



Dear friends and neighbors,

November is traditionally a time for pausing to give thanks and this year is no exception. We are so very grateful that the end of another fire season is in sight without having had to grab our “Go Bags”. We are also celebrating and taking advantage of the roll out and availability of the new “bivalent” boosters and “senior” flu vaccines in advance of winter and the upcoming holiday season. And in terms of giving thanks, top of list for many is being lucky enough to live in this very special corner of the world, in a community with so much natural beauty as well as such generosity of spirit. We often hear from villagers how much they appreciate being part of a community where so many are willing to offer their friendship, time and skills in support of their neighbors. And from volunteers we hear how much they appreciate the opportunity to be of service, to make new friends and to put their skills and time to such good use. We all play a part in keeping our communities and our villages cohesive and strong. Thank you for being part of our village community!



We are also thankful and delighted to once again be able to offer a full roster of village activities. This month we return to the Sweetwater Music Hall for “Coffee at the Sweetwater”, our second Wednesday of the month get-togethers, just in time for the colder and hopefully wetter months. We have also resumed our monthly luncheons at local restaurants, with November’s lunch planned for Thep Lela. See the writeups below for more details. And lastly we are truly thrilled to report that we are once again holding our Mill Valley Village Holiday Party at the Golf Course Clubhouse. This has been a tradition we had to put on hiatus the last couple of years and we are so very happy to have it on the calendar again.

We hope you will read more about all of these below and that you will join us whenever you can. We also hope you will take advantage of both our full calendar of programs and the availability of new boosters and flu vaccines. So please, for your safety and in consideration of others, be vaccinated and boosted when attending village presentations and programs. Thank you and we look forward to seeing you soon.

**Marin Villages' Volunteer Appreciation Party Reminder**  
**Wednesday, November 2nd, 2:00 - 4:00pm**  
**Marin Art & Garden Center**



A reminder to all of you village volunteers and members: Marin Villages cordially invites you to a party Wednesday, November 2nd to celebrate our many village volunteers whose hard work, dedication and friendship are such an inspiration. The festivities will begin at 2:00pm at the Marin Art & Garden Center at 30 Sir Francis Drake Boulevard in Ross. This should be a really fun time as we once again get a chance to meet and greet across villages. Light snacks and beverages will be provided and carpooling is, as always, encouraged. Members are welcome to call the office at 415-457-4633 to request a ride from a volunteer. Please RSVP [here](#) or by calling the office.

Looking forward to seeing you there.

**Coffee at the Sweetwater**  
**Wednesday, November 9 at 10:30**



“Coffee at the Sweetwater” is returning this month! We are so pleased to be able to welcome you back once again to the fabulous Music Hall at the Sweetwater. We hope to see you there as we reconvene this monthly get-together on 2nd Wednesdays going forward. We are so grateful that conditions are such that we can once again meet in the Music Hall. It has been a long time coming. And we thank the Sweetwater for their generosity in continuing to offer us the use of the hall for this purpose.

In a departure from the past, we encourage you to bring your own “cuppa” of whatever suits, as the Sweetwater coffee bar will not be open when we are there. You are equally welcome to bring your own “nosh”, though the usual donuts will be provided. We will count on you to help make them disappear either on the spot and/or by taking some home with you. The lending library will be back with lots of books to borrow along with plenty of catching up to be done. Hope you will come on down.

## Another Monthly Lunch November 28th, 1pm at Thep Lela



We recently resumed our much loved luncheons by meeting at The Cantina, and for November we will visit another old favorite, Thep Lela Thai Restaurant at 615 Strawberry Village. These luncheons, hosted by Cathy Dunlap, are on the fourth Monday of the month at 1pm, which will be Monday, November 28th. The plan is simple, you bring cash and order what you want, and we add it up, calculate tax and tip and make change. Please RSVP no later than the week before to Cathy ([millvalleyvillagenews@gmail.com](mailto:millvalleyvillagenews@gmail.com) or 415-608-8175) and she will make sure we have enough seats reserved. Please be fully vaccinated and boosted. Members are welcome to call the office (415-457-4633) for a ride from a volunteer. We look forward to seeing you there.

## A Day Trip The Santa Cruz Monarch Butterfly Grove at Natural Bridges State Park



This is a favorite fall/winter road trip for our household. The **Santa Cruz Monarch Butterfly Grove** is located in the park at Natural Bridges State Beach. It is a beautiful drive down the coast and Santa Cruz is a great destination not only for the monarchs but good food, amazing treats at [Donnelly Chocolates](#), a [Patagonia Outlet Store](#) and more. As part of our planning for this trip we keep an eye on the weather forecast and look for a day when the fog and cloud cover is predicted to clear and the day to warm up by mid-morning. As the butterflies warm up with the weather they start to open their wings and fly about the grove. A pretty ethereal sight.

To get you started planning, here are two links to more information about the Monarch Grove and Santa Cruz: [Santa Cruz and Monarch Grove](#) and [Natural Bridges State Park and Monarch Grove](#). A dawdle down the coast can take a couple of hours or more, but weather willing it is a relaxing and beautiful ride. Do though plan your itinerary in advance as there are spots on the way with no cell phone access. Once there, the grove itself has easy access via a handicap accessible ramp. Hope you get a chance to go this winter!

## VOTE 2022 - Reminders and Updates For the November 8th General Election

After having seemed so far off for so long, it now seems a bit of a shock that voting season is already well underway with ballots having been sent, the voting center at the Civic Center open and drop boxes in place. If you have not yet received or returned your ballot do take another look at the fast-approaching deadlines, read the helpful materials provided with your ballot, consult with trusted sources and advisors and make sure to **VOTE!**



Below are some key dates and reminders. For a complete summary of dates, candidates, frequently asked questions, and more [click here](#).

✓ **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) 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.

**November 8 - Election Day** - Personally delivered ballots must be delivered by close of polls. 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** and **DATE** the outside of your envelope before mailing or dropping it off. The ballot cannot be counted without your signature.

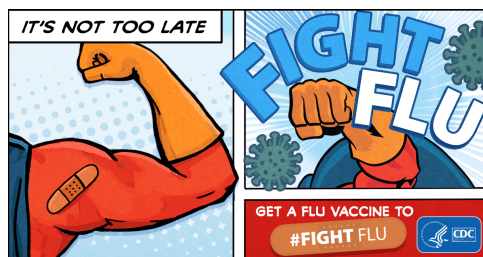
Your vote matters. Thank you for doing your part.

**SAVE THE DATE**  
**Mill Valley Village Holiday Party**  
**Thursday, December 8th, 3:00 - 5:00pm**



Yes, we are finally able to reconvene this “annual” get-together of Mill Valley Village volunteers and members. It sure has been a while. We are so excited to once again be putting on our planning, cooking and decorating “hats” and are looking forward to greeting you at the Clubhouse. This party is great fun, with lots of food, friends, libations and good cheer. There will be sounds of the season and plenty of time for catching up. We truly hope you will save the date and plan to join us and share the holiday spirit with friends. Stand by for further details next month.

**Get Your Flu Shot NOW**  
**November is the Perfect Time**



Hey villagers and friends. If you haven't gotten your flu shot yet, now is the perfect time. Don't hesitate. And spread the word. This is just one more way you can take care of your health as well as protect others in the community. It is easy and readily available. And don't forget to request a senior formulation, if applicable.



## Events for November

Below are the Mill Valley Village activities for November. You can also find these events on our website at [www.mvvillage.org](http://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.

### **Tuesday, November 1, 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](mailto:xerty.10@gmail.com) or 415-388-7832).

### **Tuesday, November 1, 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](mailto: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, November 1, 8, 15, 22 and 29, 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](mailto:sbyruck@gmail.com) or 617-599-8116) for more information.

### **Wednesdays, November 2 + 16, Men's Coffee, 11:30am – LOCATION CHANGE**

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 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](mailto:irvgubman@gmail.com)). The group meets the first and third Wednesdays at 11:30 am.

### **Fridays, November 4, 11, 18 and 25, 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](mailto:jjb94941@gmail.com) or 415-845-8392) for more information.

### **Mondays, November 7, 14, 21 and 28, "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](mailto:sbyruck@gmail.com).

**Mondays, November 7, 14, 21 and 28, NEW “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](mailto:sbyruck@gmail.com). She is looking forward to hearing from you. As always sturdy shoes and water are essential equipment.

**Wednesday, November 9, “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 coffee bar will not be available. You are also welcome to bring your own “nosh” but donuts will be provided.

**Wednesday, November 9, Movie Group, 4pm - DATE CHANGE THIS MONTH**

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 new West Side Story. Mill Valley Village volunteers and members who are interested in joining this group, please contact Seela Lewis ([seelalewis@gmail.com](mailto:seelalewis@gmail.com)).

**Thursday, November 10, 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](mailto:ginniejob4@gmail.com)). She looks forward to talking with you.

**Wednesday, November 16, 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](mailto:karobbins@comcast.net) or 415-519-3420).

**Thursday, November 17, 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](mailto:gloriasparrow@comcast.net) or 415-377-2037) with your questions or suggestions, or simply to get on the list.

**Monday, November 28, Lunch at Thep Lela, 1pm**

This month we return to **Thep Lela Thai Restaurant**, 615 Strawberry Village, at the back of the shopping center. This is a long-time favorite for the friendly welcome and many Thai specialities on their lunch menu. Contact Cathy Dunlap (415-608-8175 or [millvalleyvillagenews@gmail.com](mailto: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. Please be vaccinated and boosted. Carpooling is always encouraged and members are welcome to call the office (415-457-4633) to request a ride from a volunteer. See you there!

**Wishing you all a very ...**

