

T H E
ECHO

June 2023



2 Matt Greenberg

MVMCC

MANAGEMENT UPDATE



3 Jay Shelfer

PAC

PAC LETTER TO RESIDENTS

4-5 John Hansen

MVEST

A New, Updated MVEST; MVEST Volunteer Get-together

6 John Feld

No Trespassing

7 David Stier

Pumping Station Project Update



8 Carolyn Corry

MAR VAL

MESSAGE FROM MAR VAL

Kathleen Dargie

In Memoriam: Patrick Wheatley

9-10 Carolyn Corry, Susan Hoff

Event Flyers



11 John Feld

HOL

HOL MESSAGE

HOL COMMUNITY EVENTS

12 Timo Navsky

Pauline and the Marin Valley Gardens – A Celebration

Marci Silverberg

Balance

Ed Collins

First Friday Game Night

Maggie Siegfried

Boutique Limerique

Charlotte Kells

Save the Date – Bill Hartwell

13

Marin Valley Gallery



14-15 Lorna Sass

Resident Artist Janet Bogardus Exhibition

Who Decided What Matches?

16-17 David Gray

Bird of the Month: *Red-Tailed Hawk*

18

CALENDAR: JUNE 2023



MVMCC Management Update

Pumphouse Hard to miss the new pumphouse construction; see the Associate Engineer's report on p. 7. Thank you all for temporarily dealing with fewer parking spaces.

Clearing the hills Last year we hired the Wilhelm Group to clear away bushes and downed or ailing trees – fuel ladders – in the hills around us. They did major cutbacks between View Ridge Drive and Marin Valley Drive, and at the southern end of Club View Drive. This year the Novato Fire District is clearing a 60-mile shaded fuel break, and we will be part of that; not sure yet exactly where they are planning to clear. In our plans, we will focus on the ridge at the southern end of Marin Valley Drive and the steep hill behind the curve entering the Park. The underbrush behind the new pumphouse will also be cleared after that work is done.

Free goats! The Novato Fire District has given us a \$50,000 grant to have the goats clear away the grasses closest to the Park boundaries (see map on p. 6). They will be here mid to late June. Please allow the goatherder to use your garden hose to fill water basins for the goats.

Upkeep We have been attending to day-to-day Park upkeep. We cannot do any of the maintenance or capital projects until the budget is finalized.

Koi The koi in the pond in front of the clubhouse are large and happy. Some of you will remember Joan O'Hagan, who lived at 122 Marin Valley Drive; her daughter Maureen called in 2019, saying that her koi had babies and would we like some? She brought ten, and they have grown up strong and agile. Thank you, Joan and Maureen.

CONTINUED ON PAGE 6



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THE ECHO 2023

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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 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. This is causing misinterpretations of expenses attributed to capital needs and operating expenses. We hope to sort it out before the City Council reviews and approves our next year's budget.

Current affairs

Together with the City Staff and individual City Council members, we will be conducting workshops with residents during June concerning financial and planning issues for MVMCC, with the opportunity for residents to participate and attend. The City Council has agreed to hold these workshops to understand and plan the future of MVMCC with input from the PAC Board and MVMCC residents. The outcome of the workshops will be discussed at the July PAC Board meeting. The City Council voted at their May 9 meeting to send the proposed next fiscal year budget back to staff to look at raising Park rents 5% for the period starting July 2023 and to look at reducing expenses to

bring the debt service ratio to 2.1. The budget for 23/24 was not approved. More information next month.

Projects

Several projects are in process for the Park, including the clubhouse roof and solar heating for the pool. Work on the sewer pump station near the clubhouse has begun. The City's engineering group is currently working on all of these.

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. It is best to 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.

Election

At press time, we don't know whether an election for a two-year term on the PAC Board will be necessary; if so, you'll be notified.

Participation

The PAC Board's 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

For future PAC Board meetings, agendas with the Zoom link 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.

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.

Meetings

A recording of the PAC May meeting is available on our website at www.marinvalley.net and at <https://youtu.be/mleAN0v6nBU>. The next board meeting will be on Tuesday, June 6 at 6 pm.

In service,


 Jay Shelfer
PAC PRESIDENT
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415-250-0375 cell



A New, Updated MVEST

by JOHN HANSEN

The purpose of MVEST is to
assist the members of the Marin Valley community
to live in a
safe environment
and to
manage emergencies
in a planned and coordinated manner befitting our
present-day needs.

In the face of danger,
we have two choices.

We can **REACT**
(fight, run and hide, or
freeze like a deer in
the headlights)

or

We can **RESPOND**
(responsibly face a
challenge).

FEAR and PANIC
usually drive our
reactions.

KNOWLEDGE and
PREPAREDNESS
usually drive our
responses and are far
more reliable for our
safety and survival.

RESPONSE
is the far better choice
for individuals and
communities to
manage both real and
anticipated danger.

This is the choice
MVEST has made to
achieve our purpose.

We've identified 10 types of hazards
we may face daily, seasonally, or rarely.

They include:

- Domestic fire
- Wildland fire
- Dense smoke (*unhealthy air*)
- Earthquake
- Power failure
- Summer heat
- Medical, Public health
- Crime
- Winter weather (*rain, wind, cold*)

Each hazard type is analyzed
separately considering each of
the elements of the Emergency
Management Cycle (also
referred to as a Disaster Cycle).

Emergency Management Cycle



- Prevention
- Mitigation
- Preparedness
- {ALERT/ALARM/INCIDENT}
- Response
- Recovery

Then, after identifying the distribution of primary responsibilities – of Marin Valley residents, MVEST and associated organizations, Park Management, and City and government agencies and utilities – for each element and for each hazard type, we then identified what actions are most useful and appropriate for MVEST to undertake.

Within this framework, MVEST actions include

- (1) resident and MVEST-team education
- (2) trainings/drills/exercises
- (3) strategic planning and organization
- (4) communications
- (5) critical supplies
- (6) limited emergency responses.

Actions (1) and (2) are the most important, for this is how we cultivate the skills to behave responsibly in the face of an emergency and not succumb to our primitive, animal fear instincts.

If this all seems a bit complex, well, it is – as it should be for an “all hazards plan” – but unlike most plans, in this one “simplicity” is in the details (the devil has other duties).

You don’t need to be knowledgeable about the entire plan, just that it exists and where you fit in. Are you curious to learn more about what MVEST is doing for Marin Valley?

Want to meet the MVEST team, maybe become part of it yourself? It’s not rocket science, but it can save your or someone else’s life!

Come and see it for yourself at the MVEST VOLUNTEER GET TOGETHER on Saturday, June 24 and discover where you could fit in with all the many MVEST volunteers.

MVEST Volunteer Get-together

Saturday, June 24 • 11 am – 1 pm

**For all
MVEST Volunteers
and
Curious Residents**

At long last MVEST is presenting the new organization and tasks of everyone involved and showing how we can all participate and benefit.

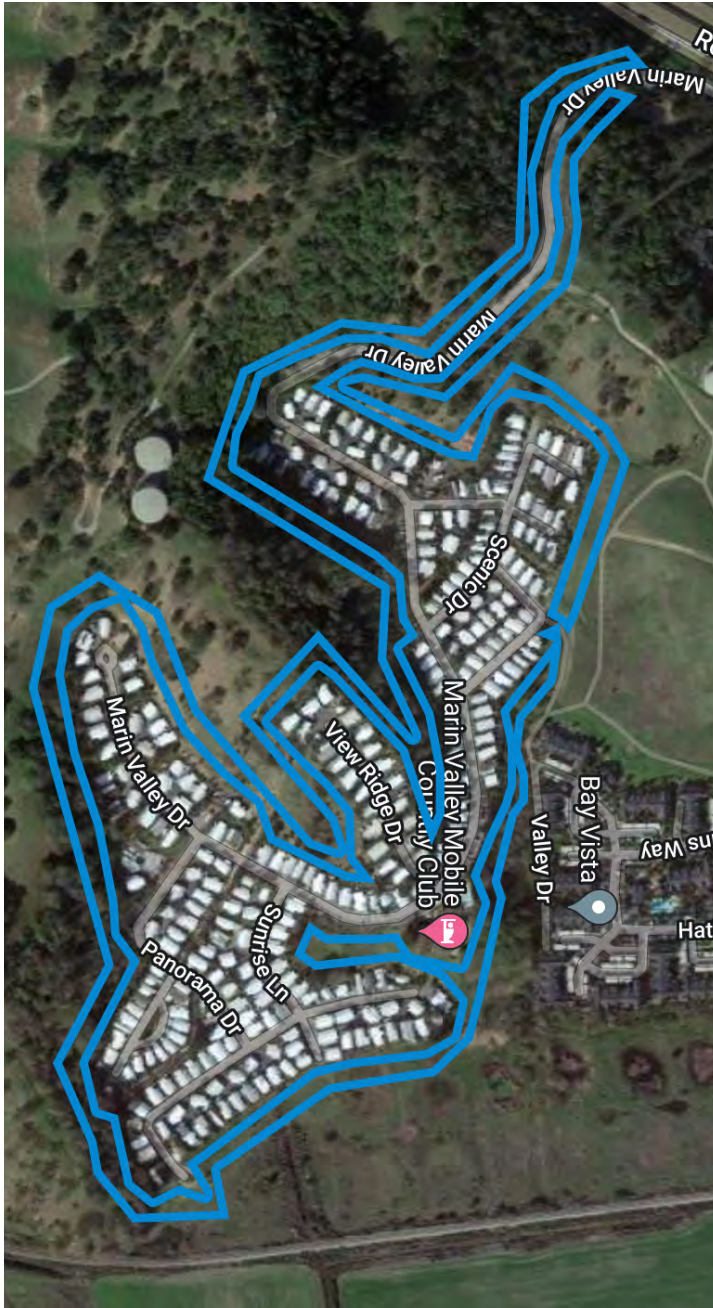
Why Join MVEST?

MVEST would like to train everyone in the necessary skills to manage whatever emergencies could occur. These trainings are not only for volunteers but for everyone in the community as a whole so we are better equipped to take care of ourselves and others and to prevent situations from devolving into chaos.

The best way to learn these necessary skills is to frequently repeat the MVEST trainings until they become second nature. Not only will you help the community, but you also benefit yourself.

Please come and reacquaint yourself with the MVEST team; bring your friends, your neighbors, and your MVEST gear.

Food and refreshments will be provided!



Novato Fire District goat clearance defensible space area for Marin Valley.

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

Private Property, No Trespassing

by **JOHN FELD**



If and when you walk along the ridgeline to the south of the Park, from the railway tracks past the two water tanks to the radio towers, please make sure you do not cross the fence. If you do, you will be on the neighboring property, and citations for trespassing are now being issued.

Enjoy the views, and check yourself for ticks. ■

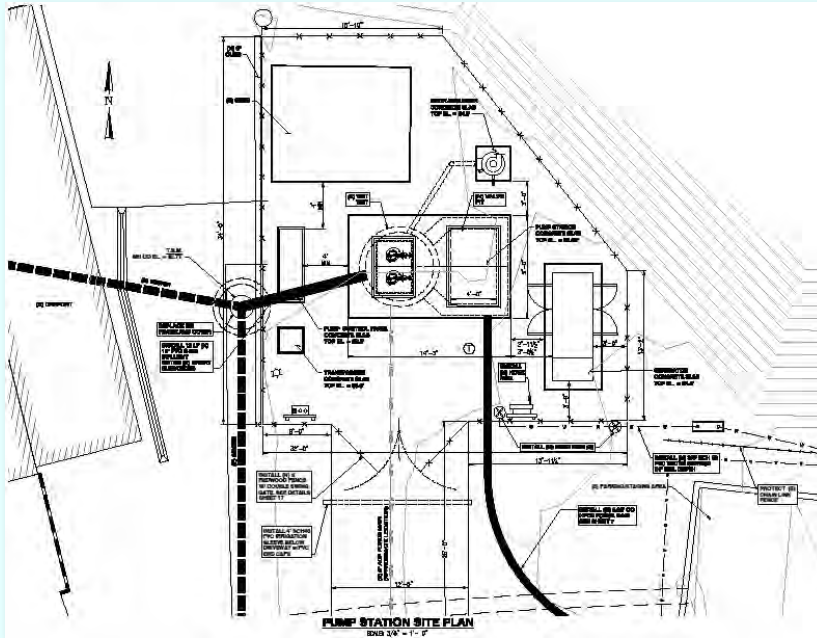


Pumping Station Project Update

by **DAVID STIER**, Associate Engineer, Vice President of Nute Engineering

Construction work on the Marin Valley Mobile Country Club Pump Station No. 1 Improvements Project began the week of May 1st. This project was publicly bid by the City of Novato and awarded to JMB Construction of South San Francisco. The expected duration of the work is five months, with completion anticipated in November 2023.

Pump Station No. 1 is a pumping facility on Marin Valley Drive west of the clubhouse that conveys sewage flow eastward to the recently renovated Pump Station No. 2, located at the end of Club View Drive. Pump Station No. 2 then pumps all of the sewage from MVMCC to the Las Gallinas Valley wastewater treatment plant. The existing pump station, originally constructed in 1974, includes two pumps along with piping, valves, and electrical controls, including an emergency backup generator in case of a power failure. The facility has reached the end of its design life, and



the current project is necessary to maintain reliability and protect public health and the environment.

The initial work, scheduled for the month of May, includes replacement of a pressure pipe, installation of new electrical service between Pump Station No. 1 and the clubhouse, demolition of the existing pump station, and installation of a temporary pumping system to

serve Park residents for the scope of the project. During the month of June, the targeted tasks will be concrete work, pipework, and electrical work.

Most of the construction work will be confined to the parking area along Marin Valley Drive nearest the pump station, and the site itself. Residents may experience periodic short traffic delays during the delivery/retrieval of equipment and materials. The work will also result in noise during certain work activities, limited to 8 am - 5 pm on weekdays. Park Management will work with the construction team to notify Park residents on days when noise levels may be higher than typical construction noise. Water and sewer service to residents will not be affected by the project.

Questions can be directed to Elisa Sarlatte, project manager for the City of Novato at esarlatte@novato.org.

Message from Mar Val

Dear Friends,

As I write this in early May, it is lightly raining and work has just started on the new pump house. Our fingers are crossed to have Memorial Day on the clubhouse deck in sunshine. Parking, or lack of it, is always a problem ... please carpool if you can or enjoy a summer stroll, and stay safe.

June 17 will be "Jazz under the Ragtop." We are delighted to welcome back the Lee Waterman Trio. This is your opportunity to listen to their fabulous jazz and enjoy some terrific food along with the drink of the day – mimosas – while mingling with some of your favorite folks. The bar opens at 11 am.

Come and join us also on July 4 for a celebration of the United States. Dinner will include pulled pork sandwiches or egg salad sandwiches, along with all of the usual sides. Anne Glasscock, our most creative bartender, will be serving peach sangria. Our own Brynda Foster will once again provide music and song for us during the cocktail hour.

Patrick Wheatley, longtime resident of the Park, died peacefully on April 15. Patrick was an ardent supporter of Mar Val with his presence, his assistance in the kitchen for Pub, and his monetary gifts. Some dozen or so residents of the Park were privileged to share in a birthday celebration for Patrick's 94th birthday on St. Patrick's Day. Patrick, we thank you, and we shall so miss you.

Hope to see you all at a Mar Val event soon.



IN MEMORIAM

Patrick Wheatley

March 17, 1928 - April 15, 2023

by **KATHLEEN DARGIE**

With the recent passing of Patrick Wheatley, Marin Valley not only did lose a beloved neighbor but Mar Val lost a dedicated volunteer and a generous and unique benefactor.



Patrick's years of involvement with Mar Val began with the introduction of Friday night Pub, where for many years he assisted with the weekly food shopping as well as the setup of the Friday buffet.

Patrick delighted in joining friends at Pub and regaling all with his descriptions of thrilling wins at the local casinos. If he ever lost at the machines, that fact was never shared with his audience.

Although Mar Val does not request annual financial donations from residents, Patrick and his late partner made it a practice to present a significant financial gift each year.

Patrick loved a party, and although Mar Val always celebrated all things Irish on St. Patrick's Day, everyone knew the celebration was more importantly Patrick's birthday party.

We will miss his innate kindness, his joie de vivre, and his treasured friendship.



Mar Val Jazz Brunch

Under the Ragtop

Music by Lee Waterman Trio

Saturday, June 17

11 am Cocktails 12 pm Brunch

Try our Mimosas!!

Menu

Quiche, French Toast Casserole
Sweet Rolls, Muffins, Fresh Fruit
Bagels with Salmon / Cream Cheese

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

*Deadline for reservations: Wednesday, June 14, by 5 pm
(or when 120 reservations have been received).
For questions, call Susan Hoff at 707-365-9426*



***Mar Val presents
Independence Day!!***

Tuesday, July 4

5 pm Cocktails 6 pm Dinner

**Try our Champagne Cocktail
Music by Brynda Foster!!**

Menu

Pulled Pork Sandwich or Egg Salad Sandwich Baked
Beans & Macaroni Salad
Chef's Surprise Dessert

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

*Deadline for reservations: Saturday, July 1, by 5 pm
(or when 120 reservations have been received).
For questions, call Susan Hoff at 707-365-9426*

HOL *Home Owners League Message*

Welcome,

Today's the Day!

HOL has been busy! Hopefully, many of you went to see the amazing musical entertainment put on by the talented and busy members of the community. We are so grateful for all the time and effort that was put into the play's production, which went on for many months and involved many, many residents.

Art in the Park

The new art show in the Marin Valley Gallery is another huge success for all our talented artists. Again, it was organized and coordinated by Suzie Lahr. If you have enjoyed it, please leave a note in the provided book.

Film premiere

If for any reason you missed the delightful California premiere of the *Tattooed Trucks of Nepal*, you can catch it online at tattooedtrucksofnepal.com/the-film. It is worth the 40 minutes it takes to watch.

Bill Hartman

Once again, Bill Hartman will be here (Sunday, July 16, 3 to 5 pm) to entertain us with his wonderful songs and humor. If you haven't attended his lovely concerts, try to make it this time. I'm sure you will be glad you did. Thanks to Charlotte Kells for once again organizing this yearly event.

Pauline and the Marin Valley Gardens — A Celebration

If you haven't already, please sign up to attend the special celebration of Pauline for her yearslong accomplishments of beautifying our community (Saturday, June 3, 1-3 pm). You will probably be amazed at the slide display showing all the work she has undertaken here in Marin Valley.

New computer for the library

HOL has purchased a new PC for the library. Our previous computers were donated, but unfortunately they have not lasted long. We bought a new one this time, so it will be more reliable and fun to use.

90-year-olds' plaque

As you probably have noticed, we are all aging. The plaque honoring those who reach the wonderful age of 90 can no longer accommodate the growing list. Thus, instead of hanging many plaques, we have decided to feature a biography in the *Echo* of each person who becomes a nonagenarian. Please let me know when you or a friend in the Park is about to reach their 90th birthday.

Follow the footsteps of Mark Crocker and the *Echo* delivery

For many years Mark has been organizing the delivery of the *Echo* in the Park, handing out stacks of the monthly periodical to each of

the dedicated deliverers in the neighborhoods. He has decided that it is time to pass the torch on to someone new. The job involves picking up the two boxes of newsletters from the clubhouse, tying them into bundles, and delivering them to the distributors who put them into our tubes. If you would like to volunteer to take on this task, please let me know. It amounts to about only 45 minutes a month.

Chair Yoga

In case you missed the announcement, our new, wonderful chair yoga class is happening every Thursday at 10-11 am — \$10 suggested donation. Come and get your body moving, gently.

Marin CIL survey

Marin CIL and the Marin Wildfire Prevention Authority (MWPA) are conducting a study on the impacts of wildfires on those with Access and Functional Needs. This hour-long survey covers the impact, concerns, and suggestions on the impact of wildfires, and better ways to serve the Marin community. There is a \$50 stipend for those participating.



Pauline and the Marin Valley Gardens — A Celebration

Saturday, June 3 • 1 – 3 pm • Ballroom

Come and see Pauline's and the many community members' transformation of our landscape. If you missed the two-page description in last month's *Echo*, be sure to see the slide show of how all their changes have brightened the Park over the years. ■

First Friday Game Night

In May, fun and games were enjoyed by eight community members and two visitors. "Downforce," a racing game; "Ticket to Ride," a train game; "Mexican Train," a domino game; and "Tichu," a partner card game, were played. Come join us on **June 2 at 6 pm**. Genres can include social games, word games, and simple games to more strategic deep games. Bring a game or learn a new one. Call Ed Collins for more info or if you would like to play/learn a game before that. 415-377-7696. ■

Boutique *Limerique*

by **MAGGIE SIEGFRIED**

Dedicated to Kevin Mulwany and Tara Plocher, without whom the Boutique would not be possible.

If you come to the Breezeway Boutique
You'll surely find something unique;
Perhaps a valuable antique,
A certain thing that you seek,
Or a thing you don't need,
But your will is too weak!
Don't worry! Just return it next week. ■

Balance: A Conversation

with **Marci Silverberg** PT, Pelvic Floor Specialist
and **Jay Shelfer** Chi Gong Instructor

Tuesday, June 27 • 1 – 3 pm • Fireside Room

HOL will again sponsor Marci Silverberg and our own Jay Shelfer to jointly discuss the connections between our brains, breath, and the pelvic floor. They will cover ancient and modern wisdom combining with practical tools for more stability, mobility, fall prevention, confidence, and vitality. ■



First introductory session by Marci Silverberg

SAVE THE DATE

Sunday, July 16 • 3 – 5 pm

Bill Hartwell Returns to Marin Valley

by **CHARLOTTE KELLS**

Bill has been playing and performing for over 30 years and has six CDs of original songs. He is an old friend of Charlotte Kells and Lee Dunne, who have cosponsored this event with HOL for the last several years with great success! This year HOL will sponsor it as a free event for the community in the clubhouse. Refreshments will be served. ■

Check him out at www.billhartwell.com

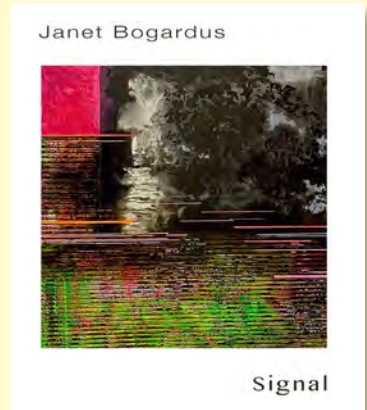
Marin Valley Gallery

Thank you Suzie Lahr for the latest exhibition, which includes the images below. Best to come and see in person.



Clockwise from top left: Serena Fisher, *Koi*; Meg Jordan, *Poppy Love*; George Winters, *Bluebird #2*; Susan McMudie, *Reflexion*; Erma Wheatley, *The Vineyard*; Peter Dyke, *Winter*; John Feld, *Wasp*; David Gray, *Magnificent Frigate Bird*; Jae Tillinghast, *Heidi in Blue*.

Resident Artist Janet Bogardus Exhibition



You are invited to Gear Box Gallery's juried show winner Janet Bogardus's latest exhibition, *Signal*.

June 1 – July 1

**Gear Box Gallery
770 West Grand Ave
Oakland CA 94612**

Reception: Sat • June 3, 1 – 4 pm

Talk: Sat • June 17, 2 pm

Janet's collaged paintings are created from digital prints of brilliant electronic static upon which layers of acrylic paint and ink form hybrid landscapes suggesting complex feelings about technology and nature. ■



Who Decided What Matches?

by **LORNA SASS**

Several years ago, while fidgeting in front of my closet trying to decide what to wear, I suddenly got a flash of understanding in the form of a question:

Who decided what matches?

At first I thought it was my mother who decided. It's true that she imposed her preference for brown and olive green on me — colors that made me look like I was ten feet under. And it's true that she often ridiculed my early teen preference for poodle-pocketed skirts. Indeed, her critical nature resulted in a lack of trust in my own judgment about what is beautiful and what looks good on me.

Yes, dear reader, my mom certainly played a role in my personal definition of good taste, but the larger dictatorial monster has been the fashion industry — the force that defines what matches and then changes its mind, driven by greed, dictating one year that stripes and polka dots don't match and the next year that stripes with polka dots are the height of fashion.

Of course, the industry's ultimate goal is for us to purchase more clothing. But the subject of fashion and beauty is more complicated than that, making it difficult to feel confident about what actually looks good on us.

Do you remember the Color Me Beautiful movement that was very popular during the seventies? I was a Columbia grad student at the time and witnessed one of my classmates move from looking old and frumpy to being reborn as a charming, innocent, adorable Audrey Hepburn-like gamine. Her skirts and jackets were suddenly short and spunky, and the new colors she wore highlighted her skin and erased ten years from her being. I was awed by the transformation I witnessed.

My friend had consulted the delightful David Kibbe, a Color Me Beautiful specialist trained to tell her what colors and styles suited her body type and personality. She kept encouraging me to go to the class, but I was on a limited grad student budget and resisted the idea, remaining

loyal to the brown-and-olive green tweedy look encouraged by my mom and in some frugal, puritanical way considering it foolish to give so much attention to appearance.

But then my first mainstream cookbook, *Cooking Under Pressure*, was about to come out, and I needed a professional author photo for the jacket flap. I met a female journalist on a press trip who had a sensational haircut and asked who made it happen. "Frederic Fekkai at the Bruno Dessange Salon on Madison Avenue," she proudly told me. Like a true New Yorker, I immediately asked what the haircut cost and she calmly said, "one hundred dollars." (Dear reader: that's probably about \$750 in today's money and felt like an absolute fortune.)

But with the excuse of needing the jacket photo, I took my frugal self to Bruno Dessange. What an experience! I was kept waiting for about 45 minutes, but during that time the famous French actress Catherine Deneuve walked in, so I didn't mind! New territory ... a new me?

Finally it was my turn and Frederic had his way with me. Clip, clip, chop, chop, and in about 15 minutes he shaped the front bangs into an elegant and windswept angle, lopsided in a daring way. After he finished, I took one look in the mirror and understood that he saw something about me that was bold, true, dramatic, elegant, and beautiful.

I also saw immediately that everything else was wrong – the horn-rimmed glasses, the earthy colors, and the tweedy academic look I had been chained to.

So I went home and immediately made an appointment with the Color Me Beautiful adviser, David Kibbe. “Oh boy,” I thought. “There goes another \$100 (i.e. \$750 today) plus whatever fortune it will take to transform my wardrobe.”

One Saturday shortly thereafter I went to the group class in midtown Manhattan. There I witnessed as David draped each woman in different colors. I saw at a glance that with some colors the woman’s face went ashen and with others her face lit up. I quickly realized that the color and tone of our skin determines what colors bring out our best look. When it was my turn, I saw right away that cool winter colors like black, purple, blue-red, and white were the colors that brought my face and being alive.

Then David said words I’ll never forget: “You are a lot more elegant than you think you are.” Good thing I was sitting down ... I had never thought of myself as elegant ... He then went on to describe me as a “dramatic classic” who would look most striking in classic styles that had some asymmetry to create drama. This was the asymmetry that Frederic intuitively created with my haircut!

Well, dear reader, it took me about six months to pull it all together and create the look that matched my being – down to every last detail, including the right shoes and handbag suggested by David. (If you want to see how I looked then, check out www.LornaSass.com.)

At first, when I wore my new outfits, I didn’t feel like myself. But I decided to fake it ’til I made it, and little by little I grew into the assured, elegant, and dramatic look that was the new me. Wearing the colors and styles that brought out the best of me, I began standing taller and feeling more professionally confident.

Almost immediately the world mirrored back my new, assured self. For example, when I went to negotiate payment for my next book or article, it was just assumed that

I was worthy of higher fees. As a result, I gave up my poor graduate student mentality and started earning the kind of fine income needed to live well and have fun in New York City.

Now, about 40 years later (yikes!), I dress much more casually – but I still wear my best colors and have fun creating my own sense of what matches. When I’m feeling especially naughty or rebellious I wear socks that don’t match, stripes with polka dots, or blouses and pants with wildly different patterns. Comfort and simplicity have become primary values, and little by little I am passing along my elegant NYC wardrobe. The nostalgic memories of my exciting life there no longer live in my closet but in my heart.

Best of all is the freedom of knowing that at the ripe old age of 77 I don’t need to please anyone but myself! ■



Red-Tailed Hawk

Text and Photography by **DAVID GRAY**

Looking through my past 80+ “Bird of the Month” articles for the *Echo*, I note the absence of a regular denizen of our Park: the red-tailed hawk (*Buteo jamaicensis*).

The red-tailed hawk is the second-largest hawk in the USA, weighing 2.4 pounds: the ferruginous hawk outweighs it by over a pound. Red-tailed hawks soar lazily over the hills, catching updrafts while hunting for prey: mostly rodents, but also smaller birds. Their main distinguishing characteristic is their eponymous red tail, whose top is a gorgeous bright rusty orange color.



It seems as though smaller birds, relying on their superior maneuverability, like to pick on red-tailed hawks. I photographed a red-tailed hawk last summer in the Lee Metcalf National Wildlife Refuge in Montana as a pair of red-winged blackbirds harried it. The red-tailed hawk had a small creature in its talons; it may have been a red-winged blackbird chick.

We have both red-tailed hawks and red-shouldered hawks here in the Park, and one aural distinguishing characteristic between the



species is their respective calls. Red-shouldered hawks tend to issue a long sequence of calls (*keeyah keeyah*), while the red-tailed hawks have a similar toned but much less vociferous call, issuing a single falling *cheeeew*.

While out at the Chimney Rocks in Point Reyes National Seashore, I photographed this beautiful








red-tailed hawk sitting in a coastal cypress tree, showing off his talons and giving me the eye to let me know that I'd taken quite enough photos of it.

The most amazing bird interaction I've ever seen was over our meadow; a pair of red-tailed hawks were performing an aerial mating ritual in which they locked their talons together at about 100 feet in the air, and then spiraled downward together to the ground. It was a stunning display. My better half, Nancy Warfield, and fellow resident John Feld saw it, too.



So keep looking up; you can never tell when the universe is going to put on a show for you! ■

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>JUNE 2023</h1> <p>Please check our website marinvalley.net for any changes or for Zoom links.</p>				1	2	3
				10-11AM Chair Yoga <i>Fireside Room</i> 11AM-12PM Rollin' Root 	12PM Mahjong 4-5PM Taiji 6-10PM Game Night <i>contact Ed Collins</i> 6:30PM Dancing Meadow	1-3PM Pauline and the Marin Valley Gardens — A Celebration 6:30PM Dancing Meadow
4	5	6	7	8	9	10
10-10:30AM Meditation <i>Zoom/Michael Hagerty</i> 4-5PM Taiji <i>Deck/David MacLam</i>	5AM Trash 10-11AM Water Aerobics 5PM MVEST <i>Zoom/contact John Hansen</i>	4-5PM Taiji 6PM PAC Board Meeting <i>Zoom/contact Carol-Joy Harris</i>	10-11AM Water Aerobics 2-3PM Craft & Chat 6PM HOL Board Meeting <i>Fireside Room</i> 6:30PM Dancing Deck	10-11AM Chair Yoga 11AM-12PM Rollin' Root  Echo deadline	10-11AM Water Aerobics 12PM Mahjong 4-5PM Taiji 5-7PM Pub 6:30PM Dancing	6:30PM Dancing
11	12	13	14	15	16	17
10-10:30AM Meditation 4-5PM Taiji	5AM Trash 10-11AM Water Aerobics	4-5PM Taiji 5PM Mar Val Jazz Brunch deadline tomorrow	10-11AM Water Aerobics 1PM Ladies Bridge <i>Private, Fireside Room</i> 2-3PM Craft & Chat 6PM Mar Val Board Meeting 6:30PM Dancing	10-11AM Chair Yoga 11AM-12PM Rollin' Root 	10-11AM Water Aerobics 12PM Mahjong 4-5PM Taiji 5-7PM Pub 6:30PM Dancing	11AM Mar Val Jazz Brunch 6:30PM Dancing
18	19	20	21	22	23	24
10-10:30AM Meditation 4-5PM Taiji	5AM Trash 10-11AM Water Aerobics	4-5PM Taiji	10-11AM Water Aerobics 2-3PM Craft & Chat 6:30PM Dancing	10-11AM Chair Yoga 11AM-12PM Rollin' Root 	10-11AM Water Aerobics 12PM Mahjong 4-5PM Taiji 5-7PM Pub 6:30PM Dancing	11AM-1PM MVEST Volunteer Get-together 6:30PM Dancing
25	26	27	28	29	30	
10-10:30AM Meditation 4-5PM Taiji	5AM Trash 10-11AM Water Aerobics	1-3PM Balance — A Conversation with Marci Silverberg and Jay Shelfer <i>Fireside Room</i> 4-5PM Taiji	10-11AM Water Aerobics 2-3PM Craft & Chat 4PM Book Club <i>contact Carol-Joy Harris</i> 6:30PM Dancing	10-11AM Chair Yoga 11AM-12PM Rollin' Root 	10-11AM Water Aerobics 12PM Mahjong 4-5PM Taiji 5-7PM Pub 6:30PM Dancing	