



## Happy Tuesday, Villagers



*A mask on the wood carving outside Waterstreet Hardware on March 27 (Photo by Beth DiLego)*

*Thanks to everyone who has submitted content for the daily tips. Please keep it coming. Just email directly to us [here](#).*

## Tips for the Brain

---

## 16 Teachings from COVID-19



Instead of resisting to changes, surrender. Let life be with you, not against you. If you think 'My life will be upside down' don't worry. How do you know down is not better than upside? --Shams of Tabriz

\*\*\*

*"We try to re-create ourselves when things fall apart. We return to the solid ground of our self-concept as quickly as possible. (...) When things fall apart, instead of struggling to regain our concept of who we are, we can use it as an opportunity to be open and inquisitive about what has just happened and what will happen next. That is how we turn this arrow into a flower."*

— Pema Chödrön

---

**Broadway Lovers**



Thinking of joy-inspiring Broadway moments, we must revisit the opener of the **65th-annual Tony Awards** (June 2011). Host **Neil Patrick Harris** performed a show-stopping number, which speaks to the inclusivity of Broadway. With this **opening**, Harris stopped a show that had barely just started. Dancing around him are choristers from various nominated musicals: flight attendants (*Catch Me if You Can*), nuns (*Sister Act*), missionaries (*The Book of Mormon*), businessmen (*How to Succeed in Business...*), and sailors (*Anything Goes*). For this energizing Moment..., [click here](#).

---



# AWAKENING

BY TED KOOSER

How heavy it is, this bucket  
drawn out of the lake of sleep  
with a dream spilling over,  
so heavy that on some mornings  
you can't quite pull it free  
so let it slip back under,  
back into the darkness where  
the water is warm, even warmer,  
but the dream, like a minnow,  
has swum away and is merely  
a flash in the murky distance,  
and the weight of waking up  
seems even heavier. But somehow  
you lift it again, its handle  
biting into your fingers,  
and haul it out and set it down  
still rippling, a weighty thing  
like life itself, in which you dip  
the leaky cup of your hands  
and drink.





### 'Stay The F\* Home': Travel Posters Go Viral As An Ironic Call To Action

*Jennifer Baer, a graphic designer and illustrator who works for NASA in the San Francisco Bay Area, began asking herself, "What is my service here? I really wanted to contribute and I think a lot of people do. The hardship is that there's only one thing to do and that's to stay home."*

*That notion inspired Baer to whip up a series of parody vintage-inspired travel posters that have become a PSA for our times. Her ironic designs flip the traditional "go visit" tourism message into a deadpan call to action to do the exact opposite. Her aim, as she tweeted, was to convince Americans to "stay the f\* home."*



### Online Zoos and Museums -- especially zoos are FUN :

*With [three out of four Americans](#) across the country under stay-at-home orders during the coronavirus pandemic, most museums and zoos are now shuttered and we're even being told [not to visit most national, state and regional parks](#). Being stuck inside all day has left us all longing to experience nature and culture in any way we can. Fortunately, museums and zoos across the country have heard the call and answered it, providing virtual access to exhibits the public can't see on their own right now. We're sharing a few of our favorite virtual museum and zoo visits. Check them out, plus see how you can support these critical institutions. Beyond the resources listed, you can find many more [animal webcams](#) and more museum experiences*

at [#MuseumFromHome](#).

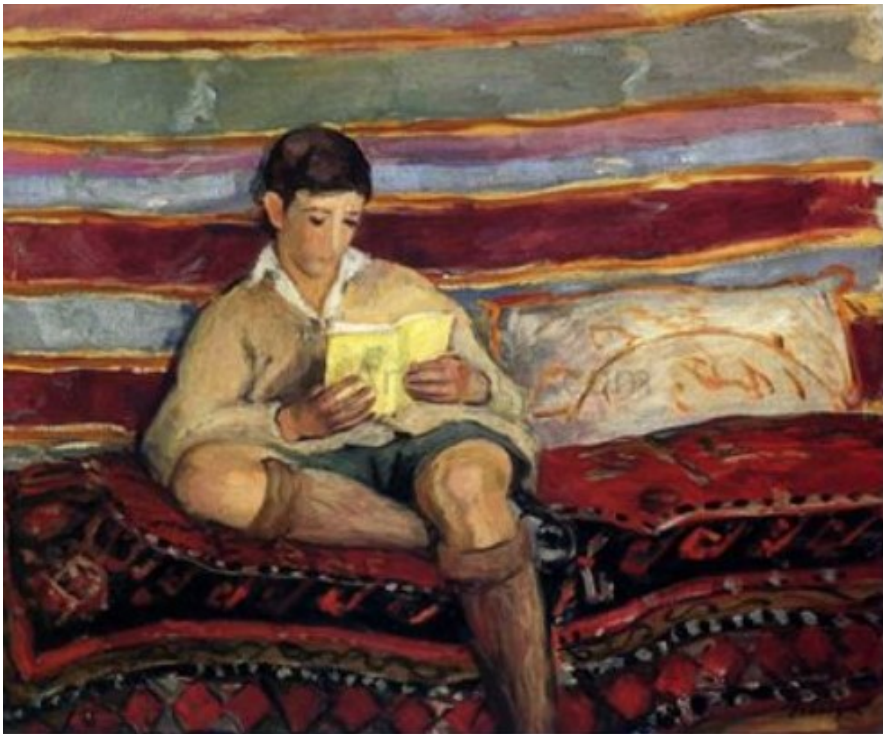


### **\*\*DIAL IN\*\* COVID-19 ACROSS BORDERS—THE VIEW FROM CANADA**

*Canada and the United States agreed to close the border to all non-essential traffic on March 21 in an effort to slow the spread of the corona virus. Is it working and how is Canada managing the pandemic? Canada's Consul General in San Francisco, Rana Sarkar, joins World Affairs to discuss the COVID-19 response both at home and for Canadians in the United States.*

---

### **San Francisco Zen Center**

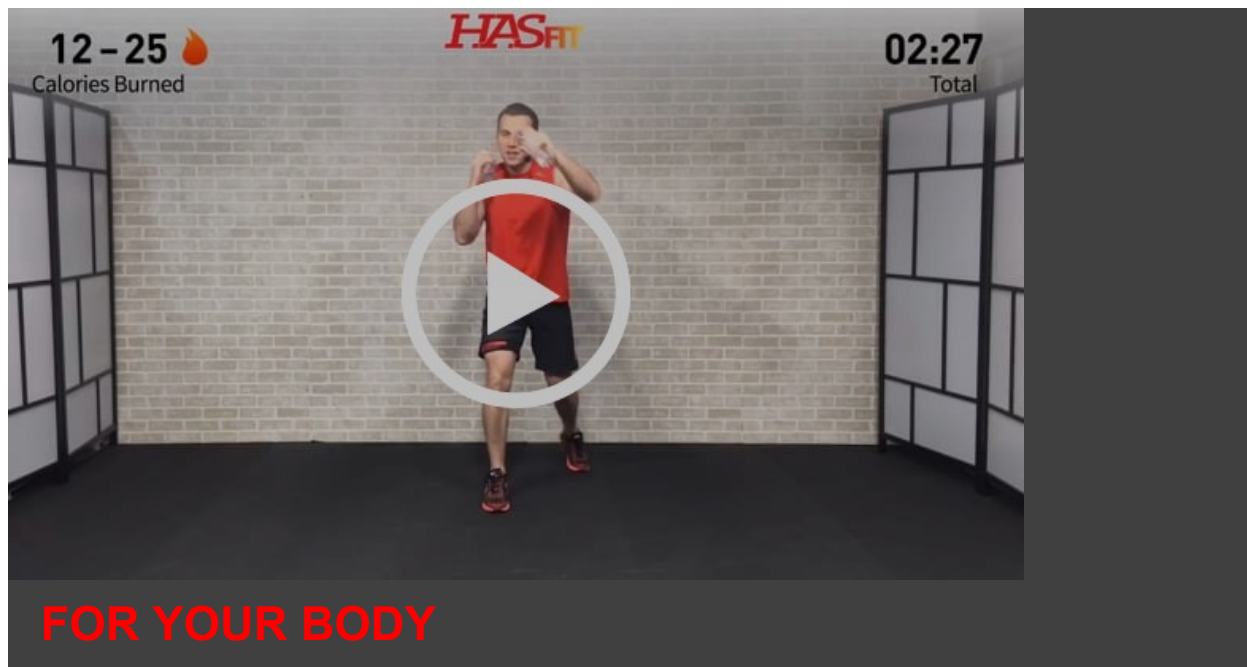


The San Francisco Zen Center's [online library of dharma talks](#). The talks listed here were given at City Center, Green Gulch Farm, or Tassajara as part of a public dharma talk.









## Food, Shopping. Assistance

Remember you can contact Sausalito Village/CARSS if you are in need of essentials - food, medication, and pet supplies. Call 415-332-3325 or email [sausalitovillageconcierge@gmail.com](mailto:sausalitovillageconcierge@gmail.com). All of our volunteers have been vetted.

Interested in volunteering to help out with errands? Please contact [sausalitovillageconcierge@gmail.com](mailto:sausalitovillageconcierge@gmail.com) or call 415-332-3325.

More and more villagers are having their groceries delivered using online shopping such as [Mollie Stone's Instacart](#). All of the local stores using this service can be accessed via this link. If you need help setting this up, call 415-332-3325

- **DRIVER'S MARKET:** Driver's is opening at 11 am on Tuesdays and Fridays as these are delivery days. Senior Shopping on those days will be 11 am – 12 pm. Regular Monday through Sunday hours are 9 am until 8 pm with the 9 to 10 am hours reserved for senior shopping. Curbside pickup call 415-729-9582 with phone number, list of items and credit card or local check.
- **GOLDEN GATE MARKET:** Senior Shopping 8-9 with 15% discount. Curbside Pick Up - Order by phone at 415-332-3040. They will shop for you and have it ready for pick up. Credit card payment over the phone; prefer not to take checks.

- **Mollie Stone's:** Senior shopping Tuesday/Thursday/Saturday 7-9 All cashiers have glass shields and there are blue lines to keep distance between customers.
- **Trader Joe's** (Cost Plus): **Senior Shopping 8-9.**
- **Whole Foods:** 8-9
- **Target** Wednesdays 9-10
- **Good Earth:** 9-10

**if you are ordering food to go, support our local restaurants! Many of them are registered with delivery services such as [www.grubhub.com](http://www.grubhub.com), [www.doordash.com](http://www.doordash.com), or [www.trycaviar.com](http://www.trycaviar.com) . You can also order delivery from [BevMo's Instacart](#). **Wash your hands after removing food from delivery containers.****

CVS is offering free delivery of prescriptions and everyday essentials.

In Sausalito, "Grab and Go" bags of groceries are available at Marinship Park between 8:00 and 11:00 a.m. on Tuesdays and Fridays. The service is provided by Marin Mobile Care in conjunction with the mobile shower service sponsored by the Sausalito Police Department. The School District and Willow Creek Academy are offering free breakfast/lunch provided daily at BMLK campus 10:30 - 12:00 and hot lunches served on Tuesdays and Thursdays. [Play Marin](#) is also providing meals to those in need. And Port and Provisions delivers and has a special "no neighbor left behind" service [here](#).

### Give and Get Local

**Local businesses need your support. You can give your favorite Square merchants a boost by buying digital gift cards.**

---

This email was sent to [galebrewer@comcast.net](mailto:galebrewer@comcast.net)  
[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)  
Sausalito Village · PO Box 208 · Sausalito, California 94966 · USA