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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.

Photograph: Kirby Cover by Harrie Schwartz



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

Tuesday: [TED TALK - TEN WAYS TO HAVE A BETTER CONVERSATION](#). 4-5

Wednesday: [MARIN PARADOX: LIBERALISM AND RACIAL SEPARATION - SAUSALITO LIBRARY PROGRAM](#). 7 pm

Thursday: [UNDERSTANDING EARLY STAGE DEMENTIA - HOSTS SENIORS AT HOME](#). 1:15-2:45

[BAY AREA AIR QUALITY MAP](#)

[PurpleAir](#)

[Fire Safe Marin](#)

[AlertMarin.org](#)

Screen Shot 2020-10-10 at 8.26.01 AM.png

The [Great ShakeOut](#) is the world's largest earthquake drill. Each year on the third Thursday in October, participants all over the world use this opportunity to practice what they would do in the event of a sudden earthquake.

This year, the Great ShakeOut in California will take place at 10:15 a.m. on **Thursday, October 15**. Most participate by [registering](#) to practice [Drop, Cover, and Hold On](#).

Why is it important to do an earthquake drill? To react quickly, you must practice often. You may only have seconds to protect yourself in an earthquake before strong shaking knocks you down — or drops something on you. Practicing helps you to be ready to respond.

If you are inside a building, move no more than a few steps, then:

- DROP to the ground
- Take COVER by getting under a sturdy desk or table
- HOLD ON to it until the shaking stops.

If you are outdoors when the shaking starts, you should find a clear spot away from buildings, trees, streetlights, and power lines, then Drop, Cover and Hold On. Stay there until the shaking stops.

If you are driving, pull over to a clear location, stop, and stay there with your seatbelt fastened until the shaking stops. Once it's over, proceed with caution and avoid bridges or ramps that might have been damaged.

Ground shaking during an earthquake is seldom the cause of injury. Most earthquake-related injuries and deaths are caused by collapsing walls and roofs, flying glass, and falling objects. It is extremely important for a person to move as little as possible to reach the place of safety he or she has identified. Most injuries occur when people try to move more than a short distance during the shaking.



WHEN: Monday, October 26, 6:00 PM

Co-facilitated by Jim van Buskirk and Annie Dorsey

After a short series of successful Death Cafés (two co-sponsored with the Sausalito Library) that generated significant interest, we're on again! As many of you will remember, the Cafés involve tea, cake and a safe, respectful space where you can feel comfortable sharing questions, curiosity, fears, beliefs and stories about any and all aspects of death, grief, mourning and bereavement. Humor and laughter are a hallmark of these gatherings. Depressing they are not! Come join us for a guaranteed stimulating time, and BYO cake, tea, and/or cocktails. Please register online, and the zoom link will be provided shortly before the event.

Jim Van Buskirk has been co-hosting Death Cafes for over four years, during which time he has also been compiling an annotated bibliography of books and films dealing with death and dying.

Annie Dorsey has a Masters degree in Gerontology and was a hospice volunteer for 11 years.



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[David Attenborough: A Life on Our Planet](#)

A broadcaster recounts his life, and the evolutionary history of life on Earth, to grieve the loss of wild places and offer a vision for the future.

Starring: David Attenborough

"Well worth watching!" Sue Dunlap

**Remember, if you
lose a sock in the
dryer, it comes
back as a
Tupperware lid
that doesn't fit any
of your containers.**



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Museum of Contemporary Art

Marin's Rock Art Scene

Dates: September 12, 2020 - November 8, 2020

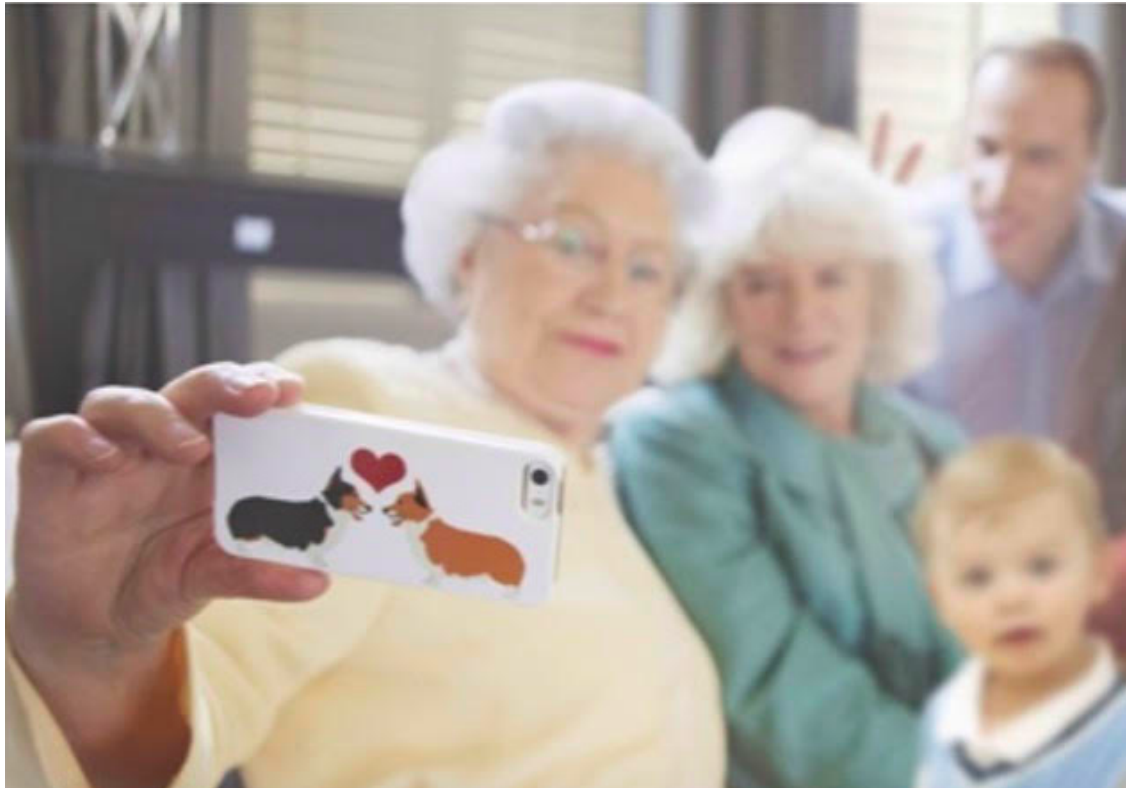
[Click here to see the virtual tour!](#)

Information:

Watch the replay of the [panel discussion here](#)

Overview:

Rock on! 50 years of rock art and rock history in Marin



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For information about emergency preparedness and COVID resources, visit the recently updated Sausalito Village [website](#).

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