

T H E
ECHO

August 2021

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**THE
ECHO
2021**

**MARIN VALLEY
MOBILE COUNTRY CLUB**

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SUBMITTING ARTICLES

Email articles with "ECHO" as the subject to
Anila Manning: anilahere99@gmail.com
with a copy of the article in the body of the
email. Images should be as large as possible.

ECHO DEADLINE

The 8th of the month or sooner
for the following month's issue

IN MEMORIAM

Dee Schneider
July 3, 2021



Above left to right: Dee; Dee and Ray; Dee, Kay Frye, and Pauline

The first thing you noticed about Dee was her openhearted smile; the second was her love of wildlife. She and her husband Ray loved to camp, and for 33 years she led paid birdwatching hikes, making hundreds of friends in the process. She and Ray moved to Marin Valley in 2001. Pauline Hawkins remembers, "Dee approached me and wanted to be on Park Improvement, taking out the junipers in front of the clubhouse. The moment we met we became very good friends. When I went to her home, it was a shock to see a row of beautiful colorful plastic flowers. Oh, no! So I teased her, but decided to carry on with our project — she was so delightful to be with. She got a grant from the Fire District, we researched flowers that were deer resistant, and together drove all around to seek out the plants suitable for our new garden."

She later joined the Mar Val Board. Kathleen Dargie, the president of Mar Val, said, "In her graceful and endearing manner Dee went about involving herself in any and all activities that would be of benefit to the community. In a history of their meeting, courtship and 59-year marriage, Ray writes 'everyone who knew her loved her, her personality enabling her to make friends easily, many of whom became and remain lifelong.'" She loved the summer dances at Pacheco Plaza.

Dee also had the "Quail crossing — give us a brake" signs and four barn owl boxes made and installed. Her legacy of friendliness and caring lives on.

Anila Manning

Directory Update

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Letters to the Editor

The *Echo* is always excellent. The July issue is particularly so, due to Kamala Allen's interviews with Jeannine Freedom, Marianne York, and Terry Patten. All of us in the Park will be facing death sooner rather than later, though not with the immediacy of folks with life-threatening illness. So, thank you, Jeannine, Marianne, and Terry for your openness, your courage in sharing the ways in which you are traveling your path, and the wisdom you are cultivating. I am grateful for your generosity.

In peace, **Julie Manson**, 7 Club View Drive

MVMCC Management Update



Are You Responsible?

I've lived here just under three years. I have two small dogs that I walk faithfully twice a day. Something I noticed almost immediately was dog feces on the various paths and open spaces, left by "unobservant" owners (giving them the benefit of the doubt), irresponsible dog owners, or just plain lazy dog owners. This is a pet peeve of mine, in case you couldn't tell. (No pun intended.)

I've had my two babies for nine years, so I'm very experienced in cleaning up after them and have no problem doing so. Just this afternoon, July 7, 2021, I spotted a green poop bag sitting on the back wall of a neighbor's yard (oh, yes, it was full) that had just been left there, and the green dump can was only 20 or so feet away. You'd think the dog's owner could have walked that extra 20 or so feet and disposed of the baggie, right?

About three weeks ago I was on one of my daily walks with Charlie and Abbie and passed a rather large quantity of poop on the path running from Panorama up to Marin Valley Drive. It was there the next day, and STILL there the third day. At that point, it seemed obvious to me that the individual responsible for cleaning up after their pooch had no intention of ever doing so, so I picked it up along with whatever my dogs added to the bag. It wasn't too long after that I spotted two more piles of excrement, which I also added to the baggie.

And let me not forget the large dog poop I noticed on the same path last fall that sat there for SOOOO long it grew white fuzzy fungus.



Are you responsible for any of these scenarios? If so, I hope I've made my point and shamed you into being more responsible for cleaning up. It is gross, lazy, and inconsiderate of others to be a BAD parent/dog owner. Respectfully submitted, **Judi Purdom**

Hi Anila. Would you be willing to send me the home hardening article in your May *Echo* issue? I'd sure appreciate it. I think most if not all would also apply to us here in Santa Rosa. We got large apricot-sized embers in the park from the Glass Fire but no damage. The Tubbs Fire also sent embers into our park.

Beth Crowley, *Newsline* volunteer editor
Rancho Cabeza Mobile Estates in Santa Rosa

Park Management is in the process of grading retaining walls for replacement or repair. Do you have a deteriorated wall you would like us to view and determine if repair or replacement is necessary? Call Matt at the front desk.

We are paying close attention to fire safety and abatement issues here in the Park. We are finished with the shaded fuel break. Defensible space is 50-200 feet surrounding MVMCC.

Please keep all pets indoors unless on a leash out for a walk. Multiple cats are on report with the front desk as unattended and or/outside. Remember that the young quail are vulnerable to cats.

Also remember that your dog barks when unattended, so please keep your dogs with you. Your neighbors will thank you for that.

Water is precious, and we should conserve as much as possible. Please do not water your gardens between the hours of 8 am and 6 pm. Use water incrementally at night or very early in the morning. This gives your plants a chance to absorb as much as possible. If you need help with setting your timer for your sprinkler system, please contact the front desk. We will set your timer.

Continue with all of your efforts to remove stored items from your carports. Still, many residents have items not permitted in a carport.

Rule 10.1: Please do not hang laundry in your yard to dry. Your neighbors don't appreciate this.

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



Plants and photos by Lorna Sass

Letter to Residents

Greetings from the Park Acquisition Corporation Board,

Our finances are in order. Our cash, plus medium- and long-term reserves, is at more than \$6.5 million. This will be substantially reduced as the work on the sewage lift pump station at the end of Club View Drive winds down and the balance of the \$1.5 million-plus capital expenditure is paid out, presumably when the work is completed and accepted.

The sewage lift station is now operational. Various components will still take some time to complete, including its integration into the alarm system and the asphaltting of the turnaround. The removal of the old system and the final landscaping will be ongoing.

The City of Novato has requested inclusion in the PUC program to have PG&E revamp the infrastructure for gas and electric distribution in MVMCC. We shall make details available to keep residents updated. No update yet on this.

Our thanks to Peggy Hill for her continued development of aid and support of PAC's ad hoc committee on yard maintenance. This program joins with Management to aid certain residents to manage their lots for fire safety and improve their lots' appearances. MVEST has donated additional funds to this program. See Matt Greenberg for details. Matt also has lined up more outside organizations to support this effort. Resultantly, several more residents have joined in the past month to remove the junipers on their properties, making the whole community safer in the rather epic fire season we are entering.

The PAC Board is still reviewing the rules and regulations concerning living in this community. The

Park will be living with these R&Rs for a long time, so we want to get it right. At the July meeting, the Board decided to table the item until our next Board meeting on August 3.

With the completion of this year's PAC Board election, long-term resident Vicki Waddell has joined the Board along with Steve Plocher, current and now reappointed treasurer of the PAC. Continuing officers are John Hansen, vice-president; Carol-Joy Harris, secretary; and myself as president. Our many thanks go out to Serena Fisher for finishing out Larry Cohen's term upon his resignation last May. Her contributions to the Board and to the 2x2 committee were valuable and will be missed.

I urge you to investigate and participate in ongoing activities concerning PAC's MVEST, your HOL, and MAR VAL reported on elsewhere in the *Echo*. Several resident participation opportunities are available in August; see MVEST's and HOL's letters here.

The PAC's board meetings are enriched by resident participation. Your observations and suggestions on how MVMCC can better serve your and the community's interests are always welcomed. Come to the board meetings via Zoom, or email any or all of us.

The agendas and Zoom links for the coming PAC meetings are posted 72 hours prior to the meetings and are also available to those on the mailing list. Contact **Carol-Joy Harris** at caroljoyharris@comcast.net to be added to this list. There is a good likelihood that these meetings will continue to be broadcast on Comcast channel 26. A recording of July's board meeting is available at <https://youtu.be/QY1LxHgoabE>.

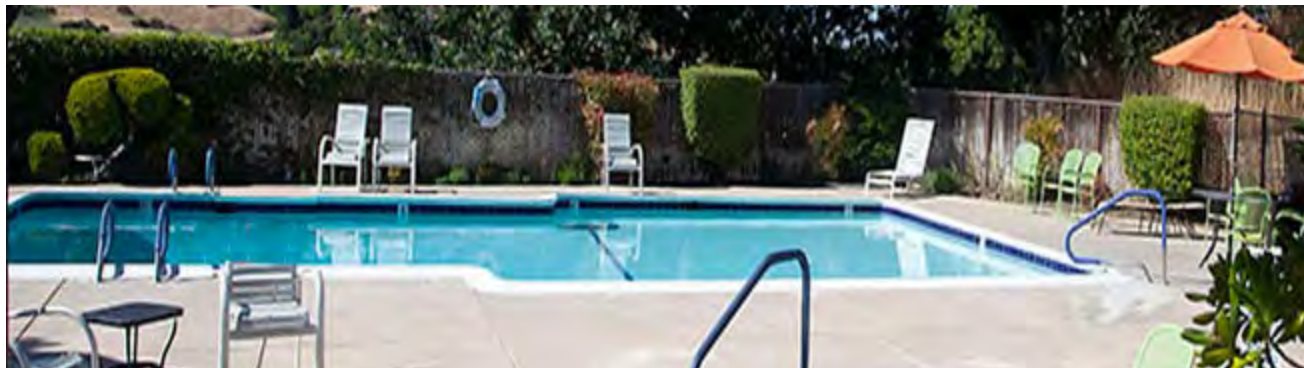
In service,



Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com

Pool Rules

by **SERENA FISHER**



Dear Neighbors,

Many residents are enjoying the pool and spa during these dry summer months. We would like to remind everyone of the Pool Rules so residents and guests may enjoy a harmonious use of these popular facilities.

- All users must shower immediately before using the pool or spa.
The changing rooms, washrooms, and showers are now fully open for your convenience.
- All guests must be accompanied by a host resident.
Residents are responsible for their guests' behavior.
- Kid's hours are 11:00 am – 2:00 pm.
No diapers are permitted in the pool or spa.
No children under five years of age are allowed in the spa.
- No food or drink is permitted in the pool area, except for non-glass water bottles.
If glass is broken, the pool or spa will need to be closed and perhaps drained.
Picnic tables are available outside the pool gate for your use, to enjoy food and non-alcoholic beverages.
- No radios or other devices except in authorized classes, or unless used with earbuds.
- The pool/spa area is a Quiet Zone where residents like to connect and relax. Residents who bring children to the pool area during the kids' hours must ensure that noise is kept to a reasonable level. Screaming and loud shouting are not permissible.

Thank you for your attention to these basic rules. Please be courteous if asked to follow pool rules. A phone number for Pool Security is posted on the gate if needed.

Let's have a safe and enjoyable summer!

The Pool Committee



Stay Cool, Man!

by **JOHN FELD**

We are probably all feeling the intense heat of this summer. At its best it makes for lovely, lazy days, but when it gets too hot it can be depressing and very uncomfortable. For those without air conditioning, it can become dangerous.

Luckily not too many of us are outdoors unless we are picking tomatoes in our garden or walking to the clubhouse for the Rollin' Root or an event. If you do find yourself outside for more than a few minutes, make sure you are sheltered by at least a hat, and preferably drink a lot of cool water.

No Sweat

When we get hot, although we sometimes don't like admitting it, we sweat. This cools down the skin but means we are losing moisture within our bodies. This process tends to raise the pulse and send blood to our skin, depriving this nourishment to the rest of our body, especially our brains and intestines. An hour of intense sweating can cause our bodies to lose about seven pints of water. Luckily, we are not in a very humid climate, which makes perspiration more acute.

Drink Lots

Dehydration can cause serious exhaustion, which can turn into

a serious condition. If we don't drink lots of water, heatstroke causes us to feel giddy and weak. And alcohol can increase the effects of heat, even if the drink is cold. This is certainly not a time to push ourselves, *especially by exercising*. Another result of excessive heat can be a sudden rise in our body temperature. It is not uncommon for people working outside to reach temperatures of over 100 degrees. When we get this hot, we tend to become confused and may even faint.

Some Medicines Don't Help

The older we are, the more intense these symptoms may become, particularly for those who take high-blood-pressure medicine and blood thinners. Diabetics may experience hypoglycemic rushes. Antihistamines can also cause an adverse reaction in extreme heat. So, intense heat can be very dangerous to our bodies. If you are feeling weak and sleepy due to the heat, make sure you drink a lot of non-icy water before sleeping or resting. Very cold drinks can adversely affect our stomachs. Eating fresh fruit and salty food can also help a lot.

Other Things You Can Do

Keep your windows open to cause cross ventilation, and if

there is no wind, place a fan near a window.

Remember, the clubhouse has air conditioning, and misters are set up in the breezeway that will cool you down quite rapidly in a breeze. The pool is also a good place to cool down.



One easy tool you can use to cool down is to wrap a damp, absorbent towel around your neck. This cools off your body and the blood going through your neck thanks to evaporative cooling. You will find it a pleasant change from the oppressive body heat from exertion.

Get Help

If you have a temperature of 103° or more, call a neighbor to take you to an emergency room. There, they may cover you in wet cloths and even surround you with ice packs. Getting hot can be dangerous, so as they said in the sixties, "Stay cool, man!"

Future Fire Stories

by **REI TAKVER**

Hi! Rei here. If you've seen a random 30-something woman with dark hair wandering by your house and wondered *what on earth is she doing here:* that's me. I live with my mom Lisa Jackler (thanks, Mom!) and... I'm a climate change journalist.

What is the *Future Fire* project about? It's relatively easy to tell the story of a fire after it's burned, but I want to know — *how do we survive a fire*

that's still in the future? I have more questions than answers right now, and I'd like to listen.

How you can contribute: I'm interested in your feelings. What is it like for you, living under the threat of fire — a threat that is only going to increase as the planet warms? Do you dream about it? What stories from your past shape the way you keep going, each

day, in a world that is starting to burn?

This valley is such a gorgeous hodgepodge of houseboat-renovators, war survivors, free spirits, and former (maybe also current) acid trippers. So far, I've heard some pretty wild stories; I'd like to hear some more. **If you want to share your story in an interview, you can reach me at rei.t.journo@gmail.com.**

Message from Mar Val

Dear Friends,

After the recent absence of Mar Val activities it is indeed a pleasure to advise you of not one but two events that will be taking place.

The very popular Jazz Brunch is scheduled for Saturday, August 14. The bar will open at 11 am, and brunch will be served at noon. Once again we will be

entertained by the remarkable talent of the Lee Waterman Trio. Please refer to the specific details for sign up and cutoff shown on the reservation form.

The second event is the Labor Day Dinner on Monday, September 6. The bar will open at 5 pm, and dinner will be served at 6 pm. This party will be the last held on the deck in the shortened 2021 summer

schedule. Once again, please pay careful attention to sign up and cutoff dates.

Mar Val looks forward to welcoming you to these events.

With warmest regards,



Kathleen Dargie
Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com

MAR VAL JAZZ BRUNCH UNDER THE RAGTOP

MUSIC by the LEE WATERMAN TRIO

August 14, 2021

11:00 Cocktails

12:00 Brunch

**Quiche Lorraine (Bacon) or Quiche Florentine (Spinach)
Sweet Rolls/Muffins Bagels with Salmon/Cream
Cheese
Fruit Salad**

\$15/per person

Blood Orange or Pomegranate Mimosas \$6

**Reservation Deadline is August 11 @ 5:00 pm or when
100 reservations have been received.**

Questions, please call Carolyn Corry @415-370-6403.

August 14 Jazz Brunch Reservation Form

Resident _____

Resident _____

Guest _____

Guest _____

residents attending _____ @ \$15/each. Check for _____ enclosed.

guests attending _____ @ \$15/each. (NO CASH) Checks payable to Mar Val.

Reservation deadline is August 11 @ 5pm or when 100 reservations have been received.

MAR VAL LABOR DAY DINNER



September 6, 2021

5 pm Cocktails

6 pm Dinner

Menu

BBQ Chicken or Veggie Casserole

Macaroni Salad

Chef's Choice Dessert

\$ 15 per person

**Reservation Deadline is September 2 @ 5 pm or
when 100 reservations have been received.**

For Questions – call Carolyn Corry @ 415-370-6403.

Labor Day Reservation Form

Please circle entrée choice

Resident _____	Chicken	Veggie Casserole
Resident _____	Chicken	Veggie Casserole
Guest _____	Chicken	Veggie Casserole
Guest _____	Chicken	Veggie Casserole

residents attending _____ @ \$15/each. Check for _____ enclosed.

guests attending _____ @ \$15/each. (NO CASH) Checks payable to Mar Val.

Reservation deadline is September 2 @ 5pm or when 100 reservations have been received.

Home Owners League Message

Wow, is it getting hot? The clubhouse is a great place to cool down; the air-conditioning is nearly always on. If you don't want to go inside, there is a mister in the breezeway that will tone down the heat. And there is always the pool.

Some people are very concerned about nonresidents using the pool. A few things to remember: do not invite nonresidents to use the pool if you are not going to accompany them. This is primarily a pool for residents. Be aware: just because you don't recognize the people at the pool doesn't mean they don't live here. Many new people have moved in recently, and no one knows them all.

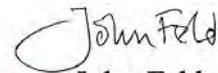
Please be aware of the needs of other pool users, keep the noise down, be polite, and refrain from arguing. The hours for kids, who generally love to use the pool, are from 11 am until 2 pm. Children under the age of five are not permitted to use the spa. And, of course, no diapers in the pool – for children or adults! Do not bring food into the pool area, and try and leave the pool area as clean and as welcoming as when you arrived. During water aerobics (10-11am M-W-F), please stay out of the pool if you are not participating. Your help with this will be greatly appreciated.

The Contractor Rating Guide is growing. We are very appreciative of those who have already contributed, and there are plenty more of you who have yet to report on your experiences. You can find blank forms in the breezeway and in the clubhouse. There is a hard copy in the library.

Be aware that our plants now have limited watering hours, before 9 am and after 7 pm. Please try to conserve water as much as possible, which means don't wash your car with a hose and don't powerwash the outside of your home or roof. Here are the regulations for our North Marin Water District (thank you, Mary Currie!) <https://nmwd.com/emergency-water-conservation-ordinance-41-amended-for-novato-service-area/>

Lastly, if you have a dog, please pick up after it does its business, and it is not OK to put the poop in a bag and leave the bag on the side of the road or footpath.

Thanks, and stay safe and cool.



John Feld
HOL PRESIDENT
johnmfeld@gmail.com
510-495-4138 cell



HOL COMMUNITY PRESENTATIONS

Improv ~ Fun ~ Laughter
Sept. 8, 15, 22, 29, 6:30 pm - 8:30 pm

If you or a friend:

- Like to make stuff up - together - collaboratively
- Are curiously drawn to smart, funny people
- Want to stretch, create and explore with others in a friendly and safe environment
- And have fun

Come play! *No experience necessary.*

We are improvisers - **Laughter and Connection** are our sanctuary and our medicine.

Come join a 4week class exploring Improv. \$20/class (total \$80). Learn basic games and stage skills, and interact with others in a friendly, safe environment!

Taught by Mick Laugs BA, CMT Actor, voice and improvisation artist and facilitator.

Sign up at the clubhouse desk or email Sandy, zeich@comcast.net

Just One Hour

by **MARLENE MONTALVO**

I'd like to remind everyone about Just One Hour, which is a subcommittee of the HOL comprised of volunteers who assist fellow Park residents with various tasks that can be done in an hour or so.

These may include light gardening/weeding, short rides, phone calls, plant care, minor handyman projects, light meals, reading, and shopping/errands. This year we plan to add some new services, such as library book pickups, cookie and flower

deliveries, and birthday card distribution.

We always welcome new volunteers but are especially in need of handypeople and ride providers.

Please let me know if you're interested in volunteering, or if you're in need of an hour or so of help. You can reach me at marlene24@comcast.net or 415-883-8786.

If you happen to know of someone who might need help

and isn't aware of Just One Hour, please encourage them to contact me. All requests are confidential.



Plant and photo by Pauline Hawkins

Marin Valley Gallery Is Back!

by **SUZIE LAHR**

Our Marin Valley community is so fortunate to have so many talented artists among us and our very own Marin Valley Gallery in which to have their beautiful works in our ongoing exhibits! And now we present a gift for you: When you walk through our clubhouse doors, you will see a newly installed exhibit that was completed on July 20, 2021 – the first since the fall of 2019! We encourage you to come and view this exhibit with your very own eyes and you will see the diversified talent that abides here.

This will truly be enhanced by the always delectable Jazz Brunch taking place in August – the perfect opportunity to enjoy and support the arts on a delightful summer day. We appreciate

your support and encourage you to sign our guestbook and let us know what you think.

Once we resume our artists meetings we shall discuss having a reception so you can meet us in person and we can then thank you for your graciousness. If you are a supporter of the arts, remember you can always purchase pieces that hang on the walls by contacting the artists themselves.

Here's one of my latest...



Contractor Rating Guide Requests

by **DAVID TETTA**

Thanks for all the wonderful feedback you've provided us regarding the Contractor Rating Guide. It seems like a number of residents are finding it to be a very valuable resource. We want to put a couple of requests out to you all.



One is, if you have a contractor you'd like to review, please consider doing a review over the phone. It's quick, less than 10 minutes, and will help us keep the guide more error free. To do an over-the-phone review, just call Inga Grace (415.884-9088), Elizabeth Lev (414.345.0725), or David Tetta (206.601.3040).

We could also use help with entering reviews into the database. We would be happy to provide the training to anyone who is interested in giving this a try. If you've ever worked with Google Docs or a similar type of online document, you'll know it's a fairly straightforward process.

Thanks on behalf of the Contractor Rating Guide work group,

David Tetta

From the 75+ Group

by **VALERIE BARBOUR**

Mature Driver Improvement Course

Some of the things discussed at the 75 and Older Elder Support Group meeting of July 6 were the problems and responsibilities of elderly drivers.

It was recommended by more than one attendee that drivers take the Mature Drivers Course. Right now, for a sale price of \$17.95 (regularly \$29.95), one can register online for the course at www.maturedrivertuneup.com obtain an official certification, and receive a discount on one's insurance costs.

There are NO tests.

There is NO pressure to complete the course in a required time frame.

There IS the possibility of learning something that will contribute to our safety on the road!

My Experience of EMFs

by **POLLY ST. JOHN HUGHES**

I moved into Marin Valley with my late husband in 2004. That same year I contracted Lyme disease. In 2007, when I finally cleared the Lyme from my blood, I still felt sick. This made no sense to me given the favorable outcomes I saw on my test results. I just knew that I should have been feeling a lot better...

So I began praying for what else might be the source of my continued problems with fatigue, musculo-skeletal pain and discomfort, insomnia, and anxiety.

I noticed that my symptoms would always get worse when I went to work. Little by little, I began connecting the dots. I worked in an office building in downtown San Rafael that was full of devices and my workspace was 6 feet away from a very large server room. Within 20 minutes of arriving at work, I would start to feel awful. It was also at my workplace that I had my first encounter with the whole subject of EMFs. Some people in my workplace were integrating EMF remediation products and started talking to me about the detrimental effects of electromagnetic fields on our health. At that time I was skeptical about EMFs, but I was also desperate to feel better, since I felt so lousy at work, and I decided to try out a couple of their recommendations.

To my utter amazement, when I integrated these remediation products, I start to feel a lot better! That was the beginning of my research. I had a feeling that my husband also was being negatively affected, so we conducted an experiment. First we turned off the circuit breaker to our bedroom. Then we turned off the internet and any other devices we could in the rest of our home. We removed our cell phones from the bedroom and turned them off for the night. We both slept very soundly and awoke the next morning feeling energized, with noticeably less pain.

I also had firsthand experience of how EMFs were affecting a friend of mine and her husband. She had developed cognitive issues and had not told anyone but me that she was having trouble putting words

together and reading. Her husband had developed severe dementia a few years prior. When I went to their home with my meters to help them figure out if EMFs were part of the problem, my meters showed that areas of their home, especially his bedroom, had extremely high EMF numbers. They called an EMF electrician to analyze the situation and found out that the electricity in her husband's bedroom was not properly grounded. When that was fixed and other parts of their home remediated in various ways, her husband's dementia decreased so significantly that he became able to once more participate in life and hold lucid conversations. Her cognitive issues also improved tremendously. It seemed like a miracle!

My life changed as a result of my self-education, and I encourage others to do the same. I started doing EMF evaluations and consultations in 2010 in response to the needs of my friends and family. For more detailed information about EMFs you can go to my website, emfsolutions.info. Go to the navigation button: Learn More About EMFs and take a look at what some scientists and physicians are saying. It is an eye-opener!

Some of us – like my late husband and me – are canaries in the coal mine. However, because one cannot feel the negative impact of EMFs does not mean they are not having an effect on our health. Only a small percentage of the general population is predisposed to be sensitive and notice the actual detrimental effects of manmade frequencies. As with all other invisible toxins, it is wise to be educated and take precautions to make sure your environment is safe and you are safely interacting with technology. I believe that our homes should be our sanctuaries, a safe place where our bodies can relax and restore.

We are very lucky we live here in Marin Valley where there are no cell towers or smart meters; I know because I moved away for several years after my husband died, and I lived in an area that was not so sheltered and protected. My EMF-related health problems got far worse. I'm so glad to be living once more in our wonderful community!

The Yellow-Headed Blackbird

by **DAVID GRAY**

The yellow-headed blackbird (*Xanthocephalus xanthocephalus*) is a striking bird to behold. It loves freshwater marshes, where it feeds on seeds and insects. We found a flock of about 30 of them in the marshes of Utah Lake, just outside of Provo, Utah. While I have never seen one in our Park, their range starts west of the Mississippi River and extends nearly to the Western coast of North and Central America. Locally, one could travel to the Sacramento River Delta and spot them in the wintertime. Their breeding range extends north to southern British Columbia, Alberta, Saskatchewan, and a bit of Manitoba, and through the U.S. to Nevada, Utah, Colorado, and the northern part of Nebraska.



The male yellow-headed blackbird has a brilliant yellow head and breast, a black eye mask, and jet-black body, beak, and feet. They have white wing patches and a small yellow patch under the base of their tails. They are unmistakable. The female is much more muted in her coloration, with a dark brown body, no wing markings, and a less vibrant yellow face and breast.



The ones shown in the photos were feeding on clouds of midges, a nonbiting flying insect. The trees provided a landing zone for both the midges and the yellow-headed blackbirds; the birds were sitting on branches and snapping up midges coming in to land as well as picking off those that had landed on leaves and twigs. These were very well-fed birds!



On a personal note, I acknowledge my dear and recently departed father's influence on my lifetime interest in nature and especially birds. He would have been thrilled to see these photos, and I honor his life with them.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10–10:30AM Meditation <i>Zoom/ contact Michael Hagerty</i>	2 6AM Trash 10–11AM Water Aerobics 1PM Bridge 5–6PM MVEST Meeting <i>contact John Hansen</i>	3 1:30PM 75+ <i>contact Erma Wheatley</i> 6PM PAC Board Meeting <i>Zoom/contact Carol-Joy Harris</i>	4 10AM Water Aerobics 6PM HOL Board Meeting <i>Zoom/contact John Feld</i>	5 11AM–12PM The Rollin’ Root <i>clubhouse parking lot</i> 4–5:30PM Inner Oracle, Fireside Room/contact Kamala Allen	6 10AM Water Aerobics 12 Mahjong 1–1:30PM Rollin’ Root 7PM Game Night <i>contact Ed Collins</i>	7
8 10–10:30AM Meditation ECHO DEADLINE	9 6AM Trash 10–11AM Water Aerobics 1PM Bridge 5–6PM MVEST Meeting	10	11 10AM Water Aerobics 6PM Mar Val Board Meeting JAZZ BRUNCH DEADLINE	12 11AM–12PM The Rollin’ Root  4–5:30PM Inner Oracle	13 10AM Water Aerobics 12 Mahjong <i>contact Susan McMudie</i> 1–1:30PM Rollin’ Root 	14 11AM JAZZ B R U N C H
15 10–10:30AM Meditation	16 6AM Trash 10–11AM Water Aerobics 1PM Bridge 5–6PM MVEST	17 1:30PM 75+	18 10AM Water Aerobics 11–3PM Bridge	19 11AM–12PM The Rollin’ Root  4–5:30PM Inner Oracle	20 10AM Water Aerobics 12 Mahjong 1–1:30PM Rollin’ Root	21
22 10–10:30AM Meditation FULL MOON	23 6AM Trash 10–11AM Water Aerobics 1PM Bridge 5–6PM MVEST	24	25 10AM Water Aerobics 4PM Book Club <i>contact Carol-Joy Harris</i>	26 11AM–12PM The Rollin’ Root  4–5:30PM Inner Oracle	27 10AM Water Aerobics 12 Mahjong 1–1:30PM The Rollin’ Root	28
29 10–10:30AM Meditation	30 6AM Trash 10–11AM Water Aerobics 1PM Bridge 5–6PM MVEST Meeting	31 1:30PM 75+ 6–7:15PM FIRESafe MARIN <i>resources webinar for disabled Zoom/contact John Hansen</i>	<h1>AUGUST 2021</h1>			