

Mill Valley Village  
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VILLAGES



Our Paths - Our Choices

Dear friends and neighbors,

What a difference a month makes. Heading into June it is hard to believe how much has changed so fast. We are so grateful, and lucky. Lucky to live where we do with dedicated, experienced leadership and outstanding access to information, health care, vaccines, community support and more. Don't we wish the same could be true everywhere. Until that wish is realized we continue to appreciate our luck and cherish the progress so far.

Please make sure to scan further down this newsletter for an important second article from your **Heads-Up! Mill Valley Village team** about preparing for Public Safety Power Shutoffs (PSPS). Given it is highly likely we will experience one or more of these this season, being prepared will make coping easier and safer for all. Thank you for reading.

### A Rare and Beautiful Phenomenon



Earlier this month Sue Steele forwarded an [article](#) from the Washington Post with a link to an amazing video. Sue's son had passed it on to her and now you can do the same. The subject is a cloud formation known as undulatus asperatus or "asperitas" clouds. Apparently it was only formally recognized in 2017. Wikipedia notes that this formation "was first popularized and proposed as a type of cloud in 2009, by Gavin Pretor-Pinney of the Cloud Appreciation Society. Added to the International Cloud Atlas as a supplementary feature in March of 2017, it is the first cloud formation added since cirrus intortus in 1951." To read how that came about [click here](#). The video, from 2017, was referred to as "the best video of roiling, turbulent asperitas clouds we've seen so far". To watch [click here](#), sit back and enjoy the show. And then pass it along for others to enjoy. Thank you Sue.

## Festive and Easy Carnival Delight



This is an old favorite from my mom's recipe card file. It is great for a small gathering of friends, like the kind some of us are contemplating and hoping to once again host this summer! Pictured above is my stab at this for a summer party a couple of years ago, before adding the tortilla chips around it for serving up. Luckily it is quite simple to assemble from purchased ingredients, and any chopping can be done ahead, making it fast to put out on the table. The only plan-ahead bit is shopping and buying avocados in time to have them fairly ripe that day:

- 10 ½ oz can of bean dip (with jalapeno if you choose)
- 3 avocados peeled and mashed with 3 T lemon juice and 1 T mayonnaise
- 2 T dry taco mix mixed with 4 T mayonnaise and 3T sour cream
- 4 oz. Monterey Jack + 4 oz. Cheddar shredded together
- 3 peeled, seeded, chopped tomatoes (or a can of well-drained, chopped tomatoes)
- 3 finely chopped scallions mixed with a 6 oz. can of chopped, pitted black olives

Place the ingredients layer by layer on a large platter.

- 1st layer - bean dip
- 2nd layer - avocado mix
- 3rd layer - dry taco mix
- 4th layer - mixed cheeses
- 5th layer - scallions and black olives
- 6th layer - chopped tomatoes (keep dry) to look like confetti over the top

Serve surrounded by your favorite tortilla chips and perhaps a pitcher of Sangria. If you need a good Sangria recipe [click here](#) for a repeat of our favorite summer libation.



*Sangria*

## Recently Read and Recommended Maisie Dobbs Books by Jacqueline Winspear



Jacqueline Winspear’s deservedly popular series follows the life of her fascinating character, Maisie Dobbs. The first book, *Maisie Dobbs*, introduces us to a rich cast of characters. We learn that Maisie, at 13, went into service in the home of Lady Rowan Compton and her family. Maisie’s beloved mother had died and her father, Frankie Dobbs, was struggling to provide for Maisie. It soon becomes apparent to Lady Compton that Maisie has both the interest and intellect to expand her horizons beyond domestic service and she arranges for Maisie to be mentored by family friend and private investigator, Maurice Blanche. And thus begin two of Maisie’s most formative relationships. She later attends Cambridge, until “The Great War” intervenes, changing life for so many forever. And those are just some of the beginnings of what becomes a most intriguing cast of characters, many of whom are with us throughout the series. If you have not already been introduced to these books, now is a good time to dive in. While the sixteenth book in the series just came out earlier this year, the series is richer if started at the beginning. Here is some of what awaits you.

The Maisie Dobbs Series



The Maisie Dobbs Series



The Maisie Dobbs Series

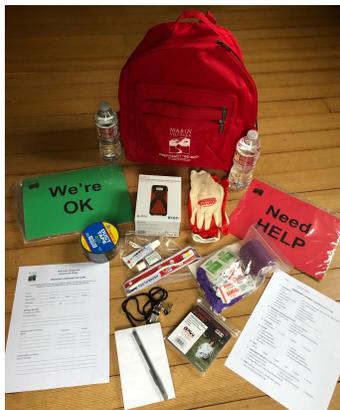


**Village Movie Group - Come Join Us!**  
**First Wednesdays at 2:00 - June 2nd**



We participants give two thumbs up to our virtual group, meeting via Zoom to discuss a movie we have all watched during the preceding month. It's convenient and we get a chance to get to know, or know better, some villagers we might not have met before, as well as being introduced to some good movie recommendations. Most movies are available either on Netflix or Amazon. Some movies are also available to order and pick up through the library, if you still have a DVD player around. We have room for and would love to welcome a few new members if this type of discussion group might appeal. Check in with Seela Lewis ([seelalewis@gmail.com](mailto:seelalewis@gmail.com)) for more information or to get on her email list. The movie for next month is **After the Wedding**. Hope you will consider joining us.

**Public Safety Power Shutoffs (PSPS)**



The drought and hot weather have brought fire season to us ahead of time. Because of lessons learned in the recent Sonoma and Butte counties fires, PG&E has instituted Public Safety Power Shutoffs when they determine that weather conditions could trigger fires along their power lines.

It is highly likely that we will experience one or more of these shutoffs this season. 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](http://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](http://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](http://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 the office (415-457-4633) and request to be contacted by a [Heads-up! Mill Valley Village Team](#) volunteer.

## Marin Villages Fall Rummage Sale Planning



Marin Villages is planning a Fall Rummage Sale as a fundraiser! It will be held over a weekend, most likely in late September. We will be looking for donations from our members and volunteers and will offer a tax deductible receipt for your goods. We will accept clothing, shoes, jewelry, housewares, children's toys, tools, electronics, books, CDs and DVDs, linens, artwork, easily portable furniture and sports memorabilia. Please save your items for us!

We are also looking for a storage space and a location. Please email Sparkie Spaeth ([oksparkie@aol.com](mailto:oksparkie@aol.com)) if you would like to join the planning committee or if you have a lead on storage space or a suitable venue. Thank you and stay tuned.

## Events for June

Here is the rundown for June. You can also find these events on our website at [www.mvillage.org](http://www.mvillage.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.

### **Tuesday, June 1, 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 ([sybruck@gmail.com](mailto:sybruck@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. Give her a call.

### **Tuesdays, June 1, 8, 15, 22 and 29, 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, June 2 and 16, 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, June 2, Movie Group, 2pm**

Inspired by the popularity of similar programs in other local villages, we have launched a Mill Valley Village Movie Group. 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](mailto:seelalewis@gmail.com)).

### **Fridays, June 4, 11, 18 and 25, 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.

### **Mondays, June 7, 14, 21 and 28, "Back Before Lunch Hikes", 9am**

In very good news we have resumed these popular hikes, relying on our good judgment, vaccinations and the wide open outdoors. We encourage everyone (unless medical reasons prohibit) to get vaccinated for your own and everyone else's health, and

remember to bring your mask, water and sturdy walking shoes. 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 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](mailto:sbyruck@gmail.com).

#### **Thursday, June 10, 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, June 16, 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 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](mailto:karobbins@comcast.net) or 415-519-3420).

**We look forward to seeing you soon.**

And in the meantime...

You can watch a live close-up view of an active Osprey nest in Richmond via this [webcam](#) sponsored by Golden Gate Audubon. The adults, Rosie and Richmond, had been sitting on the nest since March 24th when the first egg was laid. GGA announced the first chick had hatched on May 2nd. A close-up video of that hatching can be watched [here](#). The second and third hatched soon after. Osprey are great fun to watch. Adults have up to a 6 foot wingspan. Chicks can remain in the nest up to two months, so there will be lots of watching opportunities this month before they begin to test their wings and fledge from their crane-top roost.

If you received this newsletter in hardcopy format, you can ask a friend with a computer, tablet or smartphone to go to [www.sfbayospreys.org](http://www.sfbayospreys.org) to pull this up and show you a glimpse. It is worth the effort.

