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Happy Saturday, Villagers

Please <u>send along</u> your suggestions for materials to add to the daily tips. We're always looking for good content. And visit our <u>website</u> for more information about our organization and programs.

Photo by Harrie Schwartz.



Monday. Online Chair Yoga. 11-12

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## Still Traveling:

## Captivating Cambodia

Mondays, Aug 10-31: 11:00am-12:00pm

Let us Zoom you to Cambodia to spend time with our terrific, local guide Tek, who leads these "visits" to his fabulous country!

For details & tickets on the 4-part series, click here.

For details & tickets on *individual visits*, <u>click here</u>.



Join us for this two-part conversation with **ROGER MCNAMEE**, the noted tech venture capitalist, early mentor to Mark Zuckerberg, and Facebook investor, who went from being a founding supporter of the world's biggest and most profitable social media company to becoming one of its most influential critics. There is nothing the charismatic McNamee won't discuss about Facebook's business model and practices, including his own adventures at the birth of Big Tech. Watch <u>first episode</u> here.

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Coming Together When Things Fall Apart: Giving Voice to Emotional Truth in our Times #UNBOUND

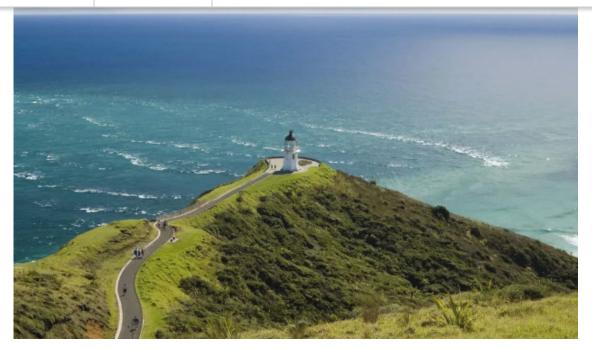


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abundant and available. In Cuba, rice and beans offer sustenance and comfort as a side dish to almost every meal. It's typically prepared as black beans and white rice in hearty portions. Some dishes require other ingredients, like arroz con pollo or rice with chicken. Plantains are another Cuban staple. Similar in texture and taste to a banana, they can be prepared fried and salty, called

Do you know that awesome feeling when you get into bed, fall right asleep, stay asleep all night and wake up feeling refreshed and ready to take on the day? Yeah, Me Neither!

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<u>Unique and beautiful lighthouses around the world</u> **Guiding lights** 

The first lighthouse on record was built between 300 and 280 BC by the Egyptians. Called Pharos of Alexandria, it was used to guide boats to the island of Pharos and was one of the Seven Wonders of the Ancient World. Since then, these beacons of light have helped ships navigate rough waters, rocky coasts and treacherous sailing.

Aaron Frank, a supporter of the Voter Participation Center (VPC), will be making a Zoom presentation about the effectiveness of this group. The VPC is a non-partisan 501(c)(3) organization. What they do - register eligible voters - is prodemocracy, not pro-party, so if you should be so taken with this presentation as to want to make a gift, it will be tax-deductible.

(No gift is required, however!)

Join us on the 9th and learn how you can make a difference in this November's elections.

Sunday August 9, 4:00 PM Pacific Time/7:00 PM Eastern <a href="https://zoom.us/meeting/register/tJcpdu6spj8qGdUkCWK\_HyHYGi1Dh0GN3Nmf">https://zoom.us/meeting/register/tJcpdu6spj8qGdUkCWK\_HyHYGi1Dh0GN3Nmf</a>

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## For Information about food, supplies, and services visit the Sausalito Village website's <u>COVID Resources page</u>.

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