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**ECHO**

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# MVMCC Management Update

Fire abatement work is complete for 2022. Thirty-five Park palms were recently pruned.

Retaining walls at different locations are in progress with several finished jobs.

**Wi-Fi** MVMCC is the Wi-Fi signal in the clubhouse and needs no password to log in.

**Rate Increases** Sewer and water rates went up. These are pass-through fees we have no control over.

**Conservation** During any extreme heat from the hours of 4 to 9 pm try to conserve energy for our power grid. Refrain from doing laundry during these hours and set your thermostat to PG&E-recommended 78 degrees. Remember to water only early in the morning or at night.

**Clubhouse Lighting and A/C:** Our clubhouse works as a refuge during heat waves. The mini-split air-conditioning and heating systems are regulated by the temperature set on the thermostat and stay on at night to filter the air. It is more efficient and less costly to leave the mini-split systems on to keep the air cool than to start with a warm or hot room and bring the temperature down. We are in the process of changing all lights to LED to conserve energy. All bathrooms are required to be lighted during the hours when the clubhouse is open.

**Guests** All guests must be with their resident friend while at the clubhouse or using the pool or spa. Guest gym use requires a release of liability, which we can provide at the front desk.

**Pets** Please keep all pets indoors unless on a leash or out for a walk and remember to wear reflective clothing after dusk while walking. Please do not leave your pet unattended as it will bark or cry for you and disturb your neighbors.

Thank you,



*Matt Greenberg*  
**Matt Greenberg**  
GENERAL MANAGER  
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## THE ECHO 2022

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#### 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

# Letter to Residents

Greetings from the Park Acquisition Corporation Board.

**Finances/Rent** Our finances are in order. Our cash plus medium- and long-term reserves continues to be in excess of \$5.5 million. The Novato City Council has approved the budget for the coming year with no raise in rents. Included in the budget are the Federal grant funds, which will defray the cost to MVMCC of replacing the sewage lift stations. Construction of the replacement/renewal of the sewage pump station #1 near the clubhouse is reported to begin later this year, as equipment availability is a problem.

**Vaccine** A new COVID vaccine is becoming available that addresses both the old and the new mutations. Ask your doctor if it is advisable for you. As we let our guard down, more folks are coming down with COVID.

**Water** 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 urges us to be mindful of our water usage.

**Electrical System** Further maintenance of our electrical distribution system is warranted. Management will keep you informed. Please read and attend to the suggestions put forth in MVEST's letter in this month's *Echo*.

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 Board's meetings are enriched by resident **participation**. Your observations and suggestions on how MVMCC can better serve you and the community's interests are always welcomed. Come to the board meetings or email us.

**Agendas** Future PAC meeting agendas are posted 72 hours prior to the meetings and are available to those on the mailing list. Contact PAC secretary CarolJoy Harris at [caroljoyharris@comcast.net](mailto:caroljoyharris@comcast.net) to be added to this list.

**Meetings** These meetings are broadcast live on Comcast Channel 26. Here's the link to the video of the September meeting <https://youtu.be/JmVXdJ1xHwU> The next regular meeting will be Tuesday, October 4, at 6 pm.

In service,

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



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## Jackrabbits

by **PAULINE HAWKINS**

For those of our residents on NextDoor, you may have noticed several postings about jackrabbits that have died recently in the Park, possibly from a virus. If you see a dead jackrabbit in the Park, you should report it to: <https://wildlife.ca.gov/Conservation/Laboratories/Wildlife-Health/Monitoring#55671861-rabbit-hemorrhagic-disease>

Peggy Hill and another brave neighbor put one jackrabbit that died in convulsions in her front yard into a plastic bag and froze it for the Dept. of Fish and Wildlife to autopsy. The Humane Society charges \$75 to cover their hazmat disposal costs to pick it up if it's on your property, but if it's in the road you won't be charged. Please protect yourself if you dispose of dead animals.





# Wildfire Smoke

by **DAVID GRAY**

Happy October! So far, we've been quite fortunate not to have experienced any wildfire smoke events. (The photo above is from the fire on Meadow View Drive in October 2014 that was started by the hot sun magnified by a piece of glass under a juniper.) We should not count on our luck, and we should all be prepared in the event of wildfire smoke billowing into our Park. October is the most dangerous month for wildfires.

In case of a smoke event:

1. Close all windows and doors. Turn on your HEPA filter, if any. If your furnace or A/C doesn't have a HEPA filter, the clubhouse does and should be open.
2. If you need to go outdoors, use an N95 mask. KN95 masks are good for COVID but NOT smoke. MVEST has N95 masks if you need.
3. Check the air quality at PurpleAir: [map.purpleair.com/](http://map.purpleair.com/) and our website at [marinvalley.net](http://marinvalley.net). See below for an explanation of the information it provides.

Having new, fresh N95 masks is crucial. They last about 2 HOURS in high-smoke environments. Indoor air filtration with a HEPA filter is recommended; check and/or replace its filters at least annually. There are stand-alone HEPA filters available in various capacities to clean indoor air.

Smoke from wildfires is hazardous above certain thresholds. It can damage your lungs. People with impaired respiratory function are particularly vulnerable: COPD, asthma, and lung cancers are all exacerbated by smoke, and without good filtration of the air, may require a trip to the ER and possibly hospitalization.

Park Management purchased and installed a PurpleAir particulate detector in 2019 that monitors smoke particles in our neighborhood (THANK YOU, Matt!). The PurpleAir sensor can detect particulates that are invisible to the human eye: PM 2.5- and PM 10-sized particles. The PM 2.5 particles are the smaller and **more dangerous** of the two. They lodge more deeply

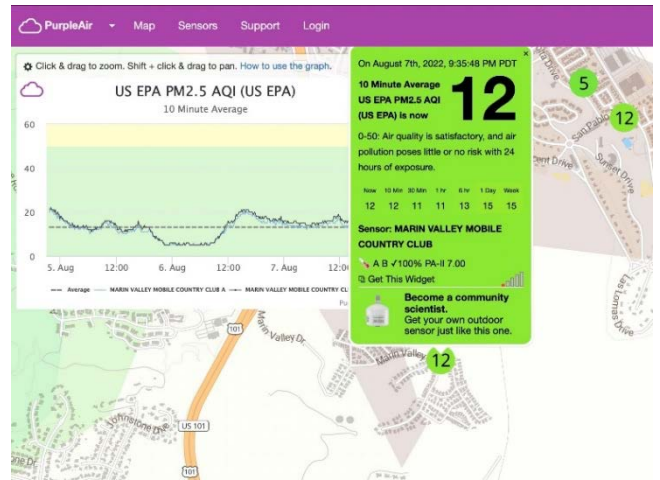
in the lungs, and coughing is not very effective at clearing them. These particles are 2.5 microns or smaller in diameter, or less than 2.5 millionths of a meter. (Human hair is about 50 microns in diameter.) The larger particles are 10 microns in diameter, and their concentrations are still measurable even though their health effects are less severe.

The MVMCC PurpleAir monitor has its own website, so you can quickly check the air quality to know whether an N95 mask is appropriate to wear outdoors. If you don't use the Internet, you can rely on your nose and eyes. If you can smell strong smoke, or if you can see hazy smoke against our hills, you're advised to wear an N95 mask outdoors. Be aware that our senses become inured to the smell of smoke and the haze. Early in the fire season, the smell of smoke is alarming. As the season progresses, not so much. Smoke damages lungs regardless of our awareness of its presence.

Wearing a well-fitting N95 mask is strongly recommended for any outdoor activity when a smoke event is ongoing. Nancy Warfield and I wear N95 masks when driving in our car during high smoke events, because the cabin air filters in cars are just not adequate. If we can smell smoke, we put on our N95 masks. An indoor HEPA filter will help remove smoke particles that get inside your home. Your lungs will thank you.

The URL for the MVMCC PurpleAir monitor is: <https://map.purpleair.com/1/mAQI/a10/p604800/cC5?key=BWMJUWTU7JAL9DPV&select=70557#14/38.04372/-122.52298>

The PurpleAir widget changes color as the air gets more unhealthful. (See image on the right.) This widget is GREEN because the air is low in particulates, i.e., good air.



### Color Key

0–50: **GREEN**: Air quality is satisfactory, and air pollution poses little or no risk with 24 hours of exposure.

51–100: **YELLOW**: Air quality is acceptable. However, there may be a risk for some people with 24 hours of exposure, particularly those who are unusually sensitive to air pollution.

101–150: **ORANGE**: Members of sensitive groups may experience health effects with 24 hours of exposure. The general public is less likely to be affected.

151–200: **RED**: Some members of the general public may experience health effects with 24 hours of exposure; members of sensitive groups may experience more serious health effects.

201–300: **PURPLE**: Health alert: The risk of health effects is increased for everyone with 24 hours of exposure.

>300: **DEEP PURPLE**: Health warning of emergency conditions: everyone is more likely to be affected with 24 hours of exposure.



## Get Ready Marin Presentation

**Thursday, October 13 • 5:30 pm • Ballroom • Free • Pizza**

Get Ready Marin — an organization that aids Marin residents to be better prepared for emergencies, such as earthquakes, fires, storms, and power outages, will give a comprehensive presentation to get you started on your personal preparedness. Everyone is encouraged to attend. Pizza will be served.

# Message from Mar Val

Dear friends,

Happy fall! I know that might be a little difficult to grasp right now ... as I write this in early September, the temperature is 113.

Mar Val is delighted to welcome two residents to the Board – Tom Nadolski as Assistant to the Director of Hospitality, and Anne Glasscock as Acting Bar Manager. As many of you know, California now requires that all folks who serve alcohol in any capacity, at any licensed establishment, must be certified by the state as a Responsible Beverage Server ... this entails taking an online course, paying a fee, and passing an exam ... so far, we have seven

certified RBS folks. While we are certified and quite legal, we are not professional bartenders, so please be patient with us as we polish our skills behind the bar. We also have exciting news regarding the bar itself – renovations started yesterday – as our bar has been around some 20 years and was getting a little shabby. Hopefully, by the time you read this, we will have a newly refinished bar, freshly painted cabinets, and new refrigerators on the way. We are planning an appropriate celebration soon.

September 23 is Oktoberfest; yes, we know it is still September, but that is when Oktoberfest is celebrated – come for the beer/brats – you do

need a reservation if you wish to eat at this event. Black Cat – the only fundraising event for Mar Val for the year – is October 29. Funds from this fun evening are used to renew our annual liquor license. There will be prizes for best costumes along with sweet treats from Cherrie Dougherty's Bakery Boutique ... it will be a FaBOOulous party.

Looking forward to seeing you at Pub, Oktoberfest, and Black Cat.



## Mar Val Oktoberfest Pub Night



Friday, September 23 • 5 pm Cocktails • 5:30 pm Dinner

Bratwurst with Sauerkraut  
Potato Salad  
Vegetarian Entrée – Chef's Delight  
Cookies

\$10 per person

Reservation deadline – September 19, or when 100 reservations have been received.  
For questions, call Susan Hoff @ 707-365-9426.

***All attendees must show proof of COVID vaccination and boosters.***



## **Black Cat Fundraiser**

**(Mar Val's Annual Liquor License Fundraiser)**

## **Black Cat Spooky Costume Party**

**Saturday, October 29**  
**5 pm Cocktails • 6 pm Dinner**

**Cash prizes for Best Costumes**  
**and FaBOOlus Bake Sale**

**Beef Macaroni *or* Traditional Macaroni & Cheese**  
**Salad & Garlic Toast**  
**Bakery Treats for Sale**  
**(from Cherrie Dougherty & Volunteers)**

**\$15 per person**

Reservation deadline is October 25 @ 5 pm  
or when 120 reservations have been received.

No cash ... Make checks payable to Mar Val. Questions - Call Susan Hoff @ 707-365-9426.

*All attendees must show proof of COVID vaccination and boosters.*

# Thank you, Fred Dargie!

*Residents of Marin Valley have had the privilege of having Fred Dargie as the Mar Val Bar Manager for many years, and he is now retiring. Through these years, Fred has worn many hats. He has been the chief welcomer, bar manager extraordinaire, bon vivant, hand kisser, mixologist, true Scotsman, debonaire gentleman, dapper gent, connoisseur, and humorist, all while being elegantly mixed with just a touch of curmudgeon.*

*The following are thoughts and favorite memories from fellow residents.*

**What has been the first thing that I brag about** when telling folks about why I enjoy living in Marin Valley? Friday night Pub and our fabulous Scottish bartender. —Peggy

**Dear Fred, Pub is a home away from home** because of you. How else could Robbie Burns be in attendance? Flowers on the bar, the possibility of bagpipes or a new Scotch. And the ever-touching home and heart on the back bar — the photograph of you with Dad, your buddy Chet. Love you always. Always your “wee darlin.” —Janet

**I fondly remember**, and will indeed miss, your graceful manner of bidding farewell to a lass departing the bar after Pub — a kiss on the hand. Thanks for all the good times you hosted, the always-beautiful bar bouquets, and the nifty napkins that accompanied our drinks. You’ve left a lofty legacy, a tough act for anyone to follow. Cheers! —KC

**Fred, you always looked so dapper** and dressed in theme with each holiday, culminating with your marvelous kilt for Scottish Night. Thank you, Fred! —Linda S.

**We all appreciate** your many years of hard work, time & energy! —Tom

**Fred, I so often saw you** on Fridays doing the hard work of schlepping supplies from parking lot to ballroom, and you always had a kind greeting for me and a compliment ... a charmer for sure ;) —Mary B.

**You welcomed me** and my son and family from the first day. I walked in scared because I didn’t know anyone. You made me feel I was right where I always belonged. Love you, Fred, and will always remember your kindness to me. Best. —Ellen, Albert & Sara

**Fred, you have been behind that bar** since before Mom’s 70th surprise birthday party. I remember when we were setting up for the party and you were preparing the bar, you turned the music on and you and I danced around the room. I will miss seeing you behind the bar, but nothing lasts forever. I hope you honor us with your presence at happy hour. Take care, and know we are just a few houses away if you need. —Joan (Shirley’s daughter)

**Fred is my first, oldest, & longest friend** in the Park. We bonded after my niece’s wedding in the ballroom, when we used Fred’s bar, cleaned it, and left it the way we found it. That alone made Fred shake my hand when we met; my Scot/Irish bloodline and surname made us fast friends. He shares with me where to buy shoes, and I share with him where to get thrifty, long-sleeved linen shirts. Cheers, Phred! —Gary

**Fred, the Scot in me found the Scot in you full of blarney & charm** — thank you for all your generous pourings & rakish smiles & baptisms of our Friday Pub Nights. You and Kathleen will always reside big time in the hearts of Marin Valley. Enjoy your retirement to the utmost! Love to you and Kathleen. —Gayle Atkinson



**You were a steady, reliable bartender.** As we know, there is more to handling the bar than just the serving of drinks. You did all the buying and storing of the beer, wine, and hard liquor. You knew pretty much what everyone drank but did not like change. When I switched from scotch and water to white wine, you were not too pleased but eventually accepted this change. Fred, you will be missed by all of us, and I hope to see you around the Park. —*Shirley*

**Always our best to you, Fred.** Warmly.  
—*Tom & Barbara Teixeira*

**As fellow Scotsmen** with a passion for single malt scotch, Fred, we talked on occasion about Scotland and our favorite single malt brands. I once asked if you ever make Rusty Nails (scotch and Drambuie). Looking at me disdainfully, you responded in the tone of a guru talking down to his novice, “Why would anyone ever choose to mix anything with a single malt?” —*Dick Park*

**Dear Fred, and again, dear Fred,** I so remember your gentle kiss on my hand when I got my Chardonnay. It always made me smile. I loved Pub Night. It was the best night of the week. You made it such fun. Pub has not been the same without you. Many hugs. —*Clara*

**I went to our last Park event** and was so disappointed that you were not there, not realizing you had retired. I will so miss you. You are such a unique individual with an awesome sense of humor. No one will ever replace you! So glad I got to know you. I wish you and Kathleen all the best in your retirement. I hope you still come to some of the Park functions. All my best and love to both of you. —*Donna Carlone*

**My thoughts on having Fred as our bartender** (wish I was a poet): I will miss your shining smile as you greeted us all and teased some of us lucky ones. I enjoyed your sass — it was an absolute highlight of Pub Fridays. You *always* made me feel welcome!!! And that’s a gift. Thank you, Fred!!!! —*Susan Hoff*

**Fred — I’m really grateful** for all the wonderful martinis you have made for me over the years, always with two big, fat olives, and also for the chats we had about London. —*Ursula Pedersen*

**Fred, I have been ordering drinks** from you for about 10 years now, and I thank you for all your good service. I was intimidated by you at first, but then came to see you have a good heart (and a good pour!), and I enjoyed seeing you behind the bar. Once in a while I even got a little hand-holding. I saw you once at the flower department at Safeway, buying flowers for some lucky lady (Kathleen, I’m sure). That was very sweet. Although you don’t like to show your sweet side, it peeks through your toughness. I will miss seeing you bartend, Fred, but I hope to see you enjoying Pub Night with all your fans. Cheers and hugs. —*Susan Harper*

**Oh, dear! I’ve either been caught in the act** or I’m in line with others who get hugs from Fred at Safeway every Sunday. And here I thought our little run-ins were exclusive affairs. Well, when you’ve got what Fred has to offer, it’s no wonder he has many ladies in waiting! Love you, Fred, and everything you’ve offered over the years, whether it be ice in my wine so I stay on the sober side, a hug behind the bar at closing time, or even the admonishments not to lean on your bar even though you dragged my arm over the bar for a hand kiss on several occasions! Oh, you dapper one, but rascal comes to mind, too. LOL. And let’s not forget the big test: when you first poured my wine to the brim and then stood back watching to see if I’d pick it up and spill it all over your bar, or lean over and sip it ever so carefully. I hoped I passed! Never known a Scotsman I loved more than you. And, no, it’s not because you had the wisdom to marry a lovely Irish lass, but, being Irish myself, it did help! Hugs. —*Vicki*

**My favorite interchanges** with you, Fred, are your stories of Scotland. During the years I have lived here, you always had a laugh or a joke for me. Anything else, you would just say, “it’s all details.” —*Sandee*

**Friday nights** were lots of fun for a long time. Fred could spin a tale, and I made deviled eggs, along with salami. Brynda and I remember the kindness you and Kathleen showed us. The Christmas and New Year's parties were so much fun, and you outdid yourself cooking; the food was great. Thank you, Fred, for all the memories, you will be missed. We love you. —*Pat & Brynda*

**Fred was one of the first people** to welcome me to Marin Valley, and when I didn't know many people at all, he was (and is) always such a kind and friendly person to know. (Hope this doesn't destroy his reputation as a curmudgeon!) Thank you, Fred, for inspiring drinks of scotch, for hugs and hand kisses, and for being a very important person in Marin Valley. —*Julia M.*

**Dear, dear Fred,** I first met you in the office prior to my moving into the Park ... You proudly spoke of Scottish Night and kissed my hand ... I was positive at that moment MVMCC was the right place for me. Your arms were always open to new residents; you fixed them a smashing drink and always gave them a chuckle. You welcomed Bob and Julie with open arms, many hugs, and always the best conversation, not to mention fabulous drinks. I treasure the photograph I have of you. You are on my front porch, wearing your kilt, with a bottle of bubbly and a rose. There will be many who will try to follow in your footsteps, but you left such very large shoes to fill. It is still Fred's Bar, and I so miss seeing you behind it. Thank you for the best of times. Much love to you and Kathleen. —*Carolyn, Bob & Julie*

**Fred was always dedicated** to the bar (deemed Fred's Pub). It was always interesting and great fun working with you at Pub Night and our Mar Val events. I always admired your wardrobe and your knack for finding the best deals at Macy's. You also have a superb watch collection and gave me a very thin and elegant one that I took on my trip to the British Isles. I, in turn, added to your other collection with a "smashing" bottle of whiskey. We miss your razor wit and larger-than-life presence. Fred, you are a true gentleman and one of a kind. —*Larry Moore*

**Dear Fred:** You welcomed Art & me to the Pub Night when we first arrived at MVMCC and made us feel welcomed. Thank you for the many hours of dedication to keeping the bar tiptop and serving us all drinks in such a loving and patient manner. Your dry humor made me appreciate you even more when I realized you were in such pain with your feet. This was service beyond the call of duty. May your retirement offer more opportunities for doing other things that you may have let go of during your long service to keeping the bar so welcoming. Much love. —*Carole Rosvold*

**Fred, we became friends because** of your planting of the first daffodils in the Park. You used to see me every time you came up to the clubhouse when I was putting in the new garden 20 years ago and we would exchange chats. On Friday nights and events you would never accept my ticket for a drink — your way of saying thank you for the work I was doing. So Thank YOU, Fred. You did a great job. Put your legs up now and relax. —*Pauline*

**I want to say that I always love** seeing you, Fred, both driving through the Park and serving us at the bar on Pub Night! When you see me walking with my dog, you always slow down and blow a kiss. It brightens my day! I love your dry humor and warm smile! When I would go to Pub, you always graced me with a fun greeting and a kiss on the hand. You would make me a special, festive "mocktail" with fun ingredients. It is amazing, Fred, that you have been so dedicated to serving us all for so long. Now it is time for us to be there for you as well! We love you, Fred! —*Charlotte*

**A few years ago** I was on the Mar Val board, and it fell to me to organize the Luau event. It was a gala affair complete with a tiki bar, lots of decorations, door prizes, leis for all, and live music. We held a limbo rock contest, which got funnier and funnier until the coup de grace; Fred entered the contest. Here you came, pushing the piano bench in front of you. As it slid across the well-polished floor, you took a flying leap and belly-flopped onto the bench, making it sail under the limbo rock pole that was held on either end by two residents. Guess who won the contest? Pure Fred at his finest! —*CarolJoy*

**Dear Fred, I will never forget** that you were one of the first people to welcome me to Marin Valley and encourage me to come to Friday Pub Night. You were generous with a hug and often would kiss my hand when taking my drink order. I would often see you in the aisle or checkout stand at Safeway, and we would have a friendly word or wave. I also much enjoyed our conversations about our shared Scots family history and the places we had been. Thank you, Fred, for being so kind and generous in sharing with me and others your knowledge and routine for a successful Friday bar. There will never be anyone who could fill your kilt behind the bar and I will miss you every Friday and special event night here at Marin Valley! Hugs & best wishes! —Anne G.

**Fred, I always enjoyed talking** with you about Scotland and being reminded that you were from “Edinburra.” Telling me it was “tartan” not “plaid.” You were kind enough to lend me some Scottish music CDs. My favorite memories are the many times you told me about your mother and how she always had a big smile. Love you. —Anne L.

**Fred—**

Here’s to Fred, what a guy  
And his language, oh my, oh my.

As we enter Pub, he greets us all  
and patiently waits for our call.

The music he plays is his choice  
as we have to talk in a loud voice.

He also controls the overhead fans  
and at home, the kitchen pans.

His cheery smile we will all miss  
and on my hand, he gives me a kiss.  
—Connie

**And so dear Fred, as we wish you adieu  
from being behind the bar, please accept  
the appreciation and warm affection  
that we feel for you.**



PHOTOGRAPH: CAROLYN CORRY & ERMA WHEATLEY

# Home Owners League Message

Greetings,

HOL is always looking for ways to make life more enjoyable for the residents of Marin Valley. We ask for your suggestions, no matter how off the wall they may be.

## Holiday Decorations

Recently, Lee Pochapin suggested a competition to see who could create the best holiday decorations outside their home. The board thought it was an excellent idea and wants everyone to know this will be happening in December, so you have enough time to get the creative juices turning over.

This will NOT be a competition to see who can buy the most elaborate light show, but a way to make your home festive day and night. It should be about your creativity, not something off the shelf from Michael's. It would be good if this were an environmentally green event, so keep in mind that LED lights use much less energy than traditional bulbs. The idea is that the whole Park will be bright and fun for the holidays. The HOL Board will be the judges for awards in various categories.

## Ideas

Other suggestions that have come in recently, but with no one leading them, include ridesharing to supermarkets, etc., and a Weight Watchers group. (Did you see the not-so-subtle request for volunteers?) Please keep the ideas coming, and no, you don't have to organize them on your own.

## New Play

There is much activity in preparing a new play for next year. If you would like to be involved as an actor or in production, please contact Janie Crocker at [janieklimes1948@gmail.com](mailto:janieklimes1948@gmail.com).

## Craft Market

We welcome back the Craft Market on Saturday, October 1, after a one-month hiatus. It will happen each month until the end of the year, so prepare to check out the many potential holiday gifts and delicious munchies from our gifted bakers, Cheryl Dougherty and Karen Muhly.

## Donations

Due to many different issues, this year's HOL fund drive will occur in October. We will be asking for additional donations to keep our Yard Maintenance group going. This assists people who otherwise could not afford to get their yard cleaned up and fire-resistant. Expect the requests at the beginning of October, but you are, of course, welcome to donate earlier if you wish.

Best wishes,



PHOTO AND PLANT by LORNA SASS



# Biography Night

## Aneesha Dillon

by **KIM HOLSCHER**

Biography Night returns on **October 20 at 6:30 pm** in the Fireside Room. Aneesha will speak and show photos of her life.

If you would like to nominate someone or volunteer for Biography Night, please contact Kim Holscher at [kimholscher51@gmail.com](mailto:kimholscher51@gmail.com)

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# Come One, Come All!



by **JANIE CROCKER**

At the urging of innumerable residents, HOL has decided to produce another play presented by Marin Valley Theater Company and KMVC Radio. Well, not exactly a play, but a **MUSICAL!** It will be presented in mid-May, probably May 13 and 14, running for two nights.

We require **YOUR** participation, so this is your opportunity to shine. We **KNOW** there are plenty of you out there who would love to appear on the Big Stage, and we are looking for a “Few Good People” who like to sing and dance, even if you don’t consider yourself to be great at it. In fact, some of the actors don’t have to sing **OR** dance at all.

Rehearsals can start as soon as mid-October or November, as soon as we identify the committed singers, dancers, and players.

As it stands now, the parts we need are for:

- 3** carpenters (who have no lines)
- 5** telephone operators (only 2 of whom speak)
- 2** audience plants (who later appear as singers)
- 1** grandmother
- 1** father
- 7** singers
- 5** talent judges (2 of whom have lines)
- 1** waitress
- 10** dancers
- 1** choreographer

Auditions will take place if needed. If you are interested, email The Producer at [janieklimes1948@gmail.com](mailto:janieklimes1948@gmail.com) and let me know.

# Black- and Yellow-Crowned Night Herons

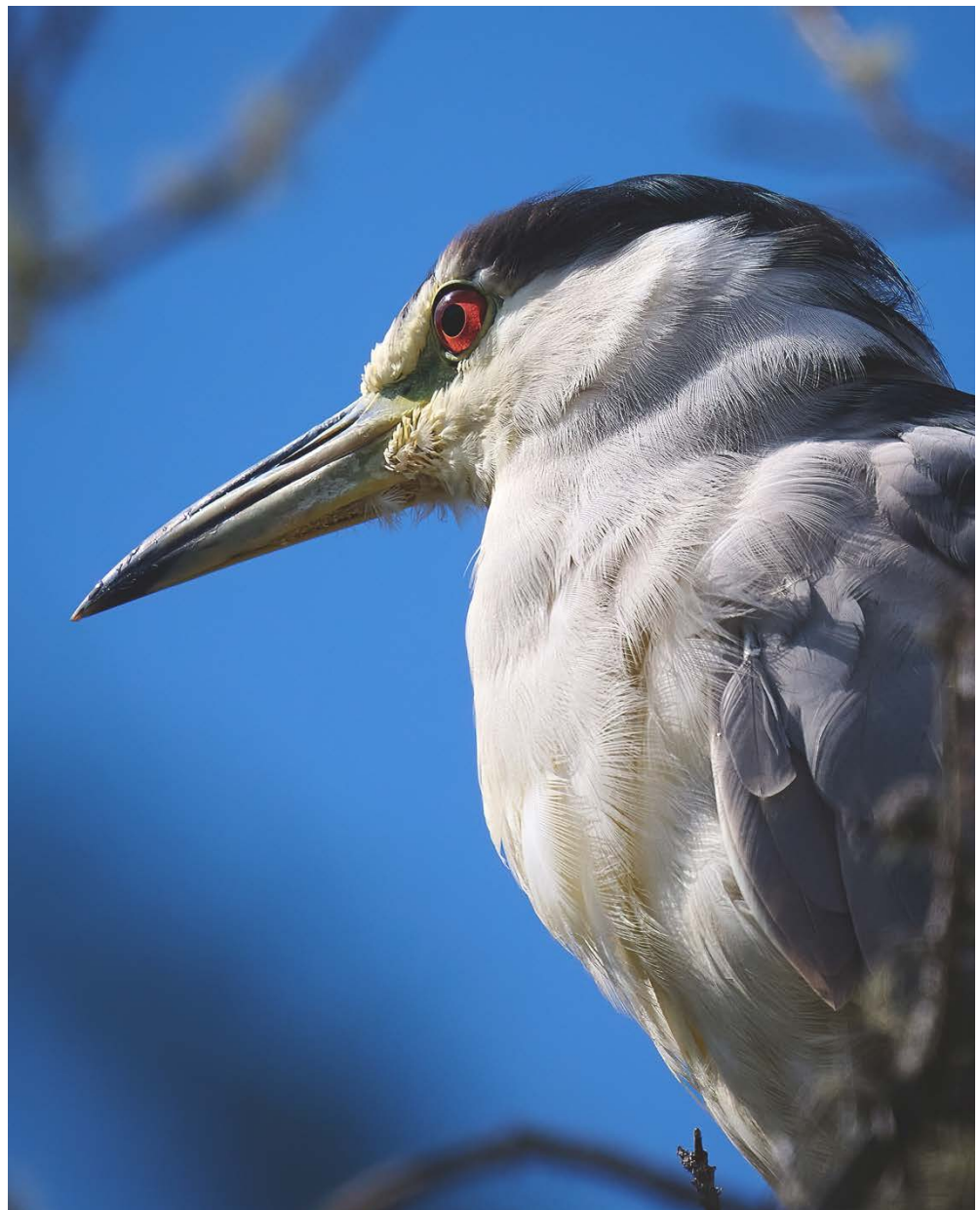
Text and Photography by **DAVID GRAY**

The black-crowned night heron (*Nycticorax nycticorax*) is a medium-sized heron that feeds primarily at night. It is about 1/3 the weight of a great blue heron and less than half as tall. Its back is black, with gray wings and white body.

The black crown atop its white face is the reason for its name, and differentiates it from the yellow-crowned night heron.

Its vision is adapted to be able to see prey in the dark, and like many nocturnal hunters, it has red irises.

When the rainy season arrives, I see them hunting on the shores of the ephemeral ponds off of Club View Drive. Frogs are a main source of food for them.









The juvenile birds look very different; they are primarily brown and mottled for camouflage. I photographed this juvenile in flight near the Bodega Dunes State Park in August.

I am looking forward to the return of the rains so I can see more of these black-crowned night herons in our Park!

The yellow-crowned night heron (*Nyctanassa violacea*) is slightly smaller in size than the black-crowned night heron, and is found in warmer climates such as the American Southeast, the Gulf Coast, and the Pacific Coast into Baja. I photographed this yellow-crowned night heron at Bahia Requeson in Baja.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 10-10:30AM <b>Meditation</b> <i>Zoom/ Michael Hagerty</i>	3 5AM <b>Trash</b> 10AM <b>Water Aerobics</b>	4 4-5PM <b>Tai Chi</b> <i>Deck</i> 6PM <b>PAC Board Meeting</b> <i>Zoom/ contact Carol-Joy Harris</i>	5 10-11AM <b>Water Aerobics</b> 2-3PM <b>Craft&amp;Chat</b> 6PM <b>HOL Board Meeting</b> 6PM <b>Dancing Deck</b>	6 11AM-12PM <b>Rollin' Root</b> 	7 10AM <b>WaterAerobics</b> 12PM <b>Mahjong</b> 4-5PM <b>Tai Chi</b> 5-7PM <b>Pub</b> 6PM <b>Dancing Meadow</b>	1 1-4PM <b>Breezeway Craft Market</b> 6PM <b>Dancing Meadow</b> <hr/> 8 6PM <b>Dancing Meadow</b> <b>Echo deadline</b>
19 10-10:30AM <b>Meditation</b>	10 5AM <b>Trash</b> 10AM <b>Water Aerobics</b> 5PM <b>MVEST</b> <i>Zoom/contact John Hansen</i>	11 4-5PM <b>Tai Chi</b>	12 10-11AM <b>Water Aerobics</b> 2-3PM <b>Craft&amp;Chat</b> 6PM <b>Mar Val Board Meeting</b> 6PM <b>Dancing Deck</b>	13 11AM-12PM <b>Rollin' Root</b>  5:30PM <b>Get Ready Marin</b> <i>Ballroom</i>	14 10AM <b>Water Aerobics</b> 12PM <b>Mahjong</b> 4-5PM <b>Tai Chi</b> 5-7PM <b>Pub</b> 6PM <b>Dancing Meadow</b>	15 6PM <b>Dancing Meadow</b>
16 10-10:30AM <b>Meditation</b>	17 5AM <b>Trash</b> 10AM <b>Water Aerobics</b>	18 4-5PM <b>Tai Chi</b>	19 10-11AM <b>Water Aerobics</b> 2-3PM <b>Craft&amp;Chat</b> 6PM <b>Dancing Deck</b>	20 11AM-12PM <b>Rollin' Root</b>  6:30PM <b>Bio Night: Aneesha Dillon</b> <i>Fireside</i>	21 10AM <b>Water Aerobics</b> 12PM <b>Mahjong</b> 4-5PM <b>Tai Chi</b> 5-7PM <b>Pub</b> 6PM <b>Dancing Meadow</b>	22 10AM-12:30PM <b>Private Event</b> 6PM <b>Dancing Meadow</b>
23 10-10:30AM <b>Meditation</b>	24 5AM <b>Trash</b> 10AM <b>Water Aerobics</b>	25 4-5PM <b>Tai Chi</b> 5PM <b>Mar Val Black Cat Deadline</b>	26 10-11AM <b>Water Aerobics</b> 2-3PM <b>Craft&amp;Chat</b> 4PM <b>Book Club</b> <i>Carol-Joy Harris</i> 6PM <b>Dancing Deck</b>	27 11AM-12PM <b>Rollin' Root</b> 	28 10AM <b>WaterAerobics</b> 12PM <b>Mahjong</b> 4-5PM <b>Tai Chi</b> 5-7PM <b>Pub</b> 6PM <b>Dancing Meadow</b>	29 5-7PM <b>Mar Val Black Cat Halloween Party</b> 6PM <b>Dancing Meadow</b>
30 10-10:30AM <b>Meditation</b>	31 5AM <b>Trash</b> 10AM <b>Water Aerobics</b> <b>HALLOWEEN</b>	<h1>OCTOBER</h1> <h2>2022</h2> <p>Please check our website <a href="http://marinvalley.net">marinvalley.net</a> to see if events have changed or to find a Zoom link</p>				