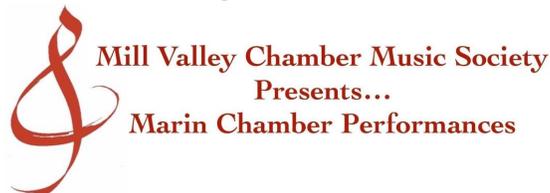




Hi folks,

Below is your **July** reminder of upcoming Mill Valley Village events. These programs may also be found at [www.mvillage.org](http://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 and please remember you are always welcome to bring a friend or neighbor.

**A Special Discount for Villagers  
from the Mill Valley Chamber Music Society**



For over four decades, the Mill Valley Chamber Music Society has brought magnificent concerts to the music lovers of Marin. In a local intimate setting audiences enjoy premier performances by internationally acclaimed ensembles and soloists. The 2019-2020 concert season features performances by lauded musicians including: Ashu, soprano and alto saxophones and Alexandre Moutouzkine, piano (October 13th), The Telegraph Quartet (November 10th), The Gould Piano Trio and Robert Plane, clarinet (January 26th), Alexander Sitkovetsky, violin and Wu Qian, piano (February 23rd) and Aizuri Quartet (March 8th). Villagers are invited to take advantage of this special offer to get \$25 off a season subscription (\$120 instead of \$145) by [clicking here](#) or calling 415-381-4453.

Thank you Mill Valley Chamber Music Society for your support of the Village

**Join us for Lunch at Thep Lela  
Monday, July 22nd**

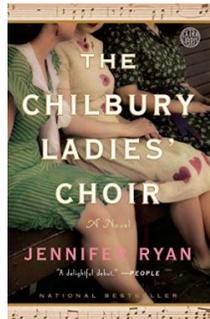


Please consider joining us this month at one of our favorite lunch spots, **Thep Lela**. Our 'no-host' lunches are the 4th Monday of the month at 1pm. Each month our hostess and coordinator Cathy Dunlap selects the venue and somehow makes it all go smoothly. We hope you can join us as these lunches are a great way to get to know, or catch up with, other villagers. For more information on how to sign up see the listing further below.

## Recently Read and Recommended

### “The Chilbury Ladies’ Choir”

by Jennifer Ryan



This debut novel by Jennifer Ryan was another good find at a recent Coffee at the Sweetwater. Set in a small village near the coast of England as the men in the village are largely heading off to do their part in WWII, the story of life at the homefront unfolds through letters, notices and lists. The book begins with:

***"NOTICE PINNED TO THE CHILBURY VILLAGE HALL NOTICEBOARD,  
SUNDAY, 24TH MARCH, 1940***

***As all our male voices have gone to war, the village choir is to close  
following Cmdr. Edmund Winthrop's funeral next Tuesday.***

***The Vicar***

Over the six months depicted in the book those remaining in the village forge ahead taking on new challenges as their village finds itself in the middle of the war effort. It is a satisfying read with treachery, heartbreak, resilience, discovery and romance as the village clings to some traditions and forges others in an attempt to keep its humanity amid the devastation and loss of war.

## SAVE THE DATE

### “10 Years Together” -- A Marin Villages Anniversary Event

September 8th, 3 - 5:00pm



Put this fun event on your calendar now. We hope you can join us as we celebrate all of you members, volunteers, donors and supporters who have made Marin Villages the vibrant community it has become. We will celebrate our 10th Anniversary milestone by thanking all of you who have made it “happen”. This is a terrific opportunity for villagers to meet and greet and celebrate. The celebration will be held at Jason’s Community Center Room, next to Jason’s Restaurant, 300 Drake’s Landing in Greenbrae. Carpooling and offering rides to your fellow villagers will be greatly appreciated.

## Two Marin Villages 10th Anniversary Celebrations in July



### **“Dinner with a Legend” - Artist Georgette Owens in Conversation** Friday, July 12th, 5:30 - 9:00pm, Home of Cherie Sorokin, Tiburon

Join us in a conversation with legendary artist and Marin Villages member, Georgette Owens. At 98, this astonishing woman has lived a multitude of lives. She’s a force in the world of art, and was a decorator and renovation consultant for the St. Regis and Cartier. Her career has connected her to the likes of Salvador Dali, Andy Warhol, Jean Cocteau, Colette, Jackie Kennedy, Rex Harrison, Darryl Zanuck and New York Mayor John LIndsey, to name just a few. This intimate event will be facilitated by Suzie Pollak, and is limited to twenty guests. A \$75 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](#).

### **“Dining Out with Friends”**

**Monday, July 29th, 6 - 9:00pm, Left Bank Brasserie - 507 Magnolia Ave, Larkspur**

This event is a fun fundraiser, intended as an opportunity to show support for Marin Villages while gathering with friends, neighbors and “Villagers” to enjoy a delicious dinner at the Left Bank in Larkspur. Wine is included in the price. Seating is limited so sign up early. Tickets are \$80, \$25 of which is tax deductible. To purchase a ticket and reserve your place at dinner call the office (415-457-4633) or [click here](#).

## **S A V E   T H E   D A T E** **A Celebration of Mill Valley Village Artists** **September 22nd, 3 - 5:00pm**



More details will follow next month but for now please put this date on your calendar! We hope you will join us for a sociable afternoon admiring and talking with our own amazing artists. And as a reminder to all Mill Valley Villagers, we would love to have you bring a piece of your artwork. If you have not already signed up to bring a visual art work (painting, collage, photography, sculpture, ceramics, handwork, etc.) please contact Ginna Fleming ([ginnaflaming@gmail.com](mailto:ginnaflaming@gmail.com)) or Liz Stone (415-388-0696) to do so. We would love to see you and your work as part of this fun afternoon at the Mill Valley Golf Course Clubhouse with friends, family and villagers.

## Events for July

### **Mondays, July 1, 8, 15, 22 and 29, “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](mailto:sbyruck@gmail.com).

### **Tuesday, July 2, 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 ([sbyruck@gmail.com](mailto:sbyruck@gmail.com) or 617-599-8116) for more information and directions.

### **Tuesdays, July 2, 9, 16, 23 and 30, 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.

### **Wednesdays, July 3 and 24, First and Fourth Wednesday Walks, 10am**

Calling all walking friends. Shahla and friends walk on the first and fourth Wednesday mornings from 10 to noon. The group usually meets at the Holiday Inn parking lot near the Manzanita overpass and either walks from there or carpools to nearby starting places. Contact Shahla ([saj222@att.net](mailto:saj222@att.net) or 415-640-1330) to let her know you are coming or to ask to be put on the email list for notices of upcoming walks or updates.

### **Wednesdays, July 3 and 17, 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](mailto:marcusbyruck@gmail.com) or 617-763-1697) or David Cardenas ([transitionssupport@gmail.com](mailto:transitionssupport@gmail.com)). We meet the first and third Wednesdays at 11am at the Sweetwater.

### **Fridays, July 5, 12, 19 and 26, 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).

### **Tuesday, July 9, Book Club, 10:30am**

The group, led by Trish Hibben ([t.hibben@med.com](mailto:t.hibben@med.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, July 10, 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. This event is open to all so please consider stopping by and meeting your fellow villagers. 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. Hope to see you there.

### **Wednesday, July 17, Third Wednesday Trail Walk Group to ANGEL ISLAND, 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 **Angel Island!** A classic summer excursion. We'll take the 10am ferry from Tiburon and return on the 1:20pm ferry. The ride is just 12 minutes so we'll be back by 1:30. There is a nice cafe on the island too so we can go there and have lunch together, or bring a snack. **The fare is \$14 round trip...cash or check only.** Let's do it! Carpool to Tiburon: meet at the Safeway lot on Miller Avenue at 9:15, or meet up at the ferry dock. 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, July 18, 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](mailto:xerty.10@gmail.com) or 415-388-2068) or Bob Battersby ([robertbattersby@att.net](mailto:robertbattersby@att.net)) for more information or directions.

### **Monday, July 22, Lunch at Thep Lela, 1pm**

We meet the 4th Monday of the month for a no-host lunch. This month we meet at local favorite **Thep Lela** in the Strawberry Shopping Center at the back. They have lots of delicious Thai specialties and a great selection of lunch specials. 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. Everyone is welcome. And remember, members may call the office (415-457-4633) to request a ride from a volunteer.

### **Tuesdays and Thursdays in July - 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 complementary class. To register, or for more information, contact Tom at 415-380-8787.

***We look forward to seeing you soon!***