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Happy Friday, 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.



Friday: 'COPING WITH PANDEMIC STRESS' SUPPORT GROUP - SV MEMBERS AND VOLUNTEERS ONLY. 2-3



Marin County is facing fire threat. Make sure you're prepared.

This week's extreme heat and growing wildfires have the Bay Area on high alert. Wildfires are forcing evacuations in several areas, and the smoke poses a risk to everybody, especially children, older adults, and anyone with heart disease or a respiratory condition like asthma or COPD. Check [air quality reports](#) and avoid outdoor activities when it's smoky. Unless ordered to evacuate, stay inside as much as possible with doors and windows shut to keep smoke out. Keep your cell phone fully charged and fill your car's gas tank. Have an emergency kit ready in case you need to evacuate or experience an extended power outage. Essential items to pack include:

- Bottled water (one gallon per person per day)
- 72-hour supply of non-perishable food
- First aid kit
- Prescription medications

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Fire Extinguisher drills are part of being prepared | photo by Flo Hoylman | post by Larry Clinton

[Living with Fire in Marin](#)

an article in Floating Times by Sausalito Village member Larry Clinton



[How a caterpillar becomes a butterfly: Metamorphosis, explained](#)

**This incredible transformation has a purpose:
Allowing insects at different life stages to avoid
competing for food.**

ICB
ARTISTS SAUSALI

WONDERFUL NEWS FROM OUR ICB COMMUNITY!

The de Young Museum has been planning an exhibition to celebrate Bay Area artists, along with its 125th anniversary, as soon as it is safe to reopen. Over 11,000 pieces of art were submitted and fewer than 900 were accepted for inclusion in the show.

We congratulate and share with you the ten ICB artists whose work will be included in this unique and prestigious exhibition. Please check out their work, along with all of our talented ICB artists at our website: icb-artists.com. We also encourage you to arrange a ZOOM or in-person studio visit.

The dates and exhibition details have not been confirmed by the de Young Museum. We will send you an updated email once we have this information.

Once again, congratulations to these exceptional artists, and to all creative people in the Bay Area working hard to make excellent work in these challenging times.



Never has it been more important and urgent to regenerate your body and build robust immunity than now, in the midst of our global health crisis.

Acquiring the right knowledge about plant allies, and how to source and prepare them, can be life-changing for you and your family.

To be sure, the advances of modern medicine are amazing, even miraculous. Our ability to treat ailments and cure diseases is an inspiring testament to what we're capable of.

And, some of the most simple and overlooked elements of our immediate natural environment *also* offer remarkable healing power...

Free Online Event. August 24-28

[Register Here](#)

Old Folks Laugh

They have spent their
content of simpering,
holding their lips this
and that way, winding
the lines between
their brows. Old folks
allow their bellies to jiggle like slow
tambourines.

The hollers
rise up and spill
over any way they want.

When old folks laugh, they free the world.

They turn slowly, slyly knowing

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Saliva glistens in
the corners of their mouths,
their heads wobble
on brittle necks, but
their laps
are filled with memories.

When old folks laugh, they consider the promise
of dear painless death, and generously
forgive life for happening
to them.

Maya Angelou





[7 Cities and the Foods That Made Them Famous](#)

Food is such an important part of travel. New culinary experiences add a sprinkle of exoticism to the discoveries we make on our journeys. The flavors we discover stay with us when we return home either in our memories or, if we have the skill to recreate them, in our stomachs as well. Some cities are forever associated with the foods that originated there. To get your mouth watering, make sure you know about these seven cities and the foods that made them famous.

**WE are A
COMMUNITY**

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

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