



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.

[email address](#)

Photo: Color Pops - Spring has Sprung by Ingrid Kreis

What's Happening

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

Sunday: [Tales of the Trail](#). 7-8

Monday: [STRETCH AND STRENGTHEN NO LIVE CLASS THIS WEEK - TAPED CLASS WILL B POSTED](#) 11-12

Tuesday: [NEW! MONTHLY BOOK REVIEW CLUB](#). 10-11

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



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>

Here's a UC Marin Master Gardener fire-smart landscaping tip for August:

- Remove dead plants and debris.
- Keep a vigilant eye on plants that may be suffering from drought. If too drought damaged, a plant may not recover and will need to be removed.
- Within 5 feet of the perimeter of structures on your property, move wood mulch or foundation plants to other locations on the property.
- Keep your [irrigation system](#) in good condition to optimize water distribution to plants.
- Hand watering before 9 am when it's cool is an option when irrigation is not optimized and water is restricted.
- Limit replacement plantings to climate appropriate plants such as California native species, and plants native to Mediterranean summer dry climates.
- Do not wet down your property on Red Flag warning days. Water as normal.
- Clearly mark all emergency (and other) water sources.
- Create easy firefighter access to your closest emergency water source and provide extra hoses.

For more information on fire-smart landscaping, see
<http://marinmg.ucanr.edu/BASICS/FIRESMARTLANDSCAPING/>

I was going to take one of those Viking River Cruises until I learned that you don't actually get to loot the towns and monasteries along the way.





Florence "SeeSee" Rigney, who's said to be America's oldest working nurse.

After more than 70 years caring for patients, 96-year-old Rigney is officially hanging up her scrubs for a well-earned retirement. Rigney's career in nursing started when penicillin had just been introduced to the medical field, and she ended it as a beloved operation room nurse in Washington state. "It's humbling to stop and think about the thousands and thousands of lives she's cared for," said Laureen Driscoll, president of MultiCare Tacoma General and Allenmore Hospitals. Rigney may get to put her feet up now, but her legacy is far from over. The hospital system has established the SeeSee Rigney Nursing Endowed Scholarship Fund to inspire future generations of nurses.



[Inside the simple computer program that could explain why the Universe exists at all](#)

Back in the plague year of 1665-1666, Isaac Newton changed the scientific world, discovering the universal law of gravity and the mathematics of calculus. Now, in the plague year of 2020-2021, is history about to repeat itself?

[Stephen Wolfram](#) thinks so. The British-born scientist, who lives in the US, claims he has found a route to a fundamental theory of physics that answers some of the biggest questions, such as what is space? What is time? And why does the Universe exist?



Heaven grant us the patience of a cat wearing glasses.

Many children who visit Danielle Crull at her practice in Mechanicsburg, Pennsylvania have either had or need multiple procedures, and are understandably scared of anything coming near their eyes. But when Truffles appears and sits patiently as Crull slips on a pair of stylish specs, suddenly the process doesn't seem so scary anymore.

"She is literally magical with little kids," Crull says. Truffles also helps raise awareness for rare eye diseases, and has her own fundraiser with Children's Miracle Network.



[Why we should build for wildlife as well as people](#)

Every time we build something, another patch of ground that could have been a home to wildlife disappears. But Dusty Gedge argues that, in many cases, we can return that patch of ground to nature – up on the roof.

Gedge, president of the [European Federation of Green Roof and Living Wall Associations](#), is a long-time advocate of carpeting flat roofs with soil, mosses, plants and even ponds. Some studies have suggested that green roofs on taller buildings [might be exposed to too much wind or solar radiation](#) for some species. When I ask Gedge what he makes of this, he says, "I just want to scream."



MANY HANDS MAKE LIGHT WORK

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