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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.



Sunday: Tales of the Trail 7-8

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A TRULY UNIQUE TED TALK: HOW I BECAME 100 ARTISTS

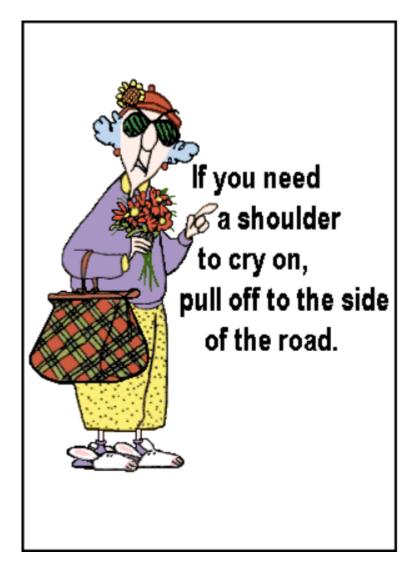
Featuring Shea Hembrey

Tuesday, August 8, 4:00 PM

Are you prepared for an eruption of creativity and humor unlike any you've ever experienced? Are you prepared for your own creative juices to breach the levee and flood your brain? Of course you are! So join us for this delightful TED TALK on August 8, 4 PM in the Zoom Room. The Zoom link will be on the confirmation email you receive upon registration and on the reminder email you receive the day before the talk. *Make sure you register online* so you are sure to get the link. JOIN US! This is a wildly stimulating and cheering escapade you won't want to miss!

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GET INVOLVED IN THE ELECTIONS!

- ❖ Volunteer to do voter registration, absentee sign-ups, and get out the vote through these organizations.
 - <u>State Voices</u>: A network of nonpartisan state coalitions of hundreds of grassroots organizations.
 - <u>National Voter Registration Day</u> (Sept 22): Provides training and support on how to conduct voter registration.
 - Vote Early Day (Oct 24): Provides toolkits and training opportunities for impactful work.
 - When We All Vote: A well-resourced, nonpartisan voter engagement organization.



Consistent close quarters can breed conflict. And when emotions are already frayed, our mole-hill sized problems can quickly grow into mountains.

That's why we reached out to Kwame Christian of the <u>American Negotiation Institute</u> to talk us through <u>strategies for conflict resolution</u>. His three-step process for approaching conflict sounds simple, but it's easier said than done.

- Acknowledge and validate the emotion. Recognize how everybody is feeling about the situation, even if it's difficult.
- Get curious with compassion. Ask lots of questions and genuinely listen to the answers.
- Joint problem-solving. Once both parties have acknowledged how they're feeling and
 identified why there's an issue, come up with solutions together so that there is buy-in
 from both sides.

Listen to our episode to learn more about how to put these ideas into practice.



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Lost in the Fifties- Another Time, Another Place



Some Love Tips from 4-8-year-olds

A group of professional people posed this question to a group of 4 to 8 yearolds, 'What does love mean?'

The answers they got were broader, deeper, and more profound than anyone could have ever imagined!

'When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore.. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love.' Rebecca- age 8

'When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth.'

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'Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other.' Karl - age 5

'Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs.' Chrissy - age 6

'Love is what makes you smile when you're tired.' Terri - age 4



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For information about emergency preparedness and COVID resources, visit the recently updated Sausalito Village <u>website</u>.

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