



Hi folks,

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

**Susan Gantner – Works on Display**  
**Reception on Sunday, June 2<sup>nd</sup> – 3 – 5:00pm**  
**Homestead Valley Community Center**  
**315 Montford Avenue, Mill Valley**



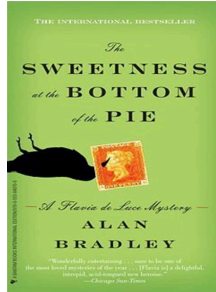
A wonderful new exhibition of artwork opened last week at the Homestead Valley Community Center. Mill Valley Village member Susan Gantner is a Homestead Valley resident, whose long career as an artist and educator has yielded a diverse body of work. Her work is the focus of this exhibition that will be open through the summer.

Susan founded the Creative Workshop, an after school art program that provided early art education and exploration opportunities to Children in San Francisco for over ten years in the 1970's. Many local architects, designers and artists credit this initial introduction to the creative arts as the early inspiration for their life long passions and professions.

Susan illustrated numerous children's books, some of which were published worldwide, including the Sophie and Jack series, translated into four languages. Susan went on to found Jordan Press, a print and greeting card company whose designs are well known and widely distributed.

We hope to see you at the reception, **Sunday, June 2<sup>nd</sup> from 3 – 5:00 at the center**. If you can't wait, or can't make it that day, you are invited to stop by and check in at the office. The center is open most days from 9 – 2:30 (or so) and you are welcome to see the exhibit as long as no other activity is underway in the exhibition room. To check if the time you plan to go will work you are welcome to call the center at 415-388-0128.

**Recently Read and Recommended:**  
**“The Sweetness at the Bottom of the Pie”**  
**by Alan Bradley**



This book made an appearance at the April “Coffee at the Sweetwater” before being scooped into my bag for subsequent consumption. I thoroughly enjoyed it and was pleased to note that this was only the first of many “Flavia de Luce Novels”. Here is a blurb from the back of the book to give you a flavor for what awaits you.

In the summer of 1950, at the once-grand mansion of Buckshaw, young Flavia de Luce, an aspiring chemist with a passion for poison, is intrigued by a series of inexplicable events: A dead bird is found on the doorstep, a postage stamp bizarrely pinned to its beak. Then, hours later, Flavia finds a man lying in the cucumber patch and watches him as he takes his final breath. For Flavia, who is both appalled and delighted, life begins in earnest when murder comes to Buckshaw.

There are wonderful characters including Mrs. Mullett, the housekeeper, Flavia’s philatelist father Colonel Haviland “Jacko” De Luce and Arthur Wellesley “Dogger” who now works as the family gardener, after once saving the Colonel’s life during the war.

“Wonderfully entertaining...sure to be one of the most loved mysteries of the year...[Flavia is] a delightful, intrepid and acid-tongued new heroine’

*Chicago Sun Times*

“Impressive as a sleuth and enchanting as a mad scientist...Flavia is most endearing as a little girl who has learned to amuse herself in a big lonely house.”

*The New York Times Book Review*

**A New Program**  
**Spirit Rock - First Thursday Afternoons**  
**June 6th , 3 – 5pm**



**Spirit Rock**  
An Insight Meditation Center

Mill Valley villagers (members, volunteers and friends) are invited to join us at the Mill Valley Golf Course Clubhouse for this new monthly program. June 6<sup>th</sup> will be the second convening of this new program and we hope you will join us.

As many of you know, Marin County is lucky to have wonderful Spirit Rock Meditation Center ([click here for more info](#)) so close by. The center offers many innovative programs for drop-ins as well as residential programs and longer seminars. Among their programs they offer Monday night meditation followed by a speaker. These sessions are attended by many out at Spirit Rock, but they are also ‘live-streamed’ so that those who cannot make it to the center may watch and listen. Some of us, while interested in the talks, found it daunting to make the trek there, so the folks at Spirit Rock have kindly supported our desire to make some of these talks available for a group of us to watch together. The “talk” part of the program is usually less than an hour. So for our local program we start out with a few minutes to say hello and get settled, followed by watching and listening to one of the recent talks and end by having some snacks and sharing our thoughts on what we might have gleaned from the talk and what we want these sessions to focus on going forward.

After the June program we will be taking a summer break, but additional “Spirit Rock – First Thursday Afternoon” programs for this year are scheduled for September 5<sup>th</sup>, October 3<sup>rd</sup> and November 7<sup>th</sup>.

**‘Spaciousness, stillness, insight and support for your inner journey’**

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**An Invitation from Marin Villages  
June 1<sup>st</sup>, “Poetry to Our Ears”, Coming up!  
And more...**



Two more 10<sup>th</sup> anniversary events are scheduled this month on June 1<sup>st</sup> and June 29<sup>th</sup> and you are cordially invited. If you wish to reserve a spot, either click through on the link shown after the event description below or call the office at 415-457-4633. Also listed below is a terrific event in July, “Dinner with a Legend” in case you want to sign up early.

**“Poetry to Our Ears”: a Marin Villages’ Intergenerational  
Poetry Reading of Poems from the Heart  
Saturday, June 1<sup>st</sup>, 2:00 - 4:00  
Town Center Community Room – Suite 201  
770 Tamalpais Drive, Corte Madera**

Writing poetry can be a wonderful way of tapping into our own deeper feelings, while reading or listening to poetry can be a source of pleasure, solace, and inspiration.

We are delighted to have ten poets, ages 7 through 70, share their modes of expression on a theme dear to all of us – voices of the heart.

Award winning poet and former Marin Poet Laureate, Prartho Sereno, has been instrumental in putting together this creative program. Through her many years teaching at

College of Marin and “Poets in the Schools”, she has helped to keep the light of poetry burning across the generations.

As a special treat, Prartho has invited several fellow Marin Poet Laureates to read from their works. For the poets in our midst, there will be an “Open Mic” after the formal reading. It’s a chance for members of the audience to sign up to read one of their poems. Don’t be shy.

This is a family event. Please bring friends and family members. To reserve a spot call the office at 415-457-4633 or click [here](#). Suggested donation \$20.

### **“Soils and Health: Getting Dirty is Good at Any Age”**

**Saturday, June 29<sup>th</sup>, 10:00 – 12:00 (noon)**

**Jason’s Community Room**

**300 Drake’s Landing, Greenbrae**

In celebration of Marin Village’s 10-year anniversary, Stephen Andrews will give a talk entitled: “Soils and Health: Getting Dirty is Good at Any Age” In his talk, Stephen will address the importance of soil microbes to human health and wellness.

Stephen is a soil scientist, educator, and natural resources consultant. Known variously throughout the Bay Area as the Dirt Dude, Soil Sommelier, and Compost Crusader, Stephen has been indoctrinating classes of UCCE Master Gardeners, landscape and gardening professionals, and UC Berkeley students with his mantras of “compost, compost, compost” and “mulch, mulch, mulch” for more than two decades. After attending a talk given by Stephen, you’ll have a new appreciation for the ground beneath your feet.

A \$30 donation to Marin Villages is being requested to attend this event. To purchase a ticket and RSVP, call the office at 415-457-4633 or click [here](#).

### **“Dinner with a Legend” – Artist Georgette Owens in Conversation**

**Friday, July 12<sup>th</sup>, 5:30 – 9:00pm**

**Home of Cherie Sorokin, Tiburon**

Join us in a conversation with legendary artist and Marin Villages’ member, Georgette Owens, recently featured on “Who Knew”.

At age 98, one might say this astonishing woman has lived a multitude of lives. Her careers have straddled many spheres: she’s a force in the world of art, an artist who achieved many honors, including a lifetime achievement award from World Contemporary Art ’98. She has also been a decorator and renovation consultant for the St. Regis and Cartier and a jewelry designer. Her career has connected her to the likes of Salvador Dali, Andy Warhol, Jean Cocteau, Colette, Jackie Kennedy, Cartier, Rex Harrison, Daryl Zanuck and New York Mayor John Lindsey, to name just a few.

This intimate event will be facilitated Suzie Pollak, a recipient of Marin’s “Cultural Treasure” Award.

This event is limited to twenty guests so sign up early. A \$75 donation to Marin Villages is being requested to attend this event (\$50 is tax deductible). To purchase a ticket and RSVP, call the office at 415-457-4633 or click [here](#).

## Events for June

### **Mondays, June 3, 10, 17 and 24, “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](mailto:sbyruck@gmail.com).

### **Tuesday, June 4, Caregiving and Family – Challenges and Rewards, 1pm**

Are you caring for a family member or friend? This group, facilitated by Mill Valley Village member and volunteer Jess Batha, 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, Mill Valley villagers are invited to contact Sara Byruck ([sbyruck@gmail.com](mailto:sbyruck@gmail.com) or 617-599-8116) for more information and directions.

### **Tuesdays, June 4, 11, 18 and 25, 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](mailto:sbyruck@gmail.com) or 617-599-8116) for more information and to see if this group might be for you.

### **Wednesdays, June 5 and 26, 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](mailto: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, June 5 and 19, 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](mailto:marcusbyruck@gmail.com)) or David Cardenas ([transitionssupport@gmail.com](mailto:transitionssupport@gmail.com)). Meeting times are the first and third Wednesdays of the month, 11am at the Sweetwater.

### **Thursday, June 6, Spirit Rock – First Thursday Afternoons, 3pm**

Mill Valley villagers (members, volunteers and friends) are invited to join us at the Mill Valley Golf Course Clubhouse for a new monthly program featuring video talks from the world famous Spirit Rock Center. The folks at Spirit Rock have kindly supported our interest in making some of the talks available for a group of villagers to watch together. For our local program, we will begin with a few minutes to mingle and get settled, followed by watching and listening to one of the talks (about an hour or less), and we will end with

snacks and sharing our thoughts on what we might have gleaned from the talk and what we would like to focus on in future sessions. The Clubhouse is at 267 Buena Vista Avenue in Mill Valley with plenty of parking. After a summer break in July and August, future sessions will be the first Thursdays in September, October and November at 3pm.

**Fridays, June 7, 14, 21 and 28, 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](mailto:marcusbyruck@gmail.com) or 617-763-1697).

**Tuesday, June 11, Book Club, 10:30am**

The group, led by Trish Hibben ([t.hibben@me.com](mailto: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, June 12, 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, June 19, 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. Hope you can join us! Our June walk will be at Hamilton Field in Novato, with a visit to the Marin MOCA: Museum of Contemporary Art. We will walk on a beautiful trail along the Bay Marsh and then visit the Museum. Our new member Ingrid Butler has a piece in the 10th Annual Altered Book Exhibit that we can see. Admission is free. Lunch after for whomever wants to stay: next-door at Beso. Meet at 9:30 at Safeway lot to carpool. We will be walking by 10. Contact Karen Robbins at 415-519-3420 or [karobbins@comcast.net](mailto: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, June 20 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 or [xerty.10@gmail.com](mailto:xerty.10@gmail.com)) or Bob Battersby ([robertbattersby@att.net](mailto:robertbattersby@att.net)).

**Monday, June 24, Lunch at Robata Grill and Sushi, 1pm**

We meet the 4<sup>th</sup> Monday of the month for a no-host lunch. This month we return to **Robata Grill and Sushi** at 591 Redwood Highway, down the road from Goodmans. For fans of Japanese food this is a great place to have lunch. They have numerous choices for combination plates including traditional favorites like tempura, pot stickers and more. Contact Cathy Dunlap (415-388-2068 or [millvalleyvillagenews@gmail.com](mailto: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) for a ride.

**Tuesdays and Thursdays in June - 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 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!***