



Dear friends and neighbors,

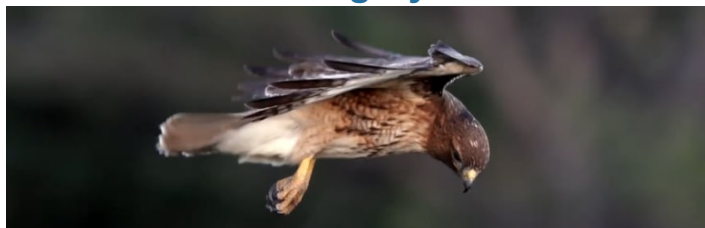
As **November** and Thanksgiving approach we truly have a lot to be thankful for. Gratitude figures prominently in our lives nowadays as we celebrate with wonder the innovations that are helping so many of us not only understand and fight Covid, but help improve our quality of life as we find that some of our bits and pieces may have passed their “best by” dates. Every day we appreciate how lucky we are. A good place to be.

Meet The Owls, An “All About Owls” Program Thursday, October 28th at 2pm, Mill Valley Scout Hall



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. The program will be held at Mill Valley Scout Hall. Scout Hall has two entrances. The main fully accessible entrance is at 30 Mountain View Avenue. The original entrance is around the corner at 177 E. Blithedale. All are invited to join us for this multi-generational program. **Please be vaccinated and wear your mask.** We look forward to welcoming you, enjoying your company, and meeting the owls.

2021 Audubon Photography Awards Video Category Winner



The Audubon annual photography awards were recently announced with an award presented in the video category for the first time. This very short video (18 seconds), submitted by the winner, Bill Bryant, is pretty amazing. Click [here](#) to view. Here is some background from Bryant as well as some further information from the fyfluidynamics.com site celebrating the video.

From Bill Bryant:

Over several days I watched a pair of Red-tails taking advantage of the strong early summer winds streaming down from the Rockies, hovering in midair while scanning the foothills for mice and ground squirrels. This one floated almost level with my lens. His head stayed still while his body moved, his wings and tail steadying him and his dangling feet acting as ballast.

From the fyfluidynamics site:

Birds have a level of control in flight that would make any engineer jealous. This 2021 Audubon Photography Award winning video by Bill Bryant shows off the skills of a red-tailed hawk. On this occasion, the hawk is using strong winds coming off the Rocky Mountains to hover in place. Notice how active his wings and tail are in adjusting to the changes in the wind while his head is perfectly still. With his head still, the hawk can scan the ground for mice and other prey. It's absolutely incredible to see how effortlessly the hawk is accounting for the unsteadiness of the wind!

If you are intrigued, here is a link to the site describing [The 2021 Audubon Photography Awards](#) and the work of the winners and runners-up. They are well worth a look.

**“Coffee at the Sweetwater”
Wednesday, November 10 at 10:30**



“Coffee at the Sweetwater” is returning this month! We hope to see you there as we reconvene this monthly “coffee” 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. Thanks to all who have contacted me to provide your proof of vaccination. The list is growing. For those who still want to do so, contact me, Jane Matthewman (janeandkev1@gmail.com or 415-609-4622) and we can “pre-approve” you. You only need to do this once and you are all set to join future village coffees at the Sweetwater. Otherwise, please bring your photo id and vaccination card (or copy) to the door the first time you join us. And don’t forget to bring your mask, as it is required for indoor entry.

As was the case in the past, their delicious coffee drinks will be available for purchase. You are also welcome to bring your own “nosh” if you wish, or better yet, stay for lunch afterwards. The lunch menu gets two thumbs up from fellow villagers.

Looking forward to seeing you there
And a big thank you to the Sweetwater



SAVE THE DATE
Winter Open Studios at the ICB Studios in Sausalito
Stop by Studio #302, Ingrid Butler
Saturday and Sunday, December 4th and 5th, 11 - 5



For those of you who do not already make this an annual pilgrimage, it is time to do so. This is a fabulous event. The variety and quality of work on display is pretty phenomenal. The ICB building is home to over 140 artists who work in various mediums. There is FREE admission and parking. The ICB Studios ([click here](#)) are at 480 Gate 5 Road in Sausalito. Elevators are available to navigate between floors with an accessible entry at the entrance nearest the water. For a special treat visit the studio (#302) of Mill Valley Village member Ingrid Butler (<http://ingridbutler.com>).



Several of us have been lucky enough to see Ingrid's work up close and encourage you to stop by. Ingrid is an innovative and multi-faceted paper artist, with something for everyone. She will have her gorgeous marbled papers, artist books, paper purses, unique greeting cards, bookmarks, and more for us to peruse. Hope to see you there.

Mill Valley Chamber Music Society
Special Discount for Mill Valley Villagers
2021-2022 Season Starts November 14th



Our wonderful Mill Valley Chamber Music Society (www.chambermusicmillvalley.org) is once again offering a special discount to Mill Valley Villagers. This is a terrific opportunity to see exceptional, varied and affordable performances by world-class musicians. All concerts are held on Sunday evenings, starting at 5 pm, in the beautiful Mt. Tamalpais United Methodist Church at 410 Sycamore Avenue, Mill Valley. A subscription to 5 concerts, normally \$145, is discounted to \$120 for villagers. And a subscription to 3

concerts (flex), normally \$105, is discounted to \$95 for villagers. If you are new to the Chamber Music Society, this is the perfect opportunity to get to know them. To find out more, go to their website or contact them directly (mvchambermusicociety@gmail.com or 415-706-3193). To subscribe just print out and complete the Concert Series Subscription Form ([found here](#)), enclose a check and mail it to the address on the form. Their 2021-2022 season starts November 14th. We are delighted to see them back and look forward to seeing you there.

Cedar Waxwings **Another Neighbor to Appreciate**



Cedar Waxwings are gorgeous birds. And even more so if you are lucky enough to see them close up or through a scope that brings them closer. In Mill Valley, the times we have seen them has been when a flock has descended on one of our trees to nibble on fruit. They have then very actively flitted around the tree looking for nourishment and then moved on, all in just a few minutes. So seeing them has felt like a special gift. When we were lucky enough to see one long enough to put a scope on it we were able for the first time to really appreciate what the books referred to as “waxy red flight feathers” and the “yellow bar” at the end of the tail, captured in these photos. Really handsome.



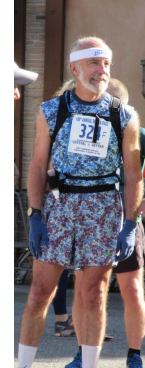
The award winning photo (above right) was taken by Andy Raupp winning first place in the 2020 Birdwatching Bird Portrait Contest. He noted that “Cedar Waxwings differ from most other birds in that their plumage is unusually smooth. Their feathers have a solid appearance that gives the plumage a smooth, satiny look.” Their look reminds me of velvet. Hope you get a chance to see them for yourselves if you have not already. For more about this bird, including its calls [click here](#).

Get Your Flu Shot Now!



Yes, it's that time. If you haven't already this is a good time to get your annual flu shot. They seem to be readily available around the county. We were lucky enough to schedule a vaccine booster shot earlier this month at CVS and were conveniently offered a flu shot at the same appointment. Nice! Getting a flu shot is just one more health service you can obtain to protect both yourself and those around you. Go for it!

Mill Valley Village Volunteers Keep on Truckin' on Dipsea Day, Sunday, November 7th



After being cancelled entirely in 2020, the Dipsea race this year was postponed until November hoping for a better health scenario. All appears to be a go and once again, two intrepid village volunteers will be at the START LINE downtown for the 110th Dipsea Race Sunday, November 7th.

In case you have not had the pleasure of their company yet, they are village volunteers Jerry Freedman and Kevin Barrett. They are familiar faces to many members who ask for handyman help, shopping and errand assistance, transportation and more. Between these two volunteers they have more than 50 years of Dipsea race running under their belts. Jerry will be in the very first group off the start line right at 8:00 and Kevin will follow a few minutes later. Give them a shout to cheer them on if you are downtown then.

Are you a village member yet?
They could be running over to your house soon.



Events for November

Here is the rundown for November. 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.

Mondays, November 1, 8, 15, 22 and 29, “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. And remember to bring water and sturdy shoes.

Tuesday, November 2, 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, November 2, 9, 16, 23 and 30, 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.

Wednesdays, November 3 and 17, 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, November 3, Movie Group, 4pm (please note change in time)

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, November 5, 12, 19 and 26, 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.

Wednesday, November 10, "Coffee at the Sweetwater", 10:30am

We are delighted to be resuming our monthly get-togethers on the second Wednesdays of each month at 10:30 in the Sweetwater Music Hall. For those of you who have joined us before it will be the same general format. 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. For those of you who have already been part of this tradition, welcome back, it has been a while. Bring your id and proof of vaccination if you have not already provided it and be sure to wear a mask. As in the past, coffee drinks will be available to purchase. Hope to see you soon!

Thursday November 11, 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, November 17, 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, November 18, 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 or 415-377-2037) with your questions or suggestions, or simply to get on the list.

**We look forward to seeing you soon.
Hope you have a Happy Thanksgiving!**

