

T H E
ECHO

August 2025



- 2 Matt Greenberg** **MVMCC**
Management Update, In Memoriam, Resident Update
- 3 John Hansen** **PAC**
PAC & MVC Letter to Residents
- 4-5 Bill Davis** **MVEST**
Summertime Dangers
- 6 Carolyn Corry** **MAR VAL**
Message from Mar Val
- 7-8 Carolyn Corry,
Susan Hoff** Event Flyers
- 9 John Feld** **HOL**
HOL Message
HOL Community Events
- 10 Maggie Siegfried** Music Fun
- 11 David Gray** A Trip to Italy and Greece
- 12 Jill Boland** Give the Volunteers a Break
- Ray Schneider** Need a Helping Hand?
- Aneesha Dillon** Circle of Friends
- Marty Gelman** Last Monday Lectures
- 13 Artists in the Park** New Gallery Exhibition
-
- 14-15 Lorna Sass** Life Lessons from Mourning Doves
- 15 Kathryn McMudie** Prizewinning Succulents and Cacti
- Sandy Zeichner** Classifieds
- 16-17 David Gray** Bird of the Month: Fort Bragg Seashore
- 18** Calendar: August 2025

Management Update

- Defensible-space cutback has begun in the interior common areas of the Park.
- Park tree pruning service is ongoing. This includes cutting dry grass, small brush, blackberries, poison oak, and limbing up small trees to raise the canopy.
- Planning is underway for asphalt repair and street striping at stop signs.
- The retaining wall list is complete for the year with the replacement of five walls
- Clubhouse painting has been completed.



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

IN MEMORIAM
Fred Dargie
April 3, 1939 – June 27, 2025

Directory Update
New
Laura Cooper
 186 Marin Valley Drive, 415-847-0034
rolarocks@gmail.com
Parabar Weber
 59 Club View Drive, 510-964-4468
mariceu@earthlink.net

Echo Deadline to Submit Articles
 Email articles by the 8th of the month for the next month's issue with the subject "Echo" to Anila Manning at anilahere99@gmail.com.

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**
 SECRETARY **Carol-Joy Harris 415-883-2824**
 TREASURER **Stephen Plocher 415-302-9043**
 AT LARGE **Brad Witherspoon 415-218-9583**

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
Stephen Plocher, Chair

FINANCE
 FINANCE SUBCOMMITTEES

PRO FORMA (BUDGET MASTER-PLANNING) **David King, Chair;**
Stephen Plocher, Greg & Sheri Smyth, Brad Witherspoon

FINANCIAL ASSISTANCE **Brad Witherspoon**

GRANTS AND LOW-INTEREST LOANS
Serena Fisher, Michele Rodriguez

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

POLICY **Serena Fisher, Alan Gump, John Hansen**

HOL BOARD

PRESIDENT **John Feld 510-495-4138**
 1ST VICE PRESIDENT **Ed Collins 415-377-7696**
 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 **Sandy Zeichner 415-902-5143**
 AT LARGE **Charlotte Kells 617-306-0265**
 AT LARGE **Kamala Allen 415-306-6865**
 AT LARGE **Jill Boland 415-827-3381**

STANDING COMMITTEE: PARK MARKET
Jill Boland, Chair; Lynda Baker, Ginger Christie, Mary Coyne,
John Feld, Jim Gronvold, John Hansen, Susan Hoff,
Meg Jordan, Anne Lakota, Joan Leopold, Gary McClendon,
Deb McNeil, Sue Meyer, Steve & Tara Plocher, 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**

Letter to Residents

PAC & MVC

A Message from Your PAC and MVC Boards

by **JOHN HANSEN**

The emerald hills of spring are inevitably transformed by the California sun into the golden hills of summer — a beautiful rite of nature, albeit a lurking fire hazard. We now have a well-established four-point approach for mitigating such hazards:

1. Our annual goat-browsing ritual.
2. Thinning and limbing trees, and clearing brush out to about 300 feet from our community boundary.
3. Cutting grass very near our homes, in areas where goats are restricted.
4. Reducing wildfire risk at each of our homes. This part is the toughest and includes a twofold challenge:
 - Home mitigation efforts are generally custom-fit to each home and often costly, possibly cutting into our budget for more pressing needs.
 - Wildfire risk is shared across our Park. Even well-protected homes remain vulnerable if neighboring homes are not similarly protected.

To lower both costs and insurance risk, resilience must scale across our entire community. In this new era of

climate change, it is something we must all do eventually — so let's bite the bullet and do it sooner rather than later. When we become a self-owned community, perhaps we can take stronger steps toward shared resiliency. What better way to avoid becoming a statistic among the legions of Californians devastated by wildfire.

What's Next for Resident Ownership

Speaking of becoming a self-owned community: as I write this report for the *Echo* on July 8, the Novato City Council has conducted its closed-session meeting to consider our acquisition proposal submitted on June 23. We PAC Board members are highly confident in this proposal and prepared to enter negotiations with City staff to arrive at a tentative Acquisition Agreement — tentative, because closing the deal depends on a majority vote of Marin Valley residents.

The Park-acquisition effort began with the community coming together to stop the purchase of our Park by a for-profit developer. Now, we have the opportunity to unite once again to end this chapter of uncertainty under City ownership and begin a new chapter of security through self-ownership.

Over the past two years, the PAC Board has had to work in strict confidence, unable to share the details of our progress. But a tentative agreement with the City will change that. The required resident voting means that all residents must become fully informed of the facts. Much of the PAC Board's confidence lies in our process: at every step, we asked, "What would the residents want?" and we stayed true to our objectives of affordability, security, and sustainability — values that only self-ownership can truly provide.

Heads Up, Marin Valley!

So here is your fair warning that a groundswell of information is coming your way — not a sales pitch, but an information campaign to enable you to vote for your informed choice.

Have a safe, fun, fulfilling August.





Summertime Dangers

by **BILL DAVIS**, MVEST Chair, Director Novato Fire District

Are you ready for hot weather and smoke? Those beautiful, hungry goats prepared us for this oncoming fire season, for better or for worse. But heat and smoke are another story, problem, and responsibility. This summer is already shaping up to be unusually dry, with smoke from seasonal Northern California fires in the forecast. So let's take it one step at a time.

Smoke is the leading cause of death among firefighters in California and across the US. It is full of carcinogens, triggers asthma, causes shortness of breath even in healthy people, and can be even initiate depression. Every year, bucolic Marin County gets a big dose of smoke drifting in from the east or north. While last year was not too bad, this year's predictions are more concerning.

Your Novato firefighters are bracing for a dangerous season. PG&E and the Marin County Fire agency have a modified Black Hawk helicopter staffed and ready at Novato's Gness Field airport. It can be airborne within five minutes to respond to sudden fire outbreaks. All of Marin's fire agencies are trained, staffed, and ready. The Marin Wildfire Prevention Authority has done tremendous work over the past five years, and the goats did their part.



What about you? Are you prepared?

Filters and Air Purifiers

Get a high-quality, particle-screening air conditioning filter system, available at Pini Hardware, Home Depot, or online. Don't wait until smoke infiltrates our area — by then, supplies will be flying off the shelves at every store as well as online.

Keep an air purifier in your bedroom. There are many brands, price brackets, and levels of quality — find one that fits your needs. Your lungs, heart, and peaceful mind will thank you. The last time we had thick smoke sitting in Marin Valley, I felt almost claustrophobic. It's unpleasant and downright depressing when you stop to think about all the toxic particles you're breathing. As

the old Spanish proverb goes: "The time to economize on the cask of wine is when it's full." Shop now, buy now, and when the smoke rolls in, you'll already have what you need.

Proper Use of Your Air Conditioning System

If your AC unit is tuned up and ready to go, you're in good shape. If not, you've got some homework to do. If you haven't already, turn it on to make sure it's running correctly. It might need routine cleaning,

which you can do yourself, or it may require a tune-up by a pro. But as with air filters — as soon as the heatwave hits, service appointment get pushed out and prices go up.

And don't forget the old-fashioned ways to stay cool: buy a top-quality fan, drink lots of that delicious Marin County water (maybe with a couple of ice cubes and a squeeze of lemon), and if push comes to shove, try a nice wet washcloth on your forehead and neck. Remember those days?

Staying Hydrated

But it's a different game today. We seniors can become dehydrated quickly. It's happened multiple times right here in Marin Valley, with ambulance rides to the local ER, where — after an IV of saltwater and a major workup on your "ticker" — you're sent home with a diagnosis of "syncope secondary to dehydration": not enough water.

Self-knowledge is critical in the heat. Some people feel nausea before dehydration hits; others collapse without warning. Either way, you need to drink more water during the hot weather to regulate your internal cooling system.

Coffee and tea do not count. They are diuretics and can make dehydration worse. As we get older, dehydration can be confused with hunger. That can be a catastrophic mistake. Pay attention to how frequently you urinate day to day; the average is about

every three to four hours, and it should stay roughly the same even on hot days. It's up to you to monitor the amount of fluids going in and out on hot days — it's not complicated, but it does require mindfulness.

At the clubhouse there is a mister in the breezeway to help cool off the old-fashioned way. Inside, the ballroom has an excellent air conditioning system, while rest of the building still runs on a 50-year-old AC unit that is long past its expiration date and probably belongs in the Smithsonian. Thankfully, if there's a power outage, we have backup generators to keep the AC running. It is reassuring to know we can cool off in the ballroom — or in the pool.

Masks

Oh, and do you have N-95 masks? Are they comfortable? Can you tolerate one for a while? Do you have enough of them? They need to be replaced regularly; one N-95 won't last through several days of smoke. Stock up now. For continued use, every four to six hours is about the right time to change masks. Also, a fresh mask will smell much better.

The Takeaway?

Get your checklist going for the hot weather and smoke we know are coming. Do your shopping early. Let's keep enjoying our beautiful summer, knowing we're ready for anything that might try to spoil it! ■



ALERTMARIN

Register for emergency alerts at
AlertMarin.org



Message from MarVal

Dear Friends,

Mar Val's much-beloved Scottish bartender/manager of many years, Fred Dargie, died on June 27. Fred and Kathleen moved to Alma Via several months ago. We look forward to seeing Kathleen back at Mar Val events in the future, and we say a very sad farewell to dear Fred.

From the, October 2022 *Echo*, upon Fred's retirement:
Residents of MVMCC have had the privilege of having Fred Dargie as the Mar Val Bar Manager for many years, and he is now retiring. Through these years, Fred has worn many hats. He has been the chief welcomer, bar manager extraordinaire, bon vivant, hand-kisser, mixologist, a true Scotsman, debonaire gentleman, dapper gent, connoisseur, and humorist, all while being elegantly mixed with just a touch of curmudgeon.

Prohibition (1920–1933) in the United States began as a result of the temperance movement, which aimed to eliminate alcohol consumption due to its perceived negative effects on society, including crime, domestic violence, and moral decay. The Woman's Christian Temperance Union (WCTU) claimed that alcohol could cause spontaneous combustion, was made from decaying plant matter, and was actually "the excretion of a fungus." A nutty flavor in beer was a clear sign it had been made with cockroaches. People who drank might randomly drop dead from dropsy, burn the lining of their throats off with every drink, or acquire epilepsy, hysteria, gout, and a general sort of insanity. All because of booze!

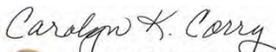
Bathtub gin gained popularity, due largely to its short fermentation time and not requiring a still. It consisted of water, juniper berries, and grain alcohol and was usually made in jugs that were typically too large to fit in a kitchen sink; thus tap water from bathtub faucets was used — hence its name. While ingredients were not mixed in the same spot as your dirty feet, gin still tastes a little bit like soap!

Mar Val's liquor license was originally issued on August 8, 1980. In celebration of this 45th anniversary, Mar Val invites you to join us for a Prohibition Repeal Celebration on Saturday, August 9 ... don your flapper dress/Great Gatsby-inspired outfits — there will be prizes for the best costumes, along with Roy's infamous meatloaf, Myrna's macaroni and cheese, and a batch of Anne's "bathtub gin."

Mar Val will be wrapping up the summer season with a Labor Day BBQ on Sunday, September 1. Please see the flyer in this *Echo* for details.

Hope to see you soon.

Sincerely,



Carolyn Corry
MAR VAL PRESIDENT
ckorry@comcast.net
415-370-6403



Prohibition Party

Saturday, August 9

5 pm Cocktails 6 pm Dinner

Flapper Costume Contest

Winner gets a free Bathtub Gin & Tonic



Menu

Roy's Meatloaf
Myrna's Macaroni & Cheese
Coleslaw, Rolls
Chef's Surprise Dessert

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

Reservation deadline: Wednesday, August 6, 5 pm

or when 120 reservations have been received.

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



Mar Val
LABOR DAY DINNER

Monday, September 1

5 pm Cocktails 6 pm Dinner

Hamburgers or Hot Dogs
(Chili available)
or
Impossible Burgers or
Morning Star Veggie Burgers

Potato Salad Green Salad
Frozen Dessert

\$17 per person

Reservation deadline is Thursday, August 28, by 5 pm

or when 120 reservations have been received.

Make checks payable to Mar Val.

Questions – Call Susan Hoff @ 707-365-9426.

Home Owners League Message

Greetings,

Over the Hill: Residents' Reflections on Living in Marin Valley

HOL invites you to contribute to our new journal, *Over the Hill*, which celebrates the unique feeling of entering our Park — especially the “bucolic view” from the top of the hill. We know this experience resonates differently with everyone, and we want to hear your personal impressions, whether from your very first arrival or a later moment. Share your stories, articles, poems, or photos! A submission folder is located in the clubhouse lobby. All contributions will be compiled there for everyone’s enjoyment and to offer newcomers a glimpse into our shared community experience.

Breezeway Notice Board: Zone-Zero Defensible Space for Fire Safety

HOL is partnering with MVEST to promote Defensible Space and Zone Zero Fire-Smart landscaping and home hardening. Check the breezeway notice board for information. This crucial fire-safety practice calls for maintaining a five-foot clear perimeter around all sides of your home — free of plants and combustible materials. This significantly reduces the risk of your home igniting from wind-blown embers, the primary cause of house fires during wildfires. For most of us, our homes represent our largest investment, and creating this five-foot space is the simplest and most effective way to protect it, helping to prevent home fires and safeguard our entire community.

Another David Gray Slideshow: Italy and Greece

Prepare for an evening of stunning photography! Our incredibly talented resident photographer, David Gray — known for his captivating Safari photos and “Bird of the Month” contributions to the *Echo* — will present his latest work. Having recently returned from a second trip to Italy with his wife Nancy, as well as to Greece, David will share breathtaking images from both adventures on August 21 in the ballroom. Don’t miss this visual journey!

Welcome New Free Food Volunteer: Lynda Baker!

We are delighted to welcome new resident Lynda Baker to our growing team of 18 dedicated volunteers who assist residents with food collection at the Breezeway Market. A heartfelt thank you to Lynda for her valuable support!

Upcoming Events

Mark your calendars for our upcoming Craft Markets in the ballroom and the next Dump Run:

- Next Market: September 27
- Dump Run: September or October
- Christmas Market: December 6

Thank you, stay safe, and stay cool!





Music Fun

by **MAGGIE SIEGFRIED**

Friday, August 8 • 7 pm, after Pub • Fireside Room

Join
CARL CRAINES
CICI DAWN
GIRLS' NIGHT OUT
PARABAR

We will be jammin'

... sit-ins, solos, and singalongs welcome!

A Trip to Italy and Greece

by **DAVID GRAY**



Thursday, August 21 • 7 pm • Ballroom

Join me for a slideshow of Italy and Greece.

Rome

Florence

Tuscany

Cinque Terre

Venice

Crete

and the island of Naxos

will be featured.

Give the Volunteers a Break

Top Questions Asked Over and Over



Is it vegan?

Is it organic?

Is it vegetarian?

What store is it from?

What is the expiration date?

Is it gluten free?



Please help yourself to what is there.

Keep the line moving! ■

Jill Boland and the Park Market team

Need a Helping Hand?



JUST 1 HOUR

Contact Ray Schneider, 415-883-4182 ■



Circle of Friends

by **ANEESHA DILLON**

The last Circle of Friends met on April 14, chaired by Kamala Allen. The group watched a Barbara Karnes movie about updated guidelines for end-of-life care, followed by a discussion about how individuals might offer their specific talents to support those in our community who are nearing the end of life.

For over three years, we — Aneesha and Timo — have had the honor and joy of offering end-of-life education videos, guest speakers, and group discussions on a wide range of topics. During this time, Aneesha has been working and traveling extensively, while Timo has been caregiving for Marshall, who passed away at the end of December.

Now, we both feel it's time to take a break from organizing ongoing meetings. If you feel called to continue this work — whether regularly or occasionally — we support you wholeheartedly.

Love and blessings to you all. ■

Aneesha and Timo



Last Monday Lectures

by **MARTY GELMAN**

Dear Marin Valley community: I would like to thank the many community members who have shared how much they enjoy the Last Monday Lectures I have been presenting. Your kind words keep me motivated to continue pursuing selections I feel would be valuable and interesting.

I am taking the month of August off, but the Last Monday Lectures series will resume in September.

In the meantime, enjoy the rest of your summer. ■

Marin Valley Gallery New Exhibit



Top left to right: Jae Tillinghast, *Joy*; Joan Leopold, *Still Life*; David Gray, *Venezia Gondolier Stirring the Reflection*; Kamala Allen, *Bird of Paradise*; Meg Jordan, *Illumination*; Janet Bogardus, *Flounces*; Laura Krajan-Cronin, *Fair Enough*; *Fair and Square*; Susan McMudie, *American Eagle*; David Gray, *Venice Canal Door*; Jill Boland, *Wooden Painted Tray*. ■

Life Lessons from Mourning Doves

by **LORNA SASS**

When I stepped out into my carport and witnessed a dove industriously weaving a nest in one of my plant pots — right out in the open and very close to my path onto the street — I was dismayed. “What a nuisance,” I thought to myself, remembering how there was so much fluttering agitation last year when I walked past an active nest.

I am ashamed to admit that grouchy mode took over, and I destroyed the half-built nest when no one but the dove was looking. “There,” I said to myself, “I’m in the clear, at least for this season.”

Little did I know what was to ensue ...



The next morning when I walked outside, I was astonished to discover that the doves had built another nest in a pot nearby. The pair must have worked on it all night knowing the female needed to lay her eggs very soon.

Lesson One

Don't take "no" for an answer when you have a strong instinct to make something happen.

Lesson Two

You have a right to take up space and do your thing — and the whole notion of private property is highly debatable. (Besides, doves were on this land way before humans invaded their territory!)

Oddly, this time they chose a plant pot that held a prickly cactus. But they didn't seem to let the thorns interfere with their process.

Lesson Three

Don't let irritating obstacles — like cactus spines — prevent you from fulfilling your destiny.

Once the dove was settled in the nest, protecting the eggs, it seemed to enter a trance-like state. I never once saw it blink. When I walked by — or even went quite close to take a picture — it didn't seem to notice or care. I named it Patience and started greeting it: "Good morning," or "Hello, how's it going?"

Weeks after naming the dove Patience and assuming it was female, I did some online research and learned that the male dove sits on the eggs during the day, and the female relieves him at night. They're said to have slight differences in appearance, but I couldn't tell them apart and I never noticed when they changed shifts.

Lesson Four

Life is easier and more fun when you divide responsibilities equally to get the job done.

Lesson Five

It can be quite sweet to share your space, even with a surprise guest.

Lesson Six

Patience can bring great rewards.

Lesson Seven

Trusting life allows you to sit still and joyfully witness the miracles unfolding around you.

After about two weeks, I saw two adorable little hatchlings at Papa Dove's side. They hung out in a cozy

way for a couple of weeks, growing considerably bigger every day.

Then one morning the nest was suddenly empty. I looked around — and sure enough, the fledglings were nearby, strengthening their wings in short bouts of flight, then resting on my chairs and carpet rugs. When I walked by, they flew to higher ground. The little doves hung around my garden for about a week and then disappeared into the great unknown.

Lesson Eight

When it's time to expand your horizons, take off! You'll know what to do.

Lesson Nine

It's possible to be an empty nester even if you've never had kids!

It's now several months later, and I've had doves nesting on both sides of my house — six nests total, and still counting.

Possible Lesson Ten

When all of the dove nests are empty, might it be time for me to look for a mate to share my own nest? ■

Prizewinning Succulents and Cacti

by **KATHRYN McMUDIE**

This year, the Marin County Fair brought back the Succulent category in the Horticultural Division! Here are my contest results:



Classifieds

by **SANDY ZEICHNER**

Wanted

Does anyone have a storage shed they want to give away? Looking for a fairly large one: approximately 100 square feet and about 8 feet tall.

Email Kamala Allen:
dr.allen108@gmail.com
or call me at
415-306-6865.

Fort Bragg Seashore

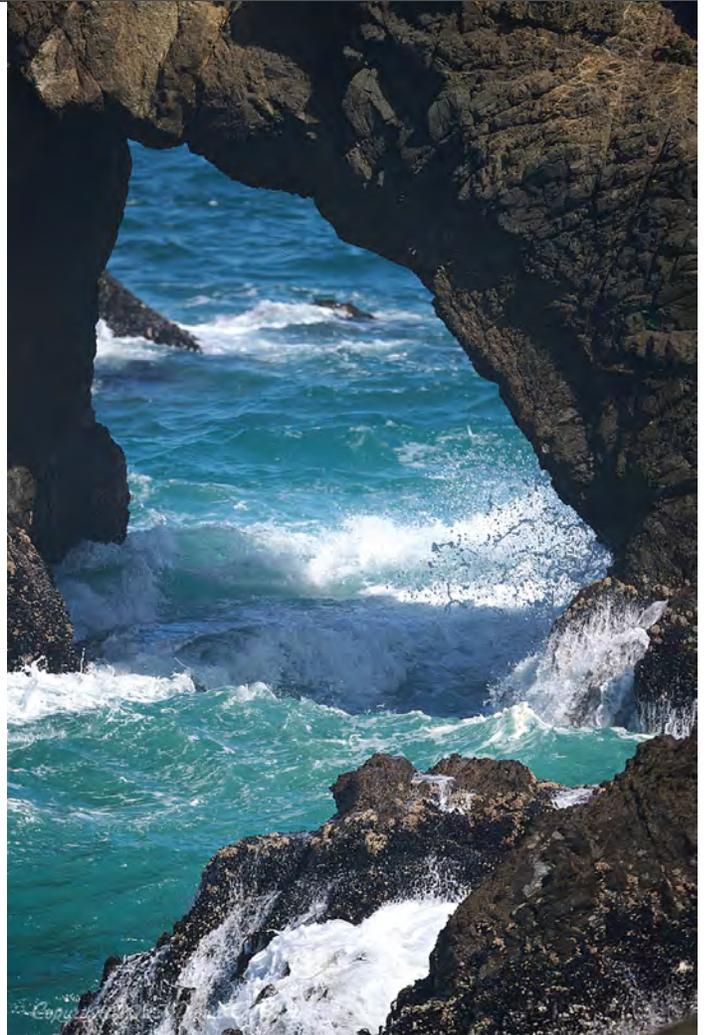
Text and Photography by **DAVID GRAY**

W We were camping up in Fort Bragg on the Northern California Coast, north of Mendocino, in late April visiting friends.

The coast is quite rugged, with lots of arches (*Arcus petrae*) and crashing surf (*Salo apstrudamii*). (Yes, those Latin names are fabrications, but accurate ones!



Black oystercatcher in front of crashing surf



Arch and crashing surf



Black oystercatcher in tidal pool

The plaintive cry of the black oystercatcher (*Haematopus bachmani*) caught my ear, and so I looked for their brilliant reddish-orange bills along the rocks close to the water to find them. I saw them in front of the breaking surf as well as hunting in the tide pools.



Canada geese atop grassy seamount

The Canada geese (*Branta canadensis*) were migrating northward, and stopped at a grass-topped seamount to feed and rest, out of reach of humans or predators.



Harbor seal mother and pup

There were harbor seals (*Phoca vitulina*) on the rocks and in the protected areas in the surging tidal pools. This mother and pup were looking for a place to haul themselves out of the water and onto a luxurious bed of seaweed.



Pigeon guillemot pair

A pair of pigeon guillemots (*Cephus columba*) with their bright-red feet and characteristic large white wing patches were swimming around in the crystal-clear water in a steep rocky inlet.



Osprey with fish

But the most spectacular event was watching an osprey (*Pandion haliaetus*) flying over us with a freshly caught fish in its talons. ■

AUGUST 2025

SEE WWW.MARINVALLEY.NET FOR UPDATES AND LINKS

						FRIDAY	SATURDAY
						1	2
						7:30-9 Taiji <i>Deck/David MacLam</i>	
						10-11 Water Aerobics <i>Pool</i>	
						12 Mahjong <i>Fireside Room</i>	
						5-7 Pub <i>Ballroom</i>	7 Dancing
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
3	4	5	6	7	8	9	
7:30-9 Taiji <i>Deck/David MacLam</i>	6 Trash	7:30-9 Taiji <i>Deck/David MacLam</i>	7:30-9 Taiji <i>Deck/David MacLam</i>	7:30-9 Taiji <i>Deck/David MacLam</i>	7:30-9 Taiji <i>Deck/David MacLam</i>	7:30-9 Taiji	
12-1 Group Strength Training <i>Bamboo Room/Nan Watanabe</i>	7:30-9 Taiji <i>Deck/David MacLam</i>	10:30-11:30 Craft & Chat <i>Library</i>	10-11 Water Aerobics <i>Pool</i>	11-12 Rollin' Root 	10-11 Water Aerobics <i>Pool</i>	10-11 Water Aerobics	
	10-11 Water Aerobics <i>Pool</i>	10-11 Chair Yoga <i>Fireside Room Schepps</i>	4-5:30 Men's Group <i>Fireside Room</i>	4:30 HOL Board Meeting <i>Fireside Room</i>	5-7 Pub <i>Fireside Room Maggie and Friends</i>	5 Mar Val Prohibition Party Dinner <i>Ballroom</i>	
		5 PAC Board Meeting <i>Ballroom/Zoom</i>			7 Music Fun <i>Fireside Room Maggie and Friends</i>	7 Dancing	
					ECHO DEADLINE		
10	11	12	13	14	15	16	
7:30-9 Taiji	6 Trash	7:30-9 Taiji	7:30-9 Taiji	7:30-9 Taiji	7:30-9 Taiji		
12-1 Group Strength Training	7:30-9 Taiji	10-11 Chair Yoga	10-11 Water Aerobics	11-12 Rollin' Root 	10-11 Water Aerobics		
	10-11 Water Aerobics	10:30-11:30 Craft & Chat	5 Mar Val Board Meeting <i>Ballroom</i>	6-10 Game Night <i>Fireside Room</i>	12 Mahjong		
					5-7 Pub	7 Dancing	
17	18	19	20	21	22	23	
7:30-9 Taiji	6 Trash	7:30-9 Taiji	7:30-9 Taiji	7:30-9 Taiji	7:30-9 Taiji		
12-1 Group Strength Training	7:30-9 Taiji	10-11 Chair Yoga	10-11 Water Aerobics	11-12 Rollin' Root 	10-11 Water Aerobics		
	10-11 Water Aerobics	10:30-11:30 Craft & Chat	11 Ladies' Bridge <i>Private, Fireside Room</i>	7 A Trip to Italy and Greece <i>Ballroom/David Gray</i>	12 Mahjong		
		5 MVC Board Meeting <i>Ballroom/Zoom</i>	4-5:30 Men's Group <i>Bamboo Room</i>		5-7 Pub	7 Dancing	
24	25	26	27	28	29	30	
7:30-9 Taiji	6 Trash	7:30-9 Taiji	7:30-9 Taiji	7:30-9 Taiji	7:30-9 Taiji		
12-1 Group Strength Training	7:30-9 Taiji	10-11 Chair Yoga	10-11 Water Aerobics	11-12 Rollin' Root 	10-11 Water Aerobics		
	10-11 Water Aerobics	10:30-11:30 Craft & Chat	4 Book Club <i>Carol-Joy Harris</i>	5 Mar Val Labor Day reservation deadline	12 Mahjong		
31					5-7 Pub	7 Dancing	
7:30-9 Taiji							
12-1 Group Strength Training							