



**Happy Saturday, 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.

Photo by Harrie Schwartz.



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

OSHER MARIN JCC  
KURLAND CENTER FOR  
ADULT LEARNING  
AND LIVING



### 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*, [click here](#).



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 [first episode](#) here.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Virtual Series

**Special Event**

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

with Anthony Doerr, R.O. Kwon,  
and Viet Thanh Nguyen

moderated by **Danielle Evans**

**BAY AREA BOOK FESTIVAL**  
#UNBOUND Virtual Series  
in partnership with the  
San Francisco Chronicle

**Coming Together When Things Fall Apart: Giving Voice to Emotional Truth in  
our Times [#UNBOUND](#)**





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!**

 OLDTIMERS



## Unique and beautiful lighthouses around the world

### 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 pro-democracy, 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

[https://zoom.us/meeting/register/tJcpdu6spj8qGdUkCWK\\_HyHYGi1Dh0GN3Nmf](https://zoom.us/meeting/register/tJcpdu6spj8qGdUkCWK_HyHYGi1Dh0GN3Nmf)

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

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

---

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Sausalito Village · PO Box 208 · Sausalito, California 94966 · USA