



Dear friends and neighbors,

And just like that **June** is upon us with summer on the way. Our spring get-togethers yielded delightful results as we greeted both old and new faces at the April luncheon, the Men's Group lunches, Coffee at the Sweetwater, an outdoor Happy Hour at the 2am Club and more. Thank you to those who joined us and made those such celebratory events. While we continue to plan more events, in the near term we are making some adjustments. With a careful eye on health-related trends and guidance we have decided to postpone two indoor events, the "California Wildflower and Climate Change" presentation on June 2nd and the "Coffee at the Sweetwater" on June 8th. We are disappointed to have to do so, but are lucky that the season allows us to host so many of our other programs outdoors. We will be back next month to update you, and hopefully reschedule.

Mill Valley Village's 10th Anniversary



We are so pleased to be celebrating Mill Valley Village's 10th anniversary. As many of you know, 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. 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 very 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 valuable, 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!

Third Wednesday Walkers Join Us Next: June 15th



If you are new to the village or have not checked out this group recently it may be time to do so. These photos only convey a bit of the fun this group has on their various and varied outings, now that more options are available once again.

Karen Robbins is the instigator-in-chief for these outings. They typically include a 2-3 mile flat terrain walk and/or excursion in varied places of interest, urban or rural, ocean or mountain, often carpooling to destinations and staying for lunch at local restaurants. As Karen says “we love to get outta town”... but mostly within a 20 to 40 minute drive or ferry or bus or train ride. The group gathers in Mill Valley around 9:30 or 10 typically returning home by 2. See the listing at the end of the newsletter for more information and how to get on the list for updates on future outings.

POSTPONED **A 27 Year Wildflower Journey:** **California Wildflowers and Climate Change** **Thursday, June 2 at the Sweetwater Music Hall**



We hope you will stay tuned as we work to reschedule this very special in-person presentation by internationally acclaimed conservation photographers Rob Badger and Nita Winter. Life partners and creative collaborators for more than three decades, they have a terrific story to tell, as they take us behind the scenes of their 27-year journey photographing wildflowers throughout California and the West, showing us slides of their truly stunning images as well as how they captured them. More to come next month.



WORLD ON FIRE
with Naomi Newman, Barbara Borden & Suzanne DiVincenzo
Saturday, June 18, 7 - 9pm



Conceived by Naomi Newman and directed by Cory Fisher, ***World on Fire*** is a spoken word and music performance of 15 poems by diverse poets, responding to climate disruption and its effects on the planet, with grief, humor, remorse, outrage and love.

The Performers:

Naomi Newman - actress, playwright, director - co-founder of A Traveling Jewish Theatre, recipient of a Milley Creative Achievement Award 2009

Barbara Borden - drums/percussion - drummer and teacher at large, subject of the award-winning documentary, "Keeper of the Beat"

Susanne DiVincenzo - bass/cello - founding member of the jazz quintet Alive! Who now plays in orchestras, swing and jazz bands in the Bay Area.

The performance will be at The O'Hanlon Center for the Arts, at 616 Throckmorton Ave, about a mile out of downtown Mill Valley. Parking is available in the small lot and on the street; please consider carpooling, walking or biking. The performance hall is small and tickets will go fast. Doors at 6:30 - show at 7:00. Tickets are \$25 available [here](#).

"Peace Train"
A Bit of Hope - and Nostalgia



Many of us still remember this iconic song from when it was first released more than 50 years ago in 1971, on Cat Stevens' album *Teaser and the Firecat*. This video rendition was released last September in honor of International Peace Day and features artists from around the world including Keb Mo, Rhiannon Ghiddons and the original songwriter Yusef/Cat Stevens. Click [here](#) to watch these talented musicians, and [here](#) for how the project came about. A little beacon of hope.

Heads-Up! Mill Valley Village Public Safety Power Shutoffs (PSPS)



The severe weather we have been experiencing this year has brought fire season to us ahead of time, so we need to be prepared now for the possibility of power shutoffs. When PG&E determines that weather conditions could trigger fires along their power lines they will institute Public Safety Power Shutoffs (PSPS).

They could last a few hours or several days. PG&E will alert all its customers ahead of time by phone (on the phone number listed on the customer's account). You can also set up an online account at www.pge.com to request alerts on a cell phone or by email.

We all must be prepared for a period of time at home without power. PG&E's site, www.pge.com and <https://readymarin.org> provide excellent suggestions. Here is the short version:

Food

Stock up on shelf stable foods like canned tuna, peanut butter, crackers, power bars, canned fruit

Have a manual can opener

Before outage begins, set refrigerator and freezer to coldest settings

Make as much ice as you can to use in coolers to store food

When power is out limit opening refrigerator and freezer

Home

Have flashlights in reach

Have battery-powered or crank radio accessible

Consider buying battery powered or solar lanterns

Stock up on batteries for items you rely on

Have matches available to light gas stove-tops

Fully charge your electronic devices

Purchase battery chargers for cell phone and laptops – make sure the chargers are fully charged

Keep cash on hand

Fill up gas tank (ATMs and gas stations may lose power)

Put car outside garage (or practice opening garage door manually)

Have a backup key to replace any electronic keys or locks

Turn off/unplug TVs, computers etc. to avoid damage by possible surge when power is restored

Health

Plan for medications that require refrigeration

Fully charge medical devices

Stock up on medications and first aid supplies

Safety

Generators, gas and charcoal grills and camp stoves must only be used outside!!

All Mill Valley Village members have a sign which came with your Go-bag. Green side says “We’re OK”; Red side says “Need HELP”. Place this sign in your window with the appropriate message facing out.

After power is restored discard any food that has been exposed to temperatures 40 degrees or higher for 2 hours or more or looks or smells suspicious. WHEN IN DOUBT THROW IT OUT.

General Reminders

Register your cell phone and/or VOIP line with AlertMarin to receive emergency alerts and evacuation updates by going to www.alertmarin.org.

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.

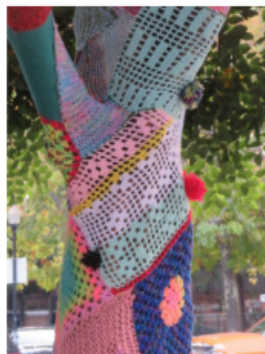
Any Mill Valley Village member who has questions about these preparations or would like further help may call Liz Stone (415-388-0696) and request to be contacted by a **Heads-up! Mill Valley Village Team** volunteer.

SAVE THE DATE
A Celebration of Creativity
August 21, 2:00 - 4:00pm



We hope you will join us for a sociable afternoon admiring and talking with the amazing artists and writers within our village community. Mill Valley and Tiburon Peninsula Villages are inviting their members and volunteers to bring a piece of their artwork (such as a painting, a drawing, a photograph, a collage, a sculpture, handwork, or any piece of ceramic, wood, metal or fabric art, including jewelry) or a published written work (fiction, nonfiction, memoir, poetry). The afternoon celebration will be at Scout Hall, 30 Mountain View Avenue in Mill Valley. If you have not signed up yet to bring your work, please let Liz Stone (lizstone942@gmail.com) know of your interest so we can make plans for the event. We would love to see you and your creative work at this celebration, along with friends, family and fellow villagers. More details to follow next month, but for now please put this date on your calendar.

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



Got a knack for knitting or crocheting? The Mill Valley Arts Commission (MVAC) is again launching this public art project on the Mill Valley Downtown Plaza. It will be a temporary “Urban Knitting” project and will involve temporarily, and safely, covering some of the trees in the plaza with knit or crocheted patches of yarn and flowers.

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 (or inside at the front desk), Monday through Friday. 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.

The Marin Villages
“Ultimate Thrift Boutique Pop-up Shop”
RETURNS in October!!!



Last year Marin Villages put on its first “Ultimate Thrift Boutique Pop-up Shop” and it was a tremendous success. It not only allowed many of us to clean out and declutter our own homes but provided a huge selection of well-priced quality items to the community while raising funds to support our village. In excellent news, the fabulous Thrift Boutique Pop-up is happening again this fall, in early October. We will start accepting donations of gently loved items sometime in July, so until then, please put aside any items that are ready for a new home. Items on the list include women’s, men’s and kid’s clothing, shoes, jewelry, artwork, games, sports equipment, kitchenware, home decor, collectibles and more.

Events for June

Here is the summary for June. 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.

Wednesdays, June 1 and 15, 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, June 1, 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).

POSTPONED: Thursday, June 2, California Wildflowers and Climate Change, 1pm

We hope you will stay tuned as we work to reschedule this very special in-person presentation by internationally acclaimed conservation photographers Rob Badger and Nita Winter 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.

Fridays, June 3, 10, 17 and 24, 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, June 6, 13, 20 and 27, "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, June 6, 13, 20 and 27, 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, June 7, 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, June 7, 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, June 7, 14, 21 and 28, 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.

POSTPONED: Wednesday, June 8, "Coffee at the Sweetwater", 10:30am

We hope you will join us at a future coffee, held 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. As in the past, coffee drinks are available to purchase. Hope to see you soon! **Please bring proof of vaccination and booster (if you have not already provided it) and wear your mask.**

Thursday, June 9, Book Club, 3pm

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, June 15, Third Wednesday Walkers, 10am

We hold 2 - 3 mile flat terrain walks and/or excursions in varied places of interest, urban or rural, ocean or mountain, often carpooling to destinations and staying for lunch at local restaurants. We love to "get outta town"...but mostly within 20 to 40 minutes' drive, or ferry or bus or train. Gathering in Mill Valley at 9:30 or 10 am we are usually home by 2. For more information or to get on the list to be sent walk details one week before the walk, contact Karen Robbins (karobbins@comcast.net or 415-519-3420).

Thursday, June 16, 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, June 27, Lunch at Thep Lela, 1pm

This month we **hope** to return to another long-time favorite, **Thep Lela**, in Strawberry Village. They offer delicious Thai specialities on their lunch menu. 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 the signs of the season.
We look forward to seeing you soon.**



From Connie Dubin

Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life...and the world.

Sara Ban Breathnach