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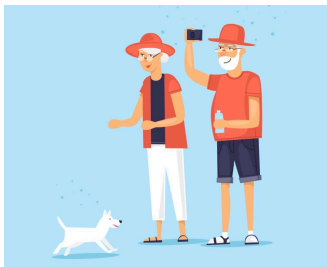
Below is your **April** reminder of upcoming Mill Valley Village events. We hope you will join us for at least one of the events below. And remember, you are always welcome to bring a neighbor or friend. These events can also be found at www.mvvillage.org.

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



We are looking forward to seeing you down at the plaza for this fun event where folks can learn about lots of volunteer opportunities. 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. Looking forward to seeing you there.

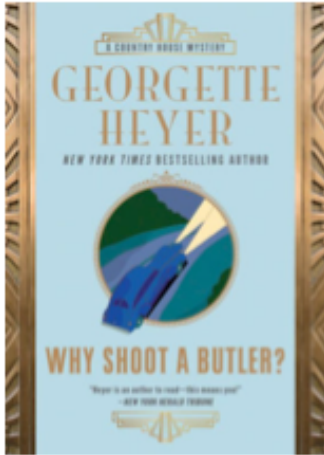
**S A V E T H E D A T E
Mill Valley Age Friendly Fair
Friday, May 10th, 11 – 2, at the Community Center**



Come and celebrate Older Americans Month with us at the Mill Valley Community Center. If you are interested in agencies, community services and programming for ages 55+ please join us at this new Informational Fair.

Mill Valley Village has been invited to host a table at the fair so we will be there in force and hope to see you there as well. Stay tuned for more details in next month's newsletter but we hope you will put the date on your calendar now.

Historical Novelist Georgette Heyer



Watching too much news lately? Need a little respite? Georgette Heyer may be just the antidote. I mentioned Ms. Heyer to another villager recently and she immediately said Ms. Heyer was one of her favorite authors! That prompted me to introduce her to those of you who have not yet made her acquaintance through her books.

Georgette Heyer was born in Wimbledon in 1902. Her first novel, *The Black Moth*, set in 1751, was an historical adventure tale first told to her brother to alleviate his boredom on a convalescent holiday. Her father encouraged her to put the story to paper and then sent it to a literary agent acquaintance. It was promptly sold to Constable in England and Houghton Mifflin in the USA and was published in 1921, when Heyer was just 19.

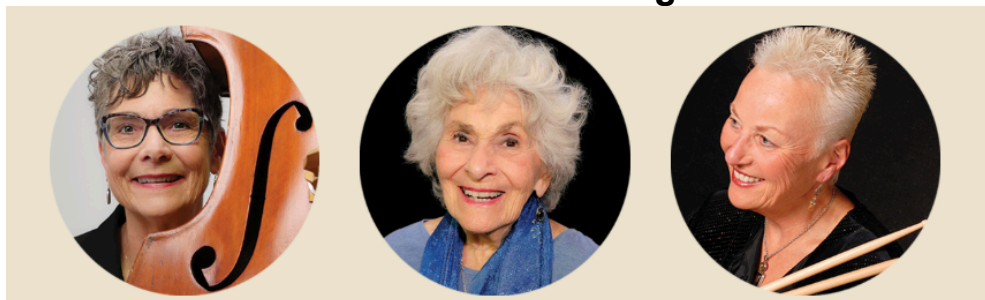
Heyer went on to experiment with several genres and time periods. She published more than 50 books during her writing career, right up until her death in 1974. She “essentially established the historical romance genre and its subgenre ‘Regency’ romance. Her Regencies were inspired by Jane Austin, but Austin wrote about the times she lived in.” Heyer, to recreate those times, became a devout researcher of the times, collecting over 1,000 historical reference books to draw on.

Her most well known books are in the detective and Regency romance genres. Her first crime novel, *Footsteps in the Dark*, was published in 1932, the year her son Richard Rougier was born. And her first novel set in the period with which she will always be associated, *Regency Buck*, was published in 1935. Between 1934 and 1941 she published one crime and one historical novel each year.

Her novels are notable not only for her attention to period details but for lively and fully realized characters, dialogue that is full of humor and plots that feature intrigue, disguise and impersonation. Journalist Lesley McDowell described her novels as containing “derring-do, dashing blades and maids in peril” allowing readers to escape the mundane and difficult elements of their lives. Ms. Heyer once wrote “I think myself I ought to be shot for writing such nonsense....But it’s unquestionably good escapist literature and I think I should rather like it if I were sitting in an air-raid shelter or recovering from flu.”

If you too are in the mood for some good escapist literature there will be a small collection of her books available for you to borrow at the next “Coffee at the Sweetwater”. If you cannot make it, the library, Amazon and Abebooks.com are all good sources as well.

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



Don't forget to get your tickets! The first performance (see below) is this month. Conceived by performer/co-creator **Naomi Newman**, "World on Fire" is an ensemble music-theatre performance on climate change. For more background on the truly amazing director and performers go to worldonfire.info. See the performance times below:

Friday, April 12th, 8pm,
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

A 10th Anniversary Celebration and Invitation from Marin Villages



As of May 2019, Marin Villages will have been incorporated as a non-profit entity for 10 years! To celebrate this milestone, 10 events are being planned throughout the year.

#1 Event -- The Art of Dim Sum Wednesday, April 10th, 2:00- 5:00

Join others from across the villages for this unique event combining fun and fundraising. Learn to make Dim Sum from an expert! And leave with the recipes.

Spend an afternoon devoted to Dim Sum with chef and author of the book, ***Dim Sum: The Art of Chinese Tea Lunch***, **Ellen Blonder**. This special, hands-on make and feast event combines fun and fundraising at the Livoti's fabulous kitchen in Novato. Call the office (415-457-4633) or [click here to reserve](#) your spot with a donation of \$75 per person (of which \$60 will be tax deductible). Space is limited to 25.

Events for April

Mondays, April 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.

Tuesday, April 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 or 408-348-3813).

Tuesdays, April 2, 9, 16, 23 and 30, 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 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, April 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) 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, April 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) or David Cardenas (transitionssupport@gmail.com). Meeting times are the first and third Wednesdays of the month, 11am at the Sweetwater.

Fridays, April 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 or 617-763-1697).

Tuesday, April 9, Book Club, 10:30am

The group, led by Trish Hibben (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, April 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.

Wednesday, April 17, 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. This month we meet at the Frantoio (now closed) lot to drive into San Francisco Marina to walk on Marina Green and end up at Fort Mason....a little lunch? 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, April 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](tel:415-388-7832) or xerty.10@gmail.com) or Bob Battersby (robertbattersby@att.net).

Monday, April 22, Lunch at Tamalpie, 1pm

For this month's no-host lunch we return to **Tamalpie**, at 477 Miller Avenue, for their terrific pizzas, salads and other specialties. We hope you can come join us. Contact Cathy Dunlap (millvalleyvillagenews@gmail.com or [415-388-2068](tel: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.

Tuesdays and Thursdays in April - 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. 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 a class 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!