

Mill Valley Village
a branch of

MARIN
VILLAGES



Our Paths - Our Choices

Dear friends and neighbors,

Wishing you all a happy **June** as we savor memories of a delightful get-together at the golf course clubhouse last Sunday. It was such fun to gather again as a village and we were delighted to see so many of you there. See later in the newsletter for some fun photos of the afternoon. And finally, the official start of summer comes our way this month. We are so ready for some lovely, warm weather. Hope to see you soon at one event or another.

**Join us at Gravity Tavern, Downtown Mill Valley
Monday, June 26th at NOON**



Our fourth Monday lunches are back and we are trying a new venue this month. **Gravity Tavern**, right in downtown Mill Valley, recently opened for lunch during the week and will be hosting us for the first time. We are looking forward to it after hearing great reviews of their food. In addition to their regular “All Day Menu” they are planning to offer us some mid-range lunch specials. **Please note: The luncheon will be at NOON.** As these luncheons are quite popular we urge you to make sure to reserve your seat as soon as you know you can come. See details in the listing of events at the end of the newsletter.

THE PLAZA GATHERING

Yes...we are doing it again

**MEMBERS, VOLUNTEERS, FRIENDS,
FRIENDS OF FRIENDS**

**At the Depot Plaza
4pm on Thursday, June 15th**

Members, volunteers, friends, friends of friends and curious passers-by are invited to join us again this month on the Third Thursday. We meet on the plaza at the picnic tables at 4pm to hang out, have a little snack and chat, meeting new people and seeing Village friends in person. Please BYOB (Bring Your Own Beverage) and join us on the plaza Thursday, June 15th at 4pm. See you then.

Chamber Music Marin Announces Upcoming 50th Season and a Discount for Mill Valley Village Members



Many of you have already received your brochure from Chamber Music Marin announcing their upcoming **50th Golden Anniversary season**. We are delighted that they are offering a special discount (10%) to Mill Valley Village members for either a 3- or 5-performance season. To take advantage of that discount either go to [this link](#) to print the Mill Valley Village form and send it in with your payment, or if you prefer to purchase a subscription online, just enter "MVV" in the field on the details page where it asks if you have a Promo Code. With the discount, a regular 5-performance subscription (\$190) is reduced to \$171 and a regular 3-performance "flex" subscription (\$130) is reduced to \$117. If you prefer, and you already have your brochure form, you may fill it out, write "MVV" on it and send it in with a check for the discounted amount. All subscribers receive a free ticket to the Marin Music Chest Youth Finalist concert. Subscribers to the 5-performance season also receive a free ANY CONCERT ticket to share with a friend. For more information go to chambermusicmarin.org or call 415-706-3193. As always, all performances are Sundays at 5:00pm in the beautiful Mt. Tamalpais Methodist Church at 410 Sycamore Avenue here in Mill Valley. The concert dates for the upcoming season are October 8, November 12, January 28, February 25, May 5 and May 19 (Marin Music Chest Youth Finalist concert).

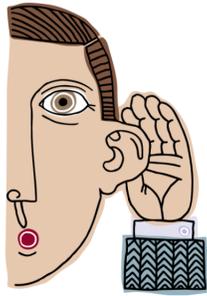
This is a true treasure in our midst, bringing world-class music to a perfect venue. If you have not already subscribed to their fantastic offerings, this is the season to do so.

Time for Another Booster? Reminder: Second Bivalent Booster Authorized Still Time to Catch Up on Your First as Well



Okay, once more with gusto! Yes, we are being a squeaky wheel, but with good intentions. Several of our fellow villagers in the last couple of months have fallen ill with COVID after managing to dodge that particular bullet for the last three years. It served as a stark reminder that COVID is still very present and at our ages we are most at risk of serious complications. It is straightforward to find an appointment. So please help yourself and your community and catch up with the vaccines you are eligible for NOW.

Dealing with Hearing Loss? by Neil Kran



Several times over the past few months, Mill Valley Village members have approached me to discuss issues with their hearing loss and how to decide to obtain hearing aids. Although I am not a medical person and am not an expert on the bewildering services of audiologists and hearing aid vendors, I have been associated with hearing loss support groups for over 25 years as part of my own hearing loss journey. I've always found that the experiences shared by others have been a valuable part of learning to deal with my own hearing issues, my selection of medical and professional services and the adoption of effective coping strategies for social interactions.

Here in Marin County we are most fortunate to have a vibrant chapter of the foremost self-help group in the country - the Hearing Loss Association of America, or HLAA. The North Bay of CA Chapter offers meetings and events in Marin and Sonoma Counties. Group meetings are currently held online, but in-person social events are about to begin again. I urge anyone seeking information, education and support for dealing with hearing loss to contact the chapter to find out about and be able to attend these meetings.

Monthly groups meet at 4:00pm on the second Thursday of the month with featured presentations. The fourth Thursday of each month is dedicated to a support group called Hearing Other People's Experiences (HOPE) where everyone has a chance to participate, share their concerns and lend a supportive ear to other people's struggles. All virtual meetings are captioned. This summer the group will resume their annual picnic. On Sunday, July 16th there will be a pot-luck picnic at Piper Park in Larkspur beginning at noon. Partners and friends are welcome.

Contact the local HLAA Chapter to sign up by phone, email or website:

Phone: 415-710-7281
Email: info@hearinglossnorthbay.org
Web page: www.hearinglossnorthbay.org



And please feel free to ask me more about the HLAA group when we run into each other at our local Mill Valley Village events. – *Neil Kran, Mill Valley Villager*

Recently Watched and Recommended: *Extraordinary Attorney Woo*



When two good friends independently refer you to the same Netflix series - a series you have not heard a peep about - you know something is cooking. Well, ***Extraordinary Attorney Woo*** is a home run, with each episode delving into wonderfully complex subjects in very thoughtful and often amusing ways. A contemporary South Korean law drama with many layers of interest, it is beautifully done with characters who grow as the series progresses. Actress Park Eun Bin stars as the lead character, a young woman on her first job, after graduating top of class from the prestigious Seoul National University for College and Law. She has an off-the charts IQ complicated by Asperger's Syndrome. Nothing quite prepares you for the richness and appeal of this drama. Luckily there are a full sixteen episodes to dive into. Below is a trailer to give you an idea of the tempo and style of this show. Watch the full trailer for hints of what awaits you: [Extraordinary Attorney Woo trailer](#).

And Another Great Series to Watch *The Diplomat*, on Netflix



This series, ***The Diplomat***, had us hooked immediately. It is very present day with some excellent acting, a smart script and more. Creator Debora Cahn, is a veteran writer of *The West Wing* and you may note similarities in style. Here are some excerpts from a review on RogerEbert.com:

More than anything else, if “The Diplomat” finds an audience, it will be because of the undeniable joy of watching the insanely talented Keri Russell and Rufus Sewell argue, flirt, and challenge each other with spectacular chemistry and believable backstories. The stars of “The Americans” and “Dark City” respectively play a powerful couple thrust into world-shaping events after a missile attack on a British carrier in the Persian Gulf. Was it Iran? Russia? Someone else? Russell plays Kate

Wyer, the new U.S. Ambassador to the United Kingdom, and she's sent there to make sure that the plans of the hawkish U.K. Prime Minister (Rory Kinnear) align with the interests of the United States. She is also on a shortlist for a potential opening in the Vice President's office, which makes her troublesome husband Hal (Sewell) as much of a liability as an asset. Hal is a political shark, a power player who makes moves off the grid that could get a potential Veep in trouble. Oh, it doesn't help that the two were planning to separate..."

And [here](#) is the official Netflix trailer to check out.

What a Delightful Afternoon At the "Spring Has Sprung" Open House



Last Sunday turned into a beautiful afternoon once the morning fog dissipated, and the Golf Course Clubhouse looked quite lovely all decked out with flower arrangements and the doors open for a delightful breeze. There were delicious salads, focaccia, libations as well as a gazillion desserts - our Steering Team trademark. Above are some photos of the setup, and below some silliness around donning our "party hats".



It was so fun and relaxing to gather once again as a village. We missed those of you who could not make it this time, but look forward to seeing you at the next event, perhaps our "Coffee at the Sweetwater", "Gathering on the Plaza", "Back Before Lunch Hike", "Lunch at Gravity Tavern" or whatever else you can squeeze into your schedule. Please read on.

Events for June

We hope you will join us at one or more of the Mill Valley Village activities listed below. You can also find these events on our website at www.mvvillage.org under either the **Events** or **Calendar** tab.

If you know a friend who would like to get our newsletter we hope you will let them know we would be happy to add them to our email list. To request to be sent our once-a-month email newsletter just send us a note at the following email address:
millvalleyvillageprograms@gmail.com.

Fridays, June 2, 9, 16, 23 and 30, Hiking Group, 9am

Our hiking group is for serious hikers wishing to spend the day on the wonderful trails of Marin County. Hikes are scheduled weekly on Fridays and vary from moderate to strenuous. We take 45-60 minute lunch breaks with some of the most beautiful views around. What a great way to get some good healthy exercise and get to know your Village neighbors better! If you are interested in joining us on the trail please contact Julian Brandes (jib94941@gmail.com or 415-845-8392) for more information.

Mondays, June 5, 12, 19 and 26, "Back Before Lunch Hikes", 9am

These hikes, aimed at those looking for a shorter hiking option than our Friday hikes, have typically been 3.5 to 5 miles long, with an elevation gain of 600-800 feet and lasting about 2 hours. The group meets early Monday mornings and is "back before lunch". The hike is very popular, not only for the wonderful hiking venues but for the connections forged on the trail. Sara Byruck is the long-time group coordinator and hike leader. For more information or to get on Sara's email list contact her at sbyruck@gmail.com.

Mondays, June 5, 12, 19 and 26, "Leisurely" Hikes, 9:30 am

This hiking option is for those who would like to get out on the trails but at a more leisurely pace than the "Monday Back Before Lunch" or Friday hikes. The hikes are about two hours long with varying degrees of difficulty based on feedback from the group. We meet in Mill Valley to carpool and at 9:30 head to the hike starting point. If you are interested, please contact Sara Byruck at sbyruck@gmail.com. She is looking forward to hearing from you. As always sturdy shoes and water are essential equipment.

Tuesday, June 6, Recent Articles Group, 10:10am

Do you sometimes read a great article and want to discuss it with interesting Villagers? Join the Recent Articles Group on the first Tuesday of the month from 10:10 to 11:30. We explore any topic except politics and religion. For details contact Sue Steele (xerty.10@gmail.com or 415-388-7832).

Tuesday, June 6, 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 at 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, villagers are invited to contact Sara Byruck (sybruck@gmail.com or 617-599-8116). Sara would be delighted to chat with you to see if it feels right. Give her a call.

Tuesdays, June 6, 13, 20 and 27, 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 to discuss potential projects, enjoy each other's company and encourage each other as progress is made. 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 or 617-599-8116) for more information.

Wednesdays, June 7 and 21, Men's Coffee, 11:30am

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 in. The group meets at restaurants and coffee shops around Mill Valley twice a month. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman (415-250-6155 or irvgubman@gmail.com). The group meets the first and third Wednesdays at 11:30am.

Wednesday, June 7, Movie Group, 4pm

Once a month we get together via Zoom to meet, greet, enjoy each other's company and talk about that month's selected movie. In advance, we watch the movie and then talk about what struck us about it, what we liked (or not), what it made us think about, remember or yearn for...and on and on. Mill Valley Village volunteers and members who are interested in joining this group, please contact Seela Lewis (seelalewis@gmail.com).

Wednesday, June 14, Coffee at the Sweetwater, 10:30am

Please join us once again at our monthly get-togethers the second Wednesdays at 10:30 in the Sweetwater Music Hall. It is a casual plan, you come and go as you have time, sit and chat with friends and meet new ones, peruse the "lending library" for books to borrow and generally catch up with other villagers. If you are new to the village it is a great opportunity to get to meet other villagers. Or if you have only heard about the village and would like to know more, dropping by is an easy way to put a toe in the water. Please bring your own "cuppa" as the cafe is not open. Donuts will be provided. Please enter the Music Hall via the side door as the cafe is not open.

Thursday, June 15, Book Club, 1pm

The monthly Book Club, now several years old, is being led by long-time group member Ginnie Job. The group, for local village volunteers and members, is kept small to encourage discussion and camaraderie. Occasionally space becomes available. If you would like to be placed on our waiting list or have questions please contact Ginnie (ginniejob4@gmail.com). She looks forward to talking with you.

Thursday, June 15, GATHERING ON THE PLAZA, 4pm

Members, volunteers, friends, friends of friends and curious passers-by are invited to join us at the picnic tables on the Plaza to hang out, have a little snack, get outta the house, meet new people and see Village friends in person. This is a **BYOB** event so bring your favorite beverage and come join us. We'll be looking for you!

Wednesday, June 21, Third Wednesday Walkers, 10am

We hold 2 - 3 mile flat terrain walks and/or excursions in varied places of interest, urban or rural, ocean or mountain, often carpooling to destinations and staying for lunch at local restaurants. We love to "get outta town"...but mostly within 20 to 40 minutes' drive, or ferry

or bus or train ride. Gathering in Mill Valley at 9:30 or 10 am we are usually home by 2. For more information or to get on the list to be sent details one week before the walk, contact Karen Robbins (karobbins@comcast.net or 415-519-3420).

Monday, June 26, Lunch at Gravity Tavern, Noon.

This month we will try a new option right here in downtown Mill Valley, Gravity Tavern. The plan is simple, you bring cash and order what you want, and we add it up, calculate tax and tip and make change. Contact Cathy Dunlap (millvalleyvillagenews@gmail.com or 415-608-8175) 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 for all.

**Until next month, stay well.
We look forward to seeing you soon.**

