



Dear friends and neighbors,

As we welcome **June** and the prospect of summer, our county Stay At Home Order continues to evolve. If you are not already getting the daily Coronavirus updates from Marin Health & Human Services you can sign up [here](#) to do so. We have found these updates excellent and very helpful to understanding the science driving the decisions being made to help keep us safe. As most of you know, for the last couple of months the “shelter in place” and social distancing requirements meant cancelling our many in-person village events. We will all wait patiently for that to change. But in the meantime, creativity reigns and several programs are continuing in one format or another. For a list of those that continue to operate please take a look at the end of this newsletter.

Mill Valley Village's 8th Anniversary



We are so pleased to be celebrating Mill Valley Village's 8th anniversary. It was June of 2012, when a group of neighbors started meeting regularly to plan how to offer village programs and services here in Mill Valley. It was not long after that we put up a Mill Valley Village website, launched a local newsletter and started expanding our roster of volunteers and members. Homestead Village led the way with its earlier founding and Mill Valley benefited from their experience. Many of you were around then while others have heard about the village more recently. Whenever and however you first connected with us we appreciate your ongoing support and are happy to have you as part of our village.

It has been an amazing ride so far. Those of us lucky enough to be on your Steering Team periodically take time to assess how we think the village is doing as well as how we see our future trajectory. As part of those conversations one of the most frequent observations is how very lucky we villagers are. We not only get to be part of something important, something that makes a difference to our community and our neighbors, but in many cases we have also had the wonderful good fortune to have developed lasting and meaningful connections, even friendships, that would not have happened without the village. Thank you. Thank you. Thank you. For everything each of you do and for being part of Mill Valley Village. We ARE in it together and it shows. Onward we go!

'Lean on Me' **by Bill Withers**



This is a very apropos tune for many reasons. First, it has some perfect lyrics for our time and second, it commemorates the talent of the late Bill Withers who wrote it and will be sorely missed. Hls song has become an anthem of this crisis with many, many renditions popping up on YouTube daily. This is one with great heart and creativity. [Click here to watch and listen.](#) Don't forget to turn up the volume, go full screen, sing along and heed the lyrics. This is another song high on the list of candidates for our village anthem. Below are the lyrics, more poetry in action.

Sometimes in our lives we all have pain
We all have sorrow
But if we are wise
We know that there's always tomorrow

Lean on me, when you're not strong
And I'll be your friend
I'll help you carry on
For it won't be long
'Til I'm gonna need
Somebody to lean on

Please swallow your pride
If I have things you need to borrow
For no one can fill those of your needs
That you won't let show

You just call on me brother, when you need a hand
We all need somebody to lean on
I just might have a problem that you'll understand
We all need somebody to lean on

If there is a load
You have to bear
That you can't carry
I'm right up the road
I'll share your load
If you just call me

Call me
If you need a friend
Call me...call me...call me

PBS Show - "Spy in the Wild"



While I was visiting a friend in Boston last year she introduced me to this PBS show called **Spy in the Wild**. It was fascinating and we watched several episodes. With more time on my hands lately I started recording it on our local station (KQED) this week. It is also available via PBS' PASSPORT service under their Nature shows. The premise is that in order to study creatures in the wild without disturbing them unduly the show's creators design a robotic device that can be accepted into a wild population and document via camera footage what it 'sees' during these jaunts. The devices are amazing for their life-like characteristics AND the amazing footage they capture. Here is a brief excerpt that was posted on a site interesting on its own merits, www.thisiscoolossal.com, with creative projects, designs and artwork. The clip below is from a show about monarch butterflies swarming <https://laughingsquid.com/monarch-butterfly-swarm/>. And while you are at it, mark your calendar to go down to Natural Bridges State Beach just outside of Santa Cruz to see the monarchs as they winter-over there. There is an easy to access Monarch Walk that takes you right into the grove where the monarchs cluster and come to life when the temperature cooperates enough to allow their wings to dry. It is quite a lovely experience.

All About Owls Program - POSTPONED



As you no doubt guessed, our planned program will have to be postponed until it is once again safe for us to gather. Thanks to "All About Owls", we were to have the opportunity to meet two of the local owl species in person! A great horned and a screech owl. We will be back in touch as soon as we can reschedule this multi-generational program.

From Mill Valley Public Library - Library in Place Hoopla



**LIBRARY
IN PLACE**
NOW, TONIGHT, WHENEVER...

This is another excerpt from a recent notice from our wonderful Mill Valley Public Library:

LIBRARY-IN-PLACE

Why Hoopla?

There are many great reasons to check out our latest new offering. **Hoopla** lets you borrow movies, music, audiobooks, ebooks, comics and TV shows. One of its best features? There are no wait lists. Find a title you like, and boom - download it, stream it, read it - there are tons of options for enjoying **Hoopla** on different devices including your smartphone.

But why the name **Hoopla**? Check out the meaning of this word and get the full etymology through another of our fabulous free resources, the **Oxford English Dictionary**. Simply enter your barcode and PIN for access (available for all 94941 residents). If you can figure out why **Hoopla** is called **Hoopla** let us know!

To get started:

1. www.Hoopladigital.com
2. Create an account with an email and password
3. Search for the Mill Valley Public Library
4. Enter your library card number and PIN
5. You're in!

My observations: Enrolling took only a few minutes. Because I wanted to borrow an e-book I downloaded the **Hoopla** app on my iPad and was able to start reading immediately. I chose "*Wonder*" by Ann Patchett. She is one of my favorite writers so you will likely hear more in an upcoming newsletter.

For more information about all the Library-in-Place options go to
<http://www.millvalleylibrary.org/books/lip/default.htm>.

Thank you AGAIN Mill Valley Library

Another Neighbor to Celebrate Violet Green Swallow

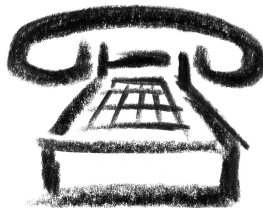


Like many birds, these little guys are just stunning when seen up close, through a scope or binoculars. But they are equally amazing when you see them from a distance swooping and diving in small groups. True acrobats. They remind me of the Blue Angels when they orchestrate their graceful intertwined flights and then abruptly zoom away, only to burst back into sight where you least expect them.

Here on Upper Summit we often see them at this time of year swooping over the canyon both early in the morning when you hear their cheerful chirping or later in the afternoon sun. They will occasionally perch on the ground to nab some bit to eat and then...off like a shot to rejoin the group.

If you hear chirping and look up to see small, acrobatic, graceful birds with slender long wings, extending well beyond their tail, and what sometimes look like “transparent” wings, bright white bellies, rumps and chins you may be watching one of these locally common swallows. Another gift of nature for us to celebrate.

Help Us Help Others



Word of mouth is the best recommendation for almost anything, and the village is no exception. Personal referrals are a key way we find new members and volunteers. If you know someone who could use our services, is interested in volunteering, or would like to donate to an organization serving older adults in Marin, please have them check out our website - www.mvvillage.org - where they can find lots of information about our programs, our members services, how to become a volunteer and download a copy of our brochure or a membership or volunteer application. If the personal touch might be better please suggest they contact Connie, Sue or Karen for more information. Thank you.

Connie Dubin, Chair - 415-381-7606 or millvalleyvillage@gmail.com

Sue Steele, Membership - 415-388-7832 or xerty.10@gmail.com

Karen Robbins, Volunteers - 415-519-3420 or karobbins@comcast.net



A Note from Our Mill Valley Village Chair

First, and foremost, thank you. Thank you for being part of our amazing village community. Each and every one of you makes a difference whether you volunteer, support the village as a donor, engage as a member or just take the time to peruse our newsletter.

As you may know, we and our parent organization, Marin Villages, are in the midst of a crucial fundraising effort. Like most non-profits that depend on donations for the majority of their operating funds we are facing significant financial challenges related to this crisis.

Mill Valley Village has been a fixture in Mill Valley now for eight years. Over those years we have worked hard to forge relationships, become a valued community partner and develop the robust network of volunteers that provides key services and programs we have grown to depend upon. While we have had to work harder to keep in touch during this crisis, village volunteers across the county have risen to the challenge. Every day they show their kindness and generosity by continuing to provide crucial services such as rides to essential medical services, buying and delivering groceries, picking up prescriptions, making friendly check-in calls and just waving and greeting from windows and porches. "Neighbors helping neighbors" is more than a slogan, it is who we are and what we do.

Our leadership team and volunteers are committed to doing everything we can to make sure the village continues to add value to our community for another eight years...and more. We believe passionately in the mission of the village and take pride in seeing that mission fulfilled every day, in large part due to the continuing support by all of you. Many of you are already village supporters -- as volunteers, members, donors, or all three. And for that we are extremely grateful. For those of you who have considered at some point joining this loyal group of supporters, but may not have gotten around to it yet, there is no better time. We know times are tough, and not all of us are in a position to do so, but if you are one of those lucky ones who can lend a hand, Mill Valley Village, Marin Villages and your fellow villagers will be most appreciative.

Marin Villages' wonderful office staff, BJ and Diane, though working safely from home, are still reachable at 415-457-4633 or info@marinvillages.org with questions about becoming a volunteer, member or donor. Donations by check may be mailed to Marin Villages at 4340 Redwood Highway, Suite F-142, San Rafael, CA 94903 or [click here](#) to make a donation online.

Through our work together we have made Mill Valley Village a flourishing reality. We look forward to sustaining it, together.

With gratitude,
Connie Dubin, Mill Valley Village Chair



Events for June

While our in-person events remain cancelled, the following groups are connecting “virtually”, with their members, keeping in touch via email. Some groups are also “meeting” online, in which case the group leaders are keeping in touch with those on their lists to arrange details. If you have questions about any of these events or would like to participate please contact the group leader(s) for details.

Tuesday, June 2, Caregiving and Family - Challenges and Rewards, 1pm

Are you caring for a family member or friend? This group meets the first Tuesday of the month in a home near downtown Mill Valley. First convened in early 2015, the group has as its goal providing ‘support that recognizes one’s inner strengths and resiliency, no matter the circumstances’. If such a group might appeal to you, Mill Valley villagers are invited to contact Sara Byruck (sybruck@gmail.com or 617-599-8116) for more information and directions. **For now the group is meeting via Zoom at the same time.**

Tuesdays, June 2, 9, 16, 23 and 30, Knitting and Needlework Group, 3pm

Have a knitting or needlework project you would like to undertake in the company of friends? If so this group might be for you. We typically meet weekly in a home near downtown Mill Valley to discuss potential projects, enjoy each other’s company and encourage each other as progress is made. **But for now we are meeting via Zoom at the same time.** This group has been meeting regularly and is enjoying the camaraderie around their efforts. Beginners are welcome. Mill Valley Village members and volunteers, as well as those interested in finding out more about the village, are welcome to contact Sara Byruck (sbyruck@gmail.com or 617-599-8116) for more information.

Wednesdays, June 3 and 17, Men’s Group, 11am

This is an informal “gathering” with no particular agenda beyond the company of friends. We encourage you, whether a volunteer or member, to come join us. **While this group has historically met at the Sweetwater, we have been meeting online via Zoom since March.** To get more information or to be put on the reminder list for upcoming meetings contact Alan Hayakawa (alan.hayakawa@gmail.com or 415-384-8998). The group meets the first and third Wednesdays at 11am.

Friday, June 12, Recent Articles Group, 2pm

Have you been bowled over by an article you have read recently and would like to discuss it with village members? Then you may like to join the Recent Articles Group! The group will be an ongoing group open to a maximum of ten people who are curious, open minded and interested in debate. Since politics can be contentious, we prefer to avoid political pieces. Once we can meet again in person we will meet monthly on the second Friday of the month from 2:00 - 4:00pm. **For now, we are circulating articles of interest for the group members to read and savor on their own.** For details contact Sue Steele (xerty.10@gmail.com or 415-388-7832) or Dryden Liddle (dgpsliddle@me.com).

Thursday, June 18, Book Club, 3pm

The group, led by Trish Hibben (t.hibben@me.com or 415-215-8394), meets monthly. **Until further notice the group is meeting online via Zoom.** The group, aimed at local village volunteers and members, will be kept small. Contact Trish to be put on the list for future openings.

And from the **Memoir Group** leader, Gloria Sparrow:

“The Memoir Group will remain “shut down” until it is safe to resume face to face meetings. Given how much our lives have changed during the pandemic, we will no doubt have some interesting stories to share once we again hug our grandkids, go to the movies, enjoy a meal out in a favorite restaurant; once we no longer worry about infection from friends and neighbors - from all others except those we live with.”

Until next month...stay safe, stay well and keep on reaching out.

