



Hi folks,

Below is your **March** reminder of upcoming Mill Valley Village programs. 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 programs are a great way to introduce people to the village. These events can also be found at www.mvvillage.org.

A New Collaboration With the Library



We are excited to announce a new partnership between Mill Valley Village and our amazing Mill Valley Library! Through this collaboration we aim to bring together two very vibrant parts of our community to craft programs of general interest to many of us, young and old. We will touch on aspects of aging, science, and practical matters, among others, presenting programs designed to inspire, provide information, and cut across generations. We owe special thanks to Anji Brenner, City Librarian, for spearheading this joint effort!

And with that background, we are pleased to announce our first collaboration:

Plan Well, Live Well, Die Well – A Workshop
Tuesday, March 12th, 1 – 2:30
Creekside Room, Mill Valley Library



For this program we have partnered with **Dyalogues**, a local communication and educational consulting group with a mission to deeply connect people to what they value most in life. Using an interdisciplinary approach that draws from medicine, psychology, and business, Dyalogues has created entertaining and interactive programs that provide a springboard for important life-changing conversations.

This simple yet powerful 90-minute workshop aims to help individuals, families and communities talk more openly about planning, living and dying well. It is designed to help reduce the fear and uncertainty often associated with navigating end-of-life and helps

people connect to what matters most. Dr. Dawn Gross, palliative care physician at UCSF and host of “Dying to Talk”, an inspirational public radio talk show, together with Dyalogues co-founders Nancy Belza and Paul Puccinelli LMFT, will begin by addressing the question, *Why Is Talking About Dying So Important When We Are So Busy Living?* The presentation is based on the premise that when we consider what matters at the end of life, we quickly learn that we are actually addressing what matters most in life. The workshop will also include an interactive segment, in which participants articulate their vision of the life they wish for now, and at its end.

Registration required.

Please register by either visiting the library Reference Desk, calling 415-389-4292 x3 or [clicking here](#).

Please join us and invite other Mill Valley neighbors to register as well!

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



For those of you lucky enough to have attended one of Kayleen’s earlier presentations you know how special these events 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

SAVE THE DATE
Sixth Annual Mill Valley Volunteer Day
Saturday, April 27th, 10 – 2, on the Plaza



Hoorah! This fun event is back on the Plaza this year. Mill Valley Village will, but of course, have a table there and we encourage you and your friends and family to drop by. It is a great location and a good way to spread the word about the village. Please plan to join us anytime between 10 and 2.

**Valentine's Greetings
From the Heart**



In February, Mill Valley Village members discovered handmade Valentines in their mailboxes, created by Mill Valley public school students. The project was a collaborative effort between Mill Valley elementary, middle, and high schools, the Mill Valley Rotary, and Mill Valley Village. Members were delighted with the beautiful handcrafted cards filled with heartfelt wishes from local students. Some members hadn't received a Valentine in decades and were very touched by the gesture, sending words of appreciation back to the students and proudly displaying the lovely artwork around their homes. We are deeply grateful for the efforts of the nearly 200 students at Edna McGuire and Tam Valley Elementary schools and the Interact Clubs at the Mill Valley Middle School and Tam High.

We owe very special thanks to Emily Uhlhorn, a Mill Valley mom who spearheaded the effort! This project is one example of an intergenerational collaboration that reaches deeply across our community.



WORLD ON FIRE A Poetry-Music Piece About Climate Change and Related Challenges



Conceived by performer/co-creator **Naomi Newman**, “World on Fire” is an ensemble music-theatre performance on climate change. Newman’s long-time collaborator Corey Fischer (Fischer and Newman were co-founders of Traveling Jewish Theatre, 1978-2012) is directing Newman and accomplished cross-genre musicians **Barbara Borden** (drummer/percussionist) and **Susanne DiVincenzo** (bass/cello) in this new project.

Naomi and Barbara live in Mill Valley and have been village members now for several years. Naomi was one of the first brave souls to come to a “Coffee at the Sweetwater” when it was first conceived. Below are some words from Naomi about the origin of this work:

Three years ago, as I faced the heart-breaking difference between the beautiful world I was born into and the world my grandchildren and future generations will inherit, I turned to poetry for solace, Then I decided to share the solace with others by performing the poems with music.

We’ve chosen poems that inspire us to respond to the enormous challenges of climate crisis out of love for the planet and its species rather than out of fear. The poets come from Asia, the Americas and Europe, and from indigenous people. Some are well-known, some are not.

For more background on the truly amazing director and performers go to worldonfire.info. We are pleased to let you know of some upcoming dates for this fascinating poetry-music piece, addressing climate crisis and its related issues.

Friday, April 12th

California Jazz Conservatory
Rendon Hall
2040 Addison Street, Berkeley, CA
Tickets \$25
Available at cjc.edu.concerts

Friday, June 28th, 8pm

Ashkenaz
1317 San Pablo Avenue (at Gilman), Berkeley, CA
\$20 advance, \$25 day of show
Available at ashkenaz.com

Events for March

Fridays, March 1, 8, 15, 22 and 29, 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, March 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, March 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, March 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. This month only contact Christina Oldenburg (415-388-9315).

Wednesdays, March 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 tell her you are coming or to ask her to put you on the email list to let you know of upcoming walks or updates.

Wednesdays, March 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, March 12, Book Club, 10:30am

This group, led by Trish Hibben (t.hibben@me.com or 415-215-8394), meets 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.

Tuesday, March 12, “Plan Well, Live Well, Die Well”, 1 – 2:30pm

Please join us for the first program resulting from our new collaboration with the Mill Valley Public Library. The program, described above, requires registration in advance.

Wednesday, March 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.

Thursday, March 14, Dr. Kayleen Asbo presents “Johann Sebastian Bach and the Encyclopedia of Human Emotion”, 1pm

Please see the full description above. We hope you can join us for this very special presentation. Doors open at 1pm and the performance begins at 1:30. Venue is the United Methodist Church on Camino Alto.

Wednesday, March 20, Third Wednesday Trail Walk Group, 10am

This month we meet in front of the 2AM Club and head to Stinson Beach where we will walk the beach and neighborhoods nearby and be back by 12:30. 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, March 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, March 25, Lunch at Piatti, 1pm

For this month's no-host lunch we return to **Piatti** for their terrific atmosphere, hospitality and delicious lunch specials. They are located at 625 Redwood Highway Frontage Road, Mill Valley. We hope you can 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 March - Fitness Programs at Body Kinetics

Body Kinetics continues to offer these two low-cost (\$49), 8-session classes. 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. 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 (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 Borromeo at [415-380-8787](tel:415-380-8787).

We look forward to seeing you soon!