



Happy Friday, Villagers

And welcome to the our weekly 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.

Photo: Iris Peeking Through Fence by Ingrid Kreis



Friday: [JAZZ AND BLUES BY THE BAY TABLE MEMBERS/VOLUNTEERS ONLY](#). 6:30-8

Monday: [Stretch & Strengthen with Rayner](#). 11-12

Monday: [PUBLIC HEALTH OFFICER DR. MATT WILLIS - WHERE WE ARE WITH THE PANDEMIC](#). 1-2

Monday: POSTPONED UNTIL SEPTEMBER IN PERSON!! MONTHLY CONCERT AND SINGALONG

Tuesday: [NUTRITIONAL SUPPLEMENTS: A BENEFIT OR A LIABILITY \(KAISER HOSTED BY ASHBY VILLAGE\)](#). 10:30-12

Wednesday: [COHOUSING AND SHARED HOUSING PRESENTATION - AGE FRIENDLY MARIN HOSTED](#). 10-11:15

Friday: [JAZZ AND BLUES BY THE BAY TABLE MEMBERS/VOLUNTEERS ONLY](#). 6:30-8

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Stretch & Strengthen with Rayner

Praktikos

Deepen your Meditation

Tibetan Bowls > Universal Chants >> Silence
Tuesday, 5 PM & 7 PM, Pacific
Ask for instructions before joining: Praktikos@outlook.com

<https://us02web.zoom.us/j/81955765433?pwd=NVNYRkZJRkZ3aUFwQkpRYjZmdU5Ddz09>

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PUBLIC HEALTH OFFICER DR. MATT WILLIS - WHERE WE ARE WITH THE PANDEMIC

Mon 07 / 26 / 2021

1:00 PM to 2:00 PM

Special event Hosted by Marin Villages

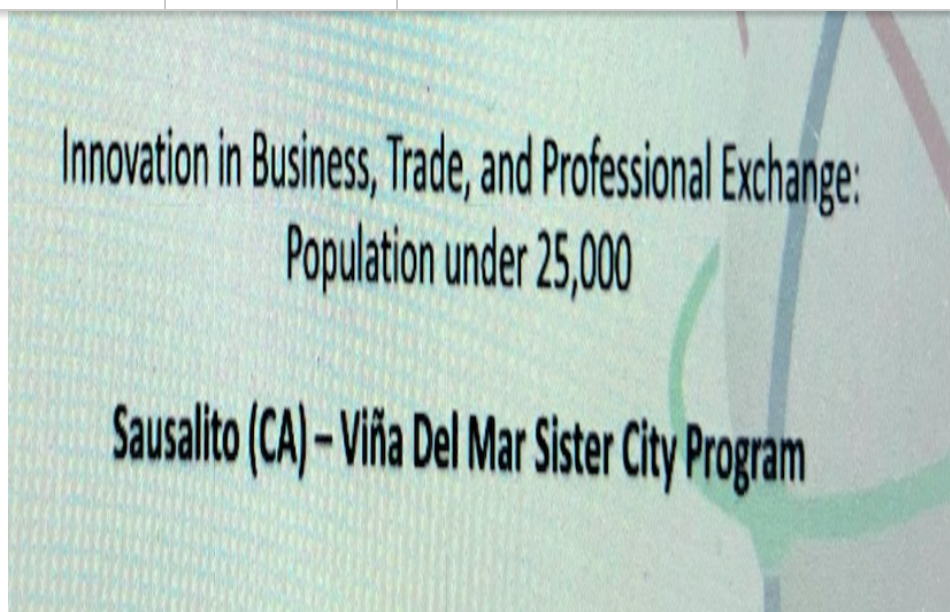
REGISTER HERE THROUGH MARIN VILLAGES: <https://bit.ly/3wB1tAj>

If all this seems as confusing to you as it does to most people, join us this Monday with Dr. Matt Willis, who will be discussing where we are in the pandemic.

Where are we now in the pandemic?

Monday, July 26, 1:00pm

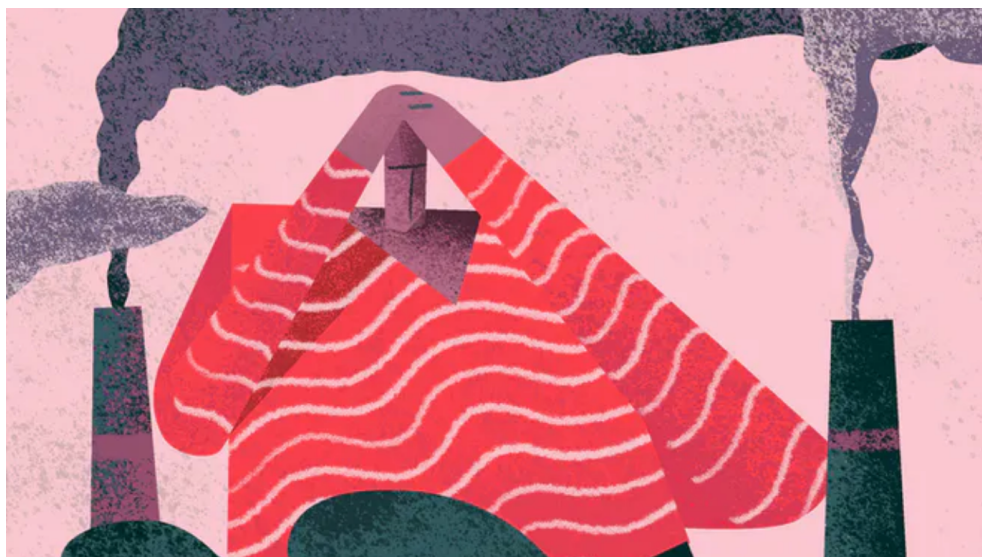
Dr. Matt Willis, Marin County's Public Health Officer, gives an update to Marin Villages and friends on what is happening in the pandemic. The Delta variant, masking again, what does it all mean? Join us **on Zoom** to find out more.



Congratulations to Sausalito Sister Cities/ Vina Del Mar program

The Sausalito Sister Cities/ Vina Del Mar program this year applied for and won Sister Cities International award "Innovation, trade and Professional Exchange."

This is the 2nd time SSCI has been awarded national recognition by the International organization. SSVD has been mentoring Vina Mel Mar business women for the last eight years. Kudos to Juli Viera and other businesses, citizens, and home stay families involved in this project and to Cathy Stierhoff who managed the Zoom connections during COVID.



[Panicked About the End of the World? You Might Have "Eco-Anxiety"](https://mailchi.mp/a5b8f60699cd/sausalito-village-tips-of-the-day-7875684)

recognized in [a report from the American Psychological Association](#) (APA) in March 2017.

According to the APA report, eco-anxiety can be triggered by experiencing a natural disaster or seeing a news story on the looming risks of the rising sea levels. Just thinking about the massive efforts it's going to take to change the course of the planet's future while grabbing your reusable bag and driving to the grocery store may strike it in you, too. It can be intimidating and make you feel as tiny as a grain of sand, but it's anything but rare or invalid.



Hello All Members of the SVEP Nevada Springs Cluster!

You're invited to a gathering of the Nevada Springs SVEP Cluster to meet your Emergency Preparedness Captains and fellow Cluster Members. A few of you have met by Zoom, and this will be our first in-person event.

LOCATION: Langendorf Park (at the intersection of Easterby Street and Woodward Avenue, up the street behind the 7-11 store)

DATE: Thursday, July 29

TIME: 2:00-4:00 pm

Come and go at your convenience during the two-hour period. Street parking is available. If you need a ride, call Connie, the SV Concierge, at 415-332-3325 a couple of days before the 29th.

Police Department recently announced.

We're looking forward to meeting you next week!



Paige Tobin, a skateboarder from Lake Macquarie, Australia, is already winning competitions, amassing a huge social media following, and challenging gender stereotypes. That's quite the resume for a 9-year-old. Paige has been hitting the ramps ever since she found her mother's skateboard in their garage four years ago. She recently gained international attention for a video that shows her dropping into a ramp, bedecked in a leopard-print helmet and flowing pink dress. But her incredible skill isn't just fun to watch. Skateboarding experts say there's been an explosion of interest in the sport among women, girls and gender non-conforming skaters in recent years. They hope seeing Paige and other young skaters like Sky Brown, a British teenage skateboarding sensation, will help show young girls that they can fly high, too.



Check Out Rare Works from Our Collection of Artists' Books

Artists' books are works of art that must be handled to be fully experienced. Our latest issue of Insights lets you page through some of the books in our collection. We've also drawn on international scholarship and secured you special access to archival materials to tell the story of an underrecognized artist named Iliazd.

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Where in India is this Portuguese fort and lighthouse?



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MANY HANDS MAKE LIGHT WORK

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