

Mill Valley Village
a branch of

MARIN
VILLAGES



Our Paths - Our Choices

Dear friends and neighbors,

There certainly is a lot happening in the village these next few months. With new programs getting started, others in formation, more plaza gatherings and luncheons planned - we have a full calendar when layered onto the regularly scheduled village activities already in place. Feels good, like we are all getting some of our energy and appetite back for taking on new and different endeavors. All of these and more are listed on our Mill Valley Village website (www.mvillage.org). We hope you will encourage anyone you know who might be interested in hearing about these efforts and getting our newsletter to let us know and we will be happy to oblige. If they just send a request to millvalleyvillageprograms@gmail.com we will make it so. Thanks for passing this message on.

Time for a Second Mill Valley Village Book Club

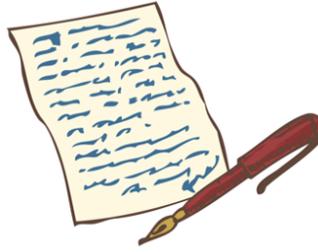


The Mill Valley Village Book Club has been a hit since its inception several years ago now. The objective was, and remains, to keep the group small to encourage discussion and camaraderie. But to no one's surprise there is more interest than a single group can satisfy. So now a second Book Club is forming from the current waiting list. There is still room for a couple more Mill Valley Village members or volunteers. We just need a lead (or co-leads) to do the minimal coordinating and we can get started! There is no need for Book Club "expertise".

If you are a Mill Valley Village volunteer and/or member and might consider leading or co-leading this new Book Club, we have lots of experience to help get you started. If you are interested in exploring this idea or have questions please contact the current "Third Thursday" Book Club leader Ginnie Job (ginniejob4@gmail.com). Thanks for considering this option. We look forward to hearing from you.



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. Are you 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.

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. Interested? Please email me at Cindy@theygybe.net for questions and further details.

Join us at Via Piccola Trattoria for Lunch Monday, August 28th at 1pm



Our fourth Monday lunches are back in full swing this summer and this month we are returning to a "new favorite", **Via Piccola Trattoria**. We had a delightful luncheon there a few months ago and were quite impressed with the service, the variety of offerings and the welcome. Located at the Cove Shopping Center off Tiburon Boulevard it is a great find. 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.

THE PLAZA GATHERING

Yes...we are doing it again

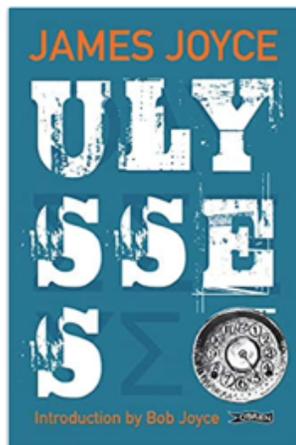
MEMBERS, VOLUNTEERS, FRIENDS,
FRIENDS OF FRIENDS

At the Depot Plaza
4pm on Thursday, August 17th

This is such a great idea and a truly relaxed good time. Members, volunteers, friends, friends of friends and curious passers-by are invited to join us yet 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 central venue.

Please BYOB (Bring Your Own Beverage) and join us on the plaza Thursday, August 17th at 4pm. Feel free to bring friends to introduce them to the village. We are a welcoming bunch. See you then.

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



This new book group will kick off on Thursday, September 14th at 2:00. As noted in last month's newsletter, 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 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 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. 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.

Recently Watched and Recommended: *Seabiscuit*



This recommendation came courtesy (once again) of the Mill Valley Village Movie Group. This movie, *Seabiscuit*, got two thumbs up and more as we appreciated both the superb acting and the terrific story line based on the non-fiction book, *Seabiscuit: An American Legend*, by Laura Hillenbrand. Here are some excerpts from a review on IMDB:

'The story of 'Seabiscuit' is actually the tale of four long shots: Charles Howard (Jeff Bridges), a wealthy self-made man and natural salesman who's suffered both personal and financial loss through the Depression, Tom Smith (Chris Cooper), an aging horse trainer unsure of his place in the world, Red Pollard (Tobey Maguire) a short-tempered jockey with various handicaps, and Seabiscuit, an undersized mustang who has been mistreated his whole life.

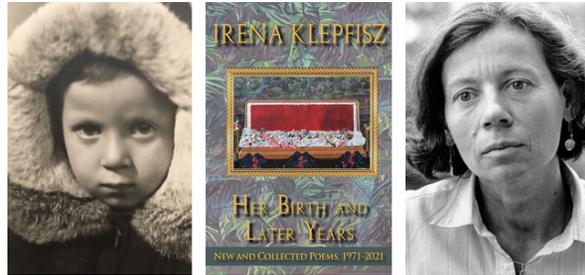
It's the Depression, times are hard, and people are looking for anything to help escape the dreary day-to-day life. Horse racing quickly gathers favoritism among those wishing to witness a spectacle in otherwise bleak times. It is under these circumstances that the four main parties come together. Howard, seeking a new business venture in horse racing hires Smith as his horse trainer and Pollard as his jockey, and upon Smith's insistence, purchases the ill-tempered Seabiscuit.

It's not long before Seabiscuit becomes the "little horse who could" gaining favor among the sports fans on the West Coast. But despite the popularity the mustang and his team gains, they are seen as just a cheap novelty by the East Coast horse racing elite led by Sam Riddle, owner of the 1937 Triple Crown Winner War Admiral.

The stage is set beautifully, with a deft combination of hope, despair, bad luck, kindness and more. While much of the story is "history" the sympathetic tone and the gentle way it unfolds was refreshing. Much as the fans at these races were keen for a bit of an escape, our group really enjoyed this well-told, well-acted David and Goliath story, no matter how many times some of us had seen it before 😊.



Between Worlds:
Based on the Life and Poetry of Irena Klepfisz
August 16 - 20 at Live Oak Theatre, Berkeley



A new play about the transformative power of poetry and a writer's journey facing the traumas of war, displacement and identity.

Yiddish Theatre Ensemble is producing ***Between Worlds***, a new play based on the life and poetry of celebrated writer Irena Klepfisz. This production is inspired by Irena's recently published book, *Her Birth and Later Years: New and Collected Poems, 1971-2021*. *Between Worlds* is conceived and written by acclaimed actress Naomi Newman*. This original theatre piece is created by an ensemble of four actors. Naomi Newman, founder of Traveling Jewish Theatre, brings her enormous talents to the stage portraying the courageous poet, Holocaust survivor and activist Irena Klepfisz. Collaborators also include renowned musicians, percussionist Barbara Borden* and Susanne DiVincenzo on cello and bass.

Weaving together a narrative story line with Irena's poetry, the play describes seminal moments in her life and her role as the "keeper of accounts" of a vanished world. The vignettes describe her escape from the Warsaw Ghetto and survival in war-torn Poland. After immigrating to New York, she tells of her struggles with a new language and the pull of the world she left in Eastern Europe. Irena reveals intimacies as she explores her passions as a lesbian, the pleasure of a life-long relationship, and the death of a loved one. Ever present are the haunting memories of her father - a martyr of the Warsaw Ghetto Uprising. For tickets and for more information click [here](#).



Actors: Diana Bukowska, Aviya Hernstadt, Ariel Luckey, Naomi Newman
Musicians: Barbara Borden & Susanne DiVincenzo

*** Naomi Newman and Barbara Borden are long time Mill Valley Village members**

Elder Fraud Community Summit Wednesday, August 23, 10:00 - 12:00



Seniors throughout Marin are invited to this free event hosted by the Mill Valley Police Department on August 23, 10:00 - 12:00, at the Mill Valley Community Center.

Guard against elder fraud! Learn to spot scams, protect finances, and secure your peace of mind. Knowledge is power! Don't miss this opportunity to join a discussion on elder fraud, a crucial topic that impacts seniors locally and nationwide. In this engaging presentation and panel discussion, representatives from Mill Valley Police, Marin County Public Guardian, Adult Protective Services, Marin County Ombudsman Program, the Financial Abuse Specialist Team (F.A.S.T.) and the Marin County District Attorney's Office will present the latest scams and share protective strategies. Engage directly with these dedicated professionals and ask your pressing questions. Their guidance can help shield you and your loved ones from financial exploitation. This collaborative event with the Mill Valley Library and Recreation Department aims to empower our community with essential information and strengthen our collective resilience against elder fraud.

Join us Wednesday, August 23, 10:00 - 12:00 in the Cascade Room, Mill Valley Recreation Center, 180 Camino Alto, Mill Valley. Registration is not required, but is strongly encouraged. [Please click here.](#)

Events for August

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.

Tuesday, August 1, 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, August 1, 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, August 1, 8, 15, 22 and 29, 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 or 617-599-8116) for more information.

Wednesdays, August 2 and 16, 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, August 2, 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).

Fridays, August 4, 11, 18 and 25, 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, August 7, 14, 21 and 28, "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, August 7, 14, 21 and 28, "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.

Wednesday, August 9, 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 very casual, you come and go as you have time, sit and chat with friends and meet new ones, peruse the “lending library” 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. Please bring your own “cuppa” as the cafe is not open. Donuts will be provided.

Wednesday, August 16, 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, August 17, Book Club, 1pm

The monthly Book Club, for local village volunteers and members, is kept small to encourage discussion and camaraderie. We are currently forming a second Book Group with those currently on the waiting list. There is still room for a couple more Mill Valley Village members or volunteers. We just need a lead (or co-leads) to do the minimal coordinating and we can get started! If you are a Mill Valley Village volunteer and/or member and might consider leading/co-leading this new Book Club, we have lots of experience to help get you started. If you are interested or have questions please contact the current “Third Thursday” Book Club leader Ginnie Job (ginniejob4@gmail.com).

Thursday, August 17, 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, August 28, Lunch at Via Piccola Trattoria, 1pm

This month we return to Via Piccola Trattoria in the Cove Shopping Center off Tiburon Boulevard. 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 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.**

