



Dear friends and neighbors,

What a month this has been. World events unlike anything most of us have seen in our lifetimes have left us speechless at the extent of the destruction, dislocation and loss. It is heartbreaking, and frightening, to watch how quickly a vital country can be so violated. And so disorienting to turn from such devastation and walk out our front doors to see beautiful, clear skies and savor the safety and comfort of our community. How very lucky we are.



On the virus front there continues to be good news in terms of trends, and so far this year we have avoided the “one step back” that has so often followed the “two steps forward”. We are keeping all fingers crossed that this progress continues as we step back into some activities we have so missed. In keeping with that progress we recently reconvened both our monthly “Coffee at the Sweetwater” as well as the twice-monthly “Men’s Coffee”, also at the Sweetwater. And in even more good news, this month we will also resume our monthly luncheons. Read on.

Monthly Luncheons Resuming April 25th, 1pm at The Seafood Peddler



We will resume our much loved luncheons this month at an old favorite, Seafood Peddler, 303 Johnson Street in Sausalito. The luncheons, hosted by Cathy Dunlap, are on the fourth Monday of the month at 1pm, which will be Monday, April 25th. The plan is simple, you bring cash and order what you want, and we add it up, calculate tax and tip and make change. Please RSVP no later than the week before to Cathy (415-388-2066 or millvalleyvillagenews@gmail.com) and she will make sure we have enough seats reserved. Please be fully vaccinated and boosted. Members are welcome to call the office (415-457-4633) for a ride from a volunteer. We look forward to seeing you, at last.

Recent Articles Group A Mill Valley Village Program



The fledgling **Recent Articles Group** went into hibernation with the onset of Covid but is reemerging this spring! We hope you will join us for some stimulating discussions and conversations on recent articles and about anything except politics and religion. We meet monthly the first Tuesday of the month, starting April 5th, from 10:10 to 11:30. The group is open to 10 villagers who are curious, open-minded and interested in debate. For details contact Sue Steele (xerty.10@gmail.com or 415-388-7832).

How Schoolkids Launched a Hotline to Spread Joy



When a village colleague forwarded this to me, it might have been the highlight of my week. The article starts out: “A New Hotline Gives You Options for Joy” and continues:

Amid a crush of heavy news from around the world, who couldn’t use some sage advice right now?

Call a new hotline, and you’ll get just that - encouraging words from a resilient group of kindergartners.

Kids’ voices will prompt you with a menu of options:

- If you’re feeling mad, frustrated or nervous, press 1.*
- If you need words of encouragement and life advice, press 2.*
- If you need a pep talk from kindergartners press 3.*
- If you need to hear kids laughing with delight, press 4.*
- For encouragement in Spanish, press 5.*

Perhaps like me you will try them all. **Peptoc**, is the name of this new free hotline. It is the result of a project from the students of West Side Elementary, a school in the town of Healdsburg. There is a terrific article ([read it here](#)) that explains the motivation for, the process of starting and the success so far of the hotline. And [here](#) is a second article from The Guardian. Give **Peptoc** a call, **707-998-8410**. It will bring a smile to your face.

Got a Few Hours a Month to Volunteer? Members Need Rides, Errands, Tech Help and More



As we all venture out more we are catching up on overdue appointments of all sorts. As a result the office is doing a heroic job of matching increasing member requests to volunteers skills and availability. But we can always use more “hands on deck” and now is no exception. If you are already a volunteer but have been sidelined, and now feel you might be able to offer a few (or a few more) hours driving, running errands, providing tech help, handyman services or any number of things, BJ, Matt and Karin would be delighted to help match you up with the right assignments. If you, or a friend, are not yet a volunteer, but have a few hours a month, they would love to hear from you and describe all the opportunities there are to make some new connections through the village, and do some good while you are at it. We have many types of assignments, from friendly phone calls to dog walks and more. We hope you will give them a call at 415-457-4633. Thank you!

Annie and Grinnell - Peregrine Falcons in Berkeley An Update

In late February Annie disappeared for a week leading to agonized reports of her possible departure/demise. But to everyone’s surprise, “everyone” being the experts who monitor these things, she reappeared on March 1st. Here is a link to the Instagram posting for these guys so you can read the details for yourself: [click here](#).



Uh... this is something we've never seen before. Annie is... back!

We've never, in our years of monitoring Peregrine nests had a female disappear during the peak of breeding season and reappear a week later like nothing had changed. Especially with so much competition around.

There was further news later in the month, as Annie and Grinnell’s courtship appeared to resume. The photo and comment below were posted March 16th.



cal_falcons Romance on the Campanile. This morning Annie and Grinnell were seen bill touching- a behavior indicating a strong bond. Grinnell also brought Annie a song sparrow to eat. Such prey exchanges are a critical part of courtship and a behavior we hadn't seen this year up until now. [#romance](#) [#peregrinefalcon](#)

For more background here is a great article ([click here](#)) as well as a link to a site full of information including links to three webcams (<https://calfalcons.berkeley.edu>).

Downsizing and Moving to a Smaller Home



When my doctor told me I had to leave my home on a steep hill or risk falling and breaking my leg again (this was my second break!) I had no plan to move, let alone downsize. How do you leave your home of 42 years, a garden you have nurtured season after season, and neighbors you care about? I did not choose this time to move, the time chose me and so the journey began moving from a three bedroom home to a one bedroom apartment.

Downsizing means letting go. Where do you begin? I was asked to compile notes on what helped me on this journey. I can't help you learn to let go, but I can tell you what worked for me.

PLANNING: I gave myself two months to plan what to take to my new apartment.

1. **Create a floor plan of your new home.** Decide what furniture you love and want to take with you. Determine from your floor plan how much space you will have for furniture, clothes, kitchenware, mementos, and “stuff”. Measure your new space (including closets and storage), the size of your furnishings (I used paper cut outs of “to scale” furniture to move around on my floor plan), and where they will fit in your new home. What doesn't fit goes into four categories: (1) give to friends and family, (2) arrange consignment for special pieces (Home Consignment Center, Design Plus, etc.), (3) donate to charities, thrift shops, the Mill Valley library (books), nonprofits or services like Got Junk (they take away anything and make donations for you if you ask), and (4) recycle or throw away.
2. **Clean out one drawer, one room or one closet at a time.** Start small. It's rewarding to accomplish little things. If you are moving to space half the size of your old home, tell yourself, “I will let go of half of my belongings and choose carefully.” Put give away, throw away, and recycle items in a designated space in your home, and add to it as you finish each purge. Take it away as soon as possible and don't look back!
3. **Invite friends and family to “shop” in your home and take items you aren't going to keep.** I put yellow Post-its on designated cupboard space, tables and bookshelves saying, “Shop here!” Kitchenware, books, linens, knickknacks, extra lamps, etc. flew out of my home! Things that were precious to me found good homes. I took pictures of items I wanted to remember so, after they were gone, I still had the photo and memory that made me smile. I finally got down to only those items that would fit in my new apartment.

ANTICIPATING: I found myself anticipating the new home I wanted to create even as I struggled with letting go of my old home. Here are a few ideas that helped me.

1. **Buy stackable, inexpensive plastic containers and start creating new storage space.** You won't have the extra drawers, closets and shelves for storing that you had

in your larger home. Buy small stackable containers and label them by category such as cleaning supplies, medicines and first aid items, office supplies, etc. The Container Store has great storage options. You only need the essentials in these small storage containers. You don't need 15 pens, 8 boxes of band aids, or 20 different cleaning supplies! Recycle or give away the rest.

2. **Take down wall hangings.** Take photos out of frames and put them in a photo album so you can always enjoy looking at them. Save the framed art and photos you know will fit in your new home. Donate any wall hangings that you can live without. Many thrift shops will take framed art, and some consignment stores will take more valuable pieces.
3. **Schedule a good mover early.** A good mover will make your life easier. Ask friends for recommendations. I found a great mover who packed my fragile kitchen items and placed furniture in my new apartment exactly as shown on a copy of the floor plan I gave them. For smaller moves of give-away pieces of furniture to friends and family, we used a smaller, local mover to help. If you are still driving and moving nearby, plan on moving small items yourself. Otherwise, you might want to ask a Village volunteer to help you make a few such trips before your move. This will save moving costs and allow you to put necessities (food in the refrigerator, toiletries in the bathroom, etc.) in place before the big move. Ask a friend to help unpack on moving day or consider hiring a firm like Senior Settlers (www.senior-settlers.com) in San Rafael. They offer many moving services, but I hired them for a few hours just to unpack and set up my kitchen and remove all boxes and packing papers. They were amazing and allowed me to work with the movers without worrying about unpacking my kitchen or getting rid of packing materials. They even made the bed and hung pictures!
4. **Send out change of address notices.** The Post Office needs their change of address form completed at least three weeks in advance to get your mail sent to your new address in time. In addition to your friends and family, don't forget to notify Amazon (change your online profile address), your bank, financial services, insurance carriers, subscription services, etc.
5. **Closing down your old home.** Your utilities, water service, TV and internet access, landline (if you have one), property tax payment notices, and homeowners insurance will all be affected by your move and will need to be transferred to your new home or canceled. Check with your realtor and other advisors about when and how to do this.

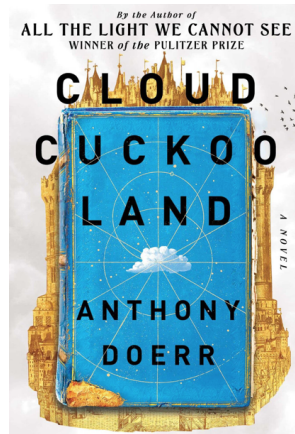
DETACHING: This is the big one! Saying goodbye to my old home and the memories it held was hard at first. Then I realized I was taking those memories with me, inside of me and in the form of familiar items I was taking with me to my new home. I'll always have those special things that make me smile. I created a "treasure box" of many of these special items that bring me good memories. It's there to open anytime.

Most importantly, take good care of yourself as you plan, anticipate, and learn to detach. Change may be inevitable, but we have control over many of our choices, including choosing to create a comfortable, new, smaller home as we start a new phase of our lives.

Beverly Windle, Mill Valley Village



Recently Read and Recommended *Cloud Cuckoo Land* by Anthony Doerr



This book was a holiday gift, one that I set aside to savor once a bit of quiet descended after the New Year. I had not read any reviews in advance so jumped in without a lot of background, which made it an especially rewarding ride. As I looked for the right words to convey what made this book so rewarding, the review that best captured my thoughts was one written by Marcel Theroux and published by the New York Times last September. The headline says it all:

From Anthony Doerr, an Ode to Storytelling That Shows How It's Done

Many of you will recognize Doerr as the author of *All The Light We Cannot See*, his best-selling novel and winner of the 2015 Pulitzer Prize. Here are some quotes from Theroux's review of *Cloud Cuckoo Land* that I hope will inspire you to check out this book, available in many formats from all the usual sources:

It's a wildly inventive novel that teems with life, straddles an enormous range of experience and learning and embodies the storytelling gifts it celebrates. It also pulls off a resolution that feels both surprising and inevitable, and that compels you back to the opening of the book with a head-shake of admiration at the Swiss-watchery of its construction.

Doerr's storytelling is bracing and energetic. His characters are engaging and, as readers of *All The Light We Cannot See* will recall, he's nailed a particular style of rhythmic incantatory prose that uses crunchy present-tense verbs and vivid detail to grip the reader's attention.

Although *Cloud Cuckoo Land* is a thoughtful, learned book, it's also accessible. It's a humane and uplifting book for adults that's infused with the magic of childhood reading experiences. *Cloud Cuckoo Land* is ultimately a celebration of books, the power and possibilities of reading.

At over 600 pages it is a book to immerse yourself in and let it carry you to other times and places and return you, truly appreciative of the skill that made it so. Hope you enjoy it.

Events for April

Here is the list of events, including some new ones, for April. You can also find these events on our website at www.mvvillage.org under either the **Events** or **Calendar** tab.

Fridays, April 1, 8, 15, 22 and 29, 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, April 4, 11, 18 and 25, “Back Before Lunch” Hike, 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, April 4, 11, 18 and 25, **NEW “Leisurely” Hike, 9:45am**

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 are about two hours long with varying degrees of difficulty based on feedback from the group. Carpools 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. As always sturdy shoes and water are essential equipment.

Tuesday, April 5, Recent Articles Group, 10:10am

The fledgling Recent Articles Group went into hibernation with the onset of Covid but is reemerging this spring! We hope you will join us for some stimulating discussions and conversations on recent articles and about anything except politics and religion. We meet monthly the first Tuesday of the month from 10:10 to 11:30. The group is open to villagers who are curious, open-minded and interested in debate. For details contact Sue Steele (xerty.10@gmail.com or 415-388-7832).

Tuesday, April 5, 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, April 5, 12, 19 and 26, 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, April 6 and 20, Men's Coffee at the Sweetwater, 11:30am

This is an informal "gathering" with no particular agenda beyond the company of friends. We encourage you, whether volunteer or member, to come join us. The group meets at the Sweetwater's patio restaurant the first and third Wednesdays at 11:30am. To be put on the list contact Irv Gubman (irvgubman@gmail.com or 415-250-6155).

Wednesday, April 6, 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).

Wednesday April 13 "Coffee at the Sweetwater", 10:30am

We are delighted to have resumed our monthly get-togethers on the second Wednesdays at 10:30 in the Sweetwater Music Hall. 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 and generally catch up with other villagers. If you are new to the village it is a great opportunity 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. Excellent coffee drinks are available. Bring proof of vaccination if you have not already provided it. Hope to see you this month!

Thursday, April 14, Book Club, 3pm

The monthly Book Club, now almost four years old, is led by Trish Hibben. The group, for local village volunteers and members, is kept small to encourage discussion and camaraderie. Occasionally space becomes available. If you would like to be placed on our waiting list or have questions please contact Trish (t.hibben@me.com or 415-215-8394). She looks forward to talking with you.

Wednesday, April 20, 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, April 21, 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.

Monday, April 25th, Lunch at Seafood Peddler, 1pm














This month we finally resume our 4th Monday of the month no-host lunch tradition with our first in many, many months at **The Seafood Peddler**, 303 Johnson Street in Sausalito. The restaurant, as its name suggests, specializes in seafood and puts on a wonderful lunch in their upstairs location (with an elevator). You bring cash and order what you want, and we add it up, calculate tax and tip and make change. Please RSVP no later than the week before to Cathy Dunlap (millvalleyvillagenews@gmail.com or 415-388-2066) so she can make sure we have enough seats reserved. And please be fully vaccinated and boosted. Members are welcome to call the office (415-457-4633) for a ride from a volunteer. We look forward to seeing you there.

**Until next month, stay well and enjoy the arrival of spring.
We look forward to seeing you soon.**



Mill Valley Village Events

Check our monthly newsletter or www.mvvillage.org for details

Every Monday	Back Before Lunch Hike	
Every Monday	"Leisurely" Hike	
Every Tuesday	Knitting and Needlework Group	
Every Friday	Hiking Group	
First Tuesday	Recent Articles Group	
First Tuesday	Caregiving Discussion Group	
First Wednesday	Movie Group	
Second Wednesday	Coffee at the Sweetwater	
Second Thursday	Book Club	
Third Wednesday	Trail Walk Group	
Third Thursday	Memoir Writing Group	
Fourth Monday	Lunch Group	
First and Third Wednesdays	Men's Group	

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