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Photo by Holland Gray of the Matthew Turner

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?

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:

Every Tuesday/Thursday Line Dancing

August 2 - Books by the Bay in person Summer Selections

August 2 - Book Review Group

August 3 - Hike with Jackie

August 6 - Sausalito Village 2022 Art Show Reception

August 8 - Sausalito Village Trip to the Tunnel Tops Park

August 8 - Stretch and Strengthen with Rayner

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**The Best Books  
for Summer Reading**  
Special Sausalito Village Event  
with Cheryl Popp

**Tuesday, August 2nd  
4 PM**

**100 Bay Street**

Join us for wine & reading recommendations!

10% discount for Sausalito Village Members

415.887.9967 [staff@sausalitobooksbythebay.com](mailto:staff@sausalitobooksbythebay.com)

Invite your friends, this is a free event open to the community.  
RSVP so we can plan for food: [HERE](#)  
Plenty of free parking in front of the store.  
Need a ride? Call CARSS (Call A Ride for Sausalito Seniors)  
for your free door to door ride. Reserve by August 1  
by phoning 415-944-5474



## Hike the Coast with Jackie

This hike is 4 1/2 to 5 miles with moderate grades

WHEN: Wednesday, August 3rd, 10am - 1pm

Join hike leader Jackie Kudler for a lovely loop out in the Marin headlands highlighted by beautiful sea vistas and a Rodeo Beach walk.

Meet at 10 AM at the Headlands Center for the Arts parking lot.

Plan for a 4 1/2 to 5 mile hike with one moderate uphill and downhill. This should take approximately 3 hours.

We will cancel in case of rain.

Pack water, snacks, and perhaps a light lunch.

Contact Jackie at [j77prospect@sbcglobal.net](mailto:j77prospect@sbcglobal.net) to RSVP and to sign up for a carpool.

If you think you only will join us for part of the loop, bring your own wheels, so you can turn back whenever you choose.



## Everyone is invited to the 2022 SV Art Show Reception

**Saturday - August 6th - 3:00pm - 5:00pm**

The Annual SV Art Show is back! The original artwork created by numerous SV Members and Volunteers will be celebrated with an opening reception that is free of charge and open to the community.

This year, to allow for an outdoor area for the opening reception, we will be displaying the art on **Saturday, August 6th 3:00pm-5:00pm** in the Edgewater Room in City Hall. Wine, acoustic music and appetizers will be served outside on the Edgewater Patio. Some of the art pieces will be available for sale.

Unable to make it? The artwork will be able to be viewed through

The Edgewater Room and Patio are on the lower level of the Sausalito City Hall building (420 Litho Street), most easily accessible by walking around the back of the building.



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## SV is going to the Tunnel Tops Park

WHEN: Monday, August 8th, 10:45am - 2:00pm

REGISTRATION REQUIRED: [HERE](#)

This is a FREE event.

The views from the new park are incomparable! The park was built above the tunnels on 101 joining the Presidio and Crissy Field.

Plan to either bring your lunch or purchase from the food trucks that will be there. There are plenty of seating options.

We will depart from Dunphy Park in carpools at 10:45am. It is just a short drive over the bridge to the parking lot adjacent to the Park.

The Visitor Center is at the entrance to the park. The paths around the park are very accessible.

Plan to walk around or sit and enjoy the view, it is up to you!

Learn more about the Park at the Tunnel Tops Park website [HERE](#)

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### Daily Insight from Gratitude 24/7 - Sparkle On

"Every so often we meet a person with an appealing twinkle in their eyes. They seem to emit a radiant ray of positive energy that just feels good to be around. It's the unconditional acceptance and appreciation of what is that makes them beam. Making friends with reality helps us get our... Sparkle on."

Have you signed up for the free Daily Insights from Gratitude 24/7? Local residents, Jarl Forsman and Steve Sekhon are the folks behind the insights and website. You may know them from Tai Chi classes on the patio of the Bay Model, but they offer much more.

To subscribe to the daily insights delivered to your email box, go to:

<https://gratitudetwentyfourseven.com/subscribe>

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Photo by Annie Dorsey of Galilee Harbor entitled "Sexy Laundry"

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## Sausalito crew sails Pacific on quest to rid the ocean of plastic garbage

A Sausalito-based cargo ship is concluding its 40-day mission to pick up as much plastic as possible around the Pacific Ocean, and it's set to dock in the Bay Area this week.

The vessel itself is a 140-foot ship borrowed from the government of the Marshall Islands, but the operation is put on by the [Ocean Voyages Institute](#), a nonprofit that has dedicated the last 14 years to cleaning up plastic in the ocean.

They have picked up some 500,000 pounds of plastic in the fields of garbage found about 1,000 miles off the coast of North America called the [Great Pacific Garbage Patch](#).

"The use of the vessel Kwai, a sustainable sailing cargo ship, assists Ocean Voyages Institute in continuing the removal of plastics from the ocean, which otherwise would break down and hamper ocean plankton's ability to trap carbon," said the vessel's captain, Locky MacLean.

[Convergence Zone](#) to track down litter via GPS tags and satellite imagery.

Read the full story [HERE](#)

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## Hedy Lamarr - Hollywood starlet and brilliant inventor

Hedy Lamarr, often proclaimed “the most beautiful woman in the world.” The 26-yr-old Lamarr was thriving in Hollywood when, in September 1940, Nazi U-boats hunted down & sank a cruise ship trying to evacuate 90 British schoolchildren to Canada. 77 drowned in the bleak north Atlantic. Lamarr, a Jewish immigrant from Nazi-occupied Austria, who had been making America her home since 1938, was outraged. She fought back by applying her engineering skills to development of a sonar sub-locator used in the Atlantic for the benefit of the Allies. The principles of her work are now incorporated into modern Wi-Fi, CDMA and Bluetooth technology, and this work led to her to be inducted into the National Inventors Hall of Fame in 2014.

Have you seen the documentary, "Bombshell, the Hedy Lamarr



Photo credit: Karen Gideon

## **AUGUST: Water Wise and Fire-smart from Marin Master Gardeners**

When it comes to water, use these important fire-smart landscaping strategies:

- Utilize compost and the right mulches appropriately to sustain soil moisture and plant health; healthy plants are resilient plants.
- Select water wise, drought tolerant plants to add to your garden. Avoid adding new plants in times of extreme drought.
- Learn the water requirements of different plants to water appropriately.
- Water in the early morning and stagger the schedule to allow roots to absorb the water slowly. Target watering at the base within the plant's dripline.
- Consider prioritizing valued plants & trees and decreasing the number of other plants. Remove invasives, weeds, and dead plants (plug irrigation outlet after removal).
- Minimize fertilizing – rapid plant growth requires more water.

water needs, and irrigation, and irrigation controllers to administer & monitor more effectively.

- Do not wet down your property on Red Flag warning days. This depletes the water our fire personnel need. Irrigate as normal.
- At <http://firesafemarin.org>, watch video entitled: Prioritizing Landscaping During Drought
- Look for Chipper Days in late summer/ early fall to get rid of garden debris.

<https://reserve.chipperday.com/marin>

FOR MORE INFORMATION VISIT UC MARIN MASTER GARDENER WEBSITE.

<https://ucanr.edu/ucmarinmgfiresmart> &  
<https://ucanr.edu/ucmarinmgirrigation>



**Why do hammerhead sharks have heads shaped**



Scientists think sharks with hammer-shaped heads have three main advantages.

The first has to do with eyesight. If your eyes were pointing in two opposite directions, say, by your ears, it would give you a much wider field of vision. Each eye would see a different part of the world, so you'd have a better sense of what was around you. But it would be hard to tell how far away things are.

To make up for that trade-off, hammerhead sharks have special sense organs, called ampullae of Lorenzini, scattered on the underside of their hammer. These porelike organs can detect electricity.

The pores basically act like a metal detector, sensing and locating prey buried under sand on the ocean floor. Regular sharks have these sensory organs too, but hammerheads have more. The farther apart these sensory organs are on a hammerhead's stretched-out head, the more accurate they are at pinpointing the location of food.

And finally, scientists think hammers help sharks make quicker turns while swimming. If you've ever walked in gusty wind with an umbrella or flown on an airplane, you know how powerful large surfaces can be in motion. If you're a hammerhead shark, and your intended dinner swims by quickly, you can turn more rapidly to catch it than other fish can.





## Health Crises

988 is the new universal three-digit dialing code for suicide prevention and mental health crisis. It went live nationwide on Saturday, July 16, 2022. SAMSHA (the Substance Abuse and Mental Health Services

Administration of the U.S. Department of Health and Human Services) will administer the new 988 Suicide and Crisis Lifeline, replacing the current toll-free National Suicide Prevention Lifeline's 1-800-273-TALK (1-800-273-8255). And yes, the pre-existing 10-digit number will remain active and will connect callers to the new 988 Lifeline.

The 988 Lifeline was established to reduce the use of 911 for suicide and mental health crises. Calling 911 in such situations too often results in inadequate or inappropriate intervention by the police, or unnecessary hospitalization or incarceration. Calling 988 instead will direct the caller to representatives specifically trained in the management of suicide risk and other mental health crises.

This new, simplified tool is critical for older adults and those living with a disability because such individuals are at greater risk for mental health crisis and suicide. As SAMSHA pointed out in its Appropriations Report for 988, suicide rates are higher among older adults.

Likewise, a recent study found that people with disabilities were significantly more likely than those without to report suicidal ideation, planning, or attempt.

### Tips for Using Lifeline

- After dialing 988, press "1" for the Veterans Crisis Line
- Press "2" for assistance in Spanish
- Interpretation is also available in over 250 other languages
- People who are deaf or hard of hearing can access TTY by dialing 711 then 1-800-273-8255 or using their preferred relay service
- Lifeline is in the process of expanding to video phone service
- Lifeline also offers services through chat and text (in English only)

For more information, please see the following resources:

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- [National Suicide Prevention Lifeline general information](#)



Salesforce Park Trip - baby seagulls at the ferry landing

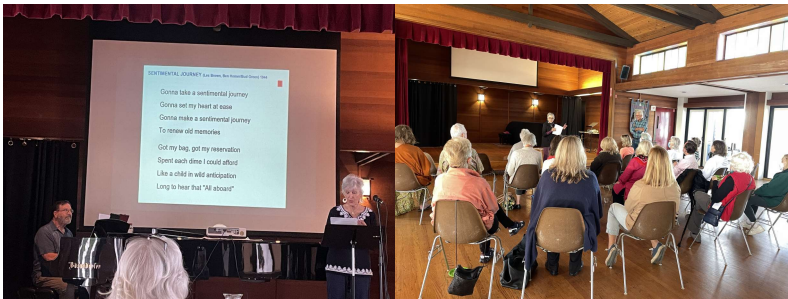


More from the Salesforce Park trip



CHP "Age Well, Drive Safe" Class

Fire extinguisher training



July Sing Along/Concert

Being Mortal 2.0





Mentalist Jay Alexander brings his awe-inspiring performance to the Sausalito Center For The Arts for a night of magic, food and drink.

Join us August 4th, 6:00-8:00pm when mentalist Jay Alexander brings his awe-inspiring performance to the Sausalito Center For The Arts for a night of magic, food and drink.

This unique pop-up is a show for these extraordinary times, a shared experience that explores the power of connection through magic, comedy, human lie detection, and psychological illusions.

Jay Alexander's Mind Tricks Live! at the Marrakech Magic Theater is the highest-rated show in San Francisco on YELP and TripAdvisor, and this is your opportunity to see it in Sausalito.

Ticket price includes 1 Year Membership to the Sausalito Center For The Arts, located at 750 Bridgeway.

Tickets are limited so get yours now. Purchase [HERE](#)

## FRIDAY PUZZLE



SUE DOHRIN, THE NOUN PROJECT

Each of five neighborhood dogs (Saber, Ginger, Nutmeg, Pepper, and Bear) is enjoying one of the following activities: getting its ears scratched, playing catch, taking a nap, burying a chew toy, and going for a walk.

- Pepper is either playing catch or burying a chew toy.
- Neither Ginger nor Saber nor Bear is on a walk.
- One of the dogs named after a spice is getting its ears scratched.
- A dog not named for a spice is playing catch.
- Bear is getting some exercise.



Answer at the bottom of the newsletter.



## What is castile soap and what does it do?

Excerpted from Real Simple

Castile soap originated with olive oil from the Castile region of Spain hundreds of years ago (hence the name). Since then, it has expanded to include a variety of vegetable oils. "Although castile soaps were historically produced from olive oil, most castile soaps today are made primarily with coconut oil, which is more abundant and less costly than olive oil," says cosmetic chemist Kelly Dobos. Although castile soap is most often available in liquid form, it can also be found in bars.

The best way to think about castile soap is as "true soap", meaning it's the product of reacting natural oils and fats with a base like sodium or potassium hydroxide. "Many consumers use the term soap to refer to different cleansing bars and liquids today, including those made primarily from synthetic surfactants. Most of what we refer to as 'soap' today is detergent—detergents are not biodegradable," says Joshua

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are naturally derived and therefore easily biodegradable.

Although using castile soap to clean the body or home, the most common ways this product is used, there are other ways people like to use this ancient soap formula. For example: "Diluted castile soap solutions can even be used in the garden to help get rid of small, soft-bodied mites or aphids," says Dobos. "Just note that some plants, like tomatoes, can be sensitive to soapy sprays, so you have to do a bit of research first."

You can also use a small dish of apple cider vinegar-and-soap solution to help rid your kitchen of fruit flies. "The vinegar attracts the flies and the soap reduces the surface tension of the water so that the bugs slip in and can't escape," says Dobos.

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## Pickleball classes through Parks and Rec

### August Pickleball Classes

### Pickleball beginner and intermediate classes

New four-week beginning and intermediate pickleball classes will start on August 10th at the MLK Gym. Players will learn the basics of the game, with each class including a supervised game to help identify areas of improvement. Space is limited, and registration is required. The cost of the four-week session is \$80.

[BEGINNER CLASS REGISTRATION](#)

[INTERMEDIATE CLASS REGISTRATION](#)





## A Weaver's Guide to Life

David Brooks on seeing others fully



## Umami: You never say its name, yet you taste it every day

There are five basic tastes, rather than just four: sweet, bitter, salty, sour — and umami.



is more of a helper flavor, enhancing the saltiness or sweetness of other foods, which explains why it has remained under the radar for so long.

Umami comes from molecules found in meat (inosinate), plants (guanylate), or both (free glutamate). Some processes like aging and fermenting create free glutamate, bringing out the umami flavor. (Think: cured meats or cheeses.) But umami is also strongly present in mushrooms, seafood, and tomatoes. The latter points to why ketchup is such a popular condiment: its umami-ness acts as a flavor enhancer.

Although umami was discovered in the early 20th century, it wasn't until its later decades that the concept made inroads outside Japan. In the West, scientific interest in umami took off only after 1980.

Read full story on BigThink.com [HERE](#)



Carl Sagan explains how the Ancient Greeks knew the earth was round



## 15 BEST CHOCOLATIER'S IN THE WORLD: WHERE TO FIND AMAZING CHOCOLATES

Excerpted from [Luxury Columnist.com](https://www.luxurycolumnist.com)

The best chocolatiers in the world are able to create their chocolates from scratch, which results in a high quality product that is unparalleled. When you buy chocolate online or at your local grocery store, it's likely made with cocoa powder and vegetable oil instead of real ingredients like pure cacao butter. This results in an inferior product that doesn't really taste like chocolate at all.

The chocolates you want to try are the ones that come from small chocolatiers because they take great pride in what they create. These chocolatiers spend time perfecting their craft and making sure each chocolate will tantalize your taste buds.

Smaller chocolateries also offer unique flavors of chocolates that you may not be able to find at bigger chocolatiers. Many chocolatiers create their chocolates in small batches, which means that they use the best ingredients and pay close attention to detail when making them. You can also get a better feel for each chocolate by seeing it made right before your eyes while standing in front of the chocolatier.

chocolatiers below are in no particular order, they're all great quality!

### **15. Laurent Gerbaud Chocolatier, Brussels**

Awarded best chocolatier in Brussels 2021, Laurent Gerbaud makes amazing hand crafted chocolates at his atelier on Rue Ravenstein. After travelling to Asia, Laurent learnt about sweet treats that were less heavy in sugar content. He creates fabulous chocolates using unusual ingredients such as Madagascar pepper, Shanghai orange, the Izmir fig and the Taggiascha black olive. What's more, you can try your hand at chocolate making as we did on a trip to ! You can then take the results home with you.

### **14. Läderach, Switzerland**

This Swiss chocolate manufacturer was established in 1962 by Rudolf Läderach. He patented a process to make thin-walled hollow chocolate truffle balls. The Läderach ethos is about top quality, from the cocoa bean to the chocolate shop. As well as chocolate pralines and truffles, they also produce Läderach chocolate popcorn.

### **13. Neuhaus, Brussels**

The founder of the legendary Neuhaus Chocolate was Jean Neuhaus. He opened a pharmacy in Brussels and covered his medicine with chocolate to make it more palatable for customers. Since then, Neuhaus has become known for its Belgian pralines. The luxurious Belgian company has made it into several "best" lists and is a Royal Warrant Holder.

### **12. Firetree**

Firetree make great single-estate chocolate bars from rare cocoa beans. Master chocolate maker Martyn O'Dare has created rich volcanic chocolate from remote Oceanic islands, with an unparalleled flavour. Their chocolate bars are made with the highest quality ingredients and high in cocoa content and antioxidants. The limited edition Innovations Collection by Firetree features five rare varieties. One of our favourites is the gluten-free oat milk.

Continue to read the entire list and see what USA and CA companies make the list Click [HERE](#)



Stretch and Strengthen with Rayner will be back on August 8th live on zoom 11am. Register on the SV Calendar for the zoom link if you are new to class.





‘Yesterday’ by the Fab Four has been covered over 2,200 times, and everyone from Marvin Gaye to Elvis Presley has released their reimagining of the classic track. Meanwhile, Broadcast Music Incorporated (BMI) claim that it was performed over seven million times in the 20th century alone, which is a breathtaking statistic.

[Paul McCartney](#) couldn’t believe the melody had formulated in his brain when it first arrived to him in a dream and, doubting himself for a moment, considered that he must have stolen it from somewhere. McCartney once recalled: “For about a month I went round to people in the music business and asked them whether they had ever heard it before. Eventually it became like handing something in to the police – I thought if no-one claimed it after a few weeks then I could have it.”

After mining for the melody and discovering it was an original, McCartney gave the song the working title of ‘Scrambled Eggs’, but thankfully, he changed it to ‘Yesterday’. According to producer George Martin, McCartney was initially unsure about the new name, and Martin needed to personally convince him to go with it. “Paul said he wanted a one-word title and was considering ‘Yesterday’, except that he thought it was perhaps too corny. I persuaded him that it was all right,” Martin once revealed.

The beautiful simplicity of ‘Yesterday’ makes it perfect fodder for a cover song, and there’s no other explanation for the melody than it arriving at McCartney in a dream. It’s also fitting that he never believed the song belonged to him, and as fate would have it, the song later became the most covered track of all time.

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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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Nearly 3 hours of Vocal Jazz



### Answer to todays puzzle:

Saber is taking a nap, Ginger is getting her ears scratched, Nutmeg is going for a walk, Pepper is burying a chew toy, and Bear is playing catch. (Thanks to Readers Digest)

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***For information about our programs, events, emergency preparedness, COVID resources, archived copies of our weekly newsletters, visit the continuously updated Sausalito Village [website](#).***

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