

Mill Valley Village  
a branch of

MARIN  
VILLAGES



Our Paths - Our Choices

Hi folks,

Below is your **December** 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.

**Mill Valley Village Holiday Party**  
**Thursday, December 12th, 3:00 - 5:00pm**



This annual get-together of Mill Valley Village volunteers and members is great fun with lots of food, friends, libations and good cheer. There will be sounds of the season and plenty of time for catching up with neighbors and other villagers. We truly hope you will plan to join us and share the holiday spirit with friends.

The party is from 3:00 - 5:00 at the Mill Valley Golf Course Clubhouse, at 267 Buena Vista Drive. There is plenty of parking. No RSVP needed, just come by.

Members and volunteers are encouraged to offer rides to those they know could use a lift, as many who would normally offer to drive will be busy cooking and setting up awaiting your arrival. Thank you!

Village members are welcome to call the office (415-457-4633) to request a ride from a volunteer. Calling early is always a good idea.

The Clubhouse is located at 267 Buena Vista Avenue, about a 3-minute drive from the corner of East Blithedale and Carmelita Avenue. One easy route from East Blithedale is to turn onto Carmelita, then turn right onto Buena Vista Avenue. You will see the Tennis Club on your right as you follow the curving road. Continue on past the Tennis Club until you see the Golf Course on your right and the Clubhouse on your left, up the hill. Turn left up the driveway to the Clubhouse parking lot. There is plenty of parking and villagers will be waiting to greet you.

**Happy Holidays!**  
**We look forward to seeing you there.**



### **Giving Thanks**



***This article from a couple of years ago came to mind as we here in Mill Valley were lucky enough to be able to turn the lights back on a month ago. Unlike many of our neighbors in the Bay Area, we were able to put away our "Go Bags" and other evacuation gear. Not needed, this time. And for that we are "giving thanks with a grateful heart".***

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*"Once again, with Thanksgiving upon us, we are reminded of all we have to be thankful for. At the top of many lists is being able to live in this very special corner of the world. And in a community with so much natural beauty as well as such generosity of spirit. We often hear from villagers how much they appreciate being a part of a community where so many are willing to offer their friendship, time and skills in support of their neighbors. And from volunteers we heard how much they appreciate the opportunity to be of service, to make new friends and to put their skills and time to such good use. We all play a part in keeping our communities and our villages cohesive and strong."*

**Thank you for being part of our village community!**

SAVE THE DATE  
Winter Open Studios at the ICB Studios in Sausalito  
Stop by Studio #302, Ingrid Butler



WINTER OPEN STUDIOS  
AT THE ICB STUDIOS IN SAUSALITO  
Art enthusiasts and collectors welcome!

DECEMBER 6, 7 & 8  
OPEN 11AM-6PM  
Friday Night Opening Previews 6-9PM

OVER 90+ ARTISTS PARTICIPATING

FREE ADMISSION & PARKING  
480 Gate 5 Road, Sausalito, CA  
visit us @ [www.icbartists.com](http://www.icbartists.com)

ICB SAUSALITO ARTISTS

For those of you who do not already make this an annual pilgrimage, it is time to do so. This is a fabulous event. The variety and quality of work on display is pretty phenomenal. This year there will be more than 90 artists participating and there is FREE admission and parking. For a special treat visit the studio (#302) of Mill Valley Village member Ingrid Butler (<http://ingridbutler.com>).



Several of us have been lucky enough to see Ingrid's work up close and would strongly encourage you to stop by. Ingrid is a multi-faceted paper artist, with something for everyone. She will have her gorgeous marbled papers, artist books, paper purses, unique greeting cards, bookmarks, and more for us to peruse. Hope to see you there.

**SAVE THE DATE**  
**Mill Valley Village Luncheons**  
**4th Mondays at 1pm**

**January 27th**  
**February 24th**



For those of you who have not come in a while (or ever) we would enjoy your company at one of our upcoming no-host luncheons next year. It is a great way to catch up with or get to know other villagers. If you are not already a villager it is also a great way to learn more about Mill Valley Village and what we are all about. All are welcome.

Lunches are scheduled the 4th Monday of the month at 1pm. Our hostess, Cathy Dunlap, makes the reservations at the chosen local restaurant and keeps track of RSVPs. On the day of the lunch, we have a routine that seems to work well. We each order what we want to eat and drink and when the bill comes Cathy and friends figure out what each of us owes (including tax and tip). We each then add our bit to the pot. It's that easy.

Given December is already chock-a-block with events and commitments, we will meet next on January 27th. Here are the dates and locations of our next two lunches. We hope you will put one or both on your calendar and keep 4th Mondays free in future.

**Monday, January 27th at 1pm**



**Monday, February 24th at 1pm**



Contact Cathy Dunlap ([millvalleyvillagenews@gmail.com](mailto:millvalleyvillagenews@gmail.com) or 415-388-2068) as soon as you know you can come, but no later than the week before, so she can make sure there are enough seats reserved.

Carpooling is always encouraged and members are welcome to call the office (415-457-4633) to request a ride from a volunteer. See you there.

## **“First” Thursday Afternoons in Q1 - 2020**

**January 9th**

**February 6th**

**March 5th**



**Spirit Rock**  
An Insight Meditation Center

Mill Valley villagers (members, volunteers and friends) are invited to join us once again in 2020. These sessions were so popular this year that we decided to hold them monthly next year. We will generally 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**.

And, we are trying a new and newly-refurbished venue, Scout Hall. Uniquely, Scout Hall has two addresses, consistent with its two entrances. The “main” entrance, into the main hall, is now at 30 Mountain View Avenue. There is handicap parking by the door and on-street parking nearby. The secondary entrance is at 177 East Blithedale. This entrance involves steps but there is typically parking on either side of East Blithedale as well as on some on the side streets. As always, carpooling is encouraged and members are welcome to call the office (415-457-4633) to request a ride. Look forward to seeing you in 2020.

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

### **Events for December**

#### **Mondays, December 2, 9, 16, 23 and 30, “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, December 3, 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](mailto:sybruck@gmail.com) or 617-599-8116) for more information and directions.

#### **Tuesdays, December 3, 10, 17, 24 and 31, 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, December 4 and 18, 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 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, December 6, 13, 20 and 27, 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, December 10, Book Club, 10:30am**

The group, led by Trish Hibben ([t.hibben@me.com](mailto: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, December 11, 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 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 and lunch items are excellent.

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**Wednesday, December 18, 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 will have a local walk. Meet at the Sweetwater in Mill Valley at 10 and then we will walk the Lovell loop with time for coffee together at the end. 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, December 19, 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.

### **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 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!***