

# JULY 2017

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# Letters to the Editor

Editor,

When I moved into Marin Valley, I kept hearing about the danger of our junipers and that they should be removed from around our houses. Before launching into such a project I wanted specific information, and I made a call to the Fire Prevention unit of the Novato Fire Dept. That same day, a woman firefighter pulled up in her official truck and said:

I'm not even going to get out of this truck. Take them all out now, or they will take out your home and the homes of your neighbors. When, and believe me it will be when and not if, there is a grass fire on this meadow, there will be a wind-driven, whirling cloud of sparks that will blow into these junipers. They will go up like napalm and generate enough heat to start your home on fire. Your homes out here are quite fire resistant, but burning junipers are hot enough to set them aflame. Your homes are close enough that home fires started here on the meadow could take out the entire Park.

That was enough for me. I, too, think the many junipers here in the Park are beautiful, but I decided I had no right to risk the safety of the rest of those who live here. I removed my junipers. I hope the rest of the junipers here will be removed before we get into trouble, and I think that should also include the junipers that are on Park land and around the clubhouse.

#### Diane Brandon



### Hello, residents,

I could really use some help in the gardens for deadheading only. As you know, this promotes new flowers plus it keeps the garden looking good. I would really appreciate your stepping up. I will show you what to do, which you can then do on your own time. It's just too much for me alone. Thank you.

> **Pauline Hawkins** 415-884-0494

### In Memoriam

**Bev Tanem** June 3, 2017

# Directory Update

**New Resident** 

**Oktu Lee** 171 Marin Valley Drive



MARIN VALLEY MOBILE COUNTRY CLUB 100 MARIN VALLEY DRIVE NOVATO, CA 94949 415-883-5911 /415-883-1971 FAX WWW.MVMCC.COM

EDITOR/DESIGNER Erma Wheatley COPY EDITOR Mary Barbosa PROOFREADING Mary Barbosa, Carol-Joy Harris, Anila Manning A PUBLICATION OF MHB Group Region 8 www.mobilehomeboard.com/

#### MARIN VALLEY

General Mgr

gm.mvmcc@gmail.com
PAC BOARD

Matt Greenberg

President Jay Shelfer 415-883-6945 VICE PRESIDENT John Hansen 415-847-7155 Secretary Peggy Hill 415-382-0185 TREASURER Larry Cohen 415-883-7786 AT LARGE Stephen Plocher 415-302-9043 **STANDING COMMITTEES** Stephen Plocher FINANCE **MVEST** John Hansen, Bill Davis, John Feld, David Gray, Carol-Joy Harris, Larry Cohen, Peter Dyke, Lee Pochapin FIREWISE John Hansen, Bill Davis, John Feld, Stephen Plocher, Susan Meyer, Lee Pochapin MV PROJECT PLANNING J. Hansen, J. Shelfer

#### HOL BOARD

PRESIDENTJoan Nelson 415-506-41661st VICE PRESIDENTJanie Crocker 281-890-45452ND VICE PRESIDENTJeannine Freedom 810-543-32655SECRETARYJoanne Woodward 415-506-4568TREASURERTara Plocher 415-302-5992

#### Mar Val Board

PRESIDENTKathleen Dargie 415-884-26491st Vice PresidentDan Sebastian 415-382-77382nd Vice PresidentPat Thurston 415-884-0740SecretaryCarole Gathman 415-884-2720TreasurerSandee Duncan 415-883-3034DirectorDee Schneider 415-883-4182Director/Bar ManagerFred Dargie 884-2649Director/HospitalityLarry Moore 883-0486Director/ReservationsCarolyn Corry 370-6403

#### SUBMITTING ARTICLES

Email articles with "ECHO" as the first word of the subject line and a copy of the article in the body of the email to Erma Wheatley:

ermawheatley@gmail.com Images should be as large as possible to enable a 300 ppi resolution (*pixels / inch*).

DEADLINE Everything is due the 8<sup>th</sup> of the month or sooner for the following month's edition.





Greetings from the PAC,

Our finances are in order.

## 2017/2018 Budget Approved

The new 2017/2018 budget prepared by Al Frei Realty has been approved by the City Council and the PAC. There will be no rent increase this year. The budget includes funds for fire abatement (brush and weed clearing), tree trimming and removal, and surveyal of the landslides created by the heavy rains for appropriate slope repairs. These situations will evolve over this coming year.

### **New City Staff**

The City is hiring new staff. Chris Blunk is Deputy Public Works Director/City Engineer, and Peggy Flynn is Assistant City Manager; she will be our liaison with the City's staff. I am hopeful and encouraged by the steps taken to date.

### **PAC Annual Meeting**

At the June annual PAC meeting we, along with a quorum of residents, approved the inclusion of the Election Handbook created by the PAC Board of 2008 into our bylaws.

### **New PAC Board**

We also welcome back Larry Cohen and latest elected member of the PAC Steven Plocher to the Board and thank them for their willingness to devote time and energy to this community.

In service,

**Jav Shelfer** PAC President jjshelfer@yahoo.com

This memo is to clarify Management protocol during Matt's absence and the schedule for fire abatement efforts:

### **Office Staffing**

Monday, Tuesday, the office will be covered by Carolyn Corry.

Thursday - by Katie Pierce.

### **Resident Maintenance** Requests

All requests of Management should be made through the office staff, who will forward routine items to Mark and Greg for follow-up. Any decisions the onsite staff needs assistance with will be forwarded to my office for a response.

### **Resident Input and** Other Requests — Such as Requests for **Architectural Approval**

Please be patient and hold off any nonurgent requests until Matt returns (estimated to be September 1).

### **FIRE ABATEMENT**

There are three basic components of our fire

abatement program, which is budgeted to take place in the next fiscal year, starting July 1, 2017:

### **Perimeter Clearing**

This work was scheduled to begin this June 1 but actually began in late May. It is scheduled to be completed by the end of June 2017.

### **Juniper Clearing in Common Areas**

This is scheduled to begin sometime after the perimeter clearing is completed.

### **Juniper Clearing from Resident Lots**

This work will require a great deal of coordination with individual residents and will not begin until well after Matt's return. It is not scheduled to begin until late fall.

> Al Frei FREI REAL ESTATE Services

for

Matt Greenberg GENERAL MANAGER gm.mvmcc@gmail.com 415-883-5911 415-883-1971 Fax

Home Owners League Message

What a fabulous and productive year for HOL!

Here's what we accomplished:

### 2016/2017

• We really cleaned up! We had so much fun at **Clean Up the Park** last November that we signed up for **Novato Green and Clean Day**. We showed up wearing our very own Earth Day/Marin Valley HOL logo, safety green T-shirts. We didn't miss **owl box cleaning** time, either!

• We got **clubhouse library computers** for your use and websurfing pleasure.

• Our Park crafters presented wonderful Holiday and Spring Craft Fairs.

• We cosponsored the **Holiday Dinner** with Mar Val.

• Our very first **Bark in the Park** was a bow-WOW!

• Those fine **Art in the Park** clubhouse exhibits just keep on

coming. We may have started a new "tradition" with the delightful reception for the watercolor artists this past May.

• Residents came forward with great suggestions for **classes and workshops**, including Water Aerobics Aquacise, Spanish Class, Back Support Group, Movement Meditation, and The Forest Years. Plus we hosted an AARP Driver Safety course.

### **HOL Boards**

Here are the exceptional individuals who brought their expertise, experience, and equanimity to HOL as we moved through the July 1, 2016 to June 30, 2017 fiscal year.

#### **Outgoing Board of Directors**

Miriam Dvorin Spross, President Marianne York, 1st Vice President Helen MacLam, 2nd Vice President Joanne Woodward, Secretary Gwendolyn Morgan, Treasurer I also want to thank all the creative, intelligent, and generous people who contribute their ideas, recommendations, and funding to HOL. Thank you for all your help in keeping our Park safe, healthy, and happy.

Please give these individuals — who have stepped forward to continue HOL's legacy of service to our community — your full support:

### **Incoming Board of Directors**

Joan Nelson, President Janie Klimes Crocker, 1<sup>st</sup> Vice President Jeannine Freedom, 2<sup>nd</sup> Vice President Joanne Woodward, Secretary Tara Plocher, Treasurer

Finally, I want to give a big "shoutout" to Erma Wheatley, editor of the *Echo*, for a publication that is always informative and elegant.

Regards, e

nirian Miriam Dvorin Spross HOL President





## by SUZIE LAHR

he current watercolor exhibit has received rave reviews and will be up until July 5<sup>™</sup>. If you have not visited the exhibit, do stop by and take a look. I guarantee you will be impressed! During the months of July through mid-September we will be displaying outstanding photographs from our Marin Valley resident photographers. All of these exhibits bring our clubhouse alive, create beautiful surroundings, and are appreciated by everyone who visits. Don't forget to sign our guest book so we know you are also enjoying them.

A "Marin Valley Gallery" sign has been ordered for the clubhouse lobby and will be installed by August. In late September, we will be hanging an all-resident-artists, all-mediums exhibit that will remain up through the holidays. I am encouraging all of our creative artistic residents to join us in embellishing the clubhouse walls and to support our gallery endeavors.

We are also having artists' meetings every 1–2 months, so let me know if you would like to be added to our list to receive my emails when I schedule a meeting, and become part of this vibrant art community. You can email me at *suzielahr@aol.com*.



Now through July 2

July 8 – August 13

"Sympathy of All Things" Zen Du and Johanna Baruch

Opening Reception July 8

"Light" Artists of Marin MOCA Members Show

"Renegade Fiber"



This is an amazing facility not to be missed!

June 21 – September 22 "Rising Stars" — 80 artworks of seven artists awarded grants from the Pirkle Jones Fund

# Community

# by JOAN NELSON

Hey, Buddy!... 3 steps to being a good neighbor:

- 1. Be aware and mindful of your neighbor's lifestyle.
- 2. With nonintrusive sensitivity, offer assistance if there is a need.
- 3. Sign up with your neighbor as MVMCC "buddies."

To get your buddy information to the clubhouse office, just use or copy the form below. Or print out the link to it found on the HOL page of the MVMCC website (*mvmcc.com* under "Hey Buddy!").

## NEAR-NEIGHBOR BUDDY INFORMATION:

# 

he new SMART train service start date is expected in early July. A 50% discount is available for seniors 65 and older with a Senior Clipper card and for disabled customers with an RTC Clipper card. Both cards require identification and are available at the San Rafael Transit Center or online at *clippercard.com*.



Message from Mar Val

Dear Friends,

Hopefully you were among those residents enjoying the first two outdoor events of Mar Val's 2017 Summer schedule, namely the Memorial Day Barbecue and the Jazz Brunch. We are now approaching midpoint of the season with the **4<sup>th</sup> of July Barbecue on Tuesday, July 4 at 5 pm**. Please join us in celebrating Independence Day. The Mar Val Board held its General Meeting on June 14, 2017, at which time the current Board was reinstalled for the period 2017–18. Our mission continues to focus on facilitating interesting, inclusive, and affordable social events for the enjoyment of the residents of Marin Valley.

It is with great sadness that we mark the passing of Bev Tanem on June 3, 2017.

For those of you who frequent the library, you will have been familiar with Bev, who for many years was a devoted volunteer ensuring the library's smooth functioning.

With warmest regards,

Kathleen Dargie Mar VAL PRESIDENT kfdargie@aol.com

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Music by "The Tempos" featuring our own			·····································						
Brynda Foster	~	a We be with	a an						
	MENU								
BBQ Chicken Breast or Vegetable Kabob Macaroni Salad • Green Salad • Rolls									
\$1	2 per person								
Reservation deadline is <b>June 28 at 5 pm</b> or when 120 reservations have been received. For questions call Carolyn Corry at 415-370-6403.									
July 4 <sup>th</sup> Dinne	r Reservatio	n Form							
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Sometimes the reflection is far more present than the thing being reflected.

# Thursday • July 6 • 7 pm Limits of Control

(2009) Drama 116 minutes Director Jim Jarmusch Starring Isaach De Bankolé with cameos by Bill Murray, Tilda Swinton, and John Hurt

A mysterious loner and underground courier in Spain remains meticulously outside the law. He is quiet, self-contained, focused. He has rules. Over the course of a few days he receives his instructions from a series of individuals, who provide words of philosophy or of warning and also give him a matchbox with a tiny piece of paper, which he reads, then eats, accompanied by espresso served in two cups. He trusts no one, and his objectives initially remain unrevealed. His journey, paradoxically both intently focused and dreamlike, takes him not only across Spain but also through his own consciousness. The

film uses no names and refers to all characters by description and appearances only.

I thought Limits of Control could be interpreted in two ways: as the limits of one's self-control, and as the limits of allowing other people's control over one's consciousness.

—Jim Jarmusch Reviewers say you either love it or hate it. Come and see.



First and Third Thursdays 7 pm • Clubhouse

Please, no food or drink. Feel free to bring your comfortable chair. Movies are selected from community suggestions. Contact: johnmfeld@gmail.com

# Thursday • July 20 • 7 pm Bagdad Cafe

(1987) Drama 95 minutes Director Percy Adlon Starring Marianne Sagebrecht, CCH Pounder, Jack Palance

Bizarre, eccentric, and a quite wonderful film. After their car breaks down and an ensuing argument, Jasmin, a German tourist, walks away from her husband in the middle of the Mojave Desert and eventually stumbles upon a flea-bitten truck stop that is the second home to a group of odd characters, managed by the stressed-out and overworked Brenda. Jasmin soon begins to transform their lives.

Graced with very unusual but strong performances, some stunning photography, and off-kilter editing, this movie exemplifies

> how one person in the right place can affect a community of lives and that all change and "magic" comes from hard work and mutual acceptance. It is a wellcrafted view of the lives of tourists everywhere and the difficulties they can face, with a whimsical and lovingly photographed look at the vast wasteland that is too often ignored by much of humanity.





# MVEST Yesterday, Today,

by JOHN FELD

e all know that fire, earthquake, and storms will at some time ravage our community. And as the old saying goes, a stitch in time ....

Thus many people in Marin Valley are, like good Scouts, getting prepared for the big one, whatever and whenever it is. They are doing this on a personal level and as part of MVEST. It behooves us all to be prepared for the disaster that is coming — getting our emergency supplies together, checking our fire extinguishers, getting our "go-bags" in order, and getting emergency phone numbers, etc., all worked out.

### **MVEST**

So what is it that MVEST (Marin Valley Emergency Services Team) has done, and what will it do in the future? MVEST has been through several iterations over the years. Usually it has involved a group of enthusiastic residents who have been concerned with the dangers of earthquakes, fires, and floods.

The present MVEST organization was started about four years ago and is larger now, so it can be better organized than previously. The Novato City Council funds MVEST with operating expenses.

MVEST has conducted numerous trainings in a variety of areas and has participated in a Park-wide training evacuation to the gymnasium on Nave Drive, in conjunction with the fire and police departments.

## MVEST and Firewise Steering Committees

A steering committee of volunteers help organize MVEST activities. Another group, Firewise, deals specifically with issues relating to fire and its relationship to our homes, gardens, and the surrounding wildlands.

### **Zone Communication**

MVEST has purchased two-way radios for emergency communication and equipped many Park residents with them. Training on the use of these radios is ongoing for MVEST volunteers. With these radios, we now have two-way communication between all areas of the Park and the central emergency control (incident command, or IC).

The Park has been divided into six zones (see next page). Each zone has a "zone chief" whose job is communication with people in her or his zone and with IC. In each zone, there are a number of blocks. Each has an assigned block captain, there being 28 in total, with most of these also having a backup for when people may be away from the community. These block captains are there to pass information between the IC and their blocks. Most block captains and zone chiefs are involved with training and practice from three to twenty hours a year. All emergency activities in the Park are coordinated through incident command, including communication with police, fire, medical services, search and rescue, and Park Management.

## Medical, Emotional, and Pet Help

MVEST also has people who deal with medical situations. These are people who have been doctors, nurses, or EMTs. Others address emotional issues associated with emergency-induced stress and loss; still others are there for our many Park pets in emergencies.

### **Personal Preparedness Help**

A group within MVEST helps individuals become prepared with their personal safety. This involves making their homes as safe as possible, preparing for earthquakes, devastating fires, floods, and other disasters that probably will affect everyone at some time. People learn about emergency supplies, go-bags, communication, and general fire disaster safety.

### CERT

MVEST also has a specific CERT (Community Emergency Response Team) organizer to encourage residents to get CERT training. CERT is a national organization designed to prepare people to be ready for emergencies. In Marin, it is organized by the sheriff's department and run by local fire districts. CERT trainings are scheduled in all Marin fire districts on a regular basis, and residents can attend any of them. CERTs are trained in basic first aid, search and rescue fundamentals, and personal preparedness. CERTS act as a first response when the regular first responders are not available or as assistance when they are. Many people in Marin Valley are trained as CERTs.

# and Tomorrow





### The Future

The future of MVEST is really up to us. We decide what will happen and when. Mostly the future holds more training, recruitment, and the continued push to rid our community of the very flammable fire-prone plants that surround so many of our homes.

> The fire department will not attempt to save houses with large junipers in the yard because these burn so ferociously.

They will try to save nearby homes that have been landscaped for safety.

So please stay involved or sign up to become part of this dynamic and necessary organization.

### **Public Meetings**

MVEST has public meetings in the Fireside Room on most Mondays at 7 pm that everyone is welcome to attend.

You can also find out more or sign up to volunteer to keep us all safe by contacting John Hansen at *johnhansen.emt@gmail.com.* 

# My Father the Bomb Maker

### by MIKE YORK

hen I was five or six years old, I remember my father taking me to his workplace — either the National Physical Laboratory at Teddington, or the Royal Aircraft Establishment at Farnborough in the UK — to see a public showing of a movie. I thought the movie was called *Operation Hurricane* and was about the first British A-bomb test. Apart from the explosions, the thing I most remember was a shot of my father sitting at a desk.

Later in life I remember mentioning this to him on several occasions. He never explicitly denied it but usually changed the subject and acted as though my memory was mistaken, and I began to doubt what I had seen. A couple of years before he died, he told me he had once been involved in a calculation that he thought was a critical mass calculation (actually, more likely an implosion calculation, since Peierls and Frisch\* had done the critical mass calculation for uranium-235 in 1940, though it could also have been a critical mass-related calculation, since the British bomb was plutonium based). He and a group of mathematicians were given some input numbers and told to do a specific calculation and then pass the results on to another group, who did the same thing and passed it on, and so on. But he was still fairly cagey about the whole thing. I realized that he had obviously worked on the bomb, but as a signatory to the Official Secrets Act he was bound not to talk about it, and he was probably being overcautious about that.

Recently my brother told me about a BBC program broadcast in May called *Britain's Nuclear Bomb: The Inside Story*. I then found it on YouTube at the following link: www.youtube.com/watch?v=9vAX7EujOYI

Imagine my reaction to the scene at 22:08 minutes where three scientists are shown poring over documents on a desk. The one on the left with the moustache is my father!

Further investigation revealed that the original Operation Hurricane\*\* movie had also been uploaded to YouTube: www.youtube.com/watch?v=TWDAbYfOYUc

The shots of my father in the BBC program at 1:40 minutes were taken from that movie.

However, the BBC movie was very interesting for many other reasons. Although I knew that Rudolph Peierls (a German scientist who escaped the Nazis and went to work at Birmingham) had been the first to propose that uranium-235 fission could be the basis for a bomb, what I wasn't aware of was that he and another German exile, Klaus Fuchs, and several British scientists had started an A-bomb project in Britain in the early 1940s. At Churchill's initiative, that project was transferred to the USA (after the USA entered the war in 1941), where it provided the groundwork for the Manhattan Project. The chief reasons for the transfer were a lack of resources in blitzed Britain, the risk of it being bombed by Germany, and even a possible German invasion. But the UK scientists who were transferred to the USA and did critical work were kept in the dark regarding other parts of the project, both technical and political. In particular, they believed that the first use would be on a military site as a demonstration rather than on a civilian population.

Even more interesting was the key role of Klaus Fuchs in inventing the implosion mechanism needed to trigger a chain reaction. After the war, the USA passed the McMahon Act forbidding further nuclear collaboration between the USA and other countries — including the UK. As a result, the new Labour Prime Minister Clement Atlee started a secret project to develop an A-bomb, and a key figure was again Klaus Fuchs. Even more interesting was that unknown to both Britain and the USA, Fuchs was also passing secret information to the USSR — including



LEFT: Ted York



the key information concerning his implosion method. He was therefore a key figure in A-bomb development in all three countries! He also contributed greatly to initial designs for what was to later become the H-bomb.

Fuchs was unmasked in 1950, confessed to being a spy, and was imprisoned. When he was released in 1959, he was deported to the GDR (East Germany), where he was appointed to a senior position at the Institute for Nuclear Research.

In 1951, Churchill was again elected Prime Minister, and Atlee resigned, and to Churchill's amazement he reinherited the A-bomb project. The first test was carried out off the coast of Australia shortly after. One of the reasons Churchill was elected was because of the failure of the Labour government to end food rationing and rebuild Britain fast enough. Now we know why: a huge chunk of public funds had been spent on the secret A-bomb project.

It is interesting to me how my path crossed with many other figures from this period. In 1968, freshly graduated with a BA in Physics, I went to Culham Laboratory (a research establishment for peaceful fusion reactors) to work under Keith Roberts, who was head of the Computational Physics Department. At my interview I was astonished to hear him ask if I was Ted York's son! I didn't know it at the time, but I learned from the BBC movie that Roberts was one of the first people to work with Brian Taylor (also then at Culham) on the British H-bomb and possibly first met my father then. I also had the good fortune to meet Rudolph Peierls in 1969, when he was head of the Theoretical Physics Department in Oxford, where I attended a course in advanced quantum mechanics, though I never got close enough to learn anything about the nuclear weapons projects he worked on. However, I did know that Peierls was an active member of the Pugwash Conferences dedicated to abolishing nuclear weapons – a fitting position for the guy who started it all!



Resident Mike York

\* www.atomicarchive.com/Docs/Begin/FrischPeierls.shtml \*\* However, the shot I remember was in color with my father sitting at a desk, whereas the *Operation Hurricane* movie is black and white, and my father is standing in that, and from the date, he was at the NPL then. So I suspect my memory may have been from a later movie, perhaps when my father was at the RAE and possibly working on the H-bomb.

# Take a Hike: Jerry

### by MICHAEL HOLLAND

don't know how it happened, but "old" has become cool ... really cool ... the new hip. I'm not talking about old as in aging, although when you interact with fellow Marin Valleyers, you realize that older people are some of the hippest around. No, I'm referring to the term "old" and the relatively recent cachet that attaches to it when it's combined with a noun, proper or common.

Sometimes we do things "old-school," which is retro cool and nostalgic.

We drink Old Fashioneds like they are the newest craze, or Old Milwaukee Beer if we're on a budget. Half the cities of America have renamed their formerly rundown downtowns as Old Town. Been to Grant Street lately? Slap a history plaque on a building, and you have an Old Town. Sip a craft boutique \$8 beer, and think about how historic that is.

All this is fine with me. Ninety is the new seventy — sixty like you're forty. It certainly seems to work for us.

So let's take this "old" theme and fashion a hike by going to Jerry Russom Memorial Park in Terra Linda. Exit Highway 101 at Lucas Valley Road, and go west about one mile.

Turn left onto Canyon Oak Drive, and proceed about 500 yards to the gate on the right that is the entrance to the park.

The second you pass through the gate opening, you are on Old Lucas Valley Road.



# Russom Memorial Park



Old Lucas Valley Road

Before Marinwood was built in the '50s, this narrow road was the main artery to west Marin from this area. The only traffic it sees these days is from hikers, runners, and dogs.

Walk up the road about 400 yards to a T intersection with Water Tank Fire Road. There isn't a sign, but it's the only fire road here. Go UP the road to the tank, pass around it (200°) on the left, and then continue UP until you meet Spring Hill Fire Road. Now you are on the ridge. The road goes relatively short distances both to the right and the left.

I recommend doing each because the views are unimpeded from Big Rock to the Bay to the City. If you know the Lucas Valley area, then you are familiar with what the locals called the "Express" — the reliable breeze that blows down the valley every afternoon. Take a light jacket no matter what it feels like down on the road.

In total this is little more than a 2–3 mile walk, but the views from the ridge make it so worthwhile. And that leaves more time for cocktails at the McInnis Park Club Restaurant (perhaps the aforementioned Old Fashioned?).



# Bird of the Month



# Article and Photography by DAVID GRAY

unique ungainly long bills with the membrane throat pouch make them easy to identify. In case it is not obvious, the white pelican is white, and the brown pelican is brown :-)

These American white pelicans were photographed swimming at the Las Gallinas ponds just south of our Park. They are hunting in a sedate manner, exhibiting cooperation to herd fish and dipping in synchrony to catch what prey they have herded. During breeding season both sexes develop a large bump on top of their beaks. They nest on islands or in shallow wetlands, which makes the Gallinas ponds ideal.

We also see brown pelicans, such as the ones captured in-flight over the Russian River, but they are rarer and are found only on the coast; in Florida the predominance is reversed, with brown pelicans seemingly everywhere. When brown pelicans pass over prey, they ascend to about 15 feet, wheel around, and make spectacular crashing

dives into the water. One can see flights of five to nine brown pelicans out on the Pacific coast, gliding along in their majestic formations.

he pelican is an awkward bird except when in flight. Pelicans can skim effortlessly just inches over the surface of water, seemingly forever, with a couple of wing beats every minute or so to maintain airspeed. Their Both species are very large, but the white pelican is almost twice the weight of the brown, topping out at over 16 pounds compared with 8 pounds for the brown.

With summer having arrived, it might be a great time to head out to a Point Reyes beach and watch the pelicans cruise by!









SATURDAY	æ	8:21 PM Si Full Moon ECHO DEADLINE	21	22		00		7-9PM COMMUNITY DANCE
	FRIDAY	Water Aerobics Canasta Movement Meditation Pub Night	14 10 AM → Water Aerobics 4 PM → Canasta 4-5 PM → Movement Meditation 5-7 PM → Pub Night 7:15 PM Bingo	21	10 AM Water Aerobics 4 PM Canasta 4-5 PM Movement Meditation 5-7 PM Pub Night	c Q	10 AM Water Aerobics 4-5 PM Wovement Meditation 5-7 PM Pub Night	10 AM Water Aerobics 4 PM Canasta 4-5 PM Movement Meditation 5-7 PM Pub Night
	THURSDAY 6	9:15 AM QiGong (Dove) 10 AM 6:15 PM Silent Meditation 4 PM 4-5 PM Movie Night 4-5 PM 5:20 PM Poor Man's Poker	9:15 AM QiGong (Dove) 6:15 PM Silent Meditation 7:20 PM Poor Man's Poker	20 2	ong (Dove) t Meditation ie Night <b>AD CAFE</b> Man's Poker	[• [•	ong (Dove) t Meditation Man's Poker	9:15 AM QiGong (Dove) 6:15 PM Silent Meditation 7:20 PM Poor Man's Poker
	WEDNESDAY	10 AM Water Aerobics 11 Am-1 PM Whistlestop call Roberta 415-883-0843 11:15Am-2 PM Craft Group 6 PM PAC MEETING	12 10 AM Water Aerobics 11 AM-1 PM Whistlestop <i>call Roberta</i> 415-883-0843 11:15AM-2PM Craft Group 6 PM MAR WAL MEETING	19	10 AM Water Aerobics 11 AM Bridge 11 AM-1 PM Whistlestop <i>call Roberta</i> 415-883-0843 11:15AM-2 PM Craft Group 7 PM HOL MEETING	96	10 AM Water Aerobics 11 Am-1 PM Whistlestop call Roberta 415-883-0843 11:15Am-2 PM Craft Group	10 AM Water Aerobics 11 AM-1 PM Whistlestop call Roberta 415-883-0843 11:15AM-2 PM Craft Group
	TUESDAY 4	4 <sup>Th</sup> of July Mar Val 4 <sup>Th</sup> of July BBQ 5 PM Bar Opens 6 PM Dinner	=	18		75		AUGUST 1
	Monday	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 10 AM Water Aerobics 7 PM MUST Meeting 7:20 PM Poor Man's Poker	<ul> <li><b>10</b></li> <li><b>6-8</b><sub>AM</sub> Trash Pickup</li> <li><b>9:30</b><sub>AM</sub> Low-Impact Exercise</li> <li><b>10</b><sub>AM</sub> Water Aerobics</li> <li><b>6</b><sub>PM</sub> M Water Aerobics</li> <li><b>7</b><sub>PM</sub> MVEST Meeting</li> <li><b>7:20</b><sub>PM</sub> Poor Man's Poker</li> </ul>	17	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 10 AM Water Aerobics 7 PM MVEST Meeting 7:20 PM Poor Man's Poker	VC	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 10 AM Water Aerobics 6 PM Firewise Meeting 7 PM MVEST Meeting 7:20 PM Poor Man's Poker	<ul> <li>3.1</li> <li>6-8<sub>AM</sub> Trash Pickup</li> <li>9:30<sub>AM</sub> Low-Impact Exercise</li> <li>10<sub>AM</sub> Water Aerobics</li> <li>7-8<sub>PM</sub> WYant BackSupport?</li> <li>7:20<sub>PM</sub> Poor Man's Poker</li> </ul>
·	SUNDAY 2	1-4 PM Mahjong C	9 1-4 PM Mahjong Co	16		55	1.5 5.* 0.0	30 1-4 PM Mahjong