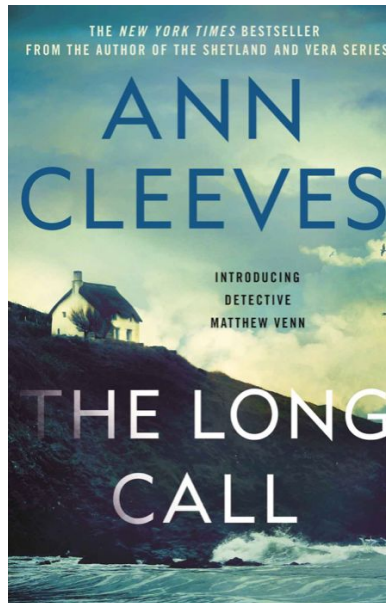




Hi folks,

Below is your **February** reminder of upcoming Mill Valley Village events. This newsletter, as well as event listings, information about our village including past newsletters, membership and volunteer applications and more may also be found at [www.mvillage.org](http://www.mvillage.org). Hope you will take a look and that we will see you soon.

### Recently Read and Recommended “The Long Call” - Ann Cleeves



Ann Cleeves, unknown to me before receiving this book as a gift, is the author of two award-winning series of books that have been made into television shows. Both series revolve around a lead detective, in one case Vera, in the other Jimmy Perez, in the series called “Shetland” set on the Shetland Islands.

In this recently published book, Cleeves introduces a new detective, Matthew Venn. The setting is North Devon, in England. It is full of well-realized characters and quickly involves you in these character’s lives such that we want to know the next steps for them, as well as the next “case”.

**“Fans missing Jimmy Perez will find a worthy successor in the equally complex Venn, who presides over an excellent mystery in this series kickoff.”**

*Kirkus Reviews*

**“Celebrating 50 Years”  
Marin Watercolor Society Show  
Marin County Civic Center**



At our last Coffee at the Sweetwater we learned about this show: “Celebrating 50 Years”, from one of the society’s members, Sandy Slichter. The show went up shortly after and will remain in place until April 16th. Plenty of time to make the Civic Center a destination. The paintings are by members of the Marin Watercolor Society, founded in 1970, and include works by three wonderfully talented Mill Valley Villagers: Christina Oldenburg, Sandy Slichter and Mary Vezie.

The show is hung on the first and third floors of the Civic Center. We found easy parking on the drive up the hill to the center before the first archway. We then walked in via the south entrance. When you enter there you are on the first floor and the paintings begin a short walk down the hall. Beautiful work and a varied exhibit.

Stop by if you can before mid-April and take a look. You won’t be disappointed.

**A Simple, Generous Way to Support Mill Valley Village  
at Mill Valley Market**



Mill Valley Market, through their innovative SHOP & GIVE Program, has donated over \$1,000,000 to various local non-profits since 1992. Mill Valley Village has been a grateful recipient of their generosity over the years but we depend on YOU to make it so.

This is how the SHOP & GIVE program works. When you check out at the register you simply ask, before the total is rung up, to add Marin Villages (or #8009) to your receipt. And just like that 2% of your total receipt will go to Marin Villages, designated for Mill Valley Village. There are no deductions, no ineligible products, everything counts.

So please consider taking advantage of this easy way to make a difference. You don’t have to remember the code, just ask the cashier or consult the list taped on the counter as you check out.

**Thank you!  
And Thank YOU Mill Valley Market!**

## Mill Valley Village Luncheons Fourth Mondays



These fun monthly lunches are a great way to get to know other villagers while enjoying a relaxed lunch with friends. Just 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. All are welcome. More details can be found below under Events for February.

### Monday, February 24th at 1pm -- Seafood Peddler



### Monday, March 23rd at 1pm -- Pizza Antica



We hope you will join us for one or both of these very fun lunches.

## Events for February

### Mondays, February 3, 10, 17 and 24, "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, February 4, Caregiving and Family - Challenges and Rewards, 1pm

Are you caring for a family member or friend? This group 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, February 4, 11, 18 and 25, 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, February 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 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 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.

**Thursday, February 6, Spirit Rock - "First" Thursday Afternoons, 3pm**

Mill Valley Villagers are invited to join us at our new venue, Scout Hall, for this program featuring video talks from the world famous Spirit Rock Center. The folks at the center have kindly supported our interest in making some of the talks available for a group of villagers to watch together. We begin with a few minutes to mingle and get settled, followed by watching one of the talks (about an hour or less) and we end by sharing some snacks as well as our thoughts on what we might have gleaned from the talk. The main entrance, which leads right into the hall, is 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 may call the office (415-457-4633) to request a ride. Look forward to seeing you. Our next session will be March 5th.

**Fridays, February 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. It is a friendly group, happy to welcome newcomers. All welcome. Please RSVP to Marcus Byruck ([marcusbyruck@gmail.com](mailto:marcusbyruck@gmail.com) or 617-763-1697).

**Tuesday, February 11, 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, February 12, 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, donuts and lunch items are excellent.

### **Wednesday, February 19, 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 going back to all-time favorite **Dias Ridge**. We will walk the trail round-trip to the Muir Beach overlook. The trailhead is on Panoramic Highway about a quarter mile uphill from the junction with Shoreline Highway. Parking is available on the wide shoulder. 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, February 20, Memoir Group, 3pm**

Everyone has a story. Come share stories from your life in a safe, supportive, welcoming place. Join us in the Memoir Group where we read and listen and comment and applaud; where we try to honor each other's needs to be heard with attention. The group meets the third Thursday of the month. For more information please contact Gloria Sparrow ([gloriasparrow@comcast.net](mailto:gloriasparrow@comcast.net) or 415-377-2037).

### **Monday, February 24, Lunch at Seafood Peddler, 1pm**

We meet the 4th Monday of the month for a no-host lunch. This month we meet at **Seafood Peddler**, at 303 Johnson Street in Sausalito. There is a great selection of lunch choices including caesar salad, clam chowder, lobster bisque, calamari, lobster and lots more. Yes, this is a splurge, but the food and service are top-notch, as well as the view. Please be sure to 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. All are 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 February - 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!***