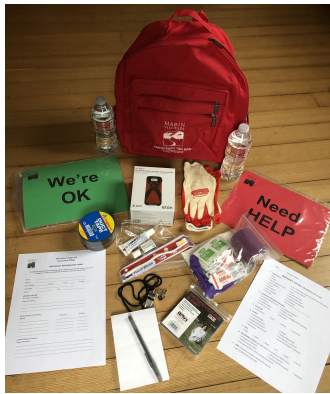


Dear friends and neighbors,

Bit by bit, we are each starting to thread this needle of “re-opening”, choosing when and how to begin safely emerging from our shells. It is fun to see how small pleasures we allow ourselves can make us feel so happy. Choosing what makes us feel both content and safe is the trick, but it is not straightforward. And it is important to keep informed. We hope you will keep in touch as we figure this out together. Village updates, upcoming events, announcements, volunteer and membership applications, past newsletters as well as other news can all be found at [www.mvvillage.org](http://www.mvvillage.org). Thanks for checking it out.

# Heads-Up! Mill Valley Village



Our wonderful Southern Marin Fire District and Mill Valley Fire Department have asked us to spread the word about the extreme fire danger our community faces this summer as we experience the most severe drought in decades. Being able to react quickly to a fire requires that families and individuals prepare and rehearse plans well in advance. Summer is coming quickly. Are you ready with the three simple steps below? If you don't have access to a cell phone or computer, rest assured that Village volunteers will be available to assist you in signing up for notifications or accessing online information - stay tuned!

**1. Do you have a cell phone?**

You can register with the Nixle alert system: simply text your zip code to 888-777, and you will get, by text, public safety and emergency information from local fire and law enforcement agencies.

You can also register your cell phone or VOIP line with AlertMarin to receive emergency alerts and evacuation updates by going to [www.alertmarin.org](http://www.alertmarin.org).

Note that your landline telephone is already registered with AlertMarin, so you will automatically get alerts at that number.

2. **Do you know two possible evacuation routes from your home, as well as the nearest Community Refuge Area that offers a safe space in case evacuation is not possible?**

This website provides maps by neighborhood showing both evacuation routes and refuges that you can download and print:

[https://drive.google.com/drive/folders/1WD4pI5aNe7deqW\\_-Xo8fJUB9ylvZnzQs](https://drive.google.com/drive/folders/1WD4pI5aNe7deqW_-Xo8fJUB9ylvZnzQs).

3. **Is your Go-Bag ready?**

A backpack with essential items should already be packed and located near the door to grab and go in an emergency. Mill Valley Village members have all received a bag and supplies as a gift, but it is a good idea to make sure you have yours now and to update the contents as needed. There are many resources for suggested items, and here is one good checklist:

[http://readymarin.org/dev/wp-content/uploads/2013/11/GrabGo-Checklist\\_readymarin.pdf](http://readymarin.org/dev/wp-content/uploads/2013/11/GrabGo-Checklist_readymarin.pdf).

As you think about preparation, you can join an online discussion chock full of good advice: **Age Friendly Marin Forum - Emergency Preparedness for Aging Adults**, on Wednesday, April 28, 10:30-11:45am. For info about attending, email Sarah Robinson at [SRobinson@MarinCounty.org](mailto:SRobinson@MarinCounty.org). The Zoom link is: <https://us02web.zoom.us/j/87522017040>. The Meeting Id is 875 2201 7040. The one tap mobile is +16699009128,,87522017040# US (San Jose).

All Mill Valley neighborhoods are working diligently to get ready, and your **Heads-Up! Mill Valley Village team** will be providing more information in upcoming newsletters.

### **A Movie Recommendation** **The Dig - on Netflix**



This movie is a fairly recent addition to the Netflix list. After being recommended by family and friends, it got two thumbs up from our household. It is the fictionalized re-telling of the discovery and excavation of a major archeological find in South East England. The film was inspired by the 2007 novel of the same name by John Preston. The excavation begins at the behest of a wealthy widow, Edith Pretty (Carey Mulligan), on whose land several large mounds exist that she suspects may house historical relics. To start the exploration process she hires Basil Brown (Ralph Fiennes), a local excavator and amateur archeologist. The story opens as England is on the verge of war which is felt throughout the film. We found it a well-told and new-to-us story with compelling characters. A quiet, satisfying and sometimes exhilarating movie.

**Recently Read and Recommended**  
***What Could Be Saved - A Novel***  
**By Liese O'Halloran Schwarz**



This recently published book is worth clearing the decks for. It is a rich book, artfully crafted to introduce you in bits to its characters and the times they lived in. Below is an excerpt from a Kirkus review that says it well:

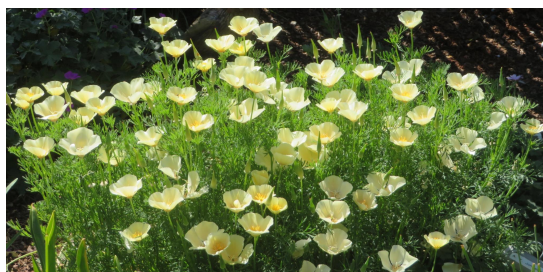
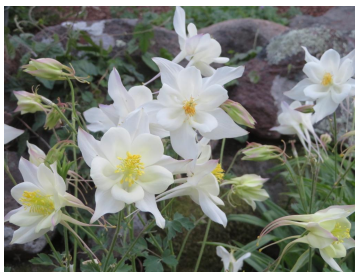
'A richly-imagined page-turner that delivers twists alongside thought-provoking commentary.

In 1972, Robert and Genevieve Preston are living in Bangkok with their three young children and are eager to move back to the U.S. after four years away. But one August evening in the heat of summer, their 8-year old son, Philip, doesn't come home from judo lessons, sending the family into an unsuccessful frenzy to find him before leaving the country. Four decades later, Laura, the youngest Preston sibling receives an email from someone claiming to have found her brother.

Bouncing between modern-day D.C. and 1970s Bangkok, the novel is grounded in its deeply realized characters and the relationships among them, but the author layers in a consideration of power-dynamics, racism and privilege in a way that adds an undercurrent of realism and ugliness, particularly regarding the way the Prestons lived in the 70's. At the same time the book is a gripping mystery that subtly ratchets up the tension with each chapter.

Available from the Mill Valley Library in print, audio and e-book formats this book was worth waiting in the queue. Hope you find it a satisfying read.

**Garden Exuberance**  
**Columbine "Krystal" and White California Poppy**



These seasonal favorites were at peak bloom this week. Some of the many perennials we have planted over the years from Annie's Annuals, a great nursery in Richmond, that carries a lot more than annuals. Every bloom seems like a celebration this year.

**“Is There a Doctor in the House”**  
**Telehealth & Bridging the Digital Health Divide**  
**Thursday May 27th, 10am - 12:30 pm**



**An invitation from the Marin County Commission on Aging:**

The Marin County Commission on Aging presents this special webinar designed to promote an understanding of Telehealth - the new normal - and what the County is doing to provide wider access throughout Marin.

During the webinar you will:

- Learn about the emerging role of Telehealth in our lives today - and what it will look like in the future. Speaker: Ariana Myers, VP Health, Donisi Health, a global company at the forefront of contact-free health monitoring;
- Hear from a Marin physician the rewards and challenges of providing virtual care to patients;
- Hear about the virtual strategies the County has deployed to ensure delivery of vital services during COVID-19. Speaker: Benita McLaren, Director of Marin Health and Human Services;
- Hear more about the challenges and inequities the digital divide has created in Marin, especially in terms of access to healthcare. Speaker: Dennis Rodoni, President, Marin County Board of Supervisors;
- Hear about “Digital Marin”, a project that’s already starting to bridge the county’s digital divide. Speaker: Liza Massey, Marin County Chief Information Officer

To register for this event [click here](#). Participant fee has been waived.

For more information email: [TelehealthWebinar@gmail.com](mailto:TelehealthWebinar@gmail.com). Or check the Marin County Commission on Aging webpage at <https://www.marinhhs.org/boards/commission-aging>.

## **Events for May**

Here is the rundown for May. You can also find these events on our website at [www.mvvillage.org](http://www.mvvillage.org) under either the **Events** or **Calendar** tab. The **Events** tab will give you a list in date order. The **Calendar** tab shows you the same events in a traditional calendar format.

With better weather and good progress being reported against the virus we are looking at more options for outdoor activities and ways to get together over the upcoming months. Keep in touch and we hope you can join us for either a “virtual” or in-person program soon.

### **Mondays, May 3, 10, 17, 24 and 31, “Back Before Lunch Hikes”, 9am**

In very good news, last month we resumed these popular hikes, relying on our good judgment, vaccinations and the wide open outdoors. We encourage everyone (unless medical reasons prohibit) to get vaccinated for your own and everyone else's health, and remember to bring your mask, water and sturdy walking shoes.

These hikes, aimed at those looking for a shorter hiking option than our Friday hikes, have typically been 3 to 4 miles long, with an elevation gain of 500-800 feet and lasting about 2 hours. The group meets early Monday mornings and is “back before lunch”. The hike is very popular, not only for the wonderful hiking venues but for the connections forged on the trail. Sara Byruck is the long-time group coordinator and hike leader. For more information or to get on Sara's email list contact her at [sbyruck@gmail.com](mailto:sbyruck@gmail.com).

### **Tuesday, May 4, 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, villagers are invited to contact Sara Byruck ([sbyruck@gmail.com](mailto:sbyruck@gmail.com) or 617-599-8116) for more information and directions. **For now the group is meeting via Zoom at the same time.** If you have considered this group but have hesitated for any reason, now may be the time. Sara would be delighted to chat with you to see if it feels right for you. Give her a call.

### **Tuesdays, May 4, 11, 18 and 25, 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. The group typically meets weekly to discuss potential projects, enjoy each other's company and encourage each other as progress is made. **For now meetings are via Zoom.** 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](mailto:sbyruck@gmail.com) or 617-599-8116) for more information.

### **Wednesdays, May 5 and 19, 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 the group. **While this group has historically met at the Sweetwater, meetings are now via Zoom.** To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman ([irvgubman@gmail.com](mailto:irvgubman@gmail.com) or 415-250-6155). The group meets the first and third Wednesdays at 11am.

### **Wednesday, May 5, Movie Group, 2pm**

Inspired by the popularity of similar programs in other local villages, we have launched a Mill Valley Village Movie Group. The idea is to get together via Zoom to meet, greet, enjoy each other's company and talk about that month's selected movie. In advance, we will each watch the selected movie and then talk about what struck us about it, what we liked (or not), what it made us think about, remember or yearn for...and on and on. Mill Valley Village volunteers and members who are interested in this group, please contact Seela Lewis ([seelalewis@gmail.com](mailto:seelalewis@gmail.com)).



**Fridays, May 7, 14, 21 and 28, Hiking Group, 9am**

Our hiking group is for serious hikers wishing to spend the day on the wonderful trails of Marin County. Hikes are scheduled weekly on Fridays and vary from moderate to strenuous. The group takes 45-60 minute lunch breaks with some of the most beautiful views around. What a great way to get some good healthy exercise and get to know your Village neighbors better! If you are interested in joining the group on the trail please contact Julian Brandes ([jjb94941@gmail.com](mailto:jjb94941@gmail.com) or 415-845-8392) for more information.

**Thursday, May 13, Book Club, 3pm**

The group, led by Trish Hibben ([t.hibben@me.com](mailto:t.hibben@me.com) or 415-215-8394), meets monthly. **Until further notice the group is meeting online via Zoom.** The book group, aimed at local village volunteers and members, is currently full. We will announce when a second group is being formed and can take new members and volunteers.

**Wednesday, May 19, Third Wednesday Trail Walk Group, 10am**

We hold 2 - 4 mile trail walks on relatively flat terrain the third Wednesday morning of each month. We get together in small groups with local walks on wide open paths, keeping our distance and wearing masks. It is great to see one another in the open air and catch up. For more information or to get on the list to be sent walk details by email, contact Karen Robbins ([karobbins@comcast.net](mailto:karobbins@comcast.net) or 415-519-3420).

**Until next month...stay safe, stay well  
and keep on the lookout for what you can do  
to contribute to a better way forward**

