

T H E ECHO

February 2025



2 Matt Greenberg

MYMCC

Management Update; Community Meeting;
Directory Update



3 John Hansen
3-5 Mary Currie

PAC

PAC Letter to Residents, ROD Committee Update
A Few Frequently Asked Questions — with Answers



6 Carolyn Corry
6-7 Carolyn Corry,
Susan Hoff

MAR VAL

Message from Mar Val

Event Flyers



8 John Feld

HOL

HOL Message

HOL Community Events



9 Jill Boland
Kathryn McMudie

From the Park Market

Pride Day 2025



10 Michael Hagerty
Maggie Siegfried

Men's Group

Valentine's Day Love-In Serenade

Jessica Fergus

Conscious Aging, Conscious Dying

11 Ed Collins

Dump Run

Marty Gelman

Last Monday Lectures: Tales from the Golden Gate Bridge



12-13 Timo Navsky

In Memoriam: Marshall Krause

13

In Memoriam: Carole Rosvold



14 Janet Bogardus

Fleurish — Solo Show

14-15 Bill Davis

Aging in a Blue Zone

15 Carolyn Corry

Good Neighbor Award



16 Charlotte Kells

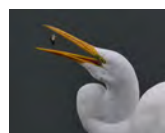
Interested in Volunteering in the Schools?

16-17 Lorna Sass

Where Is Home?

18-19 David Gray

Birds of the Month: Birds at the Las Gallinas Ponds



20

Calendar: February 2025

MVMCC Management Update

Retaining Walls Retaining walls are needed at the entrance to the Park, as a small mudslide is undermining the V-ditch. Temporary repairs are being made with sandbags.

Drainage Cleaning of the Park's V-ditch and catch basin has been completed.

Safety Maintenance Discussions about additional or alternative vehicle parking bumpers to prevent tripping and falling have begun.

Cleanup following the recent storms has been completed.

Clubhouse The Fireside Room heater has been restarted using replacement parts, and it continues to function properly. The library furnace remains inoperable as we are still waiting for parts.

The original contractor who installed the ping-pong


room floor has submitted a bid to replace the water-damaged flooring.

Main Electrical Switch Management met with a new electrical contractor sent by Novato Public Works to inspect the main electrical box. The assessed repair costs exceed our \$30,000 budget limit; therefore, the City of Novato is taking the lead on this project.

Projects No additional updates are available regarding roof replacement, ADA compliance work, or the replacement of HVAC units. In the midyear budget review, we will request increased funding for these projects.



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



Monday, February 3 • 2 pm
Community Meeting
What the Los Angeles Fires Mean for Us
with Bruce Goines, Director, Novato Fire District

Directory Update

New Janice Richey • 125 Sunrise Lane • 415-250-8398
herpipeness@comcast.net

Delete Michale Dancer & Marty Gelman ~~415-234-6782~~

Echo Deadline to Submit Articles

Email articles to Anila Manning: anilahere99@gmail.com by the 8th of the month for the next month's issue with "ECHO" as the subject.

THE ECHO 2025

MARIN VALLEY MOBILE COUNTRY CLUB

100 MARIN VALLEY DRIVE • NOVATO, CA 94949

415-883-5911 / 415-883-1971 FAX

www.marinvalley.net

GENERAL MANAGER **Matt Greenberg** gm.mvmcc@gmail.com
 A MHB Group Region 8 Publication www.mobilehomeboard.com

EDITOR **Anila Manning**

COPY EDITOR **Mary Barbosa**

GRAPHICS **Erma Wheatley**

PROOFREADERS **Mary Barbosa, John Feld, Carol-Joy Harris, Laura Kradjan-Cronin, Tara Plocher**

DISTRIBUTION **Cecil Sherrod with Gunnel Bergstrom, KC Casey, Mark Crocker, Lucinda Daly, Brynda Foster, Anne Glasscock, Mike Holland, Julie Manson, Tom Nadolski, Ellen Jane Schulz, Pat Thurston, Richard Waibel, Janet Willett**

ORGANIZATIONS AND COMMITTEES

PAC BOARD

PRESIDENT John Hansen 415-847-7155
 VP/DIRECTOR PARK OPERATIONS Jay Shelfer 415-250-0375
 VP/DIRECTOR COMMUNICATIONS Mary Currie 415-793-8420
 SECRETARY Carol-Joy Harris 415-883-2824
 TREASURER Stephen Plocher 415-302-9043
 AD HOC NEGOTIATING COMMITTEE John Hansen, Jay Shelfer

STANDING COMMITTEES

CAPITAL PROJECTS John Hansen, Jay Shelfer
 COMMUNICATIONS Mary Currie, Chair; Carol-Joy Harris, Charlotte Weiser
 FINANCE Stephen Plocher

FINANCE

FINANCE SUBCOMMITTEES

PRO FORMA (BUDGET MASTER-PLANNING)

David King, Chair; Stephen Plocher, Todd Rogers

FINANCIAL ASSISTANCE

Brad Witherspoon

GRANTS AND LOW-INTEREST LOANS

Serena Fisher, Michele Rodriguez

EXTERNAL FINANCIAL RESOURCES

Janet Bogardus

INTERNAL FINANCIAL RESOURCES

John Hansen,

Sue Meyer, Brad Witherspoon

MVEST

Bill Davis, Chair; Pauline Clucas, John Feld, David Gray, John Hansen, Pam Hyer, Stephen Plocher, Erma Wheatley, Brad Witherspoon

ROD

Serena Fisher, Alan Gump, John Hansen, (Mary Currie/Jay Shelfer)

HOL BOARD

PRESIDENT John Feld 510-495-4138
 1ST VICE PRESIDENT Ed Collins 415-377-7696
 2ND VICE PRESIDENT Timo Navsky 415-279-5935
 SECRETARY Anne Lakota 415-713-4606
 TREASURER Tara Plocher 415-302-5992
 EVENTS & ACTIVITIES Janie Crocker 281-414-3984
 AT LARGE Michale Dancer 415-519-3395
 AT LARGE Lisa Jackler 415-686-7048
 AT LARGE Sandy Zeichner 415-902-5143

STANDING COMMITTEE

PARK MARKET

Jill Boland, Chair; Lucinda Daly, Michale Dancer, John Feld, Jim Gronvold, John Hansen, Susan Hoff, Meg Jordan, Anne Lakota, Joan Leopold, Gary McClendon, Deb McNeil, Sue Meyer, Steve and Tara Plocher, Eve Riebe, Michael Theircof, Brad Witherspoon

MAR VAL BOARD

PRESIDENT Carolyn Corry 415-370-6403
 1ST VP, BAR MANAGER Anne Glasscock 415-601-3047
 2ND VP/RESERVATIONS Susan Hoff 707-365-9426
 SECRETARY Connie Marelich 415-382-3350
 TREASURER Vicki Waddell 415-382-8684
 DIRECTOR, HOSPITALITY Larry Moore 415-883-0486
 DIRECTOR, LOGISTICS Larry Cohen 415-883-7786
 CHAIR, LIBRARY Sandee Duncan 415-883-3034
 CHAIR, PUB Pat Thurston 415-884-0740
 BOARD CONSULTANT Kathleen Dargie 415-884-2969
 BAR MANAGER EMERITUS Fred Dargie 415-884-2969

Letter to Residents

PAC

A Few Frequently Asked Questions — with Answers

by **MARY CURRIE**

Developing a document that answers residents' questions about the Park's current financials and the potential resident ownership has been on my to-do list for a while now. There are more answers to come. The questions are based on what we heard at workshops and fireside chats, from the community ambassadors, and in passing. Additional questions and answers will be available to residents via email, on the website, and at the clubhouse. If you have questions about Park financials or potential resident ownership, please send them to me at ggbmedia@yahoo.com.

Questions About How the Park Operates Financially Now

I teamed up with PAC Board Treasurer and CFO Steve Plocher to confirm the answers to the following questions.

1. How are the Park's operating expenses and capital improvements funded now? Does the City of Novato help us pay our way?

Since 1997, when the Novato Finance Authority (NFA) took ownership of MVMCC, residents, through rents paid, have maintained a self-funded Park with no funds coming from the City of Novato (City). Resident rents fund all operating expenses and

Welcome to February!

The word February comes from the Latin word *februarius*, which is derived from *februa*, meaning "purifications" or "expiations." February is often seen as a time of reflection, renewal, and preparing for new beginnings as the weather starts to inch toward spring.

As reported in the January 2025 *Echo*, we've asked the City of Novato to move forward on two projects included in the current budget: (1) Obtaining an "Updated Property Assessment and Associated On-Site Engineering," and (2) "Replacement Design and Construction Documents" for the water system.

I received a response from City Manager Amy Cunningham on January 8, 2025, stating the following, "I'm sure you will be disappointed to hear that given all the vacancies in our Public Works Department and now the City Manager's Office, along with other competing priorities, I cannot authorize moving forward with the projects this year." To say the least, this is a disappointment. She did indicate that the other three projects we asked to get underway are moving forward. This includes the clubhouse roof, main electric switch, and upgrades at the clubhouse associated with the Americans with Disabilities Act (ADA).

We continue to hone our preparations for negotiations with the City regarding Park acquisition. We know many of you are frustrated with how long this is taking, but we are moving, albeit slowly. Around each corner is another question

or something we have to explore and become familiar with in order to take the next step. We continue to ask for your patience and understanding.

Update from the Resident Ownership Discovery Committee

In early 2025, the ROD committee (RODC) will be focusing on a couple of tasks aimed at supporting the Marin Valley Cooperative (MVC) being ready to accept ownership of the Park when the time comes. RODC will be working on (1) preparing permanent **bylaws** for the MVC, which would become effective when the Park acquisition is complete, and (2) **rules and regulations**. Both of these products will be brought forward to residents for review and input once they are ready. Watch for announcements of future workshops and fireside chats!

The ROD committee consists of PAC/MVC Board members John Hansen and Mary Currie, and Serena Fisher and Alan Gump.

Get Emailed Resident Updates

To receive emailed Resident Updates, be sure to give your email address to PAC Board Secretary Carol-Joy Harris at caroljoyharris@comcast.net. You must OPT-IN to receive robocalls from Park Manager Matt Greenberg, as these calls share emergency information and critical path announcements. To OPT-IN, contact Matt at 415-883-5911 or gm:mvmcc@gmail.com.

Enjoy your Valentine's Day!



a number of capital improvement projects. Additionally, rents have paid down the City's \$18 million debt for purchasing the Park. The remaining balance of \$1.8 million on the Bank of Marin loan will be paid off by December 2027. Currently, rents pay \$651,000 per year on the loan. Per the loan agreement, rents must generate net revenues of \$1.3 million yearly, twice the amount of one year's loan payments. The remaining \$651,000 funds capital improvement projects or is held in reserve.

The total operating expense budget for fiscal year (FY) 2024/2025 (the fiscal year runs from July 1 through June 30) is \$2,635,826, and the capital improvement budget totals \$1,548,595. The total projected income for FY 2024/2025 is \$3,870,268.

2. Once MVMCC residents' rents pay off the Bank of Marin loan in December 2027, what will happen to the \$1.3 million generated by rents currently used to pay down the loan?

These funds will remain in the Park budget and, with resident input, will likely be used for capital improvement projects.

3. Doesn't the City fund over \$200,000 a year for Park utility costs?

The 2023 Marin Civil Grand Jury Report (GJR), *Novato's Chronic Fiscal Deficits: A Call to Action*, stated that the City funds \$200,000 per year for utility costs not fully recovered through pass-through charges to residents.

The Park will not lose any funds coming from the City, as no funds are coming from the

City. Residents' gas, electric, and sewer costs are included in their monthly payments. Water use for the entire Park (residents do not have individual meters) is covered by the space rent we pay. Trash is paid for separately by each household. The City funds none of these services.

Through rents collected, residents pay for work done by City staff on the Park's behalf, such as preparing and finalizing construction bids to replace the clubhouse roof. Any time the PAC Board President or their designee meets with staff, checks in on something with staff, or makes a request of staff, resident rents must cover the cost of staff time. Our operating budget includes a line item called "City administrative services," used to cover these charges. In FY 2023/2024, these services totaled \$9,186 and are budgeted at \$50,000 in FY 2024/2025.

Remember that the "City administrative services" expense will no longer be charged to us if we purchase the Park. These funds would then be available for other uses.

4. The June 8, 2023 GJR stated that the Park "operates at a substantial deficit." Is this true?

This statement is false. The City apparently did not provide the grand jury with actual financial statements but rather with projected budgets. MVMCC has shown a surplus in each of the last 13 years, accumulating approximately \$6 million in reserves. Furthermore, the City's published audited financial statements (not provided to the grand jury) confirm that MVMCC has operated without a deficit for at least the last 13 years.

Questions About Purchasing the Park

I teamed up with PAC Board President John Hansen, Communications Committee member Charlotte Weiser, and ROC USA's Jodi Baiyat to answer the following questions.

1. When did the current momentum to purchase the Park start?

Following the June 2023 \$30 million offer to the City from a private, for-profit mobile home park developer to purchase the Park, the PAC Board asked residents to attend every city council meeting to help stop the sale, and services of an attorney, funded by residents, were engaged to help prevent the sale. The impetus to stop the sale was clear — sales of mobile home parks to private, for-profit owners typically result in added financial burdens for residents or park closures for redevelopment to another use. MVMCC residents, with legal counsel support, successfully stopped the sale. On August 22, 2023, the City Clerk announced that the City dropped consideration of the offer.

Extensive media coverage nationwide demonstrates that when mobile home parks are purchased by for-profit owners, residents often face insurmountable rent increases or eviction, potentially resulting in homelessness. Given this, the PAC Board established the Resident Ownership Discovery Committee (RODC) on August 1, 2023. The RODC evaluated different models for resident ownership and recommended working with ROC USA and the California Center for Cooperative Development (CCCD) toward forming a resident-owned nonprofit Limited Equity Housing Cooperative (LEHC). On February 6, 2024, the PAC Board directed the RODC to continue its work with ROC USA and CCCD.

2. Does the City of Novato want to sell the Park? If we aren't in any danger of being sold anymore, why are we trying to buy it?

Yes, the City has indicated its interest in selling the Park to residents, as stated on page 1, recital "D" of the Exclusive Negotiating Agreement (ENA): "The purpose of this Agreement is to ensure the City will negotiate exclusively with the PAC, and no other party, during the term of this Agreement concerning the potential sale of the Property to the PAC for operation of the Property as an affordable mobile home park community for seniors."

If Park residents do not buy the Park, a for-profit developer could attempt to purchase it.

3. Why purchase the Park if we've already paid for it?

Legally, the City holds the title to the Park and thereby claims ownership of the Park. In 1997, the Novato Finance Authority (NFA) purchased the Park to operate as an affordable senior community. The City of Novato took title when the NFA was dissolved in 2012. In 1997, residents were verbally told by the NFA that the title would be turned over to them after the \$18 million loan was paid off in December 2027. However, this

verbal agreement is not legally binding. Also, it was a different City administration in 1997 that made the verbal commitment to turn the Park over to residents — once again showing how vulnerable we are as City administrations change.

4. Why can't things stay the same, with the City continuing to own the Park?

The City lacks expertise in managing mobile home parks, as demonstrated by repeated delays in capital improvement projects already budgeted. Ownership allows us to manage the Park more effectively with support from the experts we will continue to work with at ROC USA and CCCD.

5. Why not just lease the Park from the City?

The primary downside to leasing is the City's ability to use built-in termination of lease options, which are beyond our control. A lease keeps us tied to paying City staff to assist us with capital projects (that are not getting done), among other services. Furthermore, as tenants of the City, we have no way of knowing how future city administrations would treat us. Per California law, the lease period could not exceed 55 years. Leasing remains one possible option if we are not able to purchase the Park.

6. Why consider buying the Park when we don't know how much it will cost?

As with any real estate purchase, the buyer and seller negotiate a price amenable to all parties. That's what will be happening in the coming months. PLEASE NOTE: We understand that the most important factor for residents is what their projected monthly fees (rents) will be. Residents will VOTE on whether to proceed with the purchase agreement, which will include an initial budget with projected monthly fees (rents).

7. How will residents untrained in operating a mobile home park manage the Park?

A management company will oversee day-to-day operations and capital improvements, and assist in developing and managing our budgets. ROC-USA and CCCD will provide expert assistance for at least 10 years. These nonprofits are in the business of helping resident-owned communities achieve success in their operations and financial management. Also, all of the volunteers on the PAC Board, the ROD Committee, and others who have brought us this far on the road to purchasing the Park are learning now about what it will take to operate the Park ourselves. ■



Message from Mar Val

Welcome to February, when we can celebrate Groundhog Day, Super Bowl Sunday, Valentine's Day, Presidents Day, and Mardi Gras. Mar Val will be welcoming back Virginia and Marty on February 22 to help us celebrate Mardi Gras with their toe-tapping New Orleans jazz, accompanied by Chef Susan's red beans and rice. Don your beads and mask, and let's pretend we're in New Orleans in the throes of Mardi Gras!

Starting with the Mardi Gras dinner, the price of meals will go up to \$17 each due to an increase in Novato's sales tax. Yes, Mar Val pays sales tax on all drinks and meals sold: \$1.67 on each dinner and \$0.55 on each alcoholic drink. Much confusion has arisen over the ticket price and sales tax — some folks round the amount up to the nearest dollar or down to

the nearest half dollar, while others have expressed concerns about the odd pricing. Hopefully, the new price will simplify the process while allowing Mar Val to continue providing fun, enjoyable events for residents.

Mar Val is delighted to announce plans to enhance our wonderful volunteer base by providing Pub snacks. We now have folks who will take turns cooking and serving pizza, making popcorn, and cleaning the kitchen, each committing to one Friday per month. We would gladly welcome more volunteers — the task requires a three-hour commitment once a month. Many thanks to these new Pub volunteers: Lance Martinson, Julia Mathews, Judi and Dick Park, Ursula Pedersen, and Charlotte Weiser.

As we start this new year, let's go over the ins and outs of Pub.

- First and foremost, YOU DO NOT HAVE TO DRINK TO COME TO PUB. Many attendees enjoy a cup of water or nothing at all ... having an alcoholic beverage is a choice, not an obligation.
- Our bar is stocked with plenty of nonalcoholic options.
- Outside drinks are not permitted, just as Mar Val is not allowed to sell you drinks "to go" due to ABC rules.
- Popcorn, whether fresh from our wonderful popcorn machine or Smart Pop, is complimentary.
- Pizza is \$5 per person.
- Some time ago, we eliminated the potluck practice (bring a dish, eat free) at Pub. However, you are most welcome to add something special to the Pub table to share, but you still need to pay for pizza.

Coming soon ...



Mar Val presents
ST. PATRICK'S DAY
Saturday, March 15
 Drinks at 5 pm Dinner at 6 pm
Featuring Irish Coffee!!
(same price as our cocktails - only \$6)

Menu
 Corned Beef/Cabbage or Vegetarian Shepherd's Pie
 Potatoes Carrots Rolls
 Dessert

\$17 per person. Make checks payable to Mar Val.
 Deadline for reservations: March 12, by 5 pm
 (or when 120 reservations have been received)
 For questions, call Susan Hoff @ 707-365-9426



Springtime Salmon Fest
Saturday, April 19
 5 pm Cocktails 6 pm Dinner

Menu
 Salmon with lemon caper sauce or Quiche
 Mixed Salad, New Potatoes, Rolls
 Dessert

\$17 per person.
 Make checks payable to Mar Val.

Deadline for reservations:
Wednesday, April 16, 5 pm
 (or when 120 reservations
 have been received)

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

*Laissez les bons temps rouler!**



* Let the good times roll!

Mar Val presents

Laissez les bons temps rouler!

Mardi Gras in the Park

Saturday, February 22

5 pm Cocktails/Music 6 pm Dinner

Featuring

*Dixieland Jazz music, welcoming back
Virginia Tichenor & Marty Eggers*

Menu

*Red Beans/Rice with Sausage or
Vegetarian Red Beans/Rice
Corn Casserole & Salad
Dessert*

*Don your Mardi Gras beads and mask
and come enjoy the fabulous,
toe-tapping sounds of this musical duo.*

\$17 per person. Make checks payable to Mar Val.
Reservation deadline: Wednesday, February 19, 5 pm
(or when 120 reservations have been received).

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

Home Owners League Message

Greetings,

Battery Recycling



Our new Household Waste Center has been in operation for just a couple of months, and we're already seeing great success with it! The battery bin has been emptied several times, showing there's a real need for this service. It's crucial that we continue to prevent harmful contaminants from entering our water table, and the Household Waste Center plays an important part in making that happen.

Remember, we have designated containers for:

- Regular batteries
 - Leaking batteries
 - Lithium-ion batteries
 - Rechargeable batteries
 - Fluorescent bulbs
- and now
- Toner and inkjet cartridges

If you haven't seen the recycling center yet, it's located behind the large shed in the breezeway. Please bring your items here for proper disposal.

Park Historian

We're excited to announce that **Frank Simpson** has taken on the role of Park Historian. He will be interviewing residents and gathering stories about their experiences in the Park to preserve a record of our community's history for future generations.

Additionally, we're looking for volunteers to help with the day-to-day responsibilities of Park Historian/Librarian. This role involves collecting meeting minutes, gathering photos, and documenting events to upload to our website or cloud services, creating a central repository for all to access. It's easier than ever to gather information, as most records are now digital. For older documents and photos, we can scan them into digital format quickly. This project will become a valuable resource for us all and will be useful for future *Echo* articles. If you're interested in volunteering, please reach out to me at johnmfeld@gmail.com.

Park Artists

We're continuing to feature local artists in the clubhouse corridor, with upcoming solo exhibitions. If you're an artist interested in being featured, please contact Suzie Lahr at suzielahr@aol.com.

Dump Run

The next dump run is scheduled for February 21 and possibly 22, depending on the volume of items to be collected. We've managed with two trips so far, but if the need increases, we may add a third collection.

HOL covers most of the costs of these collections, but donations are always appreciated. Please note that the volunteers cannot always manage large items such as couches, mattresses, or ovens. If you have large items to dispose of, please contact Ed ahead of time to discuss whether they can be accommodated.

Building materials, garden waste, and cardboard are not accepted.

If you'd like to volunteer to help with the pickup or schedule a collection at your home, please text **Ed Collins** at 415-377-7696 at least a week or two before the run. See page 11.

Stay dry and warm!

Best regards,



John Feld

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

From the Park Market

by **JILL BOLAND**



Please help us out by waiting **outside** the Boutique while the hardworking volunteers put the food away in the fridges. It is not a fun job but you can make it easier for us if you respect this ongoing request.

Please avoid walking or riding bikes behind the back food tables while we are working. It's a small favor, but it means the world to us.

We love being able to coordinate with all the unseen volunteers to make these free food deliveries available for all the residents. It gives us great joy.

Reminder: all scheduled deliveries are **approximate** times. We look forward to seeing you.



Pride Day 2025

by **KATHRYN MCMUDIE**



**NEEDED:
A NEW TEAM**



Well, we sure had a wonderful time last year on PRIDE DAY 2024 — all that cheering, laughing, walking, strolling, and meeting up with old friends and new ones too!

2025 can be the same, but we need a new team to

organize the event. Now is the time to start forming the team, assigning duties, working with HOL, and so on.

I will not be able to participate in the team this year due to health issues. However, I can hand over notes and provide guidance if needed or wanted.

So, if you would like to help organize PRIDE DAY 2025, please call me at 415-517-8353 (9 am–8 pm). I will gather the names, set up the first meeting, and turn over the materials.

You must be committed to the cause, plan to work hard, and be accountable to HOL and MVMCC. And,

of course, have fun!

A special thanks to the 2024 Pride Team: HOL, Lee Pochapin, Michele Rodriguez, Nancy Warren, Brad Witherspoon, and the many volunteers.

The future of PRIDE DAY 2025 depends on you. I hope to hear from you. Thank you. ■

Men's Group

by **MICHAEL HAGERTY**



Wednesdays, February 5, 12 & 19
Fireside Room • 4–5 pm

The company of men has been a part of every culture, from prehistoric hunting parties, to defending homes and families, to rooting together for sports teams.

After retirement, men are sometimes left with less purpose and meaning in their lives.

We propose a men's group that meets once or twice per month to discuss creating more meaning and satisfaction in our lives.

Come to this hour and learn:

- The **TWO TOPICS** that affect men every day that some women don't want to talk about.
- The Hero's Journey, which helps make sense of our life history.
- How to plan the final chapters of our lives with grace and courage.

This hour is for men only. ■

Valentine's Day Love-In Serenade

by **MAGGIE SIEGFRIED**



Friday, February 14 • Fireside Room • 7 pm

Come to the Fireside Room on Friday, February 14, at 7 pm after Pub for a musical gathering to celebrate — what else? Love! Bring your favorite love song to share, and your ears to hear. And a musical instrument if you want to play one.

Hosted by your neighborhood songbirds, Maggie Siegfried and Carol-Joy Harris and friends, along with special guests as well. ■



Conscious Aging, Conscious Dying

by **JESSICA FERGUS**

Thursday, February 20 • Ballroom • 4–7 pm

How will I complete this great work of art called Self?

What new wisdom and intentions can I develop?

How do I wish to be remembered?

What gives my life meaning and purpose?

How can I support my physical, mental, and emotional health?

Aging can be an exciting process when we use this time to celebrate our lives and cultivate our wisdom.

Through archetypal insights, wisdom cards, life memoir mapping, and other creative endeavors, we will explore our personal mythology to align with our soul's calling and draw on the wisdom we've gained from our own life journey.

Bring journals or notebooks, writing tools, and snacks to share. Register in advance by February 12 on the sign-up sheet at the clubhouse, or email jessica8@mindspring.com. ■

Jessica Fergus, M.Ed., CCP, is certified as a Conscious Aging Facilitator by the Institute of Noetic Sciences. She is a licensed Psychosynthesis Therapist working within the Jungian archetypal tradition.

Dump Run

by **ED COLLINS**



Friday, February 21 (& maybe Saturday) • 9 am

Our next dump run is scheduled for Friday, February 21, depending on the volume of items to be collected. Please have your stuff ready by 9 am.

We've managed with two trips so far, but if we need to, we may add a third collection on Saturday the 22nd.

The volunteers cannot always manage large items such as couches, mattresses, and ovens. HOL covers most of the costs of these collections, but please note:

- Donations to help HOL cover the expenses, especially for large items, are always appreciated.
- Individuals are responsible for the \$25 fee per item for large items such as washers and dryers.
- If you have large items to dispose of, please contact Ed ahead of time to discuss whether they can be accommodated.
- Anything that can be broken into smaller pieces should be put in your bin. Please do!

Text Ed at 415-377-7696 or email at mretc@hotmail.com
Please, no phone calls unless necessary.

NOT ACCEPTED:

Cardboard, toxic materials, or electronic items (see below).

Toxic materials such as chemicals, oil, paint, and pressure-treated wood. Take to:

- Recology Sonoma Marin Recycling Center, 7576 Redwood Blvd., Novato, 800-243-0291.
www.recology.com/recology-sonoma-marin/novato-recycling-center/

Electronic items. Take to:

- Bel Marin Keys — Computer & Technology Resource Center, 42 Digital Drive #2, Novato, 415-883-1428 or
- San Rafael — Renew Computers, 446 Du Bois St., San Rafael, CA 94901, 415-457-8801

Fluorescent light bulbs, batteries, and printing cartridges. Take to our Marin Valley Household Waste Center in the back of the breezeway. ■



Tales from the Golden Gate Bridge

by **MARTY GELMAN**



Monday, February 24
Fireside Room • 4:30 pm

Did you see that ostrich jump out of a van at the Golden Gate Bridge toll plaza, or the dazed pelican that was escorted off the roadway in a patrol car? What about the protesters supporting Tibet or the deer that didn't pay the toll?

Mary Currie will bust some myths, tell some tales, and have you laughing!

Mary served as the public affairs director and spokesperson for the bridge for 22 years. Come learn about the fascinating, diverse life of our very own icon — the Golden Gate Bridge. The presentation will include visuals, so bring your spectacles! ■

In Memoriam

Marshall Krause

May 15, 1933–December 29, 2024

by **TIMO NAVSKY**

It is with great sadness that I share the news of my beloved husband Marshall's passing on Sunday, December 29, 2024, at 1 pm. He was surrounded by his close family and had a loving and easy passing. Just a little sidenote — he passed away around the same time as President Jimmy Carter.

Marshall was born on May 15, 1933, in Santa Monica, California, and lived most of his adult life in Marin County. He is survived by his wife, Timo; his two children Jefferson and Karen; son-in-law Eric; grandchildren Alex, Kevin, Maya, and Alexis; great-grandson Cody; daughter-in-law Rachel; and his niece Kathleen, nephew Bradley, and their wonderful family.

Most of you know that Marshall attended UC Berkeley School of Law (Boalt). As one friend put it: after graduating in 1957, Marshall landed the most coveted liberal Bay Area legal job as the main lawyer (and at the time the ONLY lawyer) for the Northern California ACLU chapter. He worked there from 1960 to 1968 as a civil liberties lawyer. During his lifetime he argued at the US Supreme Court four or five times, winning his first case at just 27 years old! I believe



Marshall 10 minutes before he passed away.

he won all but one of those US Supreme Court cases.

He went on to become the legal reporter on the television show *Newsroom* for KQED, where he reported on important legal cases in the Bay Area. He later served as a part-time professor at San Francisco Law School. Later in life, he taught classes to retired people on current issues before the Supreme Court for about 10 years through UC Berkeley's OLLI program. Marshall also wrote a book, *California Search and Seizure Practice*, which was used as a textbook in law classes.

Some of you know that Marshall retired four different times in his life and wanted to be a hippie, but ran out of money each time. 🤪

Marshall started a legal firm, Krause and Baskin, with Larry Baskin and other lawyers in San Rafael and also became the president of the Marin County Bar Association. In addition to specializing in civil liberties, he was also known for appeals, particularly death penalty appeals, and litigation of all types.

Marshall was honored last year by the ACLU of Northern California, which recognized

him with the Chief Justice Earl Warren Award.* He served as Staff Counsel at ACLU NorCal during the momentous years from 1960 to 1968, after which he continued in his career as an attorney litigating major civil liberties and civil rights cases. The ACLU honored Marshall for his lifetime of dedicated service to the cause of freedom.

He was very community-oriented and served on the San Geronimo Valley Community Center Board for many years. He was on the Prison Law Office Board for 19 years, advocating for prisoners' rights and against the death penalty. He also loved living in Marin Valley Mobile

Country Club, where he started a “Last Monday Lectures” series with Marty Gelman, through which the community continues to enjoy varied topics.

Some fun facts about Marshall ... he loved the outdoors and nature, he loved hiking and gardening. He loved all types of learning, he loved ballet and contemporary dance. He loved classical music and jazz, and for many years, he would dance once or twice a week at “Sweat Your Prayers,” the 5Rhythms dances created by the dancer Gabrielle Roth. An eclipse chaser, he visited eight total solar eclipses all over the planet — one of his main hobbies. He loved museums and art, he loved traveling all over the world, and, most of all, he was an avid reader, especially of nonfiction, history, and biographies.

Dancing, music, and being outdoors in nature — were the things that truly really blissed him out.

Marshall wanted a completely natural funeral and was buried at Fernwood Cemetery in Mill Valley. His request was for just a small family funeral. Everyone at Marin Valley is invited to a big memorial and celebration of his life.

There is so much more to say, but that’s all for now.

Much love,
Timo ■

Residents are invited to a
Celebration of Life for
Marshall Krause

Sunday, February 23
Ballroom
2 pm

Please RSVP on the sign-up sheet,
which will be in the clubhouse lobby.

*See <https://marinvalley.net/echov2/>
(Echo, July 2024, pp. 12–15)

Selections from Marshall’s resume, an interview from the August 2019 Echo, and videos from the UC Berkeley Bancroft Library Oral History of Marshall Krause are on the Marin Valley website at <https://marinvalley.net/marshall-krause/>

In Memoriam

Carole Rosvold

October 16, 1936–November 18, 2024



Celebration of Life for Carole Rosvold

Unitarian Universalist of Marin
240 Channing Way
San Rafael, CA, 94903

Saturday, February 15, 2025
1 pm–5 pm

All are welcome and invited to speak.

Coffee, tea, soft drinks, and finger food
served following service.

Limited parking, please carpool.



Fleurish — Solo Show

by **JANET BOGARDUS**

Dear Friends and Art Lovers,
You're invited to my solo show

Fleurish

January 11–February 22

*Artist Talk & Reception
Saturday, January 18, 2–4 pm*

at Manna Gallery

473 25th Street

Oakland

You can visit on
Saturdays 12–5 pm
and
First Fridays, 5–8 pm.

Manna Gallery is located between Broadway and Telegraph, a block that houses several other art galleries, an artist-run cooperative gallery, and artisan establishments.

Parking can be found on the street, and there is also a parking lot a few feet from Manna Gallery.

Aging in a Blue Zone

by **BILL DAVIS**, MVEST Chair



There are three kinds of age — chronological, which is probably only important for qualifying for Social Security; biological, important for health and longevity; and psychological, which we can control, manage, and enjoy more than the other two. The latter is about fun, games, and the enjoyment of playing. However, let's define it. When you are young, you take your fun very seriously and make sure you do it every day. A wonderful teacher I met some 25 years ago stressed the importance of that. To put it simply: "Never lose the kid in you." Or, as Clint Eastwood says, "Don't let the old man in." But that may not come easily because it's hard to get out of a good custom-fit La-Z-Boy.

Growing old is inevitable, but growing happy is the essential key to doing it well. Success lies mainly in the choices we make when starting out each morning. We may need to let go of certain habits that worked in our youth but no longer work for us because our ligaments and joints can no longer manage them. These habits

worked when we could bounce back quickly, but our resilience and flexibility have diminished. Clinging to the past doesn't work in the present and certainly won't in the future. For instance, we may need to let go of our past ways of lifting, bending, and moving — or at least do these things more carefully. We might still have the muscle strength, but the ligaments and tendons are less flexible and not as tightly attached as they were years ago.

The past is merely a place of reference, not a place of residence. Memories can be stubborn, and holding onto them keeps us connected to the past. That is all well and good, but every day is different and forms part of our journey forward. We need good mental hygiene and fresh air to keep progressing in this adventure of life. It takes practice to break loose from the past and focus on the present dynamics — like a bouquet of flowers that is there to be enjoyed, appreciated, and loved but which fades after a while. Great — they were beautiful while they lasted. Now go get another couple of flowers and make a new

bouquet, or at least appreciate a new one. Flowers are nature at its best, and if you can't see that perfection, keep looking.

Like the bouquet of flowers, each perfect in itself, it is important to find perfection in our lives. It's lovely to be right, and it's admirable to strive for perfection, but as we grow older, the pursuit of perfection must be managed differently because it may cause pain, unnecessary stress, and wasted energy. Past memories and habits do not always bring about peace and tranquility. Perfection turns out to be very elusive because it is subjective and a product of the mind's eye. One has to look outside to find it, using our wonderful senses. But if you are in pain, feeling lazy, or overwhelmed by demands on your time, it can be difficult to pin down.

The most important gift and beautiful part of life is often forgotten until it's missed: our health. It is the most valuable gift we have but — like most of life — can often be taken for granted. There is a lot of truth in the saying "Youth is wasted on the young." We are no longer nimble, and we must exercise to keep healthy and mentally sharp. The World Health Organization (WHO) recommends seniors do at least 150 minutes of moderate-to-intense physical activity throughout the week. That's not much. Regular exercise somehow isn't very attractive, but it does improve our mood, reduce stress, and enhance cognitive function. I never really like exercising but never regret it. As imperfect as it might be, it really helps to make my day as perfect as possible.

What about the food you put in your mouth? It's extremely important. The mouth is where perfection might begin, as a valuable means of boosting your overall wellness and managing your health. We Americans in general are addicted to fast food and are not getting any better at managing our intake of sugar, salt, and fat. Three years ago, 73% of Americans were overweight; that has now risen to 75%. It's hard to manage a good diet, and we seem to be failing as Americans in comparison to the Japanese, for example, of whom just 33% are overweight. Do you think it has something to do with our diet?

Sugar is a huge problem. It is hidden in many of our American foods. As an example, a regular 12-ounce Coca Cola has roughly 10 teaspoons, or 39 grams, of sugar. Men should consume no more than 36 grams of sugar daily, according to the WHO. A small chocolate

shake from McDonald's contains 67 grams of sugar. Want to supersize that? Now you're looking at 110 grams! And what do you think our conservative, fuel-burning bodies do with that extra sugar?

Connection also adds to perfection. In this senior community, living here together but coming and going separately, it's important that we stay connected. What better way than to recognize your neighbor with a wave and a warm hello? It is good mental hygiene. We are social creatures and tribal by nature, and we need connection and interaction. Give me a smile, and you turn on a light. Give me a frown, and you put it out. At this point in life, the quality of life and relationships matter most. A smile will go a long way in making my day. And maybe yours too? That's Blue-Zone living at its best.

Taking care of ourselves — physically, emotionally, and mentally — is not a luxury. It's a necessity. A smart person is always learning. It is key. Graduating from any school is an achievement, but it is more properly called a commencement. At that point you have the tools to be an autodidact. Between Google and YouTube, there is a huge wealth of knowledge available with very little effort, and you don't even have to go to the library.

So here is the thought for the day: You cannot live in the past, it's difficult to live in the present, and it's impossible to live in the future, but if you try, you can make every day as perfect as it can be. ■

Good Neighbor Award

by **CAROLYN CORRY**

Driving out of the Park, did you regularly notice the great number of red Solo Cups on MVD, just before the Deli? I imagine that we all thought, *What a mess, who would do that?*

Janine Bradley took it a step further; she borrowed a long-handled dustpan and sweeper from a neighbor and armed with a large trash bag, she picked up each and every red cup ... envision what our neighborhood would look like if we all did just one similar act. Thank you, Janine, for hopefully leading the way for all of us.

Interested in Volunteering in the Schools?

by **CHARLOTTE KELLS**

Thursday, March 6 • 4 pm • Library

Have you ever wanted an opportunity to work as a volunteer, helping kids in the Novato schools?

I did, and I discovered that the organization **10000 Degrees** made it easy for me to do just that! Every week, I work for two hours helping individual second graders with their reading. I was allowed to choose my school, the grade, and the subject I wanted to tutor. It has been a perfect volunteer opportunity for me to make a difference for kids and my community! And, it is such fun and satisfying work.

The 10,000 Degrees Academic Success



Program provides volunteer support to the highest-need K–12 schools in Marin County. Volunteers are placed and supported based on teachers' needs and volunteers' interests. No previous experience is needed — just two hours a week and a desire to help students reach their potential.

To find out more, join me and Lisa Pavlovsky, Novato Academic Success Coordinator, on **Thursday, March 6 at 4 pm in the Marin Valley library** for a brief informational meeting.

Please let me know if you can join us or if you have any questions:
617-306-0265
charkells@gmail.com ■

10000 degrees
Main 415.459.4240
10000degrees.org
1401 Los Gamos,
Suite 205
San Rafael, CA 94903

Lisa Pavlovsky, 415-432-2570
lisa.pavlovsky@10000degrees.org

Where Is Home?

by **LORNA SASS**

I've been asking myself this question on and off since moving from Manhattan to Northern California at age 67. Though I've now been here for over a dozen years, some days I still don't feel quite at home ...

Where is home?

What does home feel like?

How do I know I'm there?

Looking back, I realize that I never felt completely at home in the little-box house where I grew up. In the Long Island suburbs, newly built postwar houses typically had one oak sapling and a small manicured plot of grass in front — no undeveloped land to explore, no old trees nearby to climb and see the world from a higher perspective.

Because my autistic and schizophrenic brother was the center of attention and broke everything in sight, I spent as much time as I could in my upstairs bedroom to escape the chaos. Thus began my lifelong habit of isolating and surrounding myself with books to experience a sense of calm and safety.

For me, Long Island was a dull place, and I found the characters I met in books much more interesting than most of my neighbors, kind as they were. Nor did I realize at the time that most of the men, including my father, were suffering from World War II PTSD. No one named it or talked about it back in the fifties, even though one neighbor, two doors down the block, weeded his lawn from a wheelchair, his paralysis the result of war injuries.

I couldn't wait to get out of that place of trauma secrets and the "let's get on with it and pretend nothing bad happened" attitude. Once I left for college, I avoided returning for more than a week or so at a time. It never felt like home.

I did my undergraduate work at the University of Massachusetts, and although I recognized the beauty of the Amherst area, I was a bookworm out-of-stater who never felt drawn to football or

sororities, so I always felt like an outsider. Unaccustomed as I was to being out in the woods, I never even thought of taking a hike! I hated dorm life and having a roommate, and I spent most of my time studying in the library or an empty classroom. It was lonely, and I never felt at home there ... except for one night when I got myself locked inside the campus library on purpose. I spent several glorious hours there, surrounded by my book friends, before finding a way to let myself out without setting off any alarms.

Despite my not feeling at home at UMass, there were two important high points of my undergrad years: sophomore summer in the highland Andes of Peru, and the second semester of junior year in Florence. Being in Peru was a wake-up call, a kind of loud announcement that the world was filled with homes far beyond my imagination and experience. In the rudimentary shelters that Quechua Indians called home, guinea pigs roamed freely until they became dinner. As I walked down the dirt streets of Ayacucho, llamas trotted beside me as if they owned the right of way. Women spinning wool and carrying babies wrapped in colorful woven shawls filled my eyes with wonder. This was the first time living people fascinated me as much as the characters I'd met in books, and this adventure set me up for a life of exploration and curiosity, leaving me pondering the question: Could my home be this whole magical planet?

I got to investigate this query further during junior year in Florence. On the five-day boat

journey crossing the choppy Atlantic, I began learning Italian, and as I increased my vocabulary, I often had the exhilarating feeling that I was finding words I'd been looking for all my life. It was as if my world got larger and deeper each time I learned a new Italian word. Somehow, the nuance and sound frequency of this musical language felt oddly familiar and new at the same time. This experience enriched my love of language, a love that eventually developed into my feeling deeply at home when I am taking pen



PHOTOGRAPH: LORNA SASS

to paper. To this day, when I am around other scribes, I have the sense that I am with my tribe, and that feeling of belonging has remained a significant way for me to feel at home.

A few decades later, when I was doing food and travel writing, I found myself in the exquisite medieval city of Santiago de Compostela, the town that marks the culmination of the pilgrims' Camino. As I wandered about, the streets all seemed very familiar, as if I'd been there before. This experience gave me the understanding that the homes of my past lives are still living in my being.

Regarding my longest and most

memorable home, Manhattan, I didn't realize it at the time, but when I yanked myself up by my roots to leave New York City, I replicated what my Jewish grandparents had done when forced to leave Germany and Russia. My maternal grandparents loved America and constantly spoke with gratitude about being here, but my paternal grandparents never fully adjusted. As I reflect on my not feeling quite at home in California, it seems that I inherited the experiences of both sets of grandparents.

As much as I was deeply nourished by my life in New York, my move here was impelled by a deep desire to be closer to the natural world. I love being in California, especially when I'm in the woods, taking care of my succulent garden, or rocking in my beloved hammock while looking out at the gentle pink sky, the vast bay, and majestic Mt. Diablo. But I also miss my "old country" of Manhattan with its surprise around every corner, Jewish humor, and the sparks of creativity that energize everyday life.

So, where is home? Here is what I've concluded for now:

Home isn't one place; it can be here, there, and everywhere, past and present.

Home is where my heart is, where I sound my authentic self into being with words and my unique song.

Home is where I plant seeds, watch them sprout, and tend to their needs.

Home is wherever I set my bare feet upon the earth while looking up at the sky.

Where is home for you? ■

Birds at the Las Gallinas Ponds

Text and Photography by **DAVID GRAY**

We took a walk at the Las Gallinas Valley Sanitary District ponds on January 1 and were once again amazed by the variety (over 24 species seen in less than two hours) and number of birds we observed. The day was chilly and overcast, but we were prepared with rain gear for both ourselves and my camera with its long lens. Good call on bringing the rain gear!

We saw American coots, American white pelicans, black-crowned night herons, black phoebes, Brewer's

blackbirds, buffleheads, cormorants, Forster's terns, a gallinule, flocks of cackling geese, golden-crowned sparrows, great blue herons, great egrets, a green-winged teal, mallards, marsh wrens, a Northern harrier, ruby-crowned kinglets, Say's phoebes, snowy egrets, song sparrows, tundra swans, white-crowned sparrows, and yellow-rumped warblers. We also spotted at least three river otters.

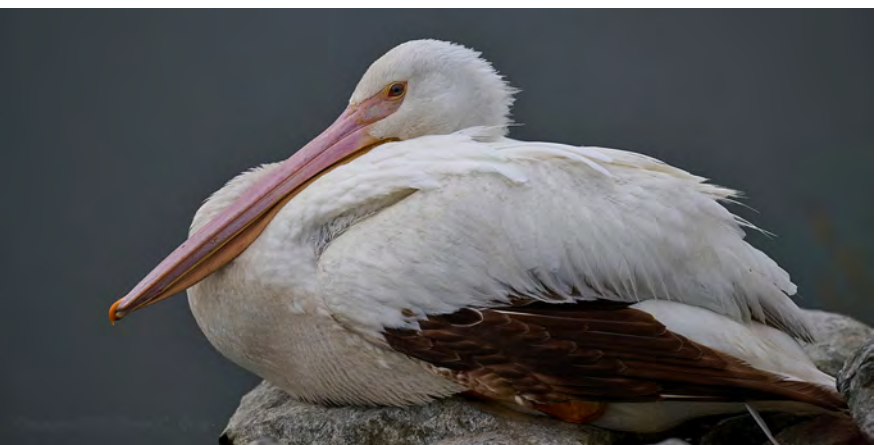


Clockwise from top right: Snowy egret (Egretta thula) coming in for a landing; Snowy egret performing some "egret yoga," stretching its back foot; Ruby-crowned kinglet (Corthylio calendula) in nonbreeding plumage sitting atop a cattail long enough for a photo. This species is usually incredibly skittish and rarely sits still.



Clockwise from top left: Forster's tern (Sterna forsteri) in flight, in nonbreeding plumage; Great egret (Ardea alba) fishing; and catching a minnow; American white pelican (Pelicanus erythrorhynchos) sitting calmly by the shore; a male Northern harrier (Circus hudsonius) hunting low over the fields, to the south of the ponds.

I see Northern harriers every time I visit the Las Gallinas ponds. The bright white spot at the top of their tails makes them easy to identify. The owl-shaped feathers around their faces help focus sound to their ears as they hunt, flying just a few feet above the brush.


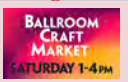





Highly recommended spot for birding! Consider carpooling if you go in a group, as it is a popular place for walking. More info here: <https://www.lgvsd.org/reclamation-walking-paths>. ■

FEBRUARY 2025

SEE WWW.MARINVALLEY.NET
FOR UPDATES AND LINKS

SATURDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>2</p> <p>7:30-9AM Taiji Deck/ David MacLam</p> <p>10-11AM Meditation Fireside Room/Zoom*</p> <p>11:30AM-12:30PM Group Strength Training Bamboo Room/ Nan Watanabe</p>	<p>3</p> <p>6AM Trash</p> <p>7:30-9AM Taiji Deck/David MacLam</p> <p>1-4PM Bridge Fireside Room</p> <p>2PM Community Meeting: What the Los Angeles Fires Mean for Us Ballroom/Bruce Goines</p>	<p>4</p> <p>7:30-9AM Taiji Deck/ David MacLam</p> <p>10:30-11:30AM Craft & Chat Library</p> <p>5PM PAC Board Meeting Ballroom/Zoom**</p>	<p>5</p> <p>7:30-9AM Taiji Deck/ David MacLam</p> <p>4-5PM Men's Group Fireside Room*</p> <p>7-8PM Swing Dancing Bamboo Room</p>	<p>6</p> <p>7:30-9AM Taiji Deck/ David MacLam</p> <p>11AM-12PM Rollin' Root </p> <p>4:30PM HOL Board Meeting Fireside Room</p>	<p>7</p> <p>7:30-9AM Taiji Deck/David MacLam</p> <p>12PM Mahjong Fireside Room</p> <p>5-7PM Pub</p>	<p>8</p> <p> SATURDAY 1-4PM</p> <p>1-4PM Valentine's Craft Faire Ballroom</p> <p>4PM Dancing ECHO DEADLINE</p>
<p>9</p> <p>7:30-9AM Taiji</p> <p>10-11AM Meditation</p> <p>11:30AM-12:30PM Group Strength Training</p>	<p>10</p> <p>6AM Trash</p> <p>7:30-9AM Taiji</p> <p>1-4PM Bridge</p>	<p>11</p> <p>7:30-9AM Taiji</p> <p>10:30-11:30AM Craft & Chat</p>	<p>12</p> <p>7:30-9AM Taiji</p> <p>4-5PM Men's Group</p> <p>6PM Mar Val Board Meeting Fireside Room</p>	<p>13</p> <p>7:30-9AM Taiji</p> <p>11AM-12PM Rollin' Root </p>	<p>14</p> <p>7:30-9AM Taiji</p> <p>11:30AM Fire Safe Marin Zoom Leaders Meeting***</p> <p>12PM Mahjong</p> <p>5-7PM Pub</p> <p>7PM Valentine's Day Love-In Serenade</p> <p>VALENTINE'S DAY</p>	<p>15</p> <p>4PM Dancing</p>
<p>16</p> <p>7:30-9AM Taiji</p> <p>10-11AM Meditation</p> <p>11:30AM-12:30PM Group Strength Training</p>	<p>17</p> <p>6AM Trash</p> <p>7:30-9AM Taiji</p> <p>1-4PM Bridge</p>	<p>18</p> <p>7:30-9AM Taiji</p> <p>10:30-11:30AM Craft & Chat</p> <p>5PM MVC Board Meeting Ballroom/Zoom**</p>	<p>19</p> <p>7:30-9AM Taiji</p> <p>11AM Ladies Bridge Private, Fireside Rm</p> <p>4-5PM Men's Group</p> <p>5PM Mardi Gras reservation deadline</p> <p>7-8PM Swing Dancing</p>	<p>20</p> <p>7:30-9AM Taiji</p> <p>11AM-12PM Rollin' Root</p> <p>4-7PM Conscious Aging, Conscious Dying Fireside Room</p>	<p>21</p> <p>7:30-9AM Taiji</p> <p>12PM Mahjong</p> <p>5-7PM Pub</p>	<p>22</p> <p>9AM Dump Run</p> <p>4PM Dancing </p> <p>Mar Val Mardi Gras 5PM Cocktails 6PM Dinner</p>
<p>23</p> <p>7:30-9AM Taiji</p> <p>10-11AM Meditation</p> <p>11:30AM-12:30PM Group Strength Training</p> <p>2PM Celebration of Life for Marshall Krause Ballroom</p>	<p>24</p> <p>6AM Trash</p> <p>7:30-9AM Taiji</p> <p>1-4PM Bridge</p> <p>4:30PM Last Monday Lectures: Tales from the Golden Gate Bridge Fireside Room/ Marty Gelman</p>	<p>25</p> <p>7:30-9AM Taiji</p> <p>10:30-11:30AM Craft & Chat</p>	<p>26</p> <p>7:30-9AM Taiji</p> <p>4AM Book Club Carol-Joy Harris</p> <p>7-8PM Swing Dancing</p>	<p>27</p> <p>7:30-9AM Taiji</p> <p>11AM-12PM Rollin' Root </p> <p>6PM Game Night Fireside Room</p>	<p>28</p> <p>7:30-9AM Taiji</p> <p>12PM Mahjong</p> <p>5-7PM Pub</p>	

* Michael Hagerty ** Carol-Joy Harris *** www.marinvalley.net