

Mill Valley Village
a branch of

MARIN
VILLAGES



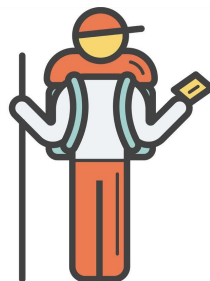
Dear friends and neighbors,

With March and spring on the way, we have been appreciating some truly stunning, clear days that just keep getting longer. We can't wait to finally relegate our warm jackets, gloves and scarves to the back of the closet. This past month we have not only seen blossoms galore on trees, shrubs and garden plants but the scents of spring have assailed us as well. So lovely. Along with the approach of spring, we have been seeing some good news as the numbers indicate that the most recent surge is truly receding. Something to celebrate for sure. With guidance relaxed and opportunities to socialize expanding, the challenge is choosing what feels comfortable as we navigate this next chapter together.



While we have decided to hold tight a bit longer before resuming our monthly lunches, we are pleased to once again invite you to join us at our monthly "Coffees at the Sweetwater" beginning March 9th. Please be fully vaccinated and boosted and bring your vaccination card with you if you have not forwarded it in advance. And also note that the twice-monthly Men's Coffees have also resumed in person at Sweetwater's "Rock & Rye" restaurant. See further details for both in the listings at the end of the newsletter.

A New "Leisurely" Hike on Mondays



In response to several inquiries we have been trying out a new hiking option for those who would like to get out on the trails but at a more leisurely pace than the "Monday Back Before Lunch" or Friday hikes. The new hikes will be about two hours long with varying degrees of difficulty based on feedback from the group. The plan is for carpools to meet in Mill Valley at 9:45am on Mondays to head to the hike starting point. We will begin going weekly and see how that works for the group. If you are interested, please contact Sara Byruck at sbyruck@gmail.com. She is looking forward to hearing from you.

Valentine's Galore What Sweet Kindness



A sweet surprise greeted Mill Valley Villagers as they discovered lovely handmade valentines in their mailboxes. The valentines were created by Mill Valley public school students from all of the elementary schools and the middle and high schools as well. The project was a collaborative effort between the school PTAs, the Mill Valley Rotary and Mill Valley Village. Nearly 300 members and volunteers were delighted with the beautiful handcrafted cards filled with heartfelt wishes. And many sent back words of appreciation, heartily enjoying this bit of friendliness and kindness offered.



We are deeply grateful to the MANY students at each of the schools and their service clubs and staff, as well as many parents, and the extraordinary efforts they made during this challenging year, resulting in more than a thousand valentines!! We owe special thanks once again to Emily Uhlhorn, a parent and President of the Mill Valley School Board, who spearheaded the effort! This project, now in its 5th year, is one example of an intergenerational collaboration that reaches deeply across our community. Thanks to all.

**What a treat the mail just brought
Not a bill, not an ad, but a gift from the heart.
Such kindness and friendship those students did show,
Their missives of joy brought a happy glow.**



Annie and Grinnell - Peregrine Falcons

An Update with a View



Annie and Grinnell are the famed Peregrine Falcons who have raised young on the Campanile on the UC Berkeley campus since 2017. Many fans have been holding their breath hoping they would pair up once again this year. But worries mounted after Grinnell was attacked in October and out of the picture for several weeks while being treated at Lindsey Wildlife Rehabilitation Hospital. In late November Grinnell was released from Lindsey and right after the New Year these two were spotted displaying courting behavior, fueling hopes for another successful breeding season.

As a video taken on February 7th (click [here](#)) can attest, they have now officially begun their 6th season of mating. From what we could find, it appears that eggs could follow as early as the second week in March. An average clutch size for Peregrines is between 3-4 eggs. Both adults share incubation duties and eggs usually begin to hatch about a month after being laid. Then there is the long process of watching over and feeding those chicks until they are ready to fledge. Much of this was caught on well-positioned webcams last year so fingers are crossed for this year.

The photos above are of the gorgeous view from the Campanile, a watchful Annie, the mating process and Annie taking off to confront an illegal drone disturbing the peace. For those of you interested in more about these two and the process which is likely to unfold during the month of March and beyond, this site is chock full of information including links to three webcams (<https://calfalcons.berkeley.edu>) and several Youtube videos. In addition if you search for “calfalconcam” on twitter (no need to be a member) you will see other videos about life on the Campanile for Annie and Grinnell. Enjoy the sightings!

A Gorgeous Day Trip Chileno Valley

Chileno Valley, west of Petaluma, is a truly amazing, less traveled area full of ranches, dairies, beautiful rolling hills, and gorgeous vistas. Most of the road trip described below is on two lane roads (one lane each way) so courtesy, patience and vigilance is appropriate. We recently took a ~5 hour day trip starting from Mill Valley, through Novato to Chileno Valley to Tomales then back home through Marshall, Point Reyes Station and Stinson Beach, but there are easy ways to shorten the trip if a full day is not your goal. As cell phone access is absent for much of the trip, it is worth planning your exact route ahead, even taking a map. Very retro, but useful.

We started with a long appreciative look at Horse Hill, a pastoral sight we often take for granted, but a truly historic conservation victory ([click here to read](#)). Heading north on 101 we take the Atherton Avenue/San Marin exit (463), turning left back over 101. We continue west a few minutes to Novato Boulevard, turning right and heading north. And here (ta-da) we see why we came, as lush green hills and sprawling oaks take over, Stafford Lake appears and we begin to see ranches, farms, vineyards, cows and lots of MALT signs.

A few miles further on we turn right onto Point Reyes/Petaluma Road followed by a quick left onto Hicks Valley Road. Near a small pond to the left we see the first of two one-room schoolhouses still in operation here, the Lincoln School, established 1872, 150 years ago.



In another 10 minutes or so (as you will see, this trip is full of “ten minutes or so” increments) we take a right on Wilson Hill Road. We continued up Wilson Hill which is full of stunning views and photo ops. Heading up the hill the view is all rolling green hills with a line of trees along the far ridge, some longhorns lazing by the road, more MALT signs and Stubbs Vineyard gates at the top. As you crest the hill there are long views to your right, across the valley with Mount Saint Helena in the distance. As we slowly descend by rusted barns we enter a riparian area with a creek to the right.



In another ten minutes we take a left onto Chileno Valley Road, soon passing our second one-room schoolhouse, Laguna School founded in 1906. This is definitely a route to dawdle and take in the views, the ubiquitous rusted metal barn rooftops, grazing cattle (an angus ranch is marked) as well as dairy cows. An hour and a half and 45 miles into our trip we find ourselves at the junction of Tomales/Petaluma Road. The sign says 5 miles to Tomales (left) and 9 miles to Petaluma (right), so this is a good place you can choose to either start heading back inland or forge on, as we did, toward Tomales and the coast.



The road toward Tomales continues with more ranches and dairies. In about 10 minutes we are at Shoreline Hwy (Route 1) and can choose to turn right (north) into the town of Tomales, or left (south) toward Marshall. As it was the lunch hour we stopped in Tomales at Route 1 Bakery and Kitchen based on the great review ([here](#)) we had read. We can now add our accolades. Their pizza is amazing as is their bread, and “queen bars” for dessert. While they have outdoor seating we chose to take our lunch down the road toward Tomales Bay and pulled off to picnic along King’s Creek at the Fishing Access. After lunch we continued on to Tomales Bay where you look across to Point Reyes. Driving south along the bay we passed many other eateries including The Marshall Store, Tony’s Seafood, Hog Island Oysters followed by Tomales Bay Oysters a bit further along.

As you near Point Reyes Station you can turn left onto the Point Reyes/Petaluma Road (through Nicasio and home) or bear right into Point Reyes Station. We chose Point Reyes Station with Toby’s Barn, Brickmaiden Breads, Cowgirl Creamery, Zuma, Bovine Bakery, Vita Collage, Caballine and more. When you finally move along, continue south toward Bolinas. Before the Bolinas lagoon, consider taking a quick detour off 1 into Bolinas and stop at the wonderful organic farm, Gospel Flats. Their self-serve honor system farmstand has fresh produce, eggs, flowers and more, including an art gallery and a small vintage store. Once you tear yourself away, backtrack to Route 1 and get out the binoculars for the drive along stunning Bolinas Lagoon with its huge assortment of shorebirds, ducks, seals and more, before reaching Stinson Beach and heading back home over the mountain.

There you have it. One gorgeous drive through a hidden corner of Sonoma and West Marin. If you go, do allow time to relax and appreciate the surroundings which are first rate.



Events for March

Here is the list for March. You can also find these events on our website at www.mvvillage.org under either the **Events** or **Calendar** tab. Keep in touch and we hope you can join us for either a “virtual” or in-person program soon.

Tuesday March 1, 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 at 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 (sybruck@gmail.com or 617-599-8116) for more information and directions. 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. Give her a call.

Tuesdays, March 1, 8, 15, 22 and 29, 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 to discuss potential projects, enjoy each other’s company and encourage each other as progress is made. 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, March 2 and 16, Men’s Coffee at the Sweetwater, 11:30 am

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. The group meets at the Sweetwater Music Hall’s “Rock & Rye” restaurant twice a month. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman (irvgubman@gmail.com or 415-250-6155). The group meets the first and third Wednesdays at 11:30 am.



Wednesday March 2, Movie Group, 4pm

Once a month we get together via Zoom to meet, greet, enjoy each other’s company and talk about that month’s selected movie. In advance, we watch the 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).

Fridays, March 4, 11, 18 and 25, 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. We take 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 us on the trail please contact Julian Brandes (jjb94941@gmail.com or 415-845-8392) for more information.

Mondays, March 7, 14, 21 and 28, "Back Before Lunch Hikes", 9am

These hikes, aimed at those looking for a shorter hiking option than our Friday hikes, have typically been 3.5 to 5 miles long, with an elevation gain of 600-800 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. And do remember to bring water and sturdy shoes.

Mondays, March 7, 14, 21 and 28, NEW "Leisurely" Hikes, 9:45 am

In response to several inquiries we have been trying out a new hiking option for those who would like to get out on the trails but at a more leisurely pace than the "Monday Back Before Lunch" or Friday hikes. The new hikes will be about two hours long with varying degrees of difficulty based on feedback from the group. The plan is for carpools to meet in Mill Valley at 9:45 to head to the hike starting point. We will begin going weekly on Mondays and see how that works for the group. If you are interested, please contact Sara Byruck at sbyruck@gmail.com. She is looking forward to hearing from you. As always sturdy shoes and water are essential equipment.

Wednesday, March 9, "Coffee at the Sweetwater", 10:30am

We are delighted to be resuming our monthly get-togethers on the second Wednesday of the month in the Sweetwater Music Hall. For those of you who have joined us before it will be the same general format. It is a casual plan, you come and go as you have time, sit and chat with friends and meet new ones, peruse the "lending library" for books to borrow and generally catch up with other villagers. If you are new to the village it is a great opportunity to get to meet other villagers. Or if you have only heard about the village and would like to know more, dropping by is an easy way to put a toe in the water. For those of you who have already been part of this tradition, welcome back, it has been a while. Bring your id and proof of vaccination if you have not already provided it and be sure to wear a mask. As in the past, delicious coffee drinks will be available to purchase. Hope to see you there!

Thursday March 10, Book Club, 3pm

The group, led by Trish Hibben (t.hibben@me.com or 415-215-8394), meets monthly. 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, March 16, 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 for local, and sometimes further afield, walks. 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 or 415-519-3420).

Thursday, March 17, Memoir Writing Group, 3pm

Everybody has stories to tell and it can feel affirming to tell them. So we have reconvened the Mill Valley Village Memoir Writing Group. Meeting on the third Thursday of the month, via Zoom for now, we read our writing out loud and honor each other's need to be heard and appreciated. Villagers, please contact Gloria Sparrow (gloriasparrow@comcast.net or 415-377-2037) with your questions or suggestions, or simply to get on the list.

**Until next month, stay safe, stay well and keep in touch
as we all figure out our next steps**

