



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.

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

The [SausalitoVillage Website](#) has the most up-to-date information on COVID, including where to sign up for vaccinations.

Photo: Coyote Sighting by Ingrid Kreis

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Monday: [STRETCH AND STRENGTHEN WITH RAYNER.](#) 11-12

Wednesday: [PICKLEBALL AT MLK COURTS - COME LEARN AND PLAY!.](#)
2:15-3:15

Saturday: [LEARN TO MAKE MINT CHOCOLATE PATTIES! CANDY MAKING CLASS.](#) 10-11

Sunday: [Tales of the Trail.](#) 7-8



Rayner Needleman

Praktikos

Deep Meditation



Chanting > Singing Bowls >> Inner Silence

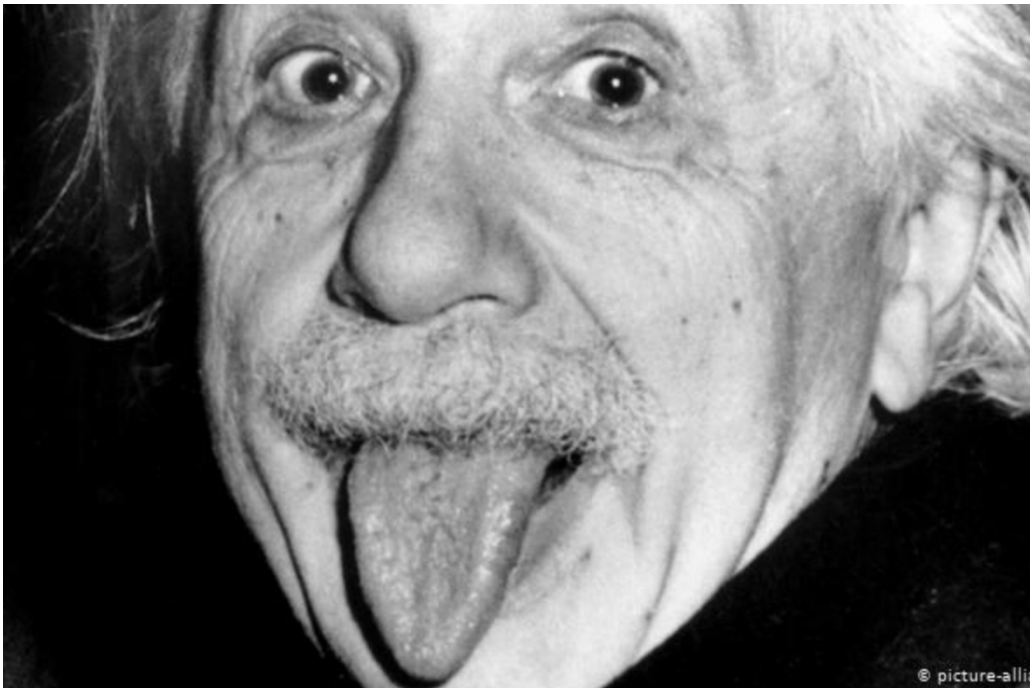
Tonight at 5:00 and 7:00 Pacific

For more information Email: Praktikos@outlook.com

Richard Pavek invites you to join one of these Praktikos Sessions.

<https://us02web.zoom.us/j/81955765433?pwd=NVNYRkZJRkZ3aUFwQkpRYjZmdU5Ddz09>

Meeting ID: 819 5576 5433



[The story behind Albert Einstein's most iconic photo](#)

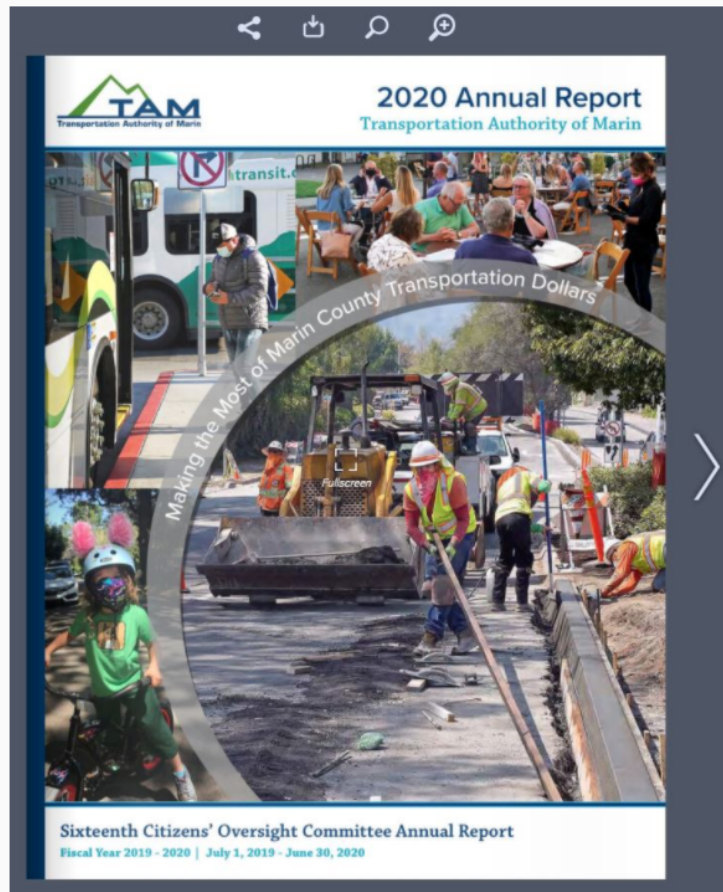
It's been 70 years since the genius physicist stuck out his tongue at pesky reporters. The photo turned him into an icon. But what's the story behind it?

**I tried donating blood
today...NEVER
AGAIN!!!**

**Too many stupid
questions. Who's
blood is it? Where did
you get it from? Why
is it in a bucket?**

2020 Annual Report!

Learn about highlights, progress and funding for transportation projects in Marin County.



Access the report [here](#).



“When you are present
you can sense the spirit
—the one consciousness
in every creature—
and love it as yourself.”

—Eckhart Tolle



Consider the Risks before Travel

Even with nearly half of Marin County residents vaccinated with at least one shot, the U.S. Centers for Disease Control and Prevention, the California Department of Public Health, and Marin County Public Health are all aligned with longstanding warnings against travel and gatherings – that refraining from big social affairs and remaining at home and restricting trips is the best way to end the pandemic.

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the nation and globe is that related non-travel puts both the traveler and the community they return to at risk of infection.

"If you have the travel bug, remember that COVID-19 *is* a travel bug," said Dr Matt Willis, Marin County Public Health Officer. "Stay local. The last thing we need to do is import variants into our community."

Local public health officials have already seen the impact on non-essential travel among club sports teams. Local teams have traveled to distant parts of California or even outside of the state to participate in tournaments. This has resulted in an increase of COVID-19 cases among youth athletes, and exposures to family members. This affects local schools, as COVID-19 cases can require closures of classrooms for quarantine.

"We've made so much progress in the past two months: vaccination rates are increasing, and infection rates are declining," added Willis. "Our goal should be to hold on to those gains, and not let down our guard."

The CDC's [Know Your Travel Risk webpage](#) includes important reminders under the caveat that any travel is not recommended at this time of the pandemic. If you **must** travel, take steps to protect yourself and others:

- If you are eligible, get fully vaccinated for COVID-19.
- Before you travel, [get tested](#) with a viral test 1-3 days before your trip.
- Wear a mask over your nose and mouth when in public.
- Avoid crowds and stay at least 6 feet/2 meters (about 2 arm lengths) from anyone who did not travel with you.
- Get tested 3-5 days after your trip and stay home and self-quarantine for a full 7 days after travel, even if your test is negative. If you don't get tested, stay home and self-quarantine for 10 days after travel.

Those adhering to the advice and staying close to home still need to consider restrictions on in-person gatherings, too. Currently, the California Department of Public Health recommending moving gatherings outside, where air circulation is better. Otherwise, indoor gatherings should be no more than 2 hours in length and with no more than three different households who remain masked. Additional considerations for safe holiday travel and gatherings can be found on Marin Public Health's [Celebrate Safely webpage](#).

Health officials note that when vaccination rates reach 80 percent of residents, some restrictions and travel and gatherings *may* be further relaxed. As supplies increase residents are encouraged to obtain their vaccine when eligible. Visit [GetVaccinatedMarin.org](#) for latest updates on eligibility and availability of appointments.



12 Tropical Cocktails That'll Make You Feel Like You're on Vacation

If your idea of the perfect vacation is lying on the beach with a frozen tropical cocktail in hand, you've probably been a little disappointed over the past year. But even if you're [staycationing](#), you can get a little bit of that beach vacation vibe going with a tasty tropical cocktail.



Wise women: 6 ancient female philosophers you should know about

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scholarly Aristotle lecturing among cool columns.



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emergency preparedness, and COVID
resources, visit the continuously updated
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