

Mill Valley Village  
a branch of

MARIN  
VILLAGES



Our Paths - Our Choices

Dear friends and neighbors,

Wishing you all a happy **July** as we finally start seeing bits of beautiful summer weather. What a delight, as we wondered if it would ever happen. There is lots of news this month as we roll out some new offerings, so take a look. And remember we are always keen to hear from you about your ideas for new programs or a particular expertise you might offer your fellow villagers. And in good news, we will once again see the return of the Marin Villages Pop-Up Thrift Boutique this fall. See more about that below. We hope to see you soon at one village event or another. Happy Summer!

## New Mill Valley Village Program Storytelling Workshops



Looking for a supportive group to share your writing with? Ready to tackle that story or memoir? Interested in providing feedback to others? Whether you're an aspiring writer, a seasoned veteran or somewhere in between, come join us for Mill Valley Village's new Storytelling Workshops. We'll 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 will be provided to those looking to jumpstart their creative juices!

About the facilitator: Cindy Knoebel launched the Marin Writers Circle six years ago after relocating to the Bay Area from New York City, where she spent a long career in communications. She is an award-winning writer whose stories have been featured in a variety of literary magazines. She also works as a freelance editor and consultant. She has hosted workshops on both the East and West Coasts and at several assisted living facilities.

We plan to meet at a location near downtown Mill Valley the first and third Mondays of each month from 2:00 to 3:30, once summer commitments abate. Hopefully September or October depending upon each of our schedules.

Interested? Please email me at [Cindy@theygybe.net](mailto:Cindy@theygybe.net) for questions and further details.

**Join us at Thep Lela for Lunch  
Strawberry Village  
Monday, July 24th at 1pm**



Our fourth Monday lunches are back in full swing this summer. We are returning to an old favorite, **Thep Lela**, in July and hope you can join us. We are back to our regular time of 1pm as well. Thep Lela is at the back of Strawberry Village with plenty of parking and a great selection of well-priced Thai lunch options. As these 4th Monday luncheons are quite popular we urge you to make sure to reserve your seat as soon as you know you can come. See details in the listing of events at the end of the newsletter.

And stay tuned for next month's newsletter for an update on the location of August's lunch. It is scheduled as usual for the fourth Monday (August 28th) at the regular time of 1pm. You may also check online for the location of the next luncheon as it gets closer. Go to [www.mvillage.org](http://www.mvillage.org) under the **Calendar** or **Events** tab.

**THE PLAZA GATHERING**

**Yes...we are doing it again**

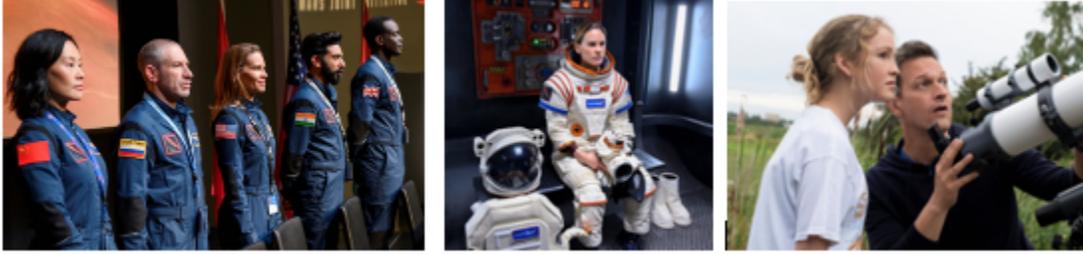
**MEMBERS, VOLUNTEERS, FRIENDS,  
FRIENDS OF FRIENDS**

**At the Depot Plaza  
4pm on Thursday, July 20th**

Members, volunteers, friends, friends of friends and curious passers-by are all invited to join us again this month on the 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. This is a great option for getting together and catching up in a relaxed venue. Feel free to bring friends to introduce them to the village.

Please BYOB (Bring Your Own Beverage) and join us on the plaza Thursday, July 20th at 4pm. See you then.

## Recently Watched and Recommended: *Away* - with Hilary Swank



Hilary Swank stars in this 10-episode Netflix series along with a pretty outstanding supporting cast. Swank is Commander Emma Green, leading an international team of five astronauts on a multi-year journey to Mars. The year is 2070. Josh Charles (Will Gardner in *The Good Wife*), is her NASA engineer husband who remains on earth raising their teenage daughter, struggling with a major medical issue and contributing his expertise to the mission at critical junctures. The future setting envisions not only robust ship to base command center communications but between each of the five astronauts and their families on earth for much of the flight - via cell phone no less. There is a launch base on the moon from which the Mars expedition departs as well. The story line includes ship-board accidents, a divided crew, family emergencies back on earth and much more to keep you riveted throughout. The heart of the story, while focused on the mission, revolves around the deep ties between the characters: those leaving on the mission and the loved ones they leave behind; as well as the new ties forged during the mission (on earth and shipboard). At ten fast-moving episodes the friends I checked in with said they found it satisfying and pleasantly binge-able. [Here is a trailer](#) for an idea of what awaits you.

## And A Pretty Great Movie to Watch *AIR: Courting a Legend*



*After writing this newsletter, but before it went out, this same movie was reviewed in Marin Villages' June newsletter. Ha! Great minds. As both newsletter editors agree, it was a really fun and worthwhile movie.*

This Amazon original movie came our way via a recommendation from the Mill Valley Movie Group. It is a modern David and Goliath story, part of a nearly forgotten part of sports history, with some truly memorable acting. As director, Ben Affleck has assembled a great cast, led by the truly amazing Viola Davis and Matt Damon as you have never seen him before. Set in 1984, it is the story of how a small athletic shoe maker cracked the big

time by introducing a shoe for an 'untested rookie' named Michael Jordan. Davis plays Jordan's mother and primary advocate, fighting for her son to receive the attention (and remuneration) she is clear he deserves. Damon is the Nike sales rep (Sonny Vaccaro) who too sees something special in Jordan and plots a strategy to link a break-out shoe from the struggling Nike basketball division with rising star Jordan.

Here are excerpts from a review by movie critic Bruce R. Miller of the Sioux City Journal:

"Air" isn't just the story of a shoe. It's what happens to that shoe once Michael Jordan puts his foot in it. On all counts, "Air" soars.

Before teenagers began spending their hard-earned money on Air Jordans, there had to be a shoe.

But there wouldn't have been a shoe if one Nike executive (Sonny Vaccaro) hadn't made it his mission to sign Michael Jordan to a contract.

In "Air", director Ben Affleck details all the nuance of Sonny Vaccaro (Matt Damon) and the art of his deal. Determined to sign the 18-year old freshman Michael Jordan, Vaccaro has to sell his case, first, to the executives at Nike, then to the Jordans. Neither team is a pushover. Michael (who's only seen in side and back views) doesn't want to deal with Nike. He likes Adidas and Converse much better.

Then, Sonny makes a pilgrimage to North Carolina, where he just happens to knock on the Jordan's door. Mom and Dad (Viola Davis and Julius Tennon) listen to his pitch, then admit he's probably a longshot. Still he's not shut out – and that's enough to prompt a prototype, a corporate headquarters meeting and one of those speeches that will be recited for years.

"Air", in fact, is the first great movie of 2023. Even if the rest of the year is a bust, we've got this...'

Guess he didn't like it much 🙄. And now you have the gist of the movie here are some snippets from fans on Rotten Tomatoes:

'The whole enterprise has been so cannily timed and bracingly acted that even those of us who care little about sports and even less about sports capitalism will find ourselves caught up in Sonny (and Nike's) impossible dream.'

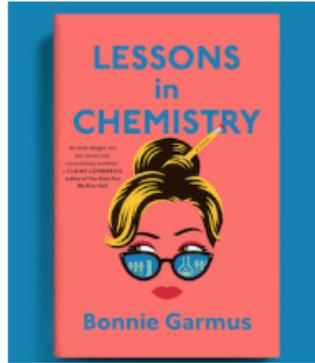
'We used to get this kind of broadly appealing, feel-good film all the time, now it feels as rare as a pair of mint Jordan 1s.'

'Scrappy, sneaker-driven story about how the sports-apparel industry was revolutionized by Michael Jordan's shrewdly savvy mother [Davis].'

'No movie about corporate branding should be this much fun.'

Hope you give this a go - and enjoy it as much as we did.

## Recently Read and Recommended *Lessons in Chemistry* by Bonnie Garmus



Like Laura Ingalls Wilder and Judith Krantz, Bonnie Garmus is a latecomer to the literary scene. This week [April, 2022] she publishes her first book - the sparkling novel “Lessons in Chemistry” - days shy of her 65th birthday. Hoorah for this! With “Lessons in Chemistry”, Garmus, a venerable copywriter and creative director, delivers an assured voice, an indelible heroine and several love stories - that of a mother for her daughter, a woman for science, a dog for a child and between a man and woman. At the center of the novel is Elizabeth Zott, a gifted research chemist, absurdly self-assured and immune to social convention. The novel is set in the early 1960s in the mythical Southern California town of Commons. Being a woman of science is a hard and lonely road. Elizabeth becomes a *somebody* not in the lab but as a kitchen savant on a local afternoon show called “Supper at Six”. Her nutritious dishes are doused in chemistry with a heaping order of female empowerment.

— Karen Heller, *Washington Post*, April 5, 2022

## The Marin Villages Pop-up Thrift Boutique is Returning this Fall!!!



In terrific news, Marin Villages is having another Pop-up Thrift Boutique in the fall! This has been a huge success the past couple of years, as both a community service and an important village fundraiser. And it has been so largely due to your generous donations. In preparation, collecting donations will begin in July. So if you are “spring” cleaning please save your treasures for this amazing sale. Proceeds all go to supporting Marin Villages’ wonderful programs. The following items will be gladly taken: women’s, men’s and kids clothing & shoes; jewelry; artwork; kitchenware; home decor, linens and more. Please note the following will NOT be accepted: books, CDs, skis, women’s or men’s suits, large furniture, computers or monitors. Thank you and stand by for more updates.

## New Book Group James Joyce's - *Ulysses*



This is a unique opportunity for a small group of Mill Valley members and volunteers. Michael Sheiner, a long-time village volunteer, has offered to lead a new book group. The plan is to read and discuss James Joyce's *Ulysses*. The group will meet twice monthly in a location near downtown Mill Valley to discuss what has been read since the last meeting. Given the length of this book, Michael fully expects this group to be meeting for over a year. Michael has past experience in this endeavor, as she led a small group in the same effort many years ago. The plan is to start this fall, so she is starting to solicit interest now. If you are interested in joining or knowing more about such a group, please email her at [mks16@pacbell.net](mailto:mks16@pacbell.net). And if you want to whet your appetite in the meantime, Michael recommends Joyce's book of short stories, *The Dubliners*.

### Events for July

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](http://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](mailto:millvalleyvillageprograms@gmail.com).

#### **Mondays, July 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](mailto:sbyruck@gmail.com).

#### **Mondays, July 3, 10, 17, 24 and 31, "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 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.

### **Tuesday, July 4, 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](mailto:xerty.10@gmail.com) or 415-388-7832).

### **Tuesdays, July 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](mailto:sbyruck@gmail.com) or 617-599-8116) for more information.

### **Wednesdays, July 5 and 19, 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](mailto:irvgubman@gmail.com)). The group meets the first and third Wednesdays at 11:30am.

### **Wednesday, July 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. Mill Valley Village volunteers and members who are interested in joining this group, please contact Seela Lewis ([seelalewis@gmail.com](mailto:seelalewis@gmail.com)).

### **Fridays, July 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](mailto:jjb94941@gmail.com) or 415-845-8392) for more information.

### **Tuesday, July 11, Caregiving and Family - Challenges and Rewards, 1pm**

Are you caring for a family member or friend? This group meets the first (second this month only) 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](mailto: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.

### **Wednesday, July 12, Coffee at the Sweetwater, 10:30am**

Please join us once again 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. Please bring your own “cuppa” as the cafe is not open. Donuts will be provided. Please enter the Music Hall via the side door as the cafe is not open.

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

**Thursday, July 20, 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.

**Thursday, July 20, 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 come join us. We’ll be looking for you!

**Monday, July 24, Lunch at Thep Lela, 1pm**

This month we return to old favorite Thep Lela in Strawberry Shopping Center. The plan is simple, you bring cash and order what you want, and we add it up, calculate tax and tip and make change. Contact Cathy Dunlap ([millvalleyvillagenews@gmail.com](mailto:millvalleyvillagenews@gmail.com) or 415-608-8175) 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 for all.

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

