

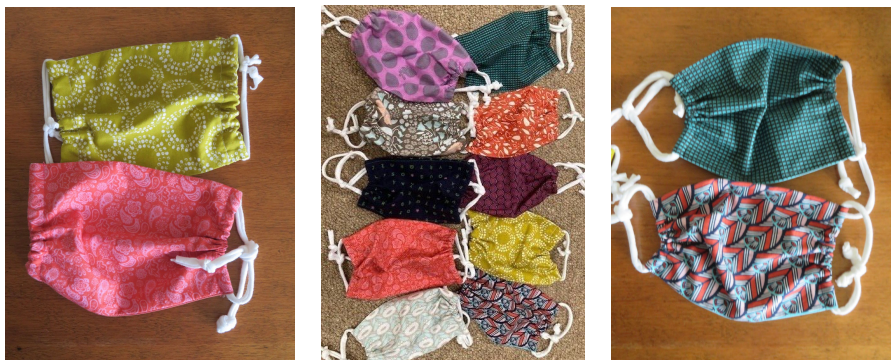
Dear friends and neighbors,

Thank goodness March is here with Spring on the way. One more step towards warmer weather, longer days that call us back to our gardens and increased vaccine availability!



Along with the approach of Spring, good news keeps coming with dropping infection rates and increasing daily vaccination rates. Many of us have seen that progress and been surprised with how joyful we were, and sometimes overwhelmed, as friends and neighbors came home vaccinated, some with their second dose. Hard to believe some truly fine news is here. And it seems to be holding, despite all the caveats and worries remaining. No harm appreciating steps forward, while staying ever cautious and vigilant.

### **The Truly Amazing Mill Valley Masketeers**



As many of you remember from December, Mill Valley Village members received a lovely mask sewn with ♥ and donated by the **Mill Valley Masketeers**. These inspiring local heroes have been at their work for nearly a year. Amazing fortitude. A recent article in Marin Magazine led me to call Lee Budish. She affirmed that while the community has been amazing in its support, and we are clearly seeing progress in our fight against Covid, the need for masks is unrelenting. If you can make a donation of your time, fabric or \$\$\$ to help these wonderful folks keep making masks contact Lee ([budishlee@gmail.com](mailto:budishlee@gmail.com)). She would love to hear from you. Thank you.

## Valentine's Galore What Sweet Kindness



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.



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 school as well as the girl scouts. The project was a collaborative effort between the school PTAs, the Mill Valley Rotary and Mill Valley Village. More than 250 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 the Middle School Community Service Club, and the extraordinary efforts they made during this challenging COVID year.

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 4th year, is one example of an intergenerational collaboration that reaches deeply across our community. Thanks to all.

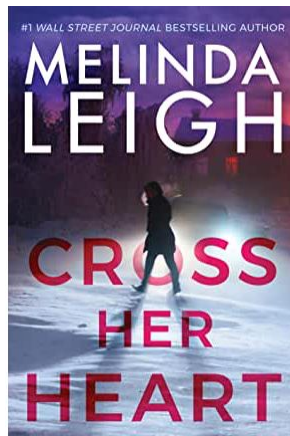


## Bobcat Local Resident



In response to last month's newsletter Ellen Blonder forwarded this shot of a local bobcat. She wrote that she was astonished she saw them after all these years living here. The bobcat was seen between Eldridge and Woodbine. Thank you for sharing this Ellen.

## Recently Read and Recommended “*Cross Her Heart*” By Melinda Leigh

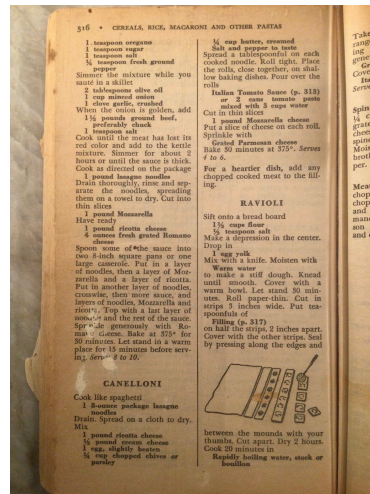
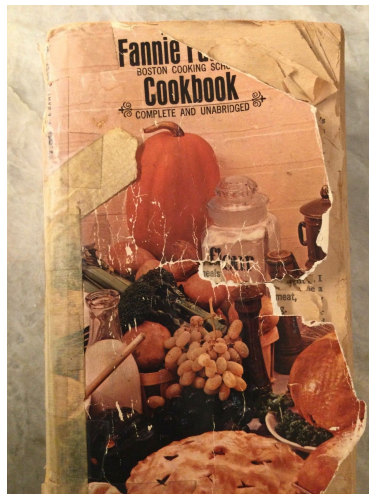


Books are a favorite treat and present to give and get. For my last birthday I was showered with books, each the first of a series and new-to-me authors. This one is in the detective genre and my favorite so far. For me, it ticked all the boxes: intriguing plot, well-developed likeable characters and a focus on friendships and family. Leigh is a prolific author so if this appeals, more await. Both this book and the next in the series appear as of this writing to be available on Amazon for downloading or purchase.

Below is a brief teaser from Kirkus Reviews:

“Leigh, (*Whisper of Bones*, 2019, etc.) has a genuine talent for creating believable, appealing characters and realistic dialogue...With a clear setup for future adventures, this novel promises to become a likable series.” —*Kirkus Reviews*

## Another Old Favorite From Fannie Farmer



Back in 1972, having just graduated from college, we were newly “on our own”. We were living in Provincetown, on Cape Cod. With no more on-campus cafeteria we needed to learn how to cook, fast. So we picked up our first cookbook, a paperback Fannie Farmer which we perused hopefully. That book (above) is now sort of like the children’s story of the Velveteen Rabbit. It has been well loved and shows it. Fannie Farmer guided us to and through, **Canelloni** (a rare spelling). Unfortunately, Fanny Farmer appears to no longer be enamored, as the recipe has disappeared from subsequent editions. But below, is the resurrected original. It remains in high demand from family and friends who put it on their “please cook list” when planning a visit. Thus, a big calorie splurge once or twice a year.

### CANELLONI

Cook like spaghetti

**1 8-ounce package lasagne noodles**

Drain, spread on a dry cloth to dry.

Mix **1 pound ricotta cheese**

**½ pound cream cheese**

**1 egg, slightly beaten**

**¼ cup chopped chives**

**¼ cup butter creamed**

**Salt and pepper to taste**

Spread a tablespoon on each cooked noodle. Roll tight.

Place the rolls close together in a shallow baking dish.

Pour over the rolls

**2 cans tomato paste mixed with 3 cups water**

Cut in thin slices

**1 pound Mozzarella cheese**

Put a slice of cheese on each roll.

Sprinkle with

**Grated Parmesan cheese**

Bake 30 minutes at 375°. Serves 4 to 6.

The house chef nowadays divides the filling into 6 portions, filling the noodles chock full to bursting and placing two each in 4.5 x 8.5” pyrex baking dishes leaving room for plenty of sauce. If not consumed immediately they freeze well. Yummmmm!

## Events for March

Below is the run down of our March programs. You can also find these events on our website at [www.mvvillage.org](http://www.mvvillage.org) under either the **Events** or **Calendar** tab. The **Events** tab will give you a list in date order. The **Calendar** tab shows you the same events in a traditional calendar format. With better weather on the way we are looking for more options for outdoor activities and ways to get together over the upcoming months. Keep in touch and we hope you can join us for either a “virtual” or in-person program soon.

### **Mondays? More?, “Back Before Lunch Hikes”**

These hikes, aimed at those looking for a shorter hiking option than our Friday hikes, have typically been 3 to 4 miles long, with an elevation gain of 500-800 feet and lasting about 2 hours. The group used to meet early Monday mornings and be “back before lunch”. The hike was very popular, not only for the wonderful hiking venues but for the connections forged on the trail. While the once-a-week large group format is no longer feasible, to encourage you to keep on hiking, Sara Byruck, long-time group coordinator and hike leader, has offered to help you keep in touch with each other and out on the trail. And if you need a hiking companion she will put you in touch with others in the group who are also looking for someone to hike with. For more information or to get on Sara’s email list contact her at [sbyruck@gmail.com](mailto:sbyruck@gmail.com).

### **Tuesday, March 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 in 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](mailto:sbyruck@gmail.com) or 617-599-8116) for more information and directions. **For now the group is meeting via Zoom at the same time.** 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 for you. Give her a call.

### **Tuesdays, March 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. **For now we are meeting via Zoom.** 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](mailto:sbyruck@gmail.com) or 617-599-8116) for more information.

### **Wednesdays, March 3 and 17, Men’s Group, 11am**

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. **While this group has historically met at the Sweetwater, we are now meeting online via Zoom.** To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman ([irvgubman@gmail.com](mailto:irvgubman@gmail.com) or 415-250-6155). The group meets the first and third Wednesdays at 11am.

**Wednesday, March 3, NEW Movie Group, 2pm**

Inspired by the popularity of similar programs in other local villages, we have launched a Mill Valley Village Movie Group. The idea is to get together via Zoom to meet, greet, enjoy each other's company and talk about that month's selected movie. In advance, we will each watch the selected 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](mailto:seelalewis@gmail.com)). While the group is currently full, Seela will be happy to put you on the list to be contacted as places open up in the future.

**Fridays, March 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](mailto:jjb94941@gmail.com) or 415-845-8392) for more information.

**Thursday, March 11, Book Club, 3pm**

The group, led by Trish Hibben ([t.hibben@me.com](mailto:t.hibben@me.com) or 415-215-8394), meets monthly. **Until further notice the group is meeting online via Zoom.** 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 17, 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 in small groups with local walks on wide open paths, keeping our distance and wearing masks. 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](mailto:karobbins@comcast.net) or 415-519-3420).

**Until next month...stay safe, stay well  
and keep on the lookout for what you can do  
to contribute to a better way forward**

