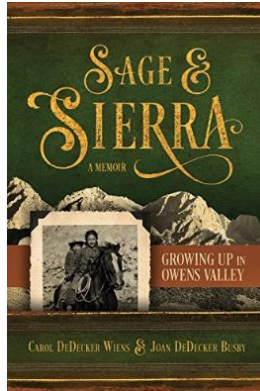


Hi folks,

Below is your **August** reminder of upcoming Mill Valley Village events. We hope you will join us for at least one. And please remember, you are always welcome to bring a neighbor or friend. These, and more, may also be found at www.mvillage.org.

**Mill Valley Village Volunteer Joan Busby Talks About Her Book
'Sage & Sierra: Growing Up In Owens Valley'
August 2nd at 2:00 -- Mill Valley Golf Course Clubhouse**



Well, we are all in for a treat. Village volunteer Joan (pronounced Jo-Ann) Busby is going to chat with us about her childhood growing up in the Owens Valley, as captured in her recent book **Sage and Sierra**. Joan and her sister Carol wrote this memoir together, alternating chapters and recollections.

I recently read this book and found myself staying up way too late as I was caught up in the storytelling and hated to put it down. What a treat to be introduced to this family, their adventures, their hometown, their friends and teachers. Among other things this book celebrates the beauty, challenges and joy of exploring the natural world. And the lessons it has to teach us, wherever we encounter it, and whatever our age. While it celebrates the beauty and ruggedness of that place and era, the stories are full of the kind of growing up observations, learnings and friendships that span place and time.

After calling Joan and talking to her about the book and some of the chapters and places mentioned I realized how much I was going to enjoy this talk. Joan is a breath of fresh air. She is forthright, thoughtful and energized. It will be a lot of fun as well as insightful having her share her thoughts with us. If you too are intrigued, there will be books for sale that day and Joan will be happy to sign them for us.

Here are some comments about the book to entice you to join us on August 2nd:

“The small town of Independence, where authors Joan DeDecker Busby and Carol DeDecker Wiens were growing up between 1935 and 1951, lies about midway along the narrow Owens Valley of Eastern California. From high above, on the Sierra Nevada’s sheer eastern flank, the town appears, as it did to a young Joan DeDecker in the late 30s, as a “postage stamp” of green in the vast sagebrush expanse of the valley below.

Such observations fill the pages of this thoughtfully crafted and engaging memoir of the author’s “uncommon” childhood. Individual vignettes, based on their own recollections and the diaries of their remarkable mother, Mary DeDecker, are arranged as alternating voices to reflect each sister’s emerging sense of place.

These are stories to savor. With clarity and immediacy they bring to life the ordinary and unusual of the sisters’ small-town upbringing – their mother’s laundry day, the Depression-era hobo at the back door, playing tuba at graduation, guard towers at nearby Manzanar....

So please plan to come join us for a fun afternoon of stories, books and friendship. The Mill Valley Golf Course Clubhouse is at 267 Buena Vista Avenue. All are welcome so please feel free to pass this along to friends and neighbors.



Joan and Carol at 414 South Edwards Street, 1936.

We look forward to seeing you there!

S A V E T H E D A T E
Marin Villages Volunteer Appreciation Party
Sunday, September 23rd, 3 – 5pm



Put this date on your calendar now! This annual get-together is always a hit. This is a terrific opportunity for members and volunteers across the villages to meet and greet, celebrate and show how much we all appreciate our volunteers and everything they do to keep the village thriving. As in the past, it will be held at Jason’s Community Room, next to Jason’s Restaurant, Drake’s Landing in Greenbrae. If you can help out with pre-party planning, set-up or take-down please contact Sue Steele ([415-388-7832](tel:415-388-7832) or xerty.10@gmail.com). Carpooling and offering rides to your fellow villagers will be greatly appreciated.

Hope to see you there!

Planning a Book Group How About Joining Us



As we announced last month, we have great news. Several of you have expressed interest in a local book group and we have heard you. We are so pleased to announce that Trish Hibben, village volunteer and member, has offered to take up this challenge and start planning a book group! Yes, there are lots of questions to be sorted but the first step is to gauge interest. Think this might be for you? Interested Mill Valley and Homestead Village members and volunteers are invited to contact Trish (t.hibben@me.com or 415-215-8394). She is planning to start the group this fall and your input will be important in helping to shape the very first Mill Valley Village/Homestead Village Book Club.

Trish looks forward to hearing from you.

Phishing, Viruses, Malware, Spyware, Scams, Spam and More Ever more sophisticated....



A cautionary tale. Recently, I had finally “stepped away from the computer” and was in the next room when I heard an alarm-like BEEEEEP, BEEEEEP, BEEEEEP. Very insistent. I had never heard this sound before so checked all my devices, TV and lastly my Mac desktop. It was there I found an alarming message on the screen.

The message showed the Apple and AppleCare Protection Plan logo and the URL in the browser window started with “safety.apple.com....” The rest of the message stated:

“Your Mac is infected with 3 viruses. Our security check found traces of 2 malware and 1 phishing/spyware. System damage 28.1%. Immediate removal required

Immediate removal of the viruses is required to prevent further damage, loss of Apps, Photos or other files

Personal and Banking information at risk.

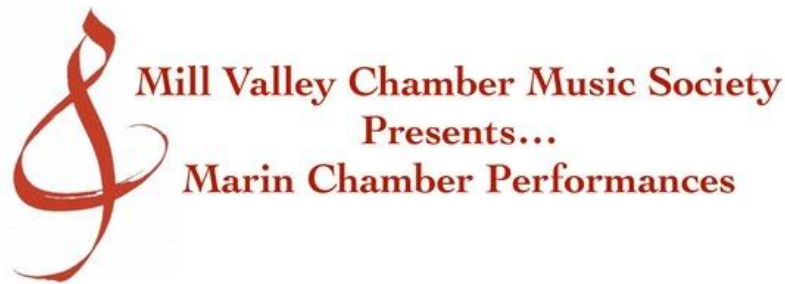
And finally, a box saying:

“IMMEDIATE ACTION REQUIRED, Press OK to begin the support process”

Yikes! I remember thinking “Oh no! What do I do now?”. Quick. Quick. Well, after the first wave of panic subsided I started to look more closely and kept my hand away from the OK key while I did. First, I noticed the URL now showing in my browser had an odd domain name (.trade) instead of the more usual .com, .org or .net. I also found the tone unusually apocalyptic and urgent for Apple. So Instead of pressing the OK button, I took a breath and contacted my village tech advisor. He confirmed my sense of smell was intact. I did indeed smell a rat and the message and beeping was in his opinion a hoax. Who knew they could make my Mac beep at me! That did indeed spook me. Luckily with good counsel I simply closed the browser window. Easy, with no further repercussions or excitement. So glad I did not hit that OK key.

Just a word to the wise if something worries you. Just STOP and consult someone. Do not let the messages of imminent doom and destruction of your valued photos and data provoke you into banging on keys in panic. Take a breath and, as someone once said “Shut her down Clancy, she’s a pumpin’ mud”.

**Welcoming a New Village Supporter
Mill Valley Chamber Music Society**



For over four decades, the Mill Valley Chamber Music Society has brought magnificent concerts to the music lovers of Marin. In a local intimate setting, audiences enjoy premier performances by internationally acclaimed ensembles and soloists. The upcoming concert season will feature outstanding performances by highly lauded musicians; the lineup will include Zemlinsky Quartet, ATOS Piano Trio, Nikolay Khozyainov, St. Lawrence String Quartet and Fauré Quartett. Villagers are invited to take advantage of this special offer to get \$20 off a 2018-2019 season subscription (\$100 instead of \$120). For more details on our upcoming season visit our website at www.chambermusicmillvalley.org. To get the discount click here <http://www.chambermusicmillvalley.org/mill-valley-village.html>.

**Thank you Mill Valley Chamber Music Society
for your support of the village!**

Events for August

Wednesdays, August 1 and 15, First and Fourth* Wednesday Walks, 10am**

Calling all walking friends. Shahla and friends are now walking on the FIRST and FOURTH WEDNESDAYS from 10am to noon. **(This month, the FIRST and THIRD Wednesdays.)** The group usually meets at the Holiday Inn/Frantoio parking lot near the Manzanita overpass at 10am and either walks from there or carpools to nearby starting places, but the meeting place may change due to the weather. Please contact Shahla ([415-640-1330](tel:415-640-1330) or saj222@att.net) to let her know you are coming or to ask her to put you on the email list to let you know of upcoming walks or updates. So, if you are looking for some good walking opportunities on Wednesday mornings....the Village has you covered.

Wednesdays, August 1 and 15, Men's Group at the Sweetwater, 10:30am

This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, whether you are a volunteer or a member, to come join us at the Sweetwater. To get more information or to be put on the reminder list for upcoming meetings contact Marcus Byruck ([617-763-1697](tel:617-763-1697) or marcusbyruck@gmail.com) or David Cardenas (transitionssupport@gmail.com). Meeting times are the first and third Wednesdays of the month, 10:30 at the Sweetwater.

Thursday, August 2, "Sage and Sierra – A Memoir" with Joan Busby, 2pm

Well, we are all in for a treat. Village volunteer Joan (pronounced Jo-Ann) Busby is going to chat with us about her childhood growing up in the Owens Valley, as captured in her recent book **Sage and Sierra**. Joan and her sister Carol wrote this memoir together, alternating chapters and recollections. Come join us at the Mill Valley Golf Course Clubhouse, 267 Buena Vista Avenue.

Fridays, August 3, 10, 17, 24 and 31, Hiking Group, 9am

Our hiking group is for serious hikers willing to go out for a day on the wonderful trails of Marin County. Get some good exercise and get to know your Village neighbors better. All welcome. Please RSVP to Marcus Byruck (marcusbyruck@gmail.com or [617-763-1697](tel:617-763-1697)).

Mondays, August 6, 13, 20 and 27, "Back Before Lunch Hike", 8:30am

For those of you who might like a shorter hiking option than our Friday hikes, we have instituted the "Monday – Back Before Lunch Hikes". These weekly hikes are 3 to 4 miles long, have elevation gains of 500 – 800 feet and usually take about 2 hours. The inaugural hike was Monday, July 3rd, 2017, and weekly hikes have continued since. The group meets between 8:30 and 9:00 depending upon whether you meet up to carpool or meet at the hike starting point. Sara Byruck is leading this effort, and the hikes. For more information or to get on Sara's email list contact her at sbyruck@gmail.com.

Tuesday, August 7, Caregiving and Family – Challenges and Rewards, 1pm

Are you caring for a family member or friend? Mill Valley Village volunteer, Clytee Mills, has organized and led this discussion group since early in 2015. Clytee summarizes the group's goal as providing "support that recognizes one's inner strengths and resiliency, no matter the circumstances." If such a group might appeal to you, Mill Valley and Homestead villagers are welcome to contact Clytee for more information (clytee.mills42@gmail.com or [408-348-3813](tel:408-348-3813)).

Tuesdays, August 7, 14, 21 and 28, Knitting Group, 3pm

Have a knitting project you would like to undertake in the company of friends? If so this group might be for you. We meet weekly in a home near downtown Mill Valley 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 and Homestead Village members are welcome to contact Sara Byruck (sbyruck@gmail.com or 617-599-8116) for more information and to see if this group might be for you.

Wednesday, August 8, Coffee at The Sweetwater, 10am

Please join us at Mill Valley's Sweetwater Music Hall the second Wednesday of each month. This is an informal gathering and a welcoming group. This event is open to all, so please consider stopping by and meeting your fellow villagers. We also have a large collection of books you are welcome to choose from to borrow or pass on and the coffee drinks, scones and donuts are excellent. Hope to see you there.

Thursday, August 16, Memoir Group, 3pm

"Writing Your Own Memoir" meets in a home near the Mill Valley Library the third Thursday of each month. The group is open to Mill Valley residents with Mill Valley Village members given priority. Please contact Sue Steele (415-388-7832 or xerty.10@gmail.com) or Bob Battersby (robertbattersby@att.net).

Wednesday, August 22, Third Wednesday* Trail Walk Group, 10am**

We hold 2-4 mile trail walks on relatively flat terrain the third Wednesday morning of each month. **(This month – the FOURTH Wednesday.)** We will go "out of Town" again. A walk through the Seminary neighborhood in San Anselmo and Ross, around the Lagunitas/Shady Lane Loop. Beautiful grand estates and stately homes....very civilized. Some up-hill but gradual...we'll go slow. Maybe lunch in San Anselmo??? Meet at 9:30 at Safeway parking lot to carpool or at 10 at the corner of Shady lane and Bolinas in San Anselmo. All are welcome. Hope you can join us! Contact Karen Robbins at 415-519-3420 or karobbins@comcast.net to say you are coming...or just show up, but don't be late. Let Karen know if you need a ride or want to be on the email list to be notified of future walks.

Monday, August 27, Lunch at Piatti, 1pm

For this month's no-host lunch we return to **Piatti**, an all-time favorite with terrific lunch specials. Piatti is at 625 Redwood Highway Frontage Road. This lunch always draws a big crowd so please let Cathy know as far in advance as possible that you will attend so we can reserve seats for all. Contact Cathy Dunlap (millvalleyvillagenews@gmail.com or 415-388-2068) the week before so she can make sure there are enough seats reserved. Everyone is welcome. And remember, members may call the office (415-457-4633) for a ride. And for you volunteer drivers, please consider joining us and bringing a member as folks always appreciate rides.

Tuesdays and Thursdays in August - Fitness Programs at Body Kinetics

Body Kinetics continues to offer these two low-cost (\$49), 8-session classes designed to develop strength and balance. The classes, held at Body Kinetics, were created in partnership with Mill Valley Village and have been popular with members and volunteers. One emphasizes strength training and the use of gym equipment (1-2:00). The other, FALL PREVENTION, focuses on balance and sitting or standing exercises (2:30-3:30). To register, or for more information, contact Tom Borromeo at 415-380-8787.

We look forward to seeing you soon!