



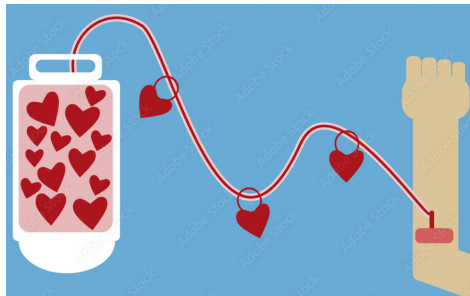
Dear friends and neighbors,

Happy November! This month is when we traditionally pause to give thanks, reminding ourselves of just how much we have to be thankful for: friendships, family, our good fortune in where we live and so much more. With Thanksgiving approaching, this seems the perfect time to thank all of you for being supporters of our village. Whether you do so by being a volunteer, a member, a generous donor, a reader of our newsletter, an attendee at our Third Thursday Gatherings on the Plaza, Coffees at the Sweetwater or any other village activity, it is great to have you along on our village journey.



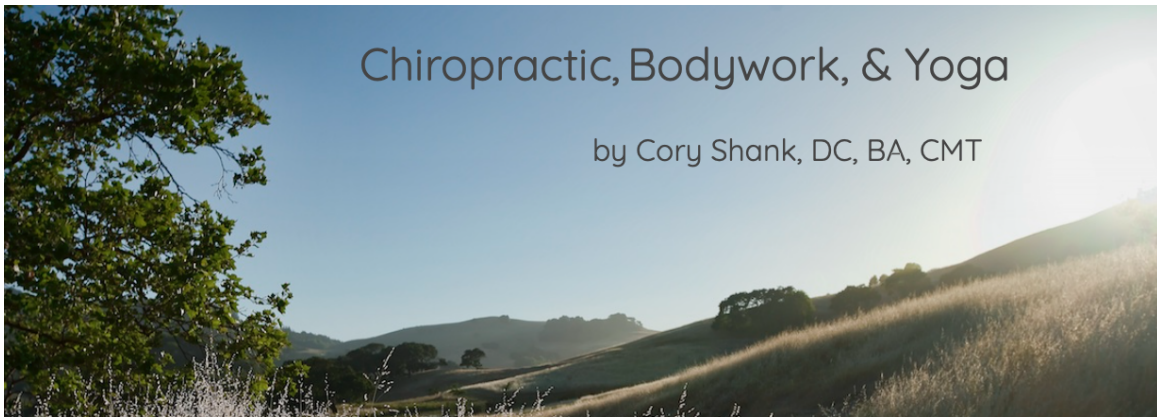
And on that note, we cannot help but be so very grateful for the breakthroughs that continue to bring us further health protections, including the recently available RSV vaccine and the newest Covid-19 and flu vaccines. They are truly impressive developments we can all benefit from. If you have not already done so, we hope you will avail yourselves of these opportunities to further protect yourself and those around you.

Be a Local Hero – NOW!!!
Donate at The Outdoor Art Club Blood Drive
November 15th, 10am to 2:45pm



Our wonderful Outdoor Art Club is hosting a blood drive on Wednesday, November 15th from 10am to 2:45pm. Please consider making a donation as your participation will have a huge impact. It's easy, just make an appointment and head downtown. Appointments can be made by calling 877-258-4825 or going to [this link at vitalant.org](https://www.vitalant.org). If you have any further questions please contact Sara Byruck at sbyruck@gmail.com. Thank you.

Introducing a New Benefit for Mill Valley Village Members



As most of you know, Mill Valley Village offers a series of unique benefits to our members, including discounts from several local businesses. The most recent to join this list, after being highly recommended by a long time villager, is **Cory Shank**, a licensed chiropractor, bodyworker of 14 years and yoga teacher for more than 20 years. As a young athlete and dancer, Cory received his B.A. in Dance. That interest in movement led him to yoga which sparked his interest in the healing arts. In 2007, his interests led him to the Esalen Institute where he lived and studied for several years, becoming a member of the Esalen Massage Crew and teaching yoga. He has continued to offer bodywork since then, and in 2022, he graduated with clinical honors from Life Chiropractic College West earning a Doctor in Chiropractic (D.C.) degree, adding another skill set to his offerings.

A common recommendation from the health care world is to have monthly “alternative” medical treatments, be it acupuncture, massage, chiropractic or other forms of body work. These hands-on modalities offer so many benefits to all systems of the physical body. Dr. Cory offers extensive soft tissue work in the form of massage and stretching. For chiropractic or structural work, he offers gentle techniques that are effective for older bodies. He also offers home exercises that can either be added to your personal routine or help you design one. Regular exercise has been proven to be very effective in keeping the mind sharp, strengthening bones and maintaining healthy balance to prevent falls.

Dr. Cory offers his one-on-one sessions at his office near the Redwoods and the Camino Alto Safeway. As an introduction to his services he is providing his 30 and 60 minute sessions with a \$5 and \$10 discount for Mill Valley Village members: 30 minutes will be \$35 and 60 minutes will be \$50. Just show your Mill Valley Village member card. For more information about Cory and his other offerings, including the option of local in-home sessions, check his website (coryshank.com) or contact him at either 970-708-8144 or cory@coryshank.com.



From the Mill Valley Arts Commission
“A Call for Artwork”
Apply by December 5th



Mill Valley Arts Commission

**CALL FOR
ARTWORK**

Call for Local Artists to Share Talents

It's that time of year when attention turns to planning for the NEXT year. And that is what the Mill Valley Arts Commission is doing right now. They recently announced that they will be accepting applications from artists to display their 2D artwork next year in two public spaces: City Hall Council Chambers or the Mill Valley Recreation Center.

We are passing on this notice because we know many of you villagers are amazing artists and want to make sure you are aware of this opportunity. **Most important if you begin to investigate is to remember that the deadline to apply is December 5th at noon.**

[Here is a link](#) to a more complete description of this opportunity and the application process, including an “Artist Application” online form, instructions on how to submit samples of your work online, a description of the selection process and more.

Questions? Please contact Mill Valley Arts Commission at 415-383-1370 or artscommission@cityofmillvalley.org.

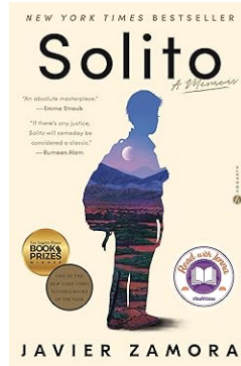
Join Us at Robata Grill & Sushi
Fourth Monday Lunch,
Monday, November 27th at 1pm



We hope you will join us for our next Fourth Monday Lunch, November 27th, when we return to a local favorite, **Robata Grill & Sushi**. They are known for their sushi, teriyaki, tempura, potstickers and more. Bring an appetite and cash for your lunch.

Contact Cathy Dunlap (415-608-8175 or millvalleyvillagenews@gmail.com) no later than the week before so she can make sure there are enough seats reserved for all. See further details in the listing of events at the end of the newsletter.

Recently Read and Recommended *Solito* by Javier Zamora



In *Solito*, Javier Zamora tells the story of his journey from his home in El Salvador to “La USA”. As this memoir begins it is 1999, and Javier (Javiercito, as Abuelita Neli calls him) has turned nine.

“TRIP, my parents started using that word about a year ago - ‘one day, you’ll take a trip to be with us. Like an adventure. Like the one Simba goes on before he comes home’. Around the same time they sent me *Aladdin*, *Jurassic Park*, and *The Lion King*, alongside a Panasonic VHS player for my eighth birthday.”

In a few short paragraphs and then pages, we are hooked, and well rewarded.

Javier Zamora’s adventure is a three-thousand-mile journey from his small town in El Salvador, through Guatemala and Mexico, and across the U.S. border. He will leave behind his beloved aunt and grandparents to reunite with a mother who left four years ago and a father he barely remembers.

At nine years old, all Javier can imagine is rushing into his parents’ arms, snuggling in bed between them, and living under the same roof again. He cannot foresee the perilous boat trips, relentless desert treks, pointed guns, arrests and deceptions that await him [as he travels] alongside fellow migrants who will come to encircle him like an unexpected family.

A memoir as gripping as it is moving, *Solito* provides an immediate and intimate account not only of a treacherous journey, but also the miraculous kindness and love delivered at the most unexpected moments. *Solito* is Javier Zamora’s story, but it’s also the story of millions of others who had no choice but to leave home.

“Captivating, beautifully written... *Solito* is about family; family left behind, family waiting at the other end of the line, and the family that sustained Zamora along the long journey... Readers will find it hard to set aside.” *ReVista, Harvard Review of Latin America*

“[A] beautifully wrought work that renders the migrant experience into a vivid, immediately accessible portrayal.” *Kirkus Reviews (starred review)*



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, November 16th**

Fingers crossed for some good weather this month so we can meet up again downtown. Members, volunteers, friends, friends of friends are all invited to join us each 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.

Please BYOB (Bring Your Own Beverage) and join us on the plaza Thursday, November 16th 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.

Events for November

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.mvvillage.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.

Wednesdays, November 1 and 15, 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, November 1, 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). This month we will finally meet in person to try it out. Contact Seela for details.

Fridays, November 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, November 6, 13, 20 and 27, "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, November 6 and 20, 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. Please email Cindy at Cindy@theygybe.net for questions and further details.

Tuesday, November 7, 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, November 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). Sara would be delighted to chat with you to see if it feels right. Give her a call.

Tuesdays, November 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 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.

Wednesday, November 8, 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 feel free to bring your own “cuppa” as the cafe is not open. A pot of coffee and donuts will be provided.

Thursdays, November 9 and 23, 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) near downtown Mill Valley to discuss what has been read since the last meeting. Given the length of this book, Michael expects the group to meet for over a year. There is room for a few more readers so if you are interested please email her at mks16@pacbell.net.

Wednesday, November 15, 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, November 16, Third Thursday Book Club, 1pm

This long-running monthly book club, led by Ginnie Job continues to meet on the third Thursday of each month. 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 they will be posted in the newsletter. For questions regarding the Third Thursday Book Club please contact Ginnie Job (ginniejob4@gmail.com).

Thursday, November 16, 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!

Tuesday, November 21, Third Tuesday Book Club. 1pm

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.

Monday, November 27, Lunch at Robata Grill, 1pm

This month, we finally return to an old favorite, **Robata Grill**, 591 Redwood Highway, and hope you will join us. 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. Looking forward to seeing you there.

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

