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December 2022

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Socks & Mittens for the Homeless

by **ELIZABETH LEV**



Hello, Friends in the Park,

Each December I have collected socks and 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 drop-off day will be **12/12/22**.

Let's help some folks have a warmer winter.

Thanks in advance,
Elizabeth

107 Marin Valley Drive (*blue door*)



Management Update

Keep an eye out for your packages if you expect a delivery. They are tempting to thieves who may drive through the Park.

If you see a storm drain near or around your home that is clogged, be sure to call the front desk and let us know.

Remember to wear reflective clothing when out walking at night.

You may see workers cleaning the V-ditches surrounding Marin Valley, removing dirt and clogged debris from trees. They are instructed to wear a vest to let you know we hired them.

With the rains here, remember to have your gutters cleaned of leaves and debris so the water will flow easily. If your gutters get clogged, the weight from all the gathered water on your carport will bend the carport supports.

As of mid-November the heater for the pool has been turned off for the winter. The spa will remain heated through the winter at 104 degrees, so come and enjoy. Open from 9am to 10pm.

Happy Holidays to all our residents.

Thank you,



Matt Greenberg
Matt Greenberg

GENERAL MANAGER
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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 pending equipment availability and favorable weather. We are told that a temporary pump will be installed pending the work on the new station.

Vaccine A new vaccine is available that addresses 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 recent rains have reduced the fears of fires and lack of water here in Marin. However, the drought in California is likely to continue, and the Water District urges us to be mindful of our water usage.

Infrastructure The expected overview of the infrastructure conditions of MVMCC has been completed by outside agencies. After input from the City of Novato's engineering group, it will be passed along to the Helsing Group and the PAC Board.

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 are also broadcast on Comcast channel 26. A recording of the November meeting is available at https://youtu.be/Au9st_hUsVo. The next board meeting will be on Tuesday, December 6, at 6 pm.

In service,



Ours

by **JIM GRONVOLD**

We matter to each other
more than the stars

that gave us the
matter that we are.

More than memories
or memoirs.

More than our
favorite fantasies

More than then or when,
while now can still be ours.



Oops!

by **JOHN HANSEN**

Personal injury accidents are a leading cause of emergencies and hospital visits for us seniors, and foremost in this category are accidental falls – those embarrassing arguments with gravity that we invariably lose.

National Public Health statistics reveal that one in four seniors will trip and fall each year, and 20% of those will suffer serious consequences. We're not nearly as aware of them as is the 911 dispatcher, but we might anticipate that about 20 of our Marin Valley residents will suffer injuries from falls each year, some seriously. Grim statistics, but we don't have to let them predict our fate.

“The safest fall is no fall”

Statistical data also tell us that most falls are preventable. Every time we stand up or move around, we are exercising an amazing, choreographed chain of events that is perpetually working to do what we want without stumbling. There are many things that must go right, but only one misfire along the way is all it takes to interrupt our symphony of coordination and cause a misstep. First, we use a surprising number of senses to inform us about our local environment, and second, our brains are crunching serious data to interpret this sensory information and to tell our body what, how, and when to move.

Fall Prevention

So, effective fall prevention means we have to put our attention onto improving and maintaining these three interactive systems:

Our senses

Successful mobility initially depends on the acuity of three senses,

- the *vestibular* (gravity, balance),
- the *kinesthetic* (movement and position), and
- *proprioception* (body awareness).

We also use vision, hearing, tactile, and occasionally other senses.

Our brains

Our nervous system carries sensory information to our brain for processing, interpretation, and integration, then sends information back out to our body to maintain

its composure and accomplish the desired task. Most of the time this all happens automatically, and we don't need to focus or even to think about it.

Our bodies

Our bodies are then tasked with receiving information from the brain and choreographing our musculoskeletal system in order to accomplish the desired actions.

Everything we do requires each of these systems to perform in the correct sequence and at the right time to accomplish our desired task while not falling in the process.

As infants, children, and young adults, we learn how to use and eventually master these systems; but as we age, without our concerted remedial efforts, they begin to slow down and eventually break down: our senses may no longer collect as much information and efficiently send it to the brain; our brain may be less capable of processing sensory information; and our body may have lost some of its strength and flexibility. It behooves us to monitor our unique selves, and to maintain what we can and correct and supplement what we otherwise must.

The best way is to crank up our self-care

- Make regular appointments for health checkups and bone-density scans.
- Sign up for a fall-prevention program. Kaiser has an excellent program: <https://khn.org/news/hospitals-step-up-to-help-seniors-avoid-falls/> ... as do most other healthcare plans.

There's also a good selection on YouTube, such as

www.youtube.com/watch?v=RmZO_EPoB4k&list=TLPQMDIxMTIwMjLLoVDKtsO4XQ&index=20.

- Keep up your exercise and mobility – strength and endurance training, flexibility, and balance. Use our gym and pool (swimming is an excellent exercise for our gravity and balance sense); consider a yoga class. (See p. 12)
- Eat a healthy diet, supplement your nutrition as needed, and get a good night's sleep.
- Check your vision and hearing regularly – correct as needed.
- Check your posture and gait. They're more important than you may realize for fall prevention.

Once you have all your systems working as best you can, it's time to reintegrate them. The best way to do this is with movement – swimming, dancing, or simply walking. Consider trying “Nordic walking” using inexpensive Nordic walking poles. This will naturally retrain you to walk upright, gaze forward, maintain good posture and gait, and enjoy a renewed confidence – a generous dose of much of what's needed to transform a vicious spiral of disfunction into a virtuous spiral of vitality.

Wrong place, wrong time

As much as we work to seriously reduce the risk of falling, we can't remove it entirely. There's still the possibility of doing the wrong thing at the wrong place at the wrong time. But there are measures you can take to help ward off the worst result.

IF YOU FALL —

A better outcome is likely to result if you

- Know how to minimize the chances of a serious injury
- Know how to get up safely from a fall
- Have knowledgeable assistance readily available

Learn how to fall safely

As a young fireman, I had a valuable training that taught me how to safely jump out of a helicopter onto a hillside to fight fires in otherwise inaccessible terrain. That training subsequently saved me from serious injury and may have saved my life on several occasions over the years and is useful even today.

No, I don't suggest you learn how to jump out of a helicopter, but learning a few essentials of gracefully falling may spare you from serious injury some fateful moment.

Learning how to fall safely may be part of your healthcare provider's fall-prevention program, which should always be customized to your personal needs. There are many tips on YouTube, such as www.caringseniorservice.com/blog/learning-to-fall

Learn how to get up safely from a fall

At some point you will need to get up from a fall, either by yourself or with assistance. Either way, getting back up incorrectly can cause more damage than the fall itself, so it's important to learn how to do it properly. Also, it's important for you and/or your assistant to not rush the process. Take a little time to do a full-body inventory, because what you find can make a big difference to what you do next:

- **If you are seriously injured from a fall**
 - someone needs to call 911 –

You may be better off staying where you are or moving very little until paramedics arrive.
- **Getting up by yourself from a fall:**
www.youtube.com/watch?v=Purjjqxwrhg or
www.youtube.com/watch?v=99GnNHk71Qw
- **Getting up with assistance from a fall:**
www.youtube.com/watch?v=QP1VYE8BGmM or
www.youtube.com/watch?v=JEo9WQmsYdY&t=9s

In the November 2022 *Echo*, we recommended that you form a “safety pod” with two or more nearby relatives, neighbors, or friends, and that you all learn together the skills you may need to assist one another in an emergency. This is another case where having such a team can minimize your risk of serious injury or even save your life.

MVEST RECOMMENDS

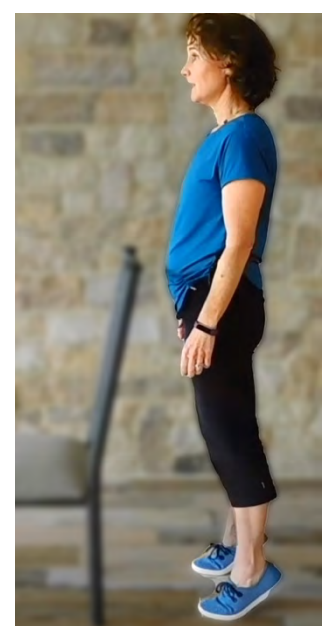
- We again encourage you to form your local “Safety Pods”
- Include fall-prevention skills in your pod repertoire
- Develop an emergency communications system for rapid, knowledgeable pod assistance (cell phone, wireless doorbell, air horns, etc.)

Note: There are numerous links in this article to resources on the internet. We recommend you use the *Echo's* digital version of this article to access these resources.

If you do not have a computer, you can use the one in the Marin Valley library, or a public library, or borrow one from your safety pod members.

Happy holidays from MVEST and have a safe trip!

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



Examples available on YouTube of short, easy, daily strength-developing exercises to help prevent falls. (See p. 5)

Message from Mar Val

Dear friends,

It is difficult to grasp that another year is hurrying by and that it is time to celebrate this holiday season.

Go through your closet and dig in the very back and find that ever-so-ugly holiday sweater/T-shirt ... you know, the one with the frog wearing a Santa hat or Rudolph with his nose lighting up ... yes, that is the one. Mar Val will be having a holiday sweater contest at Pub on December 9. If you are one of the very fortunate few who have a lovely, pretty, best holiday sweater, there will be a contest for you also. Prizes will be given to both the ugliest/worst sweater/T-shirt as well as for the prettiest/best, if we can find one.

Our annual holiday party is December 17, always a most popular event, so please sign up early ... sign-ups start on December 1. Mar Val's New Year's Eve will once again

feature our very own Charles Watson as DJ, and the evening will end with a champagne toast at midnight (New York time).

As we come to the end of 2022 and take look back at Mar Val ... it has been a year of change, growth, and gratitude.

We want to express our sincerest gratitude to:

- Kathleen and Fred Dargie for so many years of dedicated service to Marin Valley and specifically to Mar Val and for their continuing board membership.
- The board members who continue to serve year after year, devoting hours to enriching Mar Val activities for all Marin Valley residents.
- Matt Greenberg for day-to-day support of Mar Val activities

and especially for the beautiful renovation of the bar. Come by for a drink, Matt, it would be an honor for the Mar Val bartenders to serve you.

- The new board members and all Mar Val volunteers who have stepped up to the plate and assumed various new positions and tasks ... and to those who volunteer year-round to assist with events in a zillion-and-one ways.

The Mar Val Board joins me in wishing each of you the very best for a year filled with the blessings of hope, peace, health, and happiness.

Happy holidays to all,



A Bottle of Wine from Mar Val to the Winners of *The Best & the Worst Holiday Sweater Contest*

Friday, Dec. 9 • 5 pm Cocktails • 6 pm Contest

Questions - Call Susan Hoff @ 707-365-9426

All attendees must show proof of COVID vaccination and boosters



Mar Val Holiday Party

Saturday, December 17 5 pm Cocktails 6 pm Dinner

MENU

**Pork Loin with Apples *or* Fettucine Alfredo
Vegetables and Salad
Roasted Potatoes
Cheesecake**

**Reservations: \$15 per meal
Limit: 2 persons per residence**

Reservation deadline, December 13, 5 pm
(Or if 140 reservations are received *before* the deadline)

Reservations will NOT be accepted prior to December 1
Questions? - Call Susan Hoff @ 707-365-9426

All attendees must show proof of COVID vaccination and boosters



New Year's Eve Party

Saturday, December 31 6:30 to 9 pm

**Buffet
Champagne Toast
Dancing
Charles Watson will again be our DJ!!**

**Reservations:
\$15 per resident, \$20 per guest
(Limit of 2 guests per residence)**

Reservation deadline, December 27, 5 pm
(Or if 120 reservations are received *before* the deadline.)

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

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

Home Owners League Message

Greetings,

Fundraising Drive

Things have been fairly busy for the Home Owners League this last month. We are drawing to the end of our donation drive, which was once again successful. We also requested donations for the popular Yard Maintenance fund, which pays for yard upkeep to make gardens more fire-resistant for people who can't afford yard help and are unable to do the work themselves. HOL is very grateful for all your donations. If you missed the request, we are always open for more donations.

Just One Hour

The Just One Hour program provides about an hour's work for people who need it – this can be taking residents to a doctor's appointment, help in cleaning, sorting out belongings, washing windows, helping in the garden, or just providing company for someone who feels lonely – and is now in the charge of HOL board member Lisa Jackler. Lisa replaces Marlene Montalvo who very successfully ran Just One Hour including through the COVID pandemic, which made the job even more challenging. If you would like to volunteer to help our fellow residents with whatever skills you have, please contact Lisa at ljaccounting@outlook.com.

Trash Pickup

We recently had a very successful dump run led by Ed Collins and ably assisted by David MacLam, Sean Casey, and Tom Teixeira. It appears that many people were unaware of the event because they (you?) have not been picking up the fliers in their tubes. We recommend that you read these fliers to keep abreast of happenings in the Park.

New Marin Valley Play

Organizing is well underway for the second play put on by the Marin Valley Players. Once again it will be written by Vicki Waddell. Anne Lakota is the director and Janie Klimes is the producer of this upcoming event, which will take place May 20–21. This one, called "Today's the Day," will be

a musical and dance extravaganza. About 40 people will partake in the acting and production of this stellar event.

Holiday Caroling

This year's holiday caroling event will be held in the Fireside Room on December 18th starting at 6 pm. This is always a wonderfully heartfelt event, and please come on by to bask in the warmth of the season and give your vocal cords a chance to sing out or just enjoy the holiday glow.

Chair Yoga Returns

It has been a long time since John Marino stopped teaching chair yoga at the clubhouse, and as he has a significant balance issue, he is no longer able to hold classes at this time. So – thanks to the recommendation of Gail Usilton – we have a brand-new teacher, David Carlos, who will be starting classes in the new year. They will be held on Tuesday mornings at 10 am in the Ballroom. See the article elsewhere in this *Echo* for more information about this very talented teacher. (See p. 12)

Holiday Fair

The wonderful annual Holiday Fair will take place on Sunday, December 4 at 6 pm. This is a wonderful opportunity to pick up nifty presents including homemade items for your friends and family, and to enjoy treats to the tune of strolling holiday carolers.

Thank You, Volunteers

I would like to thank all the residents of Marin Valley who have so generously given their time to making HOL such a wonderful group. We could not have done what we do without your tremendous help. Thank you.

As per tradition, there will be no HOL meeting in December, so we look forward to seeing you all at our next meeting on January 4, 2023.

Best wishes to everyone.



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

Village Holiday Fair

Sunday, December 4 • 1–4 pm

by **JANIE KLIMES**

The Ballroom will be a Glittering Marketplace

Last year's event was postponed at the last minute due to a Covid exposure – but this year we're back and even better! Besides an astounding array of holiday gift items, the fair will feature holiday caroling and decorations as well as free croissant sandwiches, chips, and drinks for *everyone who comes*.

What will be there? Baked items, cards, hair sparkles, potholders, dolls, bags, baskets, hats, scarves, paintings, jewelry, lavender sachets, artwork, things for the home, and – NEW!! – three tables of brand-new clothing items at very reduced prices. Come and get presents for grandkids, relatives, and friends.



Vendors

Please email taraplocher@gmail.com to reserve a table. Deadline for table reservation is Friday, December 2. Note that items do not have to be something you made, but maybe things you collect or just some nice holiday gifts that you want to retail.



PLEASE COME AND HELP. WE NEED YOU!

Help us set up, decorate, serve the meal, relieve the vendors for a break, and clean up afterward. There will be a sign-up sheet at the front desk.



We welcome everyone's ideas about how to make this fair a fun and meaningful event for our entire village.

If you do not want to buy anything, come for your free food and influx of holiday energy! Contact janieklimes1948@gmail.com for ?????

All attendees must show proof of COVID vaccination and boosters.

Chair Yoga Returns

by **JOHN FELD**

Tuesdays • 10 am • Beginning January 3, 2023

HOL will be sponsoring a new Chair Yoga class. John Marino is no longer able to continue his teaching at this time, so we have invited David Carlos, a local yoga teacher who was recommended by Marin Valley resident Gail Usilton.

David has been practicing yoga for more than 30 years and began teaching 20 years ago so he could give back some of the many benefits he has experienced through his profound practice of yoga, including greater strength, flexibility – and, importantly, a deep sense of clarity and well-being. David said:



I taught yoga at the College of Marin for many years and assisted Alice Rocky with her classes there. I have studied in India with the Iyengars several times and continue to study here with Manouso Manos. I plan to modify the classes I teach to best assist the needs of the people who are kind enough to attend.

The classes will be at 10 am each Tuesday beginning January 3rd with a suggested fee of \$12 – \$15 per session. If you have questions about the class, you can contact David Carlos by email at davidcarlos1@comcast.net.

Come Carol Joyfully with Carol-Joy and Maggie

by **CAROL-JOY HARRIS**

Sunday, December 18, 6 pm • Fireside Room

Please join Carol-Joy Harris and Maggie Siegfried singing Christmas carols in the Fireside Room

It doesn't matter if you think you can't carry a tune – Maggie and Carol-Joy will help you carry it!



Reduce. Reuse. Recycle.

And Please Be Mindful of What You are Throwing in Those Bins!

by **MARIN SANITARY, COURTESY OF ELLEN JANE SCHULZ**



WHERE DOES IT GO, JOE?

One easy and impactful way you can contribute to a healthier planet is by sorting your garbage, recycling and compostable materials correctly for collection.



THE BLUE SIDE IS FOR CLEAN & DRY PAPER & CARDBOARD



THE BROWN SIDE IS FOR CLEAN & EMPTY BOTTLES, CANS, JARS & JUGS



THE GREEN CART IS FOR FOOD, YARD WASTE & SOILED PAPER



THE BLACK CART IS FOR NON-RECYCLABLES/COMPOSTABLES



DOWNLOAD THE APP!



- Set Service Reminders.
- Receive Live Updates.
- Search What Container an Item Should Go In.
- Report Service Issues.

In Memoriam: Clara Lamers

by **JENNIFER LAMERS,**
CLARA'S DAUGHTER

Clara Marie Jones Lamers

April 11, 1935 – October 29, 2022

Clara passed away peacefully early Saturday, October 29 from cancer. Her daughter Jennifer, who has lived with Clara for the past year, and her niece Patti Jacobson were with her at her home on Marin Valley Drive. MVMCC resident and retired RN Janine Bradley had left just a few hours before; she was so helpful in making Clara comfortable.

Clara was a devoted mother, aunt, grandmother, cousin, and friend. Her many nieces and nephews, and their kids and grandkids called her “Truly Great Aunt Clara” because “Great Aunt” and “Great-Great Aunt” failed to express how wonderful they thought she was.

She was born in Washington, DC, but grew up in Wilmette, IL. She graduated from Marquette University in Milwaukee with a B.S. in Speech. There she met her future husband, William M. Lamers, Jr., M.D. They married, had three children, and moved to Lucas Valley. In 1975, from their living room, her husband founded Hospice of Marin, an idea on which Clara had



collaborated for years, including interviewing doctors for their opinion of the concept of caring for the dying in their own homes. It was Clara saying, “Okay, let’s do it” that created the space to launch the homecare hospice model that is now worldwide. She moved to Marin Valley in 2012 from Terra Linda, where she had moved after a divorce and becoming an empty-nester.

Clara was a talented pianist who was blessed with perfect pitch; she was a lifelong choir singer. She performed in local theater and was also a talented artist. She had a successful 16-year career as a COBOL systems analyst at Fireman’s Fund. In retirement, she worked as a Standardized Patient at USF helping to train medical students in diagnosis and patient care techniques, which she found to be her most rewarding work of all.

Her daughter Jennifer would like to thank all her friends here for their love and support. Contact her at clarajlamers@gmail.com if you would like to attend Clara’s memorial.

In Memoriam: Ed Cox

A Personal Obituary by **GRANT CANFIELD**

Edward Joseph Cox

September 20, 1945 – September 30, 2022

We lost a good friend with the passing of Ed Cox. I first met him at a poker game, and then played cards with him and the regular gang nearly every Tuesday evening for the next 36 years. He was smart, funny and clever, a curmudgeonly raconteur with a wealth of stories from his days as an athlete, cook, baker, lover, musician, roadie, telecom engineer, and world traveler. He was a man who lived a full and varied life.



moderately fluent in Spanish. He lived and worked for almost five years in Russia, vacationing all over Europe, Asia, and North Africa.

Retiring as an engineer, he sold his house in San Rafael and moved into Marin Valley. In fact, he and I closed escrow on our new homes in the Park on the very same day: June 22, 2012. New friends in the Park soon learned he could barbecue a leg of lamb like a pro.

In his youth Ed was a world-class swimmer, an unlisted alternate on the water polo team and for the butterfly stroke at the 1968 Mexico City Olympics. He was a star basketball player, but his 6'-2" height, a back injury, and a philosophical disagreement with a college coach limited that activity to high school. In later life, a series of serious health problems with his back, heart, and lungs led to COPD, edema, and an artificial aortic valve. His career as an athlete was truncated, as well as physical activity in general.

As a young, hairy, bearded hippie, he occasionally played backup guitar and was a roadie with a number of bands. He worked for several years for rock promoter Bill Graham, and was a regular at the Boarding House. His stories about those days were often impressively ... well, naughty.

As an engineer in the telecommunications industry, he traveled the world installing telecom systems. He worked extensively in Central and South America, and was

After a 2021 accident and related circumstances made it unfeasible for him to drive, I enjoyed frequently taking him to the grocery store, pharmacy, library, and other mobile errands. Most often the library. He was a voracious reader of science fiction, mysteries, suspense, and nonfiction. He was quick to argue his opinions on any subject ... and he was often right, dammit. He never, ever committed the sin of being boring.

He died in the emergency room of the Novato Community Hospital the night of September 30, 2022, a victim of all those various ailments. He is survived by his brother, Laurence Cox of Roseville, California, and his wife, Sharon; his nephews Brian and Tim and their families; as well as a scattered, motley cadre of close pals, lovers, comrades, chums, buddies, and friends.

I'll miss you for the rest of my life, Ed.
Rest in peace.

Black Bear

Text and Photography by **DAVID GRAY**

The black bear (*Ursus americanus*) is the largest heron in the United States. 😊

I was wracking my brain trying to think of a bird that encapsulates the spirit of the holidays, and I came up with the perfect solution: the black bear! They are probably deep in slumber this time of year, warm and fuzzy in their dens, having sated themselves and put on some much-needed fat.





This bear cub, its sibling, and their mother were in the Mount Rainier National Park in late September 2022, foraging for berries near the (aptly named) Paradise Visitors Center. The red and green leaves of the berry bushes make them a good fit for the season, I think.

Happy holidays to you and yours!



P.S.A. – Now that the weather has turned colder, it's time to check the inflation on your vehicle's tires. Properly inflated tires make a HUGE difference to fuel economy as well as traction and safety. The recommended tire inflation can be found in the driver's side door jamb of your vehicle.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>DECEMBER</h1> <h2>2022</h2> <p>Please check our website marinvalley.net to see if events have changed or to find a Zoom link.</p>				1 11AM-12PM Rollin' Root 	2 12PM Mahjong 4-5 PM Tai Chi 4PM Dancing <i>Meadow</i> 5-7PM Pub	3 Private event <i>Ballroom</i> 4PM Dancing <i>Meadow</i> 4:30PM Home Decoration Contest judging <i>Clubhouse</i>
4 10-10:30AM Meditation <i>Zoom/ Michael Hagerty</i> 1-4PM Holiday Fair <i>Ballroom</i>	5 5AM Trash	6 4-5PM Tai Chi <i>Deck</i> 6PM PAC Board Meeting <i>Zoom/contact Carol-Joy Harris</i>	7 2-3PM Craft&Chat 4PM Dancing <i>Deck</i>	8 11AM-12PM Rollin' Root  Echo deadline	9 12PM Mahjong 4-5 PM Tai Chi 4PM Dancing 5-7PM Pub Best/ Worst Holiday Sweater Contest	10 Private event <i>Ballroom</i> 4PM Dancing
11 10-10:30AM Meditation Private event <i>Ballroom</i>	12 5AM Trash	13 4-5PM Tai Chi 5PM Mar Val Holiday Party reservation deadline	14 1PM Ladies Bridge <i>Private, Fireside Room</i> 2-3PM Craft&Chat 4PM Dancing 6PM Mar Val Board Meeting	15 11AM-12PM Rollin' Root 	16 12PM Mahjong 4-5 PM Tai Chi 4PM Dancing 5-7PM Pub	17 4-5PM Dancing 5-7PM Mar Val Holiday Party
18 10-10:30AM Meditation 6PM Holiday Caroling <i>Fireside Room Carol-Joy Harris</i>	19 5AM Trash 5PM MVEST <i>Zoom/contact John Hansen</i>	20 4-5PM Tai Chi	21 2-3PM Craft&Chat 4PM Dancing	22 11AM-12PM Rollin' Root 	23 12PM Mahjong 4-5 PM Tai Chi 4PM Dancing 5-7PM Pub	24 4PM Dancing
25 10-10:30AM Meditation CHRISTMAS	26 5AM Trash	27 4-5PM Tai Chi 5PM Mar Val New Year's Eve reservation deadline	28 2-3PM Craft&Chat 4PM Book Club <i>Carol-Joy Harris</i> 4PM Dancing	29	30 12PM Mahjong 4-5 PM Tai Chi 4PM Dancing 5-7PM Pub	31 4PM Dancing 6:30- Mar Val New Year's Eve Party