

Mill Valley Village
a branch of

MARIN
VILLAGES



Our Paths - Our Choices

Dear friends and neighbors,

It's happening isn't it. We are slowly taking steps towards a return to "normalcy", enjoying some of the things we sorely missed over the last many months. Along with that progress we seem to be getting good information for planning just how to enjoy this new freedom. What a relief. In that vein, we are receiving some important reminders. A recent Marin County Covid-19 Status Update that many of you probably saw had this as its lead article:

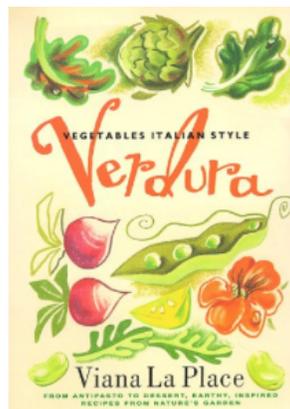
As Normalcy Returns, So Should Health Routines

As Marin readjusts with the rest of California, local health care providers are encouraging residents to catch up on any health care that had been deferred over the past year due to the pandemic.

While sheltering in place was necessary for much of 2020 to curb the virus' spread, 41% of nationwide respondents chose to forgo medical care during the pandemic, according to the Johns Hopkins COVID-19 Civic Life and Public Health Survey. Americans skipped mammograms, colonoscopies, blood pressure checks, cholesterol checks, dental work, prescription medication refills, and other routine health care. In addition, respondents put off mental health care, elective surgeries, and attention to new severe health issues.

This is a valuable reminder that if you too are behind on health matters it is time to remedy that. The village is here to help. We are indeed seeing an uptick in requests for rides to medical appointments so we are glad to see so many heeding this advice. We are also seeing an uptick in the number of volunteers venturing out to help their neighbors as well as the very impressive number of requests being picked up. Every volunteer service is hugely appreciated as the volume of requests for these services continues to rebound.

A Summer Recipe and Book Review



With summer here and fresh produce readily available it is time to dust off some seasonal recipes. **Lemony Grilled Eggplant** is one of my favorites, and comes from an equally favorite book, **Verdura** by Viana La Place. This book is focused on vegetables Italian style

and has been a go-to for years. In a recent search for a copy as a house gift I was disappointed to find it is out of print. But equally relieved to find it available, in good condition, on my favorite used book site: www.abebooks.com. In case you want to try this recipe, it is attached below. Japanese eggplant have been successful in years past and when cooking for a crowd after the Dipsea Race it not only scaled up well, but was easy to prepare ahead and kept well after. Hope you have occasion to try it.

Lemony Grilled Eggplant *Melanzane alla Griglia con Limone*



The recipe says the amount below serves 6 as a side dish or as part of an antipasto. For a crowd, 5 - 6 times the recipe still worked, just more chopping and grilling.

- 1 firm medium eggplant, sliced horizontally ¼" thick
- ¼ c. extra virgin olive oil, plus extra for brushing on the eggplant
- Juice of 1 lemon
- 2 - 3 garlic cloves, peeled and finely chopped (or use garlic press)
- 2 T. chopped Italian parsley leaves
- 2 T. chopped basil leaves
- Salt and freshly ground pepper to taste

Lightly salt the eggplant slices, drain for 30 minutes and wipe dry.
Combine olive oil, lemon juice, garlic, parsley and basil.
Season to taste with salt and pepper, beat lightly with fork and set aside.
Heat up grill and lightly oil with clean old dishcloth moistened in oil (or spray)
Brush some eggplant slices with olive oil and grill on both sides.
As eggplant is done, arrange on a platter and season with salt and pepper.
Beat the olive oil mixture until slightly creamy and spoon a little bit over each slice.
Continue grilling, layering slices and spooning the mixture over each slice.
Let the eggplant marinate overnight, refrigerated.
Bring to room temperature before serving, Enjoy!



An Invitation from Ashby Village: “Nuclear Threat or Nuclear Opportunity”

A Talk by Martin Hellman

Wednesday, July 14th, 3:00 - 4:30, via Zoom

Ashby Village Arts & Culture Series is hosting Martin Hellman, an award-winning computer scientist and well-known thinker about national security issues in a world of nuclear weapons. He will be speaking via Zoom. Ashby Village has kindly extended an invitation to all to this talk, as they can host up to 500 Zoomers. **Please register if you plan to attend, either by calling 510-204-9200 or by email to info@ashbyvillage.org.**



Aging Better. Together.

- Arts & Culture Series -

Presented by the Science and Ideas Group of Ashby Village

Nuclear Threat or Nuclear Opportunity?

When: Wednesday, July 14th, 3:00-4:30pm

Where: via Zoom Webinar

<https://us02web.zoom.us/j/89901169075>

Or By Telephone: 1 669 900 9128

Webinar ID: 899 0116 9075



The Manhattan Project transformed ethical decision making from a moral concern into one that is essential for the survival of civilization. Yet society's thinking is mired in pre-nuclear models of national security. This talk addresses how to correct that imbalance and the role that you as an individual can play in transforming existential threats into unprecedented opportunities.

Martin Hellman is best known for his invention (joint with Diffie and Merkle) of public key cryptography, the technology that protects trillions of dollars every day. This work won him the ACM Turing Award, sometimes thought of as “the Nobel Prize in Computer Science.” Over the last forty years, Hellman’s research has focused on the ethics of technological development

Automated/AI captioning will be provided at this event.

[RSVP Here](#)

*Although this event is FREE for all to attend, Ashby Village relies on donations in order to bring programs such as this to our members and friends. **We thank you for any tax-deductible contribution.***

Actions to take on RED FLAG days:

- Check your Go-Bag and make sure it is up-to-date and accessible
- Gather important documents and belongings to be ready to take
- Remain alert to conditions outside and near by
- Be alert to messages on your landline, cell phone and local radio stations
- Make sure your car has a full tank of gas
- Prepare clothing you would wear for evacuation such as long pants, long sleeve shirt, sturdy shoes, mask and bandana
- Make sure cell phones and other electronic devices are fully charged
- Place pet carrier near front door with food and water

4. How to Respond To An Evacuation Warning

If you have a safe place to stay for a few days out of the immediate area, you might consider leaving when there is a **warning** rather than waiting for an **order**. There will be less traffic and confusion. Follow the same instructions as below (under “What To Do If Ordered To Evacuate”).

5. What To Do If Ordered To Evacuate

- Add last minute items to Go-Bag
- Dress in prepared clothing and wear mask covered by bandana
- Turn off your heating and air conditioning as well as ceiling and other fans
- Check that stove and oven are off
- Leave indoor and outdoor lights on
- Shut off gas at the meter or propane tank
- In your car turn on headlights, close windows, turn on inside air and AC, tune to local radio station
- Stay on paved roads as they are the fastest route to open areas
- If roads are impassable take shelter in a building, car or open area. Evacuate on foot only as a last resort, keeping in mind your Community Refuge Area

If seeking information about possible fires or evacuations, DO NOT CALL 911 or your local fire department. Only call 911 if you need to evacuate and you have no means of transportation.

The above information is a broad outline of steps to take to keep you and your family safe. For more information on Red Flag Preparations and what to do when ordered to evacuate visit [FireSafeMarin.org](https://www.fire-safemarin.org), [ReadyMarin.org](https://www.readymarin.org), and [Southernmarinfire.org](https://www.southernmarinfire.org).

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.



More Neighbors to Celebrate Baby Robins Have Hatched



After watching the adults nest building this last month our hopes were high. The resulting nest is well hidden high in a tangle of bougainvillea vines. One day we thought we heard a few cheeps. Later, after watching and listening, we were rewarded with the sound of truly wild chirping. Mom was arriving back at the nest with sustenance. Check out a short video of her feeding the three chicks by clicking [here](#) or go to YouTube and search for “Robins in Mill Valley” and you should land on it. Hard not to smile while watching.

Marin Villages Fall Rummage Sale Planning Save Your Items!



As we noted last month, Marin Villages is planning a Fall Rummage Sale as a fundraiser. It will be held over a weekend, most likely in late September. The team will be looking for donations from our members and volunteers and will offer a tax deductible receipt for your goods. They 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!

They are also looking for a storage space and a location. Please email Sparkie Spaeth (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 July

Here is the rundown for July. You can also find these events on our website at www.mvillage.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.

Fridays, July 2, 9, 16, 23 and 30, 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, July 5, 12, 19 and 26, “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 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.

Tuesdays, July 6, 13, 20 and 27, 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, July 7 and 21, 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, during its closure they are meeting at other local venues. 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 11am.

Wednesday, July 7, 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).

Wednesday, July 21 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. 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).

The Book Club is on holiday this month but returns in August:

Thursday August 12, Book Club, 3pm - On Holiday in JULY

The group, led by Trish Hibben (t.hibben@me.com or 415-215-8394), meets monthly, but is taking a summer holiday until August 12th. 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.

We hope you enjoy your summer and look forward to seeing you soon.

