

Hi folks,

Below is your **December** reminder of upcoming Mill Valley Village events. We hope you will join us for at least one of the events below. And remember, you are always welcome to bring a neighbor or friend. These events can also be found at www.mvvillage.org.

Mill Valley Village Holiday Party Thursday, December 13, 3:00 – 5pm



This annual get-together at the Golf Course Clubhouse, with food, friends and holiday cheer is great fun. Please plan to join us and bring a friend! Food and libations abound as we greet new and old friends and catch up on who has been doing what.

This is a low-key event designed to let us all eat, drink and be merry at whatever pace works for you. Lots of tables and chairs, good parking, food treats and good cheer!

For those of you who have not been there before or need a reminder, the clubhouse is at 267 Buena Vista Avenue. You can reach Buena Vista either from downtown Mill Valley, across from the Outdoor Art Club, or by turning off East Blithedale onto Carmelita and then turning right onto Buena Vista. Continue down Buena Vista past the tennis club on your right. As you pass the golf club, you will see a sign for the clubhouse, pointing left. Continue just a bit further on Buena Vista, bearing left until you see a brown shingle building on the left, back from the street and up the hill. A driveway on your left goes up the incline to a large parking lot.

For those of you who know you are coming and have room for a passenger or two please consider offering a fellow villager a ride, as it is always appreciated. Members who need a ride, be sure to call the office as soon as you can.

We can't wait to see you and look forward to celebrating with you once again.

Tuesday Afternoon “Knitting” Group



We wanted to share some gorgeous work products that have emerged from this group. The handsome fellow on the left is none other than Marcus Byruck, known to many as the leader of the weekly Friday hiking group. He is also co-leader of the Men’s Group and the lucky beneficiary of Sara’s knitting skills, as you can see above.

On the right is Christina Oldenburg, perhaps the villager with the longest tenure, having been a key instigator in the very first village efforts here in Marin and long-time chair of Homestead Village. Now that she has ‘retired’ from that role Christina has lent her skills to the knitting group. Christina is wearing an incredible sweater she recently “repurposed” by changing a pullover into a cardigan. Wow!

We hope this does not intimidate you beginners! This group is open to all levels and beginners are very welcome. The “knitting” group is not only a creative and talented group, but its members are keen to share their expertise and good company with others, whether they be life-long knitters or starting their first project.

This is also a good time to mention that the group is not just for knitters but for all handi-crafters. A couple of embroidery projects are underway with more in the offing.

For more information about this group that meets weekly on Tuesday afternoons, look below under upcoming events. Sara Byruck, who also leads the weekly “Back Before Noon” hikes and co-leads the Friday hikes, is the coordinator. She and the other members are looking forward to welcoming new members to the group. Village volunteers, members and those keen to get to know more about the village are welcome to contact Sara.

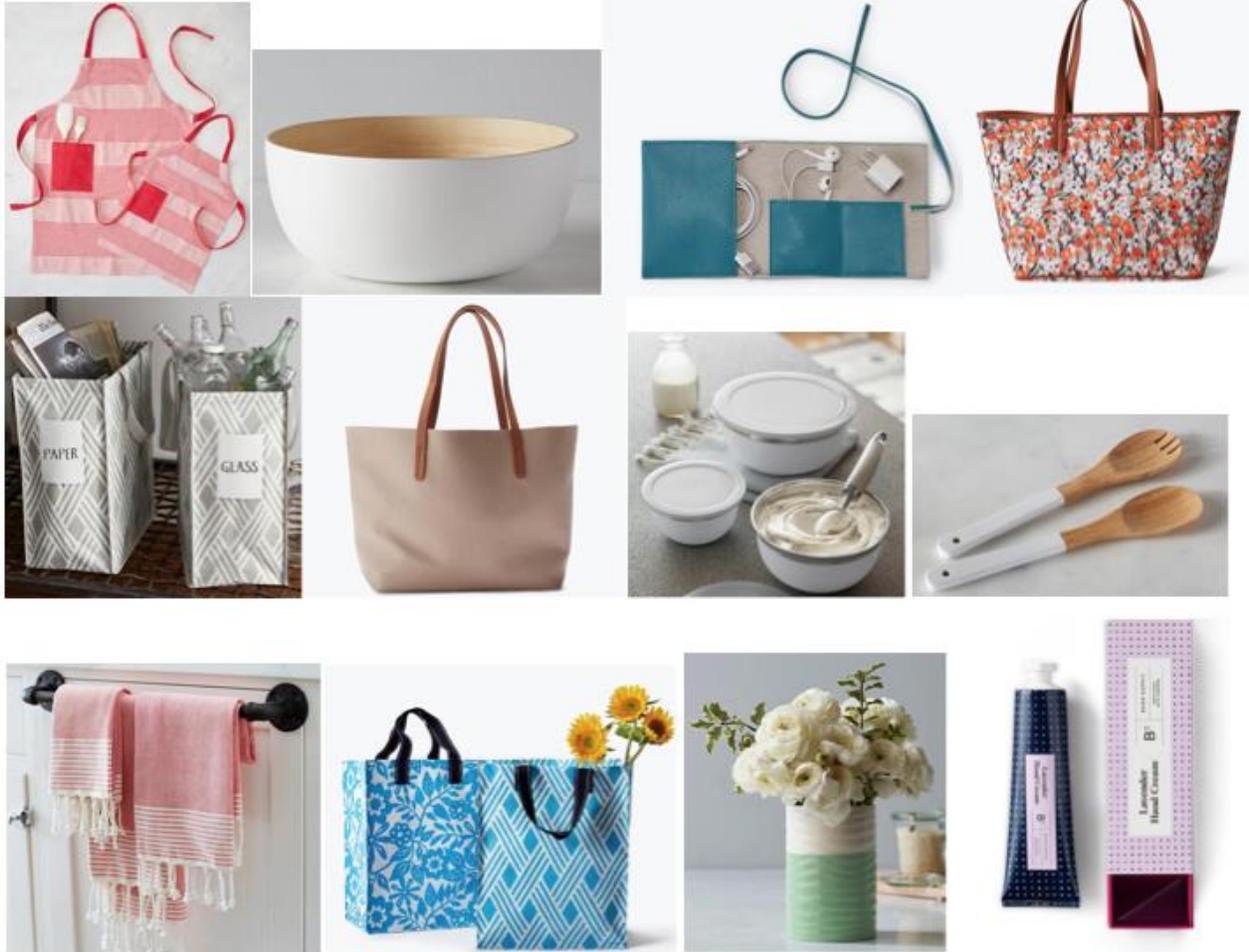


You cannot prevent the birds of sadness from passing over your head,
but you can prevent them from nesting in your hair

Chinese Proverb

Shop, Shop, Shop to Benefit the Village

Got presents to buy? Want an easy way to make an extra holiday donation to the village? **Boon Supply** may be just the option for you. This innovative organization, anchored by their online storefront at www.boonsupply.com, is dedicated to making it easy for each of us to make a difference. Half the purchase price of any item you buy goes to the village! And it's easy. Please consider taking a look for a perfect hostess gift, or something special for family, friends, colleagues and more. Below are just a few choices from their collection.



We made a big dent in our shopping list with mother/daughter holiday aprons, kitchen towels and totes. But there is lots more to choose from: soaps, wrapping papers, jewelry, cosmetic cases, cookware, serving utensils, car and home organizers and on it goes.

Here is how it works. To start shopping and donating go to our village fundraiser page: (<https://www.boonsupply.com/collections/all?fundraiser=92083>). Alternatively you can go to their home page, www.boonsupply.com and from the top of the screen click on FIND A FUNDRAISER. When the search window appears that says "Search by Fundraiser..." type in "Marin Villages" and it will bring up Marin Villages. Click on the Marin Villages entry to start shopping and donating. It's that easy. Once you select Marin Villages as your fundraiser, half of the purchase price of **everything** you buy goes to Marin Villages! If you buy \$50 of goods, \$25 goes to Marin Villages. How great is that. This fundraiser is active through the end of year so take advantage of this terrific opportunity now.

We thank you for your support of our village!

From the Memoir Group



'This is how I measure time these days — since my favorite librarian gave me a formula to determine when I could give up reading a book I might be struggling with. You subtract your age from 100 and what remains is the number of pages you need to read before you can give up the book without feeling guilty about not finishing it. In my case it's only 15 pages. Which makes sense since I don't have many years left. So why should I waste what remaining time I have reading something I don't "get" or don't like or is just too damn dull.'

Gloria Sparrow - a volunteer and Memoir Group member

A very big THANK YOU to The Rotary Club of Mill Valley



Great news from the Rotary Club of Mill Valley: Mill Valley Village has just received \$2,500 to help support the Village's scholarship program. The scholarship program, handled confidentially between applicant and the Marin Villages office, subsidizes Village dues for members living on very limited incomes. Volunteers serve all members with the same level of personalized attention, responding to each member's particular needs.

On behalf of Mill Valley Village I would like to express our deepest appreciation for this gift and the Mill Valley Rotary Club's long history of generosity and community building. We are honored to partner with Rotary on efforts of mutual interest that boost the mind-set of service, as we did earlier this year with the Valentine Project. Students K-12 hand-made Valentines that warmed the hearts of our Village members, and Villagers responded with hand-written notes of gratitude to the youth.

The grant comes from the Expenditure Fund of the Mill Valley Rotary Service Fund.

Connie Dubin, Chair Mill Valley Village

Events for December

Mondays, December 3, 10, 17, 24 and 31, “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 take 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, December 4, 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 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 villagers are welcome to contact Clytee (clytee.mills42@gmail.com or 408-348-3813).

Tuesdays, December 4, 11 and 18, 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 Village members and volunteers and those interested in getting to know more about the village 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.

Wednesdays, December 5 and 26, First and Fourth Wednesday Walks, 10am

Calling all walking friends. Shahla and friends walk on the FIRST and FOURTH WEDNESDAYS from 10am to noon. 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 weather. Contact Shahla (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.

Wednesdays, December 5 and 19, 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 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 or marcusbyruck@gmail.com) or David Cardenas (transitionssupport@gmail.com). Meeting times are the first and third Wednesdays of the month, 11am at the Sweetwater.

Fridays, December 7, 14, 21 and 28, 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, December 11, Book Club, 10:30am

Terrific news. Several of you responded that you would be interested in a local book group. Led by Trish Hibben (t.hibben@me.com or 415-215-8394), the new group meets the second Tuesdays of the month from 10:30 – 12:30. The group will be kept small.

Please contact Trish to be put on the list for future openings.

Wednesday December 12, Coffee at The Sweetwater, 11am

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, donuts and other lunch items are excellent. Hope to see you there.

Thursday, December 13, Mill Valley Village Holiday Party, 3 – 5pm

Villagers and friends, please come join us for our annual holiday party at the Mill Valley Golf Course Clubhouse. This annual get-together, with food, friends and holiday cheer is great fun. Please plan to join us and bring a friend. We are looking forward to seeing you then. Members are welcome to call the office for a ride. And everyone is encouraged to offer rides to other villagers to make sure everyone who wants to join us can make it.

Wednesday, December 19, Third Wednesday Trail Walk Group – An Excursion to Petaluma on the Train, 9am

We typically hold 2-4 mile trail walks on relatively flat terrain the third Wednesday morning of each month and all are welcome. This month we are taking an excursion – to Petaluma – on the train! We will meet by 9am (not the more usual 10am) at the Holiday Inn/Frantoio parking lot near the Manzanita overpass to carpool up to the train station. Stand by for more information from Karen to those on her email list. Hope you can join us! Contact Karen Robbins at [415-519-3420](tel: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 and/or excursions.

Thursday, December 20, 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](tel:415-388-7832) or xerty.10@gmail.com) or Bob Battersby (robertbattersby@att.net).

Tuesdays and Thursdays in December - 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, focuses on strength, mobility and balance, all key to fall prevention (2:30-3:30). To register, or for more information, contact Tom Borrromeo at [415-380-8787](tel:415-380-8787).

We look forward to seeing you soon!