

T H E
ECHO

November 2021

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Letter From the Editor

Hi neighbors,

I love the way articles come in spontaneously without my planning! This month you'll see the first of a new occasional feature, "Bet You Didn't Know This About..." (p. 12). Please feel free to choose some of your favorite people and collaborate on a piece about something fun and surprising that people wouldn't guess about them. These are simply short vignettes in otherwise long and distinguished lives, like Richard Wilson's marionette theater or Mary Currie herding a female ostrich off the Golden Gate Bridge. Pictures are always good.

Stay healthy and playful,
Anila



PHOTOGRAPH BY LORNA SASS

Two of the generous students from the North Bay Christian Academy who helped many of us clean up our yards. A huge Thank You to all! Come back anytime – you are delightful!

REGISTER FOR
ALERT MARIN
Emergency Notification System
 to get emergency alerts
 from Marin County at
www.alertmarin.org
415-473-6376

THE ECHO 2021

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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

Management Update

Letter to Residents

Gym and Pool Access

Park Management is in the process of changing the access to the gym and pool area.

Access control will be installed, and all residents who use the gym or pool will have an electronic card to tap for entering. Each individual card will have a number, so we know that whoever is entering is a genuine resident.

Access to both areas will be permitted only during officially open times; winter and summer hours will be posted. I will send a letter with instructions to all residents.

It's a Good Time

Remember, it is getting dark earlier now so please wear a reflective vest or other bright clothing if you are out at dusk or later so people can see you.

Now is the time to clean out your rain gutters.

Next, install water diverters that can be purchased in a plastic roll to direct the water from your downspouts to a location away from your skirting, preventing water from going under your home when it rains.

Park tree pruning is finished for the year unless we have an emergency.

The posted speed limit in the Marin Valley residential area is 15 MPH.



Matt Greenberg

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

Greetings from the Park Acquisition Corp. Board,

Our finances are in order. Our cash plus medium- and long-term reserves are more than \$5 million after payments to complete funding of sewage pump station 2 reconstruction.

Pump station 1, across from 115 Marin Valley Drive, will be the next infrastructure project. That project is now in the hands of Novato City's Public Works Dept. The project will cost over a million dollars. Work is reportedly expected to begin early next year.

With the extended drought conditions, we urge you all to be mindful of your water usage.

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 or email us.

The agendas 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. These meetings will also be broadcast on Comcast channel 26. A recording of the September board meeting is available at https://youtu.be/dnup8IRPE_Y

In service,



J Shelfer
Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com



Heed the Red Flag Warnings

by **JOHN FELD**

Remember the Oakland fire, which caused a firestorm in October 1991 that killed 25 people and destroyed nearly 3,500 homes and apartments? Although it burned for only two days, it spread incredibly fast. It could also happen in Marin.

What is a Red Flag Warning?

The National Weather Service issues **Red Flag Warnings** and **Fire Weather Watches** to alert fire departments of critical weather and dry conditions that could lead to rapid or dramatic wildfire activity. Most warnings issued in Marin concern only the higher elevations. If there's a threat to us here at almost sea level the Novato Fire District will email Marin Valley so we know when to place the red flags at the clubhouse and at the top of the hill.

Red Flag Warnings are for the ensuing 24 hours. If the danger is likely in the next 12-72 hours, the department issues a Fire Weather Watch, which can often change into a warning. The Red Flag Warning continues until the danger has gone.

A Red Flag Warning is the highest alert. During these times extreme caution is urged for all residents because a simple spark can cause a major wildfire. A Fire Weather Watch is one level below a warning, but fire danger is still high.

What triggers a Red Flag Warning?

Red Flag Warnings are triggered by:

- **Low relative humidity**
- **Strong winds**
- **Dry fuels**
- **The possibility of dry lightning strikes**
- **Any combination of the above.**

While the warning is active, the fire department has additional firefighters on duty to respond to any new fires. This is a considerable expense to the fire district but speaks to the severity of the impending fire risks.

Take these warnings very seriously. The warnings are issued only when there is a REAL threat to our lives and our community.

How do I know when there is a Red Flag Warning?

First, sign up for **Alert Marin** and **Nixle** right now, don't wait. These services will tell you, by text, when a warning is issued. But remember, not all warnings apply to us in Marin Valley.

Nixle will tell you of all incidents in your area. Send a text from your phone to 888-777 to automatically register that phone with alerts for your area, or sign up at their website at <https://local.nixle.com/register/>

Alert Marin will inform you only if your specific address is in danger. Sign up and register all your mobile phones at the Alert Marin website at <https://bit.ly/3okBnB1>.

Most people find it wise to sign up for both.

Check for red flags outside the clubhouse and at the top of the hill as you drive into and out of the Park. There are no sirens or audible warnings.



Is your go bag ready?

What does a Red Flag Warning mean to us?

It should mean several things:

1. Be vigilant. Keep an eye out for high winds, the smell of smoke, lightning, or thunderstorms.
2. Follow all instructions from the fire department.
3. Be prepared to evacuate.
4. Don't use a barbeque.
5. Don't use mechanical or electrical equipment outside. (The recent fire just off Lucas Valley Road was started by a lawnmower hitting a rock and causing sparks to ignite the grass.)
6. Park your car facing out, towards the road.
7. Fill your gas tank, or if you have an electric car, make sure it is fully charged.
8. Get your go bag ready, and maybe even put it in your car.
9. Charge your phones and computers etc. and make sure they are not set to a silent or vibration mode. You need to hear the alerts.
10. Make sure you have a carrier for your pet and accustom your pet to entering.

Review your wildfire checklist.

If you don't already have a checklist, ask your block captain to get you a printed one. MVEST has a supply.

If you haven't already done so, make sure there is no flammable material within 10 feet of your home.

The Evacuation Checklist:

Create an evacuation plan

Where you will go, how you will get there; plan for people in your household who may be away. Make sure they know and approve of your plans. Have a safe phone number of someone who can receive calls for and from your family and friends, somewhere not in the region of your home.

Review your evacuation checklist

Make sure you know the best way to go. Avoid higher altitudes. Valleys and large roads are always the safest.

Assemble an evacuation go-kit

Water, food, pet supplies, first aid kit, ALL your important papers, flashlights and spare batteries, valuable small possessions, enough cash for several days (ATMs and banks card payments at gas stations may be closed or inoperable due to electric outages), change of clothes including coats and sweaters, a supply of K95 or KN95 masks. Include a paper map (if cell service shuts down, your online maps may not work). Don't take too much stuff. A car crammed with belongings may not be the nicest way to evacuate, and depending on the severity of the situation, you may be in the car for a few days.

People with disabilities

Make sure you have people who will help you evacuate: this includes dressing and getting outside and into a car and packing any medicines or medical devices you may need.

Prepare to evacuate pets

Don't forget pet food and medicines. Each animal will need a carrier. If you end up in a Red Cross shelter, your animals will not be able to shelter with you and may need to stay overnight in a carrier outside.

Practice

The only way you can be sure that all of the above is going to be helpful in an emergency is to practice getting ready. Find out how long it takes you to fully pack your car. (If it is more than ten minutes, try for taking less, and getting out quicker. And practice again.) Practice will also make it more familiar and mean less chaos and fear.

When you evacuate, be prepared for traffic. Many people will be going at the same time. Never get out and abandon your car.

You are *much* safer in a car than on foot, especially when surrounded by flames.

If you suffer from serious asthma or breathing issues, it may be wise to evacuate early. Nearby fires bring thick smoke and bad air, and that can make your life very unpleasant.

Lastly, remember that fires and earthquakes can also come without any notice. When we are lucky enough to be forewarned, pay heed to those red flags.

Vial of Life: Where's Yours?

by **BILL DAVIS, RN**

Vial of Life is a program run by fire departments all over the country based on a simple concept. Each home keeps a plastic, pill-like medicine bottle in the refrigerator with a sheet that contains vital medical information about each person in the home, such as the medications you take and any allergies. Advance directives and your doctor's details can also be listed, as well as a list of the next of kin whom you wish to have contacted in an emergency.

The Vial of Life comes with two stickers, one to be placed in your entryway and the other on the outside of your fridge door.



When an EMT paramedic unit or caregiver sees the sticker, they immediately know where to find

all your important medical details in case you are severely compromised.

In the flurry of a crisis, you might be unable to tell paramedics about your ongoing medical situation. You might be incoherent, unconscious, or unable to talk.

This rapid access to relevant medical information has saved many lives in the last 30 years. It could save your life!

If you need one, you can ask your MVEST block captain.

Be sure to watch Fire Safe Marin's November episode of *Wildfire Watch*, airing on **Thursday, November 11, at 6 pm** Channel 30, and on their YouTube channel, <https://firesafemarin.org/event/wildfire-watch-new-episode-available/2021-11-11/> and subsequently our own website <https://marinvalley.net/firesafe-marin-webinars/>.



The November episode covers trees and fire-resistant decks and fences.

Message from Mar Val

Dear Friends,

We are delighted to confirm that Mar Val will be celebrating the Thanksgiving holiday on Saturday, November 20, 2021. This particular event is unique in that it is the only time residents are invited to join in the preparation of the dinner. For those interested in volunteering, either to roast a turkey in their home or assist in carving the turkeys, please refer to the following details.

ROASTERS

We are asking for a total of 14 people to each roast a turkey. The

turkey, roasting pan, onion, and celery will be delivered to your home along with roasting instructions. The roasted turkey will be picked up from your home on Saturday afternoon, November 20, and delivered to the clubhouse.

CARVERS

We are in need of five people to carve the turkeys at the clubhouse in the late afternoon of Saturday, November 20.

Should you be interested in either roasting or carving please contact

Sandee Duncan (415-883-3034) no later than November 10.

Finally, those roasting or carving the turkeys must make a dinner reservation prior to the deadline. Roasters will be compensated by having their \$15 check returned to them on November 20, and carvers will receive a complimentary drink ticket.

With warmest regards,



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

MAR VAL

THANKSGIVING DINNER

November 20, 2021 5:00 Cocktails 6:00 Dinner

Menu

Turkey, Dressing

Sweet Potatoes Green Bean Casserole

Mashed Potatoes with Gravy

Cranberry Sauce Rolls

Pumpkin Pie

NOTE: There is NO separate vegetarian entrée for this dinner.

Limit of 2 persons per home.

Reservation deadline is November 17 at 5:00 PM

or when 140 reservations have been received.

Checks only – make payable to Mar Val. \$15 per person.

**Even if you have generously volunteered to roast/carve a turkey,
sell tickets, or volunteer in any capacity**

YOU MUST STILL MAKE A RESERVATION PRIOR TO THE DEADLINE.

Reservation box will be on the counter at 9:00 AM on November 1, 2021.

Reservations will **NOT** be accepted prior to November 1.

Questions: Call Carolyn Corry @ 415-370-6403

Home Owners League Message

Dear Neighbors,

I want to thank all the generous people who have donated to the yearly HOL fundraiser. Although many have been very generous, there may still be people who have waited to contribute. If you are one of them, there are forms and envelopes at the clubhouse front desk. Donations can be left in the mailbox in the breezeway or delivered to Tara's home, where there is a specific basket for HOL on her front steps. And again, thanks to everyone for supporting your Home Owners League.

New gym and pool access

As reported elsewhere, if not already rolled out, there will be a new way to access the gym and the pool area. Matt will be issuing key cards that will allow you to access these areas during operating hours with merely a swipe. You will not need a key, but you must have the card to get in. There will be a deposit for the cards, as they are expensive to replace. Just ask Matt for a card, pay a deposit, and don't forget that the pool closes for the winter at the start of November, but the hot tub will still be nice and warm.

HOL Craft Fair

The Annual HOL Craft Fair is coming up on December 5. We invite all residents to participate. It is a perfect place to pick up presents for those people on your holiday list. Plan to sell your crafts, home-baked goodies and candies, candles, baskets, weavings, art, baseball card collection, or anything else that is not too large. There is no charge to get a table, and HOL will not be asking for a share of your proceeds. There will also be food served. If you have a hankering to participate, please do so. The more the better. To book your table, contact Tara Plocher.

Community Drum Circle

The Marin Valley Community Drum Circle will start on Saturday, November 13 from 1-2:30 pm in the Ballroom, led by professional drummer and drum circle expert Barbara Borden. Bring your drum, but drums are also available.

Copying

Recently some people have been printing excessive amounts of copies on the library printer. The printer is supplied with paper and toner by Park Management, and we are hearing that people have mistakenly printed out dozens of copies of their tax returns and other personal papers, throwing the many excess copies in the trash or leaving them around the computers. Please check that you have the correct number of copies selected when you push the print button on the computer or the copy button on the printer. It will save us some money and help save a tree or two.

iPad

For residents presenting or holding an event in the clubhouse, HOL has an iPad on a stand and soon will also own a good microphone to use with it. If you need this for your event, please contact me or an HOL board member to make sure it will be available when you need it.

November dates

Don't forget to put your clocks back on November 7. The Rollin' Root will NOT be here during Thanksgiving week.

Best wishes, stay safe and warm.

John Feld



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



Holiday Craft Fair

Sunday, December 5

11 am – 2 pm

Handmade items from artists and craftspeople, collections, and more!

Complimentary croissant sandwiches and drinks will be available to *all residents*. There is a \$5 donation for nonresidents.

Holiday caroling and decor will liven the atmosphere, and baked items, both individual and whole, will be for sale. Please come and shop for presents for grandkids, relatives, and friends. Browse the cards, hair sparkles, potholders, dolls, bags, baskets, hats, scarves, paintings, jewelry, lavender sachets, artwork, and items for the home.

Vendors – Please email taraplocher@gmail.com. Deadline for table reservation is **Wednesday, Dec. 1**. Note that your sale items do not have to be made by you, but perhaps things you collect or just some nice holiday gifts that you want to retail.

We Need Volunteers to help set up, decorate, serve the meal, relieve the vendors for a break, and clean up afterward. There will be a sign-up sheet at the front desk.

Please Come and Help. We Need You!

We welcome everyone's ideas about how to make this fair a fun and meaningful event for our entire village. Even if you do not want to buy anything, come for your free food and an influx of holiday energy!



Community Drum Circle

Saturday, November 13 • 1:00 – 2:30 pm • Ballroom

The Marin Valley Community Drum Circle will start on Saturday, November 13 from 1-2:30 pm in the ballroom, led by professional drummer and drum circle expert **Barbara Borden**. Bring your drum, but drums will also be available.

Marin Valley Song

by **JANIE KLIMES CROCKER**

Thanks so much for everyone's positive comments about our song that was presented at the Marin Valley 50th Birthday Party Variety Show. I have had many requests for copies of the words that **Maggie Siegfried** wrote and adapted to Rita Abrams' song of the 70s, "Mill Valley." So, here you go:

We're talkin' 'bout a place that's got a hold on me – Marin Valley
A little place where life feels very fine and free – Marin Valley
Where people aren't afraid to smile
And stop and talk to you awhile
And you can be as friendly as you want to be – Marin Valley
Talkin' 'bout Marin Valley, that's my home.

It looks as pretty in the fog as in the sun – Marin Valley
And there's a clubhouse with a view for everyone – Marin Valley
And it's got hills for us to climb
And we can hot tub anytime
And we got neighbors who are friends and have some fun – Marin Valley
Talkin' 'bout Marin Valley,
Talkin' 'bout Marin Valley,
That's my home.

It's great livin' in this small community – Marin Valley
Where we finally got some herd immunity – Marin Valley
We dance outside like we used to do
Or go to Pub and have a brew
But most of the time it's peaceful as can be – Marin Valley
Talkin' 'bout Marin Valley, that's my home.

Well, I hope that I will never have to part from – Marin Valley
'Cause I'm too old to make another start – Marin Valley
And even if I could ever stray
I think that I'll come back to stay
'Til the ambulance takes me away – from – Marin Valley
Talkin' 'bout Marin Valley,
Talkin' 'bout Marin Valley,
Talkin' 'bout Marin Valley, California
That's my home. That's my home.

Bet You Didn't Know This About ...Richard Wilson

by **ANILA MANNING**

“B-b-bad to the bone...” Muddy Waters growled, and kids’ mouths opened wide in the glow of the skeleton dancing to the 78-rpm record. Whoosh! Its head flew off and vanished. Whoops! There went its right arm! One by one its body parts disappeared till only a foot was left keeping time ... kids looked at each other with wide eyes ... and then snap! Back came the other foot, and it assembled itself in a fast-stepping finale.

The boy behind the stage was our own Richard Wilson, whose eyes still sparkle with innocent pleasure. He got a marionette for Xmas when he was 5; he would dance to a record with Clippo and perform for the kindergarten, and that was where he first felt the magic. His parents dedicated their master bedroom to be the marionette studio; he made creatures with moving tails, wands that lit up, and an old man with a pipe that puffed real smoke, all at home on the 8 x 12-foot portable stage he and his father built. He wrote the scripts (he got permission



from Dr. Seuss to adapt *The 500 Hats of Bartholomew Cubbins*), constructed the props, designed and painted the backgrounds and scenery; made, strung, and clothed the marionettes; worked out the electric lighting effects with his dad; got the 78-rpm record player together; and directed the plays. His younger sister, Jo Ann, helped voice and operate the marionettes. Dad would take apart the stage, put it on top of the family’s 1937

Buick named the *Ark*, drive to the show, assemble the stage, and later trundle the parts back upstairs and assemble it in the master bedroom again. They put on well over a hundred shows in schools and private parties (getting paid \$25 a party!) in Pasadena from 1947 to 1952,

when he went off to college. They also volunteered at some of the big popular art festivals in Pasadena and LA – in some of those festivals they would repeat the show 20 times over three days.

So how did the old-man puppet blow real smoke? Richard’s father was under the stage puffing away on a cigarette (his only role in the shows). Shhh ... it was a secret....

What Should I Do?

by **ANEESHA DILLON**

What should I do if I discover that my neighbor/friend/loved one in the Park has died?

When I asked myself this question I realized that even though I work with End of Life issues, I was unclear about the precise steps to take if I discover someone who has unexpectedly died. So I decided to look into it and share here what I found out.

Here in the Park we, and all of our neighbors, are pretty much of an age where anything could happen. In an over-55 community like Marin Valley, any one of us could have a medical emergency, an accident, or a fall.

What if your neighbor is unconscious but still alive? Call 911, and then Matt so he can notify the next of kin.

If you are a close friend or a loved one, you will probably know how to reach their doctor or a loved one, and you may know if they have a “do not resuscitate” directive. It could be in their Vial of Life in the fridge (see article on pg. 6). Have it in hand if possible. Without one, the paramedics will generally start emergency procedures, hoping to bring the deceased person back and might transport the body to the hospital.

What if you discover a deceased neighbor? Your course of action will be a bit different, depending on whether you are a casual neighbor, a close friend, or a loved one.

If you are a neighbor, first call Matt at the clubhouse. He has protocols in place to handle the details of calling in a doctor or

the coroner to get a legal pronouncement of death, and informing next of kin.

If the person died at home under Hospice care, a friend or relative can call the Hospice nurse, who can declare death and arrange transport of the body.

If pets are involved, be sure to keep them safe and comforted until arrangements can be made for their care.

A personal reminder: In the days and weeks after death, there are many things that next of kin or designated persons will be taking care of. The more “in order” your paperwork is (as well as your stuff), the easier it will be for those left behind. Just sayin’.

May we all live long and prosper!

A Quick Reminder for Those with Cars

by **DAVID GRAY**

Now that colder weather is here, please check the inflation of your car’s tires. The recommended tire pressure can be found on the inside of the driver’s side door pillar. Having properly inflated tires will significantly improve your fuel efficiency and safety as the cold and rainy season arrives. Might as well check your tread depth while you’re at it ... modern tires have “wear bars” going across the tread.

Volunteering at Marin Humane

by **INGA GRACE**

Our local animal shelter, Marin Humane, is just one exit away in Bel Marin Keys. Several of us at Marin Valley volunteer there – some for many years!

After considering volunteering for a long time, I started about a year before the COVID shutdown. That was a challenging time for the shelter, under strict COVID protocols, with no volunteers to support the animals and staff. Thankfully, numerous animals were placed, and are still, in foster homes.

The shelter helps about 10,000 domestic and wild animals each year and has adopted out an average of close to 2,300 for the last several years. 2020 was no exception!

Many dogs are transfers from overpopulated shelters, some are owner surrenders, others are unclaimed strays.

Marin Humane also offers training classes, Humane Society education for kids, assistance for financially challenged pet owners, a San Quentin Pen Pal program, emergency boarding for



animals in need, assistance to shelters in fire zones ... the list goes on.

Before the COVID shutdown, we had plenty of folks walking dogs, socializing cats, and caring for small animals. The dogs got out a lot and received enrichment from learning and stimulation.

Thankfully, volunteers are now returning; the dogs get out more, experience less kennel stress, and present more favorably to potential adopters. Small dogs and puppies usually spend less time at the shelter. We have some fantastic, large dogs that are longer-term residents.

Although cats are on the top of my list, I am volunteering with the dogs. We take them out for walks, exercise, and play time, and we socialize

them and work on good manners. We use a lot of treats and only positive rewards and encouragement.

The most frequent comment I hear from others is: “I could not work with shelter animals because I get too attached and want to take them all home.” Yes, it is challenging at times; I do occasionally wake up in the middle of the night thinking about my current favorite dog sleeping alone in his dog run, waiting for a forever home.

Yet the pros far outweigh the cons, in my experience. There is so much joy being in the moment and doing something positive for these dear beings...and at our age we know that life is about letting go. Holding onto anything we can't take with us is a waste of time. As Mother Teresa said: “We can do small things with great love.”

The other day, Copper, a calm and lovely 80-lb. dog with soft eyes, kissed me goodbye and wagged his tail, as he was adopted by a young, friendly couple. Tears of joy filled my eyes as I watched him jump into their car and take off, ready for his new life!

I have heard that the most common question a person has at the end of life is: “Have I lived well? Have I loved well?”

And what is easier to love than a dog wagging its tail every time it sees you — or a cat purring on your lap?

Or a community of wonderful people working together to create good lives for our four-legged friends ... and knowing you are doing something positive in this world.

One very long-term resident was Skylar. I believe it took about a year to find her forever home! A basset hound/pit bull mix, she wasn't pretty or all that healthy, but she was loved by all despite a quirky personality. She had an endearing habit of carrying her big stuffed toys around on walks.

Some of our senior guests, who have lived all their life with their human, can be a sad sight at the shelter, confused about why they are suddenly alone in a dog run. But they find homes, too. Kind human seniors often adopt small and/or elderly dogs and those are good matches; a large dog or an over-exuberant puppy can surely increase risks of tripping or being pulled over.

Once I lost a dog on campus. The COVID shutdown had just been announced and this was my very last outing, with a tiny Chihuahua, rescued from a hoarding situation. In hindsight, my distraction and sadness about the recent news caused me to not double check the gate to the outdoor enclosure. Suddenly, the little guy was running full speed across the parking lot, toward the street, with me trailing behind. Despite my desperation I was not catching up. I blew the whistle, provided to us for emergency situations, but there was no one there to hear me. All it did was to further scare the dog! Luckily, as I turned the corner of the main building a young trainer was on all fours with the dog leaping into her welcoming arms. Needless to say, I was overcome with relief and gratitude.

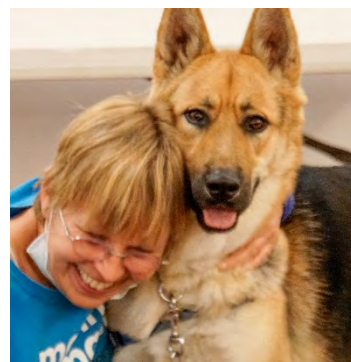
How would I have forgiven myself if I had lost that tiny dog? I don't know ... I thought it best to immediately confess this error and my embarrassment and went straight up to a gathering of senior staff and told them what I did, fully expecting an earful of reprimand. But no — they looked at me with such kindness and said not to worry, it was an accident. That's when I fully realized

The value of this special community.

One reason I love being with the dogs is that it brings me fully present to this moment. When working with unfamiliar shelter dogs, it is imperative to remain grounded, calm, and alert — or unwanted situations may occur, as illustrated above.

It is a kind of meditation; the dogs are in a stressful environment and handled by many people, and they respond directly to energy. I talk to them a lot and mostly take dogs to fenced-in areas where they can run and play and forget about life in captivity for a while. The reward of seeing a sad, shut-down dog smile and wag a tail — perhaps return a ball, ask for a belly rub, or come when called — is enough to make my day.

For inquiries about volunteering, please contact Candace: calexander@marinhumane.org



Snowy Egret

Article and Photographs by **DAVID GRAY**



The snowy egret (*Egretta thula*) is a year-round local marsh bird. Significantly smaller than the great egret by over a foot in body length and weight, these smaller birds are a delight to observe

in the marshes near our Park. I see them in the Hamilton wetlands, the Las Gallinas ponds, and the marshes in Corte Madera, where most of these photos were taken in early October.





Observing the lore (the colored area in front of the eyes) during mating season is a quick way to tell whether the bird is a great egret or a snowy: the snowy lores turn a brilliant orange, while the great egret lores turn a pale but vibrant green.

One really fun behavior to watch is how they fish for food (minnows, tadpoles, small invertebrates): they shuffle their feet to flush prey and then quickly grasp or spear them in the blink of an eye. These are the only birds I have seen who dance to hunt.

Their plumage in mating season is spectacular, and it almost led to the downfall of both the snowy and great egrets back in the late 1800s, when it was fashionable for ladies to have egret plumes on their hats. They were hunted to near extinction before environmentalists Harriet Hemenway and her

cousin Minna Hall stepped in to urge Congress to pass the Weeks-McLean Migratory Bird Act of 1913 to preserve the species.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 6AM Trash 1PM Bridge 5PM MVEST Clubhouse	2 6PM PAC Meeting Zoom/contact Carol-Joy Harris 1-3PM Craft & Chat see Tara Plocher	3 6PM HOL Board Meeting Clubhouse 5PM Dancing Deck or Ballroom	4 11AM-12PM Rollin' Root 	5 12 Mahjong S. McMudie 1-1:30PM Rollin' Root 5PM Dancing 5-7PM Pub	6 5PM Dancing Meadow or Ballroom
7 Turn Clocks Back 10-10:30AM Meditation contact Michael Hagerty	8 6AM Trash 1PM Bridge 5PM MVEST ECHO Deadline	9 1-3PM Craft & Chat	10 6PM Mar Val Meeting Clubhouse 5PM Dancing	11 11AM-12PM Rollin' Root 6PM Wildfire Watch Firesafemarin.org 7PM Bio Night: Timo Navsky see Kim Holscher	12 11AM Fire Safe Marin Mtg. Zoom 12 Mahjong 1-1:30PM Rollin' Root 5PM Dancing 5-7PM Pub	13 1-2:30 PM Community Drum Circle Ballroom 5PM Dancing
14 10-10:30AM Meditation	15 6AM Trash 1PM Bridge 5PM MVEST	16 1-3PM Craft & Chat	17 11-3PM Bridge 5PM Dancing 5PM Thanksgiving Dinner Deadline	18 11AM-12PM Rollin' Root	19 12 Mahjong 1-1:30PM Rollin' Root 5PM Dancing 5-7PM Pub	20 5PM Thanksgiving Dinner 
21 10-10:30AM Meditation	22 6AM Trash 1PM Bridge 5PM MVEST	23 1-3PM Craft & Chat	24 5PM Dancing	25 Thanksgiving	26 12 Mahjong 5PM Dancing 5-7PM Pub	27 5PM Dancing
28 10-10:30AM Meditation	29 6AM Trash 1PM Bridge 5PM MVEST	30 1-3PM Craft & Chat 1:30PM 75+ Elders	<h1>NOVEMBER 2021</h1>			