

Mill Valley Village
a branch of

MARIN
VILLAGES



Dear friends and neighbors,

We have all been keeping an eye on whatever good news we can find lately. It is impressive how many stories of kindness, sacrifice and just plain neighborliness have surfaced. It helps balance the anxiety, and yes dread, each of us is visited by from time to time. Excellent advice abounds as to how to manage in these times, and our Marin Villages weekly bulletins are one good source. If you need to talk with someone periodically, there are lots of resources, including village volunteers. Make sure to reach out when you need it. We are not meant to negotiate these times alone, but it is up to us to reach out, to those we think need to hear from us, and when WE need a “sip of kindness”.

And on that note...

Troubled Times by Laurie Lewis



Another song for our times by one of our favorite artists, singer-songwriter Laurie Lewis. Beautiful singing by both Laurie Lewis and friend Leah Wollenberg in **Troubled Times**.

[Click here to listen.](#)

**And for those of you who cannot listen,
or want to read along, here are the lyrics:**

Sometimes I feel I can't go on
and I don't know why I do

Sometimes I feel like some old song
in need of something t' make me new

A voice to sing in harmony
or lead a brand new tune

Sing away these troubled times
and make it through

Despair is my worst enemy
and I am fear's own daughter

The path of least resistance
draws my will to it like water

So neighbor lend a cup of strength
and I'll pay back twice to you

And we'll face these troubled times
and see them through

Some it seems have strength to run
and some no strength to stand

So when I find I've strength to spare
I'll offer you my hand

As others gave their hands to me
with hearts more bold and true

And we'll fight these troubled times
and make it through



Spirit Rock First Thursdays - Update



Spirit Rock

Our monthly Spirit Rock First Thursday sessions have become quite popular in their new location at Scout Hall and we look forward to resuming them once we can safely be in each other's company again. Until then we wanted to make you aware of opportunities to be a part of Spirit Rock's online community. To explore the options they are making available for the broader community check out their website [here](#).

From Mill Valley Public Library - Library in Place New “Live Chat” and RBDigital Magazines and Kanopy Access



**LIBRARY
IN PLACE**
NOW, TONIGHT, WHENEVER...

This is an excerpt from a recent notice from our wonderful Mill Valley Public Library:

“Wish you could just *talk* to a real, live person. Call us! Mill Valley Library staff are now available Monday - Friday 10:00am - 5:00pm to take calls and answer questions. We’re also here if you just want to talk to us about what you’re reading. Let us know how you are sheltering in place. We miss you.

Call us at (415) 389-4292. Don’t want to talk on the phone but want a quick response, we now have live chat. [Click here](#) for details including ways to reach us.

And our [Library-in-Place page](#) has guides to getting started with our always-available online resources for all ages.”

Two of the favorite features we found on these pages were free library-sponsored memberships in **RBDigital Magazines** and **Kanopy**, both well worth the effort to set up an account.

The library’s subscription to **RBDigital Magazines** allows you to “immerse yourself in popular culture with *Vanity Fair* or *Rolling Stone*, read essays in the *New Yorker*, contemplate modern design in *Dwell* or try a new dessert from *Bon Appetit*”. These are but a few of the options available. The breadth of devices supported is terrific and the instructions were simple, using your library card to tap into this benefit. I was able to sign up for and start reading an online version of the latest *New Yorker* magazine issue in about 5 minutes.

And **Kanopy** is an online service that allows you access to “world cinema and documentaries, and also selections from the Criterion Collection and Great Courses. There is even a Kanopy Kids collection as well as a K - 12 lesson series. The best part: you can stream Kanopy through your favorite devices”. The subscription through the library allows you to watch up to 10 movies a month on any number of platforms. For FREE. I signed up earlier this month. Again, it was easy and only took about 5 minutes. I already put 10 movies on my watch list.

Thank you Mill Valley Library

Some Straight Talk about Anxiety and Stress



The following article was included as part of a weekly bulletin being distributed by Marin Villages to members and volunteers earlier this month. It felt so on target that we wanted to share it with the many folks in the broader community who get this newsletter.

Some Straight Talk about Anxiety and Stress as We Shelter in Place

Is your level of stress or anxiety increasing? How about that of the people around you, or the people you talk to by phone or email? Some of us are better at keeping stress and anxiety at bay, but as our lives continue to be disrupted during this pandemic, even the most optimistic among us have an uncomfortably down moment or two.

In light of this reality, we thought a few tips might be helpful, whether you are talking to yourself, or to others who are experiencing a tough time or just a down day.

A few suggestions From Marin Villages for Helping Both Yourself and Others When You Sense Increased Anxiety and Stress.

Helping Yourself

Acknowledge your feelings. Trying to pretend you don't have them can make it harder to feel better.

Listen to yourself Can you identify something in particular that has created increased stress or anxiousness? Can you reframe how you talk to yourself about things using more positive words or a problem-solving perspective

Call a friend or family member or schedule a companion call on the Marin Villages dashboard -talking to others can help put your feelings in perspective. Personal outreach is often helpful to both parties.

Try some "proven" techniques for helping to reduce stress and anxiety: practice deep breathing several times during the day, meditate, exercise and move around, try setting and accomplishing a small, doable specific goal, find opportunities to laugh or listen to beautiful music.

Consult the Marin Villages Things To Do While Sheltering in Place List Which is Posted on Our Website - sometimes distracting yourself with new and different activities can help!

Reflect on the Past: if you have been down before, what helped you feel better then? Consider and take heart from tough times you have overcome in the past.

Helping Others

Validate the feelings you hear from others you are talking to. Sometimes that alone is enough to help.

Listen more than talk. See if you can identify something in particular that has created their increased stress or anxiousness. Can you reframe the conversation, using different more positive words or a problem-solving perspective?

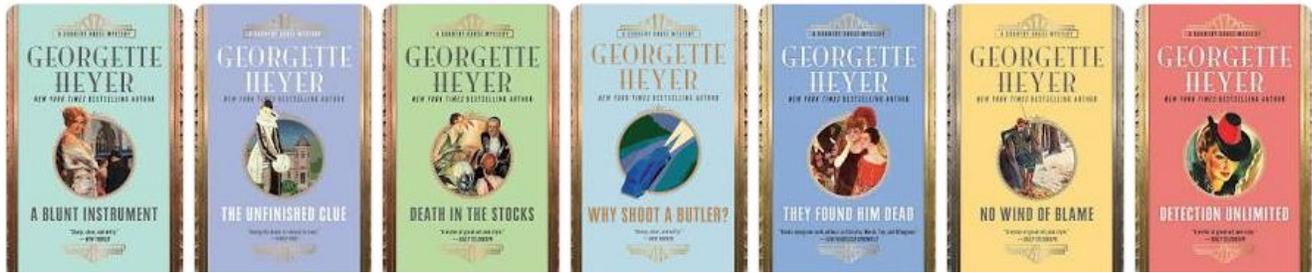
Increase your efforts to reach out to others - especially those who may be particularly vulnerable to feelings of stress or anxiety. Personal outreach is often helpful to both parties.

Recommend some "proven" techniques for helping to reduce stress and anxiety: encourage deep breathing several times during the day, suggest meditation as well as exercise and moving around, encourage small, doable specific goals, share opportunities for finding laughter or beautiful music.

Refer to or send a copy of the Marin Villages Things to Do While Sheltering in Place List Posted on our Website - sometimes distracting oneself with new and different activities can be of help!

Suggest reflecting on the past: has the person you are talking to been down before, and if so what helped them feel better then? Can they consider and take heart from tough times they have overcome in the past?

Good Reading Detective Novels by Georgette Heyer



Georgette Heyer’s “murder mysteries” are some terrific reads. Snappy dialogue, intricate plots and eccentric characters await you in these pages. They are set in England in the 1930s and 1940s, and immerse you in lessons of language, humor and society of the times. A wonderfully detailed writer, Heyer takes you through some impressive twists and turns in trying to determine the real heroes and culprits in these books.

Here are some titles to look for: *Footsteps in the Dark*, *Why Shoot a Butler*, *The Unfinished Clue*, *Death in the Stocks*, *Behold - There’s Poison*, *They Found Him Dead*, *A Blunt Instrument*, *No Wind of Blame* and more.

Most can be found on Amazon (www.amazon.com or www.amazonsmile.com) as new “physical” books or e-books, or second-hand at www.Abebooks.com. Good reading!

A Reminder New Monthly Program - Recent Articles Group



This is a repeat invitation to those of you who might have been interested in this new program but have been distracted by events of the last month. There is still room in this group. As the name suggests, the group will focus on recent articles, especially those that “bowl you over” for some reason. Recent articles that caught the eye of co-leaders Sue Steele and Dryden Liddle included the Financial Times piece “How the Dutch Can Save The World”, the New Yorker article on “The Equality Conundrum” and the Guardian on “Amateur Stargazers Capture New Form of Northern Lights” with a spectacular video online. Since politics can be a very contentious issue, political pieces will be avoided.

For now, articles will be sent out that you might enjoy reading and savoring on your own. But once it is safe to again do so we will meet monthly on the first Friday of the month from 2:00 - 4:00pm. Open to all villagers. If you are interested contact Sue Steele (xerty.10@gmail.com or 415-388-7832) or Dryden Liddle (dgpliddle@me.com).

Body Kinetics - Free Online Classes via Zoom



Our local, family run health and fitness club, Body Kinetics, has just upped its game by offering online classes FREE to all. Go to [their web page](#) to find out more about this unique offering. Their website describes how to use Zoom to access the classes along with the class times and descriptions.

Soothing and Relaxing - Sounds of Africa Recordings of Birds...and more



This was sent on by our travel operator from a lodge in southern Africa. The travel operator employees say they are enjoying listening to this recording “whilst working at home” and we thought you might too. It is quite soothing with sounds of birds and the occasional hippo as accompaniment and about 25 minutes long. Click [here](#) to listen in and perhaps be transported. It is great background music while doing chores, paperwork or cooking. The photo above, a favorite shot of a Lilac Breasted Roller, is to help put your imagination to work. Along with the elephants below.



A Really Helpful Service from CVS



We were in a quandary just the other day. We needed prescriptions filled but were not keen to have to go into the pharmacy to pick them up in person. So we checked out the CVS website and saw they were offering FREE delivery of prescriptions and other essentials. We signed up on www.cvs.com for an account. This allowed us to review our prescriptions, order refills and pre-pay. We were then notified by text message when the prescriptions were ready and were able to opt for home delivery. It was in our mailbox the next day. We found this so helpful!

Perseverance and Hope



“The greatest oak was once a little nut who held its ground”

The good news is that we are entering a new phase where planning for the future is a realistic next step that is being thought out carefully by many we trust. It is going to take time and patience as it will be a long path for us to all navigate safely. With all this on my mind I was looking for quotes about perseverance and hope, which is what it will all be about going forward. And I came upon this quote that made me smile with its strength and simplicity. It felt empowering, as at times each of us can suffer from the illusion that we are small and insignificant in the scheme of things. This is not one of those times. Each of us has a role to play for the benefit of all. Let's all hold our ground, be patient and follow the science as we find our way forward together.

Thank you for being a part of the village in whatever way you can: member, volunteer, donor, newsletter reader, cheerleader. It all matters. We appreciate you.

Other Neighbors to Appreciate A Downy Woodpecker



Many of you have noticed the much improved air quality of recent weeks given the changes in our lives. As we have slowed down there has been more time to appreciate the world about us. To me, the birds sound noisier than ever, perhaps just easier to notice as the pace slows, we listen more, and there is less competition from other noise pollutants in the form of air and auto traffic. This fellow (okay, not this exact fellow) has been hanging about near where I walk on the mountain in the morning. He was hard to miss this morning. As I walked up the road on the way to the Railroad Grade I heard a LOUD drumming. It did not take a lot of birding skills to track this guy down. He was right over my head, hammering noisily atop the partly hollowed out telephone pole. It was quite a racket. It looked to me like a male Downy Woodpecker, much like the one shown above. A small woodpecker we see and hear a lot around here. Handsome fellow for sure.

Until next month...stay safe, stay well and don't forget to reach out.