

and on
Sundays
we do
nothing...

Happy Sunday, Villagers

Please [send along](#) your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our [website](#) for more information about our organization and programs.



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

Monday: [Online Chair Yoga](#). 11-12



[Love Sausalito Mask](#)

Show some Sausalito Love with our reusable and comfortable face masks.



2020 has been quite the year. In fact, research by [Promote Iceland](#) found that 49 percent of Americans feel “increasingly stressed, frustrated, and tense due to the recent coronavirus lockdown.”

In the same study, 42 percent of Americans reportedly confirmed that COVID-19 restrictions have made them want to scream. Luckily, the Nordic nation listened and was inspired by scream therapy to officially launch #LetItOutIceland.



[Watch the Migration of Thousands of Playful Beluga Whales With This Underwater Livestream](#)

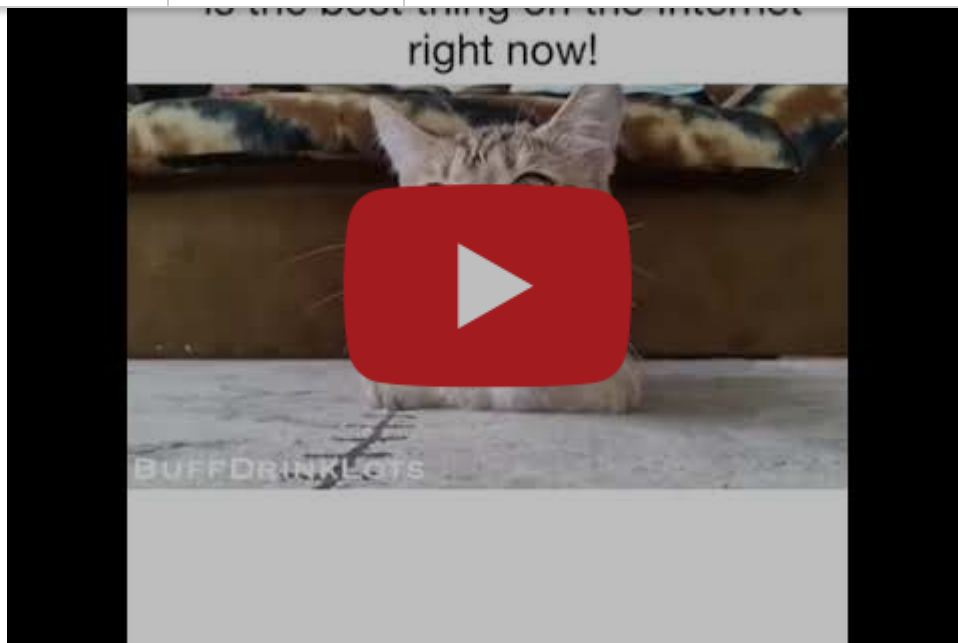
Around 57,000 beluga whales travel to the Churchill River Estuary in Canada every summer.





[A Grim History of Nob Hill's Mansions—And the Horror Novels They Inspired](#)

On Oct. 5, 1891, the San Francisco *Morning Call* newspaper featured an [in-depth report](#) about “the shadow of misfortune” that was, at that time, hanging over Nob Hill's most prestigious homes. The article focused on the abandoned mansions of the prominent Stanford, Crocker, Colton, Hopkins and Flood families. “Lifeless and forlorn,” the newspaper stated, “they tell no story but of pride ungratified and happiness that could not be purchased. So the shadows seem to rest on Nob Hill.”

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10 JOURNALING TECHNIQUES FOR MENTAL HEALTH

[journaling techniques for mental health.](#)

The practice of journaling is definitely growing in popularity within the past few years. It's also one of the best forms of [self care](#) out there.

And the best part is that it's so easy, anyone can do it.

Even you!

Grass Roots Ecology on Tuesday August 4, 2020 from 11:00 PM to 12:30 PM

At this lecture, we will learn about the nonprofit organization, Grassroots Ecology that leverages the power of volunteers to create healthy lands across Silicon Valley. They restore native plants to open spaces and neighborhoods to feed wildlife, keep invasive plants in check, support stream restoration and fish passage projects and more. Come join us to learn about their habitat restoration processes and techniques, local restoration projects and volunteering opportunities. Our speaker helps implement restoration plans and programs at Arastradero Preserve. She graduated with a B.S. in Environmental Science and a B.A. in Biology. Please

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*Assistant
Branch Manager*

Branch Manager



Wanted Alive

For the first time in decades, Icelandic whalers have stopped hunting fin whales, thanks in part to a growing appreciation for the value these mammals bring to both marine and human communities.

**we are A
Community**

For Information about food, supplies, and services visit the Sausalito Village website's [COVID Resources page](#).

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