

Dear friends and neighbors,

As we do every year, we want to be among the first to wish every one of you a very Happy New Year. We are looking forward to seeing what 2023 will bring.



**The Throckmorton Theatre:
Offering Mill Valley Village Members a Discount**



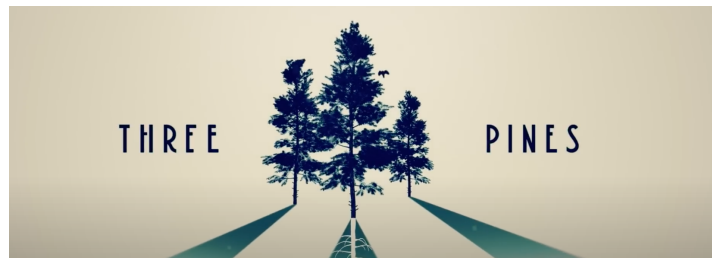
We are delighted to announce a new benefit for Mill Valley Village members. Our local treasure, the Throckmorton Theatre, called The Hub Theater when it opened back in 1915, is a place we still envision as a genuine hub for the community. Their aim is to enrich, entertain, educate and unite our diverse community through the transformative power of the arts. In that spirit they are offering village members a 20% discount on tickets. Mill Valley Village members may call the Throckmorton Box Office at 415-383-9600 to reserve and pay for your ticket at the discounted price. On the day of the show you just show your Mill Valley Village membership card at the box office and pick up your ticket. How easy is that! This is a wonderful opportunity to avail yourself of the many and various shows they offer, from musical theater to comedy shows, classical to contemporary music, festivals and more. For those of you who cannot put your hands on your membership card, contact Sue Steele (xerty.10@gmail.com or 415-388-7832) for a replacement.

**“Fair Weather Friends” On the Plaza
Bring Your Morning “Cuppa”
Wednesday, January 11 at 10:30**



We are postponing our “Coffee at the Sweetwater” this month due to health considerations. Instead we are opting for a gathering on the plaza, weather permitting. Rain cancels, so keep your fingers crossed. If the weather gods and goddesses are with us we hope you will join us on the plaza Wednesday, January 11th for a bit of catching up and celebrating the new year. Meet us at the picnic tables with a cup of whatever suits you. We will bring the donuts! Hope to see you there 🍷.

**Louise Penny’s
Chief Inspector Armand Gamache in
Three Pines**



Premiering just a few weeks ago on Amazon Prime Video, “Three Pines” has been hotly anticipated by many who have read Louise Penny’s seriously addicting books. Below are excerpts from a few reviews to give you a hint of what you will see if you choose to tune in.

“Alfred Molina grounds smart mystery series on Prime Video: There’s something comforting about a traditional mystery series, one that puts most of the charisma and intelligence into a crime-solving protagonist and unleashes them on different homicidal riddles. The latest in the genre is a pleasant little surprise at the end of 2022, a very solid procedural that hands the inspector’s notebook to the great Alfred Molina, who steps into the role of Chief Inspector Armand Gamache, a character made famous in a series of prevalent novels by Canadian Louise Penny. Adapted into the eight-episode “Three Pines”, these books capture life in a small Quebec town filled with enough personalities and secrets to lead to murder. This is a collection of intelligent two-hour mysteries.” *Brian Tellerico on RogerEbert.com*

“Alfred Molina stars as Chief Inspector Armand Gamache in this adaptation of Louise Penny’s novels, which follow a detective in a small Canadian town who solves unusual crimes. How Canadian and unusual? The first two episodes investigate a Rube Goldberg machine-esque electrocution at a Boxing Day curling

tournament. “Pines” blends its appealing quirks with a more serious examination of the recurrent disappearances of Indigenous women and police departments’ failures to address this crisis, and the result is a show with real punch and panache.”

Margaret Lyons, New York Times television critic

“Alfred Molina’s most affecting work comes in Canadian drama focused on Indigenous stories: Alfred Molina may be best known for his work in films like *Spider-Man 3* and *Boogie Nights*, but it’s a new Canadian-based Prime Video series from Amazon Studios, *Three Pines*, adapted from Louise Penny’s best-selling books, that may be his most affecting piece of work yet, co-starring Elle-Máijá Tailfeathers.” *Elisabetta Bianchini*

Clearly this is Alfred Molina as we have never seen him before, and we like him. For a preview of what awaits you here is the [Three Pines Official Trailer](#).



**Novato Village Presents A Symposium Featuring BJ Miller, MD:
“The Final Journey: Acceptance, Control and Loving Life”
Thursday, January 12, 10:30 am - noon
The Buck Institute for Research on Aging**



You are cordially invited to this symposium hosted by Novato Village featuring BJ Miller, MD, a physician, author and speaker. Dr. Miller’s career has been dedicated to moving healthcare towards a more human-centered approach, on a policy as well as a personal level. Led by his own experiences as a patient, Dr. Miller advocates for the roles of our senses, community and presence in designing a better ending. His discussion about end of life will be more existential and will include getting pleasure from time left. Tickets are \$10 for all Marin Villages members and volunteers; \$20 for others. Sign up and purchase tickets [here](#) or by calling the office at 415-457-4633.

The symposium will be held at The Buck Institute for Research on Aging, 8001 Redwood Boulevard, Novato, from 10:30 am - noon (doors open at 9:30).

This symposium was made possible by the Kenneth A. Berg Living Trust.

A Message from Southern Marin Fire: Did You Know That You Need To Add Alert Marin to Your Mobile Phone Contacts:

Don't miss an emergency call from Alert Marin on your mobile phone at night: If you are sent an Alert at night and DO NOT DISTURB is activated on your cell phone, you won't hear the call. To Bypass DO NOT DISTURB on your phone follow the instructions below:

If you are sent an Alert at night and **DO NOT DISTURB** is activated on your cell phone, you won't hear the call. Follow the instructions below for your mobile phone operating system.

Sign up and add Alert Marin
to your contacts

415 473-6376

SMS: 88911

Android

1. Create a **Contact** for **AlertMarin 415 473-6376** and tap the **Star** icon in the top right to make it a favorite.
2. Go to **Settings** and in the Search bar at the top of the screen, enter **Do Not Disturb**.
3. Follow the instructions for the Android system on your phone.

iPhone

1. Create a **Contact** for **Alert Marin 415 473-6376** and click **Done** in upper right.
2. Tap the **Edit** button in the upper-right corner, and scroll down and select **Ringtone**.
3. The first item on the new screen is **Emergency Bypass**. Toggle it **on** and close the screen. Tap **Done**.

AlertMarin calls all landlines (original wired phone lines) in the County which will ring through at night. NOAA Weather radios will also alert you at night.

Several of us found these instructions to be both straightforward and helpful. I also noted that as I added the Emergency Bypass “ringtone” on my iPhone the prompt said “Emergency Bypass allows sounds and vibrations from this person even when **the ring switch is set to silent, or when a Focus is on**”. (Focus is the feature that allows you to set and customize DO NOT DISTURB). Since I had only ever used the “ring switch” and had not heard about the more recent Focus feature, this was both helpful and a relief. Best of all, it worked. When I added a contact with a ringtone of “Emergency Bypass”, turned my ring switch to off (do not ring) and received a call from that contact, I still heard the ringer. Success! Now I will do the same with my new contact, **Alert Marin - 415-473-6376**.

SFMOMA's Initiatives Aimed at “Increasing Access to Its Art Installations...”



Announced in November, the San Francisco Museum of Modern Art (SFMOMA) has launched a series of initiatives aimed at “increasing access to its art installations and providing its community with new amenities”.

Among these initiatives is FREE admission for all to the museum's Floor 2 galleries between now and May 29th “coinciding with the presentation of the **2022 SECA Art Award Exhibition** dedicated to Bay Area Artists. This provides audiences with the opportunity to engage with the work of the five SECA Award winners, Binta Ayofemi, Maria Guzman

Capron, Cathy Lu, Marcel Pardo Ariza and Gregory Rick - as well as a wide selection of major works from the museum's collection on view throughout Floor 2, including works by Ruth Asawa, David Huffman, Henri Matisse, Ana Mendieta, Robert Rauschenberg, Mark Rothko, Wayne Thiebaud and Mickalene Thomas."

And more from SFMOMA...

SFMOMA Announces First Retrospective of Bay Area Artist Joan Brown in More Than 20 Years Through March 12, 2023

Three of us recently went into SFMOMA to see the Joan Brown exhibition on the 7th floor, so not part of the free admission program. We went with little background, were not familiar with Joan Brown or her work so had no idea of what to expect. We each walked the exhibit and read the descriptions at our own pace. When done we compared notes and found ourselves delightfully taken. The format is a 7-room exhibition of fairly large paintings (and other works), most with a blurb with some background of what was going on in the artist's life at the time or what was being depicted by the work or some other interesting bit. As a result the exhibit is more than a depiction of a vast body of work but a mini memoir, letting us into what was important to her as an artist, mother, world traveler and more. We were each surprised at how much we enjoyed it and were more than satisfied with our venture. We hope you get to see for yourself before it closes in March.

The blurb on the SFMOMA website includes this note:

"On view ...through March 12, 2023, and bringing together approximately 80 works in a variety of media, *Joan Brown*, charts the breadth and depth of the artist's career, once dismissed by critics as unserious but rooted in impassioned curiosity and research. Deeply embedded in the Bay Area art scene, Brown drew inspiration from many sources to create a charmingly offbeat body of work that embraces autobiography, fantasy and whimsy as well as weightier metaphysical themes."

Below is one of her many self portraits, *The Night Before the Alcatraz Swim*, 1975. It is one of a series of paintings about this dramatic event in her life and its aftermath. Truly a fascinating woman and artist. If you are interested in learning more [click here](#).



How to Get COVID-19 At-Home Tests At No Cost



Testing is an integral part of keeping ourselves and our community safe so it is important to keep your supply of at-home tests current. If your supply is getting low it may be time to once again replenish your supply. For us, getting a recent reminder from Medicare of options for free tests was timely.

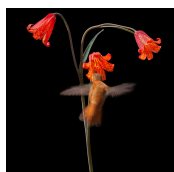
The email reminded us that **each U.S. household can now order 4 COVID-19 at-home tests shipped straight to your door at no cost.** All you need to do is go to covid.gov/tests and enter your contact information and mailing address. If you need help ordering your tests you may also call 1-800-232-0233.

The email also went on to say that during this public health emergency, those of us with Medicare can also get up to 8 over-the-counter tests each month at no cost. [Click here](#) to find a participating pharmacy.

SAVE THE DATE A 27 Year Wildflower Journey: California Wildflowers and Climate Change Thursday, March 2, Doors Open at 1pm at the Sweetwater Music Hall



Just a reminder to save the date for this special in-person presentation by internationally acclaimed conservation photographers Rob Badger and Nita Winter at the Sweetwater Music Hall. Rob and Nita, life partners and creative collaborators for more than three decades, will take us behind the scenes of their 27-year journey photographing wildflowers throughout California and the West. Rob and Nita will show us slides of their stunning images as well as how they captured them. They will also bring copies of their truly gorgeous coffee table book ["Beauty and the Beast: California Wildflowers and Climate Change"](#). More details to come next month.



Another Holiday Alert: Be Aware and Wary 'Tis the Season for PHISHING



This past month we saw an increasing number of “phishing” attempts but also some timely warnings about such schemes from Medicare, the Institute on Aging and others. The main message is “be aware and wary”. If the sender/caller is not known to you proceed with caution. As one warning said “if it sounds too good to be true it probably is”. One point conveyed by Medicare that resonated with me, is that these scams often instill their pleas with a sense of urgency (call now or your account will be closed permanently, without your immediate help...). The ploy is to urge you to take action without stopping to think it through. Don’t fall for it. Slow down. Listen to your inner alarm bells ringing. If it is important and valid, you will have another chance.

Events for January

Below are the Mill Valley Village activities for January. You can also find these events on our website at www.mvvillage.org under either the **Events** or **Calendar** tab. Keep in touch and we hope you can join us at one of these programs soon.

Mondays, January 2, 9, 16, 23 and 30, “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, January 2, 9, 16, 23 and 30, “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. These hikes are about two hours long and vary in 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, contact Sara Byruck (sbyruck@gmail.com). She is looking forward to hearing from you. As always sturdy shoes and water are essential equipment.

Tuesday, January 3, 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, January 3, 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, January 3, 10, 17, 24 and 31, 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, January 4 and 18, 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 us. 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 11:30 am.

Wednesday, January 4, 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 and would love to have you join us. 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).

Fridays, January 6, 13, 20 and 27, 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.

Wednesday, January 11, "Fair Weather Friends on the Plaza", 10:30am

We are postponing our indoor "Coffee at the Sweetwater" this month due to health considerations but are instead opting for a gathering on the plaza. Rain cancels. But if the weather gods and goddesses are with us we hope you will join us at the picnic tables with your latest updates and a cup of whatever suits you. We will bring the donuts!

Wednesday, January 18, 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).

Thursday, January 19, 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.

Monday, January 23, Lunch - POSTPONED

Stay tuned as we evaluate health news to decide when this favorite event feels comfortable again. More details next month.

Wishing you a very Happy New Year

