



## 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.

*Note: The Tips now has its own [email address](#) to forward ideas for content.  
Please correct your email.*

Photo: MLK Day Out In Nature by Ingrid Kreis

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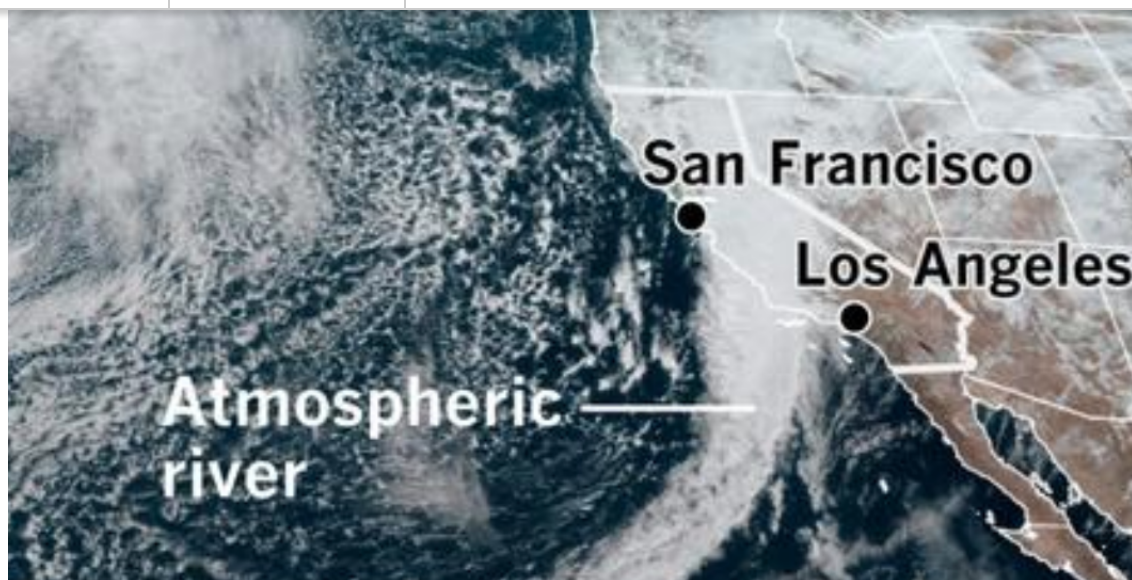


The [SausalitoVillage Website](#) has up-to-date information on COVID vaccinations and tests.

The New York Times just published this comprehensive [overview](#) on Covid vaccinations.

[Marin wildfire agency invests in evacuation app](#)





## [What are these atmospheric rivers that bring heavy rain and snow to California?](#)

An atmospheric river — a plume of moisture that has been likened to a river in the sky — has brought heavy precipitation to the Central Coast. Now it will sag southward and bring rain and mountain snow to Southern California on Thursday night into Friday morning, the National Weather Service said.



## [What To Expect When Getting a COVID-19](#)

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As public health authorities work to quickly distribute and administer COVID-19 vaccines, you may be wondering what to expect when it's your turn to get vaccinated. Given the newness of the vaccines, it's normal to have questions and even feel a bit hesitant. Understanding what happens before, during and after your vaccination appointment can help ease any concerns and help you better prepare. From booking your appointment to the days following your shot, here's everything you need to know before you go.



**Thursday, February 11, 7 pm PT**

## [NightSchool: Ode to the Moon](#)

Lunar New Year is right around the corner! Join us for NightSchool on February 11 to explore the Moon's significance to our planet, our oceans, and our local culture and communities. Plus, learn how to make artful homemade dumplings for your own Lunar New Year celebration with [Kristina Cho](#), Bay Area food blogger.





[Dog practices making scary faces in the mirror.](#)  
[Cute video goes crazy viral](#)

**In a video that has gone crazy viral on social media, a dog practiced making scary faces in the mirror.**



## Filmed in Paris: In the Footsteps of Lupin

The new French Netflix series *Lupin* has become a huge international hit. Like all films and series set in Paris, it's fun to try and figure out where the key scenes were filmed around the city. Obviously there are the iconic Parisian monuments like the Eiffel Tower and Sacré Coeur that you'll recognize right away, along with bridges such as the Pont des Arts. But there are plenty of other locations in and around Paris, some well known, some more obscure.



Mindful Self Compassion is an empirically-supported 8-week training program designed to cultivate the skill of self-compassion. Based on the groundbreaking research of Kristin Neff, PhD and Christopher Germer, PhD, Mindful Self Compassion teaches core principles and practices that enable participants to respond to difficult moments in their lives with kindness, care and understanding.

Participants learn that self-compassion is a skill that can help them meet life's difficulties with wisdom and kindness. They learn to offer themselves the tender hearted compassion that they would naturally extend to a dear friend or stranger; and they learn a courageous attitude of mind that will give them emotional stability and resilience to be more fully present with uncertainty so that they can recover from life's difficulties and move on with more ease and confidence.

Workshops fill quickly. For additional information and registration go to [www.lagunameditation.com](http://www.lagunameditation.com).



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

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