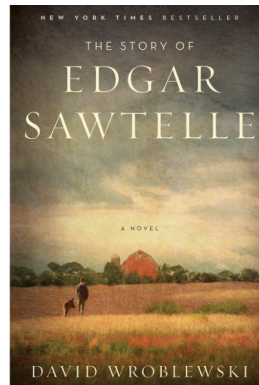




Hi folks,

Below is your **November** reminder of upcoming Mill Valley Village events. We hope you will join us for one or more this month. And please remember, you are always welcome to bring a neighbor or friend. We very much appreciate the opportunity to introduce others to the village. Take a look at www.mvillage.org for these events and more.

‘The Story of Edgar Sawtelle’ by David Wroblewski A Book Recommendation



This is an older book but one that was truly memorable. If you have not read it you have a treat in store. I forgot about it until it was returned to the “Coffee at the Sweetwater” book swap recently reminding me to bring it to your attention.

For anyone with an affinity for dogs and a willingness to dive into an intricate story this may be a good Fall/Winter book choice.

From the fly leaf of the book:

‘Born mute, speaking only in sign, Edgar Sawtelle leads an idyllic life with his parents on their farm in remote Northern Wisconsin. For generations the Sawtelles have raised and trained a fictional breed of dog whose remarkable gift for companionship is epitomized by Almondine, Edgar’s lifelong friend and ally. Edgar seems poised to carry on the family’s traditions, but when catastrophe strikes, he finds his once peaceful home engulfed in turmoil.

Forced to flee into the vast wilderness lying beyond the Sawtelle farm, Edgar comes of age in the wild, fighting for his survival and that of the three yearling dogs who accompany him, until the day he is forced to choose between leaving forever or returning home to confront the mysteries he has left unsolved.

Here are some of the reviews:

"A big-hearted novel you can fall into, get lost in, and finally emerge from reluctantly....Grand and unforgettable."

--*Washington Post Book World*

Lyrical....captivating."

-*The New Yorker*

"I flat-out loved *The Story of Edgar Sawtelle*. Wonderful, mysterious, long and satisfying: readers....are going to enter a richer world. I envy them the trip.

--*Stephen King*

Please join us at the next "Coffee at the Sweetwater". Copies will be available to borrow. Looking forward to seeing you there.

Congratulations to our own Gerry Zalkovsky Body Kinetics Member of the Month!



Many of you have already taken advantage of the two Body Kinetics exercise programs, held on Tuesday and Thursday afternoons, which were created in partnership with Mill Valley Village. We recently heard that long-time Villager, Gerry Zalkovsky, had joined one of these classes and that she and instructor, Tom Borrromeo (a certified Senior Fitness Specialist) were so pleased with her progress that she was named **Body Kinetics Member of the Month**. Congratulations Gerry!

A copy of the flyer is attached below but here are some of the highlights:

"I wanted to be able to walk without a cane or any other support," says Gerry, who first learned of the class through Marin Villages. Although she had some doubt about whether the class could help, she decided to attend one session to see what it was like. She decided to stay. And after only four weeks, Gerry walked into class without her cane.

"When Gerry first showed up, she was noncommittal but curious" says Tom Borrromeo, "but once she decided to join the program she was all-in. I think her results show how powerful the combination of a clear goal and consistent action can be."

Says Gerry, "Before the class, I had no stability. I would fall. I couldn't go up stairs easily." But now, she says, "I don't need a cane and I have more mobility. When I go to church, people are shocked that I don't need a cane."

If you are interested in learning more about these classes please take a look at the blurb at the end of the newsletter with the details.

And take a look at the great photo of Tom and Gerry in the flyer below announcing Gerry as the Body Kinetics Member of the Month!

BODY KINETICS MEMBER OF THE MONTH



Gerry Zalkovsky
Personal Trainer: Tom Borromeo

The Member of the Month is Gerry Zalkovsky for demonstrating the power of consistency. After only one month of attending Body Kinetics' Mobility, Strength and Balance classes, she began to achieve her goal of walking with more confidence.

"I wanted to be able to walk without a cane or any other support," says Gerry, who first learned of the class through Marin Villages, a senior-support organization. Although she had some doubt about whether the class could help, she decided to attend one session to see what it was like. She decided to stay.

And after only four weeks, Gerry walked into class without her cane.

"When Gerry first showed up, she was noncommittal but curious," says instructor Tom Borromeo, a certified Senior Fitness Specialist. "And sometimes that's all it takes to get started down a new path toward better fitness. But once she decided to join the program, she was all-in. I think her results show how powerful the combination of a clear goal and consistent action can be."

Says Gerry, "Before the class, I had no stability. I would fall. I couldn't go up stairs easily." But now, she says, "I don't need a cane and I have more mobility. When I go to church, people are shocked that I don't need a cane."

Gerry was surprised by her progress. "I don't understand why it works," she says of the class, which focuses primarily on seated strength exercises.

Tom explains: "Balance is dependent upon both strength and neuromuscular coordination, the latter meaning the communication between our brains and our bodies. When we begin to lose balance, the natural tendency is to limit our movement. But that starts a downward spiral in which we lose strength and coordination, which in turn limits movement even further, and so on.

"In the class, we focus on rebuilding strength through exercises and improving coordination through games," he says. "Next, we increase the challenge through what's called 'controlled instability.' The ultimate goal is to reclaim as much of our lost mobility as possible."

The key, as Gerry has demonstrated, is to stay committed and keep showing up. "Just being here has made a difference," says Gerry. "It's been very helpful."

Congratulations Gerry!

OCTOBER 2018

Body Kinetics
EST. 1990 HEALTH CLUB

VOTE



On or before November 6th

SAVE the DATE
Mill Valley Village Holiday Party
Thursday, December 13, 3:00 – 5pm



Yes, it's almost that time again. Please put this on your calendar NOW. This annual get-together at the Golf Course Clubhouse, with food, friends and holiday cheer is great fun. We all look forward to this. And your Steering Team has a great time decorating and transforming the clubhouse into holiday central. Our biggest challenge tends to be finding enough room for all the food and libations! But there are always plenty of tables for us all to sit and relax as we catch up with each other. We look forward to welcoming you for a delightful afternoon. No RSVP required. **Please plan to join us and bring a friend!**

Another Year of a Special Collaboration: Boy Scouts Offer Beautiful Holiday Wreaths for Sale



Troop 1 will provide a wonderful holiday service to Mill Valley villagers. Villagers and friends may purchase beautiful, fresh wreaths and garland and have them delivered to their homes and installed by a Scout. Or, consider ordering a wreath for a friend, loved one, or neighbor who could use some holiday cheer. What a great way to celebrate the holidays while supporting our local Scouts!

Noble fir wreaths, fresh from the Pacific Northwest, are available in two sizes: 16" (for \$25) and 24" (for \$35), as well a special heart-shaped wreath (for \$35) and candy cane wreath (for \$35). Fresh garland is also available for \$20 per 10-foot section. We are taking orders now and will make deliveries after Thanksgiving or at the Holiday Party. Please contact Alan Frankel (frankel@cgl.ucsf.edu or 415-250-7154) **no later than November 7** to place your order and arrange for delivery.

Events for November

Fridays, November 2, 9, 16, 23 and 30, 9am

Our hiking group is for serious hikers willing to go out for a day on the wonderful trails of Marin County. Get some good exercise and get to know your Village neighbors better. All welcome. Please RSVP to Marcus Byruck (marcusbyruck@gmail.com or 617-763-1697).

Mondays, November 5, 12, 19 and 26, "Back Before Lunch Hike", 8:30am

For those of you who might like a shorter hiking option than our Friday hikes, consider our "Monday – Back Before Lunch Hikes". These weekly hikes are 3 to 4 miles long, have elevation gains of 500 – 800 feet and usually take about 2 hours. The group meets between 8:30 and 9:00 depending upon whether you meet up to carpool or meet at the

hike starting point. Sara Byruck is leading this effort, and the hikes. For more information or to get on Sara's email list contact her at sbyruck@gmail.com.

Tuesday, November 6, Caregiving and Family – Challenges and Rewards, 1pm

Are you caring for a family member or friend? Mill Valley Village volunteer, Clytee Mills, has organized and led this discussion group since early 2015. Clytee summarizes the group's goal as providing "support that recognizes one's inner strengths and resiliency, no matter the circumstances." If such a group might appeal to you, Mill Valley Villagers are welcome to contact Clytee (clytee.mills42@gmail.com or 408-348-3813).

Tuesdays, November 6, 13, 20 and 27, Knitting Group, 3pm

Have a knitting project you would like to undertake in the company of friends? If so this group might be for you. We meet weekly in a home near downtown Mill Valley to discuss potential projects, enjoy each other's company and encourage each other as progress is made. This group has been meeting regularly and is enjoying the camaraderie around their efforts. Beginners are welcome! Mill Valley Village members and volunteers and those interested in getting to know more about the village are welcome to contact Sara Byruck (sbyruck@gmail.com or 617-599-8116) for more information and to see if this group might be for you.

Wednesdays, November 7 and 28, First and Fourth Wednesday Walks, 10am

Calling all walking friends. Shahla and friends walk on the FIRST and FOURTH WEDNESDAYS from 10am to noon. The group usually meets at the Holiday Inn/Frantoio parking lot near the Manzanita overpass at 10am and either walks from there or carools to nearby starting places, but the meeting place may change due to weather. Contact Shahla (415-640-1330 or saj222@att.net) to let her know you are coming or to ask her to put you on the email list to let you know of upcoming walks or updates.

Wednesdays, November 7 and 21, Men's Group at the Sweetwater, 11am

This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, whether you are a volunteer or a member, to come join us at the Sweetwater. To get more information or to be put on the reminder list for upcoming meetings contact Marcus Byruck (617-763-1697 or marcusbyruck@gmail.com) or David Cardenas (transitionssupport@gmail.com). Meeting times are the first and third Wednesdays of the month, 11am at the Sweetwater.

Tuesday, November 13, Book Club, 10:30am

Several of you responded that you would be interested in a local book group and there is a plan! The group, led by Trish Hibben (t.hibben@me.com or 415-215-8394), will meet the second Tuesdays of the month from 10:30 – 12:30. The group, aimed at local villagers, will be kept small. Please contact Trish to be put on the list for future openings.

Wednesday November 14, Coffee at The Sweetwater, 11am

Please join us at Mill Valley's Sweetwater Music Hall the second Wednesday of each month. This is an informal gathering and a welcoming group. This event is open to all, so please consider stopping by and meeting your fellow villagers. We also have a large collection of books you are welcome to choose from to borrow or pass on and the coffee drinks, scones, donuts and other lunch items are excellent. Hope to see you there.

Thursday, November 15, Memoir Group, 3pm

"Writing Your Own Memoir" meets in a home near the Mill Valley Library the third Thursday of each month. The group is open to Mill Valley residents with Mill Valley Village members

given priority. Please contact Sue Steele ([415-388-7832](tel:415-388-7832) or xerty.10@gmail.com) or Bob Battersby (robertbattersby@att.net).

Wednesday, November 21, Third Wednesday Trail Walk Group, 10am

We hold 2-4 mile trail walks on relatively flat terrain the third Wednesday morning of each month. All are welcome. Hope you can join us! Contact Karen Robbins at [415-519-3420](tel:415-519-3420) or karobbins@comcast.net to say you are coming...or just show up, but don't be late. Let Karen know if you need a ride or want to be on the email list to be notified of future walks.

Monday, November 26, Lunch at Thep Lela, 1pm

For this month's no-host lunch we return to **Thep Lela** in Strawberry Village Shopping Center. Contact Cathy Dunlap (millvalleyvillagenews@gmail.com or [415-388-2068](tel:415-388-2068)) the week before so she can make sure there are enough seats reserved. Everyone is welcome. And remember, members may call the office ([415-457-4633](tel:415-457-4633)) for a ride.

Tuesdays and Thursdays in November - Fitness Programs at Body Klnetics

Body Klnetics continues to offer these two low-cost (\$49), 8-session classes designed to develop strength and balance. The classes, held at Body Kinetics, were created in partnership with Mill Valley Village and have been popular with members and volunteers. One emphasizes strength training and the use of gym equipment (1-2:00). The other, focuses on strength, mobility and balance, all key to fall prevention (2:30-3:30). To register, or for more information, contact Tom Borromeo at [415-380-8787](tel:415-380-8787).

We look forward to seeing you soon!