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ECHO

November 2022

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MVMCC Management Update

Now is the time to clean out your rain gutters. Next, install water diverters which can be purchased in a plastic roll to direct the water from the downspouts to a location away from your skirting, preventing water from going under your home while it rains.

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

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

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

The clubhouse bar has been updated for resident use with new countertops, new bar back mirror, LED lighting, and fresh paint. Please come and enjoy.

We are completing our retaining-wall line-item budget for the year along with several drainage jobs to vacate standing water. The gutters and V-ditches have also been cleaned in preparation for winter rain.

Thank you,




Matt Greenberg
GENERAL MANAGER
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415-883-5911 ■ 415-883-1971 Fax

Directory Update

NEW RESIDENTS

Pamela Johnson
9 Club View Drive
415-497-6587 (c) pamji@comcast.net

Anne Nadler
164 Marin Valley Drive
510-390-5534

THE ECHO 2022

MARIN VALLEY

MOBILE COUNTRY CLUB

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SUBMITTING ARTICLES

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

ECHO DEADLINE

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

Letter to Residents

Greetings from the Park Acquisition Corporation Board.

Finances Our finances are in order. Our cash plus medium- and long-term reserves continues to be more than \$5.5 million.

Sewage Pumping Station Construction of the replacement/renewal of the sewage pump station no. 1 near the clubhouse is reported to begin later this year, but pending equipment availability and rain may postpone it until next year.

Vaccine A new vaccine is available that combines the old and new mutations of COVID. Ask your doctor if it is advisable for you to get it. When we let our guard down, we can end up with COVID. It's still around and by all appearances will be with us for a long time.

Water The water reservoirs in Marin are adequate but are being drawn down due to hot weather, winds, and lack of rain. The drought in California is likely to continue, and the water department urges us to be mindful of our water usage.

Infrastructure The expected overview of the condition of MVMCC has been completed by outside agencies. After input from MVMCC's management, the City of Novato's engineering group will digest it and make recommendations to the City Council.

Activities Management, MVEST, HOL, and Mar Val are all very active on your behalf, and their activities are reported on in articles in each month's *Echo*. I urge you to investigate and participate.

Participation 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.

Agendas Agendas for future PAC meetings are posted 72 hours prior to the meetings and are available to those on the mailing list. To be added to this list, contact PAC secretary Carol-Joy Harris at caroljoyharris@comcast.net.

Meetings Board meetings will also be broadcast on Comcast channel 26. A recording of the October meeting is available at <https://youtu.be/JMJmoxmLpu4>. The next board meeting will be on Tuesday, November 1, at 6 pm.

In service,



Jackrabbit Update

Peggy Hill updates us: "The biologist just called me with the autopsy report results: My jackrabbit and one other from MVMCC were both found to have died from the highly infectious Hemorrhagic Disease, RHDV2."

It doesn't spread to humans or other animals, but it will spread to all kinds of rabbits via contact, insects, or scavengers.

Please **report sick or dead wild rabbits** (2 or more) here wildlife.ca.gov/Conservation/Laboratories/Wildlife-Health/Monitoring/Mortality-Report





Is Your Number Up?

by **JOHN HANSEN**

Novato Fire District (NFD) trucks visit Marin Valley several times a week responding to resident emergency calls: medical, physical, and even the rare fire. In fact, fire reports represent only a small fraction of NFD emergency calls.

Many emergency calls are extremely time-sensitive medical emergencies, such as heart attacks, strokes, falls, and severe injuries – the primary metric for survival and recovery from such incidents is the time between incident onset and definitive medical treatment at a hospital emergency department. NFD emergency response times are excellent: normally less than 10 minutes, often much less. But arrival of a paramedic at the scene is not the first, but rather the fourth step of a five-step process, each of which must happen very quickly.

The best chance of surviving and recovering, for instance, from a heart attack, depends on:

- 1) Early victim incident detection and response
- 2) Early emergency medical system (EMS) activation
- 3) Early interim first aid by a relative or neighbor
- 4) Early EMS intervention by a paramedic – e.g., electronic defibrillator, oxygen administration, code-3 rush to the hospital
- 5) Early definitive hospital EMS intervention

There are significant life-saving opportunities that may face any of us – and at any time – before first responders arrive. Let's briefly summarize these:

1) Early incident detection and response

It is difficult for many of us to acknowledge we're getting older and in many ways more fragile and vulnerable to both physical and medical challenges. To help account for this, we need a little help from our friends.

RECOMMENDATION

Build yourself a personal support team from relatives, friends, and close neighbors, then develop a simple communication plan so someone will be able to quickly take action if you experience an emergency.

2) Early EMS activation

The go-to EMS activation step is to call 9-1-1. This will connect the caller directly to the EMS dispatcher. This works best for landlines. But for cellular and Wi-Fi calls, 9-1-1 goes to a CHP dispatcher who must then connect with their local Novato counterpart. This can add life-draining minutes to get the information to the local dispatcher, so a direct call to the dispatcher may be much faster than 9-1-1.

RECOMMENDATION

For a local emergency, call 9-1-1 on a landline; OR call 1-415-892-1511 on a cellular or Wi-Fi network (pre-program this number into your cellphone). The dispatcher will ask for your name, phone number, incident address, nature of the emergency, and other information if you have it. The dispatcher may also ask you to remain on the line

3) Early interim first aid

This is where some education, training, and regular updates and practice come in. Someone will need to quickly assess the emergency and begin the appropriate interim first aid while EMS responders are enroute. This may entail doing a quick assessment, performing CPR, stopping severe bleeding, retrieving a prescription med (nitroglycerine, for example), or trying to dislodge a breathing obstruction.

There are several organizations that regularly offer or sponsor hands-on training for medical emergencies – often at no charge. These include the American Red Cross, Marin Medical Reserve Corps (MMRC), CERT programs, and local fire departments, among others. Southern Marin Fire District recently sponsored a number of “Sidewalk CPR” and “Stop-The-Bleed” trainings at several locations in Southern Marin. MMRC recently provided a local FADR (First Aid for Disaster Responders) training that is well suited to our needs. MVEST is trying to schedule a FADR training in Marin Valley for this winter. Interested? Let us know.

RECOMMENDATION

Sign up yourself and your support group for these programs when they are available. First aid is not something we do regularly, so learn and practice within your team so you’re each ready to respond on a moment’s notice.

4) Early paramedic EMS intervention

Novato firefighters are well trained and experienced with fire suppression, but they’re also paramedics – well trained and experienced with both Basic and Advanced Life Support (ALS). Upon arrival at a medical emergency, they can very quickly complete an initial assessment and begin appropriate treatment ... but first, they need to find you.

I have noticed during my walks through the Park that many home address numbers are obscure, hard to find, too small, or hard to read because they blend in with their background. Time spent searching for you is time lost for saving your life.

RECOMMENDATION

Check your house number visibility. Is it large enough? (4 to 6 inches) Does it contrast well with your house color? Does it face the street? Is it obscured by overgrown bushes or trees?

When first responders arrive, while one is attending to the victim, another is searching for vital information about the victim – current medications, allergies, special instructions, etc. Several years ago, we assisted NFD with putting together special emergency information packets called the “Vial of Life” – a large prescription bottle that holds your critical information, and also signage to let responders know if/where it is. Paramedics are delighted to find these little information jackpots.

MVEST is considering rejuvenating the Vial of Life for Marin Valley, plus we still have a few left from before. Interested in one of these? Call me.

RECOMMENDATION

Make a list of current medications and where you keep them, known allergies, health insurance info, close contacts, and special medical instructions; and let your support group know where it is. MVEST can provide the form to fill out.

Also, get a Vial of Life from MVEST while supplies last. We’ll let you know when there’s more. There are also many versions available online. If you already have one – time to update?

5) Early Professional EMS intervention

Professional medical intervention is the definitive step in an emergency victim’s quest for survival and recovery. But the key is to begin number 1) as soon as possible, and that depends entirely on your personal emergency planning and preparedness.

RECOMMENDATION

Follow our recommendations for assembling your emergency support team, special preparations, and training so you’ll have the best chance to survive and recover.

For more info, email me at johnhansen.emt@gmail.com

Vial of Life

by **ANILA MANNING**

“What medications is he taking? Does he have a DNR? A Durable Power of Attorney for Healthcare? Who is his doctor?” the strong young paramedic asked while his partner took care of our friend who was coughing up blood in his bedroom, unable to speak. I had no idea. I looked on his desk, and he had printed out a list of his meds and notes on his condition (Score!), but we had nothing else. They whisked him away in the ambulance and there I was. *Who ya gonna call?*

I don't want anybody else ever to feel as helpless and frustrated as I did then. No matter what condition you are in now, please take a few minutes to fill out the form from vialoflife.com, put it in a baggie, and tape it to your refrigerator. Paramedics know to look there.

It's even easier for them to look for the red stickers from the Vial of Life folks, who have a whole kit with stickers, the form to fill out, and a plastic vial to keep it safe in your fridge. MVEST has this vial setup for you for free, until they run out. See p.5.

Thank you; our paramedics thank you; and your friend or neighbor who might suddenly need to know this also thanks you!



Dear Neighbors

by **KIM HOLSCHER**

Having lived here in the Park only since 2018, I have nonetheless gleaned a few vital bits of health and safety information just by listening to what's happened to a few folks here.

1. Call 9-1-1

If the thought enters your head that you might need an ambulance because you are really not well, **CALL RIGHT AWAY**. Putting it off and waiting to get better, calling a friend, or hoping to avoid spending money are **NOT** good alternatives to simply getting immediate help. Just call.

2. Go to the Hospital

When first responders arrive and want to transport you to a hospital, **GO**. Especially if another adult called them and is urging you to go. **GO**.

3. Keep Your Phone Charged and with You

Some smart phones can be set up to give emergency information to first responders and notify your family that you are having an emergency. Should you become unconscious or fall, the phone can call 9-1-1 for you.

EDITOR'S NOTE: (9-1-1) from a cell phone does not go directly to emergency responders but gets referred by another agency. Instead, from a cell phone, call 415-892-1511 for the most direct connection to dispatch.)

This can be life-saving, so keep your phone on you even when at home. There are emergency necklaces that do a similar thing. Why not have both?

Let's take care of ourselves and our neighbors by doing these things. Thank you.

Message from Mar Val

Dear friends,

The holiday season is fast approaching, and Mar Val is busy making plans for several celebrations. First is our annual Thanksgiving dinner on November 19 – turkey, dressing and all of the ever-so-tasty sides – turkeys are roasted and carved by fellow residents.

This event was originally planned and executed many years ago by Shirley Forrest ... the details and specifics of this dinner rival the plans for Macy's Thanksgiving Day Parade. Shirley's ideas were precise and covered even the merest of details and then, amazingly, Shirley left town to celebrate the day with her family.

We are still using the same strategies today, but now we are so fortunate to have Shirley and some of her family celebrating Thanksgiving with us. Thank you, Shirley, for giving us the roadmap to such a successful event.

Reservations will not be accepted prior to November 1, but please sign up early – this event always fills up quickly.

Of course, Mar Val will be celebrating with a Holiday Dinner on December 17, and a New Year's Eve Celebration on December 31. Check your December *Echo* for further information.

Providing a dinner event each month, along with Pub every Friday, and several "special" Pub nights a year is a massive undertaking for the Mar Val Board, and while we truly enjoy presenting these affairs for residents, we need your help. We need shoppers, kitchen helpers, servers, table decorators, bartenders, ticket sellers, and the always-needed pair of helping hands. If you are interested in volunteering in any capacity, please call Sandee Duncan, 415-883-3034 or me.

Yes, volunteering is work and involves commitment, but we have a lot of laughs along the way ... your commitment can be a one-time happening or once a month, or????? Let's talk and together find a task that you will greatly enjoy and that Mar Val and other residents will so appreciate.

As we enter this season of Thanksgiving, Mar Val gives thanks to the multitude of volunteers who have blessed us all with the gifts of their time, talents, service, and dedication. These giving residents have provided us all with many joyful events that we have been able to share with our fellow residents. We are all so fortunate to be able to call Marin Valley our home and are ever so thankful to the volunteers who so enrich our lives in the Park.

I wish each of you a very Happy Thanksgiving.



Carolyn Corry
MAR VAL PRESIDENT
ckcorry@comcast.net
415-370-6403 cell



Mar Val Thanksgiving Dinner

November 19 5 pm Cocktails 6 pm Dinner

Menu

**Turkey and Dressing
Sweet Potatoes
Mashed Potatoes & Gravy
Green Bean Casserole
Cranberry Sauce
Rolls
Pumpkin Pie**

Reservations: \$15 per meal

Limit: 2 persons per household

Reservation deadline, November 14, 5 pm

(or if 140 reservations are received before the deadline)

Reservations will NOT be accepted prior to November 1

Even if you have generously volunteered,
YOU MUST STILL DEPOSIT A RESERVATION CHECK PRIOR TO THE DEADLINE

Questions? – Call Susan Hoff @ 707-365-9426

All attendees must show proof of COVID vaccination and boosters

Home Owners League Message

Greetings,

Thank You for Donating

Once again HOL is having a very successful donation drive, raising money for our yearly expenses, and some extra funds for the yard maintenance fund. The HOL Board would like to thank everyone contributing. It enables us to keep the established events for another year and put on new ones, many of which are being suggested.

Just One Hour

For about the past three years Marleen Montalvo has been running the Just One Hour program in the Park. This is the organization through which Park residents assist other residents with small tasks around their homes for about an hour – this might include light gardening, driving people to doctors' offices, shopping, fixing items around their homes, or just keeping them company. Well, Marlene feels it is time to find a new person to step up to the plate. She has a dedicated cadre of trusted helpers and receives occasional calls from those in need. She estimates that, on a busy month, four or five people may call for assistance. If you feel this is something you would like to be involved with, please call Marlene or me. We can give you details of all that is entailed (not too much!). In the meantime, she can continue for a while. Thank you, Marlene, for the very necessary work you have been doing for us all. Her partner David is kindly continuing to dispose of our used batteries from the breezeway, for which we are also very grateful.

The Cat's Out

We are an “outside cat-free community,” and all cats should be kept inside all the time unless accompanied. Cats roaming outside kill birds, especially our quail, and their babies. *The Washington Post* reports that researchers estimate that while a feral cat kills at least 46 birds annually, one pet cat outside kills up to 34 birds a year. Also, we live in close proximity to coyotes, which find any cat delicious and fairly easy to catch. If you notice unattended cats walking through the Park, please call Matt right away and inform him of where and when. Feral cats need to be caught and taken to the Marin Humane Society. If they are domestic cats, Matt will try to find the resident owner and inform

them of their cat's behavior. If cats are consistently outside, they too will be trapped and taken to the Humane Society, and there is a rather steep fee for getting the pussycat back.

Holiday Decorations

Clubhouse

Mar Val has asked HOL to do the Christmas tree decorations in the ballroom and foyer of the clubhouse. The decorating will take place on Saturday and Sunday, Nov. 26 and 27. Contact me if you want to join the fun.

Residents' Homes

Meanwhile, the Winter Holiday Home Decorating Competition is coming right up. Participants must complete decorations by December 2. Judging, by the HOL Board, will occur during the weekend of December 3 and 4.

Park residents are invited to walk with judges.

There will be five prize categories:

- Most Original
- Best Use of Theme – seasonal; religious; environmental (recyclable); etc. (i.e. 60s,70s, other creative themes)
- Most Humorous
- Best Handmade
- GRAND PRIZE for the Best Overall Decoration.

A \$75 cash prize will be awarded for the grand prize.

Winners of the four additional categories will each receive a free Mar Val dinner of their choice for two.

Contact Michale Dancer for any questions at michale@stilllifegifts.com and see her article on the next page for guidelines. Good luck, everyone.

Breezeway Fair

The Breezeway Craft Market has a new name – the Breezeway Market, as it is no longer restricted to just crafts, and will continue on a monthly basis on the first Saturday of the month at 1–4 pm. In December, our big fair will be on Sunday, Dec. 4, in the ballroom.

Best wishes for the holidays from all of us at HOL, and stay warm and safe.



John Feld

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

FIRST ANNUAL Marin Valley Winter Holiday Home Decoration Competition

by **MICHALE DANCER**

Five Prize Categories

- Most Original
- Best Use of Theme (seasonal; religious; environmental (recyclable/compostable); etc. (i.e., 60s,70s, other creative themes)
- Most Humorous
- Best Handmade
- GRAND PRIZE for Best Overall Decoration

Rules of Participation

- Participants to complete decorating by Dec. 2
- Judging on Dec. 3 and 4. Park residents are invited to walk with judges
- Must be viewable from the street or cul-de-sac
- Do not block mailbox or fire hydrant access
- All religious winter holiday themes acceptable
- No politics, open flames or loud music
- 10 pm deadline for lighting and sound to be turned off
- No blinking lights or projected lights onto neighboring homes
- Use LED lights if possible

Winners

- Will be announced on December 7 at the HOL Board meeting
- Grand prize – \$75 cash
- Also four prizewinners – two free tickets to a Mar Val dinner of choice
- Winners will be displayed in the *Echo*, yard placards, and on the clubhouse counter

Questions? Email me at michale@stilllifegifts.com.



Dump Run November 5

by **ED COLLINS**

The next dump run will be **Saturday, November 5.**

If needed, there is usually time for two runs, one in the morning and one in the afternoon.

Residents can email or text me (no phone calls)

to be put on a list to have junk picked up and taken to the dump.

Items for the run must be piled in carports or driveways and clearly labeled as junk.

Residents may need to help load the items or arrange to have someone help if an item is large.



Volunteers to help with these runs would be appreciated.

HOL will cover the Redwood Landfill dumping fee. **Donations are appreciated.**

Appliances and Large Items

A fee of \$25 per item is charged for large items such as washers and dryers.

Cash or checks made out to HOL are accepted.

Not Accepted

- **Toxic materials such as chemicals, oil, paint, and pressure-treated wood** – take to:
Recology Sonoma Marin Recycling Center
7576 Redwood Blvd., Novato, 800-243-0291
www.recology.com/recology-sonoma-marin/novato-recycling-center/
- **Electronic items** – drop them off in Bel Marin Keys:
The Computer & Technology Resource Center,
42 Digital Dr. #3, Novato, 415- 883-1428,
or at Renew Computers in San Rafael, www.renewcomputers.com

Email me at mretc@hotmail.com or text at 415-377-7696. Again, please, no phone calls.

Volunteering in Novato Public Schools

by **CHARLOTTE KELLS**

Do you have two hours a week to make a difference in a child's life?

Novato Schools need you!

10,000 Degrees Academic Success Program places volunteers in high-need public school classrooms throughout Marin County. Our volunteers provide academic tutoring, classroom support, and homework assistance.

No previous experience needed — just two hours a week and a desire to help students reach their potential.

I have been volunteering / reading with two second-grade students on Tuesday and Thursday mornings on Zoom for about 45 minutes each morning. It is so easy, so fun, and so worthwhile!

You can choose

- the level of students you want to tutor
- the subjects
- the days and the times. It is great!

For more information and an application —

please visit the 10,000 Degrees Academic Success website at

<https://www.10000degrees.org/about/academic-success/>



or contact —

Judy Kramer
Program Manager
Academic Success
jkramer@10000degrees.org

Socks & Mittens for the Homeless

by **ELIZABETH LEV**

Hello, Friends in the Park

Each December I have collected socks/mittens for the homeless, and I would like to do so again this winter. Please put brand new socks or mittens – preferably labeled Men, Women, Children – in the box on my front porch.

Final day to drop off socks or mittens will be 12/12/22.
Let's help make some folks have a warmer winter.

Thanks in advance,
Elizabeth
107 Marin Valley Drive (Blue door)



My Love Affair with Mung Beans

by **LORNA SASS**

The title of this piece will give you some idea about the state of my romantic life, but that's another story ...

I don't recall how mung bean sprouts came on my radar, perhaps a past-life regression back to the sixties when their delightful and refreshing crunch were a big part of my life.

But one day a few weeks ago – perhaps inspired by rumors of food shortages – I got the impulse to buy some organic dried mung beans. I looked on YouTube for instructions and found that sprouting them required no special equipment and that it was remarkably simple to achieve stellar results (unlike sprouting broccoli seeds, which continues to defy me).

A good local source for organic dried mung beans is the bulk section of Good Earth in Fairfax – a mere \$2.99/lb. What a bargain!

Here's how you do it:

In a medium-sized bowl, swirl about ½ cup of dried mung beans in water and drain. Return the mungs to the bowl and cover them with ample fresh water.

Set uncovered bowl in an unlit oven (or some other dark, quiet place) for 12 hours or overnight – timing very loose.

Drain and add more fresh water to cover, and set back in the oven until they begin to “crack” open and reveal their light interior, usually 4-6 more hours.

Drain and rinse, then return bowl to oven – this time without extra water. Continue to rinse and drain every morning and evening until the white “tails” are about ½ inch to 1 inch long.

Cover, refrigerate, and enjoy over the next few days. Makes about 3-4 cups.

I like to add the sprouts to salads or create a mixture of mung bean sprouts and wild rice, using a splash-on dressing of olive oil and umeboshi plum vinegar. Use the ume vinegar with caution as it's very salty, but oh so good ...
Enjoy!



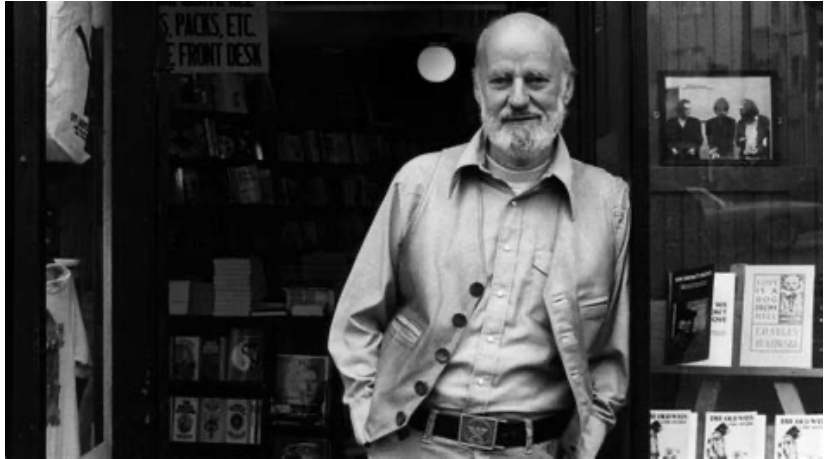
Lorna Sass is the happily retired author of 15 cookbooks

My Unexpected Thanksgiving Dinner with Lawrence Ferlinghetti

by **LAURA KRADJAN-CRONIN**

It must have been around 1990. My friend Joanne said she'd been invited to a Thanksgiving dinner in Sonoma County and was encouraged to bring a friend. I had no other plans, and when she mentioned all we needed to bring was dinner rolls I said I was in. At the time I lived in Forest Knolls and Joanne lived in Tomales. She had met the hosts of this prospective dinner when they had all resided in North Beach; since then, the dinner hosts had moved to an old farmhouse on some acreage outside of Healdsburg. Joanne drove us through meandering back roads from West Marin all the way to Healdsburg.

We finally made it up that long dirt driveway with the grass strip in the middle, up the hill to the big old green rambling bungalow-style farmhouse with an inviting front porch and smoke coming out of the chimney. It was late Thanksgiving afternoon, almost dusk.



Lawrence Ferlinghetti

We parked near the kitchen entrance where there were already many cars clustered. The animated, auburn-haired, buxom hostess in her colorful peasant outfit and gold hoop earrings threw open the kitchen door and entreated us to enter the country kitchen that exuded a plethora of inviting aromas.

They were roasting the large turkey in a big old-fashioned green-and-white cast iron wood-burning cook-stove that took up a whole kitchen wall. A high window to the left of the kitchen door looked out toward acreage and a barn.

Energetic, warmhearted extroverts were gathered in

conversational clusters in kitchen and hall and flowing out to the elaborately set dining table. Our dinner rolls seemed kind of paltry when added to the oilcloth-topped kitchen table laden with many colorful homemade casserole dishes, salads, etc. — offerings from the many guests already established in animated conversations. Most I guessed to be in their late 40s, 50s, and 60s. There were easily 50 people, and most seemed to already know each other.

My natural introversion seemed to take over, which might have been what prompted the hostess to seat me near the far end of the long narrow dining table where a few souls were already seated. I

had lost track of Joanne, and found myself next to a quiet fellow. I introduced myself and it turned out my reserved and mostly silent tablemate was none other than the poet Lawrence Ferlinghetti – who did not go out of his way to advertise himself.

Was he a nondrinker? If we had wine with our dinner, I don't even remember. As we embarked on the meal, most of the other guests were imbibing enthusiastically, with much in the way of Napa Valley wines being consumed. Most people there seemed to not-so-slowly become more and more animated and did not seem to notice there was a famous poet in their midst. We both lapsed into our introverted selves and eventually conversed in an easy, quiet mode. He seemed glad to be ignored by most of the ever-noisier crowd, and also grateful for a quiet person to talk to who wasn't making a fuss over him.

Our end of the table was just the two of us, it seemed. What did we talk about? Family or lack of it, holidays, art and music, psychology. We seemed to have a really good rapport that came out of God knows where. Both artists, essentially introverts ... I cannot remember much of what we talked about at some depth for at least a couple of hours – an enjoyable interaction that would have gone on into the night, but dessert came and went, Joanne came and found me, and we needed to say goodbye and begin the long trek home.

'Twas not the last conversation I ever had with Mr. F.

I encountered him a few more times through the years, notably at the Fort Mason Art Festival, where he sat alone at his double set of long tables displaying a large collection of his rather dark oil paintings. We remembered each other and easily fell into

almost a continuation of our first conversation – a nice rapport. At least two similar reunions followed in later years. Lawrence seemed very earnest about his artwork though it wasn't drawing huge crowds. Those paintings were not outstanding; they got much more powerful and colorful in his later years – many infused with words.

I enjoyed every encounter we had, and it was always one-on-one. I was in my mid to late 40s and he must have been 70 in 1990. I'm glad to have made his acquaintance and am sad to hear of his recent passing at 101. Our connection was special, brief, and not much connected with ego or the poetry for which he was so famous. 'Bye, Lawrence, nice to have briefly known you – wishing you well in your next adventure.



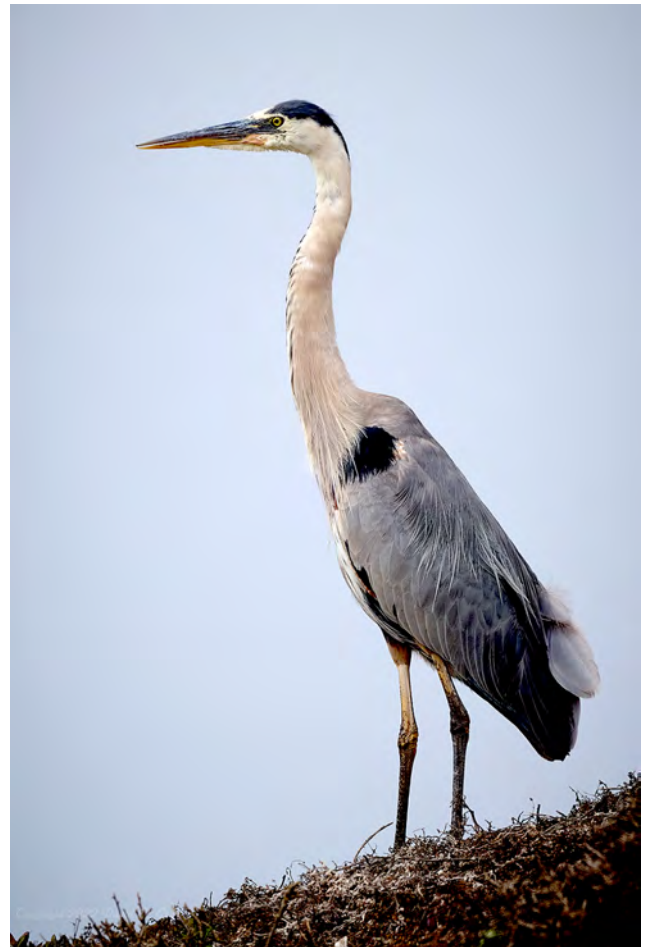
Thank you, Christian Academy volunteer gardeners!

Great Blue Heron

Text and Photography by **DAVID GRAY**

The great blue heron (*Ardea herodias*) is the largest heron in the United States. It is 2.5 times heavier than the great egret, standing over half a foot taller and having a wingspan a foot larger.

Great blue herons are mostly gray with a hint of blue hue. Their wings have dark gray edging around their wingtips and trailing edge. Sometimes the reddish patches on their shoulders are visible. They have a black crest with plumes extending down their necks.



Long gray legs allow them to wade into deep water to hunt, and their ability to stand motionless for long periods of time and inure prey to their presence is notable. In addition to fish and amphibians, they prey upon small mammals; this was a surprise for me to observe for the first time out at Bodega Head several years ago.






They tend to nest in the same trees as the great egrets, whose nest-building techniques are similar, including the courtship ritual of males bringing sticks to females as an offering of worthiness as a mate.

Their guttural croaking call is not the prettiest bird call I've ever heard, but it is distinct. All but the in-flight photos were taken at Bodega Bay, with the flying pair photographed in Washington state in September.

With winter coming on, keep your eyes peeled for the great blue herons to return to our (hopefully soon-to-be-filled) ephemeral ponds!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please check our website <i>marinvalley.net</i> to see if events have changed or to find a Zoom link.		1 4-5PM Tai Chi Deck 6PM PAC Board Meeting <i>Zoom/contact Carol-Joy Harris</i>	2 2-3PM Craft&Chat 5PM Dancing Deck 6PM HOL Board Meeting <i>Fireside Room</i>	3 11AM-12PM Rollin' Root 	4 12PM Mahjong 4-5 PM Tai Chi 5-7PM Pub 5PM Dancing Meadow	5 Dump Run <i>contact Ed Collins</i> 1-4PM Breezeway Market 5PM Dancing Meadow
6 TURN CLOCKS BACK 10-10:30AM Meditation <i>Zoom/Michael Hagerty</i>	7 5AM Trash 5PM MVEST <i>Zoom/contact John Hansen</i>	8 VOTE 4-5PM Tai Chi Echo deadline	9 2-3PM Craft&Chat 5PM Dancing 6PM Mar Val Board Meeting	10 11AM-12PM Rollin' Root 	11 12PM Mahjong 4-5PM Tai Chi 5-7PM Pub 5PM Dancing	12 5PM Dancing
13 10-10:30AM Meditation	14 5AM Trash 5PM Mar Val Thanksgiving deadline	15 4-5PM Tai Chi	16 11AM Ladies Bridge Private <i>Fireside Room</i> 2-3PM Craft&Chat 5PM Dancing	17 11AM-12PM Rollin' Root 	18 12PM Mahjong 4-5PM Tai Chi 5-7PM Pub 5PM Dancing	19 5-7PM Mar Val Thanksgiving Dinner 5PM Dancing
20 10-10:30AM Meditation	21 5AM Trash	22 4-5PM Tai Chi	23 2-3PM Craft&Chat 5PM Dancing	24 THANKSGIVING	25 12PM Mahjong 4-5PM Tai Chi 5-7PM Pub 5PM Dancing	26 5PM Dancing
27 10-10:30AM Meditation	28 5AM Trash	29 4-5PM Tai Chi	30 2-3PM Craft&Chat 4PM Book Club <i>Carol-Joy Harris</i> 5PM Dancing	NOVEMBER 2022		