



Dear friends and neighbors,

As fall officially arrives, we remain in that odd space between hope and worry. With the ongoing drought, fires and Covid, we are holding our collective breath, while remaining ever grateful for where we live. As we wait and hope together, we encourage you to join us in whatever manner you are comfortable for one of our ongoing activities. We are also launching some new programs. So please read on, and stay well.

Good News “Coffee at the Sweetwater”



“Coffee at the Sweetwater” is returning! As you may know, the Sweetwater Music Hall has reorganized into a nonprofit and we recently had the opportunity to reintroduce Mill Valley Village to the new management team. The upshot is that the Sweetwater team welcomed the opportunity to renew its support of the village and looks forward to having us once again convene in the Music Hall to continue our traditional monthly drop-in “coffees”.

Here is the plan. Starting in November we will resume our monthly get-togethers on the **second Wednesdays of each month at 10:30** in the Sweetwater Music Hall. For those of you who have joined us before it will be the same general format. It is a casual plan, you come and go as you have time, sit and chat with friends and meet new ones, peruse our “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 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. For those of you who have already been part of this now nine-year tradition, welcome back, it has been a while.

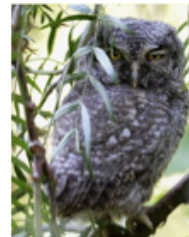
Like many indoor venues, Sweetwater requires proof of vaccination for entry (see their policy [here](#)). You can either show your photo id and vaccination card (or copy) at the door the first time you join us, or better yet, in advance. Contact me, Jane Matthewman (janeandkev1@gmail.com or 415-609-4622), and we can “pre-approve” you. You only need to do this once and you are all set to join future village coffees at the Sweetwater.

Yes, life is a bit more complicated, but we are SO looking forward to seeing you again and hoping the stars align to make it so in November. Thanks for your help on this.

We want to thank the Sweetwater management team and staff for extending this very welcome invitation to us once again. We really appreciate our downtown “home”.



Meet The Owls, An “All About Owls” Program Thursday, October 28th at 2pm, Mill Valley Scout Hall



Early in the morning or late in the evening Mill Valley residents are treated to the repeated calls of various owls. On October 28th, thanks to “All About Owls”, we will have the opportunity to meet two of the local owl species in person! A great horned and a screech owl. The program will be held at Mill Valley Scout Hall at 2pm. Scout Hall has two entrances. The main fully accessible entrance is at 30 Mountain View Avenue. The original entrance is around the corner at 177 E. Blithedale. All are invited to join us for this multi-generational program. An RSVP to Seela Lewis (seelalewis@gmail.com or 415-381-8615) would be helpful for our planning, but if you decide to come at the last minute please do not let the lack of an RSVP stop you, just drop by. **Please be vaccinated and wear your mask.** We look forward to welcoming you, enjoying your company, and the owls. Any changes to the plan, in these constantly-changing, challenging times, will be conveyed in the next newsletter, just before the event.

Mill Valley Village Memoir Writing Group - UPDATE Third Thursdays at 3pm



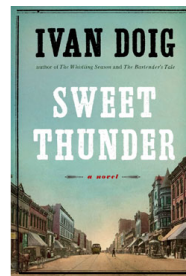
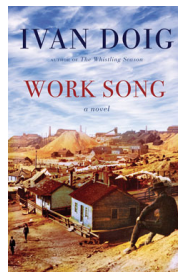
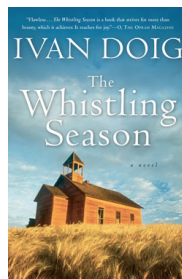
In good news, there is a core group of folks who have expressed interest in being part of this new writing group. But meeting in person is temporarily off the table so we met in September for the first time - via Zoom. It was quite a treat and we would love to welcome you to the group. Please continue to express your interest by contacting Gloria Sparrow (gloriasparrow@comcast.net or 415-377-2037). She will put you on the list to be notified of future meetings/updates as the situation unfolds. Thanks for your patience and interest.

A Gadget That Works Jar Opener Happiness



I grew up learning a technique for jar-opening that still works - but causes great consternation to onlookers, especially the key critic, the one who has watched this with trepidation 🤯 for 50 years now. The technique is to place the recalcitrant jar on the counter and use some other sturdy gadget to thwack the jar lid heartily several times to 'spring' the lid and make it easy to twist off. The trick being to stop short of shattering either the glass jar or onlookers' composure. Mainly to reduce the anxiety and shudders evinced by being subjected to this technique and to try to re-establish peace in the household, many purpose-built gadgets that did not involve 'thwacking' have been tried over the years, but found lacking. Thus the old family-tested, tried and true method remained the status quo all this time. But recently a gadget emerged from the far depths of the kitchen drawer that truly met the need! And after hearing someone else (younger, more fit and definitely stronger) recently state that jar opening was his nemesis, it was time to share news of this helpful gadget. As you can see above it has a V-shape with a serrated edge on one side to "grip" different size lids. By placing the jar on the counter (on a towel helps) slipping the gadget over the lid until it is tightly wedged, holding the jar steady and turning the gadget counter-clockwise, jar opener happiness is achieved. My version, shown above, is an OXO Good Grips Jar Opener, widely available for about \$10.

Recently Read and Recommended The Morrie Morgan "Series" - by Ivan Doig



Ivan Doig's books have figured prominently in this newsletter, most recently with a recommendation of *The Bartender's Tale*. Several of Doig's books feature a now favorite character, "Morrie", introduced in ***The Whistling Season***.

'Can't cook but doesn't bite.' So begins the newspaper ad offering the services of an 'A-1 housekeeper, sound morals, exceptional disposition' that draws the hungry attention of widower Oliver Milliron in the fall of 1909. And so begins the unforgettable season that deposits the non-cooking, non-biting, ever-whistling Rose Llewellyn and her font-of-knowledge brother, Morris Morgan, in Marias Coulee, Montana, along with a stampede of homesteaders. When the schoolmarm runs off

with a preacher Morris is pressed into service, setting the stage for the ‘several kinds of education’ - none of them of the textbook variety - Morris and Rose will bring to Oliver, his three sons, and the rambunctious students in the region’s one-room schoolhouse.

In **Work Song**, set ten years later in Butte, Montana, we catch up with Morrie, in a very different setting but featuring yet again, a rich set of characters, Doig’s hallmark.

Lured like so many others by “the richest hill on earth”, Morrie steps off the train in Butte, copper-mining capital of the world in its jittery hey-day of 1919. But while riches elude Morrie, once again a colorful cast of local characters - and their dramas - seek him out. When Morrie crosses paths with a lively former student, now engaged to a fiery union leader, he is caught up in the mounting clash between the iron-fisted mining company [Anaconda], radical “outside agitators” and the beleaguered miners. As tensions above ground and below reach the explosion point, Morrie finds a unique way to give a voice to those who truly need one.

The third book, **Sweet Thunder**, finds Morrie taking on yet another role as tensions intensify between miners and the Anaconda Copper Mining Company.

Morrie’s manifold talents as a wordslinger, are tapped by the fledgling union newspaper, the *Thunder*, enlisting his “walking encyclopedia” knowledge to not only write hilariously scathing editorials against Anaconda and its kept press, but as the newsroom “morgue” of information. With its rush of deadlines and journalistic cast of unforgettable characters amid the clatter of typewriters and jangle of telephones the novel is partly a love song to daily newspapers, where author Ivan Doig began his writing career. This novel is a high-spirited, inventive, but historically acute portrait of a conflicted America roaring into the Twenties with Gilded Age antagonisms and Red Scare jitters still on its mind.

If you haven’t already been introduced to Doig’s books, these are a great place to start. Hope you enjoy them.

Help Us Help Others



Have you appreciated some aspect of the village? We are always eager to spread the word about Mill Valley Village and the five other local villages around the county that fall under the umbrella of our parent organization, Marin Villages. If you know someone who would like to get our newsletter by email, could use our services, is interested in volunteering, or would like to donate to an organization serving older adults in Marin, please have them get in touch. We would be delighted to chat with them and answer any questions about Mill Valley Village and how it works.

Connie Dubin, Chair - 415-381-7606 or millvalleyvillage@gmail.com
Sue Steele, Membership Chair - 415-388-7832 or xerty.10@gmail.com

Marin Villages' Ultimate Thrift Boutique Pop-Up Shop
Thursday, Friday and Saturday
September 30 - October 2, 11 - 4:00



Marin Villages' Ultimate Thrift Boutique Pop-up Shop is coming - SOON. There will be great deals on thousands of items including women's and kid's clothing, shoes, jewelry, artwork, games, sports equipment, kitchenware, home decor, collectibles and more. We look forward to seeing you there and hope you will invite your friends.

The pop-up boutique is located in the **Northgate Mall**, Store #82. It is in the middle of the mall, about halfway between the theater and Macy's. Look for the red doorway trim, signs and the #82 above the door. The Kohl's/Panera Bread or Homegoods/Halloween Spirit Store entrances are closest. It should be great fun for a good cause. Please wear your mask as it is required for entry.

Mill Valley Chamber Music Society
Special Discount for Mill Valley Villagers



Once again our wonderful Mill Valley Chamber Music Society (www.chambermusicmillvalley.com) is offering a special discount to Mill Valley Villagers. This is a terrific opportunity to see exceptional, varied and affordable performances by world-class musicians. All concerts are held on Sunday evenings, starting at 5 pm, in the beautiful Mt. Tamalpais United Methodist Church at 410 Sycamore Avenue, Mill Valley. If you are new to the Chamber Music Society, this is the perfect opportunity to get to know them. For more information and to take advantage of this village discount please contact them directly at 415-706-3193 or mvchambermusicociety@gmail.com. Their 2021-2022 season starts November 14th. We look forward to seeing you there.

Events for October

Here is the rundown for October. 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 for either a “virtual” or in-person program soon.

Fridays, October 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, October 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. And do remember to bring water and sturdy shoes.

Tuesday, October 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 (sybruck@gmail.com or 617-599-8116) for more information and directions. 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. Give her a call.

Tuesdays, October 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. 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, October 6 and 20, Men’s Coffee Group, 11 (or 11:30) am

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. For now the group is meeting at outdoor venues around town. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman (irvgubman@gmail.com or 415-250-6155). The group meets the first and third Wednesdays at 11 or 11:30 am, depending upon the venue’s hours.

Wednesday, October 6, Movie Group, 2pm

Inspired by the popularity of similar programs in other local villages, we have launched a Mill Valley Village Movie Group. 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 villagers who are interested in this group, please contact Seela Lewis (seelalewis@gmail.com).

Thursday October 14, Book Club, 3pm

The group, led by Trish Hibben (t.hibben@me.com or 415-215-8394), meets monthly. Aimed at local village volunteers and members, the group is currently full. We will announce when a second group is being formed and can take new members.

Wednesday, October 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 for local, and sometimes further afield, walks. 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).

Thursday, October 21, Memoir Writing Group, 3pm

Everybody has stories to tell and it can feel affirming to tell them. So we have reconvened the Mill Valley Village Memoir Writing Group. Meeting on the third Thursday of the month, via Zoom for now, we read our writing out loud and honor each other's need to be heard and appreciated. Villagers, please contact Gloria Sparrow (gloriasparrow@comcast.net or 415-377-2037) with your questions or suggestions, or simply to get on the list.

Thursday, October 28, "All About Owls" Presentation, 2pm

We will have the opportunity to meet two of the local owl species in person! A great horned and a screech owl. The program will be held at Mill Valley's Scout Hall. Scout Hall has two entrances. The main fully accessible entrance is at 30 Mountain View Avenue. The original entrance is around the corner at 177 E. Blithedale. All are invited to join us for this multi-generational program. An RSVP to Seela Lewis (seelalewis@gmail.com or 415-381-8615) would be helpful for our planning, but if you decide to come at the last minute please do not let the lack of an RSVP stop you, just drop by. **Please be vaccinated and wear your mask.** Any changes to the plan will be conveyed in the next newsletter, just before the event.

**We look forward to seeing you soon...
and will be keeping an eye out for you in the meantime 😊**

