

Mill Valley Village
a branch of

MARIN
VILLAGES



Our Paths - Our Choices

Hi folks,

Below is your **March** reminder of upcoming Mill Valley Village events. This newsletter, as well as event listings, information about our village including past newsletters, membership and volunteer applications and more may also be found at www.mvillage.org. Hope you will take a look and that we will see you soon.

New Monthly Program Recent Articles Group - Second Fridays at 2pm



Have you been bowled over by an article you read recently and would like to discuss it with village members? Then you may like to join the Recent Articles Group! One of our first articles will be the Financial Times piece 'How the Dutch Can Save The World', dealing with flooding from climate change. The New Yorker recently ran an article on 'The Equality Conundrum' and the Guardian wrote a piece on 'Amateur Stargazers Capture New Form of Northern Lights' with a spectacular video online so these are possible contenders. Send your suggestions etc. in to the co-leaders. Since politics can be contentious, we prefer to avoid political pieces. This may be difficult, but there are so many more interesting subjects to discuss and we don't want to leave feeling bad about the world.

We will meet monthly on the second Friday of the month from 2:00 - 4:00pm and our first meeting will be Friday, March 13th. The group will be an ongoing group open to a maximum of ten people who are curious, open minded and interested in debate.

For details, contact Sue Steele (xerty.10@gmail.com or 415-388-7832) or Dryden Liddle (dgpsliddle@me.com).



Happy Spring!

Valentine's Greetings from the Heart



In February, Mill Valley Village members discovered handmade valentines in their mailboxes, created by Mill Valley public school students from Edna Maguire and Park Elementary schools, Mill Valley Middle School and Tam High. The project was a collaborative effort between the schools, the Mill Valley Rotary and Mill Valley Village. Members were delighted with the beautiful handcrafted cards filled with heartfelt wishes from local students. Many members sent back words of appreciation heartily enjoying this bit of friendliness and kindness offered.

We are deeply grateful to the MANY students at Edna Maguire and Park Schools and the Interact Clubs at the Mill Valley Middle School and Tam High.

We owe special thanks once again to Emily Uhlhorn, who spearheaded the effort! This project is one example of an intergenerational collaboration that reaches deeply across our community. Thanks to all.

“Celebrating 50 Years” Marin Watercolor Society Show Marin County Civic Center



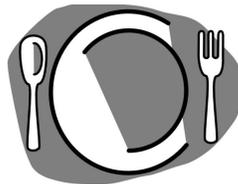
Just another reminder to try to get up to the Civic Center to see this show. The paintings are by members of the Marin Watercolor Society, founded in 1970, and include works by three wonderfully talented Mill Valley Villagers: Christina Oldenburg, Sandy Slichter and Mary Vezie. The show is hung on the first floor and the third floor of the Civic Center. Stop by if you can before mid-April and take a look. You won't be disappointed.

S A V E T H E D A T E
Mill Valley Volunteer Day
Saturday, April 25th, 10am - 2pm



This annual event is a great time to bring friends or neighbors down to check out our table at the fair as well as other volunteer opportunities. We have seen many of you there in past years, some for the first time, as you explored the village. So please come visit with us again and feel free to point others in our direction, as every bit helps. We hope you will put it on your calendar now and plan to join us next month.

More Mill Valley Village Luncheons
Fourth Mondays



Monday, March 23rd at 1pm -- Pizza Antica



Monday, April 27th at 1pm -- Feng Nian (Sausalito)



Contact Cathy Dunlap (millvalleyvillagenews@gmail.com or 415-388-2068) at least the week before so she can make sure there are enough seats reserved. All are welcome. And remember, members may call the office (415-457-4633) to request a ride from a volunteer. Hope you can join us.

**An Important Message from Marin Villages:
Make Marin Count by Participating in the Census in March**



Participate in Census 2020 to help ensure your community doesn't miss out on its fair share of political representation and resources.

Marin Villages urges everyone to participate in the upcoming Census 2020 when it comes to your mailbox in mid-March. Required by the Constitution, the census results shape the future of our community in two important ways.

First, they determine our congressional representation and are used to redraw congressional and state legislative districts. Incorrect population numbers in census data can lead to underrepresentation in electoral districts.

Second, the data collected informs planning and how hundreds of billions of dollars in federal funding is allocated for local programs in communities across the country. This includes funding for hospitals, housing assistance for older adults, Medicaid, wildlife restoration, fire departments, disaster response, transportation and more.

The data from the 2020 Census will impact our communities, in Marin County and throughout California, for the next decade. If census data underrepresents our true population numbers we will not have the necessary funds for services for older adults, families and children.

When you receive your information, you will be able to respond by phone, mail or online in one of 12 languages. Tell your friends, family, neighbors, coworkers and anyone working for you that it is important to respond. Marin County will benefit from an accurate and fair count. Your data remains confidential by law and your answers can only be used for statistical purposes. Census takers will follow up in person with all households that do not respond.

For more information on the census process, what you will receive and when, why it is so important for us all to respond timely and who to contact if you have questions click [here](#), go to www.marincensus2020.org or call 415-473-6290.



On or before March 3rd

Events for March

Mondays, March 2, 9, 16, 23 and 30, “Back Before Lunch Hike”, 8:30am

For those of you who might like a shorter hiking option than our Friday hikes, consider our “Monday - Back Before Lunch Hikes”. These weekly hikes are 3 to 4 miles long, have elevation gains of 500-800 feet and usually last about 2 hours. 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, March 3, 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 (sbyruck@gmail.com or 617-599-8116) for more information and directions.

Tuesdays, March 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 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 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, March 4 and 18, Men’s Group at the Sweetwater, 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 at the Sweetwater. 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 at the Sweetwater.

Thursday, March 5, Spirit Rock - “First” Thursday Afternoons, 3pm

Mill Valley Villagers are invited to join us at our new venue, Scout Hall, for this program featuring video talks from the world famous Spirit Rock Center. The folks at the center have kindly supported our interest in making some of the talks available for a group of villagers to watch together. We begin with a few minutes to mingle and get settled, followed by watching one of the talks (about an hour or less) and we end by sharing some snacks as well as our thoughts on what we might have gleaned from the talk. The main entrance, which leads right into the hall, is at 30 Mountain View Avenue. There is handicap parking by the door and on-street parking nearby. The secondary entrance is at 177 East Blithedale. This entrance involves steps but there is typically parking on either side of East Blithedale as well as on the side streets. As always, carpooling is encouraged and members may call the office (415-457-4633) to request a ride. Look forward to seeing you.

Fridays, March 6, 13, 20 and 27, 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).

Tuesday, March 10, Book Club, 10:30am

The group, led by Trish Hibben (t.hibben@me.com or 415-215-8394), meets the second Tuesday of the month from 10:30 - 12:30. The group, aimed at local village volunteers and members, will be kept small. Contact Trish to be put on the list for future openings.

Wednesday, March 11, Coffee at the Sweetwater, 11am

Please come join us at Mill Valley's Sweetwater Music Hall and Cafe the second Wednesday of each month. This is an informal gathering and a welcoming group. The "coffee" is open to all so please consider stopping by and meeting your fellow villagers. This is an excellent venue to come learn more about the village and those who make it what it is. We have a large collection of books you are welcome to choose from to borrow and the coffee drinks, scones, donuts and lunch items are excellent.

Friday, March 13, 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! Send your suggestions etc. to the co-leaders. Since politics can be contentious, we prefer to avoid political pieces. This may be difficult, but there are so many more interesting subjects to discuss and we don't want to leave feeling bad about the world. We will meet monthly on the second Friday of the month from 2:00 - 4:00pm. The group will be an ongoing group open to a maximum of ten people who are curious, open minded and interested in debate. For details and location contact Sue Steele (xerty.10@gmail.com or 415-388-7832) or Dryden Liddle (dgpsliddle@me.com).

Wednesday, March 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. This month let's meet at Safeway on Miller and head out to Fairfax. We will walk along the creek and explore the last Hippie holdout town. Some really good restaurants for lunch too. Plan on getting back at about 1 or 1:30 if you are staying for lunch. Contact Karen Robbins (karobbins@comcast.net or 415-519-3420) to say you are coming...or just show up, but don't be late. All are welcome. Let Karen know if you need a ride, want to lead a hike or want to be on the email list for notices of future walks.

Thursday, March 19, Memoir Group, 3pm

Everyone has a story. Come share stories from your life in a safe, supportive, welcoming place. Join us in the Memoir Group where we read and listen and comment and applaud; where we try to honor each other's needs to be heard with attention. The group meets the third Thursday of the month. For more information please contact Gloria Sparrow (gloriasparrow@comcast.net or 415-377-2037).

Monday, March 23, Lunch at Pizza Antica, 1pm

We meet the 4th Monday of the month for a no-host lunch. This month we meet at **Pizza Antica** in the Strawberry Shopping Center. The menu includes several starters and salads as well as a variety of pizzas to choose from. Please be sure to contact Cathy Dunlap

(millvalleyvillagenews@gmail.com or 415-388-2066) the week before so she can make sure there are enough seats reserved. All are welcome. And remember, members may call the office (415-457-4633) to request a ride from a volunteer. Hope you can join us.

Tuesdays and Thursdays in March - 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 and taught by Tom Borromeo, were created in partnership with Mill Valley Village and have been very popular with both members and volunteers. One, “functional strength”, combines traditional strength-building exercises, light cardio and gentle stretching (1 - 2:00). The other, “seated fitness”, focuses on gentle but challenging training from a seated position, including active stretching, resistance exercises and hand-eye coordination games (2:30 - 3:30). If you are not sure if one of these classes is right for you, Tom invites you to join them for a complimentary class. To register, or for more information, contact Tom at 415-380-8787.

We look forward to seeing you soon!