



## Happy Sunday, 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.

Photo: Sea Anemone Agate Beach by John Oppenheimer

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# What's happening?

**Monday:** [Chair Yoga](#). 11-12

**Monday:** [Concert & Singalog](#). 4

**Tuesday:** [LEMONS DELIVERED TO YOUR DOOR!](#) 11:30-12:30

**Wednesday:** [DR. MATT WILLIS - COVID 19 VACCINE UPDATE HOSTED BY MARIN VILLAGE](#). 1-2

**Wednesday:** [SV/CARSS ORIENTATION FOR VOLUNTEERS ONLY](#). 4-5

**Thursday:** [LEARN TO CREATE KEYNOTE PRESENTATIONS ON MAC](#).  
11:30-1

[FREE COVID TESTING EVERY WEDNESDAY 10-4](#) (Bank of America parking lot 2. [Register](#) (Appointments can be made no sooner than four days in advance of a testing date))

## Praktikos

### Deep Meditation



**Tuesdays @ 7:00 PM • Zoom**  
**Link coming Tuesday afternoon!**

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Tools to help you get it together.

No, a tidy desk and sparkling countertops won't fix all your troubles, but a clean living space paves the way for a clear headspace — and keeping your house spick-and-span makes everything else a little easier, says Taryn Williford, lifestyle director at *Apartment Therapy*. We spoke to her for the latest episode of Life Kit, [all about giving your home a deep clean](#).

"When the kitchen's clean, it makes cooking that much easier. When the sheets have been washed, it makes getting to bed on time easier," she says.



*Connect with your Community*

## Be part of a Climate Action Team

[Click here](#) to contact us for more information.

**Resilient Neighborhoods: Be Part of the Climate Solution**

*emergencies.*

## Register for the 5-meeting workshop!

Ready to take effective, measurable climate action and help build disaster-resilient communities? Join a **Climate Action Team** by signing up to participate in the free workshop series.





## **Volunteer Spotlight:**

### **Deborah Phelan Curator of SV Tips of the Day**

Deborah Phelan says “It makes me feel wonderful to get feedback from people” referring to the daily email she produces, Tips of The Day. The Tips are published by Sausalito Village and include photos, articles, videos, and what’s happening around Sausalito and Marin County.

Tips started in March when the pandemic first appeared with the expectation that the commitment would be for just a few months. Deborah has continued everyday for ten months! She curates and edits the column daily, and tries to stay away from political issues. She relies on material sent in by readers.

When she is not curating and collecting material, Deborah might be walking her dog, a Tennessee walking hound named Agatha Pocket, working out in a Zoom

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Deborah moved to the Bay Area from New York in 1973. She lived in San Francisco until 1982 then moved to Stinson Beach and Bolinas before arriving in Sausalito about ten years ago.

"I wanted to do some volunteer work when I got to Sausalito, and I got connected to Sausalito Village," she says. She enjoys working on Tips and hopes it gives readers something that's fun and also something that connects members to each other during these uncertain times.

If you are not receiving the Tips of the Day or would like someone you know to receive them daily, contact [galebrewer@comcast.com](mailto:galebrewer@comcast.com).

If you would like to add material or photos to the Tips of the Day, click on the link at the top of every Tips. This goes directly to Deborah.

Written by John Oppenheimer, SV Volunteer



**[Andy Dudnick and Janet Lynn in  
Concert Cocktail Hour](#)**

Monday, 4-5

**Lyrics will be shown so you can sing along!!**

Andy and Jan will be performing on Zoom with special guest vocalist Juli Stewart.

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American Songbook, modern jazz, bossa novas, 60s and 70s pop and soft rock. Jan also has a special penchant for Michel LeGrand songs and the music of similar composers.

Jan and Andy perform regularly at wineries, senior residential communities, assisted living facilities, private parties, clubs, restaurants, private events.

Here is the songlist:

1. **Secret Love**
  2. **Stompin' at the Savoy**
  3. **Misty**
  4. **Carolina in the Morning**      **SING ALONG**
  5. **You Made Me Love You**      **SING ALONG**
  6. **Smile**
  7. **Cherry Pink and Apple Blossom White**
  8. **Blue Skies**                      **SING ALONG**
  9. **It Had to be You**              **SING ALONG**
  10. **If I Had You**                      **SING ALONG**
  11. **I Got It Bad, and That Ain't Good**
  12. **This Can't Be Love**
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## [Listen To Relaxing Sounds of Forests From All Around the World for Free Online](#)

Research shows that spending time in nature is good for your health. Simply taking a walk in a forest can ease stress and help us think more clearly. In fact, in Japan, they have a term for doing just that—*shinrin-yoku*, or “forest bathing.” It gets its name from the metaphoric way one can bathe in the forest atmosphere. This means experiencing the forest through our five senses. From simply looking at the beauty of the environment to smelling the scent of the trees, woodlands provide a full sensory adventure. However, one of the most powerful benefits of the forest is how it *sounds*. And thanks to [tree.fm](https://tree.fm), you can listen to the relaxing sounds of nature from the comfort of your home.

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***For information about emergency preparedness and COVID resources, visit the recently updated Sausalito Village [website](#).***

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