



Hi folks,

Happy New Year! Below is your **January** reminder of upcoming Mill Valley Village events. We are very much looking forward to seeing you in 2020, and hope you can join us for at least one of the programs below including a special book event on January 23rd. And, as a reminder, we are always keen to hear what might interest you as a program, especially if you have an interest or skill you might like to share.



This newsletter, as well as event listings, information about our village, past newsletters, member discounts, membership and volunteer applications and more may also be found at [www.mvillage.org](http://www.mvillage.org). Looking forward to seeing you soon.

**“First” Thursday Afternoons, 3 - 4:30pm**

**January 9**

**February 6**

**March 5**

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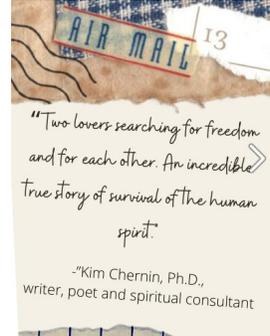
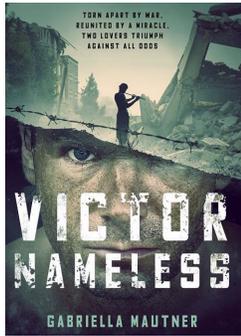
**Spirit Rock**  
An Insight Meditation Center

Because these sessions were so popular we decided to hold them monthly in 2020. We hope you will join us and consider bringing a friend. We will aim for the **FIRST THURSDAY** of the month, though we will start right off with an exception, skipping January 2nd (due to New Year’s) and instead meeting the second Thursday of the month, **January 9th**.

We are also trying a new and newly-refurbished venue, Scout Hall, but the program will remain the same. For more program and location details see the listing below under “Events for January”. We hope you will join us as we continue our exploration.

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

**A Very Special Event, Thursday, January 23rd, 1:00 - 3:00**  
**Gabriella Mautner Introduces Her Newest Book,**  
***“Victor Nameless”***



**“Gabriella Mautner is a local treasure, an internationally recognized novelist and memoirist who has distinguished herself with literary work of a rare and high caliber.”**

***Michael Krasny, KQED Radio, San Francisco***

Mill Valley Village is delighted to announce a very special event celebrating and introducing the newest book, ***Victor Nameless***, by village member Gabriella Mautner. “A true story of love, hope against all odds, and redemption, set against the horror of the second World War, the Holocaust, and the drama of refugees. Victor, a young German-Jewish musician, falls in love with Tatyana, a beautiful Jewish photographer from Yugoslavia. Unable to stay together, they promise to carry a torch for each other.”

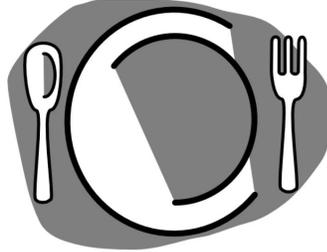
Gabriella was born in Chemnitz, Germany and spent her childhood there. At the onset of the Nazi regime, her family moved to Italy where she spent her early adolescence. When Italy became unsafe the family sought refuge in Holland. In 1942, disobeying a German command to report to a concentration camp, the family fled through the maze of Nazi-occupied Belgium and France, finally reaching safety in Switzerland. They subsequently arrived in the United States in 1946. Following her Bachelor’s and Master’s degrees in English/Creative Writing from San Francisco State University, Gabriella taught The Craft of Writing at the College of Marin and her alma mater, and was on the faculty of the Fromm Institute at the University of San Francisco for thirty-four years. Her other novels are *Out of a Season*, *Lovers and Fugitives* and *Addio Positano*. Her memoir, *The Good Place*, was published in both Germany and the U.S. She is also the recipient of a Milley Award from the City of Mill Valley for her literary achievements.

We hope you will join us at Scout Hall on Thursday, January 23rd at 1pm. Gabriella will not only give us some insight into her background and how it informed her literary works, but will have books for sale and be available to sign them after her reading.

Scout Hall’s main entrance, which is at 30 Mountain View Avenue, is handicap accessible and leads right into the main hall where the event will be held. There is parking along Mountain View as well as around the corner on East Blithedale and the old main entrance (with steps) at 177 East Blithedale. Carpooling is encouraged. Scout Hall is also a short walk from downtown Mill Valley. We hope to see you there. Bring friends and neighbors. All are welcome.

# Mill Valley Village Luncheons for Your 2020 Calendar

January 27th  
February 24th  
March 23rd



We hope you will join us for one of our upcoming luncheons the fourth Monday of the month. It is a great way to catch up with or get to know other villagers and to learn more about the village if you are not already a member or volunteer. All are welcome.

**Monday, January 27th at 1pm -- The Cantina**



**Monday, February 24th at 1pm -- Seafood Peddler**



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



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

## Emergency Readiness



***“Great little radio in the ‘Go Bag’. During the recent wave of power shut offs my husband and I found the features of this little radio very helpful, including weather and power alerts, cell phone charging and the LED flashlight. We were able to charge the radio itself by connecting the USB cable to the battery of our car or using the hand crank if necessary. Thanks so much for including such a useful radio in the Emergency Go Bag!”***

***Deirdre Rand - Mill Valley Village***

In the aftermath of the recent power cuts several Mill Valley Village members said how happy they were to have used several of the items in their “Grab and Go Bag”. The radios kept them company and informed and the emergency “space” blankets warmed them. It has become clear that some additional tips may be of use for members.

**Emergency “Space” Blankets** included in your “Grab and Go Bag” can be used as ponchos and retain body heat well. They are also a boon to put between a top sheet and blanket/duvet/comforter to keep you warm in bed or to spread on your lap while sitting.

**Wind-up radios/flashlights** also included in your “Grab and Go Bag” have an internal battery that runs down over time and needs to be recharged periodically. Since some members received their kits over 5 years ago, when we launched the Emergency Readiness Program, their radios need to be recharged. Since we do not know how long a charge lasts, recharging from time to time would keep them ready to use. To restore the battery to full charge, it is quicker to use the adapter which came with the radio than to use the winding mechanism.



If the battery is flat, insert the adapter into the receptacle at the end of the radio and then plug the other end into a USB outlet in a plug. See the photo. The adapters for the radios given out before mid 2017 plug directly into a wall outlet and take several hours to recharge. (I left mine overnight.) The newer radios can also be recharged by plugging them into the USB port of any device with a charged battery, such as a computer, laptop or USB car lighter adapter.

Please do check and make sure your radio is tuned to one of these local radio stations:

KQED 88.5 FM

KALW 91.7 FM

KGO 810 AM

KCBS 740 AM

### **Emergency Notifications**

If you have not done so already, sign up online to get up-to-date notices and alerts from:

ALERT MARIN <https://www.marinsheriff.org/services/emergency-services/alert-marin>

NIXLE <https://www.nixle.com>

### **Water**

It may be time to change out your water if it has been two years since you received your “Grab and Go Bag” and to replace any food you may have added.

### **Forms**

Have you completed the Emergency Information Forms included in the bag? If so, was it long enough ago that it is time to review and update them? Once complete, insert them into a Ziploc to stay dry.

### **First Aid Kit**

If you used some of the items during the blackout, remember to replenish them.

If there is anything that you wished you had then, now is the time to add it!

***Sue Steele***



**Mill Valley Village Volunteer Jerry Freedman  
Distributing “Grab and Go Bags” to Members, July 2014**

## **Events for January**

### **Wednesdays, January 1 and 15, 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](mailto:alan.hayakawa@gmail.com) or 415-384-8998). The group meets the first and third Wednesdays at 11am at the Sweetwater.

### **Fridays, January 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](mailto:marcusbyruck@gmail.com) or 617-763-1697).

### **Mondays, January 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, 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](mailto:sbyruck@gmail.com).

### **Tuesday, January 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 ([sbyruck@gmail.com](mailto:sbyruck@gmail.com) or 617-599-8116) for more information and directions.

### **Tuesdays, January 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 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](mailto:sbyruck@gmail.com) or 617-599-8116) for more information.

### **Wednesday, January 8, 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 also 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 delicious.

### **Thursday, January 9, 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.

Scout Hall's main entrance, which is at 30 Mountain View Avenue, is handicap accessible and leads right into the main hall where we will meet. There is parking along Mountain

View as well as around the corner on East Blithedale and the old main entrance (with steps) at 177 East Blithedale. Carpooling is encouraged. Scout Hall is also a short walk from downtown Mill Valley. We hope to see you there. Bring friends and neighbors. All are welcome and members may call the office (415-457-4633) to request a ride. Our next sessions will be February 6th and March 5th.

### **Tuesday, January 14, Book Club, 10:30am**

Led by Trish Hibben ([t.hibben@me.com](mailto:t.hibben@me.com) or 415-215-8394), we meet 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, January 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. This month we are off to San Francisco again. We will explore the Presidio and have lunch in the restaurant at the officer's club where there is an interesting...and free museum. We will be inside or out depending on the weather. Meet at the Safeway lot at 10am to carpool. Contact Karen Robbins ([karobbins@comcast.net](mailto: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, January 16, Memoir Group, 3pm**

"Writing Your Own Memoir" meets the third Thursday of each month. The group is open to Mill Valley residents with Mill Valley Village members given priority. Please contact Gloria Sparrow (415-377-2037) for more information.

### **Thursday, January 23, Author Gabriella Mautner at Scout Hall, 1pm**

We hope you will join us for this book talk and signing at Scout Hall. Gabriella will be introducing her newest book, *Victor Nameless*. There will be books for sale and for signing after her reading. No RSVP required. Scout Hall's main entrance, which is at 30 Mountain View Avenue, is handicap accessible and leads right into the main hall where the event will be held. There is parking along Mountain View as well as around the corner on East Blithedale and the old main entrance (with steps) at 177 East Blithedale. Carpooling is encouraged. Scout Hall is also a short walk from downtown Mill Valley. We hope to see you there. Bring friends and neighbors. All are welcome.

### **Monday, January 27, Lunch at the Cantina, 1pm**

We meet the 4th Monday of the month for a no-host lunch. This month we meet at **The Cantina**, at 651 East Blithedale Avenue. With a wide variety of lunch options and easy parking, The Cantina is a favorite. Please be sure to contact Cathy Dunlap ([millvalleyvillagenews@gmail.com](mailto: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 January - 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!***