

Mill Valley Village
a branch of

MARIN
VILLAGES



Our Paths - Our Choices

Dear friends and neighbors,

We are full of announcements this month, as new programs get started and we finish the summer on a high note. We hope you will join us once again this month for both a Plaza Gathering and a Fourth Monday luncheon, in addition to our monthly Coffee at the Sweetwater, all great venues for catching up with fellow villagers. All of these and more are listed on our Mill Valley Village website (www.mvillage.org). We hope you will bring friends and invite them to see more about the village either by looking at our website or signing up for our monthly newsletter. Thanks for passing this message on.

Chalk Pastels on Paper A New Workshop!



Let's have some fun with **chalk pastels on paper!** Set aside three Fridays, October 6, 13 and 20th from 1:00 - 3:00pm to come play with us. We are Carol Allen and Sandy Slichter, local artists and villagers who want to share our love of this forgiving medium. Discover how to:

Put almost all the colors on Earth on paper using only 4 pastels,
Lay down a very dark hue and turn it into a tint,
See how simple it is to render grays of every shade,

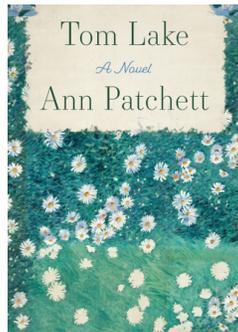
Or just try out your favorite colors on paper.

Bring an 11 x 14" copy of a favorite abstract painting or a copy of a photo you've taken. We will also set up a still life for you to render if you come with nothing. No previous experience needed. Remember, we are just playing!

First class, we will provide the pastels and the paper. Wear old clothes. It can be messy, but it all cleans up with water. We will meet at a location near downtown

Mill Valley Villagers (members and volunteers) are invited to contact Carol Allen (allen.carol@comcast.net) for more information or to sign up. Class will be limited to 5 villagers the first time around 'til we get the hang of it!

Recently Read and Recommended Ann Patchett's – *Tom Lake*



After thoroughly enjoying Ann Patchett's last book, *These Precious Days: Essays*, I was very much looking forward to the publication of this new novel, *Tom Lake*. It was well worth the wait and reminded me what a pleasure it is to put yourself in the hands of such a gifted storyteller. Below are bits of several reviews that give you an idea of what awaits you.

So many books about love are actually about heartbreak. Ann Patchett's new novel, ***Tom Lake***, is not. *Tom Lake* is about romantic love, marital love and maternal love, but also about the love of animals, the love of stories, love of the land and trees and the red, cordiform [heart-shaped] object that is a cherry. Not that a heart is not broken at some point, but it breaks without affecting the remarkable warmth of the book, set in summer's fullest bloom.

In the spring of 2020, Lara's three daughters return to the family's orchard in Northern Michigan. While picking cherries they beg their mother to tell them the story of Peter Duke, a famous actor with whom she shared both a stage and a romance years before.

Lara's story will ease them through the long back-breaking days. Patchett's narrative flips between present-day Michigan and the same state in 1988, when Lara spent a summer at Tom Lake where she starred opposite the young Duke in a production of Thornton Wilder's *Our Town*. And yes, as stories go, this has pretty much everything...

Tom Lake is a meditation on youthful love, married love and the lives parents have led before their children were born. Both hopeful and elegiac, it explores what it means to be happy, even when the world is falling apart. As in all of her novels, Patchett combines compelling narrative artistry with piercing insights into family dynamics. The result is a rich and luminous story, told with profound intelligence and emotional subtlety that demonstrates once again why she is one of the most revered and acclaimed literary talents working today.



New Mill Valley Village Storytelling Workshops Begin Monday, September 4th



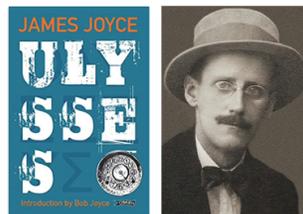
Terrific news. With the response to last month's newsletter, the Storytelling Workshop will kick off on Monday, September 4th, Labor Day. There is still room for a few more Mill Valley Villagers (members or volunteers) to join in. Then starting in October meetings will be the first and third Mondays of each month from 2:00 to 3:30. Interested? Got questions? Please see further details in the event description below or email Cindy@theyybe.net.

The Marin Senior Fair is BACK !!! Come by the Marin Villages Booth - #136



Great news! After an absence of four long years this terrific event is finally back. Packed with exhibitors, food, live music, dancing and lots of valuable information it is both fun and informative. **Marin Villages** will be ably represented by many folks you may already know, so make sure you drop by **Booth #136** while there. Bring friends and family along and let us introduce them to the village! The event is free, as is parking and shuttle service to and from downtown San Rafael. Here is [a link](#) to the fair's website with lots more information.

James Joyce's - *Ulysses* Book Group Starting Thursday, September 14th



This new book group, a unique opportunity for a small group of Mill Valley members and volunteers, will kick off on Thursday, September 14 at 2:00pm. Michael Sheiner, a long-time village volunteer, has offered to lead this new book group. The plan is to read and discuss James Joyce's *Ulysses*. The group will meet twice monthly (second and fourth Thursdays) in a location near downtown to discuss what has been read since the last meeting. There is still room for a few more readers so if you are interested in joining or knowing more about such a group, please email her at mks16@pacbell.net.

THE PLAZA GATHERING

Yes...we are doing it again

and again, and again, every Third Thursday!!!

MEMBERS, VOLUNTEERS, FRIENDS,
FRIENDS OF FRIENDS

At the Depot Plaza

4pm on Thursday, September 21st

This is such a great idea, and a truly relaxed good time, that we decided to make this a regular monthly event from now on. Members, volunteers, friends, friends of friends and curious passers-by are invited to join us on Third Thursdays. 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. Please BYOB (Bring Your Own Beverage) and join us on the plaza Thursday, September 21st at 4pm, and every Third Thursday, unless rain cancels. Feel free to bring friends to introduce them to the village. We are a welcoming bunch. See you then.

Join us at Piazza d'Angelo
Monday, September 25th at 1pm

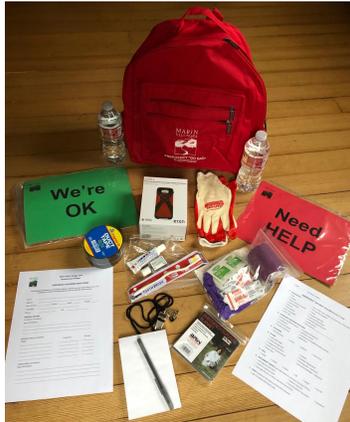


Our fourth Monday lunches are back in full swing and this month we are returning to an old favorite, **Piazza d'Angelo**. We have not been there as a group in ages so this will be a much-anticipated return. After a long hiatus they are once again serving Monday lunch and we will join them on September 25th.

Please note: The restaurant needs to know how many people are coming a full two weeks in advance. So if you intend to join us, as we hope you will, please notify Cathy Dunlap ((415-608-8175 or millvalleyvillagenews@gmail.com) as early as possible, but no later than noon on Monday September 11th!

As these 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. Looking forward to seeing you there.

**Emergencies Happen FAST!
READINESS is Crucial
Never Too Late (or Too Early) To Be Prepared**



The recent wildfire in Hawaii is a stark reminder that the season is upon us and we in Marin need to be ready for disasters such as wildfire, earthquake and floods.

Here are 5 simple steps to get you started.

1. Make sure you are signed up with Alert Marin and Nixle. These will keep you informed in emergencies.
2. Make a plan. If you need to leave quickly, where will you go? Do you know more than one route away from your home?
3. Refresh your Go Bags with new water, drugs, and emergency numbers.
4. Have a “stay box” of provisions in case you are stuck at home for some time. This should include canned foods, flashlights, battery-operated lanterns and charged battery-operated chargers for your phone.
5. Know your neighbors! Who has a generator? Who might need help with transportation? Southern Marin Fire Deputy Chief Tom Welch said it so well—“Firefighters and police officers will save a lot of lives in their careers, but none more so than a neighbor helping a neighbor during a disaster.”

Preparedness is like insurance, and, like insurance, we hope we will never need to use it! Here are a few websites full of helpful tips:

ReadyMarin.org

FireSafeMarin.org

emergency.marincounty.org

smfd.org (Southern Marin Fire Protection District) On this website you can sign up for their excellent monthly newsletter.

Thanks for reading - and preparing. *Liz Stone - Heads Up! Mill Valley Village Team*

Recently Watched and Recommended: “The Lincoln Lawyer” on Netflix



We have found this show both smart and entertaining. We watched Season 1 and with great patience awaited Season 2 which is now showing. The show, created by David E. Kelley for Netflix, is an adaptation of the second book in the Mickey Haller crime series written by Michael Connelly. Here are some snippets from an online review of Season 1 on rogerebert.com that gives you the drift.

‘It begins simply: 18 months ago an accident nearly killed Haller (Manuel Garcia-Rulfo) and hooked him on painkillers. Now he’s one year sober. During that time, he stepped away from being the best defense attorney in Los Angeles and separated from his prosecutor wife Maggie. But the murder of his colleague, Jimmy Vincent, by an unknown gunman in a parking garage, lures Haller back into law. Vincent left Haller his practice, populated by a smattering of low-level pro bono cases, petty crimes, and one major media circus: the murder trial of successful game developer Trevor Elliot, who’s accused of killing his wife and her lover.

Before Haller can hit the ground running, there are some caveats: Judge Mary Holder orders him to weekly meetings to assure her of his competence. Vincent also left the office in disarray, requiring Haller to hire his second ex-wife, the plucky Lorna, as his assistant, and her reformed biker gang boyfriend, Cisco, as his investigator. [Haller also] hires another ex-addict, Izzy, an ex-client (shown above with Haller) as his driver for a fleet of Lincoln vehicles with catchy vanity plates.

The courtroom, as it should be, is the draw. Nearly every component of this legal drama - including its lovable characters, fascinating cases, gleeful fourth wall breaks by Haller, whiz-bang pacing, and bright, clean cinematography - makes for easily digestible episodes. The show also has enough backstories - Lorna’s desire to return to law school, Cisco’s debt to his former gang, and a case, from long ago, that continues to gnaw at Haller, to not only create a sturdy standalone season but leave enough breadcrumbs for a possible second season.’

And now Season 2 is also available on Netflix. So far it has all the features that got us hooked on Season 1. Hoorah! And for those of you, like me, who were not familiar with the term “fourth wall break” I discovered it means “when a performer acknowledges the presence of the audience, the camera, or any other observer”. Go for it!

Pop-up Store Update – We're ON!!!
Thursday, Friday, Saturday, September 28 - 30, 11am - 5pm
And a Special Preview for Villagers

benefiting
**MARIN
VILLAGES**

1,000's
OF
ITEMS

the ultimate
thrift boutique

**POP-UP
SHOP**

WELL-CURATED WOMEN'S CLOTHING, SHOES + PURSES,
JEWELRY, ARTWORK, KITCHENWARE, HOME DECOR,
COLLECTIBLES, PUZZLES, GAMES, LUGGAGE + MORE

Our Paths - Our Choices

**NORTHGATE
MALL** STORES #77,
106, 112

thurs · fri · sat
Sept 28 - Sept 30
11 AM - 5 PM

And, a Preview Sale for Village members and volunteers on Tuesday, September 26th, 5pm - 7pm!!!

Please note, we have **three whole stores** this year:

1. Women's Boutique with clothing accessories, shoes and purses
2. Housewares and Home Decor Store
3. Linens, Lamps, Furnishings Variety Store

This is a terrific blow-out event with a huge selection of great deals on quality items. Bring family, bring friends, tell your neighbors.

Events for September

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 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.

Fridays, September 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, September 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.

Mondays, September 4, 11, 18 and 25, "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. She is looking forward to hearing from you. As always sturdy shoes and water are essential equipment.

Monday, September 4, Storytelling Workshops, 2pm

Interested in tackling a story or memoir in a small group format with other villagers? Aspiring writers, seasoned veterans and those somewhere in between are welcome. We 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 are provided to those looking to jumpstart their creative juices! The group meets the first and third Mondays of each month from 2:00 to 3:30. Interested? Please email Cindy at Cindy@theygybe.net for questions and further details. [Only one meeting in September, twice-monthly meetings begin next month.](#)

Tuesday, September 5, 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 or 415-388-7832).

Tuesday, September 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). Sara would be delighted to chat with you to see if it feels right. Give her a call.

Tuesdays, September 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 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 (617-599-8116 or sbyruck@gmail.com) for more information.

Wednesdays, September 6 and 20, 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). The group meets the first and third Wednesdays at 11:30am.

Wednesday, September 6, 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. We watch the movie in advance 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).

Wednesday, September 13, Coffee at the Sweetwater, 10:30am

Please join us 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.

Thursdays, September 14 and 28, James Joyce's *Ulysses* Book Group, 2pm

This group of Mill Valley members and volunteers, led by Michael Sheiner, a long-time village volunteer, meets twice monthly (second and fourth Thursdays) 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. There is still room for a few more readers so if you are interested in joining or knowing more about such a group, please email her at mks16@pacbell.net.

Tuesday, September 19, Third Tuesday Book Club, 1pm

Well thanks to all the great replies to last month's article about the efforts then underway to form a new book club, another Mill Valley Village Book Club has become a reality. This recently inaugurated book club, led by Beth Brandes (brb94941@gmail.com) and Carolyn Burwell (carburwell@gmail.com), meets monthly on the third Tuesday of the month. Like the "Third Thursday Book Club", it is kept small to encourage discussion and camaraderie, and is currently full. When openings become available that opportunity will be posted in the newsletter.

Wednesday, September 20, 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, September 21, Third Thursday Book Club, 1pm

Now that we have two book clubs, the monthly Book Club that has been meeting on Thursdays, led by long-time group member Ginnie Job, has now been dubbed the "Third Thursday Book Club" and the newer one is the "Third Tuesday Book Club".

Both book clubs, for local village volunteers and members, are kept small to encourage discussion and camaraderie, and are currently full. When openings become available that opportunity will be posted in the newsletter. For questions regarding the Third Thursday Book Club please contact Ginnie Job (ginniejob4@gmail.com).

Thursday, September 21, 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 friends) and come join us. We'll be looking for you!

Monday, September 25, Lunch at Piazza d'Angelo, 1pm

This month, after a LONG absence, we return to this terrific downtown destination. We are delighted to be going back - finally! 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 (415-608-8175 or millvalleyvillagenews@gmail.com) as soon as you know you can come, but no later than **Monday, September 11th before noon** so she can meet their two-week notice deadline and make sure there are enough seats reserved for all.

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

