



Dear friends and neighbors,

What a time we are in. Given so much is changing, and so rapidly, one valuable resource is the weekly **Marin Villages Update**. Sent to all village members and volunteers weekly this bulletin came into being with the shelter-in-place and aims at keeping us all connected and current on both health guidance and Marin Villages' related programs and services. It also includes an extraordinary list of things to do (both online and off) with new additions each week. As of the June 16th issue a new section was added with resources you may find helpful in thinking about racism and the racial and social justice issues being raised across the country as well as here in Marin. If you have not seen these weekly updates already, they can be found by going to www.mvvillage.org and clicking on **Most Recent Marin Villages Weekly Update** for the most recent as well as past issues.

Uncomfortable Conversations with a Black Man



One particularly compelling and widely-shared “conversation” circulating over the last few weeks, “Uncomfortable Conversations with a Black Man”, can be found [here](#). Several weeks ago, in the wake of the killing of George Floyd, Emmanuel Acho recorded this as what he referred to as “hopefully the first of many episodes”. If you are not one of the more than 5 million viewers who have already seen it, here is part of the introduction:

“In the midst of all this chaos in our world so many of ya’ll have reached out to me, and by ya’ll I mean white people, asking “How can I help?” “How can I join in?” “How can I stand with you”. So I created this for you...”

Emmanuel Acho, who turns 30 this year, was raised along with his three siblings in Dallas. The whole family has been involved in African missionary work since the children were young. Acho is a former NFL linebacker who went on to be a commentator for ESPN and was recently hired to be a co-host of Fox Sports’ “Speak for Yourself”.

Since the first episode, a monologue, Acho has continued to record new episodes in a dialogue format that includes guests. All episodes can be found on YouTube and at <https://uncomfortableconvos.com> where you can submit a question. Take a look and listen. There is lots packed in. If you find them valuable pass them on.

Mill Valley Library Curbside Pickup Available with Delivery and Returns by Mill Valley Village Volunteers



**CURBSIDE
PICKUP**
MILL VALLEY PUBLIC LIBRARY

Earlier this month our wonderful Mill Valley Library announced that, while still closed to the public, they would now offer curbside pickups! What great news. It seemed like there was a collective groan of despair when they were forced to close their doors months ago. As many of us resorted to turning to friends' stash or online apps, it certainly highlighted what an amazing resource our public libraries are. So, now the drought is over. Hoorah!

This is terrific news. But we realize many of our village members are still sheltering in place and could use a hand with the pick-up and return process. So this is where village volunteers can help out. Here is the plan, blessed by the librarians, for us to work together.

1. First, place the items you want on hold with the library by using the [catalog](#), calling [415-389-4292](tel:415-389-4292) or by emailing reference@cityofmillvalley.org, just as you would if you were picking them up yourself.
2. The Library will send you an email letting you know when your items are ready for pickup. If you do not use email you can check the status of your items by calling the Library at [415-389-4292](tel:415-389-4292).
3. Once you have been notified that your items are available for pickup, call Marin Villages ([415-457-4633](tel:415-457-4633)) to request that a volunteer pick up your items on hold. BJ or Diane will post your request on our volunteer dashboard, just like any service.
4. Once a village volunteer has signed up they will contact you directly to arrange a convenient time to deliver the books to your home using appropriate gloves, masks and social distancing. Please confirm that the volunteer knows how to spell your first and last name and has your current phone number and address so they can verify your information with the Library to pick up the correct materials.

Yes, it's that easy. We will do our best to pick up and deliver the books to you timely, though you should expect it to take a few days. The library will use their standard practice of keeping books on hold for 7 days. When you are done with your items, you can again call Marin Villages' office to request a return service. Be sure to leave enough time before the due date to allow a volunteer to sign up and arrange a pickup time.

To our stalwart volunteers doing pickups and returns for members, the library writes:

"Our staff are wearing masks, washing their hands frequently, and practicing social distancing to protect your safety. Please return the favor by wearing a mask and maintaining 6 foot distancing when picking up materials."

Mill Valley Public Library Curbside Hours

Monday 10am - 3pm

Tuesday 2pm - 7pm

Wednesday 10am - 3pm

Thursday 2pm - 4pm

Saturday 11am - 4pm

When you pick up your member's holds from the library, pull up to the designated spot, call their curbside pick-up line ([415-384-4731](tel:415-384-4731)), provide the member's first and last name, street address and phone number and mention you are a Mill Valley Village volunteer. The books will be bagged and brought out to a designated pick-up location where you can retrieve them after the library staff person has returned inside. For your and your village member's safety we also suggest that you use gloves when picking up, delivering and returning items. And do consider a shout out or wave of thanks to our amazing library staff for all they are doing in providing yet another great service to Mill Valley.

And, regarding returns, the library notes that books may be returned to the **Library Drop Slot next to the front entrance**. Returned items will be quarantined for at least 72 hours, during which time they will remain checked out to patrons, but will not accrue fines. The return bin at the Mill Valley Community Center and Lower Book Drop remain closed.

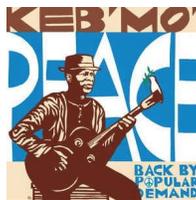
There you have it. We hope you village members will consider taking advantage of this new offering from the library and will contact the village if we can help with pick-up, delivery and returns. And volunteers, please keep your eye on the dashboard for member requests as we roll out this new pick-up and delivery service.

We are so grateful to Mill Valley Library for making this possible. We will look forward to feedback on how this works out for you members and volunteers, as well as your patience as we work out any kinks in the process.

Thank you, once again, Mill Valley Library



The Times They Are A-Changin' Bob Dylan's Classic - by Keb' Mo'



This is a beautiful version by one of our favorite singer-songwriters. Sit back and enjoy this audio-only version. [Click to listen](#). Maybe, just maybe, this time it's true. If you enjoy Keb' Mo' there is lots to be found online, on YouTube and elsewhere, including a series of *Mo' At Home* songs recorded at home since we have all been sheltering in place.

And...on the topic of musicians recording at home...

NORAH JONES'S EXTRAORDINARY AT-HOME CONCERTS



The **New Yorker** recently published a short article lauding the at-home concerts of the wonderful Norah Jones. You can see by the title of the article just how much the reviewer liked them. For those of you not familiar with her, she burst on the scene 20 years ago with “Come Away With Me”, at the age of 23. The record won 5 Grammy Awards. This March, Jones, the daughter of Ravi Shankar, started recording from her home, right after “quarantine” began and she had just finished recording her seventh studio record, “Pick Me Up Off the Floor”. Since then she has been recording her “mini concerts” lasting from a few minutes to nearly half an hour. The reviewer says “The music is what Jones’ music has been all along: standards, in the broadest sense, and originals akin to the standards, all founded on her economical, artful piano playing and her extraordinary voice.” They truly are a treat to check out. I especially like the one where she says she is hearing her kids fighting in the other room! Here are links to a couple to see if you like them. You may need to skip some ads. Hope you like them as much as we did. Enjoy!

[April 16th Mini Concert Live in the Home](#) [June 11th Mini Concert Live in the Home](#)

Another Neighbor to Celebrate Spotted Towhee



This is an exceptionally handsome neighbor “found in short scrubby bushes with lots of undergrowth”, which is where we tend to see them around our yard and up the railroad grade. They sound somewhat like a persistent old-fashioned telephone. To listen click [here](#) and select the third song from the top, for California. The books note that the males like to hop up on top of brush during the Spring (still seeing this behavior as I write) and sing their “buzzy” song. Once you recognize their song you may hear them more often than see them. If you get a chance to quietly watch one, you will likely note the very bright red eye against the male’s black hood. They are easily spooked so you may just see their colorful back and tail disappear into the brush, in which case you may see the bright white corners on the tail compared to the dark head, back and upper tail. Another gift of nature.

Tostadas with Garlicky Spinach, Grape Tomatoes and Goat Cheese



This easy summertime recipe has been a staple in our house since we found it in the Independent Journal in June of 2004, sixteen years ago! These tostadas are both simple to make and delicious, as is. But they can also be a jumping off point for more creativity, adding refried beans, avocado, chicken, red onion, chorizo...whatever appeals. An extra bonus is that the ingredients keep well from our once every 10 days shopping blitzes.

Tostadas with Garlicky Spinach, Grape Tomatoes and Goat Cheese

- 3 T extra virgin olive oil
- 4 6-inch flour tortillas
- 1 cup grape tomatoes, halved
- 2 T minced fresh cilantro
- 2 medium garlic cloves, minced
- 5 ounces baby spinach leaves (~ 6 cups)
- 2 ½ ounces goat cheese, crumbled (~ ½ cup)

Move oven rack to middle of oven and preheat to 425 degrees.

Either brush a large baking sheet with 1 T olive oil or cut/fold a piece of parchment paper to cover the baking sheet surface.

Arrange tortillas in a single layer on the baking sheet.

Combine halved grape tomatoes, cilantro, 1 T oil and salt to taste in a small bowl and let marinate for several minutes.

Heat remaining 1 T oil and the garlic in a large skillet over medium flame, cooking until the garlic is fragrant and golden (1 -2 minutes).

Add spinach to skillet with garlic, stirring until spinach is wilted (1 -2 minutes)

Divide the spinach, spreading evenly over the four tortillas.

Top spinach with the tomato/cilantro mixture and sprinkle with goat cheese.

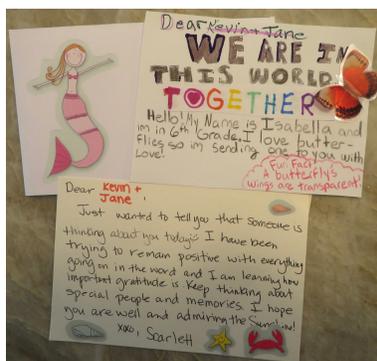
Bake until tortillas are crisp and cheese softens (~ 8 minutes or a bit more).

Makes 2 servings.

Being avid Mill Valley Market shoppers (use code 8009 to benefit Mill Valley Village) we have found that their containers of grape tomatoes, packages of 8 flour tortillas and logs of goat cheese result in just enough to make this recipe twice. And for a great accompanying Sangria recipe click [here](#).



A Special Treat for Mill Valley Village Members from Girl Scout Troop #10986



What a sweet, wonderful little surprise we had a few weeks ago when Mill Valley Village members received in the mail charming postcards written to us by members of Girl Scout Troop #10986. Their leader, Catherine Marhefka, contacted us to find out if the girls, 6th and 7th graders, could do this project while they were at home. With the help of BJ and Diane in the office we said “bring it on”. The cards were individual and thoughtful, and so cute! See the samples above. And several members were moved to write back their thanks. They expressed appreciation and remembered their own scouting days: one with a picture of herself in uniform and, for example, this: “I was a Girl Scout myself ages 9 - 11. I’ve attached a photo of my sash below (I still have my Junior Girl Scout uniform, sash and handbook packed away in a 1960’s Macy’s box.)”

This could be the inspiration for some more intergenerational interactions and we are thinking of what we might get going. Any ideas? Let me know if you do. I’ll look forward to hearing from you. Stay well. Karen Robbins (karobbins@comcast.net or 415-519-3420).

Events for July

While many of our in-person events remain cancelled, some groups that meet regularly are being revamped. Some are meeting “virtually” with their members. Others are keeping in touch via email and some are starting to convene again outdoors albeit in different configurations. Back this month, consistent with county guidance and Marin Villages’ policy, some groups that had been walking or hiking in the past are doing so again, in small groups following social distancing and other safety protocols. See the listings below and if you have questions or would like to participate please contact the group leader(s) for details.

As you make your plans, please consider the following: In these difficult and confusing times it is especially important that each of us exercise personal discretion in determining which activities we choose to pursue. In a recent IJ article Marin Public Health Officer Dr. Matt Willis noted: “We must not mistake reopening with safety.” He then went on to say that the success of the reopening process depends on people showing responsibility by wearing masks, maintaining social distance, washing their hands often and taking other recommended precautions. As Dr. Willis has pointed out, nothing is without risk. It is up to each of us to weigh those risks in light of our own circumstances, including our age and other factors.

With that introduction, here is the run down for July. These events can also be found at www.mvillage.org under either the **Events** or **Calendar** tab. The **Events** tab will give you a list in date order. The **Calendar** tab shows you the same events in calendar format.

Wednesdays, July 1 and 15, 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, we have been meeting online via Zoom since March.** To get more information or to be put on the reminder list for upcoming meetings contact Alan Hayakawa (alan.hayakawa@gmail.com or 415-384-8998). The group meets the first and third Wednesdays at 11am.

Mondays? More?, "Back Before Lunch Hikes"

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 used to meet early Monday mornings and be "back before lunch". The hike was very popular, not only for the wonderful hiking venues but for the connections forged on the trail. While the once-a-week large group format is no longer feasible, new guidance from the County and Marin Villages opens the door to small group outdoor activities. To encourage you to keep on hiking, Sara Byruck, long-time group coordinator and hike leader, has offered to help you keep in touch with each other and out on the trail. And if you need a hiking companion she will put you in touch with others in the group who are also looking for someone to hike with. For more information or to get on Sara's email list contact her at sbyruck@gmail.com.

Tuesday, July 7, 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 in 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, Mill Valley villagers are invited to contact Sara Byruck (sybruck@gmail.com or 617-599-8116) for more information and directions. **For now the group is meeting via Zoom at the same time.**

Tuesdays, July 7, 14, 21 and 28, 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 in a home near downtown Mill Valley to discuss potential projects, enjoy each other's company and encourage each other as progress is made. **For now we are meeting via Zoom at the same time.** 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.

Thursday, July 9, Book Club, 3pm

The group, led by Trish Hibben (t.hibben@me.com or 415-215-8394), meets monthly. **Until further notice the group is meeting online via Zoom.** The group, aimed at local village volunteers and members, will be kept small. Contact Trish to be put on the list for future openings.

Friday, July 10, Recent Articles Group, 2pm

Have you been bowled over by an article you have read recently and would like to discuss it with village members? Then you may like to join the Recent Articles Group! The group will be an ongoing group open to a maximum of ten people who are curious, open minded and interested in debate. Since politics can be contentious, we prefer to avoid political pieces. Once we can meet again in person we will meet monthly on the second Friday of the month from 2:00 - 4:00pm. **For now, we are circulating articles of interest for the group members to read and savor on their own.** For details contact Sue Steele (xerty.10@gmail.com or 415-388-7832) or Dryden Liddle (dgpsliddle@me.com).

Wednesday, July 15, Third Wednesday Trail Walk Group, 10am

We hold 2 - 4 mile trail walks on relatively flat terrain the third Wednesday morning of each month, occasionally heading elsewhere for an outdoor adventure. Starting this month our plan is to get together in small groups with local walks on wide open paths, keeping our distance and wearing masks. It will be great to see one another in the open air and catch up. If you are already on Karen's email list look for more information over the next couple of weeks for July 15th. If you want to get on the list, or for more information, contact Karen Robbins (karobbins@comcast.net or 415-519-3420).

**Until next month...stay safe, stay well
and keep on the lookout for what you can do
to contribute to a better way forward**

