

Mill Valley Village
a branch of

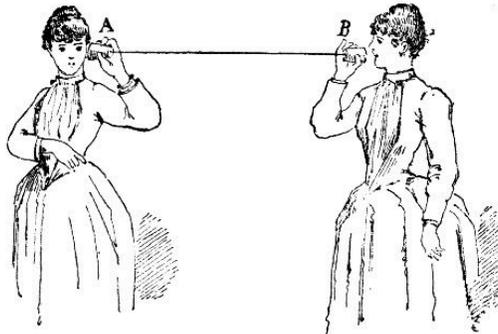
MARIN
VILLAGES



Hi folks,

Below is your **August** 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 and please remember you are always welcome to bring a friend or neighbor.

Spreading the Word About the Village



The recommendations we all trust most are from family and friends, whether it is for a movie, a restaurant, or an electrician. If you have been the recipient of the village's services, attended one of our hikes, coffees, lunches or other programs, or served as a volunteer, and think that a friend, neighbor or family member might enjoy hearing more about Mill Valley Village, please help us spread the word. We are always keen to welcome new members, volunteers and supporters of all kinds.

Contact **Connie Dubin**, Chair of Mill Valley Village (millvalleyvillage@gmail.com or 415-381-7606) or **Sue Steele**, Mill Valley Village Membership Chair (xerty.10@gmail.com or 415-388-7832) and they will happily answer questions and make sure copies of our newsletter, brochure and member and volunteer applications are delivered.

You are also always welcome to invite friends to join us at our monthly Coffee at the Sweetwater (the second Wednesday of each month at 11am) or one of our other programs such as our monthly lunch, one of our walks or hikes, the Men's Group at the Sweetwater and more. These programs are a great way to get to know more about the village and the villagers who make it all come together here in Mill Valley.

Every little bit helps as we continue to grow our Village
Thank you!

Summertime Classics



Sangria

Some things just make us think of summer. The popsicle truck, sounds of kids splashing in the pool, drive-in movies, the waft of barbecue from the neighbor's house. Sangria is one of those treats that tends to appear at our house during the lazy days of summer. This super simple recipe has been a staple for more than 20 years and we thought now might be a good time to share it with you.

As it was explained to us, the least expensive wine is the best. Think Trader Joe's "Charles Shaw" Cabernet Sauvignon. The logic was that these less expensive wines tend to be sweeter and thus blend well with the fruits. This recipe also scales up easily for a party and keeps well to be splashed over ice another day. Here is the recipe circa 1998.

The Best Sangria

The longer Sangria sits before drinking, the more smooth and mellow it will taste. A full day is best, two hours, the minimum. Use large, heavy, juicy oranges and lemons for the best flavor.

- 2 large juice oranges - one sliced, one juiced
- 1 large lemon, sliced
- ¼ cup sugar
- ¼ cup Triple Sec
- 1 750 ml. bottle inexpensive fruity red wine, chilled

Add sliced orange and lemon and sugar to large pitcher; mash gently with wooden spoon until fruit releases some juices but is not totally crushed, and sugar dissolves, about one minute.

Stir in orange juice, Triple Sec and wine; refrigerate.

Before serving, add 6 - 8 ice cubes and stir briskly to distribute settled fruit and pulp.

Serves 4. Can be doubled or tripled (or more).



More Marin Villages 10th Anniversary Celebrations



“A Blank Canvas, A Little Wine and Thou”

Saturday, August 24th, 3 - 6:00pm

Wine & Design, 874 4th Street - Suite 1, San Rafael

At this Sip and Paint event you will be part of the private party for Marin Villages, where you will create memories and masterpieces! It is a fun painting class meant for all experience levels.

Come by yourself or bring your friends and enjoy wine and small bites while you create your art masterpiece. At Wine & Design everything will be provided for you - glasses, paint brushes and canvases - as a local artist guides you through the evening, stroke by stroke. No experience necessary - just be creative and have fun!

A \$75 donation to Marin Villages is being requested to attend this event (\$40 is tax deductible). To purchase a ticket call the office (415-457-4633) or [click here](#).

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 members, volunteers, friends and supporters across all our local villages 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.

See you there.

S A V E T H E D A T E
A Celebration of Mill Valley Village Artists
September 22nd, 3 - 5:00pm
Mill Valley Golf Course Clubhouse
267 Buena Vista Avenue, Mill Valley

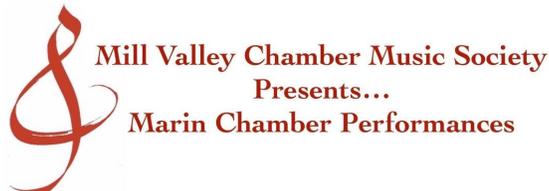


We hope you will join us for a sociable afternoon admiring and talking with our own amazing artists. We will gather to celebrate and admire artists and their art. On display will be a rich variety of paintings, ceramics, photography and more.

It will be an easy-going afternoon with plenty of time to mingle and talk with the artists about their work, enjoying refreshments and each other's company. There will be a brief program as well, with some conversation about the role creativity can play as we grow older. All are welcome. Please feel free to invite family, friends and neighbors.

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) 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.

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

Events for August

Fridays, August 2, 9, 16, 23 and 30, 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, August 5, 12, 19 and 26, "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, August 6, 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, August 6, 13, 20 and 27, 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, August 7 and 28, 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 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, August 7 and 21, 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 David Cardenas (transitionssupport@gmail.com). We meet the first and third Wednesdays at 11am at the Sweetwater.

Tuesday, August 13, 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, August 14, 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. 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.

Thursday, August 15, 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.

Wednesday, August 21, 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. Whoo hoo! Our destination is the Salesforce Park downtown. Meet at 9:30am at the Holiday Inn/Frantoio parking lot to carpool.... Bring lunch money! 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.

Monday, August 26, Lunch at Dipsea Cafe, 1pm

We meet the 4th Monday of the month for a no-host lunch. This month we meet at an ultra-local favorite, the **Dipsea Cafe** on Highway One (200 Shoreline Highway). Known for their homestyle breakfast and lunch items it is a comfortable, welcoming spot with lots of options. Contact Cathy Dunlap (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. Hope you can join us.

Tuesdays and Thursdays in August - 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!