



Dear friends and neighbors,

It's almost **August** and many of us have been appreciating the unique joys of summer as well as seeing friends and family again. Yet as we enjoy this season, significant challenges remain, especially for those who are not yet vaccinated. We hope many of you signed up for Dr. Matt Willis' presentation "Where Are We Now in the Pandemic" this Monday, July 26th at 1pm. If not, you may sign up [using this link](#). If you are unable to participate, Dr. Willis gave an update on the same topic to the Marin Board of Supervisors on July 20th, which is available [here](#). Given the speed at which all things Covid are changing it is as important as ever to stay informed and support those who still need to be vaccinated. We remain so very lucky and grateful to live where we do. Our most sincere wish being that our neighbors everywhere can share in the same access to vaccines and increased vaccination rates that will allow us all to move about again with confidence and safety.

As we cautiously move forward, a milestone for your Steering Team was once again meeting in person. It was the first time in many months. What a pleasure to see each other again and start planning new programs and services for you, including the following:

Good News!
Mill Valley Village Memoir Writing Group
Third Thursdays at 3pm, Starting September 16th



Everybody has stories to tell, from almost as early in life as we can remember. And it can feel affirming to tell them, for our own sake and to share with family members eager to know more about shared roots. So Gloria Sparrow and writer Suzanne Grenager are teaming up to reconvene the Mill Valley Village Memoir Writing Group.

Meeting on the third Thursday of the month in a relaxed atmosphere, we will read our writing out loud and honor each other's need to be heard and appreciated. (Critiques will be given only if asked for and, no, you do not have to write an entire memoir!)

Villagers, please contact Gloria Sparrow (gloriasparrow@comcast.net or 415-377-2037) to ask questions and express interest. The first meeting will be September 16 from 3 - 4:30. Details next month and our facilitators can't wait to welcome you!

“Pirate Radio” A BIG Fun Movie



This was the movie recommended for the Mill Valley Movie Group last month and it was a hoot! Inspired by a true story, one reviewer called it “funny as blazes, and moving”. Another says “A great cast, an even better beat”. Here is an introduction:

‘It was loud, it was rebellious, and in 1966, the British Government banned rock and roll on the radio. Until an American DJ and a band of renegades launched a radio station on the high seas and raided the airways. They had millions of fans and the full attention of the authorities.’



The outrageous cast includes too many to name, but is led by Phillip Seymour Hoffman, a truly dapper Bill Nighy, Kenneth Branagh as an over-the-top officious government minister, wonderful Katherine Parkinson, Tom Sturridge, Chris O’Dowd, Rhys Ifans, Nick Frost, Rhys Darby and many more. There are also notable cameos by January Jones (*Mad Men*) and Emma Thompson. And the beat goes on. The music is absolutely transporting as we watch and listen to the renegade DJs spin their music and revisit some of the iconic tunes of that period.

If you haven’t already watched it, put it on your list. We are ready to watch, and listen, again. Available to rent or buy on Amazon Prime.

Another Summer Recipe from Verdura



We are hurtling toward tomato season and this summer tart makes a great light meal with a salad and is festive when family or guests share a meal. We use the Dufour frozen Puff Pastry sheets found at both Mill Valley Market and Whole Foods, and probably elsewhere. The tart is fairly simple to prepare but worth starting ahead a bit and having some room in the fridge to put the pastry on a cooking sheet for an hour. Here is the recipe:

Tomato Tart *Crostata di Pomodoro*



Ingredients:

- 4 T. extra-virgin olive oil
- 1 garlic clove peeled and crushed to a paste (or through a press)
- 7 Roma tomatoes
- 1 sheet puff pastry dough, 12 x 12 inches (or adjust recipe for longer as above)
- 1 egg yolk, beaten
- 14 basil leaves, julienned
- Salt and freshly ground pepper
- ¼ cup toasted pine nuts

Combine the olive oil and garlic in a small bowl and set aside until needed. Core, slice and seed the tomatoes and drain on paper towels. Arrange the puff pastry on a baking sheet and cut ½-inch strips from all 4 sides. Brush egg yolk on edges of the pastry and arrange the strips on top of edges. Prick the bottom of the dough all over with a fork. Refrigerate for 1 hour.

Bake dough in a preheated 400° oven for 10 minutes or until it rises and turns slightly golden. Then brush with 2 T. of the olive oil and garlic mixture and sprinkle with half the basil. Season with salt and pepper to taste.

Arrange the tomato slices in a slightly overlapping pattern and top with the remaining olive oil and garlic mixture.

Bake for 10 minutes or until the pastry is golden and the tomatoes have softened but are still intact.

Let cool slightly. Sprinkle with pine nuts and remaining basil.

Serve warm or at room temperature.



**Come One - Come All - Bring Friends
Marin Villages' Quality Rummage Sale and Fundraiser
September 24th and 25th**



Marin Villages is planning its first ever Rummage Sale. Come and join the fun! Bring friends and spread the word.

The sale will be held on Friday and Saturday, September 24th and 25th at the former Max's Restaurant adjacent to the Corte Madera Best Western. The team has been collecting quality donated items from our members, volunteers and friends, sorting and pricing them and is looking forward to having you join them there that weekend.

We hope you will not only keep on making donations (email or call Sue Steele at xerty.10@gmail.com or 415-388-7832) but put this event on your calendar, spread the word and stand by for more details. It should be great fun for a good cause.

And if you can help with setting up, selling or cleaning up, Sue would love to hear from you as well. Thank you for your generosity.

A red backpack with the text "MARTIN LUTHER KING JR. CENTER FOR NON-VIOLENCE" and a logo is the central focus. It sits on a wooden floor. To its left is a green sign that says "We're OK" and a yellow sign that says "Need HELP". A clear plastic water bottle is to the right of the backpack. In front of the backpack are various items: a first aid kit, a flashlight, a pen, a checklist, and a small bag of supplies. The items are arranged in a way that suggests they are part of a preparedness kit for a specific purpose.

Every member of Mill Valley Village should have received, when they were first welcomed to the Village, a red backpack containing many emergency supplies and a list of suggested additions. This is what we're calling a "Go-Bag" to take with you in case you have to evacuate in a fire, earthquake or other emergency.

Many things in the bag may need updating over time, like medications, your list of emergency contacts, batteries, etc. Also, this spring we added a few items to the list:

- I have just gone through this process myself. It took much less time than I expected and it does give me some peace of mind. I hope you'll join me.

Events for August

Here is the rundown 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 2, 9, 16, 23 and 30, “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.

Tuesdays, August 3, 10, 17, 24 and 31, 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 4 and 18, Men's Coffee 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, August 4, 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).

Fridays, August 6, 13, 20 and 27, 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 12, Book Club, 3pm

The group, led by Trish Hibben (t.hibben@me.com or 415-215-8394), meets monthly. 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, August 18, 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).

Looking forward to seeing you soon.

