



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.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Monday: [Online Chair Yoga](#) 11 am - 12 pm

Tuesday: [TED TALK: ROBIN DIANGELO -- DECONSTRUCTING WHITE PRIVILEGE](#) 4 pm - 5 pm

**Community Health Seminar Series COVID-19: What is Happening
& How is Marin Responding?**

TUESDAY, JUNE 30 5:30 – 6:30 pm

Volunteer Job Announcement

Are you proficient with Zoom? Are you available on Tuesdays from 3:30 to 5:30?

Please consider providing your tech skills for our Tuesday TED Talks.

Contact Tricia for more information: triciasmith58@yahoo.com

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

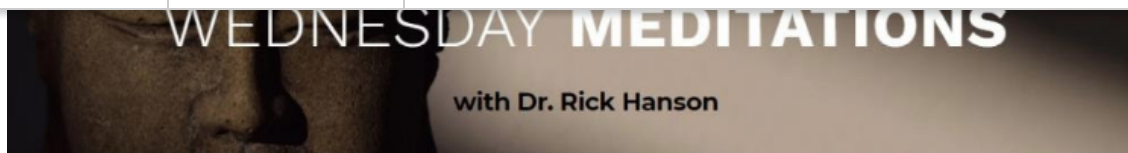
Red Flag Warning in Effect for Marin County

Warning to remain in place until Monday evening, June 29

Marin County, CA – The National Weather Service has issued a Red Flag Warning for Marin County, the North Bay mountains, and other parts of the Bay Area above 1,000 feet. The warning will be in effect from 10 p.m. Sunday, June 28, to 8 p.m. Monday, June 29.

A Red Flag Warning means that critical fire weather conditions are expected during this time frame with a combination of strong off shore winds with gusts to 30-45 mph and low relative humidity ranging from 15%-25%. The affected area includes higher terrain areas of Marin, Napa, Sonoma counties.



[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Every Wednesday

6-7:30 pm PT / 9-10:30 pm ET

Much research has shown that meditation is a powerful way to develop greater resilience, compassion, and happiness – as well as strengthen the immune system and promote other health benefits.

Please join me for a free online weekly meditation, talk, and discussion.

Everyone is welcome, and no background in meditation is needed. I draw on modern psychology and brain science, as well as the penetrating and pragmatic teachings of the Buddha.

We use the Zoom platform – just [click a link to join](#) – and my portion is recorded so you can listen to it at another time if you like.

[Subscribe](#)

[Past Issues](#)

[Translate ▼](#)



ASPEN IDEAS FESTIVAL

[Sign Up Now](#)

JUNE 28 - JULY 2

[REGISTER FOR FREE HERE](#)



Social distancing Parisian style.

Some Humor

I hate when a couple argues in public, and I missed the beginning
and don't know whose side I'm on.

When someone asks what I did over the weekend, I squint, lean in
close and whisper, "Why, what did you hear?"

I don't remember much from last night, but the fact that I needed
sunglasses to open the fridge this morning tells me it was
awesome.

When you do squats, are your knees supposed to sound like a
goat chewing on an aluminum can stuffed with celery?

I don't mean to interrupt people. I just randomly remember things
and get really excited.

When I ask for directions, please don't use words like "north, east,
south and west." Just stick with "left, right and straight."

It's the start of a brand new day, and I'm off like a herd of turtles.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

Spend 30 seconds in my head. That'll freak you right out.



Why 2020 to 2050 Will Be ‘the Most Transformative Decades in Human History’

Climate change will force more people to leave their homes than at any other point in human history. Conflict is inevitable.

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

[Video: Around the World, Little Free Pantries Are Providing Relief for Those in Need](#)

Love in the Time of Quarantine is a video series that spotlights solidarity around the world during the COVID-19 pandemic. In this episode, we look at big things in “little” packages.

**we are A
Community**

***For Information about food, supplies, and
services visit the Sausalito Village***

[Subscribe](#)[Past Issues](#)[Translate ▼](#)

This email was sent to <<Email Address>>

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Sausalito Village · PO Box 208 · Sausalito, California 94966 · USA