

# T H E ECHO

## February 2026



**2 Matt Greenberg**

**MVMCC**

MANAGEMENT UPDATE; DIRECTORY UPDATE



**3 John Hansen**

**PAC**

PAC & MVC LETTER TO RESIDENTS

**4-6 John Feld**

**MVEST**

Strokes



**7 Carolyn Corry**  
**8-9 Carolyn Corry,**  
**Susan Hoff**

**MAR VAL**

MESSAGE FROM MAR VAL

EVENT FLYERS



**10 John Feld**

**HOL**

HOL MESSAGE

HOL COMMUNITY EVENTS

**11 Ed Collins**

Vision Board COLLAGE WORKSHOP

**Ed Collins**

Super Bowl Watch Party

**Tara Plocher**

Valentine's Craft & Flea Market

**Maggie Siegfried**

*(Un)Lucky in Love* Valentine's Music Concert/Jam

**12 Nan Watanabe**

THE ART AND SCIENCE OF LIVING WELL: How Strength Training Boosts Metabolism

**David Gray**

Happy New Year Fellow Marin Valley Artists!

**13 Michale Dancer**

HOL Offers Group Discounted Gutter Cleaning



**14 Pat Higgins**

Early, Uncomplicated Love

**Joan Leopold**

Extra Key

**15 John Feld**

The Heart in the Sound Closet

**16 Susan McMudie**

The Next Full Moons in 2026

**17 Lorna Sass**

Senior Planet: A Fabulous Free Learning Resource

**18-19 David Gray**

BIRD OF THE MONTH: Vermilion Flycatcher

**20**

CALENDAR: February 2026



# Management Update

## Ongoing Maintenance Work

- Quarterly sewer cleaning
- Replacement of damaged flooring in the card room due to flooding
- Storm drain pipe repairs to remove large roots and debris.

## Completed

- One driveway was repaired with new concrete to remove trip hazards.
- All owl boxes were cleaned and maintained for the season. With the help of volunteers, a new owl box map was created, and Happy Bat Solutions was hired for cleaning and repairs. They also provided feedback for new owl box locations and a solution for the safe removal or relocation of the clubhouse bat colony.
- Pump Station 1 garden planting and irrigation completed.
- Storm drains were cleared by emergency services after flooding.
- Last year's extensive drainage work under the clubhouse, completed to keep the billiard and card rooms dry, is performing well during recent heavy rains.



*Matt Greenberg*  
**Matt Greenberg**  
**GENERAL MANAGER**  
[gm.mvmcc@gmail.com](mailto:gm.mvmcc@gmail.com)  
 415-883-1971 Fax  
 415-883-5911

## Directory Update — Change (Address Section)

**Charles Sanchez** cell 415-806-7002

## Echo Deadline to Submit Articles

Email articles by the 8<sup>th</sup> of the month for the next month's issue with the subject "Echo" to Anila Manning at [anilahere99@gmail.com](mailto:anilahere99@gmail.com).

**MARIN VALLEY MOBILE COUNTRY CLUB**  
 100 MARIN VALLEY DRIVE • NOVATO, CA 94949  
 415-883-5911 / 415-883-1971 FAX  
[www.marinvalley.net](http://www.marinvalley.net)

GENERAL MANAGER **Matt Greenberg** [gm.mvmcc@gmail.com](mailto:gm.mvmcc@gmail.com)  
 A MHB Group Region 8 Publication [www.mobilehomeboard.com](http://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**

TECHNICAL CONSULTANT **Rene Prado**

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, Brad Witherspoon**

### STANDING COMMITTEES

CAPITAL PROJECTS **John Hansen, Jay Shelfer**

COMMUNICATIONS **Serena Fisher, Chair; Carol-Joy Harris, Charlotte Weiser**

FINANCE **Stephen Plocher, Chair**

### FINANCE SUBCOMMITTEES

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

FINANCIAL—ASSISTANCE; LOANS; RESOURCES **Serena Fisher, 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**

TECH TEAM **David Gray, Chair; Steve Brandon, Peter Dyke, Ron Citroen, John Feld, Julie Manson, Erma Wheatley**

### HOL BOARD

PRESIDENT **John Feld 510-495-4138**  
 1<sup>ST</sup> 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 & Dave Baker, Ginger Christie, Mary Coyne, Edgar Furlong, John Hansen, Sally Harris, 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**  
 1<sup>ST</sup> VP, BAR MANAGER **Anne Glasscock 415-601-3047**  
 2<sup>ND</sup> 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**, PAC and MVC President

Our mourning period for the setback in the acquisition of our Park is behind us, and PAC is wasting no time in preparing for the next steps in shoring up the existential vulnerabilities of our community. In the City's statement regarding the cancellation of the ENA — published the night before the City even informed PAC negotiators — they revealed their acceptance of our objectives for the Park: Affordability, Security, and Sustainability. They also agreed to consider certain undisclosed changes to the Delegation Agreement and other aspects of our relationship to help secure the Park.

We will soon begin meeting again with the City to negotiate various measures in our tumultuous — nevertheless, continuing — relationship, for the purpose of advancing our mutual objectives. We presented and briefly discussed some of these measures at the January PAC Board meeting, and we also announced plans to hold community workshops to receive residents' suggestions for additional negotiable considerations.

Our objectives establish the priorities for future negotiations. How we pursue them can be reflected in the Serenity Prayer:

*God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.*

However, we will approach it in reverse order. Our wisdom is honed and focused by our stated priorities; our courage comes from recent experience in dealing with the City; and our serenity is derived from understanding which battles to choose, in what order, and which to avoid.

**Our first priority** is to seek interim protection against the possibility of another third-party sale of the Park. This may take a form similar to the now-canceled ENA, but with objectives not directed toward acquisition. Other security measures include rezoning the Park exclusively as a mobile home park and introducing a requirement for resident approval of any future sale — similar to the City's former ENA requirement that PAC obtain resident approval to purchase the Park. Additional first-priority issues were also presented at the recent PAC meeting.

**Our second priority** includes measures to maintain affordability for low-income seniors. This is especially challenging as costs continue to rise faster than fixed incomes, and it will require some creative and novel approaches critical to securing our long-term affordability.

**Our third priority** is to “etch this all in stone” for future MVMCC low-income senior residents, while still preserving enough flexibility to allow for strategic adaptations to an unknown future.

This is a big ask, and the probability of complete success is uncertain. Nevertheless, this is the task before us, and we are determined to see it through. We will continue to pursue our objectives of Affordability, Security, and Sustainability, and we will carefully document our progress along the way. Meanwhile, be on the lookout for Resident Updates announcing our progress and upcoming workshops where we welcome your input.



*John Hansen*

John Hansen  
PAC PRESIDENT

415-847-7155 • [johnhansen.emt@gmail.com](mailto:johnhansen.emt@gmail.com)



# Strokes

by JOHN FELD

In a community like Marin Valley, staying active, being healthy, and remaining as independent as possible are top priorities for all of us.

However, one of the most significant threats to that independence is stroke. Previously known as a “brain attack,” a stroke occurs when blood flow to part of the brain is blocked or when a blood vessel bursts. For older adults, the stakes are particularly high — but knowledge and quick action can make a huge difference. Stroke is the fifth leading cause of death and a leading cause of disability in the US. Strokes can happen to anyone, at any age, at any time, and everyone needs to know the warning signs.

## Call 911 First



On average, 1.9 million brain cells die every minute a stroke goes untreated.

Stroke is a medical emergency, and the very first thing you must do is call 911.

Early treatment leads to higher survival rates and lower rates of

disability. Calling 911 allows first responders to begin treatment for someone experiencing stroke symptoms before arriving at the hospital. Every second matters.

## Think BE FAST: The Life-Saving Acronym

When it comes to strokes, “time is brain.” Every minute without treatment can result in the loss of millions of brain cells. We should all memorize the BE FAST acronym to recognize a stroke immediately:

- B Balance**  
Is the person unsteady or wobbly? Are they standing or sitting straight?
- E Eyes**  
Ask them if their vision has changed.
- F Face**  
Ask them to smile. Does one side droop?
- A Arms**  
Ask them to raise both arms. Does one drift downward?
- S Speech**  
Ask them to repeat a simple phrase. Is their speech slurred?
- T Time**  
If you notice any of these signs, call 911 immediately.

## Why the Danger Is Greater for Seniors

As we age, our blood vessels naturally become stiffer and narrower, making blockages more likely. Conditions common later in life can significantly increase stroke risk — such as:

- High blood pressure
- High cholesterol
- Atrial fibrillation (irregular heartbeat, racing heart, chest pain, and fatigue).

The primary danger of stroke isn't just the event itself, but its long-term impact on quality of life, including:

- **Loss of mobility:** Paralysis or weakness on one side of the body
- **Communication barriers:** Difficulty speaking or understanding others
- **Memory and cognition issues:** Challenges with thinking, reasoning, and memory
- **Loss of independence:** A sudden shift from self-sufficiency to needing ongoing care.

If you see these signs, call 911 immediately.

## Reducing Your Risk

While age is a factor we can't change, many stroke risk factors are within our control. You can significantly lower your chances of having a stroke by:



- **Monitoring blood pressure:** High blood pressure is the #1 cause of stroke — keep it in a healthy range.



- **Staying active:** Even a daily walk (at least 10 minutes, preferably longer) around the Park helps keep your heart and blood vessels healthy.



- **Eating mindfully:** Reducing salt and saturated fats helps prevent blockages.



- **Managing medications:** If you have AFib or diabetes, following your doctor's plan is essential.

*When a blockage occurs in different areas of the brain, it can cause numbness, weakness, language dysfunction, or unsteadiness, says Paul E. Later, MD, a neurologist with Northwestern Medicine. The symptoms will differ based on the different areas of the brain and their functions.*

## Typical Symptoms

During a stroke, most people report a sudden onset of the following symptoms:

- Numbness, weakness, or paralysis of the face or a limb, especially on one side of the body
- Confusion, trouble speaking, or difficulty understanding speech
- Trouble seeing in one or both eyes
- Difficulty walking, dizziness, or loss of balance or coordination
- A severe headache with no known cause.

Women may also report:

- Hiccups
- Nausea
- Chest pain
- Fatigue
- Shortness of breath
- A racing heartbeat

Women are also more likely than men to report generalized weakness and cognitive dysfunction as stroke symptoms. *Most people don't immediately associate these symptoms with a stroke, explains Dr. Later. Because the types of symptoms that some women experience are nonspecific, it often takes longer to recognize that a stroke is happening.*

In fact, research shows that women take up to three times longer than men to seek care for a stroke — perhaps because more women live alone,

combined with a sense that they can manage their symptoms on their own.

Living in a close-knit community means we can look out for one another. By knowing the signs and acting quickly, we can protect our neighbors — and ourselves — from the life-altering effects of a stroke. However, living alone means we must recognize and address these warning signs ourselves.

**Silent Strokes** are undetected strokes. They occur when a blood vessel blockage in the brain causes brain cells to die, but no obvious warning signs or symptoms appear.

About one-fourth of people over age 80 have at least one such area of tissue death — known as a silent infarct — in the brain. This condition becomes more common with age and is more frequent in people who smoke or who have a history of vascular disease (conditions affecting the blood vessels).

Experts estimate that for every stroke with noticeable symptoms, 10 silent strokes occur.

Easily undetected, these silent infarcts have been linked to subtle problems with movement and mental processing. They are also linked to an increased risk of future stroke and dementia. Silent infarcts can be detected through advanced brain imaging such as MRI or CT scans.

**Mini-strokes** — transient ischemic attack (TIA) — are commonly more accurately described as warning strokes. It is a medical emergency and causes the same symptoms as other types of strokes. Most TIA symptoms last anywhere from a few minutes to 24 hours, and they are often dismissed or not taken seriously.

TIAs occur prior to about 15% of strokes and are often indicative of future TIAs, full-blown strokes, or other cardiovascular problems. Many of these events happen within days or weeks of the TIA, making early intervention critical.

### **Why Managing Diabetes Is Your Best Defense**

In our Marin Valley community, many with diabetes consider ourselves experts at managing it — checking blood sugars, watching our diet, and staying active. But there is a critical reason to stay on track that goes beyond just the “numbers.” Many people with diabetes also have high blood pressure and high cholesterol. Together, these three conditions create a “perfect storm” for cardiovascular disease.

Diabetes significantly increases the risk of stroke: People with diabetes are 1.5 to 2 times more likely to have a stroke than those without diabetes. Understanding this connection is the first step toward staying healthy and independent.

Think of your blood vessels as a network of highways:

- **The damage:** Over time, high levels of plaque act like sandpaper, scuffing the smooth inner artery walls.
- **The buildup:** These roughened areas make it easier for fatty deposits and clots to form in blood vessels.
- **The blockage:** If a clot blocks blood flow to the brain, oxygen is cut off — and a stroke occurs.

### **Managing the “ABCs” of Prevention**

The good news is that managing diabetes also protects your brain. Medical professionals recommend focusing on the ABCs:

**A A is for A1C** (your average blood sugar over three months): Keeping it in range helps prevent vessel damage.

**B B is for blood pressure** (the force of blood against vessel walls): High pressure weakens blood vessels and increases their risk of bursting in the brain.

**C C is for cholesterol** (the fats found in your blood): Managing “bad” cholesterol prevents arteries from becoming clogged.

Even with excellent management, it is still vital to know the warning signs. Diabetes-related nerve damage (neuropathy) can sometimes blunt the sensation of stroke symptoms, making them harder to recognize.

### **When in Doubt, Go to the ER**

The most important message for everyone is to seek emergency care early. Emergency departments have the diagnostic tools and trained physicians needed to quickly evaluate stroke symptoms.

### **A Community Effort**

Living in Marin Valley means we have access to plenty of support. Whether it's joining a friend for a walk to stay active and keep those blood sugar numbers down or sharing a low-sugar treat at a potluck, we can help one another stay healthy.

Managing diabetes is hard work, but the reward — a lower risk of stroke and a longer, more active life in the Park — is worth the effort.

And remember: Calling 911 is almost always the right choice. **First responders would much rather evaluate a false alarm than arrive after a stroke has already occurred.** Never hesitate to ask for help. ■

*Many thanks to Bill Davis for reviewing and adding to this article.*

# Message from Mar Val

Dear Friends,

Mardi Gras is the final day of Carnival (also known as Shrovetide or Fastelavn) and falls on the day before Lent begins on Ash Wednesday. Mardi Gras is French for "Fat Tuesday," referring to the last day of consuming rich, fatty foods, most notably red meat, in preparation for the Christian fasting season of Lent, during which such foods are traditionally avoided.

Mar Val will be celebrating the season with toe-tapping music presented by Virginia Tichenor and Marty Eggers, along with a dinner of traditional red beans & rice. Please check the flyer in this Echo for further details and join the fun.

Some years ago, Michael Hagerty and Marianne York donated a plaque to honor residents who achieved the incredible age of 90. The plaque, in the clubhouse lobby, reads "Live Long, Live Well" and includes a nameplate for each honoree. Mar Val is honored to be able to update

this project and keep it moving forward, but we need your help identifying residents who are currently 90 years old or older.

We know of at least nine folks who meet the criteria and will be contacting them to request permission to add their names to the plaque. Names will not be added until the resident has given their permission. If you are 90 or older and have not been contacted, or if you know someone who may be eligible for this honor but is unaware of this project, please contact me. Thank you, Michael, for conceiving and putting into place this meaningful acknowledgment of those who truly "live long and live well."

Please remember that everyone is welcome at Pub. Nonalcoholic options are always available, and you do not have to have a drink at all. We look forward to seeing you at Pub and at Mardi Gras.

Sincerely,

*Carolyn K. Corry*

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



*Mar Val Presents*



*Laissez les bons temps rouler*

# **Mardi Gras in the Park**

**Saturday, February 14**

**5 pm Cocktails/Music 6 pm Dinner**

**Featuring Dixieland Jazz Music**

**Welcoming back Virginia Tichenor & Marty Eggers**

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

## **Menu**

**Red Beans & Rice with Sausage**

**or**

**Vegetarian Red Beans & Rice**

**Corn Casserole & Salad**

**Dessert**

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

Reservation deadline: Wednesday, February 11, 5 pm  
(or when 120 reservations have been received).

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



**Mar Val Presents**

# **St Patrick's Day**

**Saturday, March 14**

5 pm cocktails 6 pm Dinner

***Featuring Irish Coffee!!***

***(same price as our cocktails – only \$6)***

## MENU

Corned Beef/Cabbage or Vegetarian Shepherd's Pie

Potatoes Carrots Rolls

Dessert

Residents and their guests only

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

*Reservation deadline: Wednesday, March 11, by 5 pm  
(or when 120 reservations have been received).*

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

# Home Owners League Message

Greetings, Neighbors!

Here is the latest HOL news, along with a few important reminders for the community.

## Are You Housebound?

Through no fault of your own, there may be times when you are ill, injured, contagious, or otherwise unable to leave your home. If you find yourself in need of extra food, the Breezeway Market is here for you.

Deliveries are made every Saturday and Monday.

Contact **Jill Boland** at [jboland5@comcast.net](mailto:jboland5@comcast.net). She will reach out to discuss your food preferences.

Requirements: You must be home to receive the delivery, as food cannot be left outside.

Please note: Because our food is donated, the selection changes frequently. While we usually offer a good variety, we cannot fulfill special requests or meet all your grocery needs.

## Art in the Park 2026

Mark your calendars for Sunday, April 26! **David Gray** will be curating our next art exhibit in the clubhouse, so it's time to get those creative juices flowing! David is especially

looking for new artists to exhibit alongside our regulars. If you know a new resident with artistic talent, please encourage them to contact David at [dvdgray@me.com](mailto:dvdgray@me.com).

## Social Security Scam Warning

**Rene Prado** recently shared a warning on NextDoor regarding a dangerous email scam. Scammers are sending emails that closely mimic official correspondence from the Social Security Administration.

**The trap:** If you reply or click the link, they will attempt to steal your personal information.

**The solution: Do not click any links.** If you need Social Security information, go directly to [ssa.gov](http://ssa.gov) in your browser rather than following a link from an email.

## New Men's Group (and Women's Group?)

The HOL-sponsored Men's Group currently meets twice a month, has nine members, and is currently at capacity in order to ensure everyone has time to speak. However, there is enough interest to start a second group!

If you are interested in forming a new Men's Group — or even a Women's Group —

meetings can be held in the clubhouse or a private home. For advice on getting started or obtaining HOL sponsorship, please contact **Michael Hagerty**, [mrhagerty@ucdavis.edu](mailto:mrhagerty@ucdavis.edu), or myself.

## Protect Our Owls: Keep Marin Valley Poison-Free

The biggest threats to owls is human-related activity, primarily by rodenticide poisoning from eating poisoned rodents.

As a reminder, our community is a **poison-free zone**. This means we must not use poisons for weeds, rodents, or ants that could harm local wildlife.

The greatest threat to our owls is secondary poisoning. When a rodent eats poisoned animals, it becomes sluggish and easy prey. If an owl eats that poisoned rodent, anticoagulants prevent the owl's blood from clotting, leading to a slow and painful death. Some pest control companies use these poisons, even if they claim otherwise.

Please help protect these beautiful predators — who naturally control our rodent population — by avoiding all poisonous chemicals.

## Gutter and Window Cleaning Service

Have you noticed grass or plants sprouting from your rain gutter? Along with being a fire hazard, it's a sign your gutters are filled with debris that has decomposed into compost! This can prevent rainwater from draining properly and can lead to:

- Mosquito breeding grounds
- Water overflow and wall staining
- Wood rot that causes structural damage.

**Michale Dancer** has identified a licensed company offering gutter and window cleaning at a reduced group rate. The more neighbors who sign up, the lower the price for everyone. See the sign-up sheet on the clubhouse counter for pricing and to reserve your spot. Stay healthy, eat well, and take care of each other!

## Events

See the next pages about upcoming events. In January, a Vision Board Collage Workshop. In February, a Super Bowl Watch, Craft/Flea Market, and Valentine's Concert/Jam.



*John Feld*

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



# Vision Board Collage Workshop

by **ED COLLINS**

**Sunday, January 25**  
**Fireside Room • 1-4 pm**



**Y**ou're invited to a Vision Board Collage Workshop on Sunday, January 25, 12-4 pm in the Fireside Room. **Note:** this is JANUARY.

Cut, paste, imagine, dream. Join us for a relaxed and playful afternoon of creativity as we build vision board collages that reflect what we'd like more of in the year ahead.

All materials will be provided. If you have any old magazines you're willing to bring and share, they would be very helpful and much appreciated.

No experience needed—just come as you are and enjoy the process. We hope to see you there! ■

# Super Bowl Watch Party

by **ED COLLINS**

**Sunday, February 8**  
**3:30 pm**  
**Fireside Room**

**Come earlier for pre-game show**

**J**oin community members at a watch party hosted by HOL. Some snacks and nonalcoholic drinks will be provided. ■



## Valentine's Craft & Flea Market

**Saturday, February 7 • 1-4 pm**

Edible treats; handmade items; vintage items and clothes. Complimentary tea. Contact Tara Plocher to reserve a table at [taraplocher@gmail.com](mailto:taraplocher@gmail.com). Setup is 12-1 pm. ■



## (Un)Lucky in Love

### Valentine's Music Concert/Jam

**Friday, February 13 • Fireside Room**  
**7 pm after Pub**

Contact Maggie Siegfried at 415-599-9481 or [maggie8siegfried@gmail.com](mailto:maggie8siegfried@gmail.com) to perform or for more information. ■



**THE ART AND SCIENCE OF LIVING WELL**

# How Strength Training Boosts Metabolism

by **NAN WATANABE**

**S**trength training builds lean muscle, which burns more calories at rest than fat tissue. For seniors trying to manage weight or improve energy levels, resistance exercise is especially important.

Even a modest increase in muscle mass helps keep metabolism active and supports long-term health. (Source: *Sports Medicine* [2004]. "Effects of Resistance Training on Older Adults.")

### **What Is Metabolism?**

Metabolism provides our bodies with the energy needed for essential functions such as breathing, digestion, healing, movement, and temperature regulation. It includes the chemical processes within our cells that keep the body running smoothly. Metabolic functions operate nonstop, signaling the body to use more or less energy as needed. ■



# Happy New Year, Fellow Marin Valley Artists!

by **DAVID GRAY**

**T**hank you for your participation in our vibrant October 2025 show in the Marin Valley Art Gallery. If you didn't have a chance to show your art in October 2025, please consider bringing your art to the next show hanging, which will be on

**Sunday, April 26**

Please contact David Gray via email if you have any questions at [dvdgray@me.com](mailto:dvdgray@me.com), and include "Art in the Park 2026" in the subject line.

If you know of any new residents who are artists, please reach out to them and ask them to get in touch with me! ■

**JUST 1 HOUR**



Contact  
Ray Schneider  
415-883-4182

# HOL Offers Group Discounted Gutter Cleaning

## *Why Gutter Cleaning Is Important*

by **Michale Dancer**

**Sign up by February 28**

### **1. Prevents water damage.**

Clogged gutters cause water to back up under roof bracing, fascia, and walls. Trapped moisture leads to wood rot in the fascia, the gutter attachments, and along the roof's edge

### **2. Prevents pest breeding.**

Damp leaves and standing water create an ideal breeding ground for mosquitoes, rodents, and other pests.

### **3. Prevents nesting.**

Birds, rodents, and carpenter ants use gutter debris to build nests along the roofline, eventually finding ways into your home.

### **4. Preserves curb appeal.**

Overflowing gutters cause siding stains and ugly streaks, which can lead to mold or mildew growth on the home's exterior.

### **5. Protects landscaping.**

Waterfalls from clogged gutters can drown gardens and destroy flowerbeds and landscaping beneath the eaves.

### **6. Reduces fire risk.**

Dry leaves and twigs are highly combustible and can ignite from embers, creating serious fire hazards.

### **7. Saves money long-term.**

Gutter cleaning is relatively low-cost compared to the expensive repairs caused by neglect. A little effort now helps prevent major headaches and costly damage later.

**W**e found a very reliable company, Brightside Marin, that is willing to create an affordable way to clean our gutters. They are offering a reduced rate based on the number of residents who sign up to have the work done at selected dates. The more neighbors who sign up, the lower the price for everyone.

They manually scoop out all debris then run a hose to ensure the downspouts are all clear and running properly. Brightside Marin is insured as well.

A sign-up sheet will be on the counter in the clubhouse until February 28. **PLEASE NOTE:** residents are responsible for payment of their own work.

#### **Gutter cleaning costs per home**

- 1-5 homes — \$150
- 6-10 homes — \$135
- 11-20 homes — \$125
- 21-50 homes — \$110
- 51-100 homes — \$100
- 101+ homes — \$85.



Brightside Marin have also agreed to provide reduced costs for window cleaning (ordinarily \$8 per exterior window).

#### **Window cleaning (with or without gutter cleaning)**

- 1-5 homes —
  - \$6 per exterior window (includes frames, sills, screens)
  - \$3 per interior window (includes interior track)
- 6-10 homes —
  - \$5 per exterior window (includes frames, sills, screens)
  - \$3 per interior window (includes interior track)
- 11+ homes —
  - \$4 per exterior window (includes frames, sills, screens)
  - \$2 per interior window (includes interior track)

#### **Pressure washing full house**

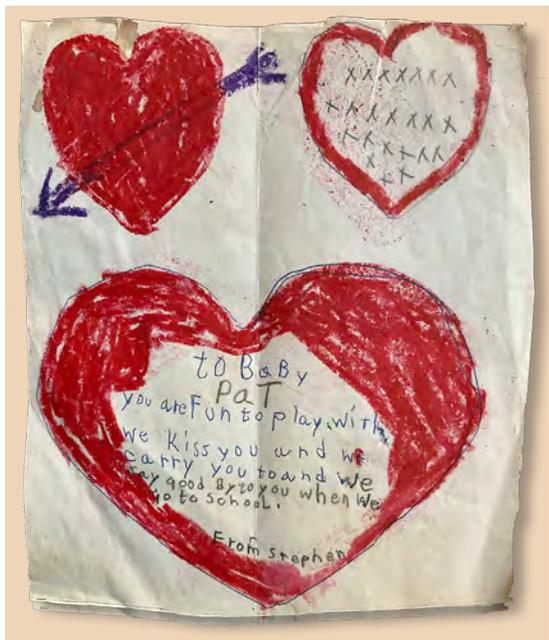
- 1-5 homes — \$400; 6-10 homes — \$350; 11+ homes — \$300. ■

# Early, Uncomplicated Love

by **PAT HIGGINS**

**M**y older brother Stephen was cleaning out his attic recently and sent me this.

It was my first Valentine.



I was just over two weeks old, and Stephen — speaking on behalf of himself and our two middle brothers — was seven years old. ■

to Baby  
Pat  
you are Fun to play with  
we Kiss you and we  
carry you to and we  
say good By to you when We  
Go to School.  
From Stephen

# Extra Key

by **JOAN LEOPOLD**



**W**hen my cousin Elizabeth was rushed to Redwood City Hospital recently, another cousin called and asked me to get Elizabeth's will and directive. I rushed to her house and realized that I had thrown out her

front door key about a week earlier because I "didn't need it." Instead of keeping things forever, I've been trying to toss them out.

I called several people who might have had a key; they didn't. I called the Fire Department, but they can only help if it's your own house or you have a written note. I looked for a hidden key (I knew she had one in her shed, but that was locked) but couldn't find one.

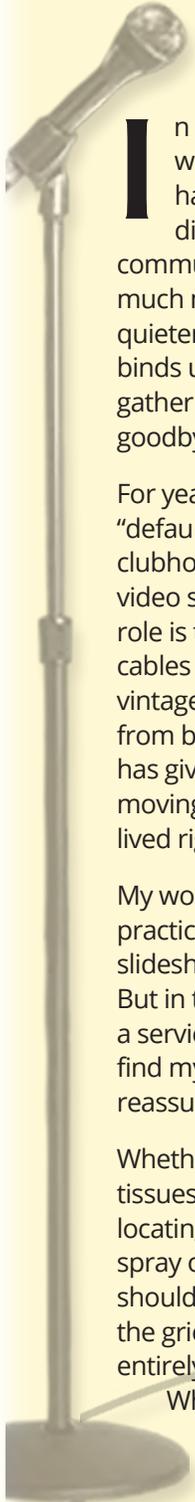
I then went to Matt, Mark, and Greg to see if they had a passkey; nope. Mark suggested checking her resident file. I asked, "Do residents keep keys in their files?" and he said some do. I don't have one in my file, and neither did Elizabeth.

Anyway, I finally got a locksmith to come three hours later. So I'd like to suggest to residents that you might want to put a key in your file in the management office for just this sort of occasion. ■

# The Heart in the Sound Cupboard

## *A Perspective on Community Memorials*

by **JOHN FELD**



**I**n Marin Valley, our lives are woven together through the happy rhythms of Mar Val dinners, Pub nights, sunsets, community meetings, and so much more. But there is a quieter, more sacred thread that binds us: the moments when we gather to say a final, heartfelt goodbye to one of our own.

For years, I have been the “default” volunteer for the clubhouse sound cupboard and video setup. While my official role is technical — wrangling cables and troubleshooting our vintage equipment — the view from behind the AV position has given me a profound and moving perspective on the lives lived right around us.

My work usually begins with the practical: microphones, cables, slideshows, and volume levels. But in the quiet moments before a service starts, the role shifts. I find myself becoming a source of reassurance.

Whether it’s finding a box of tissues, adjusting the heat, or locating the perfect vase for a spray of flowers, my goal is to shoulder the small stresses so the grieving family can focus entirely on their loved ones.

While I occasionally have to gently remind guests of clubhouse rules, my

true mission is to ensure that the room feels like a sanctuary.

One of the greatest rewards of this work is witnessing the “unveiling” of a life. It is deeply moving to hear stories of love, resilience, and adventure about a neighbor I assumed I knew well, only to realize I had barely scratched the surface.

After attending so many memorials, I’ve learned that every person in this Park — and this world — has a biography worth hearing. In the ballroom, surrounded by mementos and music, a profound sense of love fills the space. It is a place where laughter is shared through tears, and where the “strangers” in a neighbor’s family become, for a few hours, our friends.

I am often surprised by how few residents attend these gatherings or recognize the power of simply showing up.

It is appreciated when you do. Filling the space with care can be profound: A sparse room can feel lonely, while just a few extra friends can transform a memorial from a quiet event into a vibrant celebration of life.

Families are almost always eager to meet the people who lived alongside their loved ones. They stand on our deck, marveling at

our views and asking about living here — the turkey vultures, the SMART train, the ponds. Your stories give them a window into their loved one’s daily joy.

Your recollections can be a gift to mourners — a neighbor’s small memory can become a surprising and beautiful treasure for a grieving spouse or relative.

Memorials are more than just ceremonies; they are times for us to feel deeply, learn generously, and share our spirits. When we attend, we aren’t just guests; we are the threads that hold the fabric of Marin Valley together.

The next time you see a memorial announced for a neighbor you knew, please consider attending. You will leave with a fuller heart, a deeper appreciation for your neighbors, and a renewed love for the world around us.

### ***A note on grace and etiquette:***

While the food at these events is often delicious and plentiful, please remember to prioritize the person, not the plate, and to not appear to be attending solely for the refreshments — which would surely be felt as a slight by the family. Let your primary focus be the spirit of the person we are there to honor. ■

# The Next Full Moons in 2026

by **KATHRYN McMUDIE**

## February

February's full moon is called the Snow Moon, named for the heavy snowfall (or, in our case, rainfall) typical in winter. Slated for **February 1** this year, it is also known as the Hungry Moon or Ice Moon, representing harsh winter conditions.

- The Cree traditionally called this the *Bald Eagle Moon* or *Eagle Moon*.
- The Ojibwe *Bear Moon* and Canada's Tlingit *Black Bear Moon* refer to the time when bear cubs were born.
- The Dakota also called this *Raccoon Moon*.
- Certain Algonquin people named it the *Groundhog Moon*.
- Haida named it the *Goose Moon*.
- The Cherokee names, *Month of the Bony Moon* and *Hungry Moon*, give evidence to the fact that food was hard to come by.

It is often a micromoon, appearing smaller because it is farthest from Earth in its orbit.

February's full moon occurs in the sign of Leo.

## March

March's full moon occurs on **Tuesday, March 3**.

It is known as the *Worm Moon* and will peak at 3:38 am PST. This full moon will coincide with a rare total lunar eclipse, visible in the Americas, East Asia, and Australia, turning reddish as a Blood Moon. The Worm Moon signifies the return of earthworms and the arrival of spring. It also has several other traditional names:

- *Crow Moon*, from Northern tribes, marking the cawing of crows as a signal of winter's end
- *Crust Moon*, referring to snow that crusts over after thawing by day and freezing at night
- *Sap Moon*, marking the period for tapping maple trees for syrup
- *Lenten Moon*, in the Christian calendar; the last full moon of the winter season.

March's full moon is in the sign of Taurus.

## April

April's full moon, known as the *Pink Moon*, occurs on **April 2** this year.

It is the *Paschal Full Moon* (the first full moon of spring) — important in the Christian faith as the full moon that determines Easter Sunday (on the subsequent Sunday) and Palm Sunday (on the preceding Sunday).

The Pink Moon is often seen as a symbol of renewal, rebirth, and gentle, heart-opening energy. This full moon reminds us that the ideas, intentions, and relationships planted during winter are now blossoming. This is the time to release old hurts, deepen compassion, and embrace growth.

- With spring thaws, the Algonquin referred to this time as the *Breaking Ice Moon*.
- The Dakota called it the *Moon When the Streams Are Again Navigable*.
- Canada's Tlingit named it the *Budding Moon of Plants and Shrubs*.
- The Oglala, the *Moon of the Red Grass Appearing*
- The Lakota, the *Moon When the Ducks Come Back*
- The Dakota, the *Moon When the Geese Lay Egg*
- The Anishinaabe, the *Broken Snowshoe Moon*
- The Cree, the *Frog Moon*
- The Western Abenaki, the *Sugar Maker Moon*.

April's full moon is in the sign of Libra.

## Where Do Full Moons' Names Come From?

The moon names used in *The Old Farmer's Almanac* come from Native American, Colonial American, and other traditional North American sources passed down through generations, as well as from the traditions of the Christian faith. ■



# SENIOR PLANET: A Fabulous Free Learning Resource

by **LORNA SASS**

**H**onestly, I don't recall how I came upon this marvel, but I am so impressed with the free Zoom classes offered by AARP's Senior Planet.

Just click on this link to discover what you can learn: <https://seniorplanet.org/classes/>. You can also call 888-713-3495 if you need help registering for the weekly email class offerings.

Many of the classes revolve around becoming more tech savvy, but there are also stretch and balance classes and fun events like Songwriting Night. I popped into the latter and found the instructor super warm and friendly. Registered participants even had the chance to share songs they had written.

I'm eager to take classes on how to take better photos and how to make the best use of AI. There is also a Solo Aging Discussion Group, an Introduction to Social Media, and so much more — with many free classes every weekday!

Classes are listed showing when they are available in all the continental time zones. For the Pacific standard time zone, some of them may be available only to early birds. You can just pop into most classes, but a few require advance registration. The advantage of those is that you receive a recording.

What fun! And all free, from the comfort of your home. Enjoy! ■



Examples of February classes



## Monday, February 2

**7 am Morning Stretch** Start your day with a short morning stretch!

**8 am Functional Strength Training** Use bodyweight, bands, and dumbbells to build your strength.

**9 am Fit Fusion Workout** Get your heart pumping during this fun, high-energy workout!

**10:30 am Open Discussion Lunch & Learn** Join this discussion group to connect with Senior Planet participants from all over the country!

**12 pm Gentle Kung Fu** Move mindfully, breathe deeply, and feel stronger inside and out.

**1 pm Feldenkrais – Gentle Movements for Life** Learn movements to help you rediscover your innate capacity for efficient movement.

**1 pm Pride Discussion Group** Join us for a weekly, lively discussions about all things LGBT+!

**2 pm WACI (Windows, Android, Computers, Internet) Group** For Windows or Android devices.

## Tuesday, February 3

**6 am Stronger Bones** Activate the joints and muscles and increase mental focus in this exercise class.

**11 am Holistic Wellness Discussion Group** Share your experience with holistic wellness.

**1 pm Afternoon Stretch** Join us to decrease muscle stiffness, improve your circulation, and calm your mind.

## Wed, February 4

**1 pm Spanish Club** A casual discussion group for beginner Spanish speakers.

# Vermilion Flycatcher

Text and Photography by **DAVID GRAY**



Male Vermilion flycatcher male sitting

The male vermilion flycatcher is a brilliantly colored bird whose coloration varies across its range from north to south. At the southernmost point (Panama), males have only a few red feathers on their heads. At the northernmost point (the southwestern US), males are a brilliant red overall, except for their black wings, neck, upper back, and eye stripe.

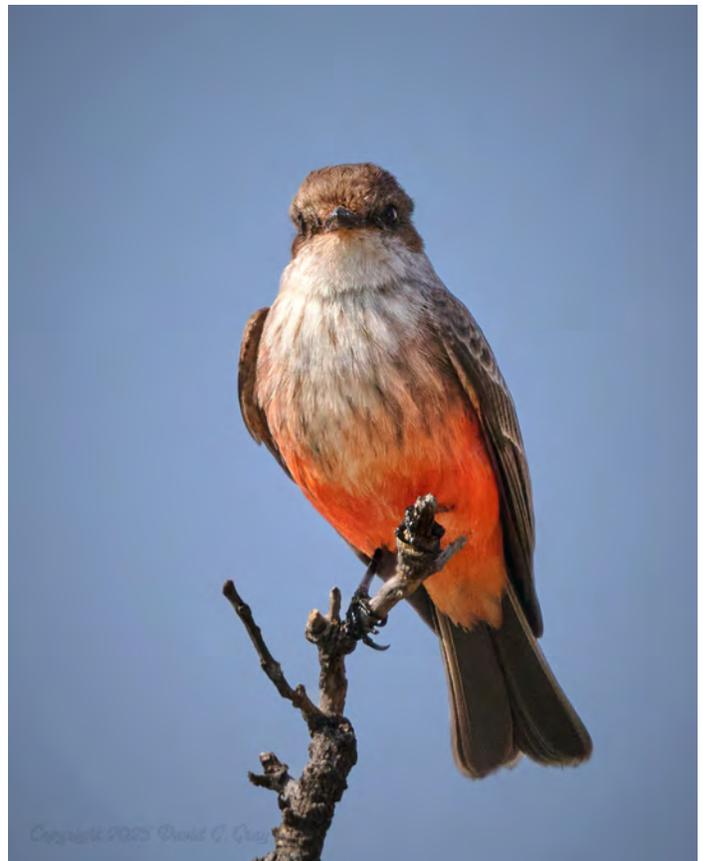
The female is much more muted in coloration because she is responsible for incubating the eggs, and camouflage is important. While she sits on the eggs and keeps the hatchlings warm, the male brings her food.

**W**ith Valentine's Day nearly upon us, I thought that a bright red bird might be appropriate for this article. We were in Mexico for three weeks in December and January, visiting Puerto Vallarta on the Pacific coast and Ajijic on the northern shore of Lake Chapala. Lake Chapala, the largest lake in Mexico, lies south of Guadalajara in the state of Jalisco at an elevation of over 5,000 feet.

I had the chance to visit some of my local feathered friends, rising before dawn to catch the morning Golden Hour, though more often photographing during the afternoon Golden Hour, when the light is soft and warm.

While watching the vermilion flycatchers (*Pyrocephalus rubinus*) hunting flying insects, I thought, "Gee, these birds have a similar form and hunt much like black phoebes do. I wonder if they're related?" It turns out that the vermilion flycatcher belongs to the family *Tyrannidae* (the tyrant flycatchers), which also includes the black phoebes (*Sayornis nigricans*) and Say's phoebes (*Sayornis saya*) that we see in our Park. Wonder no more!

Female Vermilion flycatcher sitting





*Male Vermilion flycatcher taking off*

The male's coloration pattern is especially visible in this photo of a Vermilion flycatcher taking off from his perch in Ajijic.

Vermilion flycatchers catch flying insects by launching from a perch that provides a good view over marshlands or scrublands. This female spotted an insect and is in hot pursuit. Note the vast difference between her coloration and that of her mate.

They typically fly out in a looping circle, often returning to the same perch or one nearby.

According to Cornell's Department of Ornithology, when males are searching for a mate, they will bring a large, colorful insect — such as a butterfly — to the female they are courting. They are socially monogamous, with occasional dalliances.

*Male Vermilion flycatcher landing*



Happy February!

I am grateful for the longer days, and for our wonderful community here in Marin Valley. ■

*Female Vermilion flycatcher taking off*



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 7:30-9 Taiji <i>Deck/ David MacLam</i> 12-1 Group Strength Training <i>Bamboo Room/ Nan Watanabe</i>	<b>2</b> 6 Trash 7:30-9 Taiji <i>Deck/ David MacLam</i>	<b>3</b> 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> 5 PAC Board Meeting <i>Ballroom/ Zoom</i>	<b>4</b> 7:30-9 Taiji <i>Deck/ David MacLam</i>	<b>5</b> 7:30-9 Taiji <i>Deck/ David MacLam</i> 12-1 Rollin' Root  4:30 HOL <i>Fireside Room</i>	<b>6</b> 7:30-9 Taiji <i>Deck/ David MacLam</i> 12 Mahjong <i>Private, Fireside Room</i> 5-7 Pub	 1-4 Valentine's Craft & Flea Market <i>Ballroom</i> 4 Dancing
<b>8</b> 7:30-9 Taiji 12-1 Group Strength Training 3:30-7 Super Bowl Watch Party <i>Fireside Room/ Ed Collins</i> ECHO DEADLINE	<b>9</b> 6 Trash 7:30-9 Taiji	<b>10</b> 7:30-9 Taiji 10:30-11:30 Craft & Chat 11-12 Chair Yoga	<b>11</b> 7:30-9 Taiji 5 Mar Val Board Meeting <i>Ballroom</i> 5 Mardi Gras reservation deadline	<b>12</b> 7:30-9 Taiji 12-1 Rollin' Root  6-10 Board Game Night <i>Fireside Room/ Ed Collins</i>	<b>13</b> 7:30-9 Taiji 12 Mahjong 5-7 Pub 7 Concert/Jam (Un)Lucky In Love <i>Fireside Room</i> 	<b>14</b> VALENTINE'S DAY 4 Dancing  5-7 Mar Val Mardi Gras Dinner <i>Ballroom</i>
<b>15</b> 7:30-9 Taiji 12-1 Group Strength Training	<b>16</b> 6 Trash 7:30-9 Taiji	<b>17</b> 7:30-9 Taiji 10:30-11:30 Craft & Chat 11-12 Chair Yoga	<b>18</b> 7:30-9 Taiji 11 Ladies Bridge <i>Private, Fireside Room</i>	<b>19</b> 7:30-9 Taiji 12-1 Rollin' Root 	<b>20</b> 7:30-9 Taiji 12 Mahjong 5-7 Pub	<b>21</b> 4 Dancing
<b>22</b> 7:30-9 Taiji 12-1 Group Strength Training	<b>23</b> 6 Trash 7:30-9 Taiji	<b>24</b> 7:30-9 Taiji 10:30-11:30 Craft & Chat 11-12 Chair Yoga	<b>25</b> 7:30-9 Taiji 4 Book Club <i>Carol-Joy Harris</i>	<b>26</b> 7:30-9 Taiji 12-1 Rollin' Root 	<b>27</b> 7:30-9 Taiji 12 Mahjong 5-7 Pub	<b>28</b> 4 Dancing

# FEBRUARY 2026