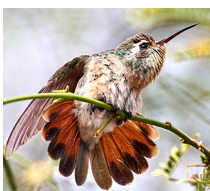
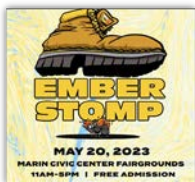


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MVMCC Management Update

Park Cleanup

Still more storm cleanup this April. We are having to clean out the V-ditch around the Park more often, and you may have heard the three days of tree-trimming. With these saturated soils, trees can lean, and we've been trimming the heavier branches so they don't fall over. We removed some trees that fell. The Park is looking like a park with much of the heavy vegetation removed, and this level of fire and water safety can now be more easily and inexpensively maintained. Day to day, we've been dealing with water runoff and setting up for drainage projects we will do in summer.

Water Usage

Water usage reports come out every two months.

Streetlights

Street light bulbs are continually burning out and being replaced, and a couple of the poles have fallen over and been replaced.

Security

Bright Star comes by around 9:30-10 pm to lock up the pool and clubhouse, and they come by at random times in the night to check.

General Repairs

In this year's budget we have asked for larger line items for the tree/fire abatement, and for general repairs. We hope to get the funds released soon to rebuild the clubhouse roof and replace the broken solar panels for the swimming pool.



Matt Greenberg
Matt Greenberg
GENERAL MANAGER
gm.mvmcc@gmail.com
415-883-5911 ■ 415-883-1971 Fax



Limerick from Anonymous

Now my frame's gotten creaky
And my bladder's gone leaky;
Even though we were told
What it's like to get old,
For a Flower Child, it's just plain freaky!

THE ECHO 2023

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

PAC *Letter to Residents*

Greetings from the Park Acquisition Corporation Board.

Finances Our finances are in order. Our cash plus medium- and long-term reserves continue at more than \$5.5 million. With the City's pileup of delayed accounting, funds due us and payments out are still being finalized.

Park Overview To maintain the Park's viability to the City Council, the City's engineering group, seconded by the City Manager, passed its overview of the condition of the Park in early April. Their assessment was based on reports assembled in 2012 and 2018 (updated in 2021), which we have incorporated into our operating and long-term budgets. A further assessment of future costs made by a City consultant in 2022, which was undoubtedly paid for by the Park, has not been shared with us. The City Council has requested that we meet with City staff in June to review the Park's path going forward, and that we relay our mutual views and recommendations to them in July.

Vaccine COVID and its new variants are still around. Do not let your guard down. Practicing social distancing and continued masking are advised but not required as the state and country relax the mandated precautions to avoid the transmission of COVID. The CDC still reports you are less likely to be seriously sick if you have been vaccinated, and avoidance of transmittable situations is encouraged.

Infrastructure Outside agencies have completed the expected overview of the infrastructure conditions of MVMCC. The City of Novato's engineering group, having reviewed it, has yet to pass this on to the Helsing Group and the PAC Board. We are still awaiting these reports, as work is now in progress to prepare next year's budget.

We have just received the revised and estimated costs to maintain MVMCC. We would like to enlist the aid of residents whose life experience provides expertise in community planning and building and infrastructure renewal or maintenance.

We will be holding Zoom meetings to review the documents and prepare an alternate view of MVMCC's needs, timing, and funding. We shall be advising you of the time and dates via email and all means at our disposal. For those participating, the material will be made available to you. Contact me at jjshelfer@yahoo.com or 415-250-0375.

Projects Several projects are in process for the Park, including the clubhouse roof and solar heating for the pool. We are told that the City's engineering group will work to accomplish these before summer.

Activities Management, MVEST, HOL, and Mar Val are all very active on your behalf, and their activities are reported on our website at marinvalley.net and in articles in each month's *Echo*. I urge you to investigate and participate. Also see the notices at the front desk to take advantage of these worthwhile events. By the time the *Echo* is printed, some events have already passed.

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.

Election The five-member PAC Board will have two openings in June for a two-year term. If you are interested in running for election, contact Carol-Joy Harris at caroljoyharris@comcast.net, John Hansen at johnhansen.emt@gmail.com, or Timo Navsky at pgemsky@comcast.net. The nominations deadline is May 22.

Agendas Agendas and the Zoom link for future PAC meetings are posted 72 hours before 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. You can also find the Zoom link on our marinvalley.net homepage.

Meetings A recording of the April meeting is available on our website at www.marinvalley.net and at <https://youtu.be/gOFvAbQeUbl>.

The next board meeting will be on Tuesday, May 2 at 7 pm, not 6 pm.

In service,



Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com
415-250-0375 cell



What's a Safety Pod?

by JOHN HANSEN



MVEST is recommending that everyone living in Marin Valley form "Safety Pods" of three or four members, each of whom will be there for one another in case of emergencies. Pod members should live close to each other to be able to quickly offer emergency assistance when needed. This may be a fall or injury, sudden or chronic illness, getting out of the house upon evacuation orders, or generally looking out for each other. MVEST will help support your pod, but you are expected to self-organize and decide what is most important among your pod members.

Why is MVEST encouraging us to do this?

- If you are mobility-challenged, who will help you to leave quickly if you need to?
- If you are at elevated risk of experiencing a sudden medical emergency (coronary, heart, stroke, asthma, COPD, etc.), what assurance do you have that paramedics will be quickly summoned?
- How can you retrieve essential meds when you're physically compromised?
- Who will immediately begin an essential treatment (CPR, stop-the-bleed, etc.)?
- You may personally still be at the top of your game, but what about that nice neighbor of yours? And what if you're not quite as spry as you think you are?

Why are we recommending three or four members per pod?

A victim needs one assistant to call for help and one to begin treatment. A fourth member would help ensure there will be two available if one is away. While it will be your responsibility to set up your Safety Pod, MVEST will assist you and help provision your pod.



Ready to get started? Here's a checklist for getting up to speed:

- Choose the members of your Safety Pod. Personal emergencies rarely occur simultaneously, so you can belong to more than one pod if you wish.
- Spend some time together to identify one another's most likely emergency issues, what supplies are already available, and what skills and supplies you may need to be better prepared. Also think about individual limitations, capabilities, and possible roles.
- Each member should also know where to find each other's
 - **Prescription meds, special equipment, and supplies**
 - **Up-to-date Vial of Life**
 - **Current POLST*, DNR*, and other instructions.**
- Make a "Pod Plan" including what each of you would need to do for the others' emergency situations.
- Practice your Pod Plan with each member in turn, role-playing the victim.
- Experiment with a communication system you can use to alert one another of a personal emergency. Some possibilities include whistles, air horns, cell phones, wireless doorbells, and the horn button on your car's key fob, among others.
- **Sign up** to receive emails from MVEST for useful info, special events and exercises, and important reminders.
- **Sign up** for a free MVEST first aid training when it's available, to learn the first aid skills you may need. MVEST will also provide free first aid kits to class participants.
- **Sign up** for the refresher. We don't practice our first aid skills often enough to become proficient, so MVEST is planning to offer a "First Aid Refresher" class about three months after your initial skills class.

If you have questions or would like more information, please contact John Feld 510-495-4138 or John Hansen 415-847-7155.

* POLST – Physicians Orders for Life-Sustaining Treatment
DNR – Do Not Resuscitate

Evacuate

by JOHN HANSEN



**Evacuation
Drill
Saturday
May 20**



The **Novato Fire District** and **Marin County Fire Department** are sponsoring an evacuation exercise for Marin Valley residents on May 20. We don't know what time they will call us, but this year the drill will be delightfully different from previous years:

The **Marin County Office of Emergency Services** will be initiating the drill by contacting you directly using the **Alert Marin Emergency Notification System** – if you are registered. If not, and you wish to register for cellular, VOIP (Voice Over Internet Protocol), SMS (text), and/or email emergency notification, go to alertmarin.org and follow the instructions. Except for drills like this one, you will be notified by Alert Marin only in case of an emergency for which you will need to take some specific action.

Now, about that evacuation ... All the details about every step in preparing for evacuation were presented in three successive issues of the *Echo* last year, so please review the MVEST contributions in the March, April, and May 2022 issues for everything you need to know. The issues are online at <https://marinvalley.net/echov2/> Evacuation checklists are available at the front counter in the clubhouse.



The other changeup for this year's simulated emergency drill and the default destination for your Park exodus will be the **EMBER STOMP** event at the Marin County Civic Center, organized by **Fire Safe Marin**.

EMBER STOMP is an event like no other; there's something for everybody who is at risk of wildfire — like us at Marin Valley. There will be vendors and experts to display and answer questions about nearly everything we may find useful for defensible space and home-hardening activities.



Those who visited the inaugural event last year were not disappointed — this year promises to be even better.



There are also food trucks, live entertainment, art, and even fun for the grandkids.



**Register with
Alert Marin**
to receive emergency
alerts from Marin County
www.alertmarin.org
415-473-6376

Message from Mar Val

Dear Friends,

Mar Val is happy to welcome the summer season starting with the Memorial Day BBQ on the deck. Our next five events will be outside.

Here is the schedule so you can plan ahead:

May 29 — Memorial Day

June 17 — Jazz Brunch

July 4 — Independence Day

August 12 — Summer Celebration

September 4 — Labor Day

We will be celebrating Cinco de Mayo actually on May 5 this year. Tim Hart has generously offered to cook his wonderful pork chili verde. We will also be having chicken/cheese tamales, beans, and rice ... our drink of the evening will be margaritas on the rocks. This is a Pub event, and while you do not need reservations to come to Pub, **you do need a reservation** if you wish to join us for this Mexican feast. As usual, drinks will be \$6. Dinner is \$10.

The Memorial Day dinner will be held on the deck on May 29. We will be serving hamburgers/hot dogs, and the drink of the day will be hard lemonade. Come join us in honoring those who have so generously served in the military of the United States.

On behalf of Mar Val, I would like to offer our sincere appreciation to those lovely residents who stay after our events and greatly help in cleaning the ballroom. You hop right up, clear the tables, get the linens in the laundry bag, knock down the tables, and get the chairs put away. Mar Val is very grateful for all you do.

Hope to see you at a Mar Val event soon.



Cinco de Mayo Pub Event

Friday, May 5

5 pm Cocktails
5:30 pm Dinner

**Try our
Margaritas on the
Rocks!**

MENU

Pork Chili Verde
Chicken or Cheese Tamales
Refried Beans, Rice, Tortillas

\$10 per person.
Make checks payable to
Mar Val

*Deadline for reservations:
Wednesday, May 3, by 5 pm*

*For questions
call Susan Hoff
707-365-9426*

Thank You, Veterans!!



Mar Val Memorial Day Dinner

Monday, May 29

5 pm Cocktails 6 pm Dinner

—Try one of our Drinks of the Day—

Shandy OR ***Hard Lemonade***
(Beer with a hit of sparkling citrus)

M E N U

Hamburger or Hot Dog

OR

Impossible Burger or Veggie Burger

Potato Salad Baked Beans

Ice Cream Bars

\$15 per person — Make checks payable to Mar Val

*Deadline for reservations: May 25 by 5 pm
(or when 120 reservations have been received)*

For questions, call Susan @ 707-365-9426

HOL *Home Owners League Message*

Welcome,

I would like to thank the many people who contribute so much to our wonderful community. This not only includes the members of the HOL Board but also all of us who work so hard to make this a wonderful place to live. Most of the people mentioned in this month's letter are not on any boards; they largely go unnamed yet persevere to make Marin Valley so wonderful.

Art in the Park

By the time you read this, **Suzie Lahr** will have installed the new exhibit in the Marin Valley Gallery. There are some bold and exciting art pieces there for you to enjoy. And if you see something you really like, remember that most of the art is for sale.

Play: *Today's the Day*

The Marin Valley Theater Company is almost ready for the world premiere of their new musical, *Today's the Day*. It has a huge cast, and the word is – the songs and dances will knock your socks off. Make sure you get a reservation for either (or both!) May 20 or May 21 – Residents are half-price. I am assured you will not be disappointed by our talented residents.

Pauline's Celebration

On June 3 in the ballroom, we will be celebrating **Pauline Hawkins** and all she has done in our community along with the many volunteers – specifically with our public gardens (see pp. 10–11). Her extensive efforts with the front garden of the clubhouse and the pump house garden on Marin Valley Drive, planting trees, and leading the work needed for the magnificent spring showing of flowers on our main road are a legacy of her hard work. Please come and help applaud the many achievements.

Bill Hartwell Returns

Charlotte Kells is again sponsoring the return to Marin Valley of joyful and uplifting folksinger, Bill Hartwell. He will be performing on July 16. Another not-to-miss experience.

Thank You, Thank You, Thank You

I would like to mention some of the other people who are not board members, such as **Michael Karasik**, who regularly disposes of the batteries in our disposal bin; **Kevin Mulvany**, who helps manage the Breezeway Boutique and takes unwanted items to thrift shops each week; **Ellen Jane Schulz**, who instigated the wonderful and informative Recycling Meeting we had recently (see p. 13); **Aneesha**

Dillon and **Timo Navsky**, who run the ever-expanding Circle of Friends who work to support people who are nearing the end of their lives; **Susan Meyer**, who continues Pauline's work bringing us all food from the Food Bank every Thursday; the many people – including **David Tetta**, **Inga Grace**, **Janet Bogardus**, and **Steve Plocher** – who put on the dances in the meadow at the end of Sunrise Lane and on the deck; **Jeannine Freedom**, who suggested our wonderful new yoga teacher; and **Peggy Hill**, who leads the HOL Yard Maintenance efforts. Also, thanks should be given to the many people who make Mar Val and PAC such successful organizations, serving us in so many ways.

Enjoy the lovely Marin spring weather.

Water Aerobics ... Happening Now!

Come on Mondays,
Wednesdays, and Fridays
10–11 am for relaxing, fun,
effective exercise.



John Feld

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

Honoring Pauline Hawkins

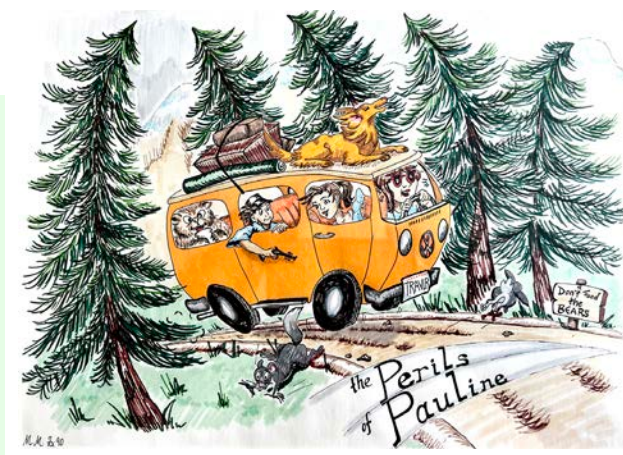
by **TIMO NAVSKY**

Pauline Hawkins was born in England in 1935 and emigrated to Toronto, Canada, with her husband and son after WWII, eventually moving to California and settling in Marin County in 1965. She worked at the University of the Pacific dental school for 28 years and retired in 1998. Pauline moved into our community in 2001.

Pauline has always been a lover of the outdoors. She loves nature, trees, plants, camping, and especially walking in the wind.

She once spent a year on the road, with her husband, son, and their German Shepherd named London, traveling in their Land Rover from England through Europe, across Turkey, Iran, Afghanistan, Pakistan, and on into India. From there they took a boat to Mombasa, a coastal city in Kenya, and continued on to South Africa. All three made it safely back to England. See a friend's illustration of a Pauline trip above.

When Pauline moved to Marin Valley, she volunteered to be on the Park Improvement Committee (PIC). She was PIC chairperson for 14 years (!) and the main gardener, with innovative ideas and projects, along with a host of other volunteers who are listed at the end of this article and who will also be honored at our June 3 event for Pauline.



When she began her volunteer work here, the clubhouse garden consisted solely of junipers. Besides being not so pleasing to the eye, the fire district deemed them a fire hazard and called for their removal. PIC applied for a fire district grant and received enough funds to hire workers and gardeners. It was a huge job and a tough one, because even the roots had to be removed before any planting could begin. At that time Kay Frey was the PIC chairperson. Dee Schneider, Mogen Schow, and Pauline began the design of the new clubhouse garden, pond, and paths.

Flagstone paths were laid, teak benches were added, and pathways of crushed rock were created. Large rocks were purchased and placed in perfect positions by Marin Landscape in San Rafael. Burt Vreeland donated rocks from his garden for the edgings.

Much research went into choosing the appropriate plants, ones that could tolerate the hot Novato

summer sun and that were deer and bunny resistant. Several native plants were also chosen. Pauline contacted resident Bob Tanem, who consulted in the early days, for the selection of trees and shrubs that would settle in well and look beautiful in our main front garden.

Thanks are due to many generous residents and especially Johanna Longfellow, who donated over \$2,000 to jumpstart this project to buy trees. At that time, every penny from gifts as well as dues from HOL went to turning the dream of a beautiful and inviting garden into reality.

The next project Pauline undertook was the garden around the pump house on Marin Valley Drive. She designed the garden and Bob Tanem helped her choose the flowering cherry trees — a lovely sight in springtime. A permanent path was put in, and Chet Willett donated a teak bench in memory of his wife.

Pauline has had her hand in planting new trees around the Park, including five Chinese pistache trees along Marin Valley Drive, which put on a spectacular show each year when their green leaves of summer change to shades of orange, red, and yellow.

CELEBRATION — SATURDAY, JUNE 3 • 1-3:30

With the planting of any tree, Pauline stresses that a volunteer is needed for at least two years to keep a close eye on it and water it until it is fully established. She had high praise for Park resident Bonnie Edwards, who faithfully cared for many new trees.

The next small project was in front of the laundry room on Marin View Drive, where Pauline and other volunteers planted shrubs and daffodils.

As for the wonderful display of daffodils every spring along Marin Valley Drive, Fred Dargie was

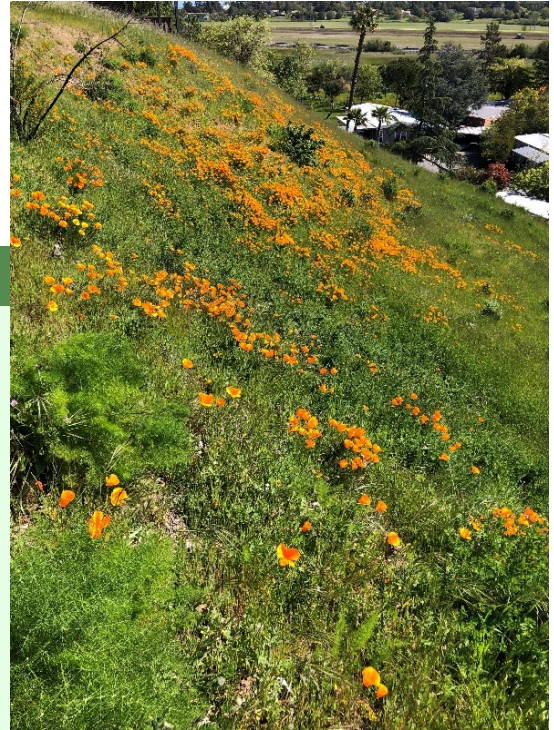
the first person to start planting those. PIC made it a yearly ritual to plant even more, resulting in hundreds of daffodils lining the sides of the road. Cherrie Dougherty gave her a bag of poppy seeds, which Pauline tossed all over the hills, and they have been happily reseeding themselves for years.

Over 25 trees have been planted throughout the Park by Pauline and the many volunteers who have worked hard and contributed their love and care — be it watering,

deadheading, or weeding — so that we can all enjoy the natural beauty, color, and variety of the plants, flowers, and trees that grace Marin Valley.

Pauline also served on the HOL Board for about 15 years. That itself deserves a big round of applause for all the hours of volunteering and events she participated in to help make our Park such a wonderful and interesting place to live.

In addition to these endeavors, for many years Pauline spent several weeks each year pricing and assisting the



Mar Val Black Cat events. She also initiated the battery recycling bin and bringing in masses of food from the Food Bank weekly.

Thank you, Pauline Hawkins, for your dedication, your thoughtful planning and research, and the numerous hours of gardening you have devoted to the beautification and enjoyment for all those who drive through our Park and walk along the paths and streets where we are living in community together.

Much appreciation also goes to all these volunteers who have devoted themselves to beautifying our Park: Kamala Allen, Nancy Bingham, Janet Bogardus, Charles Conaway, Fred Dargie, Bill Davis, Bonnie Edwards, Catherine Frey, Carol-Joy Harris, Susan and Tony Hoff, Lisa Jackler, Liana Jackson, Dee Lind, Julie Manson, Martha McConnell, Tom Nadolski, Lorna Sass, Dee Schneider, Mogen Schow, Maria Schulz, Bob Tanem, and Burt Vreeland. ■



Our New Play: *Today's the Day!*

by **JANIE KLIMES**

Saturday, May 20 • 7 pm

and

Sunday Matinee, May 21 • 2 pm

It's almost PLAY TIME! There is a sign-up sheet on the front desk with a separate line for each person attending. Please include contact information. **EVERYONE** is invited, including friends and family outside the Park.

The good news is that the price is reduced.

For residents, it will be \$5 each, and for all others, \$10 each.

Drop your check in the box at the desk.

No reservations without payment.

No recording of any kind.

No checking for COVID, but masks are recommended.

We PROMISE a fun-filled, romping good time! Performances of *Today's the Day!* will be full of music, dancing, comedy, and audience interaction – 1½ hours of laughs and entertainment. See you there! ■

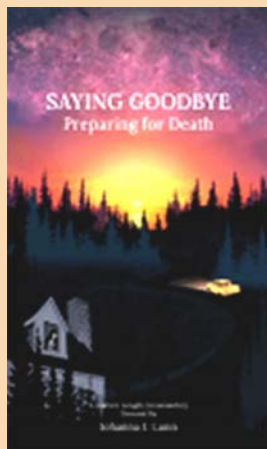
Saying Goodbye: *Preparing for Death*

by **Aneesha Dillon**

The *When You Die* trilogy is a series of films created by director Johanna Lund as a way of opening and deepening the conversation around the taboo-shrouded subject of death and dying.

Last year in the Circle of Friends we presented the first film in the series, called *In the Realm of Death and Dreaming*.

On Tuesday, May 23 at 4 pm in the Fireside Room we are delighted to present the recently released second film in the series, called *Saying Goodbye: Preparing for Death*.



**Tuesday, May 23
4 pm • Fireside Room**

Following the showing of this beautiful and informative 54-minute film, we will share our impressions. The filmmakers say, *By addressing our mortality head-on, viewers are guided through some of our most avoided questions:*

What is a good death?

Could we possibly heal old emotional wounds as death approaches?

Where do we want to die?

What quality of life is enough?

What is a conscious death?

Could we have one? ■

REFUSE!

Reduce.

Rescue.

Repair.

Reuse.

Repurpose.

Recycle.

by **ELLEN JANE SCHULZ**

We had a terrific turnout at the Marin Sanitary Service event in the clubhouse on April 8 — between 50 to 60 residents.

For those who were not able to come, there is an audio phone recording on our YouTube channel with a link on the website. Unfortunately the first few minutes were not recorded.

For those who DID attend, thank you! Please keep talking this up to friends and neighbors. Talk with management where you shop and ask — no, TELL — them to stop using nonrecyclable plastics. REFUSE to buy products in nonrecyclable plastics, as best you can. This packaging is petroleum-derived and lasts FOREVER as microplastics.

The plastic bag collection bins outside some stores in Marin are a corporate sham — there is no market for the bags, and they end up in landfill, eventually airborne to highways, gardens, the ocean, and animals. Microplastics are global and already in our bloodstreams and tissues.

We must take responsibility NOW. We are on the brink of catastrophic climate change and running out of time. This is not a joke or conspiracy theory. It is the truth.

Contaminating Bins

When you add incorrect items to recycling bins, you can contaminate the whole load and it is diverted to landfill.

A Few Nonrecyclables

Plastic cups

Amazon mailers

Salad containers

Plastic bags

Plastic utensils

Styrofoam

Plastic clamshells

Berry containers

Milk & juice cartons

Potato chip bags

Coffee cups & lids

Takeout containers



Also, those “eco” green plastic compost bags that say *recyclable* — they’re not.

Put Bins 2 Feet Apart — Handles Facing Your Home



Please place your bins on the street two feet apart with handles facing your home and opening to the street — otherwise the automated dumping mechanism deposits your recyclables into the wrong sides of the truck ... further contamination!

Our local landfill will be overfull in less than 20 years. Think about that.

If you’d like a colorful 2-sided flyer you can post on your refrigerator, I have a few extra and can get more. Other flyers were posted in the March and April Echos and are on the Marin Sanitary Service website.

Any questions? You can ask **Where Does It Go, Joe** at <https://marinsanitaryservice.com/>. ■

Tattooed Trucks of Nepal — Horn Please

by **JOHN FELD**



THURSDAY, MAY 18 • 6:30 PM

An internationally prize-winning film, *Tattooed Trucks of Nepal – Horn Please*, will be shown in the ballroom on Thursday, May 18, at 6:30 pm, accompanied by the filmmakers.

Tattooed Trucks of Nepal – Horn Please is an upbeat, 40-minute, award-winning documentary that celebrates Nepalis and their culture through a vibrant new art form: the paintings on their freight trucks. Set in the context of Nepal’s artistic legacy, the film introduces the talents of self-taught painters, who work by commission in order to share what is important to the trucker. Their subject matter provides a window into Nepali culture and includes truck protection, displays of spirituality, love of family, sports, and new and old traditions. Representations of Lord Ganesh, European soccer heroes, Bob Marley, and a salute to Avril Lavigne are displayed on these moving “canvases” as

they travel Nepal’s dangerous mountain roads. Sudarson Karki of Kathmandu captured this unusual art form by providing more than 20,000 still and video images for the film.

The film is created and narrated by returned Peace Corps volunteer Ron Ranson, who worked as a high school and college teacher in Chitwan, Nepal, for two years. After the terrible earthquakes in Nepal in April 2015, Ron brought together talented, but suddenly

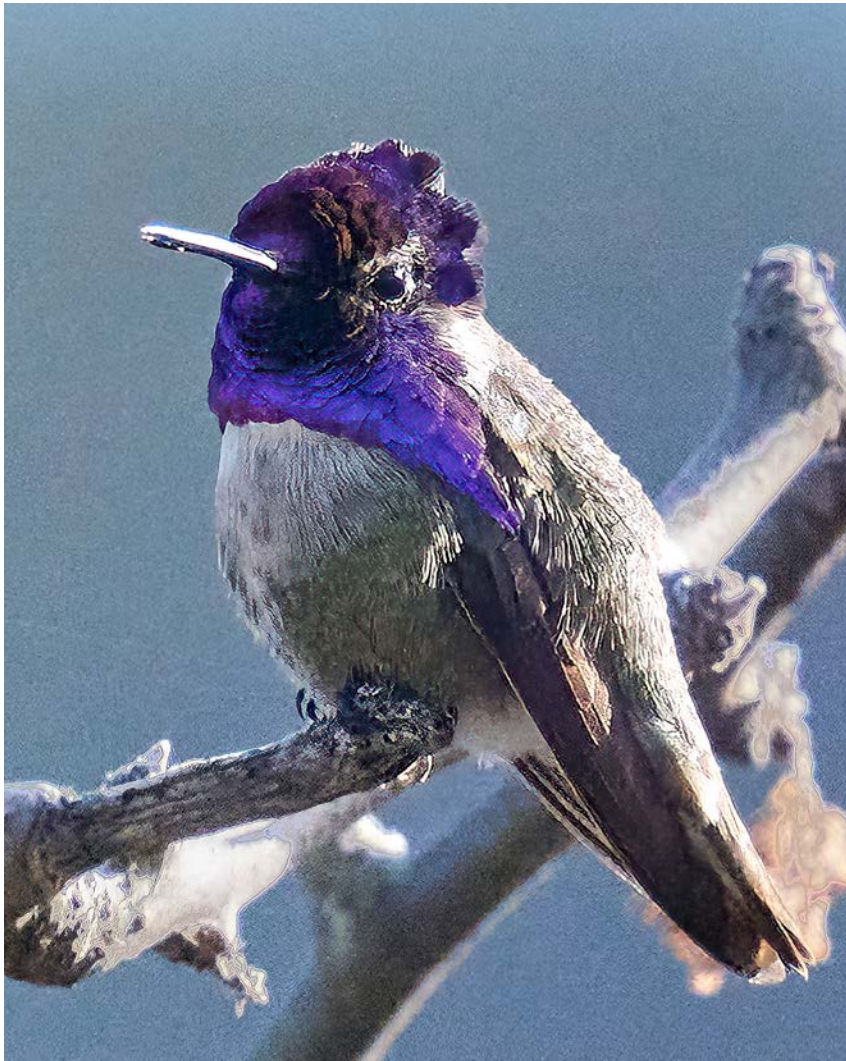
unemployed, Nepali filmmakers Sudarson Karki and Dhawa Gyanjen Tsumba to help produce a documentary about the stunning artwork displayed on Nepal’s large freight trucks.

This unique art form expresses volumes about Nepali culture. Ron’s wife, Nicola Ranson, is co-producer and co-writer. Ron and Nicola will be here for the presentation and will be available for your questions after the film. ■



Hummingbirds

Text and Photography by **DAVID GRAY**



It's SPRING! The bottlebrush trees have blossomed, and the hummingbirds are ecstatic.

Following up on my previous article on birds of Baja, I am going to show four of the 366 members of the hummingbird family *Trochilidae* whose range (except for the Xantu's) include our Park.

The hummingbirds' unique and notable ability to fly backwards is due to their ability to gain lift from their wings not only on the downswings, but also on the upswings, and by rotating their shoulders.

Our local hummingbirds are primarily Anna's (*Calypte anna*), the largest of the hummingbirds, weighing in at a whopping 4.3 grams (0.15 ounces). The male has a crimson iridescent head, while the female's is a more sedate but still iridescent green, as she sits on the nest and needs better camouflage. This female is feasting on nectar while in flight.

The Costa's (*Calypte costae*) is about $\frac{3}{4}$ the size of the Anna's, at 3.1 grams. The male has a deep purple face that has long throat feathers that it flaunts during mating season and in response to intruders. They are rare in our area, as they prefer dryer desert locations. I photographed one in southern Arizona with its purple feathers in evidence, and I also got a photo of a sleeping Costa's male on a blustery day, firmly clasped onto a bobbing branch.

The Rufous hummingbirds (*Selasphorus rufus*) summer in our Park. They weigh 3.4 grams. This female's incredibly long tongue shows why deep-throated flowers are a favorite source of nectar for hummingbirds, who are responsible for spreading pollen and helping to germinate these plants.



The Xantu's hummingbirds (*Basilinna xantusii*) are tropical, and we don't see them this far north, but this female stretching at the San Javier Mission outside Loreto, Baja, was too beautiful not to include. They are about the same size as the Rufous hummingbird, 3.4 grams. Note the pink underside of her beak, an identifier of the Xantu's.



If you have a hummingbird feeder, you should make sure that it remains mold-free and check/clean it weekly. Please use ONLY sugar and water in your feeders, and no dyes. Hummingbird-friendly plants are widely available at garden supply stores. If you plant more hummingbird-friendly plants, the hummingbirds won't have to pester you to refill their feeders. (They know who is responsible and have no qualms about letting you know!) ■



Top to bottom —
p. 16: Anna female, Costa male;
p. 17: sleeping Costa male,
Rufous female, Xantu female.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 5AM Trash 10-11AM Water Aerobics	2 4-5PM Taiji 4-5:30PM Painting with Acrylics <i>Ballroom/contact Janet Bogardus</i> 7PM PAC Board Meeting <i>Zoom/contact Carol-Joy Harris</i>	3 10-11AM Water Aerobics 2-3PM Craft & Chat 5PM Dancing 5PM Mar Val Cinco de Mayo dinner deadline 6PM HOL Board Meeting <i>Fireside Room</i>	4 11AM-12PM Rollin' Root 	5 10-11AM Water Aerobics 12PM Mahjong 4-5PM Taiji 5PM Dancing 5-7PM Cinco de Mayo Pub dinner 6-10PM Game Night <i>contact Ed Collins</i>	6 1-4PM Breezeway Market 6PM Dancing <i>Meadow</i>
7 10-10:30AM Meditation <i>Zoom/contact Michael Haggerty</i> 4-5PM Taiji	8 5AM Trash 10AM Water Aerobics 5PM MVEST <i>Zoom/contact John Hansen</i> Echo deadline	9 4-5 PM Taiji 4PM Painting with Acrylics	10 10-11AM Water Aerobics 2-3PM Craft & Chat 6PM Dancing 6PM Mar Val Board Meeting	11 11AM-12PM Rollin' Root 	12 10-11AM Water Aerobics 12PM Mahjong 4-5PM Taiji 5-7PM Pub 6PM Dancing	13 6PM Dancing
14 10-10:30AM Meditation 4-5PM Taiji	15 5AM Trash 10-11AM Water Aerobics	16 4-5 PM Taiji	17 10-11AM Water Aerobics 1PM Ladies Bridge <i>Private, Fireside Room</i> 2-3PM Craft & Chat 6PM Dancing	18 11AM-12PM Rollin' Root  6:30PM Tattooed Trucks of Nepal movie	19 10-11AM Water Aerobics 12PM Mahjong 4-5PM Taiji 5-7PM Pub 6PM Dancing	20 TBD Evacuation Drill 11AM-5PM Ember Stomp 6PM Dancing 7PM Today's the Day! musical
21 10-10:30AM Meditation 2PM Today's the Day! musical 4-5PM Taiji	22 5AM Trash 10-11AM Water Aerobics 5PM PAC Board nomination deadline	23 4-5PM Circle of Friends 4-5PM Taiji	24 10-11AM Water Aerobics 2-3PM Craft & Chat 6PM Dancing	25 11AM-12PM Rollin' Root  5PM Mar Val Memorial Day BBQ deadline	26 10-11AM Water Aerobics 12PM Mahjong 4-5PM Taiji 5-7PM Pub 6PM Dancing	27 6PM Dancing
28 10-10:30AM Meditation 4-5PM Taiji	29 5AM Trash 10-11AM Water Aerobics 5PM Mar Val Memorial Day BBQ	30 4-5PM Taiji	31 10-11AM Water Aerobics 2-3PM Craft & Chat 4PM Book Club <i>contact Carol-Joy Harris</i> 6PM Dancing	<h1>MAY 2023</h1> <p>Please check our website marinvalley.net for any changes or for Zoom links.</p>		