



Hi folks,

Below is your **February** reminder of upcoming Mill Valley Village events. We hope you will take a look at the events below and try to join us for at least one. If you have not joined us recently, we invite you to consider making us a part of your routine. The “Coffee at the Sweetwater” the second Wednesday of the month, and the monthly lunch at a local restaurant (described below) are especially good venues for newcomers to get to know other villagers. And remember, you are always welcome to bring a neighbor or friend. These events can also be found on our website at www.mvvillage.org.

Join us for Lunch The 4th Monday of the Month – at 1pm



One of our most popular and long-standing programs is our monthly no-host lunch out. Cathy Dunlap is our tireless hostess and coordinator scouting out local restaurants for us each month. The lunch is a great way to meet village volunteers and members and a good place to introduce friends to the group. The lunches are typically the 4th Monday of the month at 1pm, just late enough to avoid the lunch rush.

We hope you will join us one of these months, as we are always keen to welcome new faces. See the listing under Upcoming Events for more details.

This month we go to Seafood Peddler on February 25th.

Everybody wants to save the Earth; nobody wants to
help Mom do the dishes.

P. J. O'Rourke

An Easy, Satisfying Winter Recipe Green Posole



Are you ready for an easy but delicious winter stew option? If so, you may want to try this simple recipe, or pass it on to friends or family. This delicious meal greeted me a few years ago as I arrived at a friend's house in Cambridge, MA on a blustery winter day. It was perfect. I have since replicated it easily, serving it with either corn bread or corn chips and sometimes one of the suggested garnishes, depending upon the season and my bandwidth. There are only a few ingredients, all easy to find at our local market and it takes only a few minutes to prepare. Hope you enjoy it.

INGREDIENTS

- 2 tablespoons vegetable oil
- 1 medium onion, chopped fine (about 1 cup)
- 1 cup bottled green or Tomatillo Salsa (I got Frontera brand from Mill Valley Market)
- 4 cups chicken broth
- 1 rotisserie chicken, meat shredded, skin and bones discarded
- 2 15-ounce cans white hominy, rinsed and drained
- Kosher salt and fresh ground pepper

Optional: Radishes, onion, avocado and cilantro for garnish

PREPARATION

Heat the oil in a large saucepan over high heat until hot. Reduce heat to medium, add the onion and cook, stirring occasionally, until softened, about 5 minutes. Add the salsa and cook, stirring for 5 minutes.

Add the chicken broth and simmer, partially covered, for 10 minutes. Add the shredded chicken and the rinsed and drained hominy and simmer until heated through. Add salt and pepper to taste.

Ladle into bowls and let everyone garnish their own portion with some of these options: finely chopped onion, avocado, slivered radishes, cilantro. Serves 4 – 6.

Repeat, as needed, when quick comfort food is required.

Don't forget, use Shop and Save Code 8009 at Mill Valley Market, – and they will donate 2% of your shopping receipts to Mill Valley Village.

From the Archives -- For Your “Funny Bone”



Does anyone else find it a bit startling that we are old enough to have “archives”? In our case, some of them are less formal than others. This bit emerged from an old file cabinet in the garage during a spate of New Year’s Resolution cleaning up.

Our village started offering programs and services in the summer of 2012, almost 7 years ago now! Soon after, we created a Mill Valley Village web site. Upon joining the Mill Valley Village Steering Team that year, one of Cathy Dunlap’s first recommendations was that we implement a newsletter for our villagers. As with so many efforts that followed, Cathy not only made the perfectly timed recommendation, but also took the lead in making it so. With Cathy’s stewardship a newsletter became a Mill Valley Village tradition and has been published regularly ever since. Below is one of the submissions we ran in the Spring 2014 Issue of what we then called “Mill Valley Village News”. When I came across this bit again I could not help but laugh. Hope you do the same.



Sherlock Holmes and Dr. Watson go on a camping trip, and after finishing their dinner they retire for the night, and to go sleep.

Some hours later, Holmes wakes up and nudges his faithful friend. “Watson, look up at the sky and tell me what you see.”

“I see millions and millions of stars, Holmes,” exclaims Watson.

“And what do you deduce from that?” asks Holmes.

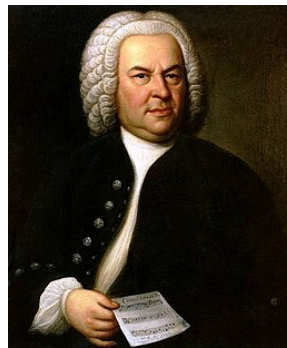
Watson ponders for a minute. “Well, astronomically, it tells me that there are millions of galaxies and potentially billions of planets. Astrologically, I observe that Saturn is in Leo. Horologically, I deduce that the time is approximately a quarter past three. Meteorologically, I suspect that we will have a beautiful day tomorrow. Theologically, I can see that God is all-powerful, and that we are a small and insignificant part of the universe.”

“What does it tell you, Holmes?”

“Watson, you idiot” he exclaims, “Somebody’s stolen our tent!”



S A V E T H E D A T E
Dr. Kayleen Asbo presents:
“Johann Sebastian Bach and the Encyclopedia of Human Emotion”
Thursday, March 14th, 1 – 3pm
Doors Open at 1pm – Program Begins at 1:30



We hope you can come join us for this unique presentation and performance. For those of you lucky enough to have attended one of Kayleen's earlier presentations you know how special they are. Recognizing the popularity of her programs we have located a terrific new-to-us venue – the United Methodist Church on Camino Alto. This is the same wonderful venue where the Mill Valley Chamber Music Society holds their concerts, with lots of easy parking at the ready. We are truly delighted that Kayleen has offered to fit this program into her schedule and that with this new venue more of you will be able to join us for this very special offering.

For those of you who have not yet been able to attend one of Kayleen's presentations they are truly exceptional. Kayleen, a faculty member of the Pacifica Graduate Institute and the San Francisco Conservatory of Music, is a passionate scholar: a cultural historian, musician, writer and teacher who weaves myth, music, psychology, history and art with experimental learning. For more about Kayleen visit her website: www.kayleenasbo.com.

Doors will open at 1:00; with a short social hour and the program will begin at 1:30.

No RSVP required, but members are encouraged to call early if they expect to need a ride.

Looking forward to seeing you March 14th

Upcoming Events for February

Fridays, February 1, 8, 15 and 22, 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, February 4, 11, 18 and 25, “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, February 5, 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 or 408-348-3813).

Tuesdays, February 5, 12, 19 and 26, 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 or 617-599-8116) for more information and to see if this group might be for you.

Wednesdays, February 6 and 27, 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) 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.

Wednesdays, February 6 and 20, 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) or David Cardenas (transitionssupport@gmail.com). Meeting times are the first and third Wednesdays of the month, 11am at the Sweetwater.

Tuesday, February 12, Book Club, 10:30am

The group, led by Trish Hibben (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.

Trish recently announced that the list of people interested in a second book club is growing. If you too want to be put on the list please contact Trish.

Wednesday, February 13, 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.

Wednesday, February 20, 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 meet at 9:30 at the Frantoio Restaurant parking lot (near

Manzanita) and drive together into San Francisco to walk the Trail at Land's End, perhaps stopping in at the Legion of Honor Museum if the weather is bad. All are welcome. Hope you can join us! Contact Karen Robbins at [415-519-3420](tel:415-519-3420) or 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.

Thursday, February 21, 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](tel:415-388-7832) or xerty.10@gmail.com) or Bob Battersby (robertbattersby@att.net).

Monday, February 25, Lunch at Seafood Peddler, 1pm

For this month's no-host lunch we return to **Seafood Peddler** a big mid-winter favorite, at 303 Johnson Street in Sausalito. They are known for their fresh seafood, great views and varied menu so come join us this month. Contact Cathy Dunlap ([415-388-2068](tel:415-388-2068) or millvalleyvillagenews@gmail.com) 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.

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 popular with members and volunteers. The first, "functional strength", combines traditional strength-building exercises, light cardio and gentle stretching (1-2:00). The second, "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](tel:415-380-8787).

We look forward to seeing you soon!