

Mill Valley Village
a branch of

MARIN
VILLAGES



Our Paths - Our Choices

Dear friends and neighbors,

Watch out, and don't get "fooled" on April 1st. Besides, it is way more fun to plan to be the "fooler" than the "fooled". A little silliness offered in the spirit of fun can provide a good laugh all around. So get prepared to greet friends and family with even just a tiny joke to mark the day. Laughter is good for the spirit.

This past month of crazy weather sure kept us on our toes wondering what would come next. After torrential rains, howling winds, record cold and brief bits of sun with a few rainbows, who knows what April has in store. But here's hoping we can at least retire the cold weather gear we dug out of the back of drawers and closets.

With high hopes that April offers us some "weather joy" we are planning to host another third Thursday "gathering on the plaza". We look forward to having you join us there.

Paola Gianturco
COOL: Women Leaders Reversing Global Warming
Thursday, April 6 at Sweetwater Music Hall
Doors Open at 1:30, Presentation at 2:00



We're looking forward to seeing you on April 6th as local author and photographer Paola Gianturco addresses what the UN calls the defining issue of our time: Climate Change. Paola will bring us images and inspiring stories from her most recent book: ***COOL: Women Leaders Reversing Global Warming***. Paola has documented women's issues in more than 60 countries in her six previous award-winning books. In this one she highlights a fascinating array of leaders, from the 15,000 Sri Lankan women who raise and plant "miracle trees" to the woman Mayor who has led Sydney to become Australia's first carbon neutral city. Co-written with her 12-year old granddaughter Avery Sangster, the book features women leaders around the world who are taking action to reverse global warming. The book not only tells their important stories in their own words, but suggests action steps so we can join them on the journey. We hope you will join us at the Sweetwater Music Hall. Doors open at 1:30 with the presentation starting at 2:00.

THE PLAZA GATHERING

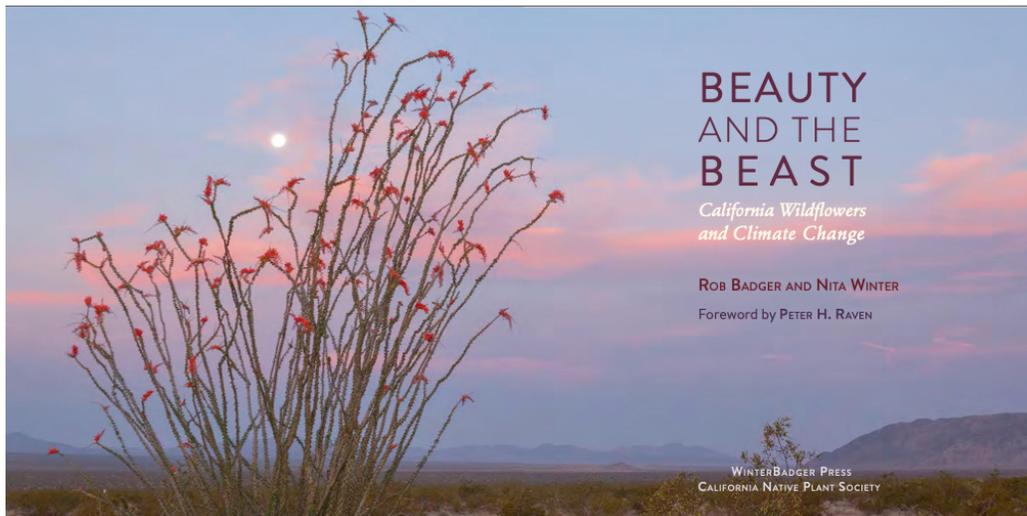
Yes...we are doing it again

MEMBERS, VOLUNTEERS, FRIENDS,
FRIENDS OF FRIENDS

At the Depot Plaza
4pm on Thursday, April 20th

Members, volunteers, friends, friends of friends and curious passers-by are invited to join us again this month on the Third Thursday. We meet at the picnic tables on the plaza to hang out, have a little snack, chat, greet new people and see village friends. Please BYOB (Bring Your Own Beverage) and join us on the plaza Thursday, April 20th at 4pm. You are welcome to bring friends who might like to know more about our village.

Beauty and The Beast:
California Wildflowers and Climate Change
Rob Badger and Nita Winter



Last month we were treated to a fascinating and beautiful presentation as Rob and Nita shared their history as wildflower photographers with stories and images from their more than three decades on this journey. If you missed their presentation but have heard from others about the beautiful images Rob and Nita shared and want to purchase a copy of their gorgeous coffee table book "[Beauty and the Beast: California Wildflowers and Climate Change](#)", you can do so by going to <https://wildflowerbooks.com>.



S A V E T H E D A T E
Mill Valley Village “Spring Has Sprung” Open House
Sunday, May 21st, 2:00 - 4:00pm

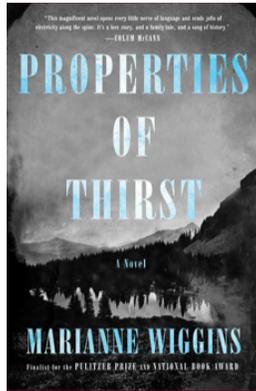


Spring has sprung and it is time for our village to **celebrate** together once again. We can't wait to welcome you to another get-together at the **Golf Course Clubhouse**. It will be Open House style from 2:00 - 4:00 so you can stop by for a few minutes or make an afternoon of it. It should be a lovely venue for the season, as we throw open the many windows and doors to let in the Spring weather. We will enjoy light snacks, libations, and sweet treats as we catch up with village friends.



So please plan to come join us between 2:00 and 4:00, Sunday, May 21 at the Mill Valley Golf Course Clubhouse at 267 Buena Vista Drive, a 3-minute drive from the corner of East Blithedale and Carmelita Avenue. At the end of Carmelita turn right onto Buena Vista Avenue. Continue past the Tennis Club until you see the Golf Course on your right. The Clubhouse is up the hill on your left with plenty of parking. Villagers will be waiting to greet you. No RSVP needed, just come by. And if you can, please offer rides to those you know could use a lift, as many who would normally offer to drive will be busy setting up awaiting your arrival. Village members may call the office (415-457-4633) to request a ride from a volunteer. Calling early is always a good idea. We look forward to seeing you there.

Recently Read and Recommended: *Properties of Thirst* by Marianne Wiggins



A New Yorker article launched me into one of the most immersive reading experiences of the last year or more with ***Properties of Thirst*** by Marianne Wiggins. Wiggins, a Pulitzer Prize and National Book Award finalist, was a new-to-me author, but her earlier books are now on my hold list at the library. Set in one of the first areas we were encouraged to explore after we moved here 30+ years ago, the eastern slope of the Sierras, the book follows some of the most heart-wrenching developments in the history of the Owens Valley, and our country.

Here are a few excerpts from a review at www.kirkusreviews.com:

“You can’t save what you don’t love.” That’s the first sentence of Wiggins’ new novel and a leitmotif throughout the book – a love story, in the classic sense, as well as a love letter to an American West celebrated by Hollywood even as it was sucked dry by the city of Los Angeles...set in the aftermath of Pearl Harbor.”

“The book follows the experiences of several memorable characters, including Rockwell “Rocky” Rhodes, the scion of a wealthy East Coast railroad magnate who has reinvented himself as a hardworking ranch man and impassioned preservationist; a Chicago-raised Jewish attorney named Schiff, who has been sent by the Department of the Interior to set up an internment camp for Japanese Americans in a desiccated former apple orchard adjacent to Rocky’s turf in Lone Pine, California; and Rocky’s spirited daughter, a fiercely talented, mostly self-taught chef. Wiggins’ interwoven plotlines – propelled here by romantic and there by familial love – and colorful characters, are entrancing and cinematic as the real-life Westerns that were filmed in the valley in which the book is primarily set. But what makes the novel soar is the way Wiggins can evoke landscapes both interior and exterior, especially the expansive valley that has come to exemplify America’s best qualities – and its worst.”

“This majestic novel will satisfy those thirsting for an epic saga of love, family and the complexities of the American say.”

Hope you get a chance to check it out. The library has lots of copies of the book as well as several copies of both the ebook and audio versions.

Heads Up Mill Valley! Spring Has Sprung – Are You READY?



Having just “sprung” our clocks ahead to welcome Daylight Savings Time we were reminded that it is time to do our semi-annual review of our readiness for those events we hope will never happen – earthquake, fire, flood. The objective is to be up to date on our readiness so we don’t need to fret and can instead focus on enjoying the longer hours of daylight and the milder spring weather. Here are a couple of questions to get you started:

Have you pulled your Go Bag out of the closet lately and updated medicines and water? Have you refreshed your store of canned foods in case you are stuck at home with no power? Have you checked on flashlight, lantern and radio batteries? Are you signed up for alerts? Have your emergency contacts changed?

Perhaps the most important preparation for an emergency of any kind is to get to know your neighbors and have a shared understanding that you will help each other out if emergency services are not readily available. A short chat at the mailbox or a friendly wave as you pass on a walk can soon turn into a new neighbor acquaintance.

Does anyone in your neighborhood have CERT training?
Would you like to sign up for CERT training to be able to help others?
How much First Aid do you know?
Would you like to sign up for a course through the county?

Four excellent websites to guide you in making preparations for unexpected disasters are:

www.readymarin.org

www.smfd.org (Southern Marin Fire Protection District)

www.firesafemarin.org

emergency.marincounty.org

The best advice I have read is – don’t try to take on too much at once. Do one or two things to bring yourself up to date – then do a few more later.

If you would like help with emergency preparedness, our Heads-Up team can find a Village volunteer to meet with you. Call me, Liz Stone (415-388-0696) and I’ll be happy to set up a phone conversation or meeting.

Events for April

We hope you will join us at one or more of the Mill Valley Village activities listed below. You can also find these events on our website at www.mvvillage.org under either the **Events** or **Calendar** tab. If you know a friend who would like to get our newsletter we hope you will let them know we would be happy to add them to our email list. To request to be sent our once-a-month email newsletter just send us a note at the following email address: millvalleyvillageprograms@gmail.com.

Mondays, April 3, 10, 17 and 24, “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.

Mondays, April 3, 10, 17 and 24, “Leisurely” Hikes, 9:30 am

This hiking option is 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. We meet in Mill Valley to carpool and at 9:30 head to the hike starting point. 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, April 4, Recent Articles Group, 10:10am

Do you sometimes read a great article and want to discuss it with interesting Villagers? Join the Recent Articles Group on the first Tuesday of the month from 10:10 to 11:30. We explore any topic except politics and religion. For details contact Sue Steele (xerty.10@gmail.com or 415-388-7832).

Tuesday, April 4, 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). Sara would be delighted to chat with you to see if it feels right. Give her a call.

Tuesdays, April 4, 11, 18 and 25, 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 meet weekly to discuss potential projects, enjoy each other’s company and encourage each other as progress is made. 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, April 5 and 19, Men's Coffee, 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 in. The group meets at restaurants and coffee shops around Mill Valley twice a month. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman (415-250-6155 or irvgubman@gmail.com). The group meets the first and third Wednesdays at 11:30am.

Wednesday, April 5, 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 joining this group, please contact Seela Lewis (seelalewis@gmail.com).

Thursday, April 6, Paola Gianturco and COOL, 2pm (doors open at 1:30)

Please join us at the Sweetwater Music Hall for this in-person presentation by local author and photographer Paola Gianturco. She will be bringing us images and inspiring stories from her most recent book: *COOL: Women Leaders Reversing Global Warming*. Doors open at 1:30 with the presentation starting at 2pm. Please feel free to invite friends and neighbors. All are welcome.

Fridays, April 7, 14, 21 and 28, 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.

Wednesday, April 12, Coffee at the Sweetwater, 10:30am

Please join us once again at our monthly get-togethers the second Wednesdays at 10:30 in the Sweetwater Music Hall. It is a casual plan, you come and go as you have time, sit and chat with friends and meet new ones, peruse the "lending library" for books to borrow and generally catch up with other villagers. If you are new to the village it is a great opportunity to get to meet other villagers. Or if you have only heard about the village and would like to know more, dropping by is an easy way to put a toe in the water. Please bring your own "cuppa" as the cafe is not open. You are also welcome to bring your own "nosh" but donuts will be provided. And don't be surprised to see the main doors to the cafe CLOSED and locked with the lights off, we are still very welcome in the Music Hall via the side door.

Wednesday, April 19, 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 details one week before the walk, contact Karen Robbins (karobbins@comcast.net or 415-519-3420).

Thursday, April 20, Book Club, 1pm

The monthly Book Club, now several 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.

Thursday, April 20, GATHERING ON THE PLAZA, 4pm

Members, volunteers, friends, friends of friends and curious passers-by are invited to join us at the picnic tables on the Plaza to hang out, have a little snack, get outta the house, meet new people and see Village friends in person. This is a **BYOB** event so bring your favorite beverage and come join us. We'll be looking for you!

Monday, April 24, Lunch at The Cantina, 1pm

This month we return to an old favorite, **The Cantina** at 651 East Blithedale, and for good reason. They offer a friendly welcome, good service, easy parking and an extensive menu. And we will be on the back patio, always a treat. The plan is simple, you bring cash and order what you want, and we add it up, calculate tax and tip and make change. Contact Cathy Dunlap (415-608-8175 or millvalleyvillagenews@gmail.com) as soon as you know you can come, but no later than the week before so she can make sure there are enough seats reserved for all.

**Until next month, stay well.
We look forward to seeing you soon**

