



Happy Tuesday, 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: Greenbrae on a Clean Air Day by Harrie Schwartz

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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](#)



Online Chair Yoga

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Parrots were removed from a UK safari park after teaching each other to swear and then laughing about it

Praktikos
Deep Meditation



Chanting > Singing Bowls >> Inner Silence
Tonight @7:00 p.m. Sign-in 6:50 to 7:05

Richard Pavek is inviting you to a scheduled Zoom meeting.

Join Zoom Meeting

[https://us02web.zoom.us/j/86811836978?](https://us02web.zoom.us/j/86811836978?pwd=ZVlFcXRremIDbkN0SjFIRThsNk1JQT09&from=msft)

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Meeting ID: 868 1183 6978

Passcode: 888643

One tap mobile

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Meeting ID: 868 1183 6978

Passcode: 888643

Find your local number: <https://us02web.zoom.us/j/86811836978>



SATURDAY AT 4 PM PDT – 9 PM PDT

[MC Art Gallery's Grand Opening! Wakanda Masquerade](#)

[MC Arts and Culture](#)

Free to attend, but your fabulous Wakanda-Mardi Gras mask is required.

Purchase or bring your own. Our designers are currently creating several styles: Costume masks, eyewear, head wraps, and hats.

Visit: <https://mcartsandculture.com/.../wakanda-mardi-gras.../> This event celebrates our GRAND OPENING by exalting the mask to its most fun and mysterious nature! For those concerned about Covid--not to worry--We are practicing COMMON SENSE and following required & recommended safety protocols. Our spacious gallery allows for air circulation and staggered attendance. WE WILL ALSO BE LIVE STREAMING-PLAN A WATCH PARTY. Come hungry--We are partnering with three neighborhood casual eateries to provide relaxed outdoor dining. It is time to come out! See you there. FEATURED: CONTINUOUS SOUL TRAIN LINE UP. That's right it will be a THE DANCE PARTY OF THE YEAR! Get your groove on. You know you need this.

on-site store.



[iRest at Home: Seeing and Being Seen with Julie Seibt](#)

This recording is from Julie Seibt's offering to her local Sangha which has gathered in her home for several years and is now continuing online. In recent weeks, the group has been walking through the path of meditation together, with today's focus being our sense of seeing.

"The ego
is sustained
by continuous
resistance."

—Eckhart Tolle



[How Cricket Bats are Made](#)

MB Sports has been making cricket bats since 1964 out of their factory in Sialkot, Pakistan. Handmade, each cricket bat is made of English Willow imported from England, while Cane, imported from Singapore, is used for the

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From a raw block of wood to a beautiful final product, each bat is finely crafted and inspected before shipping out to cricket players worldwide.



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

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