



Happy Tuesday, Villagers

Please [send along](#) your suggestions for materials to add to the

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[website](#) for more information about our organization and programs.

Photo: Fallen Leaf by Ingrid Kreis

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



UPCOMING EVENTS

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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Praktikos

Deep Meditation



Chanting > Singing Bowls > Inner Silence
Now two sessions: 5 PM & 7 PM Pacific Time

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

[https://us02web.zoom.us/j/81955765433?](https://us02web.zoom.us/j/81955765433?pwd=NVNyRkZJRkZ3aUFwQkpRYjZmdU5Ddz09)

[pwd=NVNyRkZJRkZ3aUFwQkpRYjZmdU5Ddz09](https://us02web.zoom.us/j/81955765433?pwd=NVNyRkZJRkZ3aUFwQkpRYjZmdU5Ddz09)

Meeting ID: 819 5576 5433

Passcode: 763692



The Marin County Mobile Vaccination Unit
will be giving free vaccines in SAUSALITO

NO APPOINTMENTS — WALK-INS ONLY
NO U.S. DOCUMENTS NEEDED*

*Vaccination Card required for 2nd dose

Pfizer 1st and 2nd doses and re-approved Johnson "one & done" will be
available.

Friday, June 4, 12:30 to 4:30 PM

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610 Coloma Street,
between Bridgeway and Olima St.

Ages 12 to 112+ are welcome
Minors need to be accompanied by parent or guardian

If you are not available to receive vaccine on this day, you can schedule an appointment online for a different time and location by contacting:
getvaccinatedmarin.org or by calling 833-641-1988.



Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a portal, a gateway between one world and the next.

We can choose to walk through it, dragging the carcasses of our prejudice and hatred, our avarice, our data banks and dead ideas, our dead rivers and smoky skies behind us. Or we can walk through lightly, with little luggage, ready to imagine another world. And ready to fight for it.

(Financial Times, April 3, 2020)

As the world reconfigures, [Spring Creek Project](#) invited visionary thinkers to imagine the world anew. Starting in January 2021, the organization hosted a nine-week lecture series, ***Pandemic as Portal: Creating a Just Future on***

[Watch the first lecture](#)



[Reopening Anxiety Is Real—Here Are 14 Tips That Will Help You Cope](#)

You might find yourself getting invited to more and more social gatherings, so it's important to think about your comfort levels and prioritize your activities to avoid overcommitting yourself. This is helpful whether you have social anxiety or not.

"Be mindful of any reluctance or resistance to re-engage in pre-pandemic activities that you may experience," Grazer says. "What is psychologically safe or not safe socializing will vary from person to person, just as we've seen people have drastically different social behaviors throughout the pandemic. Knowing what is safe for you has to do with being in tune with yourself emotionally and psychologically. Understanding what you feel comfortable with cognitively (i.e., I feel okay with X number of unmasked vaccinated persons

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waiting 1
hour to get gas

waiting 8
hours to
charge your Tesla



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memories

Today, I interviewed my grandmother for part of a research paper I'm working on for my Psychology class. When I asked her to define success in her own words, she said;

"Success is when you look back at your life and the memories make you smile."

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[NYC's Newest Park Is a Breathtaking 'Island' on the Hudson River](#)

"I hope Little Island will serve as a whimsical oasis for everyone who visits, a place to wander around and be happily surprised at every turn..."



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