

Dear friends and neighbors,

And just like that it is time to make holiday plans if you haven't already. This season can be rich in special events and traditions to celebrate. Some may be as simple as watching a favorite holiday movie, planning a special meal, trimming a wreath or baking your favorite cookies. Others involve practices and traditions that have been cherished and passed down for generations. However you celebrate, we wish you a happy holiday season and hope you will join us for one activity or another before the month (and year) is out.

To start us off on a joyful note, below is a sweet short film from a new-to-me YouTube Channel, Omeleto, dedicated to promoting award-winning short films. The channel is definitely worth perusing as there are some gems in there. Here is one such treasure we hope you will enjoy and pass on.

A Sweet Story for the Season
The One Note Man
A Short Film From Omeleto



“Personally speaking I would have never imagined there could be a praxis, a meeting point, between Bassoon and love. The bassoonist in question is demonstrated as having a perfectly ordered life that moves as on autopilot, even down to the perfunctory performance of his one elongated note upon the Bassoon. This is all thrown in chaos when ***The One Note Man*** encounters a lovely older violinist.

This is a glorious short film. It's quite possibly the most enchanting Christmas time fable I have witnessed in years. The fact that legendary actor Ian McKellen (!) provides the brief yet whimsical narration for this 20-minute short causes my heart to sing with joy. I strongly urge everyone to watch the wondrous little ***The One Note Man***.”

– Excerpts from a review by Benjamin Franz, October 5, 2023

Recently Watched and Recommended: *NYAD*



For the decade from 1969-1979, Diana Nyad was the greatest long-distance swimmer in the world. In 1975, she gained widespread recognition for completing a swim around the island of Manhattan in 7 hours 57 minutes breaking a 50-year old record. In 1978, when she was 28, she made her first attempt to swim from Cuba to Florida. She swam over 42 hours in a steel cage to protect her from the sharks and jellyfish, before team doctors removed her due to strong swells that were slamming her against the cage and pushing her off course towards Texas. The next year, in 1979, she swam from Bimini to Florida setting a distance record (102 miles) for non-stop swimming without a wetsuit. After that record-setting achievement, Nyad began what would be a 30-year break from marathon swimming to focus on a career in sports journalism. It was in 2010, at age 60, that she decided to once again attempt to complete the 110-mile swim from Cuba to Florida, a goal that eluded her when she was 28. It is at this point that the film begins.

Annette Bening as Nyad and Jodie Foster as Bonnie Stoll, her long-time friend and coach, are both fantastic here. Another cast highlight (and delight) is Rhys Ifans as boat captain. Largely due to these three, as one reviewer put it, “what’s unexpected is that the best scenes are on dry land”. Here are some critics’ reviews from Rotten Tomatoes:

While the often spiky and single-minded Nyad is brilliantly brought to life by an acerbic Bening...it’s actually Foster’s turn as her best friend, coach and regularly exasperated confidante Bonnie Stoll that stays with you.

Annette Bening is spectacular, as are Jodie Foster and Rhys Ifans, all working to capture the real-life harrowing adventure that was filled with frustration, danger and ultimately success.

This script allows space to show how the protagonist’s actions affect those who want to help her achieve her goal. It is in that space that Jodie Foster gives one of her most natural and elegant performances of her entire career.

As a portrait of friendship, one tested by decades of high times and lows, successes and failures, bad behavior and forgiveness, *Nyad* the movie is trawling deep waters.



Recently Read and Recommended 1979 by Val McDermid



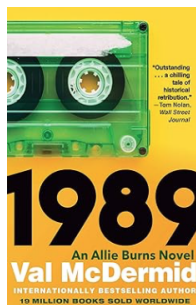
1979 was my long overdue introduction to crime writer Val McDermid. In this first book of a new series, McDermid deftly brings us right back to the issues and culture of 1979, through the eyes of Allie Burns, a young investigative journalist. Allie's work quickly leads her into a world of corruption, terror and murder as she and colleague Danny Sullivan pursue stories they hope will make their careers. Here are some excerpts from Kirkus Reviews online:

"Hailed as Britain's Queen of Crime, Val McDermid's award-winning, internationally best-selling novels following the exploits of Tony Hill, Carol Jordan and Karen Pirie, have captivated readers for over three decades. For this book, McDermid who worked in Glasgow as a reporter in the year of the title, has supplemented her memories with a great deal of research.

The 35th novel and first new series in 20 years from McDermid, a queen of the genre in Britain, introduces Allie Burns, a talented and brave spitfire of a journalist in her mid-20s who's trying to work her way up the pecking order in the man's world of a tabloid newspaper called the *Glasgow Daily Clarion*. "One adult in two in Scotland read the Clarion" announces the paper's slogan, and the wags in the office add "The other one cannae read."

It [1979] was the year from hell for that city, with cataclysmic winter weather, strikes and terrorist threats, but for Allie and her colleague Danny Sullivan, any kind of trouble is an opportunity. The plot is engrossing, the period atmosphere brilliant, and who can ever get enough of the way Scottish people talk?"

And if you enjoy this book and Allie Burns, the second book in this series - *1989* - takes you ten years into the future, again with great detail and lots of events we can all recall.



THE PLAZA GATHERING

Yes...we are doing it again

and again, and again, every Third Thursday!!!

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

At the Depot Plaza

4pm on Thursday, December 21st

Fingers crossed for some good weather this month so we can meet up again downtown. Members, volunteers, friends, friends of friends are all invited to join us each 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, December 21st at 4pm. **If it is rainy, look for us inside the Depot Cafe!** Feel free to bring friends to introduce them to the village. We are a welcoming bunch. See you then.

From the Mill Valley Arts Commission

“A Call for Artwork”

Apply by December 5th



Mill Valley Arts Commission

**CALL FOR
ARTWORK**

Call for Local Artists to Share Talents

It's that time of year when attention turns to planning for the NEXT year. And that is what the Mill Valley Arts Commission is doing right now. They recently announced that they will be accepting applications from artists to display their 2D artwork next year in two public spaces: City Hall Council Chambers or the Mill Valley Recreation Center.

We are passing on this notice because we know many of you villagers are amazing artists and wanted to make sure you were aware of this opportunity. **Most important if you begin to investigate is to remember that the deadline to apply is December 5th at noon.**

[Here is a link](#) to a more complete description of this opportunity and the application process, including an “Artist Application” online form, instructions on how to submit samples of your work online, a description of the selection process and more.

Questions? Please contact Mill Valley Arts Commission at 415-383-1370 or artscommission@cityofmillvalley.org.

Events for December

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 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, December 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, December 4, 11, 18 and 25, "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, December 4 and 18, Storytelling Workshops, 2pm

Interested in tackling a story or memoir in a small group format with other villagers? Aspiring writers, seasoned veterans and those somewhere in between are welcome. We gather twice per month for 90 minutes to read aloud short selections from our works in progress, followed by discussion, quiet writing time and more sharing. Prompts are provided to those looking to jumpstart their creative juices! The group meets the first and third Mondays of each month from 2:00 to 3:30. Please email Cindy at Cindy@theygybe.net for questions and further details.

Tuesday, December 5, 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, December 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 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 (sbyruck@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, December 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 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 (617-599-8116 or sbyruck@gmail.com) for more information.

Wednesdays, December 6 and 20, 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, December 6, 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, December 13, Coffee at the Sweetwater, 10:30am

Please join us 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. You are welcome to bring your own "cuppa" as the cafe is not open, although a pot of coffee and donuts are provided.

Thursdays, December 14 and 28, James Joyce's *Ulysses* Book Group, 2pm

This group of Mill Valley members and volunteers, led by Michael Sheiner, a long-time village volunteer, meets twice monthly (second and fourth Thursdays) near downtown Mill Valley to discuss what has been read since the last meeting. Given the length of this book, Michael expects the group to meet for over a year. There is room for a few more readers so if you are interested please email her at mks16@pacbell.net.

Tuesday, December 19, Third Tuesday Book Club. 1pm

This recently inaugurated book club, led by Beth Brandes (brb94941@gmail.com) and Carolyn Burwell (carburwell@gmail.com), meets monthly on the third Tuesday of the month. Like the "Third Thursday Book Club", it is kept small to encourage discussion and camaraderie, and is currently full. When openings become available that opportunity will be posted in the newsletter.

Wednesday, December 20, 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, December 21, Third Thursday Book Club, 1pm

This long-running monthly book club led by Ginnie Job continues to meet on the third Thursday of each month. Both book clubs, for local village volunteers and members, are kept small to encourage discussion and camaraderie, and are currently full. When openings become available they will be posted in the newsletter. For questions regarding the Third Thursday Book Club please contact Ginnie Job (ginniejob4@gmail.com).

Thursday, December 21, **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 friends) and come join us. We'll be looking for you!

There will be no 4th Monday luncheon this month as it falls on Christmas Day. Please check next month's newsletter for an update on January luncheon plans.

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

