if necessary. By contrast, airlines tend to be less helpful when your travel arrangements are made through online aggregators such as Expedia or Priceline.

Catch the first flight of the day

Another rule of thumb is to always book the first departing flight of the day for a better chance of it taking off on-time, even if it's \$50 or \$100 more expensive than other fares.

Fly direct

Of course, direct flights are more expensive than routes with connections, but they reduce the odds of something going wrong that mars your long-awaited vacation.

If you must use connecting flights, don't even think about a 45 minute layover. Give yourself at least two hours, or longer.

Upgrade to be first in line

Once you've booked your flight, download your airline's mobile app and enable text messages to receive alerts related to your flight. Also join the airline's frequent-flier program.

Consider upgrading to a premium seat if one is available. Indeed, the better your standing with the airline, the more priority you'll be given when it comes to rebooking a canceled or significantly delayed flight.

If you work with a travel adviser, they will take care of the rebooking process for you and advocate on your behalf. And it won't cost you anything, as their fees are paid by airlines and hotels.

Travel on a Wednesday

If you're traveling for an event like a wedding or sports tournament, if possible plan on arriving a couple of days in advance. Building a two

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...perhaps without realizing you're missing the main event.

Take an extra day off of work and fly on a weekday if you can. Also avoid flying between Friday and Monday, experts say.

Only bring carry-on

If possible, avoid checking luggage, which avoids long bag drop lines at airports. Bradley urges her clients to either carry on or ship. In addition, if your flight is canceled and you have your bag with you, you'll be more nimble.

Read full CBS News article [HERE](#)



Marin County Fair Returns, June 30-July 4, with Fun for Everyone

This Year's Theme is "So Happy Together"

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admission.

The 2022 fair will focus on outdoor entertainment including the [headline concerts](#), performers roaming the grounds such as jugglers, unicyclists, and stilt walkers, and interactive art experiences for fans of all ages. Returning fair favorites will include traditional carnival rides, the Global Marketplace, the Barnyard, food and drinks, and fireworks every night over the Civic Center's Lagoon Park. The always-popular competitive exhibits program will take place online as it did in 2021. Entry information is available at [MarinFair.org](#).

[Discounted fair tickets](#) are still available for adults and teens through June 29. The fair is a one-price gate featuring 28 carnival rides, exciting exhibits, spectacular firework displays, first-rate concerts and exciting attractions are FREE with gate admission. Advance tickets are available online only at [MarinFair.org](#). Reserved concert seating in a special section is \$60 per person and includes fair admission.

Special Admission Day, June 30:

Tickets for children 12 and under and seniors 65 and over are admitted FREE.



Bloopers of Robin Williams and Elmo 1minute 34 sec

A graphic with a purple and blue gradient background and a white border. The text "FRIDAY PUZZLE" is written in white, bold, uppercase letters. Below the text is a white horizontal line.

FRIDAY PUZZLE

This quiz about Social Security was given to 1500 Mutual of Omaha members, 65% failed it. See how you do! (answers at the end of the newsletter)

Social Security benefits quiz: True or false?

1. In most cases, if I take benefits before my full retirement age, they will be reduced for early filing.
2. If I am receiving benefits before my full retirement age and continue to work, my benefits might be reduced based on how much I make.
3. If I have a spouse, he or she can receive benefits from my record even if he or she has no individual earnings history.
4. If I have a spouse and he or she passes away, I will receive both my full benefit and my deceased spouse's full benefit.
5. Generally, if I am in a same-sex marriage, there are different eligibility requirements when it comes to Social Security retirement benefits.
6. The money that comes out of my paycheck for Social Security goes into a specific account for me and remains there, earning interest, until I begin to receive Social Security benefits.
7. Under current law, Social Security benefits could be reduced by 20% or more for everyone by 2035.
8. If I file for retirement benefits and have dependent children aged 18 or younger, they also may qualify for Social Security benefits.
9. If I get divorced, I might be able to collect Social Security benefits based on my ex-spouse's Social Security earnings history.

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-
- matter when you were born.
11. If I delay taking Social Security benefits past the age of 70, I will continue to get delayed retirement credit increases each year I wait.
 12. Social Security retirement benefits [are subject to income tax](#) just like withdrawals from a traditional individual retirement account.
 13. I must be a U.S. citizen to collect Social Security retirement benefits.
-



Line Dancing is So Much Fun! Join Us!

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.

Beginning classes will have a review of the basic steps at the

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primarily be dances that face in one direction only. If that sounds boring to you, come to the Intermediate Class!

Here is a video of basic steps that Laurie has put together:

https://youtu.be/3dSZt_H8QPI

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

Thursdays 4:00pm-5:00pm for Intermediate

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

COST: Free, Donations for the teacher accepted at the door

RSVP for these free classes by registering for each class you plan to attend on the Sausalito Village Event Calendar. Click [HERE](#)

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



Add it to your July Calendar - Wednesday Night Live! on Caledonia Street

July 6 with live music from 5:30 to 7:00 p.m. at the Pine Street intersection adjacent to the outdoor tables on restaurant row. For the July concert, Sausalito-based vintage jazz band [Davey Jones and the Hot Clams](#) will be playing and singing hits of the '20s through the '50s. Wednesday Night Live is produced by the City's Economic Development Advisory Committee, in partnership with the City of Sausalito and local restaurants and merchants.



How Your Attitude Towards Aging Can Influence Your Health As You Get Older

Excerpted from Health Digest

The adage "you're only as old as you feel" may bear some truth, say researchers. Having a more positive outlook on one's own age and the process of aging in general has been associated with better physical and mental well-being (via The Gerontologist). A negative attitude, on the other hand, has been linked to lower life satisfaction and poorer self-reported health.

According to a study from the journal PLOS One, older people who held negative stereotypes about getting older were slower at walking than those with more positive views. Various factors were accounted for, including the medications that people

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and death.

In another study published in *Personality and Individual Differences*, physically frail participants who had negative attitudes about aging exhibited worse cognitive abilities than those who did not. A 2018 study that followed 260 older adults for 12 years echoed similar findings (via *Psychology and Aging*). The researchers discovered that people who hold negative perceptions of their own aging are more likely to develop mild cognitive impairment over time compared to others.

Read the rest of the article : [HERE](#)

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Sausalito Village

ITEMS ARE MARKED WITH UP TO 50% OFF RETAIL PRICING

VALID DATES

07/08/2022 - 07/31/2022

VALID FOR YOU + 4 GUESTS

WHAT TO BRING

- THIS INVITATION
- PHOTO I.D.
- PROOF OF AFFILIATION
*business card | membership card |
company email signature | pay stub |
original email | other form of affiliation*

LOCATION

1414 Harbour Way S.
Richmond, CA 94804

LOCATION

MON - FRI: 11A - 8P
SAT - SUN: 10A - 8P



Sausalito Village member and volunteers can use this invitation to shop at the Columbia Employee Store! You will need to show a copy of this invitation.



TED Talk by Luka Seamus Wright 5 mins.



He's Turning Dodger Stadium into a World-Class Garden, One Native Plant at a Time

Excerpted from Sunset Magazine

Dodger Stadium is the only stadium in the country with an officially accredited botanic garden. Here's how (and why) landscape manager Chaz Perea made it happen.

It took five years for Perea and his crew to wholly reimagine and

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[International](#). But today, the former hodgepodge of geraniums and petunias, ivy and lantana is now home to dozens of California natives, dotted with succulents, complete with a “tequila garden” brimming with [spiky agaves](#).

What learnings can you pass along to home gardeners?

Plant small. The smaller the plant is when you start it, the better it'll be able to handle the stressors later in the year. You'll use less power tools and spend more time pruning. There's something about getting your hands on everything that really connects you to the plants. You'll get a lot of biodiversity with the plants changing the microbiome in the soil, which attracts insect populations, which attracts birds. We have *Asclepias* going in for the [monarchs](#). We're starting to see more native wildlife. Our hummingbird population is ridiculous.

What do you really want the fans to take away after seeing the gardens?

L.A. has its share of problems but it's one of the most beautiful places in the world. I love this city and I'll be damned if I'm not going to do my part to make it more beautiful. We want fans to come to the game and take more away than just the game. This land is sacred. L.A. is rich in beauty and we're trying to be a part of it.

Read entire article [HERE](#)



Bees can recognize human faces

Humans have known about bees for a long time: 8,000-year-old [cave paintings](#) in Bicorp, Spain, show early humans scaling trees to collect honey. But modern scientists wanted to know if bees recognize *us*, which is why researchers have put the insects' microscopic brains to the test. In a 2005 study, [honey bees were trained](#) to memorize pictures of human faces by scientists who rewarded them for [correct matches](#) with droplets of sugar water. While a [bee's-eye view](#) isn't as clear as our own gaze, the buzzing insects were able to correctly differentiate between faces up to 90% of the time — even two days after first seeing them, and when the sweet incentives were removed.

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Join AARP in a series of fun classes and classic movies this summer, see full list [HERE](#)

Fire up the grill for summer and learn tips for the best BBQ sauces, rubs, and techniques! Join AARP and attendees from across the U.S. for a FREE Grilling & BBQ class on Tuesday, July 12, 2022, at 4:00 p.m. – AARP membership not required.

Join award-winning chef Andy Husbands to learn a few BBQ tips for your summer cooking! We'll learn how to make sauces and seasonings for BBQ as well as great accompaniments for a perfect BBQ meal. Items on the menu: bare-bones BBQ sauce, the best home burger, grilled zucchini salad, and butter cake.

This event is FREE but registration is REQUIRED. Click to register [HERE](#)

This is an AARP event, if you have questions email them at: findfun@aarp.org

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7 to 9 PM

\$25 suggested donation
Free to Marin City residents

Gospel Concert

(with a little funk and spirituals mixed in)

Jahon Pride and Friends

Come for the music and snacks
Stay for the ice cream and fellowship

Proceeds go to:
Golden Gate Village
Residents Council
Marin City

Concert Venue:
Hillside Church of Marin
5461 Paradise Dr.
Corte Madera, Ca 94925



gospel.ticketleap.com/hillside



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Wintergreen plays music with the marble machine (4 minutes)



It's Never Too Late to Find Your Purpose — 6 Tips to Help You Get There

Woman's World Magazine

No matter what stage of life you're in, it's possible to discover new passions, achieve fulfillment, and ultimately find your purpose. Focusing on these goals can lift us up and help us foster more

Honor your feelings about the past

Before we look ahead to a meaningful new chapter, it's important to look back and honor the feelings that often bubble up as our roles shift in life, says family expert Jim Burns, PhD, author of *Finding Joy in the Empty Nest*. "When my wife and I became empty nesters, for example, I threw myself into work," he reveals. "I didn't realize at the time that I was in grief." Just admitting that his identity as a father was changing helped Burns slow down and reflect. "As we get older, it's healing to mourn what we're leaving behind — we have to allow this process so we can embrace renewal and reinvention."

Go easy on yourself

Purpose sounds "effortful," but doing less work often helps us discover more of it, says spiritual director [Alice Fryling](#), author of *Aging Faithfully: The Holy Invitation of Growing Older*. "I've always been very responsible, but in my 70s, I decided I would try the 'discipline of irresponsibility,'" she says. "Before saying yes to something, I'd ask myself if I had the energy or desire to do it." The space she created for herself crystallized her purpose: "It allowed me to see that I don't need to be everything I thought I needed to be. For example, I don't have to teach my granddaughter lessons in order to be there for her — I just need to listen to her. My 'purpose' is to intersect with people in a meaningful way."

Shift from role to soul

Discovering greater fulfillment means being "aware and awake to life," says emotional healing expert [Leah Guy](#), author of *The Fearless Path: A Radical Awakening to Emotional Healing and Inner Peace*. "Just reframe from what you think of as your 'role,' to what you feel in your soul," Guy advises. In other words, being a mother, sister, co-worker are all roles — but what stirs your passions? "That could be anything from 'artist' to 'lover of nature.'" This simple mental shift lets you pinpoint what you want more of in life."

Let little things lead you

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suggests looking for small ways to honor what matters to you. “There was a season in my life when work was my focus, but as I get older, living authentically becomes more and more important,” he says. “Family is my core value.” I find meaning in talking to my daughter on the phone or reading an inspiring book about family relationships.” It’s these small, everyday purposeful acts that add up to your bigger purpose.

Recharge by connecting

Reaping more joy is far from a solo activity, assures Burns. “We have to look to the ‘replenishing relationships’ in our lives, the VIPs, and move on from the VDPs (very draining people).” Just connecting with friends and chatting about their challenges and triumphs will inspire you. “We don’t tap the collective [wisdom of our community](#) enough — simply opening up lifts us all up.”

Embrace your legacy

Having purpose ultimately gives us the freedom to be less “productive,” in the traditional sense, and instead become more fruitful, says Fryling. She notes that folks who describe themselves as enjoying a meaningful life tend to serve others — even in small ways by, say, babysitting their grandkids or being a shoulder to cry on for a loved one. “Let yourself respond to life: By giving to others, you give to yourself.”

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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 or call **(415)944-5474** or infocarss4you@gmail.com

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Answer to todays puzzle from Mutual of Omaha

1. True (89% of respondents answered this correctly)
2. True (82%)
3. True (72%)
4. False (68%)
5. False (65%)
6. False (62%)
7. True (60%)
8. True (58%)
9. True (57%)
10. False (56%)
11. False (49%)
12. [False](#) (42%)

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newsletters, visit the continuously updated
Sausalito Village [website](#).***

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