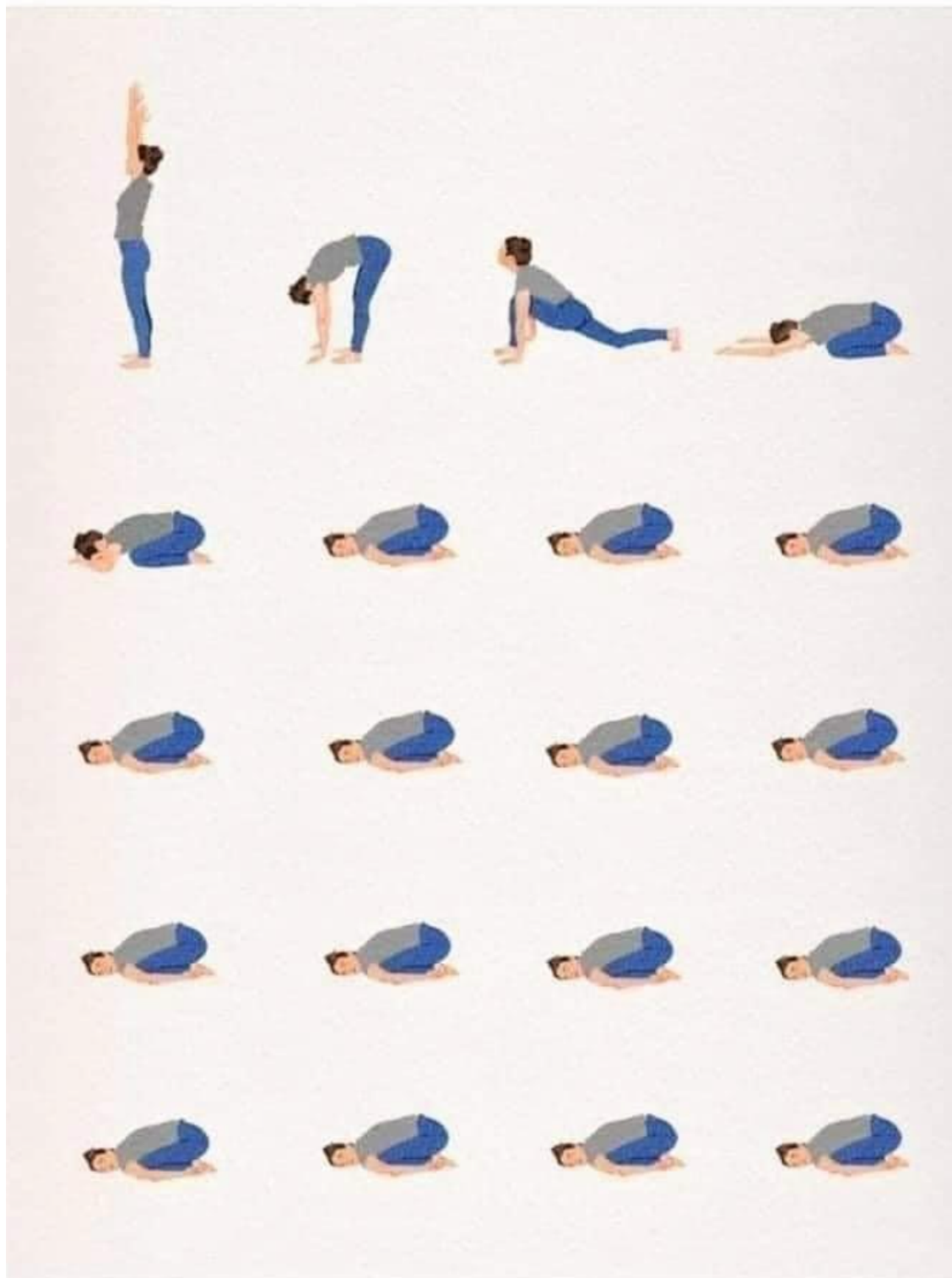


Pandemic Yoga



Happy Friday, Villagers

And welcome to the our weekly newsletter, a mix of local

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from around the village, virtually, and around the world. Please
send your contributions by 10 am Thursdays.

[email address](#)



Sunday: [SIGN UP NOW FOR AUTUMN SESSION OF FREE HEALTHY
SENIOR 8 WEEK PROGRAM - EITHER VIRTUAL OR IN PERSON.](#) 10-11

Sunday: [CIJI WARE BOOK EVENT AT BOOKS BY THE BAY CARSS RIDES
AVAILABLE!](#) 4-6

Monday: [STRETCH AND STRENGTHEN WITH RAYNER.](#) 11-12

Tuesday: [SAFEWAY - A VOLUNTEER WILL SHOP FOR YOU!](#) 11:30-12:30

Tuesday: [SV EMERGENCY PREPAREDNESS COMMITTEE : COPING WITH
SMOKE.](#) 4-5

Friday: [PICKLEBALL AT MLK COURTS.](#) 9:30-11

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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](https://us02web.zoom.us/j/81955765433?pwd=NVNyRkZJRkZ3aUFwQkpRYjZmdU5Ddz09)

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It's almost here! *THIS* COMING SUNDAY, 12 SEPTEMBER, 4-6PM
INDOOR-OUTDOOR (mostly) PUB PARTY at SAUSALITO BOOKS BY THE BAY!

A SPY ABOVE THE CLOUDS—a novel of WWII: Churchill's most *unlikely* secret agent was a spoiled, French-speaking American playgirl who happened also to be a daredevil skier, willing to spy for British intelligence in the Nazi-infested Alps. Hear more about heart-stopping story from...

New York Times & *USA Today* bestselling author, **Ciji Ware**, who invites you to raise a glass celebrating the launch of her Lucky 13th novel, **A SPY ABOVE THE CLOUDS**.*

WHERE: Sausalito Books by the Bay, 100 Bay St. (**Masks Required**)

WHEN: Sunday, September 12, 4-6pm

WHAT: Sanely socializing with light *cuisine français* & a bit of the bubbly

NOTE: Ski Togs, French Fashion, or Spy Attire **optional!** (Book signing upon request...)

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grenades in her backpack in the occupied mountains bordering neutral Switzerland. An historical thriller, mystery, and love story all in one!

DEMYSTIFYING AFFORDABLE HOUSING THROUGH A RACIAL JUSTICE LENS:
PART 1: HOW WE GOT HERE

Saturday, September 18, 2021, 2:00 PM – 4:00 PM

This online event series is supported by SURJ Marin and the Friends of the Fairfax Library.

In the first program in the series: How We Got Here, we'll watch the third episode of the PBS series, Race: The Power of an Illusion, called "The House We Live In" followed by a discussion with a panel of speakers who have worked on the front lines to open up pathways for those who have been traditionally shut out of affordable housing in the Bay Area.

Register on Zoom to reserve a space for this event. You will be emailed the zoom information for this program prior to the start of the event. Register [here>>](#)



Hike The Coast

Tuesday, September 21

4 1/2 to 5 miles with moderate grades

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

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Pack water, snacks, and perhaps a light lunch.

Contact Jackie at 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.

[RSVP Here.](#)





[How Emotionally Intelligent People Use the 'Golden Question'](#)

The golden question

The golden question is actually five questions in one, and goes like this:

When you need to make a decision under emotional circumstances, ask yourself:

How will I feel about this in:

- *a day?*
- *a week?*
- *a month?*
- *a year?*
- *5 years?*

Marin Transit Fare Promotions

Fare Promotions starting in October!

In August 2021, Marin Transit Board approved a series of fare promotional and pilot programs that will be offered near term, on Marin Transit local service. The goal of these programs is to expand fare assistance programs to provide discounted fares to those who may find fares as a barrier to use transit, offer a post-pandemic relief and promote return to transit. These programs are:

Free rides on local fixed route service countywide for older adults age 65+ and persons with disabilities. This will be a 6-month pilot from October 2021 through March 2022. Demand response services (paratransit, Catch-A-Ride, Dial-A-Ride, and Connect) will be exempt from the free fare offerings.

Free transit passes to the families of low-income students who qualify for free and reduced lunch program. This offering would provide free transit access to low-income riders in the form of three free one-month passes to eligible families in Nov 2021. Interested riders are able to opt-in for this program through the Youth Pass application process by completing the Youth Pass Income form that can be returned to the school coordinators by Oct 15, 2021. For more information, please visit <https://marintransit.org/youth-pass>.

Free Summer Pass for students in the summer of 2022 that will be valid on local Marin Transit buses. Passes cannot be used on Golden Gate Transit routes.

For more information on fare promotion, visit <https://marintransit.org/farepromotions>

In life,
it's important to know
when to stop arguing
with people and simply
let them be wrong.

www.YourPositiveOasis.com



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[Minnesota State Fair butter sculptor ends her half-century run](#)

Since 1972, artist Linda Christensen has been carving the unique and highly-coveted "butter head" sculptures at the Minnesota State Fair. This year, she's passing the knife to the next generation. Correspondent Ben Tracy reports.

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[How a Tahoe refuge saved owls, coyotes and raccoons from wildfire](#)

He feared not only for himself but for the menagerie of raccoons, coyotes, owls and porcupines inside. Luckily, the staff had a plan.



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MANY HANDS MAKE LIGHT WORK

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