



Hi folks,

Below is your **October** 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.mvillage.org](http://www.mvillage.org).

**Coffee at the Sweetwater  
Second Wednesdays at 11  
(changing from 10:00)**



Come join us this month – October 10<sup>th</sup> at 11am. We look forward to seeing you down at the Sweetwater, the second Wednesday of every month. This month we move the start time of our coffee an hour later, from 10am to 11am to coincide with the Sweetwater's new opening hours.

For the last 5+ years we have been meeting at 10am, to the chagrin of some who prefer to sleep in. Lucky for them, we will now be meeting an hour later, at 11am.

Most everything else will stay the same, great coffee and pastries, lots of books to borrow, welcoming staff and cozy environment as well as lots of fellow villagers to catch up with.

But now, due to the slightly later hour, there will be more items available on the menu to order when you arrive, or later for those who wish to stay on for lunch with friends in the music hall, the café or the patio.

This is probably a good time to note what terrific supporters the folks at the Sweetwater have been to us over the years. When they decided to change their opening hours to 11am we were one of their first contacts, and they were generous enough to still greet us at 10am in September, even though their official hours had already changed to 11. Nice!

When time, take a moment to let them know how much we all value their support of our village. It has been an enormous benefit to us over the years and much appreciated.

**Thank you Sweetwater!**

***From time to time a piece from our Memoir Group will be published here, with permission from the author. This piece by Bob Battersby was first published in October 2016, and was so enjoyed then that we thought some of you newcomers might enjoy seeing it for the first time. It's still pretty wonderful on the second read as well. Thank you Bob for letting us share this.***

## **Dad at the Corner Radio Store**



A friend and I went to Poggio's in Sausalito for their Tuesday night special. We sat inside as it was a bit breezy. Halfway through our dinner a family group took a table on the outside opposite our table. There was a Mom and a Dad, two teenage daughters and a pre-teen boy. Mom and Dad were sharing a carafe of red wine while the children were intent on their cell phone activity. I could see the boy was playing a game and the girls appeared to be sharing photos. A form of disconnected peace reigned.

It made me think of more than several eras back when my mom, dad, my brother Jim and I all gathered around the Philco console with the little green cathode ray tube that appeared to change in size as the radio announcer or commentator spoke. We might have been listening to reports of the war or President Roosevelt in one of his fireside chats. We were doing this as one rapt group sharing time together.

After we moved west, my dad became fascinated with television and for many years we couldn't afford one so he would go to the radio store on the corner with a group of other dads and watch television there. The shop owner would always have a set on for a few hours in the evening. Early on, the sets might have had a large magnifying glass in front of the screen to make the picture appear bigger. Dad would then report back about the news on the television that mom had already heard on the radio.

We eventually got our own television and watched it together. I can't really remember all of what we watched as I was more interested in customizing a '32 Chevy, becoming a radar operator for the local National Guard Coastal Artillery Battalion and oh yes, girls. Still, a lot of what we did, we did as a family and shared opinions and discussed what was going on in the world around us as a family unit.

Eras upon eras have gone by and the abundance and accessibility of media has changed the family dynamic that I found comfort in and yes, also found it frustrating and at times in my adolescence boring.

One of the current electronic media captors is a thing called Facebook and here is a slightly modified version sent to me by a friend.

This is for those of you who do not use and cannot comprehend the social media (friendship) phenomenon called Facebook and what it is and why it exists. Simply stated Facebook allows you to maintain friendships with not only your friends and your kith and kin but also with friends of friends and their friends in distant states or lands (whom, incidentally you might never meet.)

I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street, stop and tell passersby what I have eaten, how I feel at the moment, what I have done the night before, what I will do later, and with whom.

I listen to their replies, share what they have said with others, give them a "thumbs up" and tell them I like them.

I give them pictures of my family, my cats, and of me gardening, taking things apart and putting things together, watering the lawn, standing in front of landmarks, driving around town, having lunch, taking pictures of my meal and doing what anybody and everybody does every day.

And it works just like the computer based Facebook. I already have four people following me: two police officers, a private investigator, and a psychiatrist.

Bob Battersby



Come join us at this FREE full day event. There are more than 130 information booths, an incredible display of quilts, from traditional to art designs, as well as entertainment, prizes and food. Bring a friend and stop by Marin Villages' booth to say hello to the volunteers and staff who will be there all day. There is always a lot to learn at this event and we look forward to seeing you there.

There is free parking as well as a free shuttle from the San Rafael Transit Center.

**SAVE the DATE**  
**Mill Valley Village Holiday Party**  
**Thursday, December 13, 3:00 – 5pm**



Yes, it's way early – but please put this on your calendar NOW before it gets too full. 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.

## **Events for October**

### **Mondays, October 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, October 2, 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](mailto:clytee.mills42@gmail.com) or 408-348-3813).

### **Tuesdays, October 2, 9, 16, 23 and 30, 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](mailto:sbyruck@gmail.com) or 617-599-8116) for more information and to see if this group might be for you.

**Wednesdays, October 3 and 24, 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](mailto: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.

**\* Karen and Shahla trade walks again this month. Shahla will lead the third Wednesday (10/17) walk and Karen will lead the fourth Wednesday walk (10/24). As always, meet Shahla at the Holiday Inn/Frantoio parking lot. See the listing below for details on Karen's walk.**

**Wednesdays, October 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 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](mailto:marcusbyruck@gmail.com)) or David Cardenas ([transitionssupport@gmail.com](mailto:transitionssupport@gmail.com)). Meeting times are the first and third Wednesdays of the month, 11am at the Sweetwater.

**Fridays, October 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, October 9, Book Club, 10:30am**

Terrific news. Several of you responded that you would be interested in a local book group and there is a plan! The group, led by Trish Hibben ([t.hibben@me.com](mailto:t.hibben@me.com) or 415-215-8394), will meet the second Tuesdays of the month from 10:30 – 12:30. The group, aimed at local village volunteers and members, will be kept small. Please contact Trish to be put on the list for future openings.

**Wednesday, October 10, 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, October 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 (415-388-7832 or [xerty.10@gmail.com](mailto:xerty.10@gmail.com)) or Bob Battersby ([robertbattersby@att.net](mailto:robertbattersby@att.net)).

**Monday, October 22, Lunch at Pizza Antica, 1pm**

For this month's no-host lunch we return to **Pizza Antica** in Strawberry Village Shopping Center. They have terrific pizzas as well as appetizer, salad and entrée options. Contact Cathy Dunlap ([millvalleyvillagenews@gmail.com](mailto:millvalleyvillagenews@gmail.com) or 415-388-2068) 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](tel:415-457-4633)) for a ride.

**Wednesday, October 24, Third\* Wednesday Trail Walk Group, 10am**

We hold 2-4 mile trail walks on relatively flat terrain the third Wednesday morning of each month. All are welcome. Hope you can join us! Contact Karen Robbins at [415-519-3420](tel:415-519-3420) or [karobbins@comcast.net](mailto: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.

**\* This month Karen's trail walk is moving to the Fourth Wednesday. The group will head into San Francisco to the Dogpatch area south of Market. Meet at the Holiday Inn/Frantoio parking lot at 9:30 to carpool into the city. Plan on staying for lunch and getting back to Mill Valley around 1:30 – 2. Keep a look out for emails with more details says Karen.**

**Tuesdays and Thursdays in October - 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, FALL PREVENTION, focuses on balance and sitting or standing exercises (2:30-3:30). To register, or for more information, contact Tom Borromeo at [415-380-8787](tel:415-380-8787).

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