

T H E  
**ECHO**

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**July 2022**

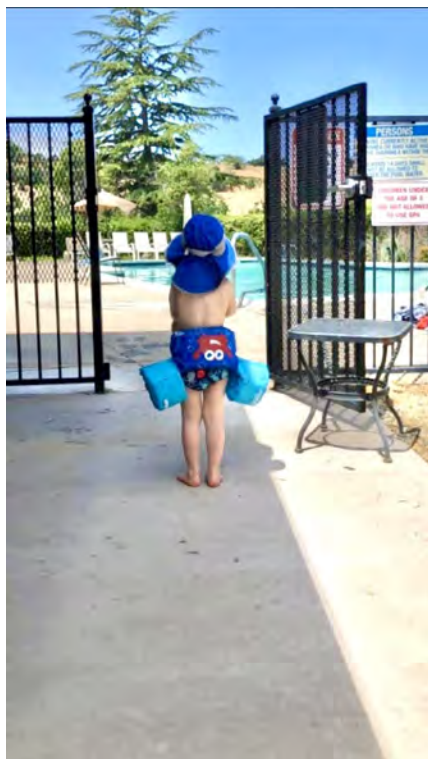
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# Decisions, Decisions

by **KEVIN MULVANY**

We are very fortunate to have a beautiful pool and spa to enjoy year-round. But pools and spas can be extremely dangerous for small children. Drowning is second only to car accidents as the cause of accidental deaths of children 1-14 years old. For every fatal drowning, eight other children require medical attention and may experience lifelong mental and/or physical disabilities. State law actually requires that pool enclosures have self-closing, self-latching gates specifically to protect small children.



Residents are routinely propping open the pool area gate, at times leaving the gate ajar even though no one is left in the pool area. Please make sure the pool gate is always securely latched behind you when entering or leaving the pool area.

Having done inspections following fatal drownings, and reviewed reports of numerous other serious accidents statewide as a health inspector in Santa Clara County, I can assure you none of us ever, ever wants to have a child drowning here at Marin Valley due to simple carelessness on our part.

*Photo courtesy of author and Sean Casey.*

## Directory Update

### New Residents

16 Club View Drive  
**Paula Capoochi**  
415-924-2152

176 Marin Valley Drive  
415-786-4218

**Erin Scott/Judith O'Rourke**  
judith.orourke@gmail.com

109 Panorama Drive  
**Jory Adamson**  
949-697-6101 cell  
sacredalchemy@msn.com

**Paul Weinberger**  
949-395-7700 cell  
hawkberger@yahoo.com

**Changes**  
**Boris Listin Lisitsin**

## THE ECHO 2022

### MARIN VALLEY MOBILE COUNTRY CLUB

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415-883-5911 / 415-883-1971 FAX  
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**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

### PAC 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**

### HOL BOARD

PRESIDENT **John Feld** 510-495-4138  
1<sup>ST</sup> VICE PRESIDENT **Ed Collins** 415-377-7696  
2<sup>ND</sup> VICE PRESIDENT **Timo Navsky** 415-279-5935  
SECRETARY **Anne Lakota** 415-713-4606  
TREASURER **Tara Plocher** 415-302-5992  
EVENTS & ACTIVITIES **Janie Crocker** 281-414-3984  
AT LARGE **Michale Dancer** 415-519-3395

### MAR VAL BOARD

PRESIDENT **Carolyn Corry** 415-370-6403  
1<sup>ST</sup> VICE PRESIDENT **Dan Sebastian** 415-382-7738  
2<sup>ND</sup> VICE PRESIDENT **Pat Thurston** 415-884-0740  
SECRETARY **Connie Marelich** 415-382-3350  
TREASURER **Sandee Duncan** 415-883-3034  
DIRECTOR/BAR MANAGER **Fred Dargie** 884-2969  
DIRECTOR/HOSPITALITY **Larry Moore** 883-0486  
DIRECTOR/RESERVATIONS **Susan Hoff** 707-365-9426  
DIRECTOR OF LOGISTICS **Larry Cohen** 883-7786  
BOARD CONSULTANT **Kathleen Dargie** 884-2969

### 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

# PAC Letter to Residents

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 or email me.

We are paying close attention to **fire safety and abatement** issues here in the Park. We are working on the shaded fuel break. Defensible space is 50-100 feet surrounding MVMCC.

**Tree assessment** is also in progress for pruning or removal of Park-owned trees.

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

Per Rule 10.1, **please do not hang laundry in your yard to dry**. Your neighbors don't appreciate this.

Thank you for your continued cooperation.



*Matt Greenberg*  
Matt Greenberg  
GENERAL MANAGER

gm.mvmcc@gmail.com  
415-883-5911 ■ 415-883-1971 Fax

Greetings from the Park Acquisition Corporation Board.

**Our finances** are in order. Our cash, plus medium- and long-term reserves, remains close to \$5.5 million. The MVMCC operating and capital budgets will be reviewed and possibly amended and approved this month by the Novato City Council. No rent increase is anticipated. MVMCC management, the PAC board, and the Public Works Department of the City of Novato are planning for capital improvements for the Park. We'll keep you updated.

**Omicron variants** continue to be a concern, and caution is still advised.

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 North Marin Water District is warning us to be mindful of our water usage.

**Meetings.** The PAC Board's Zoom meetings are enriched by resident participation. Your suggestions on how we can better serve you 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 June meeting: <https://youtu.be/WNb9cGjtRQY>. The next regular meeting will be Tuesday, July 5, at 6 pm.

In service,



*J Shelfer*  
Jay Shelfer  
PAC PRESIDENT

jjshelfer@yahoo.com  
415.250.0375



# Stay Alert for a Few Summertime Hazards

by **JOHN HANSEN**

*Summer is here, following a beautiful 2022 spring. To help make your summer equally or even more beautiful, it's worth considering a few summertime hazards to which we all may be exposed.*

**Covid Pandemic** – Unfortunately nothing new here, just a reminder that it's still with us and we are among the most vulnerable demographic.

## **MVEST Recommends**

- Don't go anywhere without a mask
- If you need to go indoors, remember to keep your distance and
- Limit your potential exposure times to strangers
- Pay attention to ventilation.

**Red Flag Days** – The local wildland fuel is already exceptionally dry thanks to our perennial drought. Add a dry easterly breeze on a warm day, and we have the recipe for a Red Flag Day, an extreme wildfire risk projection by the Weather Bureau.

## **MVEST Recommends**

Red Flag Days are not hazards in themselves, but rather times to be on highest alert for the next summertime hazard on our list. They are also a good time to do some fire mitigation and preparedness chores:

- Remove leaves away from your home (embers accumulate wherever leaves do.
- Make sure your car is fueled/charged and parked in your driveway facing the street.
- Review your evacuation checklist.
- Check that your contacts list is current.

**Wildfire** – and worse, a conflagration.

The majority of wildfires are routinely handled by our exceptionally talented local fire services, but on Red Flag Days ignitions can often get out of hand in mere seconds – well before the fire services have a chance to get an upper hand – and quickly grow to a conflagration that may last many days.

We have not seen one here in Marin, the likes of which neighboring Sonoma and Napa counties are far too familiar with, but we are far from immune. MVEST has identified wildfire as the greatest and most severe hazard threatening us at Marin Valley.

## **MVEST Recommends**

Review your homeowners' insurance – chances are you're underinsured.

Be prepared to grab your go-bag and evacuate at a moment's notice – day or night.

To help increase the chances for something to return to after an evacuation, stop *thinking* about our recommendations for hardening your home and making your yard defensible, and ACT! Put on your gloves and sunscreen and clean up the five-foot strip of ground abutting your house. Some of us have done a lot, but there's much more to go.

There's a wealth of information on

- our website – [marinvalley.net](http://marinvalley.net)
- Fire Safe Marin – [firesafemarin.org](http://firesafemarin.org)
- Marin Master Gardeners – [marinmg.ucanr.edu](http://marinmg.ucanr.edu).

**Powerout** – At least one power failure is virtually inevitable here in summertime. Powerouts may last for a few minutes, a few hours, to a few days or more – bummer. They may be planned for maintenance, upgrades, or a PG&E Public Services Power Shutoff (PSPS); or unplanned, spontaneous incidents. And worse, they are usually followed shortly by communication failures – cell towers and internet providers – double bummer.

**MVEST Recommends**

**Best** – Large, rechargeable batteries have become very common now, but very expensive, too. They’re silent and easily recharged when the power returns or by solar panels. Larger units can power your fridge and lighting for a day or more.

**Good** – Less expensive but less convenient: gasoline, town gas, or propane fueled generators can do the job but can be deceptively complicated and noisy, hazardous, and undependable if not properly set up and maintained. Best to have a conversation with Park Management before pursuing this option.

**In a pinch** – You can make do with inexpensive and ubiquitous battery-powered flashlights and lanterns for lighting.

To keep your food safe, **dry ice** is the best bet. There are a few local sources, but best to call first – Oops, I forgot, your phone is probably out so you may need to go on an expedition. Try:

**Lucky**  
1761 Grant Ave.,  
Novato  
415-897-4931

**United Liquors**  
1556 4th St.  
San Rafael  
415-456-6573

**Smart & Final**  
935 Andersen Dr.,  
San Rafael  
415-259-0285

**Mollie Stone’s**  
270 Bon Air Center,  
Greenbrae  
415-461-1164

Also, when the power’s out, the clubhouse will be open for you to charge your devices and get timely news about the outage.

**Smoke** – Associated with wildfires and conflagrations throughout the West, we have been known to be saddled with the worst air quality in the world – given a wildfire and atmospheric conditions.

**MVEST Recommends**

Stay indoors as much as possible. N95 masks work in a pinch for brief outdoor exposures but they don’t provide enough protection for extended outings. The best solutions include HEPA filters for home fan or HVAC (MERV-13), and for your car’s cabin air filter. Our clubhouse HVAC systems are also HEPA filtered.

**High Heat** – We always look forward to the warmer days and nights of summer. But with global warming-induced heat waves and drought-induced low humidity, the heat can be deceptively troublesome for us seniors.

**MVEST Recommends**

STAY HYDRATED, especially when the humidity is low;

- stay in the shade on very hot days
- visit the pool
- enjoy our air-conditioned clubhouse
- wear a dampened bandana
- chill your hands and feet (ice bath)
- limit your midday activities.

Also, MVEST set up a breezeway misting station for very hot days. (See next page.)

Have a safe and enjoyable summer!

**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**



# Potential Electrical Problem

by **VICKI WADDELL**

According to our electrician, Rick Kennedy, many of our homes were built in the early 70s and were outfitted with Zinsco electrical panels. The company who produced this product has been out of business for a number of years and for good reason. Their panels can cause house fires as they did with Bill Crozier's home and almost ours! Another company with the same problem is FPE (Federal Pacific Electric).

We came upon this potential problem when we purchased a new refrigerator. It was larger than our previous one, which required us to cut back the upper cabinet and move our microwave to another location. I called Rick's partner, John Purdue, and asked him to stop by to advise us as to where we could put the microwave.



When John went about checking which circuits operated the kitchen, he was unable to cut off the flow of electricity to our oven – a very dangerous situation and exactly what happened to Bill Crozier. John immediately sounded the alarm to Rick

Kennedy, who lives on Marin Valley Drive, and he came barreling down Sunrise to save the day!

A new panel the size of ours (Square D) costs about \$1,800–\$2,000 to replace. Our home is approximately 1,600 sq. ft. and was built in 1974. Was the new panel worth this expense? We decided it was, as there remain many years of life left to “this old house” as well as to Ed and me!

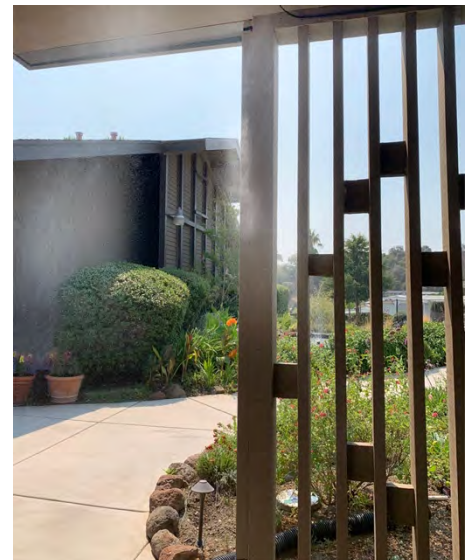
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# Working the Breezeway Mister To Cool Yourself Off

by **JOHN FELD**



1. Make sure the water is turned on at the faucet
2. Turn the valve to be in line with the water flow
3. Rotate the timer clockwise for the desired time
4. Turn off everything after use



# Message from Mar Val

Dear Friends,

Depending on the date you are reading this issue of the *Echo*, you may still have time to sign up for the 4th of July dinner if you have not already done so. The deadline is Wednesday, June 30, at 5 pm.

We are pleased to announce there will be a pasta dinner at Pub on Friday, July 22, at 5:30 pm, and reservations are required by July 19.

Mar Val held its annual General Meeting on Wednesday, June 8, and unanimously voted in new members of the Board. We are delighted to confirm that the new Board members are:

- Carolyn Corry, President
- Susan Hoff, Reservationist
- Connie Marelich, Secretary

I would personally like to convey my congratulations to the new Board and to express my deepest gratitude for the support I received from both the Board and the residents during my term as Mar Val President.

With warmest regards,



*Kathleen Dargie*  
Kathleen Dargie  
kfdargie@aol.com



***Kathleen Dargie***  
***Please join us in celebration***  
***and appreciation of Kathleen's***  
***twelve years of service as***  
***Mar Val President.***

***Kathleen Pub Appreciation***  
***July 15, 2022***

***Hors d'oeuvres and cake to be served. While reservations are not necessary, it would be helpful to get a head count...Please sign up at the Clubhouse or contact Carolyn 415-370-6403 or [ckcorry@comcast.net](mailto:ckcorry@comcast.net) by July 12. This event is for residents only.***

***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, serve the main dinner entrée, or serve 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.



# Mar Val PASTA PUB NIGHT



Friday, July 22

Dinner will start at 5:30

Pasta with choice of sauces (pesto or meat)

Salad and garlic bread

\$10 per person

Reservation deadline – July 19 or when 100 reservations have been received.

For questions call Susan Hoff @ 707-365-9426

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

# Home Owners League Message

Friends and neighbors,

## **HOL Board**

HOL is delighted to welcome **Michale Dancer** to the Board. Regretfully, **Kamala Allen** has resigned, at least for now, and her position as Secretary has been taken on by Anne Lakota. We will miss Kamala's energy and inquisitive mind, and we look forward to working with Michale, who will be a valuable addition to the team.

## **TV Sound**

**Cheryl Rebischung** has very kindly donated a sound bar to HOL to increase the volume from the Fireside Room's television. We were all set to buy one, as people have experienced insufficient volume from the original system.

## **Humanitarian Fund**

The Humanitarian Fund provides cash for the upkeep of gardens and yards of people who are unable to clean up their own yards or to employ someone else to do it. HOL recently took over this fund from PAC, and it is quickly running out of money. So, we are reaching out to the community for donations. This yard maintenance is to make the houses more fire-resistant – not to plant new trees, shrubs, or flowers. If you can contribute to this fund and help make the Park more sustainable and pleasant, we would all be very grateful. If your contributions are done in your name, we will thank you in the *Echo*.

## **NightJet Mystery Theatre**

I imagine all attendees of the NightJet Mystery Theatre enjoyed the play as much as I did. If you were unable to attend that night, or would like to relive the experience, we will have a video of it online on our website soon and available on DVD for a minimal cost. There are rumors that **Vicki Waddell** may be writing yet another play!

## **Art Gallery**

If you have not yet had the opportunity to visit the Marin Valley Art Gallery in the clubhouse, please do so. **Suzy Lahr** and the many community artists have put together a wonderful new exhibit.

## **Dump Run**

The next dump run will be on Saturday, July 30. Please mark it on your calendar, and nearer that date please inform **Ed Collins** that you require his services.

## **E-waste**

Ed has also arranged for the Conservation Corps North Bay to come and pick up e-waste, which includes televisions, monitors, computers, phones, printers, fax machines, and microwaves. You can schedule a Thursday pick up at 415-454-4554.

## **Bark in the Park**

was again a great success, although many dogs missed the event and missed out on the copious handouts generously provided by the local Pet Club.

## **Monthly Meetings**

You are always welcome to attend our meetings in the Fireside Room on the first Wednesday of each month at 6 pm.

Best wishes and stay safe.



*John Feld*

**John Feld**  
HOL PRESIDENT  
[johnmfeld@gmail.com](mailto:johnmfeld@gmail.com)  
510-495-4138 cell

# Bark in the Park

by **TIMO NAVSKY**

Bark in the Park was another fun HOL event for Marin Valley residents and their wonderful pups! On May 28th our pups, owners, and friends came together in the meadow for prizes, treats, training tips, a costume contest, and a doggy parade.

Once again, a special shout-out to the **Pet Club** at 508 Tamalpais Drive in Corte Madera for supplying us with fabulous treat bags for all dogs! Thank you, Scott, store manager, for your generosity both last year and again this year.

We also honored **Henry Frummer**, our own special Pied Piper. Henry shows up with dog

treats at all meadow dance events. He got a Best in Show award and a doggie coffee mug in appreciation.

The Bark in the Park volunteer committee included **Betty Cianciarulo, John Feld, Meg Jordan, Anne Lakota, and Erma Wheatley**. Thanks, everybody, for all your hard work and help. Thank you, Betty, for your help this year with a talk on training, socializing, and good behavior tips for our sweet pups! **Anne Lakota** was our photographer and spent a lot of time with me organizing our photo collage:



There will be another Bark in the Park next spring. Please email any new ideas you come up with. We'll be collecting new toys that your dog has outgrown, closer to the event date. Bark bark ... wag wag!



# Art in the Park

by **SUZIE LAHR**

A round of applause to the artists who created the gorgeous works in the most recent Marin Valley Gallery exhibit. The display includes an array of wall art, stained glass, and driftwood sculptures for your viewing pleasure. The range of talent employs all types of artistic mediums, from oils, acrylics, gouache, pastels, and pencil drawings to photographs on both photographic paper and on metal and canvas, as well

as delicately cut glass and even some organic natural materials.

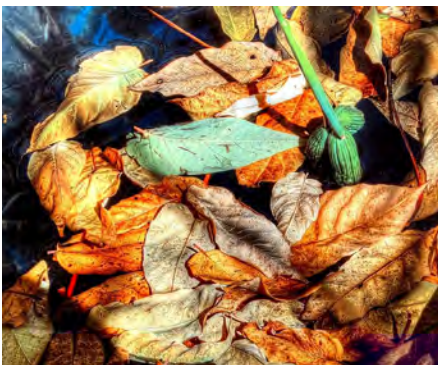
This community has certainly developed into a haven for artists – writers, actors, musicians, and dancers who reside here and share with us so many of their talents. It appears to have exploded into creative abundance in the past several years! We extend our latest Art in the Park invitation to all residents to visit our Marin Valley

Gallery, where we have just completed the installation of our 11th exhibit.

Our special pen pal visitors from Heartwood School in Fairfax, California, visited us on May 24th to see the community where we live and took a tour of the Marin Valley Gallery, where they met several of our artists. The students signed our guest book and delighted us with their interactions with our

elders and artists alike before they departed for their year-end pool party at the Marinwood Community Center.

Enjoy the beauty we have on display on the walls of the lobby and Fireside Room of the Marin Valley clubhouse! And while you are there, please take a moment to sign our guestbook and let us know if you enjoyed it as much as we enjoyed the creation of it all.



*Clockwise from center: Scarred Lion, David Gray, photograph; Fiesta, Nan Buel, mixed media; North Bay Sunrise, Jane Klimes Crocker, stained glass; Autumn, Peter Dyke, photograph on metal; Without the Bridge, Erma Wheatley, oil painting.*

# Just One Hour

by **MARLENE MONTALVO**

A reminder to everyone about Just One Hour, a subcommittee of HOL. We're volunteers who commit to helping our fellow residents for an hour or so with a variety of projects, such as:

- Light gardening, weeding, plant care
- Short rides (grocery, medical, etc.)
- Minor handyperson work
- Light meals
- Shopping/errands
- Library book pickups

If you need a service not listed here, give me a call and we'll see if there's something we can do to help.

We're always looking for new volunteers, especially handypersons and ride providers. Please get in touch if you're interested.

You can reach me at [marlene24@comcast.net](mailto:marlene24@comcast.net) or 415-883-8786.

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# Dump Run

by **ED COLLINS**

The next dump run will be Saturday, July 30. If needed, there is usually time for two runs – one in the morning and one in the afternoon.

Residents can email or text (no phone calls) **Ed Collins** to be put on a list to have junk picked up and taken to the dump. Items for the run need to be piled in their carports or driveways and clearly labeled as junk. Residents may need to help load the junk or arrange to have someone to help with any large items. Volunteers to help with these runs would be appreciated.

Toxic materials such as chemicals, oil, paint, and pressure-treated wood are not accepted. You can take those items to **Recology Sonoma Marin Recycling Center** at 7576 Redwood Blvd, Novato 800-243-0291

Their website is:

<https://www.recology.com/recology-sonoma-marin/novato-recycling-center/>.

Electronic items are also not accepted (small appliances are). See the article in this *Echo* about a service that will pick them up for free. You can also drop them off in Bel Marin Keyes at the **Computer & Technology Resource Center** 42 Digital Drive. #3, Novato, 94949 415-883-1428.

HOL will cover the costs; donations will be appreciated.

The dump run will be Saturday, July 30. Email Ed at [mretc@hotmail.com](mailto:mretc@hotmail.com) or text at 415-377-7696.



# Breezeway Craft Market Returns

by **CHERRIE DOUGHERTY**

A sneak preview of some of the treats we'll be selling in the Breezeway Crafts Market July 2 from 2-4 pm!



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## It's Been a Year

by **RAY SCHNEIDER**

*Delanna "Dee" Justice Schneider died on July 3rd, 2021. We knew each other for 64 years and were married for almost 60 of those 64, so I thought I would reminisce a bit.*

### **A Little History**

Dee grew up in a modest home on 74th Street in Los Angeles. Her father was district manager for Federal Mogul (automotive parts); her mother had the most important job of all: staying home, raising Delanna and her older brother (by four years).

Dee graduated from Washington High School, then on to the University of Southern California (USC), where we met, in a freshman speech class, in February 1958. We were married on February 3rd, 1962, in Madison, Connecticut, in an iconic white, high-steepled New England First Congregational church. For 59½ years we were always Mr. and Mrs. R&D.

Now for the reminiscences.

### **At Home**

Once our two incredible daughters, Carrie and Kathie, abandoned Mom and Dad (as all children do), Ray dispensed with Christmas trees. Dee was not happy with that, so she hung myriads of ornaments everywhere: on curtain rods, cabinet doorknobs, the chandelier, the front door, open space – everywhere.

She and a good friend, Jeannie Cohn, led paid hikes for 33 years: all over Marin, Sonoma County, and the North Bay; all over other places most people only read about: Belize, the Galapagos, Panama City,

Magdalena Bay, even Hawaii and Wisconsin. Delanna, an accomplished amateur ornithologist, knew the birds; Jeanne knew the plants and trees.



Dee taught four- and five-year-olds for over 34 years. Sometimes part-time, sometimes full. She retired from Strawberry Preschool four separate times, always getting a "we want you back" call.

Her personality had the most amazing effect on everyone she met. She loved people – and they loved her – so much that she was always surrounded by incredibly good friends – always.

### **In the Park**

- Almost daily walks in Marin Valley, stopping to chat with all the great folks we inevitably met.
- She loved Pub: I'd walk her down the hill; Ed and Vickie would drive her back up the hill (home by 7).
- She loved the pool, especially water aerobics.
- Dee and Pauline tore out the juniper in front of the clubhouse, then planted most of what you now see.
- She was on the board of Mar Val.
- Dancing at the New Year's Eve party (and in-between whenever and wherever).
- And all the monthly dinners – we never missed a one.
- Walking to and along the railroad tracks, even into St. Vincent's.
- Walking the hill behind our home to the water tower.
- Walking the ridge between Marin Valley and St. Vincent's.

### **With Our Two Incredible Daughters**



### **Carrie says:**

- Looking at banana slugs and water skeeters on hikes as a kid.
- Watching *Days of Our Lives* with her while she ironed, when I was home sick.
- Birding with her and the other birders on the Frio River in the Texas hill country.
- Pool parties at Jeannie's, Dee's hiking partner for 33 years.
- Going to Wildcare animal rehabilitation center in San Rafael with her.
- Whale watching with her at Russ' and my wedding in Capitola



*Carrie, Dee, Kathie, our old friend Tora*

### **Kathie says:**

- The day I was too big for her to pick me up and carry me, replaced by the persistent \*feeling\* that she was simply always there ... a constant in my life.
- Having a pot of warm water on the green Coleman stove for us to wash our faces when camping.
- Wrapping bumps-on-the-log (peanut butter and raisins on celery) in wax bags for school lunch.
- When I was in high school, feeling we'd become disconnected, she took me out to dinner once a month.
- When I lived in Alaska for seven years, we kept in touch constantly by telephone and letters.
- She gave me the gift of birdwatching, which is still my most prominent hobby.
- I spent three remarkable weeks with her in Florida, Georgia, and Louisiana, with the pleasure of spending every minute of every day in her company.
- She was a social butterfly and had a completely full calendar all of her life.

# American Robin

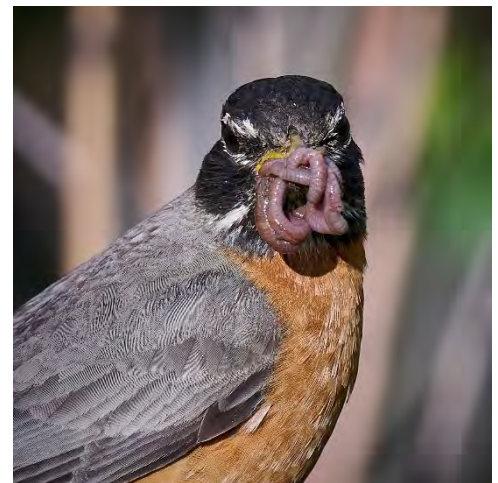
Text and Photography by **DAVID GRAY**

The American robin (*Turdus migratorius*) is a member of the thrush family, and it lives in our area year-round, with more prevalence during migration between its summer and winter ranges. The timing for these recent photos may appear a bit off for spring; Nancy and I were in southwestern Montana, where spring is ongoing.

We found this female American robin while camping at Norris Hot Springs, MT. She was obviously up to \*something\* as she fluffed herself up to maximum size and did some bold posturing.



When she came by with a mouthful of earthworms, it became obvious that she was on her way to feed her young.







Waiting quietly and patiently in the bushes was a single fledgling (apparently the last of the three-to-seven hatchlings that are typical for robin broods), who was \*very\* happy to get some food. The young are very well camouflaged, with white-tipped feathers that make them blend into the background.

The mouth is not so well camouflaged, being a bright yellow-orange, giving the parent a nice bright target for food.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>JULY 2022</h1>					<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>	
					1	2
					<b>10-11AM Water Aerobics</b> <b>12PM Mahjong</b> <b>1-1:30 PM Rollin' Root</b> <b>4-5 PM Tai Chi</b> <b>5-7PM Pub</b> <b>7PM Dancing</b>	<b>2-4 PM Breezeway Craft Market</b> <b>3-6PM Private Event</b> <b>7PM Dancing</b>
3	4	5	6	7	8	9
<b>10-10:30AM Meditation</b> <i>Zoom/contact Michael Hagerty</i>	<b>6AM Trash</b> <b>10-11AM Water Aerobics</b> <b>5PM July 4 Dinner</b>	<b>3-5PM Circle of Friends Series</b> <i>Fireside Room</i> <b>4-5 PM Tai Chi</b> <i>Deck</i> <b>6PM PAC Board Meeting</b> <i>Zoom/contact Carol-Joy Harris</i>	<b>10-11AM Water Aerobics</b> <b>2-3PM Craft&amp;Chat</b> <b>6PM HOL Board Meeting</b> <i>Fireside Room</i> <b>7PM Dancing</b>	<b>11-12PM Rollin' Root</b> 	<b>10-11AM Water Aerobics</b> <b>11AM Fire Safe Marin</b> <b>12PM Mahjong</b> <b>1-1:30 PM Rollin' Root</b> <b>4-5 PM Tai Chi</b> <b>5-7PM Pub</b> <b>7PM Dancing</b> <b>Echo deadline</b>	<b>7PM Dancing</b>
10	11	12	13	14	15	16
<b>10-10:30AM Meditation</b>	<b>6AM Trash</b> <b>10-11AM Water Aerobics</b> <b>5PM MVEST</b> <i>Zoom/contact John Hansen</i>	<b>3-5PM Circle of Friends Series</b> <b>4-5 PM Tai Chi</b>	<b>10-11AM Water Aerobics</b> <b>2-3PM Craft&amp;Chat</b> <b>7PM Mar Val Board Meeting</b> <b>7PM Dancing</b>	<b>11-12PM Rollin' Root</b> 	<b>10-11AM Water Aerobics</b> <b>11AM Financial Abuse</b> <b>1-1:30 PM Rollin' Root</b> <b>4-5 PM Tai Chi</b> <b>5-7PM Kathleen Appreciation Pub</b> <b>7PM Dancing</b>	<b>7PM Dancing</b>
17	18	19	20	21	22	23
<b>10-10:30AM Meditation</b>	<b>6AM Trash</b> <b>10-11AM Water Aerobics</b> <b>5PM MVEST</b>	<b>3-5PM Circle of Friends Series</b> <b>4-5 PM Tai Chi</b> <b>5PM Pasta Pub deadline</b>	<b>10-11AM Water Aerobics</b> <b>2-3PM Craft&amp;Chat</b> <b>7PM Dancing</b>	<b>11-12PM Rollin' Root</b> <b>4-5:30PM Circle of Friends Regular Meeting</b>	<b>10-11AM Water Aerobics</b> <b>12PM Mahjong</b> <b>1-1:30 PM Rollin' Root</b> <b>4-5 PM Tai Chi</b> <b>5:30-7PM Pasta Pub</b> <b>7PM Dancing</b>	<b>7PM Dancing</b>
24	25	26	27	28	29	30
<b>10-10:30AM Meditation</b>	<b>6AM Trash</b> <b>10-11AM Water Aerobics</b> <b>5PM MVEST</b>	<b>4-5 PM Tai Chi</b>	<b>10-11AM Water Aerobics</b> <b>2-3PM Craft&amp;Chat</b> <b>4PM Book Club</b> <i>Carol-Joy Harris</i> <b>7PM Dancing</b>	<b>11-12PM Rollin' Root</b> 	<b>10-11AM Water Aerobics</b> <b>12PM Mahjong</b> <b>1-1:30 PM Rollin' Root</b> <b>4-5 PM Tai Chi</b> <b>5-7PM Pub</b> <b>7PM Dancing</b>	<b>9AM Dump Run</b> <i>contact Ed Collins</i> <b>7PM Dancing</b>