



Dear friends and neighbors,

As **September** approaches we find ourselves checking, updating and rechecking our calendars, thinking carefully, as planners and attendees, about what we feel is safe to do. Much of what we are focusing on remains outdoor activities. Thanks to our Marin climate, that will likely serve us well these next months. If you have any questions about how activities are being organized and how that might impact your comfort in attending please do contact the event coordinators, as listed below under “Events for September”. These decisions are not simple. Many of us have unique considerations in terms of vulnerability, our own and our family members’. So it remains important we make sure each of us is given the “space” to decide what kind of events make us feel comfortable. We look forward to when such calculations are no longer so fraught and we can gather more easily.

Mill Valley Village Memoir Writing Group
Third Thursdays at 3pm, Starting September 16th



Everybody has stories to tell, from almost as early in life as we can remember. And it can feel affirming to tell them, for our own sake and to share with family members eager to know more about shared roots. So Gloria Sparrow and writer Suzanne Grenager are teaming up to reconvene the Mill Valley Village Memoir Writing Group.

The plan is to meet on the third Thursday of the month in a relaxed atmosphere, to read our writing out loud and honor each other’s need to be heard and appreciated. (Critiques will be given only if asked for and, no, you do not have to write an entire memoir!)

We are keeping a close eye on Covid guidance about gatherings and welcome thoughts around Zoom vs. in-person from those of you interested in this group. If most of us prefer in person, we may want to wait till that’s clearly a good idea.

Please contact Gloria Sparrow (gloriasparrow@comcast.net or 415-377-2037) with your questions or suggestions, or simply to get on the list to be notified as the situation unfolds. The first meeting is currently planned for September 16 from 3 to 4:30. Whenever we start, Suzanne and Gloria can’t wait to help you get writing. Group inspiration is a sure path!

Village Movie Group - Come Join Us!
First Wednesdays at 2:00 - September 1



We participants give two thumbs up to our virtual group, meeting via Zoom to discuss a movie we have all watched during the preceding month. It's convenient and we get a chance to get to know, or know better, some villagers we might not have met before, as well as to be introduced to some good movie recommendations.

Most movies are available either on Netflix or Amazon. Some movies are also available to order and pick up through the library, if you still have a DVD player around. We have room for and would love to welcome a few new members if this type of discussion group might appeal.

Check in with Seela Lewis (seelalewis@gmail.com) for more information or to get on her email list.

COME SUPPORT THE VILLAGE
Marin Villages' Quality Rummage Sale and Fundraiser
September 24th and 25th, 10:30 - 5:00



Marin Villages is holding its first ever Rummage Sale, Friday and Saturday, September 24th and 25th, from 10:30 to 5:00 each day. We hope you will come and join the fun!

It will be at the former Max's Restaurant adjacent to the Corte Madera Best Western at 56 Madera Boulevard.

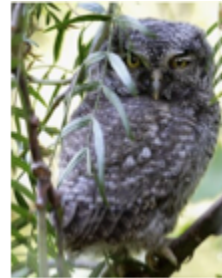
The team has been collecting quality donated items from our members, volunteers and friends. We think you will be impressed with the variety and quality.

We hope to see you there one or both days, with friends!
It should be great fun for a good cause.

SAVE THE DATE

Meet The Owls

An "All About Owls" Program
Thursday, October 28th at 2pm



Early in the morning or late in the evening Mill Valley residents are treated to the repeated calls of various owls. On October 28th, thanks to "All About Owls", we will have the opportunity to meet two of the local owl species in person! A great horned and a screech owl. Mark your calendars. All are invited to join us for this multi-generational program. More details to come as we keep our fingers crossed conditions will improve enough over the next two months to allow us to once again gather and enjoy your company.

Evacuation Tags - Now Available



Our local and county governments are cooperating on a new effort to streamline evacuations in case of a wildfire emergency, making them more efficient and effective for everyone. Evacuation tags are now available for you to keep handy with your Go-Bag, and to put on your front door, front gate or mailbox when you leave home in response to an evacuation order. This allows the first responders knocking on doors in your neighborhood to see at a glance who has safely left, and who may still need help.

If at the time of an evacuation order you find it difficult to find a ride out, remember that you can also put the "Need Help" sign from your Mill Valley Village Go-Bag in your window, and call 911.

If you are a resident of Mill Valley proper you can pick up an Evacuation Tag at the Mill Valley Fire Station or at City Hall, both downtown on Corte Madera Avenue, or at our Police Station on Hamilton Drive. Those of you who live in unincorporated Mill Valley will have to go to either the Marin City Sheriff's office at 850 Drake Avenue, or to the Southern Marin Fire District office at 28 Liberty Ship Way in Sausalito (Suite 2800 on the second floor). Residents of Sausalito, Tiburon and Corte Madera may pick up tags at your town's police station. In view of changing open hours for public buildings, best to check in advance. Mill Valley Village members who are unable to pick up a tag may call me, Ginna Fleming, at 415-381-8298, and we will deliver or mail one to you.

Ginna Fleming - Heads Up Mill Valley Village Team

Recently Watched and Recommended “Dream Horse”



After a recommendation from a fellow villager this finally made it to top of my list this evening. What a treat! We are so glad we took her advice and watched this film. We are still smiling. Here is the synopsis on Rotten Tomatoes, where the audience rated it a 97%:

The film tells the inspiring story of Dream Alliance, an unlikely race horse bred by a small town bartender, Jan Vokes (Academy Award nominee Toni Collette). With very little money and no experience, Jan convinces her neighbors to chip in their meager earnings to help raise Dream and compete with the racing elites.

And a review, also from Rotten Tomatoes:



This is a small, sentimental and straightforward film that offers little in the way of surprises. Instead, it wins on heart and a simple message about the value in fighting to keep one's dreams alive.

August 4, 2021 | [Full Review...](#)



Brad Wheeler

Globe and Mail

★ **TOP CRITIC**

The film is based on a true story and was filmed primarily at locations in Wales. It is a great cast, led by the incredibly talented and versatile Toni Collette, along with Owen Teale and Damien Lewis. The final credits are worth holding out for as it is great fun to watch as the actors exuberantly take their bows side-by-side with their real-life counterparts. If you are in the market for a character-driven, “feel good” movie this is the one for you. Available on Vudu, Amazon Prime and Apple TV. The trailer can be found [here](#).



Several years ago, when my doctor prescribed a medication that was not covered by my drug plan, she recommended this online website. Years later it remains one of my favorite finds. It seems too good to be true, but has always worked as it should for me. Despite having good drug coverage it seems there are always some prescriptions that are not included. If this happens to you it may be worth consulting GoodRx (<https://www.goodrx.com>). I recently had to refill a prescription of a specialty item my dermatologist prescribed. On the GoodRx website the brand name version of my product cost over \$650 locally, or even at Costco. Gulp! The generic version was, as expected, much less, and the option I had always chosen. But still, the prices ranged widely among Mill Valley pharmacies, from \$98 to \$178. Having done this before I checked and saw that there was a smaller (by half) size available and prices locally ranged from \$53 to \$97. That made my choice straightforward. All I had to do was select the pharmacy with the lowest price, choose the PRINT COUPON option, notify my doctor to send the prescription to that pharmacy and pay the coupon price at the pharmacy when it was ready. A good deal, and easy, if you run into a similar situation.

Events for September

Here is the rundown for September. You can also find these events on our website at www.mvvillage.org under either the **Events** or **Calendar** tab. Keep in touch and we hope you can join us for either a “virtual” or in-person program soon.

Wednesdays, September 1 and 15, Men’s Coffee Group, 11 (or 11:30) am

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. For now the group is meeting at outdoor venues around town. 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 or 11:30 am, depending upon the venue’s hours.

Wednesday, September 1, Movie Group, 2pm

Inspired by the popularity of similar programs in other local villages, we have launched a Mill Valley Village Movie Group. 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 this group, please contact Seela Lewis (seelalewis@gmail.com).

Fridays, September 3, 10, 17 and 24, 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 6, 13, 20 and 27, “Back Before Lunch Hikes”, 9am

In very good news we have resumed these popular hikes, relying on our good judgment, vaccinations and the wide open outdoors. We encourage everyone (unless medical reasons prohibit) to get vaccinated for your own and everyone else's health, and remember to bring your mask, water and sturdy walking shoes. These hikes, aimed at those looking for a shorter hiking option than our Friday hikes, have typically been 3 to 4 miles long, with an elevation gain of 500-800 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.

Tuesday, September 7, 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) for more information and directions. If you have considered this group but have hesitated for any reason, now may be the time. Sara would be delighted to chat with you to see if it feels right. Give her a call.

Tuesdays, September 7, 14, 21 and 28, 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 typically meet weekly 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, 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.

Thursday September 9, Book Club, 3pm

The group, led by Trish Hibben (t.hibben@me.com or 415-215-8394), meets monthly. The book group, aimed at local village volunteers and members, is currently full. We will announce when a second group is being formed and can take new members and volunteers.

Wednesday, September 15, Third Wednesday Trail Walk Group, 10am

We hold 2 - 4 mile trail walks on relatively flat terrain the third Wednesday morning of each month. We get together for local, and sometimes further afield, walks. It is great to see one another in the open air and catch up. For more information or to get on the list to be sent walk details by email, contact Karen Robbins (karobbins@comcast.net or 415-519-3420).

Thursday, September 16, Memoir Writing Group, 3pm

Everybody has stories to tell and it can feel affirming to tell them, for our own sake and to share with family members eager to know more about shared roots. So Gloria Sparrow and writer Suzanne Grenager are teaming up to reconvene the Mill Valley Village Memoir

Writing Group. Meeting on the third Thursday of the month we will read our writing out loud and honor each other's need to be heard and appreciated. (Critiques will be given only if asked for and, no, you do not have to write an entire memoir!) Villagers, please contact Gloria Sparrow (gloriasparrow@comcast.net or 415-377-2037) with your questions or suggestions, or simply to get on the list to be notified as the situation unfolds.

We look forward to seeing you soon.

