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It's Memorial Day

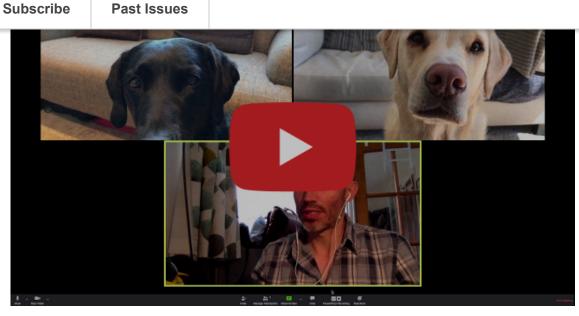
Please <u>send along your suggestions for materials to add to the</u> daily tips. We're always looking for good content.



Today at Noon.

Don't forget to tune in as Yo-Yo Ma performs Bach's complete solo cello suites in a 2 1/2 hour live memorial for those we have lost and a tribute to our resilience during the COVID pandemic.





## They're Back!

Episode 4 of Olive and Mabel: The Company Meeting. For those of you who may have missed the first 3 Episodes (and those who just can't resist them), I'm publishing the previous 3 episodes today.



In case you missed Episode 3.





Episode 2 of Olive and Mabel.



Olive and Mabel: Episode 1



## Be There, Even When You're Not





#### Clare Schneider/NPR

All of us are working through some degree of frustration, loneliness, or cabin fever right now, and a lot of folks are dealing with things a lot harder than that — the loss of a job, or a loved one. <u>We</u> <u>spoke with Rachel Wilkerson Miller about the best way to show up for friends in difficult times</u>.

Here's the thing — you don't need to anticipate the perfect way to support your friend. Ask them what they need! Maybe they need someone to vent to. Or they could be looking for advice on their problem. Whatever their needs, Rachel says, "You can't properly show up for other people if you don't really know who you are, what your needs are, and what your boundaries are." In a second episode with Rachel Wilkerson Miller, she walked us through the <u>importance of showing</u> <u>up for yourself</u> as a first step in the process of showing up for others. Be your own best friend first!

So while we stay socially distant, pay some TLC to your friendships. And then start planning the first group hang after this is all over!



Past Issues



These 10 Yiddish words will get you through quarantine

Why not spend part of your "free time" at home brushing up on some of your bubbe and zayde's favorite Yiddish words?



### Done Paris? Try These 5 French Cities Next

Paris is one of the most visited cities in the world — and with good reason. With picnics under the Eiffel Tower and romantic strolls down the Champs-Élysées, few places compare to the <u>City of Lights</u>. But France is so much more than Paris. So, why not venture out to explore cities with romantic vineyards,

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Past Issues



Born in 1938 in Ottawa, Canada and having "wiling away the hours as an usher at a local movie theater," it's no wonder **Rich Little** became known for impersonations of star such as James Stewart, Dean Martin, Truman Capote, and George Burns. Little says that his "career" started at the age of 12 when he answered back to his teachers in their own voices. In the late 60s, he was dubbed "the best impressionist in the world" and in the 70s he made countless TV appearances, especially on *The Tonight Show* w/Johnny Carson or *The Dean Martin Celebrity Roast*, often paying tribute to the honoree in his/her own voice.

Made in the Marinship. Once again, the Marinship has free hand sanitizer available. If you have run out, you are welcome to come by for a refill. The Marinship Emergency Medical Manufacturing Group (MEMM) and the Sausalito Working Waterfront Coalition will be giving away the hand sanitizer to local residents on Wednesday, May 27 from 9:00 a.m. to noon at <u>170</u>
 <u>Gate 5 Road</u>. This is the location of WaveAdvance, LLC, where CEO Gary Testa ensured that the hand sanitizer was mixed in accordance with <u>U.S. Pharmacopoeia</u> standards. Each person who stops by with their own small bottle (with cap) can receive up to 6 ounces.

MEMM will be completing the production of face shields in the next week or so. Approximately 15,000 face shields have been fabricated and distributed to hospitals, first responders, and local businesses.

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to fund COVID-19 response and resiliency projects. DIY mask kits with filters are also available			

in five and ten packs and are perfect for community fundraisers and family activities. (from *Sausalito Currents*)



Virtual Rec Room Featuring new content daily!

@ The Library

Virtual Art Gallery Ongoing exhibit Virtual Art Gallery Page

Calling all local artists! Have you been on a creative streak during your time at home? We are accepting submissions from local Sausalito residents for Sausalito

Library's new Virtual Art Gallery. While the library is temporarily closed, we are moving our art exhibit online. Please submit up to three images of your best work to share with the community. All ages may participate.

#### Click here to submit your art.

For more information, contact Rebecca at rburgan@sausalito.gov.

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## Community: Food, Supplies & Services

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. All of our volunteers have been vetted and

are eager to help out!

Interested in volunteering to help out with errands? Please

contact sausalitovillageconcierge@gmail.com or call 415-332-3325.

#### **Face Coverings**

Face coverings by Sausalito Villagers are still available for free. Contact <u>sausalitovillageconcierge@gmail.com</u>. Residents are required to wear face coverings while shopping and carrying out other essential services. They should carry a face covering along with them when they are out exercising in case they encounter situations where they can not maintain six feet social distancing requirement.

### Cibo Popup and Sausalito Bakery Cafe.

The Sausalito Bakery Cafe is serving coffee and goodies to go.

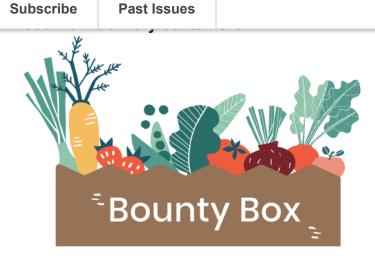
# <u>Sausalito Books By The Bay</u> offers free delivery and curbside pick up.

More and more villagers are having their groceries delivered using online shopping such as <u>Mollie Stone's Instacart</u>. 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. The Chamber of Commerce has <u>information on all the local</u> restaurants providing take out and delivery.

- 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 is every day but Sunday and orders must be in by 8 pm the night before for pick up between 11-12. 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 8 Ample supplies of disinfecting gel and wipes at door. One way aisles. 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. Now offering <u>curbside pickup</u> at both Mill Valley and Fairfax stores.

# if you are ordering food to go, support our <u>local restaurants</u>! Many of them are registered with delivery services such

as <u>www.grubhub.com</u>, <u>www.doordash.com</u>, or <u>www.trycaviar.com</u>. You can



#### **Bounty Box**

Fresh from the farmer's market to curbside

CVS is offering <u>free delivery</u> of prescriptions and everyday essentials. The local 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. <u>Play Marin</u> is also providing meals to those in need.

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