



Dear friends and neighbors,

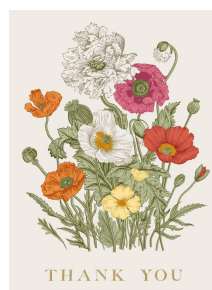
We hope you are enjoying our unique version of summer. This past month we have needed the full range of Mill Valley summer wardrobe essentials, from scarves and sweatshirts to down jackets and gloves. We had to laugh at what our East Coast cohorts would think of our “summer attire”. Our foggy mornings are likely not what they envision as typical “sunny” California. But the fog has surely been a blessing, keeping our temperatures moderate here in Mill Valley and making our parched county feel just a little less vulnerable, if only for a morning or two.



As you are likely aware, the newer more infectious strain of COVID-19 is now dominant in our Marin communities. As the news emerged last month that this strain was gaining ground we postponed two traditionally indoor programs: the monthly “Coffee at the Sweetwater”, and the “Fourth Monday Lunch”. At the time, we still hoped to be able to host two special programs scheduled for August and September: the “Celebration of Creativity” and the “Introduction to Wildcare”. Unfortunately the news has not improved. As a result your Steering Team has decided it is safest for all if we take a pause on hosting indoor programs until we have a better understanding of where this latest surge is going. We will, of course, keep you posted and reconvene these programs when we feel doing so is safer.

If you have not already subscribed to the Marin County COVID-19 Status Updates you may enroll here: <https://coronavirus.marinhhs.org/subscribe>. These updates are very informative and often include video updates from Dr. Willis.

As we keep tabs on these developments please do check out the many activities we continue to offer, either outdoors or online. We look forward to seeing you soon.



The 2022 Audubon Photography Awards Amateur Award Winner: Peter Shen



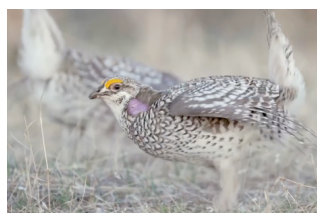
It's that time of year that Audubon judges thousands of photographs and videos to pick the best out of the many submissions. The photo above, which you can see with several others [here](#) at the Audubon website, was taken at the Calero Reservoir in San Jose. The Western Grebe pictured, lucky for us, is common around here and is often seen in Richardson Bay, Tomales Bay and elsewhere in Marin, occasionally with its close relative, the Clark's Grebe. Here is the "Story Behind the Shot" from the photographer:

I was hiking on a narrow, rocky trail when I saw a Western Grebe with two chicks on her back. I unpacked my gear and knelt at the shore's edge. A male arrived with a fish and passed it to the mom, who turned to face me and made eye contact. I quickly laid flat on the gravel, bird droppings all around, but I didn't care. My heart pounded. One chick got hold of the fish, but the second bit onto the other end. They tugged back and forth, until the second chick won. The rivalry brought back happy memories of my siblings, our mom in the middle.

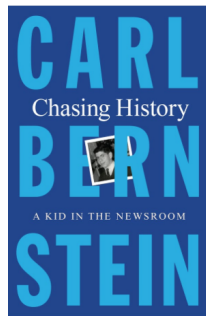
Audubon provided the following "Bird Lore" to round out the entry:

Western Grebes hatch out of eggs in nests that float on the water's surface. Within minutes of emerging the baby grebes scramble onto the back of their attending parent: the adult grebe soon swims away carrying them, becoming in effect a new living, floating nest. For up to four weeks the male and female adults take turns at parental duties, one toting the young while the other hunts for food to bring back.

My next favorite, by Video Award Winner Liron Gertsman, can be found on the website noted above by scrolling down a few entries. The clip is of Sharp-tailed Grouse males doing their courtship dance at a lek before dawn. If you have never seen a prairie chicken or grouse doing its mating dance, or even if you have, prepare to applaud. If you think we did some crazy dances in our long-ago youth, these guys have us all beat.



Chasing History - a Kid in the Newsroom by Carl Bernstein



Both, last month's featured book (Ann Patchett's ***These Precious Days***) and Bernstein's ***Chasing History***, were especially surprising and rewarding as their genre was outside my usual reading habits. This memoir by Bernstein, perhaps because it coincided with my earliest memories of significant world events, was both mesmerizing and satisfying.

As described by Bernstein, in the acknowledgments:

Chasing History is, on the simplest level, the tale of my apprenticeship in the newspaper trade from ages sixteen to twenty-one, between the years 1960 and 1965. Its narrative defines a momentous epoch in American life and culture, as I witnessed and experienced it in those days in the capital of the United States, which happened to be my native city.

Virtually everything of import that occurred afterward in my life as a reporter and as a man - whatever I was able to accomplish, or failed at, or struggled with - had its nascent formation in those years. A remarkable measure of the same can be said of the nation as we know it today.

Those were momentous times. The year the book begins, 1960, John F. Kennedy was elected President. Just six years earlier the Supreme Court had ruled unanimously (*Brown v. Board of Education*) that segregation in public schools was unconstitutional. The failed Bay of Pigs Invasion was launched in April of 1961, and the Cuban Missile Crisis a year later shook the world with the threat of nuclear missiles in Cuba. John F. Kennedy was assassinated in November of 1963, and in the year the book ends President Johnson signed the Voting Rights Act of 1965, "outlawing the discriminatory voting practices adopted by many southern states after the civil war, including literacy tests as a prerequisite to voting." These were all hugely important dates in recent history, but Bernstein leads us through them from his copy boy/reporter perspective as they unfold, not from the historical perspective, but how it felt to be a witness to these events as a "kid in the newsroom".

Here are some excerpts from a review by Larry Matthews:

For me, this book works on three levels: It's first and foremost a compelling story about the transformation of an aimless kid into a prominent journalist. Second, it's a detailed chronicle of the newspaper business in the 1960s and of newspapers' once-prominent role in society. And finally, it's about race.

America was a very different place 60 years ago; Washington was just shaking off its Jim Crow past. There were no Black reporters at the Star when Bernstein was hired, and there was only one when he left several years later. He does an excellent job describing the racial story of the capital in those years.

In another review, Kathy Kiely noted:

Chasing History is a lovingly detailed memoir composed in a humble register. Bernstein was self-conscious about his freckles and trying to hide his status as a high school junior behind a spiffy suit from the same discount haberdasher who outfitted then-Senate Majority Leader Lyndon Johnson. Overcoming the initial skepticism of the Star's editors required a combination of precocious pertinacity...and a lightning-fast typing speed (nearly 90 words per minute). It was an early sign of Bernstein's rebel streak paying off. He decided to become the only boy to study typing, he notes, because "I'd come to hate shop classes by then".

For me, this was a home run. Hope you give it a try.

Knitting Us Together Scheduled to Launch August 27th Materials Due by August 10th!!!



Don't forget, this project is scheduled to launch on August 27th and remain up through October. If you have not yet begun your piece, it's time to start.

Completed pieces are due no later than August 10th!!!

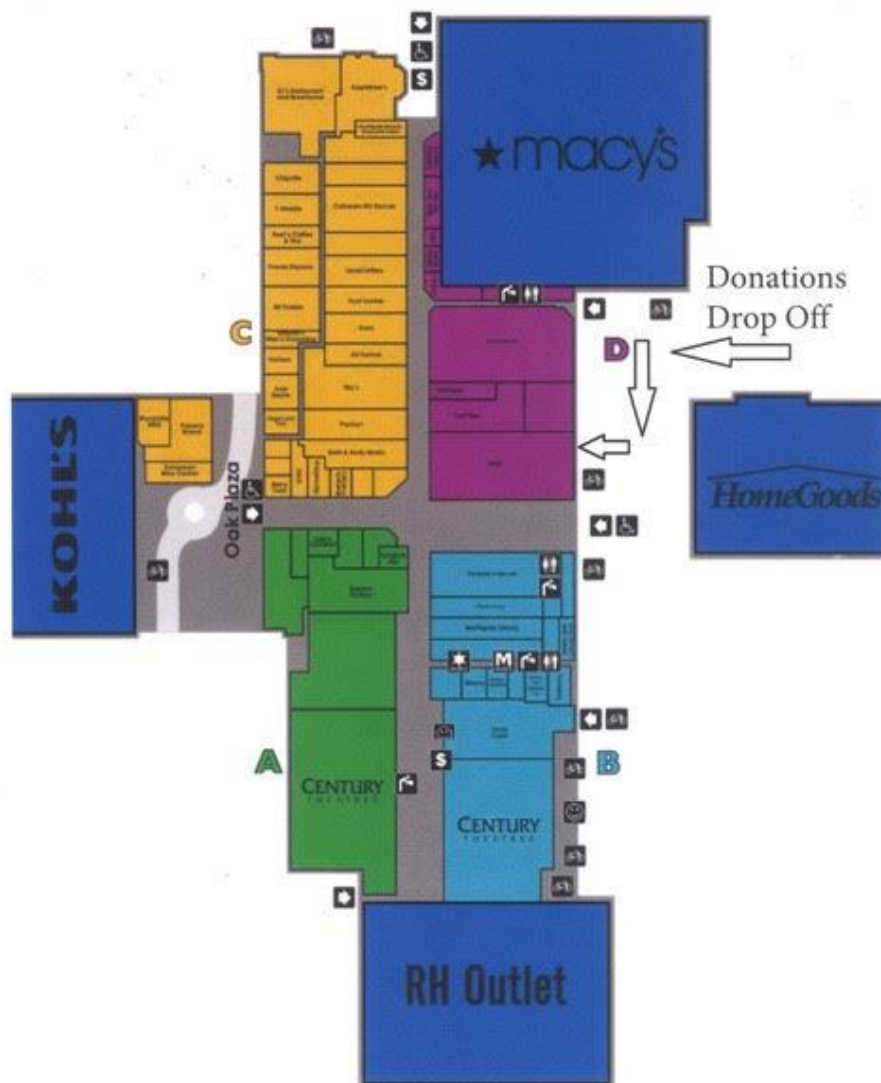
If you are interested in contributing a piece, The Mill Valley Arts Commission (MVAC) asks that you knit or crochet a 12 inch square or rectangle (not to exceed 12 inches in height). The color theme is to be International Orange, Marin Blue and Forest Green. However if you don't have these colors, they 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 drop box inside the lobby between 8:30am and 5:00pm 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 and plan to go see the final result.

The Marin Villages Pop-up Thrift Boutique Is Taking Donations!



The time you've been waiting and holding your treasures for has arrived! Marin Villages is now taking donations for the Pop-up Thrift Boutique at the Northgate Mall. Effective NOW, you can drop off your gently used goods either Wednesdays, noon - 4:00pm, or Saturdays, 10:00am - 4:00pm. The dropoff location is indicated in the image below. It is the back entrance to what used to be H&M, behind Macy's, across the parking lot from Home Goods, and just to the left of Bank of Marin - between the door to Bank of Marin and the entrance to the mall on that side. The door will be open and there will be a sign outside letting you know you're in the right place!



The folks there will gladly take men's, women's and kids clothing & shoes; jewelry; artwork; kitchenware; home decor; linens; and more. Please note they are NOT accepting books, CDs, skis, women's or men's suits, large furniture or computers and monitors.

If you have any questions regarding donations please contact Annemarie Clark (amco0616@gmail.com or 415- 519-8331) or Sue Steele (xerty.10@gmail.com or 415-388-7832).

More information to come as we look forward to having you join us for this enormous and fun sale in early October. **Thank you!**

A Recent Missive From The Cloud Appreciation Society



This is a recent photo of the wonderful Cloud-A-Day offering from the Cloud Appreciation Society. The caption said:

Sandra Freitag (Member 58,999) finally found out what a cloud tastes like when she enjoyed a Cumulus in a cone on the beach of Fischland in northeast Germany.

For more examples and information on the society's mission and offerings, click [here](#).



Events for August

Below is the summary of Mill Valley Village activities for August. 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, August 1, 8, 15, 22 and 29, “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, August 1, 8, 15, 22 and 29, 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, August 2, Recent Articles Group, 10:10am

The fledgling Recent Articles Group went into hibernation with the onset of Covid but is reemerging! 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, August 2, 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, August 2, 9, 16, 23 and 30, 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, August 3 and 17, 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, August 3, 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, August 5, 12, 19 and 26, 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.

Thursday, August 11 , 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, August 17, 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 ride. 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, August 18, 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 well.
We look forward to seeing you soon.**

