



Dear friends and neighbors,

Wishing you a happy Fall, and a welcome respite from the craziness of the heat wave earlier this month. Here's hoping we enjoy a milder couple of months going forward.

Bring Your Morning "Cuppa" to the Plaza Wednesday, October 12th at 10:30



Yes, we miss seeing you, so let's remedy that. Whether a village member, volunteer or friend, we invite you to drop by the downtown Mill Valley Depot Plaza on Wednesday morning, October 12th for a bit of catching up and checking in with other villagers. Come join us at the picnic tables and enjoy seeing the latest "urban knitting" project adorning the trees around the plaza. You bring your latest updates and a cup of whatever suits you. We will bring the donuts. Hope to see you then!

New COVID-19 Booster Update



There was major news early in September with the CDC's approval and recommendation of new vaccines which offer better protection against the currently circulating Omicron strain. Marin County Public Health and health care providers are recommending the newly authorized COVID-19 booster, (also known as the "omicron booster" or "bivalent booster") for anyone age 50 and older who has not received a booster in 2022, or has not experienced a COVID-19 infection in the last 6 months. [Click here](#) to view the video presentation by Dr. Matt Willis on this topic in early September. Visit the [Vaccine Finder webpage](#) to find locations that offer the updated booster. For more information about the booster [read the full news release](#). And also consider getting your flu shot, maybe even at the same time you get your booster. It will help keep us all a little safer this flu season.

**Come Join Us for Lunch
Monday, October 24th at 1pm**



Come join us as we once again convene our 4th Monday of the month lunches! Our wonderful long-time luncheon coordinator, Cathy Dunlap, arranges these no-host lunches at various Mill Valley (and nearby) restaurants. It's a great opportunity to get to know fellow members and volunteers and try new restaurants in the company of friends. This month we're off to **The Cantina** at 651 East Blithedale Avenue. All are welcome. Just remember to RSVP as far ahead as possible, but no later than the week before, to Cathy Dunlap (415-608-8175 or millvalleyvillagenews@gmail.com). We want to make sure we have enough seats reserved for all of us. Looking forward to seeing you there.

**Chamber Music Marin
2022-2023 Season**



Chamber Music Marin invites you to join them as they kick off their 2022-2023 season this month. Celebrating 50 years as Mill Valley Chamber Music Society, they are now becoming Chamber Music Marin. The season opens on October 2nd with a remarkably original concert: Bay Area harpsichordists Janine Johnson and Yuko Tanaka and an ensemble of five string players will be performing five Bach Keyboard Concerti.

The five Sunday concert dates this season are: October 2nd, November 6th, February 12th, March 12th and April 2nd. The concerts are held at 5:00pm in Mt. Tamalpais United Methodist Church's intimate auditorium.

Mill Valley Village members are invited to take advantage of the Mill Valley Village discount on a subscription to Chamber Music Marin performances. By subscribing you will be assured of a seat, plus savings over single ticket prices. With the new discount, a season subscription for 5 concerts is just \$120, or \$95 for three of the five concerts of your choice. You will also receive an additional "Any Concert" guest ticket with a \$120 subscription as well as a free ticket to the Marin Music Chest Youth Finalist concert. To take advantage of this discount Mill Valley Village members may [click here](#).

For more information and to purchase single tickets go to chambermusicmarin.org or call 415-706-3193. Tickets are also sold at the door, as available. We hope you will make it to one or more of their upcoming concerts.

VOTE 2022 - Make A Plan - Vote Early November 8th is the General Election

Hard to believe but this long-awaited election is fast approaching. We are once again, so very lucky to live in an area where the right to vote is both cherished and well supported at every level. So now it is time to do our part: VOTE. This is the foundation of our democracy, the right to make sure our opinions are registered, as another critical election nears. Be sure to remind friends and family not to take this or any election lightly.



Below are some key dates and reminders for the November General Election. For a complete summary of dates, candidates, measures, frequently asked questions, and more [click here](#). And please note this excerpt from the Frequently Asked Questions page under "Voting at a Vote Center":

"Voters are not assigned to a specific voting location. All voters will receive a ballot by mail. If you still wish to vote in person, you can go to any Vote Center in Marin."

October 10 - Vote by Mail ballots start to be mailed and voting opens at the Elections Department (3501 Civic Center Drive - Suite 121, San Rafael)

October 11 - Vote by Mail Ballot Drop Boxes available (click [here](#) for more information)

October 24 - Voter Registration Deadline

October 25 - Conditional Voter Registration and same day voting begins at the Elections Department.

October 29 - 11-day Vote Centers open (click [here](#) for more information).

November 1 - Last day to request by phone (415-473-6456) that a vote-by-mail ballot be mailed. Voters can still pick up a ballot at any Vote Center in Marin, including the Elections Department (see address above).

November 5 - 4-day Vote Centers open (click [here](#) for more information).

November 8 - Election Day - Personally delivered ballots must be delivered by close of polls (8pm). Mailed ballots must be postmarked on or before November 8 and received by your county elections office no later than November 15th.

Important Reminder: If you mail in your ballot or put it in a drop box, be sure to **SIGN** the outside of your envelope before mailing or dropping off. The ballot cannot be counted without your signature.

THE PLAZA GATHERING

Yes...we are doing it again

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

**AT THE DEPOT PLAZA
4PM ON THURSDAY October 27**

The Depot Plaza Happy Hour Gathering is back, on Thursday, October 27th. 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 had the best time at the last two events over the summer, 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 dates....Third Thursdays sound good...keep an eye on upcoming newsletters and come on by in October.

Marcella Hazen’s Amazing 4-Ingredient Tomato Sauce



A few years back some neighbors we met through the village offered us some tomato plants they had started. Until then, our experience with gardening had only been with flowering plants: roses, geraniums, non-edibles. What an incredible experience that summer was. Watching the small plants grab hold and actually THRIVE was thrilling. As they grew bushy and lush the real question became what to do with such a huge bounty. We had no idea just how prolific this handful of plants would be.

As fruit started literally falling off our unkempt but productive vines this simple recipe from Marcella Hazen came to the rescue as armfuls of tomatoes arrived in our kitchen. The only modification we made was to use fresh instead of canned tomatoes. To do so, we immersed the fresh tomatoes in boiling water for about 45 seconds until their peels started to wrinkle and burst, plunged them into an ice bath, and then peeled, seeded and chopped them roughly to fill in for the canned tomatoes in the recipe. Our resulting freezer full of sauce lasted us nearly all winter that year. Same last year, and after cooking up two big batches of ripe tomatoes this week and last we are hoping for a repeat this winter.

Hope you try this quick, easy and delicious recipe soon.

Ingredients:

1 (28-ounce) can whole tomatoes, no salt or herbs added
5 tablespoons unsalted butter
1 small white onion, peeled and cut in half
Kosher salt

Instructions:

Place the tomatoes, butter, onion halves and a pinch of salt in a large saucepan and bring to a simmer over medium-high heat. Lower the heat to maintain a gentle simmer and cook, stirring and crushing the tomatoes lightly with the back of the spoon occasionally, until droplets of fat appear on the surface of the tomatoes, about 45 minutes. Remove and discard the onion. Serve over hot pasta with Parmesan and black pepper, if desired.

That's it. Bliss. And so easy.

It's TIME to Shop at Marin Villages'
"Ultimate Thrift Boutique Pop-up Shop"
October 6, 7 and 8 from 11 - 4

The Pop-Up Thrift Boutique is back and better than ever! We hope you will invite friends, neighbors and family to come for some epic shopping. See the flyer below for all the details. See you there, and make sure to bring your mask as it is required for entry.

benefiting
MARIN VILLAGES
Our Paths - Our Choices

1,000's
OF
ITEMS

the ultimate
thrift boutique

**POP-UP
SHOP**

**WELL-CURATED WOMEN'S, MEN'S + KID'S CLOTHING,
SHOES, JEWELRY, ARTWORK, GAMES, SPORTS EQUIPMENT,
KITCHENWARE, HOME DECOR, COLLECTIBLES + MORE**

**NORTHGATE
MALL STORE #61
terra linda**

thurs · fri · sat
OCT 6 - OCT 8
11 AM - 4 PM

Cash or credit only. All proceeds benefit Marin Villages, a not-for-profit, 501(c)(3) tax-exempt organization. For more info, visit marinvillages.org.

**Zoom Event with Dr. Wynn Canio
“Eating Well to Stay Healthy”
Tuesday, October 25, 3:15 - 4:15**



Marin Villages invites you to join this Zoom presentation as Dr. Wynn Canio, Geriatrician at Marin Kaiser, does another informative presentation for the Marin Villages Community. This time she will address the topic of Nutrition. We know that good nutrition helps prevent chronic disease and it's never too late to make improvements to support healthy aging. All are invited to register for this Zoom event to learn how to choose healthy foods to help make every bite count. To register for this free event click [here](#) or call the Marin Villages office at 415-457-4633.

**Not Home Alone
Halloween Early Dinner and Costume Party
Monday, October 31, 2:00 - 4:00pm
The Club Restaurant at McInnis Park, San Rafael**



All Marin Villages members and volunteers are invited! Costumes are fun but optional. Join your hostess Donnalee Wells to celebrate Halloween with other Villagers at a favorite venue, the Club Restaurant at McInnis Park, 350 Smith Ranch Road, San Rafael. There will be a set menu that includes a chicken, fish or vegetarian entree, dessert and coffee. The price, including tax and tip is \$30. Drinks may be purchased separately, from the bar. First come, first served, space is limited. RSVP is required. Please bring \$30 cash for your meal. No separate checks or credit cards. All attendees must be vaccinated. Please RSVP to Donnalee Wells by email, phone or text: donnaleewells@comcast.net or 415-302-9244. Members who need a ride, please call the Marin Villages office at 415-457-4633 as soon as possible.

Events for October

Below are the Mill Valley Village activities for October. The list just keeps on growing as we add in some new and some old gatherings and make full use of the wonderful downtown Depot Plaza this month. You can also find these events on our website at www.mvillage.org under either the **Events** or **Calendar** tab. Keep in touch and we hope you and a friend can join us at one of these programs soon.

Mondays, October 3, 10, 17, 24 and 31, “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, October 3, 10, 17, 24 and 31, 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, October 4, 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, October 4, 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, October 4, 11, 18 and 25, 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, October 5 and 19, 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, October 5, 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 Great Santini. Mill Valley Village volunteers and members who are interested in joining this group, please contact Seela Lewis (seelalewis@gmail.com).

Fridays, October 7, 14, 21 and 28, 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, October 12, "Bring Your Cuppa to the Depot Plaza", 10:30am or so

Yes, we miss seeing you, so let's remedy that. Whether a village member, volunteer or friend, we invite you to drop by the downtown Mill Valley Depot Plaza on Wednesday morning, October 12th for a bit of catching up and checking in with other villagers. Come join us at the picnic tables and enjoy seeing the latest "urban knitting" project adorning the trees around the plaza. You bring your latest updates and a cup of whatever suits you. We will bring the pastries! Hope to see you then!

Thursday, October 13, 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.

Wednesday, October 19, 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, October 20, 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.

Monday, October 24, Lunch at The Cantina, 1pm

Come join us as we once again convene our 4th Monday of the month lunches. Our wonderful long-time luncheon coordinator, Cathy Dunlap, arranges these no-host lunches at various Mill Valley (and nearby) restaurants. It's a great opportunity to get to know fellow

members and volunteers and try new restaurants in the company of friends. This month we're off to **The Cantina** at 651 East Blithedale Avenue. All are welcome. Just remember to RSVP as far ahead as possible, but no later than the week before, to Cathy Dunlap (415-608-8175 or millvalleyvillagenews@gmail.com). We want to make sure we have enough seats reserved for all of us.

Thursday, October 27th, "The Plaza Gathering", 4pm

Yes...we are doing it again. We are getting together outside and in person, just for fun, at the Depot Plaza in downtown Mill Valley. Members, volunteers, friends, friends of friends, please come join us, have a little snack and BYOB: *Bring Your Own Beverage*. We will be waiting for you by the picnic tables. See you then!

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

