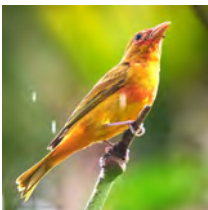


# T H E ECHO

**April 2024**



**2 Matt Greenberg**

**3-4 Jay Shelfer**

**4 Steve Plocher**

**5 Dave Tetta**

**6 Jim Gronvold**

**6 Carolyn Corry**

**7-8 Carolyn Corry,  
Susan Hoff**

**9 John Feld**

**10 Kamala Allen**

**Kathryn McMudie**

**11 Marshall Krause,  
Marty Gelman**

**John Feld**

**12-13 Erma Wheatley**

**14 Park Market**

**15 Jory Adamson**

**16-17 Lorna Sass**

**18-19 David Gray**

**20**

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Please Help Us Organize Marin Valley Pride Day

LAST MONDAY LECTURES: *The Future of Medicine*  
with Dr. Meg Jordan

Group Strength Training at Marin Valley

Marin Valley Gallery New Exhibition

Your Kind Donations Help Pay for the Following

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Medication and Cannabis

Nonviolent Communication

BIRDS OF THE MONTH: *Tanagers of Costa Rica*

CALENDAR: *April 2024*

# MVMCC Management Update

Remember, if you are experiencing any issues with your **gas system**, please call the front desk first before calling PG&E. MVMCC is your gas company. Maintenance personnel and Management have received training to help with any problems.

Residents need to have permanent guests register as **additional occupants** at the front desk. We need a copy of your guest's ID and signatures on the gym release of liability and Rules and Regs.

**Standing water** is a breeding ground for MOSQUITOES. Please look around your home to see if you may have any standing water in containers. If so, pour it out to prevent larva from hatching.

Prior to any projects at your home, call the front desk to apply for any

needed approvals or **HCD permits**. We can help you with this and guide you through the process.

**Rule #12 Carports:** Keep up your home's curb appeal and continue with your cleanup of stored items in your carport. Per Mobile Home Residency law, you are permitted only certain items in your carport; BBQs and manufactured patio furniture are among several accepted items. Parking is paramount with the number of resident vehicles here at Marin Valley. Please be considerate by cleaning out your carports and parking your vehicles under them.

Thank you for your continued cooperation.



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



PHOTOGRAPH: LU DAMERELL

## Directory Update Corrections

Michael Gardner  
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Karin Mortensen  
karinkarin911@gmail.com

## THE ECHO 2024

### MARIN VALLEY

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AT LARGE	Mary Currie 415-793-8420

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MV PROJECT PLANNING	John Hansen, Jay Shelfer
MVEST	John Hansen, Bill Davis, Stephen Plocher, John Feld, David Gray, Pam Berkon, Erma Wheatley

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2 <sup>ND</sup> VICE PRESIDENT	Timo Navsky 415-279-5935
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AT LARGE	Michale Dancer 415-519-3395
AT LARGE	Lisa Jackler 415-686-7048

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ASST DIRECTOR/HOSPITALITY	Tom Nadolski 382-8810
DIRECTOR/RESERVATIONS	Susan Hoff 707-365-9426
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DIRECTOR AT LARGE	Sandee Duncan 415-883-3034
BOARD CONSULTANT	Kathleen Dargie 415-884-2969
BAR MANAGER EMERITUS	Fred Dargie 415-884-2969

### 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 8<sup>th</sup> of the month for the next month's issue.

# *Letter to Residents*

Greetings from the Park Acquisition Corporation Board.

## **Ad Hoc Committee**

The Ad Hoc Committee consisting of Mark Milberg and Tim O'Connor of the Novato City Council, and John Hansen and me from the PAC Board, has met twice. The PAC Board has received a draft of the Exclusive Negotiation Agreement (ENA) from the City and has sent it back to the City with our comments and changes. This ENA is being reviewed by the City of Novato. These negotiations are nearly finished so we expect to be meeting soon.

## **Progress toward Maintaining an Affordable Community of Senior Citizens**

MVMCC residents voted on March 6, 2024, to pursue establishing a resident-owned nonprofit LEHC (a nonprofit public benefit corporation). The vote was resounding confirmation of the steps being taken by the PAC Board to achieve long-term stability and financial viability for our community. The PAC Board will continue to put out "Resident Updates" via the Constant Contact service, and to post to all on our mailing lists the current state of affairs as the situation develops in our board and committee meetings. Please add your email to our lists (see next page).

## **Novato Rent Control Program for Mobile Home Parks**

Novato City is reviewing the ordinance put in place in 1997. MVMCC along with the other mobile home parks in Novato is asked to advise the City if the current ordinance is sufficient. The City of Novato has requested that we hold a meeting with residents to review the proposed changes and reply before the week of March 25. The PAC will notify residents when this workshop will be held and provide you with necessary details. The so-

called "Banking Annual Adjustments provision" has been discarded for the moment.

## **Finances**

The DSCR (debt service coverage ratio) is currently well within acceptable range. We are in dialogue with the City of Novato concerning billing that may not have been budgeted for the current year. We are asking for more details to ensure that MVMCC is the beneficiary for these expenses. The process of formulating next year's MVMCC budget has begun. It will be reviewed with residents in an upcoming PAC Board meeting. Watch for it on an upcoming agenda.

## **Legal Expenses**

We are current with the billing of our legal advisers. Going forward, the need for legal counsel will continue, and a monthly contribution to the MVMCC legal fund is suggested. This will spread out your cost of helping the community and equally remove the burden of the PAC needing to continually reach out for funding. Consider it an investment in your future here.

## **Projects**

The recent storm played havoc here in the Park, and repairs are in progress where damage occurred. We are collecting bids for replacement of the clubhouse roof in the late spring, including preparing for installing solar panels on the roof. We are working with PG&E to repair and replace the main electrical transfer switch coming into the Park as part of our efforts to move forward the renewal of the electric infrastructure of the Park under the PUC/PG&E program to convert mobile home parks back to PG&E control and operation.

## **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.

### 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* comes, 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 your and the community's interests are always welcomed. Come to the board meetings or email us.

### Agendas

Agendas and the Zoom link for future PAC Board meetings are posted 72 hours before the meetings and are available to those on the mailing list. To be added to this list and the Resident Update list, contact PAC Board Secretary Carol-Joy Harris at [caroljoyharris@comcast.net](mailto:caroljoyharris@comcast.net). You can also find the Zoom link on our [marinvalley.net](http://marinvalley.net) homepage.

### Meetings

The next regular monthly board meeting will be on Monday, April 1, at 5 pm.

Going forward, the PAC Board meetings will take place on the first **Monday** of every month.

In service,



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

## PAC Elections

by **STEVE PLOCHER**

**T**he seats currently held by  
Jay Shelfer and  
John Hansen and  
Carol-Joy Harris  
are up for election.

### Monday, May 6 – Sunday, May 12

*Nominations accepted by the election committee.*

Contact:

**Mary Currie**

415-795-8420

[ggbmedia@yahoo.com](mailto:ggbmedia@yahoo.com)

### ***If there are more than three nominations:***

- **Monday, May 13 – Friday, May 17**

*Election committee prepares and mails ballots*

- **Saturday, May 18 (11 am)**

*Meet the candidates – Fireside Room*

- **Monday, May 27 – Friday, May 31 (3 pm)**

*Ballots accepted at the clubhouse voting box in the lobby*

- **Friday, May 31 (4 pm)**

*Votes counted.*

### **Saturday, June 1**

*PAC annual meeting (in lieu of the first Monday of the month regular PAC Board meeting unless otherwise notified);*

*New PAC Board members introduced.*



# March 6 Meeting — Next Steps toward Park Ownership

Resident Ownership Discovery (ROD) Committee UPDATE to Residents  
— March 8, 2024

by **DAVE TETTA** for the ROD Committee: John Hansen, Serena Fisher, Alan Gump, Dave Tetta,  
with either Jay Shelfer or Mary Currie

**T**hanks to all who voted at the March 6 community meeting! Nearly 70% of Park residents turned out to deliver a resounding **99% “YES”** vote to begin the initial steps of creating a Limited Equity Housing Co-op (LEHC) in the Park. The vote culminated a busy month for the ROD Committee. Our February 21 workshop brought in ROC-USA and CCCD staff to residents for more detail on what it means to be an LEHC, and the process it involves. The February 28 workshop provided an overview of how the LEHC ownership model compares to other alternatives and gave a general picture of the financial issues associated with this option.

The 280+ residents who voted “Yes” on March 6 sent a strong message to ROC-USA and CCCD that we are a united community behind this effort. In March we began the work of creating committees to focus on the early tasks to be done, including creating operating bylaws for the organization and an updated set of Park rules. We’ll also look into recruiting legal assistance to review these documents.

As the March 5 update from the PAC Board noted, we are now on a two-lane path toward self-ownership:

- To become an LEHC that is capable of self-governance for this 400+ resident community and the multimillion-dollar business that we will cooperatively manage.

- To negotiate with the City of Novato to secure acquisition terms that guarantee security and affordability for all residents.

The ROD Committee will continue to work with the PAC Board to ensure that the LEHC development process will support negotiations with the City, as well as ensure that we are ready to hit the ground running with a functioning self-governance structure once the Park is acquired.

We are also devoted to continuing to learn about any concerns or questions residents have. In particular, if you were not among those who voted on March 6, and have questions or concerns about what this decision means, please contact Mary Currie at [ggbmedia@yahoo.com](mailto:ggbmedia@yahoo.com). ■



# Sliding

by **JIM GRONVOLD**

Green slopes drift  
the sliding sky,  
by the grace  
of blind gravity.

Leaves trace streams  
that flow to valley,  
carved by river  
and oceans of rain,  
down through floodplain  
towards the wide shore  
and the wild open space  
of the sky-swept sea.



*Photo of the hills to the north of the Park by Marianne York*

## Message from Mar Val

Dear Friends,

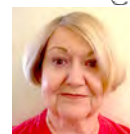
I have been a Park resident for some 12 years, and for most of those years I have sat at the same table and probably the same chair for Pubs and events. At Pub one recent evening our group was dismally small, and one by one three gentlemen came and sat with us ... just for short periods of time ... how enjoyable that was! They each seemed merely to be seeking some new friends/ideas/opinions and to say hello. The very next evening an event was being held; once again our usually full table had empty seats, and once again we were treated to some new friends along with fresh conversation amid great fun. These two events led me to rethink my long position of coming to Pub and sitting with the same folks for the entire evening.

Granted, it is wonderful to be in a “Cheers” environment, where everyone knows your name and you can discuss your families, your stories, and what you have been doing. While comparing the two different modalities, however, it became clear to me that we can have both. Take some 15 minutes out of the evening and go join another table ... get better acquainted with some of the residents whom you might see often and know by name but whom you don’t really know. By all means spend time with your “pack,” but perhaps you are missing out by not at least exploring some other options ... and when someone new ventures to your table and asks to join you, I hope your instant response is: “Of course, we would love to have you join us.”

Mar Val will be presenting “Spring Awakening” on April 20, featuring salmon and sangria. Also save the date for May 3, when it is once again time for Tim Hart to cook his wonderful dinner for Mar Val’s version of Cinco de Mayo.

Hope to see you soon,

*Carolyn Corry*



**Carolyn Corry**  
MAR VAL PRESIDENT  
[ckcorry@comcast.net](mailto:ckcorry@comcast.net)  
415-370-6403 cell



# *Mar Val Spring Awakening*

**Saturday, April 20**

**5 pm Cocktails**

**6 pm Dinner**

**Try our Spring Sangria!**

## **MENU**

**Salmon with Lemon Caper Sauce or Quiche**

**Mixed Salad**

**New Potatoes**

**Rolls**

**Dessert**

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

**Deadline for reservations: Wednesday, April 17, by 5 pm  
(or when 120 reservations have been received)**

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

MAR VAL PRESENTS

# Tercero de Mayo

## Pub Event

**Friday, May 3**

**5 pm Cocktails**

**5:30 pm Dinner**



**Try our**

**Margaritas**

**on the Rocks!**

### M E N U

**Pork Chili Verde**

**Chicken or Cheese Tamales**

**Refried Beans, Rice, Tortillas**

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

**Deadline for reservations: Tuesday, April 30, by 5 pm  
(or when 120 reservations have been received)**

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



# Home Owners League Message

Greetings,

HOL is delighted to welcome **Sandy Zeichner** as a new member of the board, joining our ever-expanding team. If you spot her around, please take a moment to introduce yourself and express gratitude for her forthcoming contributions.

For the first time, we are gearing up for a Marin Valley Pride Parade to be held around the Park, on June 9, promising music and undoubtedly some delectable food offerings. Keep an eye out for a flyer in your tube for further details. This celebration is inclusive and open to all residents. Text **Kathryn McMudie** at 415-517-8353 to help organize the day.

With the warmer weather, many residents are busy with home improvement projects. The sounds of drills and machinery echo through the neighborhood as renovations take place. If

you're among those making enhancements, we encourage you to share your experiences and insights via the Contractors Guide. Visit <https://marinvalley.net/resources/forms/> to submit a review, or seek recommendations at <https://tinyurl.com/2vsk29c4>. This guide is incredibly useful to new residents and to people who have not recently had work done on their homes. It allows people to learn who may be more reliable or timely to assist you with maintaining your home. Apart from the online guide, a paper copy is also available in the clubhouse library. Check it out!

Our dedicated flyer distributors occasionally require assistance. If you're willing to lend a hand in ensuring information reaches every corner of the Park, please contact **Janie Klimes** at [janieklimes1948@gmail.com](mailto:janieklimes1948@gmail.com).

**Lisa Jackler** oversees the Just One Hour service, providing

valuable assistance to residents in need. Whether it's transportation to appointments, minor repairs, companionship, or light gardening, volunteers are ready to help. If you're handy with tools and willing to contribute, please consider signing up. If you previously expressed interest to volunteer in its early days, kindly reregister at [ljaccounting@outlook.com](mailto:ljaccounting@outlook.com).

Starting in April, HOL monthly meetings will be held on the first **Thursday** of each month, still at 6 pm in the Fireside Room.

We extend our heartfelt thanks to everyone for contributing to the warmth and vibrancy of our community.

Regards,

  
**John Feld**  
HOL PRESIDENT  
[johnmfeld@gmail.com](mailto:johnmfeld@gmail.com)  
510-495-4138 cell



At the Health and Wellness Fair: left to right, in front, Jeannine Freedom and Jessa Gabriel at Meg Jordan's table providing heart monitoring; and behind, Jory Adamson and Janet Willet preparing for their turn with Daniel Donner's Firefly.

# New Season of Water Aerobics Commences

by **KAMALA ALLEN**

It's that time of year again! Water Aerobics classes will start as soon as the pool reopens. Check with Matt to find out the actual opening date this year; it depends on how warm a spring we have.

Classes will be every Monday, Wednesday, and Friday from 10 to 11 am. Come join us for fun, friendship, and, oh yes, EXERCISE!

Please remember to shower before entering the pool. We'd love to see you there. ■



# Please Help Us Organize Marin Valley Pride Day June 9

by **KATHRYN MCMUDIE**

Hello everyone ...

This marks the first year Marin Valley will be celebrating "Marin Valley Pride Day." We hope it will be a yearly tradition. The date is June 9. We will be strolling down Marin Valley Drive (route to be determined). This parade is open to all residents and family members who wish to support the lesbian, gay, bisexual, and transgender+ people who live here. We need your support.



## Volunteers Needed

We need volunteers to help form a committee to organize this parade. There is a great deal of work to do.

Please text me at 415-517-8353 if you are interested in volunteering. In your text, please indicate the best day and time for you to meet.

Please do not send me an email. Thank you. ■



# The Future of Medicine: Welcome to the Weird and Wondrous

Monday, April 29 • 4 pm • Fireside Room

Guest Speaker: Dr. Meg Jordan

by **MARSHALL KRAUSE,**

**MARTY GELMAN**

Our speaker for Monday, April 29 at 4 pm will be the Park's own Dr. Meg Jordan. Her topic is "The Future of Medicine: Welcome to the Weird and Wondrous." Meg follows both the frontiers of medicine and artificial intelligence and travels the world in search of healing remedies.



She is Professor of Integrative Health and Medicine at the California Institute of Integral Studies, a registered nurse, and a PhD, and she will soon publish her book *Swallow This: Adventures of a Global Medicine Hunter*. She promises "a fully interactive session." ■

## Group Strength Training at Marin Valley

by **JOHN FELD**

One of the presenters at our recent Health and Wellness Fair, Nan Watanabe, will be offering a weekly course in strength training. Each session is a total body workout including a warm-up, upper- and lower-body strength work, core work, balance work, and a cool down/stretch. Consistency is key since we build our strength over time. And she tells me, *We'll have fun!*

**When:** Saturdays @ 11:30 am, starting April 6

**Session length:** 50–55 minutes

**Fee:** \$12.50–\$15 sliding scale per session paid monthly at the beginning of each month

**Equipment to bring with you:** Dumbbells (or two filled water bottles or two cans of beans/soup), resistance band(s), a mat. Wear comfortable clothes for ease of movement, water to hydrate, and a towel.

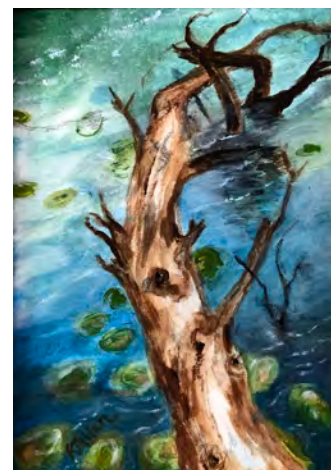
Please indicate your interest by signing up in the lobby. A minimum of 15 people is needed to make this happen.

**Nan Watanabe**  
Group Exercise AFAA certified with 11 years of strength training instructor experience.

Feel free to email questions to [strongertogether099@gmail.com](mailto:strongertogether099@gmail.com) ■

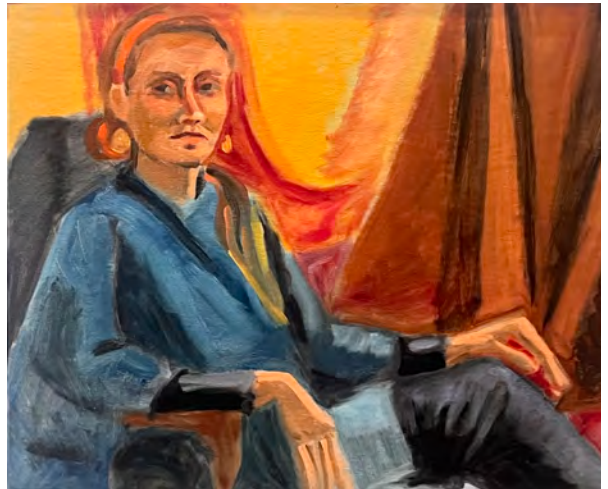


# Marin Valley Gallery New Exhibition



Clockwise from center: *Mixed Signals*, Janet Bogardus; *Portrait of Jackie*, Gail Camhi; *Storm Casualty*, Kamala Allen; *Medusa*, Karin Mortensen; *Brown and White Wolves*, Susan McMudie; *Les Roses Jaunes*, Suzie Lahr; *Fresh Cut Flowers*, Joan Leopold; *Reflections*, Meg Jordan; *Alfinston*, Sussex, Andrew Vernon.





Clockwise from top left: *3-Fingered Sloth*, David G. Gray; *Joy*, John Feld; *First Glance*, Jae D. Tillinghast; *Gate Five Reprise*, Laura Kradjan-Cronin; *Corn Beans Squash*, David A. MacLam.



# Your Kind Donations Help Pay for the Following

by **ERMA WHEATLEY,**  
**PARK MARKET**

**T**he FREE Extra Food at our Park Market helps keep unused food out of the landfill while also providing additional sources of nutritious meals and healthy fresh food.

Many residents are finding that the money that was once a significant portion of their food budget can now be used on other necessities.

But how much does Free cost? Maybe more than you think. To provide food for the most people requires purchasing supplies to divide some of the larger quantities and special items into individual portions. Your donations can help HOL continue to provide food to more people. ■



**Compostable containers**

**6x6 containers for prepared food**

**Clear plastic bags**

**Three sizes of paper bags**

**Hand sanitizers**

**Clorox for cleaning tables**

**Pop-up cleaning wipes**

**Rubber bands**

**Paper egg cartons**

**Take-home grocery bags**

**Paper towels**

**Gloves**

# Medication and Cannabis

by **JORY ADAMSON**

**C**BD and THC combinations are used not only for chronic pain but also for insomnia and anxiety. Take care when combining these with prescription or even over-the-counter medications as they may cause interactions that could impair functioning.

Personally I experienced a scary episode when experiencing difficulty sleeping after taking CBD/THC tincture. Still struggling to sleep, I later took 100 mg of Trazadone, which is often prescribed for insomnia. When that still didn't work, sometime later I took another 50 mg, which led to a very scary reaction. I got up and was unable to move my body as I felt consciousness slipping away. Reaching out for the counter, I fell backward and collapsed, fortunately not hitting my head but I did tear my knee. If I had been alone I have no idea how long I would have been down. Soon after being helped back to bed we researched the cause, realizing it was not a stroke or TIA.

What I have found is that it is possible for most antidepressants to create adverse reactions when taken within the same time frame as weed, especially in older adults. Trazadone is an antidepressant and is also prescribed for sleep issues.

When combined with THC, it could possibly lead to respiratory depression, racing heartbeat, judgment and thought impairment, and reduced psychomotor skills, which could possibly lead to a fall. This is just a cautionary story to encourage talking with your healthcare provider before mixing medications with cannabis to avoid any possible serious side effects. ■

Source:  
[herb.co; Drugs.com](https://herb.co/Drugs.com)



# Nonviolent Communication

by **LORNA SASS**

I studied nonviolent communication (NVC) about 20 years ago, and although I found the suggested languaging a bit stiff, I have experienced time and again how the practice can be very worthwhile for communicating in a healing way, especially when my feelings have been hurt and I am tempted to lash out.

Created by Marshall Rosenberg, NVC ([www.cnvc.org/](http://www.cnvc.org/)) offers the invitation to listen deeply and respond with empathy rather than reactivity. His book, *Nonviolent Communication: A Language of Life*, was first published in 2003. Although Rosenberg died in 2015, the book is still vigorously in print, and boy, do we need its healing approach in today's world!

When I remember to use NVC, disagreements seem to melt into easeful communication at the very least and into loving connection when I'm at the top of my game.

Here are two examples of times I used NVC with memorable success:



Several years ago I signed up to spend time in a ceramics studio at Marin MOCA. We used slabs of clay rather than working on a wheel. Although a teacher was present to answer questions, it wasn't a class as such, but rather a chance to let the clay speak to us and create whatever emerged.

Being an avid gardener, I had great fun getting my hands into the moist clay and building lots of plant pots, working quickly and not caring about following any of the rules for handbuilding. In fact, I often joked that you could always recognize a "Lorna Sass pot" because it was lopsided. I actually liked the homemade, handcrafted look, and the teacher encouraged me to proceed as I wished.

One day a woman who regularly came to the studio came up to me and said, *Lorna, I think you'd be a lot happier with the results if you spent more time with each pot.*

I was stunned. *Who the hell is she to be commenting on my work?* was the thought that blasted through my brain. My heart immediately started pounding and I felt smoke emerging from my nostrils with every out-breath. I was dying to blurt *How dare you speak to me that way?* But my wiser self remembered NVC and remained silent.

I went outside and took a brief walk to calm my nervous system. My goal was to reclaim the safe atmosphere that existed before she implicitly criticized my work. I came back into the studio, approached her, and asked if I could speak with her for a moment and she nodded "yes."

*I want to explain why I enjoy knocking out pots quickly, I said calmly, looking at her with kindness. I have a PhD in medieval literature and had to learn to read manuscripts and*



other very esoteric materials, and then I went on to write many cookbooks. Do you know how tight all of that kept my brain?

Now, at my ripe age, I'm enjoying practicing the fine art of imperfection, I added.

She nodded her head and smiled. Oh, she said. *Now I understand and that makes perfect sense. Good for you. Maybe I shouldn't be so hard on myself*, she added with the glimmer of tears in her eyes.

A few years later, I found myself working on a self-portrait in a class with Shiloh Sophia at her Sonoma studio, Musea ([www.musea.org](http://www.musea.org)). Shiloh's classes are not about becoming a great artist but rather they offer an opportunity for creative self-expression without judgment. There were many tender moments during this workshop, and after one of the very moving meditations I put down my brush and began to cry. After a few moments, the woman painting next to me leaned over and commanded, *Now stop your sniveling and get back to work!*



I was aghast and the space around me suddenly felt poisonous. Again, I remembered NVC and knew I didn't want to respond with anger. I stepped out of that danger zone looking for an assistant to help me deal with the apparent enemy. I couldn't find anyone available so I took myself outside and again walked around until my nervous system calmed down. *How can I empathize with this woman when she was so cruel to me?*

Suddenly I had a flash of empathic insight. I went back



into the studio and caught her eye. *I felt very hurt when you told me to stop sniveling*, I said. *Is that how your family spoke to you?*

She looked at me in amazed recognition and said, *Yes, and I am so very sorry to have spoken to you*

*that way. I wasn't allowed to cry when I was growing up.* Ancient tears welled up in her eyes and we both opened our arms for a spontaneous hug and then went peacefully back to painting.

I call each of these experiences a "shitty gift." I wouldn't wish either of them on anyone, but I now see clearly that whenever we feel hurt by another's speech or actions, an old wound gets triggered, and if we can remember to find a way to connect rather than isolate or disagree in an angry tone, love wins and the world feels like a happier and safer place.

Our world is hurting pretty badly right now. How about we all commit to practicing NVC so that love can prevail on our miraculous planet? ■

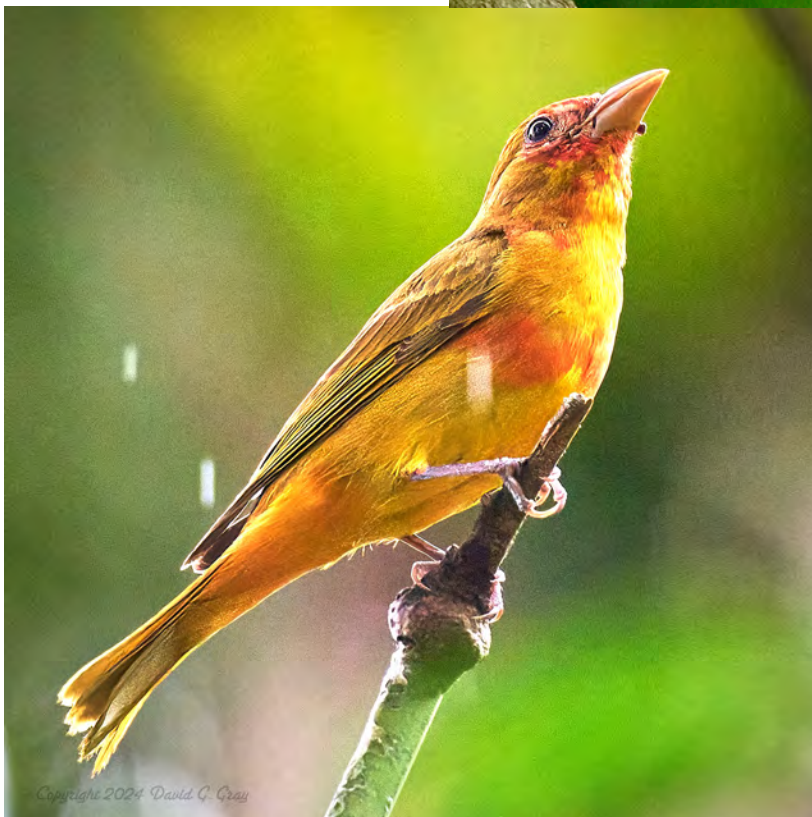
# Tanagers of Costa Rica

Text and Photography by **DAVID GRAY**

**H**opefully these tanagers will be the only red you see in April!



*Summer tanager male*



The stunning summer tanager (*Piranga rubra*) doesn't get as far north as our Park, but its range is vast: all the way from Northern South America and throughout Central America and the southern Southwestern states, up to the Mason-Dixon Line in the eastern US. They eat mostly bees and wasps, and occasionally berries. The male is bright red, the only fully red bird found in the US. The female is primarily yellow, and immature male summer tanagers are yellow with splotches of red as they molt their first full plumage.

*Summer tanager immature male in the rain*





*Scarlet-rumped tanager male in the rain*

The scarlet-rumped tanager (*Rhanphocelus passerinii*) is found from southern Mexico to northern Panama. The male has a striking bright-red lower back against black feathers.



*Scarlet-rumped tanager female*

The female has beautiful but more earth-toned plumage. These two tanagers were photographed in Costa Rica.

And lastly, a golden-hooded tanager male (*Tangara larvata*), also from Costa Rica.



*Golden-hooded tanager male*

With any luck, I am back from South Africa and Botswana after many game drives in open vehicles among the lions, leopards, and elephants and a door-off helicopter ride over the Okavango Delta in Botswana. As you read this, I am likely spending eight hours a day editing photos and videos from that trip. ■

MONDAY 1		TUESDAY 2		WEDNESDAY 3		THURSDAY 4		FRIDAY 5		SATURDAY 6	
6AM	Trash	7:30-9AM	Taiji <i>Deck/ David MacLam</i>	7:30-9AM	Taiji <i>Deck/ David MacLam</i>	7:30-9AM	Taiji <i>Deck/David MacLam</i>	7:30-9AM	Taiji <i>Deck/ David MacLam</i>	11:30AM-12:30 PM	Strength Training <i>Bamboo Room/ Nan Watanabe</i>
7:30-9AM	Taiji <i>Deck/ David MacLam</i>	10:30-11:30AM	Craft & Chat <i>Library</i>	6PM	Dancing <i>Meadow</i>	10-11AM	Chair Yoga <i>Fireside Room</i>	12PM	Mahjong <i>Fireside Room</i>		
10AM-12PM	Balance Class <i>Ballroom/ Michael Gardner</i>	5-6PM	Depression & Anxiety Group <i>Fireside Room/ Michael Hagerty</i>			11AM-12PM	Rollin' Root 	5-7PM	Pub	6PM	Dancing <i>Meadow</i>
5PM	PAC BOARD MEETING <i>Ballroom/Zoom Carol-Joy Harris</i>					6PM	HOL BOARD MEETING <i>Fireside Room (both PAC and HOL meet on new days)</i>	6PM	Dancing <i>Meadow</i>		
SUNDAY 7		8		9		10		11		12	
7:30-9AM	Taiji <i>Deck/ David MacLam</i>	6AM	Trash	7:30-9AM	Taiji	7:30-9AM	Taiji	7:30-9AM	Taiji	7:30-9AM	Taiji
10-10:30AM	Meditation <i>Zoom/Anila Manning</i>	7:30-9AM	Taiji	10:30-11:30AM	Craft & Chat	6PM	Dancing	10-11AM	Chair Yoga	12PM	Majong
		10AM-12PM	Balance Class	5-6PM	Depression & Anxiety Group	6PM	MAR VAL BOARD MEETING	11AM-12PM	Rollin' Root 	5-7PM	Pub
		5PM	MVEST  <i>Zoom/Bill Davis</i>					6-10PM	Game Night <i>Fireside Room/ Ed Collins</i>	6PM	Dancing
			ECHO DEADLINE								
14		15		16		17		18		19	
7:30-9AM	Taiji	6AM	Trash	7:30-9AM	Taiji	7:30-9AM	Taiji	7:30-9AM	Taiji	7:30-9AM	Taiji
10-10:30AM	Meditation	7:30-9AM	Taiji	10:30-11:30AM	Craft & Chat	11AM	Ladies Bridge <i>Private, Fireside Room</i>	10-11AM	Chair Yoga	12PM	Majong
		10AM-12PM	Balance Class	5-6PM	Depression & Anxiety Group	5PM	Mar Val reservation deadline	11AM-12PM	Rollin' Root 	5-7PM	Pub
						6PM	Dancing			6PM	Dancing
21		22		23		24		25		26	
7:30-9AM	Taiji	6AM	Trash	7:30-9AM	Taiji	7:30-9AM	Taiji	7:30-9AM	Taiji	7:30-9AM	Taiji
10-10:30AM	Meditation	7:30-9AM	Taiji	10:30-11:30AM	Craft & Chat	4PM	Book Club <i>Carol-Joy Harris</i>	10-11AM	Chair Yoga	12PM	Majong
		10AM-12PM	Balance Class	5-6PM	Depression & Anxiety Group	6PM	Dancing	11AM-12PM	Rollin' Root 	5-7PM	Pub
										6PM	Dancing
28		29		30		APRIL 2024					
7:30-9AM	Taiji	6AM	Trash	7:30-9AM	Taiji						
10-10:30AM	Meditation	7:30-9AM	Taiji	10:30-11:30AM	Craft & Chat						
		10AM-12PM	Balance Class								
		4PM	LAST MONDAY LECTURES  Meg Jordan <i>Fireside Room/ Marshall Krause, Marty Gelman</i>								