

T H E
ECHO

November 2025



- 2 Matt Greenberg** **MVMCC**
MANAGEMENT UPDATE, DIRECTORY UPDATE
- 3 John Hansen** **PAC**
PAC & MVC LETTER TO RESIDENTS
IN MEMORIAM: Mark Milberg
- 4 Erma Wheatley** **MVEST**
MVEST Resource Center
- 5 Carolyn Corry** **MAR VAL**
MESSAGE FROM MAR VAL
6-7 Carolyn Corry, Susan Hoff EVENT FLYERS
- 8 John Feld** **HOL**
HOL MESSAGE
HOL COMMUNITY EVENTS
- 9 Jeanne Skybrook** Na Leo Nahenahe in Concert; Ukulele Students in Recital
10 Nan Watanabe Regaining Muscle Strength and Reversing Frailty
11 Jim Gronvold Today
12-13 Marin Valley Gallery New Exhibit
-
- 14-15 Mary Carman Barbosa** Ask a Master Gardener
15 Susan McMudie Mahjong Tournament
16 Elizabeth Lev Socks & Mittens for the Homeless
Inga Grace Wildlife
17 Ro Rigney Winter Is Coming ... and So Are the Critters!
18-19 David Gray BIRD OF THE MONTH: Klipspringer
20 CALENDAR: November 2025

Management Update

Work Completed

- Pruned the fourth phase of 53 trees and hedges
- Pruned the second phase of 17 palms
- Installed park bench and concrete walkway in front of pump house 1
- Installed drainage tracks in two driveways to evacuate standing water
- Finished cleanup and grading of upper Scenic transition area
- Finished two additional retaining walls

Work in Progress

- Overlaying new asphalt on nine driveways
- Milling and paving Park entrance and sections of View Ridge Drive
- Seal-coating eight cul-de-sacs plus Marin View Drive
- Paint striping scheduled for October 17
- Landscaping of pump house 1 in planning.



After retaining wall



Before retaining wall, 3 Wild Oak Drive



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

Directory Update — New

16 Marin Valley Drive

Marsha Pierson

202-302-0617 cell

marshpie1@gmail.com

Michael Thompson

415-699-5098 cell

mcthompson1000@gmail.com

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
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EDITOR **Anila Manning**
 COPY EDITOR **Mary Barbosa**
 GRAPHICS **Erma Wheatley**

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

DISTRIBUTION **Cecil Sherrod with Gunnel Bergstrom,**
KC Casey, Mark Crocker, Lucinda Daly, Brynda Foster, Anne
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Jane Schulz, Pat Thurston, Richard Waibel, Janet Willett

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David Gray, John Hansen, Pam Hyer,
Stephen Plocher, Erma Wheatley, Brad Witherspoon

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Serena Fisher, Alan Gump, John Hansen

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 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**

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 1ST VP, BAR MANAGER **Anne Glasscock 415-601-3047**
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Letter to Residents PAC & MVC

A Message from Your PAC and MVC Boards

The End of the Beginning — The Beginning of the End

Nearly 18 months ago, on May 1, 2024, the PAC Board signed an Exclusive Negotiating Agreement (ENA) with the City of Novato.

The ENA grants PAC exclusive negotiating rights with the City through December 31 of this year to reach a mutually agreeable arrangement for our acquisition of MVMCC from the City. It's been a long stretch of keeping our noses to the grindstone — and yet, a short time, given the magnitude of what we've accomplished and the time remaining to achieve our objective. Fortunately, the ENA includes a clause allowing for a six-month extension, provided significant progress has been made.

To date, PAC has submitted two successive proposals to the City — both of which were denied. Until recently, the process seemed to be moving at a glacial pace, raising concerns about whether we would be able to justify an ENA extension when time runs out in December.

However, it now appears that change is in the wind, and I'm not referring to autumn.

The City has recently offered to conduct in-person negotiations, and we have accepted. These meetings will have begun by the time this edition of the *Echo* is released. This is excellent news for us, as face-to-face discussions are expected to accelerate progress toward an agreement, which could mean:

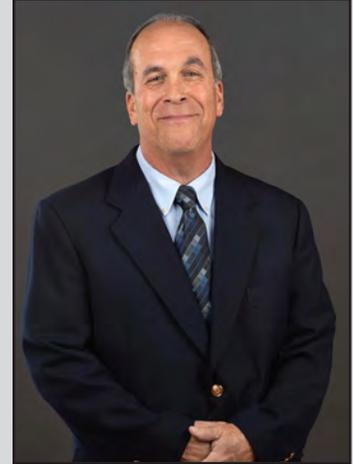
- We may not need to request an ENA extension after all
- The \$5.1 million PRICE grant through ROC USA is much more likely if an agreement is reached before December 31.

Watch for Resident Updates as we forward toward resident ownership.



415-847-7155 • johnhansen.emt@gmail.com

IN MEMORIAM



Mark Milberg

Novato City Council member representing Marin Valley's district died suddenly on October 13.

We wish to express sincere condolences to his family and coworkers, and will remember Mark for his friendliness, integrity, and caring.



MVEST Resource Center

by **ERMA WHEATLEY**

Stroll through the breezeway and stop by the first bulletin board, where MVEST displays a number of pamphlets and brochures from Fire Safe Marin; they point out a variety of ways to protect yourself, your pets, and your home from wildfire risks. Among the topics covered are how to create a fire smart yard, examples of decks and fencing, fire safety for mobile homes, and evacuation advice and preparedness for pets. For additional information, see their website at <https://firesafemarin.org/>

You can also find some of the pamphlets recommended by the UC Marin Master Gardeners in Mary Barbosa's article on pp. 14–15 in this issue, where she also describes how they will come to your home and provide a one-on-one personal tour through your own yard with an eye toward using native plants, while making it beautiful and fire smart at the same time.



Message from MarVal

Dear Friends,

For our new residents — and as a review for everyone — I would like to clarify the rules and regulations set by the ABC (Alcohol Beverage Control) and our insurance provider.

Pub

All residents and their guests are welcome at Pub — no reservations needed, just come as you are. For special events such as the monthly dinners, however, you must have a paid reservation to attend. And no — you cannot just drop by for a drink or to enjoy the entertainment. Only guests with reservations will be admitted.

While this might feel a bit strict, these are rules we are required to follow. Please do not assume it is okay to come “just this once”... regretfully, it is not, and you will be asked to leave.

Now for the fun part! Come to Pub on November 7 to watch **Michael Hagerty** and his dance partner perform a lovely routine to help Michael celebrate his birthday.

Thanksgiving

The holiday season is upon us. Mar Val will celebrate Thanksgiving on Saturday, November 22, with a traditional turkey dinner, all the sides, and pumpkin pie for dessert. Reservations will be accepted starting **November 1**. Please sign up early, as this is a very popular event.

Volunteers

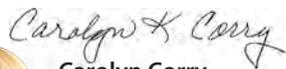
Mar Val always welcomes (and needs!) volunteers — especially for the Thanksgiving event.

We need turkey roasters, carvers, servers, pie cutters/servers, and decorators. Please call **Sandee Duncan** (415-883-3034) if you can volunteer. And remember, even if you were kind enough to volunteer in past years, Sandee will not know you want to volunteer again. Please call her to make your wishes known.

We are ever thankful for **Lenny** and **Narda Gaskell** and their multiple years of being the “Mar Val turkey folks.” They have purchased the turkeys and condiments, delivered them to the volunteer roasters (with printed roasting instructions), picked up the beautifully roasted turkeys on party day, and brought them to the clubhouse. For years, they were unable to join us for dinner, but we are thrilled that this year we will finally be able to welcome them and express our appreciation to them personally.

See you soon.

Sincerely,



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



Mar Val Thanksgiving Dinner

Saturday, November 22

5 pm Cocktails 6 pm Dinner

MENU

**Turkey & Dressing
Sweet Potatoes
Mashed Potatoes & Gravy
Green Bean Casserole
Cranberry Sauce
Rolls
Pumpkin Pie**

**Reservations: \$17 per meal
Limit: 2 persons per household**

Reservation deadline, November 19 @ 5 pm
(or earlier, if 120 reservations are received before the deadline)

Reservations will NOT be accepted prior to November 1

Even if you have generously volunteered,
YOU MUST STILL DEPOSIT A RESERVATION CHECK PRIOR TO THE DEADLINE
Questions? – Call Susan Hoff @ 707-365-9426



MarVal Holiday Party

Saturday, December 13

5 pm Cocktails 6 pm Dinner

***Featuring
The Lee Waterman Trio!***

Menu

Pork Loin with Cranberry Apple Compote

or

Fettuccine Alfredo

Vegetables & Salad

Roasted Potatoes

Cheesecake

Reservations: \$17 per meal

Limit: 2 persons per residence

Reservation deadline, Wednesday, December 10, 5 pm

(Or if 120 reservations are received before the deadline)

Reservations will NOT be accepted prior to November 23

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

Home Owners League Message

Greetings,

Vaudeville: It's Time to Unleash Your Inner Star!

Have you seen the posters for next spring's Vaudeville show? The organizers are still actively seeking your talents — now's the perfect time to dust off that dormant skill! Whether you want to resurrect your childhood magic act, show off the juggling you learned at camp, or revive that brilliant mime routine from junior high — we won't judge (out loud)! We just want to be entertained.

Not keen on the spotlight? We need you, too. Consider volunteering for behind-the-scenes duties like gathering props, adjusting costumes, painting signs, or putting any other skill you have to good use. You'll have a blast — and you'll help us put on a fantastic show.

To join the fun, please contact the organizers: **Michale Dancer, Janie Klimes, or Sandy Zeichner.**

Christmas Craft Fair: Mark Your Calendars!

Get ready for holiday shopping! This year's Ballroom Craft Market and garage sale will be held on Sunday, December 14, at 1–4 pm. It's the perfect opportunity to find unique, last-minute gifts for your entire crew of family and friends.

Expect a beautiful array of items — from warm crocheted hats, framed art, and handmade jewelry to

nature photography, delightful dolls and angels, gorgeous clothing, and of course, a huge selection of lovely cakes, pies, and cookies.

Stop by and enjoy complimentary tea or coffee while you shop and sample your newly bought delicacies!

Recycling Update: Clamshells Are IN!

We have small but significant news for your recycling routine! You can now recycle clear-plastic clamshell containers (typically used for takeout food, berries, and salads) as long as they carry the recycling code #1 (PET or PETE).

Quick Brown Bin Recycling

Refresher (all items MUST be CLEAN):

- Glass bottles and jars
- Plastic gallon milk jugs (caps ON)
- Aluminum cans and foil
- Tin and dual-metal cans and food trays
- Pressurized aerosol cans (empty)
- Plastic bottles, jugs, and tubs
- #1 plastic clamshell containers and square plastic tubs

Not sure where something goes? Visit Marin Sanitary Service's webpage — Where Does It Go, Joe? <https://marinsanitaryservice.com/resources/where-does-it-go-joe/>.

Parking Alert: Mahjong Tournament November 6

Please note that on Thursday, November 6, the clubhouse will host a full-day Mahjong tournament with about 100 participants — many of whom will carpool.

On that day, many of the Park parking spots will likely be occupied. If you plan to visit the Rollin' Root, Breezeway Boutique, Park Market, clubhouse, gym or swimming pool, please be prepared to walk to the clubhouse area. Let's make our guests feel welcome! HOL is rescheduling our monthly meeting to Thursday, November 13, to accommodate our guests.

New Library Resource: Consumer Reports

As of October, we now have a binder of *Consumer Reports* available in our library, thanks to **Deb McNeil**, who will be donating her current issues. If you have back issues of this magazine you would like to donate, please contact me.

Also, if you subscribe to a magazine or journal you think our residents would enjoy, consider donating your copies once you've read them. We are NOT currently accepting news, current affairs, religious, or food magazines. If you have any questions about a donation, please contact me.



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

Na Leo Nahahehe *In Concert*



With Special Guest

Pili Moreno



Sunday, November 16

4:00 p.m.

100 Marin Valley Drive, Novato

In the Ballroom

FREE



Last Monday Lectures will resume in the New Year



JUST 1 HOUR

Contact
Ray Schneider
415-883-4182

Jeanne Skybrook's Ukulele Students in Recital

by **JEANNE SKYBROOK**

Friday, November 21

7 p.m. after Pub

In the Fireside Room





THE ART AND SCIENCE OF LIVING WELL

Regaining Muscle Strength and Reversing Frailty

by **NAN WATANABE**

Last month, we learned that strength training is essential for healthy aging. Now is a good time to pay attention to this.

As we age, muscle mass naturally declines — but that loss doesn't need to be permanent. Strength training is one of the most effective ways to rebuild what's been lost, and even just two sessions per week can lead to noticeable improvements in energy, mobility, and independence.

To help ease into MVMCC's Strength Training sessions on Sundays, here are a few simple exercises you can do on your own. These small

steps can make participating in our group sessions much more ease-ful. Begin with bodyweight moves like:

- Chair sit-to-stands
- Wall push-ups
- Heel raises.

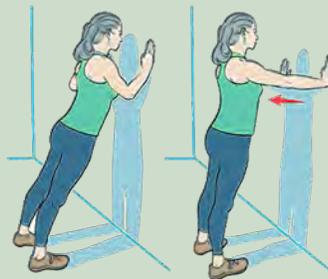
Aim for 2–3 sets of 8–12 repetitions per exercise, two to three times a week. ■

Source: Nelson, ME, et al. 1994. "Effects of High-Intensity Strength Training on Multiple Risk Factors for Osteoporotic Fractures: A Randomized Controlled Trial," *JAMA*, 272 (24): 1909–14. <https://jamanetwork.com/journals/jama/article-abstract/384959>



Chair sit-to-stands

- 1 Sit in a sturdy chair (one without wheels) with your feet shoulder-width apart
- 2 Hinge at the hips, then slowly and steadily push through your feet to a standing position
- 3 Hinge at the hips, then gently bend your knees in a slow, controlled movement to sit into the chair
- 4 Take a break and repeat as many times as you're comfortable



Wall push-ups

- 1 Place hands, fingertips up, on the wall just below shoulder height
- 2 Step your feet back so you are leaning into your hands and your heels lift
- 3 Engage your abdominal muscles
- 4 Lean into the wall, pressing your forearms to the wall, then press away returning to your starting position.



Heel raises

Go up and down as slowly as possible, with or without shoes.

Today

by **JIM GRONVOLD**

Some days sparkle
from dew to dusk.

Others drag hours
through shadows or dust.

This day may flower
or hide in the husk.

But my day will find
the sunlight it must.

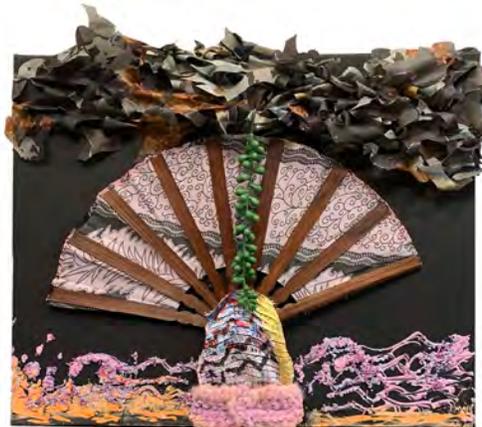
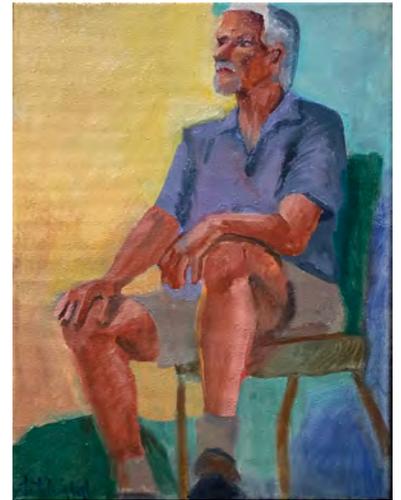
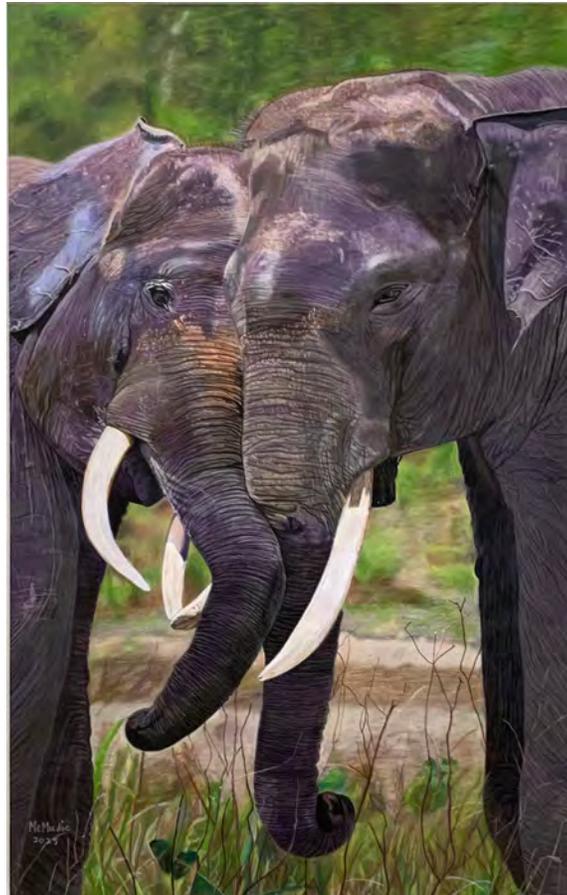
from *Churnings*

and the Marin Valley Gallery new exhibit

Photograph: Marianne York



Marin Valley Gallery New Exhibit



Clockwise from top left: Gail Camhi, *Portrait Study*, 2021; Susan McMudie, *Elephants*; Jae Tillinghast, *Carlos Is Waiting*; Laura Krajan-Cronin, *Nicasio-LaFranchi Ranch #1*; Kamala Allen, *Tropical Dream*; Martina Koeckritz, *From Rosy Desert See*; Mary Coyne, *Rooster*; Jae Tillinghast, *Kathleen's Son Thomas*.



Clockwise from top left: Joan Leopold, *Hydrangeas*; Erma Wheatley, *Inside Three*; David Gray, *Hello Big Beautiful World*; Janet Bogardus, *Santa Olvidada*; *Small Sprawl*; Susan McMudie, *Lion*; Erma Wheatley, *Blue on Blue*.

Ask a Master Gardener

by **MARY CARMAN BARBOSA**

The day after the Marin County Fair ended in July, I headed to the fairgrounds at the Civic Center for the UC Marin Master Gardeners' annual plant sale. Knowing next to nothing about what grows best when and where, I picked out three pretty plants, paid, and was just about to leave when the attendant asked, "Would you like a Master Gardener to visit your home and give you some tips?"

Heck yeah.

That offer kicked off a couple of months of emails, scheduling, rescheduling, and general life delays. But when it finally came together in early October, it was absolutely worth the wait. On a gorgeous fall day, two volunteer garden consultants, Nancy and Peggy, spent nearly two hours walking through my yard, identifying plants, and planting the seeds, so to speak, for some next steps.

Here is a description of what UC Marin Master Gardeners offer, taken from our correspondence:

"The Garden Walks are a program sponsored by the North Marin Water District and University of California Marin Master Gardeners. The walk usually takes 1 to 1.5 hours, depending on the size of your garden and how many questions you have.

"We begin by checking for water leaks at your meter and doing a water pressure check at one of your outdoor faucets.

"If you would like us to review your irrigation system, we will ask you to manually turn each station on and off — so please consult your irrigation manual ahead of time if you're unsure how to do this. We will also review your plant materials and cultivation practices to suggest water-saving and Marin-friendly gardening ideas.

"Then there will be plenty of time for your gardening questions. We'll leave you with written suggestions and a packet of helpful resources."

While the water pressure check didn't happen — we got caught up talking about everything else — the visit flew by. We circled the house, identifying existing plants; deciding what to keep, prune, or remove (including some volunteer oaks); and brainstorming ideas for complementary plants.

One key point they stressed was the importance of maintaining a five-foot fire-defensible space around the house — a rule they expect will become law in the near future. Bill Davis adds: "Everybody's home is different, so it would be a good idea to call the Novato Fire District, 415-878-2609. Follow the prompts and ask for an inspection of your property, which is nonbinding, supportive, and informative. These experts are there to help you with any and all questions. Really nice people."

Nancy and Peggy left me with a thick folder packed with resources on everything from fire-smart landscaping and native plant choices to identifying beneficial insects. These folks truly know their stuff.





I discovered I have a Strawberry tree (Arbutus unedo) in my front yard.

A few days later, I received an extensive follow-up email with detailed suggestions, including:

- **Shade-loving plant ideas:** UC Master Gardeners Plants for Cool Coastal Settings, <https://plantmaster.com/presents/plants.php?id=5f8c61b3e3ea1>
- **Pruning help:** They recommended finding someone through the Aesthetic Pruners Association, whose members specialize in working with trees and shrubs under 15–20 feet, focusing on each plant's form and function: www.aestheticprunersassociation.org/
- **Irrigation system assistance:** In Marin County, we recommend Qualified Water Efficient Landscaper (QWEL). These are professionals who have taken extra training in using, installing, and repairing irrigation systems: www.qwel.net/hire-a-qwel-pro

UC Marin Master Gardeners are University of California Cooperative Extension-trained volunteers who share their gardening expertise through community education and service. Nancy and Peggy have teamed up on these visits for a while, and it is obviously a labor of love for these two garden enthusiasts.

Their visit left me inspired to start beautifying my garden — and maybe it will inspire you, too.

Give them a call!

UC Marin Master Gardeners
1682 Novato Boulevard, Suite 150B
Novato, CA 94947
tel.: 415-473-4910

email: helpdesk@marinmg.org
website: <https://ucanr.edu/site/uc-marin-master-gardeners/contact-us> ■

Mahjong Tournament

by **SUSAN McMUDIE**

Thursday, November 6

9 am – 6 pm

Clubhouse

Thursday, November 6, from 9 am to 6 pm, a Mahjong tournament will be held in the clubhouse, including both the ballroom and Fireside Room. Attendance may exceed 100 participants.

Although we have asked attendees to carpool, parking will be limited. We apologize for the inconvenience to those of you going to Rollin' Root, the Park Market, the gym or swimming pool, or the clubhouse.

This is a charity event benefiting the Marin Food Bank, and we appreciate your understanding and flexibility.

If you or someone you know is interested in participating in the tournament, please contact **Susan McMudie** at 415-517-8353.

Thank you. ■



Socks & Mittens for the Homeless

by **ELIZABETH LEV**



Hello, friends in the Park.

Each December I have collected socks/mittens for the homeless, and I would like to do so again this winter. Please put brand new socks or mittens — preferably labeled Men, Women, Children — in the box on my front porch.

I'll be accepting donations **December 2-10**.

Let's help some folks have a warmer winter. ■

Elizabeth
107 Marin Valley Drive (blue door)

Wildlife

by **INGA GRACE**



Photograph: Charles Watson

Dear Neighbors,

This morning I found a young dead hawk behind our house. It had no visible injuries — and West Nile virus seems unlikely, as mosquitoes are rare this time of year. A while back we found a dead mouse, also without injuries.

We are concerned that someone in the neighborhood may be putting out rat poison. This message is especially intended for Wild Oak and upper Scenic residents, but let's all be vigilant and aware.

Marin Valley is a poison-free environment, and there are many effective alternatives for dealing with rodent infestations. Hawks and skunks catch a lot of rodents!

Every year, a hawk family nests with their young chicks in a tree on the hillside above our house. I have become very fond of them, so this is extra sad for me.

Moreover, if someone is indeed spreading poison, a dead critter could end up in fenced-in yards and potentially harm or kill our pets.

Neighbors, let's talk to each other and spread the word to protect our precious wildlife. ■

Warm greetings,

Inga and Charles
45 Scenic Drive

Winter Is Coming ... and So Are the Critters!

by **RO RIGNEY**

As the days get shorter and the nights chillier, we're not the only ones looking for a warm, dry place to hunker down. Local wildlife — raccoons, skunks, opossums, rats, and their friends — are also searching for winter lodging. To them, the space under your home looks like the perfect little resort: sheltered, cozy, and right next to the "all-you-can-eat" buffet of your garden or trash cans. Once they've moved in, they can be noisy and messy guests!



Photographs: Sumi Hirose



Before more rain happens, take a stroll around your home and look for loose skirting, missing vent covers, or small gaps where animals might sneak in. Even a tiny hole can be an open invitation. A handyman can easily seal around the bottom of your skirting and close up any openings to keep things snug and secure.

A few simple fixes now will help keep you cozy inside — and wildlife cozy somewhere else — so everyone will have a much happier (and quieter) winter season! ■

Klipspringer

Text and Photography
by **DAVID GRAY**

Apologies for a nonbird article — I have Africa on my mind.

The klipspringer (*Oreotragus oreotragus*) is a small African antelope native to southern Africa. Standing barely two feet tall at the shoulder and weighing around 40 pounds, they are indeed petite. Males have short, straight horns about three inches long, while females are hornless. Their coats are beautifully adapted to blend with the rocky terrain, offering excellent camouflage.



Male klipspringer on a boulder

The photo above is a common view of a klipspringer: perched high on rocks, out of reach of most predators. These klipspringers were photographed in a private game reserve adjoining Kruger National Park in South Africa.



Male and female klipspringer on a boulder

Unlike most antelopes, klipspringers are generally monogamous. They bond for life and tend to stay close to one another, as this photo illustrates. I was thrilled to capture both partners of a pair in one frame.



Male klipspringer close-up

I was surprised to see this male down on the flats, away from its usual steep terrain. You can see clearly its tiny hoofs and how they stand on tiptoe to maximize their traction on rocks.

To assuage the folks who rightly expect a bird, here's a beautiful fish eagle taking off — also photographed in South Africa.

Happy November and happy Thanksgiving! ■



Fish eagle

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>NOVEMBER 2025</h1>						1 5:30 Dancing <i>Meadow</i>
2  DAYLIGHT SAVINGS Turn clocks back	3 6 Trash 7:30-9 Taiji <i>Deck/David MacLam</i>	4 7:30-9 Taiji <i>Deck/David MacLam</i> 10:30-11:30 Craft & Chat <i>Library</i> 11-12 Chair Yoga <i>Fireside Room</i> V O T E	5 7:30-9 Taiji <i>Deck/David MacLam</i>	6 7:30-9 Taiji <i>Deck/David MacLam</i> 9-6 All-Day Mahjong Tournament <i>Private, Clubhouse</i> 12-1 Rollin' Root	7 7:30-9 Taiji <i>Deck/David MacLam</i> 12 Mahjong <i>Private, Fireside Room</i> 5-7 Pub	8 4:30 Dancing ECHO DEADLINE
9 7:30-9 Taiji 12-1 Group Strength Training	10 6 Trash 7:30-9 Taiji	11 7:30-9 Taiji 10:30-11:30 Craft & Chat 11-12 Chair Yoga VETERANS DAY	12 7:30-9 Taiji 11 Ladies Bridge <i>Private, Fireside Room</i> 5 Mar Val Board Meeting <i>Ballroom</i>	13 7:30-9 Taiji 12-1 Rollin' Root 4:30 HOL Board Meeting <i>Fireside Room</i> 6-10 Board Game Night <i>contact Ed Collins</i>	14 7:30-9 Taiji 12 Mahjong 5-7 Pub	15 4:30 Dancing
16 7:30-9 Taiji 12-1 Group Strength Training 4 Na Leo Nahenahe concert <i>Ballroom</i>	17 6 Trash 7:30-9 Taiji	18 7:30-9 Taiji 10:30-11:30 Craft & Chat 11-12 Chair Yoga 5 MVC Meeting <i>Ballroom/Zoom</i>	19 7:30-9 Taiji 5 Thanksgiving reservation deadline	20 7:30-9 Taiji 12-1 Rollin' Root 	21 7:30-9 Taiji 12 Mahjong 5-7 Pub 7 Ukulele Recital <i>Fireside Room</i>	22 Thanksgiving Dinner <i>Ballroom 5-7</i> 4 Dancing
23 7:30-9 Taiji 12-1 Group Strength Training <hr/> 30 7:30-9 Taiji 12-1 Group Strength Training	24 6 Trash 7:30-9 Taiji	25 7:30-9 Taiji 10:30-11:30 Craft & Chat 11-12 Chair Yoga	26 7:30-9 Taiji 4 Book Club <i>contact Carol-Joy Harris</i>	27 7:30-9 Taiji THANKSGIVING DAY	28 7:30-9 Taiji 12 Mahjong 5-7 Pub	29 4 Dancing