

Mill Valley Village
a branch of

MARIN
VILLAGES



Dear friends and neighbors,

As of this writing, mid August, with September and the fall equinox right around the corner, we are seeing some of the most beautiful weather of the summer so far. This bodes well for a gorgeous late summer and fall: a perfect time to continue enjoying Mill Valley's outdoor venues and the village's outdoor programs. We have fingers crossed for improving health trends and expanded vaccination/booster options this fall. As always, there is more to be revealed as we remain full of hope and gratitude for this community we enjoy.

The Rock & Rye at Sweetwater Music Hall Offers Mill Valley Village Members a Discount



We are so lucky to have such a vibrant downtown, and the Sweetwater Music Hall is a major contributor to that atmosphere. Over the last ten years, Mill Valley Village has been a frequent beneficiary of their generosity, using their venue for many village gatherings. A long-time music scene, they are now getting attention for their terrific food as well, and are offering Mill Valley Village members a special discount at **Rock & Rye**, their wonderful restaurant. The village Men's Group meets there 1st and 3rd Wednesdays at 11:30, a perfect time to take advantage of the lunch hour offerings and enjoy the spacious, nicely laid out patio. The men have provided lots of great feedback on the new menu as well as the layout. Check it out. When you do, let your server know you are from Mill Valley Village by showing them your member card and enjoy a 10% discount. If you have misplaced the card you were given when you became a village member contact Sue Steele (xerty.10@gmail.com or 415-388-7832) to request a replacement. We hope you enjoy your meal, and discount. And please remember to thank them for their generosity.

Mill Valley Village enjoys the support of a broad group of local merchants and other businesses. To learn more about them and the benefits they offer to our members click [here](#) to go to the MEMBER BENEFITS page on our website: www.mvvillage.org.

A Great New Village Venue The Depot Plaza



It's all happening downtown! As villagers recently discovered, there is a terrific downtown venue for village gatherings hiding in plain sight - The Depot Plaza. At an informal get-together on the plaza last month it became clear just what a great option it is, right in the heart of downtown, with all the benefits of its position including easy access, good parking, some shade, some sun, some seating. The plaza seemingly has it all, as those who attended last month's gathering can attest. With that test run deemed a success, we are back at the planning table to figure out when to schedule our next get-together there. When we do, you will be the first to know, so keep an eye out for your invitation to the next village offering "on the plaza".

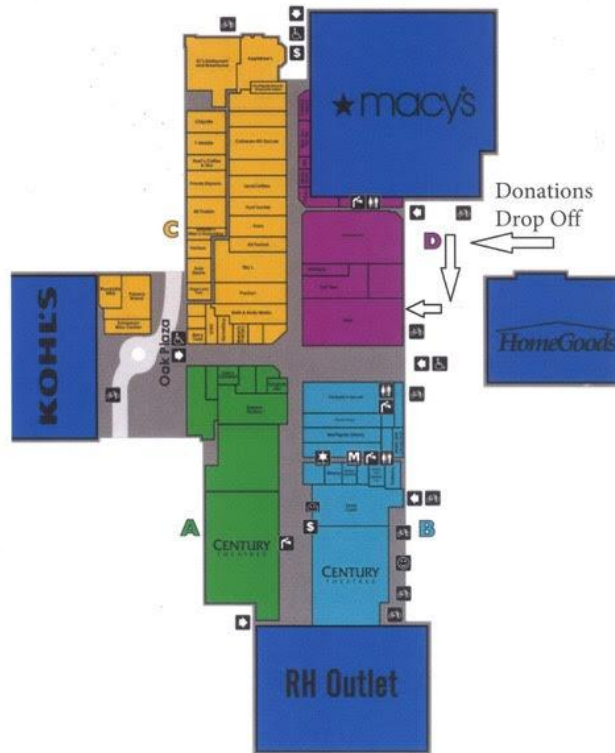
The Marin Villages Pop-up Thrift Boutique Is Taking Donations



Still holding on to those treasures? The time you've been waiting for has arrived! Marin Villages is happy to take donations for the Pop-up Thrift Boutique at the Northgate Mall. You are invited to drop off your gently used goods either Wednesdays, noon - 4:00pm, or Saturdays, 10:00am - 4:00pm.

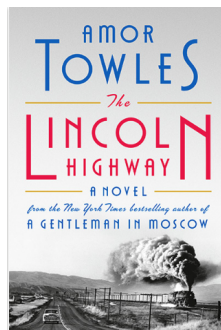
The dropoff location is indicated in the image below. It is the back entrance to what used to be H&M, behind Macy's, across the parking lot from Home Goods, and just to the left of Bank of Marin - between the door to Bank of Marin and the entrance to the mall on that side. The door will be open and there will be a Marin Villages sign outside letting you know you're in the right place!

The folks there will gladly take men's, women's and kids clothing & shoes; jewelry; artwork; kitchenware; home decor; linens; and more. Please note they are NOT accepting books, CDs, skis, women's or men's suits, large furniture or computers and monitors.



If you have any questions regarding donations please contact Annemarie Clark (amco0616@gmail.com or 415- 519-8331) or Sue Steele (xerty.10@gmail.com or 415-388-7832). If you would like to volunteer for intake and sorting, please use [this link](#). Volunteers are required to wear masks and should plan to arrive 15 minutes before your shift starts. **Thank you for your donations and help.**

Recently Read and Recommended *Amor Towles' The Lincoln Highway*



This book was refreshing and thoughtful, though not always easy. It is full of surprising characters, bold adventures and acts of true kindness. My review would simply recommend that you jump in and enjoy this nearly 600-page ride. Heller McAlpin does a great job at setting the stage in these excerpts from a review she wrote for NPR:

With Four Kids in an old Studebaker, Amor Towles takes readers on a real joyride

The Lincoln Highway is a real joyride. Amor Towles' new Great American Road Novel tails four boys - three 18-year-olds who met in a juvenile reformatory, plus a brainy 8-year-old - as they set out from Nebraska in June, 1954, in an old Studebaker in pursuit of a better future. If this book were set today, their constant detours and U-turns would send GPS into paroxysms of navigational recalculations. But hitch onto this delightful tour de force and you'll be pulled straight through to the end, helpless against the inventive exuberance of Towles' storytelling.

Like his first two novels, *The Lincoln Highway* is elegantly constructed and compulsively readable. Again, one of the ideas Towles explores is how evil can be offset by decency and kindness on any rung of the socio-economic ladder.

Hope you jump in and enjoy the ride.

Marin Catch-A-Ride A Discounted Taxi-Service Program For Marin Residents



As many of you know, Catch-A-Ride is a terrific option to have "in your pocket" for a last minute ride request. This service is a program of Marin Transit's Marin Access family of transportation services and is funded by Marin's voter-approved vehicle registration fee, Measure B.

To be eligible for Catch-A-Ride you must be a Marin resident and meet one of the following criteria:

- Age 65 or older, or
- If under 65, be eligible for Marin Access paratransit

Once you are accepted into the program you request rides within Marin by calling the scheduling number anytime between 9am and 6pm seven days a week, with the exception of certain holidays. They recommend calling a minimum of three hours in advance for the best chance of taxi availability.

Eligible riders can request up to ten discounted taxi rides a month.

When you call for a ride, you are given an exact price for the discounted ride so you know in advance the trip cost. All riders must pay a \$4 base fare. Those who are eligible for the Low Income Fare Assistance (LIFA) program may use their LIFA credit to pay the base fare. Catch-A-Ride will pay up to \$14 of the cost of a taxi ride within Marin for up to ten

one-way discounted rides a month. Quite a deal. And convenient for last minute ride requests.

For more information on this and other county transportation programs, or to request an application, contact Marin County Travel Navigators 415-454-0902 or travelnavigator@marinaccess.org

Or click [here](#) for more information on Catch-A-Ride on the Marin Transit website.

An Easy Meal to Bridge the Seasons Cucumber and Noodle Salad



This is an all time favorite in our house, pulled from Sunset Magazine many years ago. It is both easy and delicious, landing it a page in our “tried and true” binder. Serves 4.

Ingredients

- 10 ounces dried Chinese-style noodles (lo mein or chow mein) or spaghetti
- 3 or 4 Persian cucumbers (about 5 inches long)
- 6 T. reduced sodium soy sauce
- 4 ½ T. unseasoned rice vinegar
- 3 T. toasted sesame oil
- 3 T. old-fashioned creamy peanut butter
- 1 T. dark molasses
- 1 ½ c. thinly sliced lop chong (Chinese sausage) or ¾ c. chopped bacon
- 1 c. roughly chopped cilantro
- ½ c. sliced fresh basil leaves
- 3 c. loosely packed salad greens
- ¼ c. chopped roasted salted peanuts

How to Make It

- Cook noodles according to the package until just tender
- Drain, rinse well with cool water and set aside
- Cut cucumbers into ½ by 1 ½” pieces and set aside
- Whisk together soy sauce, vinegar, oil, peanut butter and molasses in large bowl and set aside
- Lightly brown sausage (or bacon) over medium high heat, drain on paper towels
- Add drained noodles to peanut butter sauce and toss to coat
- Add sausages or bacon, cilantro, basil and about ⅔ of cucumbers
- Line 4 wide shallow bowls with greens and add pasta
- Sprinkle with remaining cucumbers and peanuts

We use China Bowl Chinese Noodles (10 oz. package), Persian cucumbers and thick-sliced bacon, all found downtown at **Mill Valley Market**. And when you check out, don't forget this easy way to donate to Mill Valley Village. Just ask the cashier to enter code #8009 (or choose Marin Villages from the list at each register), and the village will receive 2% of your TOTAL RECEIPT. No exclusions. It's that easy thanks to the generosity of this long-time family-owned Mill Valley business and their [Shop & Give Program](#).

Mill Valley Recreation Center News

Activities for Active Adults 50+



In great news, the Community Center is offering new drop-in programs to those 50+ with an Active Adults Activity Pass. The pass is available at no cost through December. Drop-in programs including dominoes, card games, social bridge, MahJong, knitting and more, are scheduled Monday through Friday in the Terrace Lounge. Friday movies are back as well, the third Friday of the month. And on Tuesdays, the very popular "Coffee Social, Brown Bag Lunch & Bingo" program is back, from 10 - 3. All great news. And in especially welcome village news, long-time villager JoAnn Haseltine will once again be on hand, helping to host and providing a warm welcome to all.

For more information on how to register for your no cost Active Adult Activities Pass and the days and times of the drop-in activities click [here](#), call 415-383-1370 or stop by the front desk at the [Mill Valley Community Center](#). You may also contact Caroline Beyer (cbeyer@cityofmillvalley.org) for further questions or assistance. For those of you who participated in drop-in activities at the center before the pandemic, you will recall the Terrace Lounge is an especially welcoming venue, designed to put us all at ease while encouraging us to meet with old and new friends. They invite you to get your Active Adult Activities Pass and come visit soon. New members and ideas are most welcome in this friendly group.



One of the many wonderful benefits of membership in Marin Villages is the chance to participate in AgeSong Marin discussion groups. These groups provide conversation and connection for older adults who wish to explore life's "third act." Our stories help us understand the change between who we were, and who we are now. Sharing our history makes sense of our lives and helps us see patterns which may integrate our life

experiences. Marin Villages has run a number of groups, and the next one will be held on Zoom beginning September 22, 2022.

For more information about AgeSong, please visit their website agesongmarin.org. To register for the program, call AgeSong at (415) 491-5726 and mention that you are a Marin Villages member. This program is free for members due to a generous grant from the Belvedere Community Foundation. The September 22nd group will meet on Thursdays 3:30-5pm and will run until just before Thanksgiving.

“AgeSong is a lovely way to connect with other Villagers. I found the topics and the sharing to be thought provoking and enriching.” - Marin Villages participant

Events for September

Below are the Mill Valley Village activities for September. 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.

Fridays, September 2, 9, 16, 23 and 30, 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, September 5, 12, 19 and 26, “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, September 5, 12, 19 and 26, **NEW “Leisurely” Hikes, 9:45am**

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 9:45 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, September 6, Recent Articles Group, 10:10am

The fledgling Recent Articles Group went into hibernation with the onset of Covid but is reemerging and growing! We hope you will join us for some stimulating discussions and conversations on recent articles and about anything except politics and religion. We meet monthly the first Tuesday of the month from 10:10 to 11:30. The group is open to villagers

who are curious, open-minded and interested in debate. For details contact Sue Steele (xerty.10@gmail.com or 415-388-7832).

Tuesday, September 6, 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, September 6, 13, 20 and 27, 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, September 7 and 21, Men's Coffee at the Sweetwater, 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 the Sweetwater Music Hall's "Rock & Rye" patio restaurant twice a month. 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 11:30 am.

Wednesday, September 7, 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. This month's movie is **The Adventures of Priscilla, Queen of the Desert**. Mill Valley Village volunteers and members who are interested in joining this group, please contact Seela Lewis (seelalewis@gmail.com).

Thursday, September 8, Book Club, 1pm

The monthly Book Club, now almost four 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, September 15, 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.

Wednesday, September 21, 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).

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

