

Mill Valley Village
a branch of

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VILLAGES



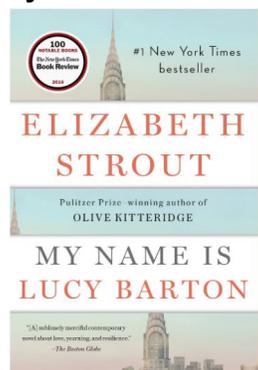
Our Paths - Our Choices

Hi folks,

Below is your **November** reminder of upcoming Mill Valley Village events. These programs may also be found at www.mvillage.org along with other information about our village, including past newsletters, membership and volunteer applications and more. We hope you will join us for at least one of the programs below.

Recently Read and Recommended

“My Name Is Lucy Barton” by Elizabeth Strout



Elizabeth Strout is author of seven novels, including *Olive Kitteridge*, which won the Pulitzer Prize. In *My Name is Lucy Barton*, published in 2016, “Lucy Barton is recovering slowly from what should have been a simple operation. Her mother, to whom she hasn’t spoken for many years, comes to see her. Gentle gossip about people from Lucy’s childhood in Amgash, Illinois, seems to reconnect them, but just below the surface lie the tension and longing that have informed Lucy’s life: her escape from her troubled family, her desire to become a writer, her marriage, her love for her two daughters. Knitting this powerful narrative together is the brilliant storytelling voice of Lucy herself: keenly observant, deeply human and truly unforgettable.”

“Magnificent”

- Ann Patchett

“Fiction with the condensed power of poetry: Strout deepens her mastery with each new work, and her psychological acuity never required improvement.”

- *Kirkus Reviews*

If you enjoy this book, other books by Strout include *Amy and Isabelle*, *Abide with Me*, *The Burgess Boys* and *Anything is Possible*. *Olive, Again* was just published in October.

One Final 10th Anniversary Celebration Invitation From Marin Villages



“Celebrate Marin Villages’ 10th Anniversary Luncheon - with “Acting Your Age” Comedian Josh Kornbluth Sunday, November 17th, 11:30am - 2:00pm, Marin Country Club, Novato

This fundraising luncheon is the perfect forum to enjoy each other’s company, congratulate one another on the incredible organization we’ve been able to grow over the past 10 years and include friends and family members to help spread the word. Comedian Josh Kornbluth will entertain guests with his “Acting Your Age” set.

A \$100 donation to Marin Villages is being requested to attend this event (\$50 is tax deductible). To purchase a ticket call the office (415-457-4633) or [click here](#).



From the Memoir Group



Art is an essential element in living a fulfilled life. By that I do not mean just what is seen in museums.

As I arrived at work, I looked at the brown door to the building and a light green moth was resting there. The color and contrast were stunning. As I moved my eyes sideways four other moths of completely different form and color were resting there. It was a living art gallery before I even started work!

In the same vein of natural art, as I left work with three colleagues, we opened the door and stood riveted by the cloud display. Another colleague approached and seeing our look said “What are you looking at - a UFO?” No, just the exquisite art of clouds.

Anonymous

Spirit Rock - First Thursday Afternoons
November 7th, 3 - 4:30pm
Mill Valley Golf Course Clubhouse, 267 Buena Vista Avenue



Mill Valley villagers (members, volunteers and friends) are invited to join us at the Mill Valley Golf Course Clubhouse for the last Fall session of this new program. We will be convening the first Thursday of the month November (7th) from 3:00 - 4:30pm. We hope you will join us for this session - and stay tuned for our 2020 schedule.

“Spaciousness, stillness, insight and support for your inner journey”

SAVE THE DATE
Mill Valley Village Holiday Party
Thursday, December 12th, 3:00 - 5:00pm



Just another reminder to make sure you put this date on your calendar now. This annual get-together of Mill Valley Village volunteers and members is great fun with lots of food, friends, libations and good cheer.

The party is from 3:00 - 5:00 pm at the Mill Valley Golf Course Clubhouse where there is plenty of parking. As always, members are welcome to request a ride through the office. Members and volunteers are encouraged to offer rides to those they know could use a lift as many who would normally offer to drive will be busy cooking and setting up awaiting your arrival. Thank you! We look forward to seeing you there.

Another Year of a Special Collaboration Boy Scouts Offer Beautiful Holiday Wreaths for Sale



Troop 1 will provide a wonderful holiday service to Mill Valley Villagers. Villagers and friends may purchase beautiful, fresh wreaths and garland and have them delivered to their homes and installed by a Scout. Or, consider ordering a wreath for a friend, loved one, or neighbor who could use some holiday cheer. What a great way to celebrate the holidays while supporting our local Scouts!

Noble fir wreaths, fresh from the Pacific Northwest, are available in two sizes: 16" (for \$25) and 24" (for \$35), as well as a special arch wreath (for \$25) and candy cane wreath (for \$35). Fresh garland is also available for \$20 per 10-foot section. We are taking orders now and will make deliveries after Thanksgiving or at the Holiday Party. Please contact Alan Frankel (frankel@cgl.ucsf.edu or 415-250-7154) **no later than November 7** to place your order and arrange for delivery.

Events for November

Fridays, November 1, 8, 15, 22 and 29, 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).

Mondays, November 4, 11, 18 and 25, “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, November 5, Caregiving and Family - Challenges and Rewards, 1pm

Are you caring for a family member or friend? This group, facilitated by Mill Valley Village member and volunteer Jess Batha, 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.

Tuesdays, November 5, 12, 19 and 26, 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, November 6 and 20, 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 Marcus Byruck (marcusbyruck@gmail.com or 617-763-1697) or Alan Hayakawa (alan.hayakawa@gmail.com or 415-384-8998). The group meets the first and third Wednesdays at 11am at the Sweetwater.

Thursday, November 7, Spirit Rock - First Thursday Afternoons, 3pm

Mill Valley Villagers are invited to join us at the Mill Valley Golf Course Clubhouse 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 Clubhouse is at 267 Buena Vista Avenue in Mill Valley with plenty of parking. This is our last session for 2019. We hope you will join us and stay tuned for our 2020 schedule.

Tuesday, November 12, 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, November 13, 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.

Wednesday, November 20, 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 we are off to San Francisco again. We are heading to the Asian Art Museum, the Civic Center and Hayes Valley for a walk. We'll meet at 10am at the Holiday Inn/Frantoio parking lot. 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, November 21, 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 (xerty.10@gmail.com or 415-388-2068) or Bob Battersby (robertbattersby@att.net) for more information or directions.

Monday, November 25, Lunch at Piatti, 1pm

We meet the 4th Monday of the month for a no-host lunch. This month we meet at Piatti, 625 Redwood Highway Frontage Road. Piatti is a village favorite so sign up early. They have delicious food and lots of lunch options. 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 November - 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!