



## Happy Monday, 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.**



## UPCOMING EVENTS

Monday: [Stretch and Strengthen with Rayner](#). 11-12.

Wednesday: [ISOLATION AND LONELINESS AND THE ANTIDOTES - HOSTED BY AGE FRIENDLY MARIN](#). 10:30-11:45

Wednesday: [THE ASIAN AMERICAN EXPERIENCE ON ANGEL ISLAND](#). 7-8:30

Thursday: [TELEHEALTH AND BRIDGING THE DIGITAL DIVIDE WEBINAR](#). 10-12:30

Thursday: [SANTINA'S BACK IN THE KITCHEN!](#) 5-6



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An Opportunity to learn more about how to become an advocate for  
our neighbors in  
Golden Gate Village in Marin City

Choose from one of two sessions

Monday, May 24th, 5pm OR  
Thursday, May 27th, 5pm

RSVP for the Zoom Link: [adevero2010@gmail.com](mailto:adevero2010@gmail.com)

The presentation by a Countywide group of advocates will cover:

- The timeline of key events at Golden Gate Village from 2015 to today
- A discussion of the Marin Housing Authority's plan vs. the plan proposed by the Golden Gate Village Residents Council
- The makeup and organization of the advocacy team
- Their advocacy plan



The MMWD (Marin Municipal Water District) is working hard on a variety of communications campaigns to address the worst drought in 140 years.

[Sonoma to cut Marin water imports this summer](https://mailchi.mp/d77b7db534ac/sausalito-village-tips-of-the-day-7875463)



year.”

And we *should* be worried, especially if we don’t do more to save water *now*!

[Drought: MMWD might suspend water hookups, complicating housing](#)

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"Sleep stories" have become a very popular way for people to calm down as they drift into dreamland. However, the minds behind popular sleep apps like Calm and Headspace say there’s a specific science to their narratives.

If a story is too boring, people won’t get lost in it. If it’s too interesting, they won’t fall asleep. Sometimes, there’s no plot at all, and the story focuses on popular chill-out topics like travel, cozy cabins or nature -- often with soothing background sounds.

Writers avoid any words that could alarm people (so definitely no sleep stories about spiders). Even a word like “airplane” could jolt people out of their reverie. Instead of sharp consonants, writers fill their wordscapes with soft, lyrical words like “hush” and “snug.” And of course, it doesn’t hurt to get a popular celebrity

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In recent months, many people have sought out resources about bystander intervention to make sure they're prepared for a scary situation. [Life Kit spoke with Gabriela Mejia of Hollaback!, an anti-harassment organization, for ideas.](#) She spelled out five options for intervening when you see someone being harassed or attacked in public.



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[The Pipevine Caterpillar Thrives in a Toxic Love Triangle | Deep Look](#)

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Stay tuned! Mark your calendars!

### [Santina is BACK!](#)

In the kitchen with Springtime ideas

**Thu 05 / 27 / 2021**

**5:00 PM to 6:00 PM**

More info to come



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***For information about our programs, events,***



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***resources, visit the continuously updated  
Sausalito Village [website](#).***

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