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**ECHO**

**June 2022**

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IN MEMORIAM

Marianne Gontarz York

April 7, 1948 – May 1, 2022

See p. 13, and visit her corner of our website at <https://marinvalley.net/marianne-gontarz-york/>

REGISTER FOR  
**ALERT MARIN**  
Emergency Notification System  
to get emergency alerts from Marin County at [www.alertmarin.org](http://www.alertmarin.org)  
**415-473-6376**

# Bon Appetit

by **KEVIN MULVANY**



Did you know that many cat and dog foods can be eaten by humans? Not really recommended, but can be done. A grammar school pal considered popping down a few dog biscuits to mark the end of a perfect day.

But never mind that; with all the cats and dogs in the Park, some owners wind up with extra pet food they don't really need. Why not drop it off at the Breezeway Boutique for other residents' pets to enjoy? Merci beaucoup!

*Photo courtesy of Park gourmand Kevin Mulvanuy and the talented Sean Casey.*

## THE ECHO 2022

### MARIN VALLEY MOBILE COUNTRY CLUB

100 MARIN VALLEY DRIVE • NOVATO, CA 94949  
415-883-5911 / 415-883-1971 FAX

[www.marinvalley.net](http://www.marinvalley.net)

EDITOR Anila Manning

COPY EDITOR Mary Barbosa

PROOFREADERS Mary Barbosa, Carol-Joy Harris  
Tara Plocher

CALENDAR COORDINATOR Carolyn Corry

PARK DISTRIBUTION/DELIVERY Mark Crocker

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[www.mobilehomeboard.com/](http://www.mobilehomeboard.com/)

#### MARIN VALLEY

GENERAL MANAGER Matt Greenberg  
[gm.mvmcc@gmail.com](mailto:gm.mvmcc@gmail.com)

#### PAC BOARD

PRESIDENT Jay Shelfer 415-250-0375  
VICE PRESIDENT John Hansen 415-847-7155  
SECRETARY Carol-Joy Harris 415-883-2824  
TREASURER Stephen Plocher 415-302-9043  
AT LARGE Vicki Waddell 415-382-8684

#### STANDING COMMITTEES

FINANCE Stephen Plocher  
MV PROJECT PLANNING John Hansen, Jay Shelfer  
MVEST John Hansen, Bill Davis, John Feld,  
Stephen Plocher, Carol-Joy Harris,  
David Gray, Erma Wheatley,  
Pam Berkon, Joan Cervisi

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2<sup>ND</sup> VICE PRESIDENT Timo Navsky 415-279-5935  
SECRETARY Kamala Allen 415-306-6865  
TREASURER Tara Plocher 415-302-5992  
EVENTS & ACTIVITIES Janie Crocker 281-414-3984  
AT LARGE Anne Lakota 415-713-4606

#### MAR VAL BOARD

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1<sup>ST</sup> VICE PRESIDENT Dan Sebastian 415-382-7738  
2<sup>ND</sup> VICE PRESIDENT Pat Thurston 415-884-0740  
SECRETARY Carolyn Corry 415-370-6403  
TREASURER Sandee Duncan 415-883-3034  
DIRECTOR/BAR MANAGER Fred Dargie 884-2969  
DIRECTOR/HOSPITALITY Larry Moore 883-0486  
DIRECTOR/RESERVATIONS Carolyn Corry 370-6403  
DIRECTOR OF LOGISTICS Larry Cohen 883-7786

#### SUBMITTING ARTICLES

Email articles with "ECHO" as the subject to  
**Anila Manning: [anilahere99@gmail.com](mailto:anilahere99@gmail.com)**  
with a copy of the article in the body of the  
email. Images should be high resolution.

#### ECHO DEADLINE

The 8<sup>th</sup> of the month or sooner  
for the following month's issue

# MVMCC *Management Update*

Warm weather and dry conditions are here. Please be fire safe. Hand crews are trimming the dry grass and brush for defensible space surrounding your home's common area.

Water conservation is mandatory. Our local reservoirs are very low. This is important. Water your gardens with a drip system or micro-irrigation only, at night or early in the morning. Water running down the street due to broken irrigation systems or overwatering is not permitted.

**Utilities:** Remember, if you are experiencing any issues with your gas system, please call the front desk first before calling PG&E. MVMCC is your gas company. Maintenance personnel and Management have received training to help with any problems.

**Rule #12 Carports:** Keep up your home's curb appeal, and continue with your cleanup of stored items in your carport. Per Mobile Home Residency law, you are permitted only certain items in your carport. BBQs and manufactured patio furniture are among several accepted items.

**Parking:** Parking space is paramount with the number of resident vehicles here. Please be considerate by cleaning out your carports and parking your vehicles under them.

**Projects:** Prior to starting any construction at your home, call the front desk to apply for any needed approvals or HCD permits. We can help you with this and guide you through the process.

**Driving:** Please abide by our 15-mph speed limit, and please stop at all stop signs for the safety and consideration of others, including pets.

**Mosquitos:** Standing water is a breeding ground for MOSQUITOS. Please look around your home to determine if you may have any standing water. If so, pour it out to prevent larvae from hatching.

**Pump Station #1** Regarding work to redo pump station #1, the following information is relevant.

The concerns about this project were primarily related to construction disturbance to the community: traffic disruption, noise, dust, and the potential for loss of utility services. All existing utilities will be located and marked prior to construction to mitigate risks of unintentional outages, a temporary sanitary sewer bypass will be constructed to ensure continuous service, and traffic will be minimally impacted by work in the roadway. The contractor will provide traffic control as needed. Construction noise is unavoidable, but will be minimized prior to 8 am due to the close proximity to residents. Residents will be informed of particularly noisy work (jackhammering, etc.), and when necessary, off-site accommodations will be arranged. Dust control will be typical of construction sites. Staff will have an onsite meeting with nearby residents prior to start of work to introduce the project team/contacts, address concerns, and share the project schedule.

The existing 16 ft. x 12 ft. pump house building containing the pumps and controls will be removed during the project, and the new pumps will be submersible and installed below ground. The necessary above-ground features at the new pump station will be the pump control panel, a small odor control unit, and a new emergency backup generator to replace the existing outdated generator. The new pump station site will be enclosed in a redwood fence, with provisions installed for irrigation so future landscaping can further screen the facility. The existing storage shed will remain on the site.

The new pumps are electric and are quieter and more efficient than the existing pumps. The emergency backup generator is a diesel unit, but is CARB-compliant and will only be used in the case of a power failure to the pumps.



*Matt Greenberg*

**Matt Greenberg**  
GENERAL MANAGER  
gm.mvmcc@gmail.com

415-883-5911 ■ 415-883-1971 Fax

# Letter to Residents

Greetings from the Park Acquisition Corporation Board.

**Our finances** are in order. Our cash plus medium- and long-term reserves remains close to \$5 million. The City Council, by recommendation of Novato City Manager and staff, have approved the use of the federal grant for the rehabilitation of our sewage pump stations and subsequent infrastructure. This will amount to the neighborhood of \$3 million; with this savings, our reserves could then be used for other pressing matters. We are awaiting the approval of next year's budget by the city council. Reclaiming the cost of pump station 2 outlays back to our reserves is in progress.

The PAC Board agreed and proposed to the City to **pay down our existing \$3.5 million bank loan.** While this will initially reduce our reserves, we will no longer need to have a debt service of nearly \$652,000 on the loan. Funds used for debt service could then go to replenish and grow our reserves back to comfortable levels. On an average year, we are able to put in reserves of \$800,000 from rental income, less expenses for the yearly budget and capital improvements. The debt service of \$652,000 could be added to these sums. This action is currently being considered by the City of Novato. Our goal is to have more than \$4 million in reserves for needs and emergencies.

**Omicron variants** continue to be a concern, and caution is still advised. The FDA has authorized the emergency use of PAXLOVID, an investigational medicine, for the treatment of mild-to-moderate COVID-19 in adults and children (12 years of age and older weighing at least 88 pounds [40 kg]) who test positive for the virus that causes COVID-19 and who are at high risk for progression to severe COVID-19. PAXLOVID is still being studied. There is limited information about its safety and effectiveness for treating people with mild-to-moderate COVID-19.

In April the Novato police held a community meeting about **Park security.** Motion detector lights and cameras installed around your homes are helpful. Cameras installed to record visitors to your homes and nearby areas should be registered with the police. Should crimes be committed nearby, your pictures and video may give needed information to track down

the perpetrators. Having well-lit streets and lighting around building is generally discouraging to thieves. Residents should act to record and observe and to contact police and Park Management if you observe suspicious activity here in Marin Valley. Do not approach or engage with suspects, as this could be dangerous for you.

The **water reservoirs** in Marin are full but are being drawn down due to the hot weather and lack of rain. The drought currently ongoing in California is likely to continue, and the Water Department is warning us to be mindful of our water usage. We need to conserve what water we now have to last as long as possible. Use of overhead outdoor sprinklers is now permanently limited to two days a week, and outdoor drip irrigation is limited to three days a week from 7 pm to 9 am. Washing down concrete and other hard surfaces with a hose is prohibited.

**Find out what's going on.** Management, MVEST, HOL, and Mar Val are very active on your behalf, and their activities are reported on in articles here in this month's *Echo*. I urge you to investigate and participate.

**Meetings.** The PAC Board's Zoom meetings are enriched by resident participation. Your suggestions on how we can better serve your and the community's interests are always welcomed. Come to the Board meetings or email us to put an item on the agenda.

Agendas for future PAC meetings, which include the Zoom link, are posted 72 hours prior and are available to those on the mailing list. Contact **Carol-Joy Harris** at [caroljoyharris@comcast.net](mailto:caroljoyharris@comcast.net) to be added to the list.

These meetings are broadcast live on Comcast Channel 26. Here's the video of the May meeting: <https://youtu.be/in2TQsc2Tng>. The Annual Meeting will be Saturday, June 4, at 12:30 pm, and the next regular meeting will be Tuesday, June 7, at 6 pm.

In service,





Jay Shelfer  
PAC PRESIDENT  
[jjshelfer@yahoo.com](mailto:jjshelfer@yahoo.com)  
415-250-0375



# Are You Ready...To Evacuate?

by **JOHN HANSEN**

## Your Opportunity to Find Out

### **EVACUATION EXERCISE SATURDAY ■ JUNE 4 ■ 10:30 AM**

Hopefully, you will have prepared as MVEST recommended in the last three *Echo* issues. If so...

The exercise will begin with an alarm at about 10:30 am. You may get a robocall from Matt, a siren, an alert from a bullhorn, or all three.

1. Get dressed in your pre-arranged evacuation outfit
2. Do any last-minute home preparations
3. Grab any necessary items NOT in your go-bag
4. Grab your go-bag and get in your car—make a note of how long it took you
5. Take a deep breath, slowly let it out, then proceed to drive out of the Park on Marin Valley Drive
6. Go to the turn-around over the hill at the entrance to the Park
7. Get a ticket for the pizza party and proceed back over the hill to the clubhouse
8. That's it!



### **Pizza and Drinks for Each Participant**

There's free pizza and drinks at the clubhouse for evacuation participants; BUT — no ticket, no pizza — participants only, please. We will be there to hear your comments and suggestions and answer any questions that may have come up.

# Don't Miss Ember Stomp

by **JOHN FELD**

**Saturday, May 28 • 11 am–5 pm • Marin Center Fairgrounds**

**Ember Stomp**, Marin's First Annual Wildfire Prevention Festival will be held on Saturday, May 28th, from 11 am until 5 pm at the Marin Center Fairgrounds.

This free event will address protecting your home and your family from wildfires.

The festival will be an immersive experience, featuring hands-on activities, and entertainment, with lots of great food from food trucks serving Yucatan, Ukrainian, and Moroccan/Mediterranean fare. On the stage, performers will include AJ Lee & The Blue Summit Band, Los Cenzontles Jóvenes who will showcase traditional Mexican music, The Element Brass Band from Sacramento playing tunes from New Orleans, and the Marty O'Reilly & The Old Soul Orchestra playing blues and folk music.



All Marin residents are invited to explore ways to keep themselves and their homes safe with

1. A fully constructed **small model house** that showcases home hardening features and materials
2. A **demo garden** where Marin Master Gardeners will teach people about the principles, and elements of a fire-smart landscapes
3. Lots of **goats** present to pet and learn about.

**Learn from experts** about

- Fire detection cameras
- PG&E power lines
- The use of NOAA weather radios
- Mobile home wildfire safety training
- Getting your home evaluated for safety.

More than forty supporting organizations including Marin Realtors, the Marin Community Foundation, Red Cross, Marin County Parks & Open Space, and Marin County Fire will be participating. Many activities for children are planned, including a small stage to provide a platform for kids' entertainment and fire prevention demonstrations.

All in all, it sounds like a great event with something for everyone.

And did I say it is FREE?

**Come and have fun and learn something too.**

# Message from Mar Val

Dear Friends,

Mar Val is delighted to announce the beginning of our 2022 schedule of events taking place on the clubhouse deck. On Saturday, June 11, we will host the much-anticipated Jazz Brunch beginning at 11 am. Once again we will be treated to the memorable music of the

Lee Waterman Trio while enjoying a delicious alfresco meal.

We are also taking this opportunity to mention the 4th of July party since the cut-off for reservations occurs during the last week of June. As you will note from details

on the reservation form, this event begins at 5 pm on

Monday, July 4. Please join us for these popular summer parties.

With warmest regards,



*Kathleen Dargie*

Kathleen Dargie  
MAR VAL PRESIDENT  
kfdargie@aol.com

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## **MAR VAL JAZZ BRUNCH**

# **UNDER THE RAGTOP**

### **MUSIC by the LEE WATERMAN TRIO**

### **Saturday, June 11, 2022**

### **11 am Cocktails                      12 pm Brunch**

**Quiches      French Toast Casserole**  
**Sweet Rolls/Muffins      Fresh Fruit**  
**Bagels with Salmon/Cream Cheese**  
**\$15 per person**  
**Mimosas \$6**

Reservation deadline is June 11 @ 5 pm or when 100 reservations have been received. \$15 per person, no cash, make checks payable to Mar Val.

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

*All attendees must show proof of full COVID vaccination and booster.*

# MAR VAL

## July 4<sup>th</sup> Dinner

**5 pm Cocktails**

**6 pm Dinner**

**Music by our own Brynda Foster**

**BBQed Chicken or Vegetable Kabob**

**Chef's choice of sides and salad**

**Apple Pie**

**\$15 per person**

Reservation deadline is **June 30 @ 5 pm** or when 120 reservations have been received. \$15 per person. Checks payable to Mar Val. **NO CASH.**

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

*All attendees must show proof of full COVID vaccination and booster.*

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### A Great Way to Meet Your Neighbors

#### Volunteer for Mar Val Dinner Parties

Our Mar Val Board is looking for some new volunteers to sell drink tickets or help out decorating tables, serving the main dinner entrée, or serving dessert. We would enjoy having new volunteers join our team. It is a great way to meet your neighbors.

If interested, please contact Sandee Duncan at 415-883-3034 or Larry Moore at 702-596-6897.



# Home Owners League Message

Friends and neighbors,

**Elections** If you would like to be on the HOL Board, we will be holding elections at our monthly June meetings. Please let me know if you would like to be nominated to the Board. If there are no new volunteers, the present Board (Tara Plocher, Ed Collins, Janie Klimes, Kamala Allen, Anne Lakota, Timo Navsky, and I) will continue for the next year.

**Humanitarian Fund** Some months ago, PAC gave responsibility for the Humanitarian Fund to HOL. Historically, this fund was mainly financed by the late Marv Weissensee, a resident and Realtor who donated part of his commissions from selling homes in the Park to this fund. Recently the fund has been financing fire-safety yard cleanup for those who cannot afford to get yard help and are incapable of doing it themselves. Our expenses for these tasks have amounted to several hundred dollars per month. Unfortunately, Marv left us some years ago, and the fund is getting low. Consequently, we are calling on residents who can afford to do so, to contribute to this fund. Any amount will be greatly appreciated. Please place donations (checks, please) in an envelope in the cubby next to the front desk in the clubhouse, or the HOL locked box in the breezeway next to the bulletin boards, or give them to me personally. Donating to the fund through an annuity in your will is also a great way to support the Park. The HOL board feels that this is a good program and should continue in order to make our community safer and prettier. Another,

separate Humanitarian Fund, which is managed by Matt Greenberg and financed by the City of Novato's budgeting process, assists people in financial need to pay their Park-related bills.

**Bigger Sound** Recently people have had trouble hearing the television in the Fireside Room, so HOL is looking into purchasing a new, amplified soundbar for the TV.

**Marketplace** Our Breezeway Marketplace will resume in July.

**Poles** We are still looking for donations of walking poles for those in need of help with balance and maneuver-ability. If you have some that you don't use anymore, please let us know.

**Live from the Fireside Room** Our meetings are "live" again in the Fireside Room, and we welcome residents to attend. If you would like to receive an agenda before the meetings and a copy of the minutes, please send me an email at [johnmfeld@gmail.com](mailto:johnmfeld@gmail.com).

Please stay safe and enjoy the coming warm weather.



*Succulents grown and photographed by Lorna Sass*

# Water Aerobics Classes Have Begun!

by **KAMALA ALLEN**

Every Monday, Wednesday, and Friday: 10–11 am in the pool



Warm water, easy exercise (or harder if you make it that way), sunshine, good conversation, and community.

Water aerobics is easy on the joints, good for arthritis, and reduces the risk of injuries. It's also good for osteoporosis; enhances balance, flexibility and coordination; and builds muscle mass and strength. It works out the heart muscles and helps with weight loss and metabolism. Come showered, and come join us!

For further information, call Kamala Allen 415-306-6865.

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## Breezeway Craft Market Returns in July

by **TARA PLOCHER**

Our Breezeway Crafts Market will take June off and resume later in the summer. Watch this space!

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## Community Tai Chi and Qigong

by **DAVID MACLAM**

Community Tai Chi and Qigong is a class anyone can benefit from.

If you can stand or sit, then Community Tai Chi is a path you can follow to improve your health and balance. You can meet and engage in a rewarding activity while finding new friends and meeting neighbors. Drop in and try it!

**Who** – Community Tai Chi and Qigong  
628-253-6298, [davidmaclam@att.net](mailto:davidmaclam@att.net)

**Where** – 100 Marin Valley Dr. clubhouse back deck

**When** – **Morning practice** –  
Sunday through Friday, 7:30 – 9 am  
**Afternoon practice** –  
Tuesday and Friday, 4–5 pm

**Equipment** – Flat shoes and comfortable, loose-fitting clothes. The morning classes often start out on the cool side, so you may need an extra layer.

# Bet You Didn't Know This About...Fred Dargie

by **ANILA MANNING**



You likely know Fred as the famously Scottish bartender who pours with a heavy hand. You may even know about his military background. But – a lover of flowers?

In 1995, shortly after he and his wife Kathleen had moved into the Park, he ordered 500 big fat daffodil bulbs from Holland through Bob Tanem's nursery. However, Bob had them shipped to the soup kitchen he was running, and Fred got there just in time to keep the cook from chopping them up and poisoning everybody! Fred

grabbed a pickax and started digging holes all along Marin Valley Drive for daffodils. Here's the poem Anabel Lefrancois, who lived down on Club View, wrote:

## A Hard-working Retiree

With a soul of a poet  
and a vision in mind  
he went out with a pickax  
to the rim of our hills  
to plant daffodil bulbs  
He delivered swift blows  
to the hard-crustod sod.  
Though ax-handles were broken  
the bulbs got positioned  
in tiny earth pockets  
and given strict orders  
to do what all good bulbs do.  
He came down to the Clubhouse,  
then tackled the sides of the road  
and he kept right on digging  
till five hundred bulbs  
had cozy earth pockets.

The Marin Valley people  
look on with amazement  
at the bright yellow patches  
accenting the lush greenery of spring.  
Poets write of daffodils,  
but this man makes them happen.





# Death and Dying Resources

by **KAMALA ALLEN, DEBORAH BOYAR, AND LISA JACKLER**

Inspired by the beautiful, loving energy and actions of Aneesha Dillon and Timo Navsky in convening our Marin Valley Circle of Friends group, we three (Lisa Jackler, Kamala Allen, and Deborah Boyar) recently compiled an online Google document with a wide variety of excellent resources on death and dying for our community – and truly for anyone whom it might benefit.

Erma created a new page on our Marin Valley website: [Death & Dying Resources](#), which links directly to our online document.

We will continue to add resources as we discover them and as others recommend them. When you click [Circle of Friends/Death & Dying Resources](#), you'll always access the latest version.

Do you have suggestions for items you'd like us to consider adding to the list? Please send them to [boyardeborah@gmail.com](mailto:boyardeborah@gmail.com).

We aspire for this information to be of benefit to all!

Warmly, Kamala, Deborah, and Lisa

Aneesha is offering a series of classes in June and July (in person in the Fireside Room), in conjunction with the Circle of Friends group. The series is called **The Best 3 Months: End of Life Fulfillment, Care, and Planning**.

Our first meeting will take place on **Saturday, June 18 at 3-5 pm**, and the five subsequent meetings will be on **Tuesdays, June 21-July 19 at 3-5 pm**.

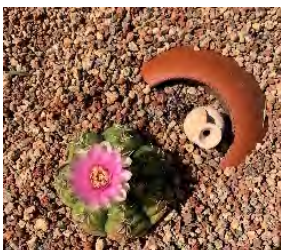
The class is free, though if you decide to join, your regular attendance is expected.

For more information and to register, contact Aneesha at 415-827-7137 or [devaaneesha@hotmail.com](mailto:devaaneesha@hotmail.com).

The regular Circle of Friends meeting will be **Thursday, June 23 from 4-5:30 pm**.

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## Blooming On



by **KATHRYN MCMUDIE**

Marianne York gave Susan and me this cactus before she left. She said it had been in a tiny container for 10 years.

Since she passed on May 1st, her cactus has bloomed twice. I love the secrets of the universe.

# Reflections on Living and Dying

by **MARIANNE GONTARZ-YORK**

*Editor's Note: Our dear Marianne took the end-of-life medicine at 1 pm on Sunday, May 1. She died peacefully on her beloved patio, surrounded by loved ones including her Marin Valley family. Lorna Sass excerpted the following thoughts from Marianne's zoom talk in our Bio Nights. You can see her complete talk at [https://youtu.be/RC07D8Ft1\\_0](https://youtu.be/RC07D8Ft1_0).*



I moved into MVMCC in 2013 with my husband, Mike York. After we sold our home in Terra Linda, we happened upon MVMCC and both thanked our lucky stars. What an amazing community this is!

Mike died suddenly on March 1, 2018, nearly four years ago.

I – a lifetime professional caregiver and gerontologist – was literally shattered by his loss. I wanted to die. Mike had been the one reliable source of love in my life. However, much to my amazement, this community (among others I wasn't even aware of) poured so much love into me that instead of contracting into grief, I began to open to love around me.

I am reminded of a line in the beautiful Leonard Cohen song *Anthem*: 'There is a crack in everything; that's how the light gets in.'

Learning to receive love was the ultimate gift of Mike's death. I really started to see and feel that love was everywhere, but especially in this

community. I also did grief work and took a year-long class at Spirit Rock called One Year to Live, inspired by Stephen Levine's book of that title.

One year and nine months after Mike's death, I was diagnosed with a very serious form of cancer: stage 4 metastatic colon cancer.

I was just getting a foothold on a new life. I had met David Goings, a recent widower, 7 months before. We both went to a workshop to get hugs and we became grief buddies.

Across 3,000 miles and despite COVID, we developed an authentic, loving relationship ... to this day. It looked like I had a new lease on life; I was going to travel and take photos, which has long been a great passion of mine.

Not so fast ... It became clear early on to everyone but me that I wasn't a candidate for surgery because my tumor was barely shrinking. Over the following months, I realized that learning to live with cancer was the best I was going to get.

Cancer thrust me into living in the moment like never before. I joined a Zoom Healing Circle for people living with cancer via Commonweal Institute in Bolinas.

Last Thanksgiving, I received news of a very abnormal scan. Thankfully, my stepdaughter Keri was with me. After my meltdown, I told her that the two good things that would come of this are that the cancer journey would be over and that her father Mike would be on the other side to greet me.

Death is one of the most powerful transitions and yet most everyone denies it. It's the ultimate transformation....

I plan on living full out as long as I can, and to love every moment of life, to accept love and to learn how to be loved. I plan to end my life in a crescendo!

# Rush Creek

Text and Photography by **DAVID GRAY**



Rush Creek is a nearby place where we go to hike and to see what our local birds are up to. Our latest outing in the first week of May found two sets of baby waterfowl: Canada geese and mallards.



There were also birds in their mating plumage: a great egret (bright green lores in front of the eyes)



... and a pair of American avocets (prominent orange tint).



Lastly, I am trying out a new lens for birds in flight. This tree swallow was out hunting for lunch, rocking its vibrant blue feathers.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="text-align: center;">JUNE 2022</h1>			<p style="text-align: right;">1</p> <p>10-11AM Water Aerobics</p> <p>2-3PM Craft&amp;Chat <i>Library/contact Tara Plocher</i></p> <p>6PM HOL Board Meeting <i>Fireside Room</i></p> <p>7PM Dancing</p>	<p>11AM-12PM Rollin' Root </p>	<p style="text-align: right;">3</p> <p>10-11AM Water Aerobics</p> <p>12PM Mahjong</p> <p>1-1:30 PM Rollin' Root</p> <p>4-5 PM Tai Chi</p> <p>5-7PM Pub</p> <p>7PM Dancing</p>	<p style="text-align: right;">4</p> <p>10:30AM MVEST Evacuation Exercise</p> <p>12:30PM PAC Annual Meeting</p> <p>7PM Dancing</p>
			<p style="text-align: right;">5</p> <p>10-10:30AM Meditation <i>Zoom/contact Michael Hagerty</i></p>	<p style="text-align: right;">6</p> <p>6AM Trash</p> <p>10-11AM Water Aerobics</p> <p>5PM MVEST <i>Zoom/contact John Hansen</i></p>	<p style="text-align: right;">7</p> <p><b>VOTE</b></p> <p>4-5 PM Tai Chi <i>Deck</i></p> <p>6PM PAC Board Meeting <i>Zoom/contact Carol-Joy Harris</i></p> <p>5PM Jazz Brunch deadline</p>	<p style="text-align: right;">8</p> <p>10-11AM Water Aerobics</p> <p>2-3PM Craft&amp;Chat</p> <p>7PM Mar Val Board Meeting</p> <p>7PM Dancing</p> <p><i>Echo deadline</i></p>
<p style="text-align: right;">12</p> <p>10-10:30AM Meditation</p>	<p style="text-align: right;">13</p> <p>6AM Trash</p> <p>10-11AM Water Aerobics</p> <p>5PM MVEST</p>	<p style="text-align: right;">14</p> <p>4-5 PM Tai Chi <i>Deck</i></p>	<p style="text-align: right;">15</p> <p>10-11AM Water Aerobics</p> <p>2-3PM Craft&amp;Chat</p> <p>7PM Dancing</p>	<p style="text-align: right;">16</p> <p>11AM-12PM Rollin' Root </p>	<p style="text-align: right;">17</p> <p>10-11AM Water Aerobics</p> <p>12PM Mahjong</p> <p>1-1:30PM Rollin' Root</p> <p>4-5 PM Tai Chi</p> <p>5-7PM Pub</p> <p>7PM Dancing</p>	<p style="text-align: right;">18</p> <p>3-5PM Circle of Friends series <i>contact Aneasha Dillon/Fireside Room</i></p> <p>7PM Dancing</p>
<p style="text-align: right;">19</p> <p>10-10:30AM Meditation</p>	<p style="text-align: right;">20</p> <p>6AM Trash</p> <p>10-11AM Water Aerobics</p> <p>5PM MVEST</p>	<p style="text-align: right;">21</p> <p>3-5PM Circle of Friends series <i>Fireside Room</i></p> <p>4-5 PM Tai Chi <i>Deck</i></p>	<p style="text-align: right;">22</p> <p>10-11AM Water Aerobics</p> <p>2-3PM Craft&amp;Chat</p> <p>7PM Dancing</p>	<p style="text-align: right;">23</p> <p>11AM-12PM Rollin' Root</p> <p>4-5:30 PM Circle of Friends regular meeting <i>Fireside</i></p>	<p style="text-align: right;">24</p> <p>10-11AM Water Aerobics</p> <p>12PM Mahjong</p> <p>1-1:30PM Rollin' Root</p> <p>4-5 PM Tai Chi</p> <p>5-7PM Pub</p> <p>7PM Dancing</p>	<p style="text-align: right;">25</p> <p>7PM Dancing</p>
<p style="text-align: right;">26</p> <p>10-10:30AM Meditation</p>	<p style="text-align: right;">27</p> <p>6AM Trash</p> <p>10-11AM Water Aerobics</p> <p>5PM MVEST</p>	<p style="text-align: right;">28</p> <p>3-5PM Circle of Friends series <i>Fireside Room</i></p> <p>4-5 PM Tai Chi <i>Deck</i></p>	<p style="text-align: right;">29</p> <p>10-11AM Water Aerobics</p> <p>2-3PM Craft&amp;Chat</p> <p>4PM Book Club <i>Carol-Joy Harris</i></p> <p>7PM Dancing</p>	<p style="text-align: right;">30</p> <p>11AM-12PM Rollin' Root </p> <p>5PM July 4 Dinner deadline</p>	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>Please check our website <a href="http://marinvalley.net">marinvalley.net</a> to see if events have changed before you come, or to find a Zoom link.</p> </div>	