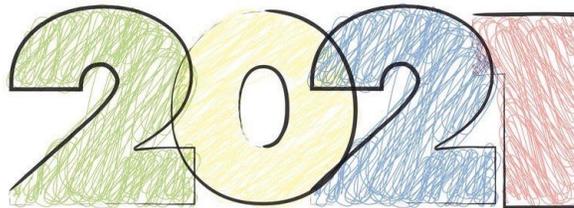


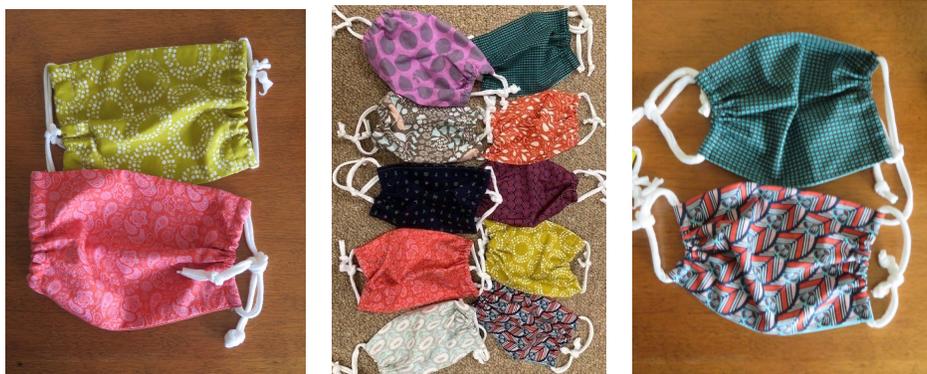
Dear friends and neighbors,

Wishing you a very **Happy New Year** as we move into 2021 with hearts full of hope. We are so grateful to all of you for being part of our village community. We wish you



a happy year, a safe year, a year of hope and a year of fulfillment. It is a year full of possibilities in so many ways. As we see what is in store, we hope you will continue to look for Mill Valley and Marin Villages' activities, newsletters, updates and more at www.mvillage.org. And for our part we will strive to keep you informed, connected and hopeful as we navigate the changes ahead together.

**A Heartfelt THANK YOU
To the Amazing
Mill Valley Masketeers**



The beautiful mask that each Mill Valley Village member has received in their holiday gift bag was sewn for you with ♥ and donated by the **Mill Valley Masketeers**. The beautiful fabrics for making the masks were offered at a generous 50% discount by **Once Around**, a lovely Mill Valley store in the lumberyard.

An informative article about these inspiring local heroes can be found [here](#).

To Lee Budish and all the Masketeer sewers, and to Once Around...a very warm and hearty "THANK YOU" for contributing so generously to Mill Valley Villager's holiday cheer and to keeping everyone safe!

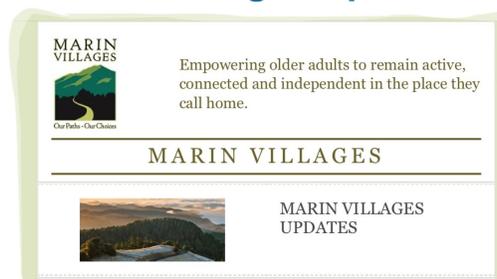
An Enormous THANK YOU to Village Volunteers



What a year! What a community! How lucky we are to have been Mill Valley Villagers this year. And volunteers have made it so! Members constantly tell us how much they have appreciated the many services that were provided during this tough year. Volunteers have turned out to help other villagers in whatever ways they can. Many have picked up the phone to connect with another villager, providing a friendly voice at the other end of the “line”. Some members, realizing the value of this connection have become callers themselves joining the cadre of volunteers offering these helpful phone calls. These friendly calls have become a key service as all of us realize the importance of personal connections. And luckily, we can each do it from the safety of our own home. Social distancing to the extreme.

And drivers! We are so lucky and grateful as our Mill Valley Village members enjoy the services of drivers from not just Mill Valley but from each of the other five local villages within Marin Villages. Amazing and wonderful. Drivers do critical errands for members, picking up groceries and other necessities as well as driving members to important medical appointments. These services are especially appreciated in these difficult times when we cannot afford to ignore our health issues. Whatever service you provide, offering tech support, friendly calls, rides to physical therapy or a medical appointment, leading a hike/walk, making friendly phone calls, walking a dog, leading a zoom program, welcoming new members...you are tremendously appreciated by all. Thank you for your big heart.

Be on the Lookout for Marin Villages Updates



As a reminder, villagers should stay tuned for **Marin Villages Updates**. These timely and informative bulletins are sent out to all members and volunteers. They include both important public health information, program announcements, village news as well as bits of much-needed humor. These updates can be found by going to the Mill Valley Village website www.mvvillage.org and clicking on the last link under the three photos for the most recent [Marin Villages Update](#).

Holiday Gift Bags Delivered to Mill Valley Village Members



This was one fun project. When it became clear this summer that our annual holiday party tradition was going to have to go on hiatus this year, we were searching for ways to inject the same kind of joy and friendship into the season that the party had always provided. The ideas started flowing and soon we had the outlines of a plan - Holiday Gift Bags - with treats made by Mill Valley Villagers and local artisans.

Starting early this Fall, village sewing machines, kilns and ovens were being fired up. Hundreds of “scrubbies” came into being thanks to the Village Knitting and Needlework Group while dozens and dozens of beautiful origami doves were handsomely folded. Beautifully crafted and unique ceramic pieces were created and gorgeous fabrics were made into both masks and truly lovely zippered bags. Photo cards by our resident village photographer were added as well as bakery boxes packed full of homemade cookies, cookies and more cookies, bags of home-roasted nuts were filled...and on it went. It was a labor of love, by many, whether they were crafting, baking, folding, assembling or delivering. Those who had the pleasure of fanning out and delivering the results had a special treat, getting the chance to say “hello” to some from a distance...after a long hiatus. Big fun, meant to convey a big thank you to all of our members. Happy Holidays to all!



The Most Enigmatic Gift of 2020



Mill Valley Village members received a “scrubby” in this year’s Holiday Gift Bag, crocheted by the members of the Village Knitting and Needlework Group.

Originally designed for washing dishes, our villagers have used their imaginations and ingenuity to repurpose them in new and sometimes surprising ways!

It turns out the scrubby can be used for all kinds of cleaning: sinks, walls (they don’t scratch), counters and more.

They’re a wonderful substitute for a loofah in the shower or bath, neither too abrasive nor too soft, and they last forever.

They also made a good soap dish. The soap doesn’t slide and it dries out quickly.

They make colorful coasters.

And they can be worn....



A “Movie” Recommendation The Queen’s Gambit



Just in case you needed one more recommendation for this Netflix series, the Mill Valley Village movie group recently watched and discussed this 7-part series and unanimously recommended and enjoyed it. **The Queen’s Gambit** is set in the sixties and covers territory outside most of our experience. Thus it is easy to suspend disbelief and be carried away by this intriguing and compelling story. Members of the Mill Valley Village movie group took different approaches to watching the series. Some binged the series in a single LONG sitting, others tried to make it last as long as they could. But all appreciated the recommendation and enjoyed watching it.

There is a lot of information circulating about this wildly popular series if you want to investigate before watching it. But some of us just jumped in without any background, based on the group's recommendations, and found it a rich experience NOT knowing what to expect. For those of you not yet using Netflix, this was only my second venture on the platform, the first being last month's movie group selection, **Moonlight**. It was easy to get started and the basic subscription less than \$10/month with an option to drop (and resume) at any time. One more idea for some good movie viewing. Happy watching.

Events for January

Here is the run down for January. You can also find these events on our website at www.mvillage.org under either the **Events** or **Calendar** tab. The **Events** tab will give you a list in date order. The **Calendar** tab shows you the same events in a traditional calendar format.

Fridays, January 1, 8, 15, 22 and 29, 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 (jjb94941@gmail.com or 415-845-8392) for more information.

Mondays? More?, "Back Before Lunch Hikes"

These hikes, aimed at those looking for a shorter hiking option than our Friday hikes, have typically been 3 to 4 miles long, with an elevation gain of 500-800 feet and lasting about 2 hours. The group used to meet early Monday mornings and be "back before lunch". The hike was very popular, not only for the wonderful hiking venues but for the connections forged on the trail. While the once-a-week large group format is no longer feasible, to encourage you to keep on hiking, Sara Byruck, long-time group coordinator and hike leader, has offered to help you keep in touch with each other and out on the trail. And if you need a hiking companion she will put you in touch with others in the group who are also looking for someone to hike with. For more information or to get on Sara's email list contact her at sbyruck@gmail.com.

Tuesday, January 5, 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, villagers are invited to contact Sara Byruck (sybruck@gmail.com or 617-599-8116) for more information and directions. **For now the group is meeting via Zoom at the same time.** If you have considered this group but have hesitated for any reason, now may be the time. Sara would be delighted to chat with you to see if it feels right for you. Give her a call.

Tuesdays, January 5, 12, 19 and 26, 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 typically meet weekly to discuss potential

projects, enjoy each other's company and encourage each other as progress is made. **For now we are meeting via Zoom.** 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 or 617-599-8116) for more information.

Wednesdays, January 6 and 20, Men's Group, 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. **While this group has historically met at the Sweetwater, we are now meeting online via Zoom.** To get more information or to be put on the reminder list for upcoming meetings contact Alan Hayakawa (alan.hayakawa@gmail.com or 415-384-8998). The group meets the first and third Wednesdays at 11am.

Wednesday, January 6, NEW Movie Group, 2pm

We hope you will consider joining us for our new movie group. The idea is to get together via Zoom to meet, greet, enjoy each other's company and talk about that month's selected movie. In advance, we will each watch the selected 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. If you are interested in being part of the group or getting more information, please contact Seela Lewis (seelalewis@gmail.com) to be put on the list to receive the monthly movie recommendation and Zoom link. Seela is looking forward to hearing from you and welcoming you to this new group

Thursday, January 14, Book Club, 3pm

The group, led by Trish Hibben (t.hibben@me.com or 415-215-8394), meets monthly. **Until further notice the group is meeting online via Zoom.** The book group, aimed at local village volunteers and members, is currently full. We will announce when a second group is being formed and can take new members and volunteers.

Wednesday, January 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. We get together in small groups with local walks on wide open paths, keeping our distance and wearing masks. It is great to see one another in the open air and catch up. For more information or to get on the list to be sent walk details by email, contact Karen Robbins (karobbins@comcast.net or 415-519-3420).

**Until next month...stay safe, stay well
and keep on the lookout for what you can do
to contribute to a better way forward**

