



THE MILL WHEEL



Rotary Club of Mill Valley
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CELEBRATE GROUNDHOG DAY AT ROTARY



◆ Next Tuesday, February 2 (Groundhog Day), members of the Rotary Club of Mill Valley will meet once again via Zoom. Instructions will come from President Carl Lippenberger regarding how to log on to Zoom and participate in the "virtual" session. Carl will open up at 11:30 with the meeting starting at 12:00.

NEXT MEETING:

"SAIL COWABUNGA: A FAMILY'S 10 YEARS AT SEA"

◆ February 2: Author, journalist, adventurer, sailor Janis Couvreur will present *Sail Cowabunga: A Family's 10 Years at Sea*. From Bordeaux, France to San Francisco, her talk follows a Franco-American couple and their two young sons across the Atlantic Ocean and into a 10-year journey at sea. Through their adventures and misadventures, tragedies, and glories across four continents, the Couvreur family rarely had a dull moment living on the water. Janis chronicles in vivid and lively detail how they fended off a midnight intruder, sailed to the microscopic St. Peter and St. Paul rocks on the equator, explored the jungles of French Guiana and Devil's Island,

and sailed through Cuba in the turmoil of the late 80s. Their adventure was not without hardship, however, as Janis recounts battling medical emergencies that required sending her husband across the globe for treatment (twice), leaving her to single handedly orchestrate a Panama Canal passage amid pre-war chaos. While living in the close quarters of their 42-foot sailboat, the *Cowabunga*, the Couvreur family was able to maintain sanity and a normal daily routine of cooking, schooling, and sleeping at sea, knowing all the while that something unexpected might be waiting just around the next peninsula.

