

Mill Valley Village
a branch of

MARIN
VILLAGES



Our Paths - Our Choices

Dear friends and neighbors,

We are so looking forward to March and the official start of spring. Lucky for us, this month traditionally signals warmer weather is on the way, letting us enjoy being outdoors without quite so many layers. Sure hope so 🙌. And don't forget, on March 12th we change our clocks, **Springing Forward** an hour and seeing the sun set later. To celebrate, we will be having a village get-together that week. Please plan to join us for another "gathering on the plaza" as we get to enjoy the weather, a bit of friendly gab and a lot of catching up and re-introducing. Then later in the month we will once again host a Mill Valley Village lunch, an event we have sorely missed these long winter months.

We are delighted to include, further below, an invitation to a very special event: an exhibition of Christina Oldenburg's beautiful watercolors spanning 60 years of painting. As many of you know Christina has been a long time leader, innovator and cheerleader for the village, making this an especially delightful and welcome invitation.

March is a busy month for the village so please read on with your calendar at the ready.

THE PLAZA GATHERING

Yes...we are doing it again

MEMBERS, VOLUNTEERS, FRIENDS,
FRIENDS OF FRIENDS

AT THE DEPOT PLAZA
4PM ON THURSDAY March 16

Daylight Savings is Starting, the Weather is Good
And We are BAAAAACK in Business

Members, volunteers, friends, friends of friends and curious passers-by are invited to join us outdoors on the Plaza at 4pm to hang out, have a little snack and be "in on the IN crowd". **We have weathered the storms** and are **ready to get outta the house**, meeting new people and seeing Village friends in person. We plan to continue this BYOB (bring your own beverage) gathering monthly as long as the weather holds out. Maybe even if it doesn't. (We will have to figure that one out.) So stay tuned for the exact dates....Third Thursdays FROM NOW ON sounds good! Keep an eye on upcoming newsletters and be sure to come on by March 16th at 4pm.

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

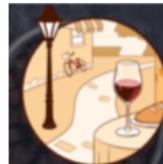


We're looking forward to seeing you at this special in-person presentation by internationally acclaimed conservation photographers Rob Badger and Nita Winter at the Sweetwater Music Hall. Rob and Nita, life partners and creative collaborators, will take us behind the scenes of their 27-year journey photographing wildflowers. It began in 1992, when they discovered and fell in love with California's spectacular wildflower blooms in the Mojave Desert's Antelope Valley Poppy Preserve. Photographing these landscapes and individual flowers evolved into a documentary art project and their award winning, coffee table book "[Beauty and the Beast: California Wildflowers and Climate Change](#)".



We hope you will join us **Thursday, March 2nd** as Rob and Nita show us their stunning images as well as how they captured them. They will also bring copies of their book or you may find it at <https://wildflowerbooks.com>. Doors at 1 with the presentation starting at 1:30.

**Join Us for Lunch at Via Piccola Trattoria
Monday, March 27th at 1pm**



We are delighted to invite you to join us at **Via Piccola Trattoria**, 1 Blackfield Drive (Cove Shopping Center) in Tiburon, where Nugget Market is located, for our March "4th Monday" no-host lunch. It has gotten rave reviews from other villagers so we are looking forward to giving it a try. From Mill Valley take Tiburon Boulevard to Blackfield Drive, turn left onto Blackfield and then an immediate right into the shopping center. The restaurant is on the north side, #11. To join us, contact Cathy Dunlap (millvalleyvillagenews@gmail.com or 415-608-8175) no later than the week before so she can make sure enough seats are reserved. Let Cathy know then if you require outdoor seating because it is limited and they are unable to make last minute changes. Please remember to bring cash. See more details in the listing of upcoming village events below.

Valentine's Galore

What a treat the mail just brought
Not a bill, not an ad, but a gift from the heart.
Such kindness and friendship those students did show,
Their missives of joy brought a happy glow.



A sweet surprise greeted Mill Valley Villagers as they discovered lovely handmade valentines in their mailboxes. The valentines were created by Mill Valley public school students from each of the five elementary schools as well as the middle and high schools. What a special bit of cheer they provided. We owe special thanks once again to Emily Uhlhorn who spearheaded the effort! This project, now in its 6th year, is a terrific example of an intergenerational collaboration that reaches across our community. Thanks to all.



**Bring Your Morning "Cuppa" to the Sweetwater Music Hall
Wednesday, March 8 at 10:30**



Last month's gathering at the Sweetwater was a thoroughly enjoyable return of a favorite tradition. It was a treat to see so many of you ready to venture out again among friends and we hope to see you again this month. As always you are welcome to just pop in for a few minutes, pick up some books, or stay, chat and relax for the duration. Your choice entirely. And, while most of us found our way into the side door to the Music Hall, some were left to wonder if they had the wrong day or venue as the Cafe's front doors were not only closed but locked with the cafe and kitchen lights off. So be aware that while the Sweetwater Cafe is not currently open during the day most weekdays, they continue to welcome us into their Music Hall for this event. So don't be fooled by the CLOSED sign on the main doors, just bring your own cup of whatever and come to the door into the Music Hall, which is along the wall closest to Mill Valley Market, and come on in. We will post fliers near the doorway and hope to have a sandwich board out to help direct you.

**Christina's World:
Sixty Years of Watercolor Painting from Near and Far**



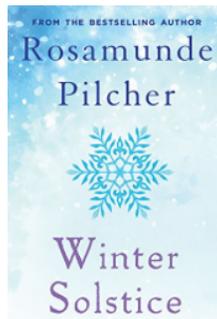
**Retrospective exhibition of watercolor paintings
By Christina Oldenburg**

**March 4 to March 31, 2023
Saturdays and Sundays from 2 to 5pm
And by appointment 415 388 9315**

**Homestead Valley Community Center
315 Montford Avenue, Mill Valley, CA**

**Reception, open to the public, March 4 from 2 to 5pm
For information call 415 388 9315**

**Recently Read and Recommended:
Winter Solstice by Rosamunde Pilcher**



This was a wonderful gift that grabbed me right from the start. Like many favorite books it is packed with characters who stay with us long after the last page is turned. We are introduced to each and then sit back as friendships are forged, new homes are established and hearts begin to mend in configurations we might not have foreseen. The descriptions of beautiful settings, a small village in England and then the same in Scotland, add to the pleasure. It is all about friendship, love and affection as well as hope, contentment and happiness. If you are in the mood for a thoughtful, sweet story, this is the book for you.

Recently Viewed and Recommended Focus on Bill Nighy



Okay, here comes a list of what are shaping up to be all-time favorite movies, each starring Bill Nighy. One movie summary noted that Nighy came to the public eye later in life than many actors but has thrown himself into it since, with a long list of movies to his credit. Some have become true icons, but remain unknown to many. One that was featured in an earlier newsletter, ***Pirate Radio***, was recommended by our movie group. It now falls firmly in the category of “all-time favorite”. If you need further enticement to check it out consider his co-stars: Emma Thompson, Phillip Seymour Hoffman, Tom Sturridge, Kenneth Branagh, Chris O’Dowd, January Jones and on it goes. It is funny, quirky, exhilarating and features great tunes of the times.

During a non-stop rainy visit from a friend from the East Coast last month we immersed ourselves in a few more Bill Nighy specials. First up was ***Love Actually***, released in 2003. How I managed to miss seeing it all these years has me flummoxed, but I have now watched it twice, making up for lost time. This hilarious ensemble movie stars Hugh Grant as a British Prime Minister, Nighy as flamboyant “washed up pop singer” Billy Mack trying to make a Christmas come-back, as well as Colin Firth, Emma Thompson, Liam Neeson, the wonderful Alan Rickman, Keira Knightley and more. It is a complete hoot and is considered Nighy’s breakout role, winning him a BAFTA (British Academy of Film and Television Arts) award for best supporting actor.

We also ventured out between the raindrops to see Nighy’s recent movie ***Living***, an updated version of Akira Kurosawa’s film ***Ikiru*** (Living) from 1952. It is the quiet, satisfying and touching story of a civil servant (Nighy) worn down by bureaucracy, who upon receiving unwelcome health news, takes a new path. It is beautifully done, with an understated, meditative style, perfect for Nighy.

An older film that rounded out our Nighy obsession was the delightful ***About Time***, another film by Richard Curtis, the British screenwriter and producer who brought us ***Notting Hill***, ***Love Actually***, ***Four Weddings and a Funeral*** among others. Anchored by Nighy, it is a movie that has at its core familial love: between father and son, siblings, husbands and wives, parents and children, with a unique twist, time travel. Time travel? Just try it. As far-fetched as it sounds, it works in this sweet drama with a great cast.

If you are well and truly hooked or just interested in seeing what else Nighy has in his portfolio just go to IMDB ([click here](#)) to get a complete list of his past movies as well as projects underway. And if you want to know more about Nighy [here is a link](#) to an interview with him from 2020, from the *Guardian*. Very readable.

SAVE THE DATE

Paola Gianturco

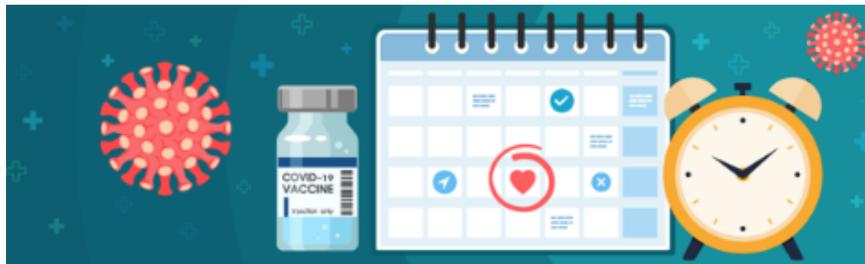
COOL: Women Leaders Reversing Global Warming

Thursday, April 6, 2pm at Sweetwater Music Hall



Local author and photographer, Paola Gianturco, will be joining us in person on Thursday, April 6th at the Sweetwater Music Hall. Paola will bring us images and inspiring stories from her most recent book: ***COOL: Women Leaders Reversing Global Warming***. In this latest book, co-written with her 12-year old granddaughter Avery Sangster, she highlights a fascinating array of leaders who are taking action to reverse global warming, from the 15,000 Sri Lankan women who raise and plant “miracle trees” to the woman Mayor who has led Sydney to become Australia’s first carbon neutral city. The book not only tells their important stories, in their own words, but suggests action steps so we can join them on the journey. We hope you will save the date and plan to join us for an engaging presentation and discussion with Paola. Doors open at 1:30 with the presentation starting at 2:00.

A Timely Reminder: COVID-19 At Home Tests for Medicare Recipients



Just one more reminder that while the federal public health emergency is in place, we Medicare recipients are entitled to receive eight free home tests each month paid for by Medicare. Several local pharmacies are enrolled in the program which simplifies distribution and makes it easy for you to stop by and pick up your tests for the month. Given the public health emergency is set to end May 11th, the next few months are a good time to replenish your supplies while you can - at no cost! [Here](#) is a link explaining the benefit for Medicare patients in more detail and [here](#) is the page that lists participating pharmacies and pharmacy groups. The process at our local pharmacy was both simple and fast. Check it out if you haven't already.

Events for March

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.mvillage.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 us know as we would be happy to put them on our email list.

Wednesdays, March 1 and 15, 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.

Thursday, March 2, 'California Wildflowers and Climate Change', Doors at 1

Please join us at the Sweetwater Music Hall in Mill Valley for this special in-person presentation by internationally acclaimed conservation photographers Rob Badger and Nita Winter. 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. Doors open at 1:00 and the presentation starts at 1:30. Looking forward to seeing you there.

Fridays, March 3, 10, 17, 24 and 31, 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, March 6, 13, 20 and 27, "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, March 6, 13, 20 and 27, "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 new 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, March 7, 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, March 7, 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, March 7, 14, 21 and 28, 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.

Wednesday, March 8, Coffee at the Sweetwater, 10:30am



Please join us once again at our monthly get-togethers on 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. You are also welcome to bring your own "nosh" but donuts will be provided. Don't be surprised to see the main doors to the cafe will say CLOSED, we are still welcome in the Music Hall via the side door.

Wednesday, March 8 (Second Wednesday - this month only), 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, March 15, 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, March 16, 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, March 16, GATHERING ON THE PLAZA, 4pm

Members, volunteers, friends, friends of friends and curious passers-by are invited to join us outdoors on the Plaza to hang out, have a little snack and be “in on the IN crowd”. **We have weathered the storms** and are **ready to get outta the house**, meet new people and see Village friends in person. This is a **BYOB** event so bring your favorite beverage!

Monday, March 27, Lunch at Via Piccola Trattoria, 1pm

This month we try a new option, **Via Piccola Trattoria**, 1 Blackfield Drive (Cove Shopping Center) in Tiburon. It has a fantastic lunch menu and has gotten rave reviews from villagers. 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 (415-608-8175 or millvalleyvillagenews@gmail.com) 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.

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

