



Dear friends and neighbors,

Are you finding your **May** calendar a bit more full? Seems like many of us are not only catching up on all sorts of appointments but also beginning to add back in social engagements, movies, meals out and more. It feels good, though we continue to keep a sharp eye on guidance and trends. The village too is offering new opportunities to get together this month and next, with more on the way. Please read on - and plan to join us.

Mill Valley Village Luncheons are **BACK!!!** 4th Mondays at 1pm



It has been a long hiatus but we have finally resumed our monthly luncheons and we hope you will join us. For those of you who have not come in a while (or ever) we would enjoy your company at one of our upcoming no-host luncheons. It is a great way to catch up with or get to know other villagers. All are welcome but please RSVP.

Luncheons are scheduled the 4th Monday of the month at 1pm. Our hostess, Cathy Dunlap, makes the reservations and keeps track of RSVPs. On the day of the lunch we each order what we want to eat and drink and when the bill comes Cathy and friends figure out what each of us owes with tax and tip. We then add our bit to the pot. It's that easy.

Here are the dates and locations of our next lunches. We hope you will put them on your calendar and keep 4th Mondays free in future.

Monday, May 23 at 1pm

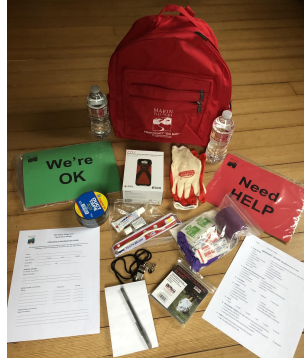


Monday, June 27 at 1pm



Contact Cathy Dunlap (millvalleyvillagenews@gmail.com or 415-388-2068) as soon as you know you can come, but no later than the week before, so she can make sure there are enough seats reserved. Please be vaccinated and boosted. Carpooling is always encouraged and members are welcome to call the office (415-457-4633) to request a ride from a volunteer. We look forward to seeing you there!

Emergency Preparedness Starts with You!



What a glorious spring we are enjoying! But this beautiful weather is also a reminder that we continue to face drought and fire danger. Our wonderful Southern Marin Fire Department has asked us to spread the word about making **preparations in advance** so we can enjoy our spring and summer knowing we are ready for fire, earthquake, or flood if such an emergency arises. Here are 3 simple steps to start.

1. Do you have a cell phone?

You can register your cell phone and/or VOIP line with **AlertMarin** to receive emergency alerts and evacuation updates by going to www.alertmarin.org. (Note that your landline telephone is already registered with AlertMarin, so you will automatically get alerts at that number.)

You can also 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.

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

If you live in the City of Mill Valley this website provides maps and community refuge centers: www.cityofmillvalley.org/211/Evacuation-Map. In addition here is an excellent resource for evacuation planning: www.smfd.org/our-district/prevention/preparedness. Click on "Evacuation" in the gray lefthand bar.

Keep an eye out for a very colorful postcard from the Southern Marin Fire Department with a map of escape routes and community refuge centers.

3. Is your Go-Bag ready?

Every member of Mill Valley Village should have received, when they were first welcomed to the Village, a red backpack containing many emergency supplies and a list of suggested additions. This is what we are calling an “Emergency Go-Bag” to take with you in case you have to evacuate suddenly in a fire, earthquake or other emergency.

NOW would be a good time to check your Go-Bag, update items and make sure you know where the bag is so you can grab it and go if necessary. You will hopefully find the **Emergency Go-Bag Checklist** right inside the bag so you can use it as a guide. If you have lost the list, email me, Liz Stone (lizstone942@gmail.com) and I will be happy to email you a copy.

Many things in the bag may need updating over time, like medications, your list of emergency contacts, batteries, etc. Also, we have recently added a few items to the list:

- Safety goggles
- Chargers for cell phones and other devices
- Personal face masks, preferably N-95s, and a bandana
- Personal hygiene and sanitation items

I have just gone through this updating process myself. It took much less time than I expected and it does give me some peace of mind. I hope you will join me.

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.

Liz Stone for the “Heads-Up! Mill Valley Village” team

Second Covid-19 Boosters An Option for Scheduling an Appointment



Many of you continue to receive the county updates which is where we first noted this link (myturn.ca.gov) with updates regarding who is eligible, and when, for a second Covid-19 booster dose. The site lays out the eligibility criteria to be able to schedule a second booster. And if you choose to proceed with scheduling an appointment it prompts you for identifying information as well as the date of your last booster before showing you local options for second booster dose appointments. If you have not yet scheduled an appointment it is worth taking a look. Or you may call 833-422-4255.

SAVE THE DATE
A 27 Year Wildflower Journey:
California Wildflowers and Climate Change
Thursday, June 2, Doors Open at 1pm at the Sweetwater Music Hall

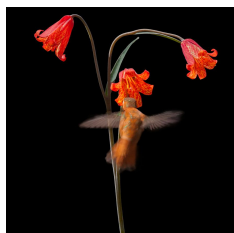


We are delighted to announce a very special in-person presentation by internationally acclaimed conservation photographers Rob Badger and Nita Winter, June 2 at the Sweetwater Music Hall. Rob and Nita, life partners and creative collaborators for more than three decades, will take us behind the scenes of their 27-year journey photographing wildflowers throughout California and the West. It began in 1992, when they discovered and fell in love with California's spectacular wildflower blooms in the Mojave Desert's Antelope Valley Poppy Preserve. Photographing these beautiful landscapes and individual flowers evolved into a documentary art project and their award winning, truly gorgeous coffee table book ["Beauty and the Beast: California Wildflowers and Climate Change"](#).



Rob and Nita are the recent recipients of the Sierra Club's 2020 Ansel Adams Award for Conservation Photography. Their work has been featured in Time, Mother Jones, and Sierra magazines, the New York Times, Washington Post, San Francisco Chronicle and the Los Angeles Times. Rob's environmental images have won multiple awards, including Best in Photojournalism in international competition. He was one of three American photographers chosen to document Russian nature preserves in Siberia. Nita began her photographic career documenting her work fighting wildfires in northern California and later as a National Park Ranger on Alcatraz. In 1986, she had her first major exhibit, "The Children of the Tenderloin".

We hope you will join us on June 2 as Rob and Nita show us slides of their stunning images as well as how they captured them. They will also bring copies of their book for purchase, or you may find it at <https://wildflowerbooks.com>. **Doors open at 1 with the presentation starting at 1:30. Please bring proof of vaccination for entry.** And if lunch is in order, Sweetwater's Rock & Rye patio restaurant begins serving at 11:30.



Knitting Us Together A Mill Valley Community Project Back for 2022 by Popular Demand



This is such a great project! It was an amazing sight to behold when first staged back in 2019. And now the Mill Valley Arts Commission (MVAC) is again launching this public art project on the Mill Valley Downtown Plaza. It will be a temporary installation and is commonly called 'Urban Knitting'. It will involve temporarily, and safely, covering some of the trees in the plaza with knit or crocheted patches of yarn and flowers. And all of us can participate, whatever our age, whatever our skill set. We can make a piece, help collect them from others, we can put the dates on our calendar to go be admirers of the final result, and even photograph (or video) the project to share with other villagers, friends and neighbors. Lots of options.

The plan is to launch the Art Installation on **August 27** and it will remain up through October. The organizers would love to involve all in the community who would like to participate. If you would like to be a "maker", they ask you to please knit or crochet a **12 inch square or rectangle** (not to exceed 12 inches in height). The color theme is to be **International Orange, Marin Blue and Forest Green**. However if you don't have these colors, they encourage you to make something anyway. Nothing will be turned away. If you don't like to knit or crochet you can also finger crochet flowers for the project. For these a smooth yarn works better than "furry". Here is a link they have provided to a video demonstrating: [How to Finger Crochet a Flower](#).

Completed pieces may be dropped off at The Mill Valley Community Center (180 Camino Alto) in the basket outside the front door between 10 and 2:30, Monday through Friday, or at the front desk. Mill Valley Village members who cannot drop off their work themselves please call the Marin Villages office (415-457-4633) to request that a volunteer pick up and deliver your work. Hope you all have some fun with this effort and we will keep you posted.



Recently Read and Recommended *Great Circle* by Maggie Shipstead



Maggie Shipstead was a new author to me when I began *Great Circle*, her most recent novel. After reading it, both of her earlier novels, which are available from the library, are now on my reading list. If you have not read her books yet, below are some excerpts from Lynn Steger Strong's review of *Great Circle* for the Washington Post:

The start of Shipstead's book - her third, after "Seating Arrangements" in 2012, and "Astonish Me" in 2014 - is thrilling and complicated, with many different threads laid out and back stories carefully and richly wrought; for the next 500-odd pages, I felt the fear I feel when a student's work starts strong, when other novels open high - knowing that, more often than not, lofty heights can't be sustained. But "Great Circle" starts high and maintains altitude. One might say it soars.

Shipstead's tale follows the story of two women. The first, Marion Graves [whose] decision to devote her life to flying is immediate and unrelenting: A biplane, "abrupt and magnificent," swooped down so close to her, "it seemed she could have touched its wheels". The other main character is Hadley Baxter, who is set to play Marian onscreen [a century later] in a film based in part on a journal found years after Marian's plane was lost as she attempted to circumnavigate the globe."

What's so impressive is how deeply we come to care about each of these people, and how the shape and texture of their stories collide to build a story all its own. The ending manages to pull each thread in a way that feels both thrilling and inevitable.

"Great Circle" grasps for and ultimately reaches something extraordinary. It pulls off this feat through individual sentences and sensations - by getting each secondary and tertiary character right. Here we have an action-packed book rich with character, but it's at the level of the sentence and scene, the small but unforgettable salient detail, that books finally succeed or fail. In that, "Great Circle" is consistently, often breathtakingly, sound.

If you find you enjoy *Great Circle* you may want to put Shipstead's upcoming book of stories, *You Have a Friend in 10A*, on your list to look for in late May.



Events for May

Here is the rundown for May. 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.

Mondays, May 2, 9, 16, 23 and 30, “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, May 2, 9, 16, 23 and 30, **NEW “Leisurely” Hikes, 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. 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.

Tuesday, May 3, 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, May 3, 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 (sbyruck@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, May 3, 10, 17, 24 and 31, 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, May 4 and 18, 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 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, May 4, 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, May 6, 13, 20 and 27, 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.

Wednesday, May 11, "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 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. Bring your id and proof of vaccination if you have not already provided it. As in the past, coffee drinks are available to purchase. Hope to see you soon!

Thursday, May 12, Book Club, 1pm

The monthly Book Club, now almost four years old, is being led by long-time group member Ginnie Job. 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 Ginnie (ginniejob4@gmail.com). She looks forward to talking with you.

Wednesday, May 18, 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 and other fun outings. 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, May 19, 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, May 23rd, Lunch at the Cantina, 1pm

This month we return to long-time favorite **The Cantina**, at 651 East Blithedale Avenue in Mill Valley. With an extensive lunch menu, easy parking and good, friendly service, it is a pleasure to return to. Contact Cathy Dunlap (millvalleyvillagenews@gmail.com or 415-388-2068 or) the week before so she can make sure there are enough seats reserved. Everyone is welcome. And remember, members may call the office (415-457-4633) to request a ride from a volunteer.

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

