

T H E ECHO

March 2026



2 Matt Greenberg

3 John Hansen

4 Sheri Smyth

5 John Hansen

6 Carolyn Corry

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

9-10 John Feld

10 Nan Watanabe

11 Janie Klimes

Michale Dancer

12 Kim Holscher

Janie Klimes

David Gray

13 Anila Manning

Michale Dancer

14 Lu Damerell

15 Ed Collins

15-16 Erma Wheatley

17 Joan Leopold

18

MVMCC

MANAGEMENT UPDATE; IN MEMORIAM

PAC

PAC & MVC LETTER TO RESIDENTS

In Gratitude

MVEST

Free First Aid

MAR VAL

MESSAGE FROM MAR VAL

EVENT FLYERS

HOL

HOL MESSAGE

HOL COMMUNITY EVENTS

THE ART AND SCIENCE OF LIVING WELL: Enhancing Metabolism
and Supporting Weight Control

Marin Valley Gym Open House

Dear Vaudeville Players and Audience

Salon: How to Get Along with Others

Chair Yoga Is Growing

Fellow Marin Valley Artists

Friday and Saturday, March 13-14 Dump Runs

Sign Up for Group Discounted Gutter Cleaning,
Window Cleaning, and Power Washing

Household Waste Update

Creating Your Vision

Look for CA CRV

In Memoriam: Elizabeth Lev

CALENDAR: March 2026

Management Update

Ongoing Maintenance Work

- MVMCC quarterly sewer cleaning is in progress.
- All owl boxes have been cleaned and maintained for the season. Happy Bats Company is building several new owl boxes for the coming season, and we will soon be relocating our in-house bat colony currently living on the lower patio below the clubhouse.
- Pump Station 1 garden planting is underway. We're enjoying seeing residents back out at the bench again.
- The flooring in the card room is being removed due to flooding. If we cannot find matching flooring, we will patch it with flooring from another room and select new flooring for that room. Prior to any installation, we have hired a termite company to eliminate insects from the card-room walls.
- Many long-overdue stored items behind the stage and around the clubhouse have been removed to the dump.



Matt Greenberg
Matt Greenberg
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IN MEMORIAM

Valerie Barbour
March 2, 1941 – February 10, 2026

Vincent John D'Arco
November 24, 1944 – December 1, 2025

Marty Gelman
January 23, 1942 – January 24, 2026

Elizabeth Lev
September 11, 1944 – December 21, 2025

Marilyn McKenna
November 27, 1934 – January 21, 2026

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 2026

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 A MHB Group Region 8 Publication www.mobilehomeboard.com

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 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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Letter to Residents

PAC & MVC

A Message from Your PAC and MVC Boards

by **JOHN HANSEN**, PAC and MVC President

Unfinished Business

In case you think you missed a Resident Update on our progress working with the City toward our mutual goals for MVMCC — you didn't. There hasn't been one yet. At this pace, we may need to meet by séance to include me. Hopefully, progress will have picked up by the time this month's *Echo* is published.

In the meantime, life goes on in Marin Valley. Matt Greenberg is managing the Park as best he can with the reduced budget resulting from the City's interference with our insurance program. We are trying to get to the bottom of this, but the City seems disinclined to tolerate — let alone assist — this effort. By contract, it is the PAC's responsibility to work with our management company (The Helsing Group) to provide our insurance — not the City's.

Our debt service coverage ratio (DSCR) has been reduced to 1.74 from the long-standing 2.0. While this is helpful with respect to our financial obligations to the Bank of Marin, that annual \$169,000 differential was intended to build our capital reserves — not to pay for insurance we neither want nor need. As for our DSCR, it is currently below the year-end requirement, but that is not uncommon at this stage of the year, as bills do not arrive on a uniform schedule.

Another result of our inflated insurance premium has been a drastic reduction in maintenance budget items, including tree trimming. This is particularly ironic given that the City's involvement appears to have stemmed from a tree limb that fell on a resident's mobile home a few years ago.

Insurance is just one example of the work PAC faces in negotiating an affordable future for MVMCC. Another major issue is reflected in the delays and excessive costs of replacing our clubhouse roof — now five years in process and at three times the cost we could have managed ourselves. The City's "Ritz-Carlton" solutions to our "Motel 6" needs and budget are neither affordable nor sustainable. Finding practical, timely, and affordable solutions to replace our aging infrastructure is urgently needed and essential given our limited resources.

Hopefully, we will see meaningful progress on these issues in the near future.



John Hansen
John Hansen
PAC PRESIDENT

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

In Gratitude

by **SHERI SMYTH**

Huge gratitude for your indefatigable and noble efforts! You've paved the way for a new and improved agreement.
Meg Jordan

Thanks to all the residents who pitched in ideas, energy, time, and money to support MVMCC's effort to buy the Park.
David Gray

With profound gratitude and please don't stop!
Julie Manson

We appreciate them so much for all the countless hours and devotion they have invested in this project. We love you, dear friends and neighbors!

*Maggie Siegfried
& Frank Simpson*

On behalf of our community, thank you for the countless hours, dedication, and care you have given and continue to give toward the goal of purchasing our own Marin Valley Community. Your commitment, patience, and willingness to work through many challenges have made a lasting difference to all of us. Because of your efforts, our community is stronger, better, and more unified. We are deeply grateful for all that you have contributed.

Thank you for your enthusiasm, integrity and true grit. So appreciated.

Pauline Hawkins

Admiration & Appreciation Abound!
KC Casey

Alexis & Larry are so deeply grateful to all those who worked tirelessly over the last two years on behalf of our community. Thank you!!!!

Alexis and Larry Friedman

I am so very grateful to the many devoted members of our community for their countless hours of selfless service to make the acquisition of the Park a reality.
Lorna Sass

Free FIRST AID



Training Skills Supplies

for helping to save your life or someone
close to you in a **PERSONAL EMERGENCY**
before paramedics arrive

Sunday, March 22 • 1-2 & 2-3 pm
Ballroom



- ✓ LEARN why it's better to have a team of three or more.
- ✓ LEARN what a 9-1-1 dispatcher will ask you.
- ✓ LEARN the signs of a stroke or TIA and what you can do.
- ✓ LEARN the signs of heart attack and what you can do.
- ✓ LEARN what to do for a severe injury before paramedics arrive.
- ✓ LEARN what the arriving paramedics will need.
- ✓ TAKE HOME an MVEST first aid kit with essential supplies
that will be demonstrated in this training.

Two sessions – Sign up for either in the lobby – Space limited

Message from MarVal

Dear Friends,

Mar Val has a very special evening planned for March 14: our annual St. Patrick's Day dinner, with Chef Susan serving her outstanding corned beef. In addition to dinner, we will have the pleasure of being entertained by our own Park piper, Tom Weeden. How many communities can say "our own Park piper?"



Meet Our Firefighters

On this evening, our local firefighters won't have to cook dinner! Mar Val is delighted to welcome two crews from Fire Stations 64 (above) and 65 (below). These stations provide emergency services to the Park, and the Novato Fire District has an average call-to-arrival time of just 5.5 minutes. Each crew consists of three firefighters/paramedics, a 20-ton fire engine with advanced life-support equipment, and a backup ambulance. We will also welcome a battalion chief.

Because these crews will be on duty, their time with us will be limited. One group will join us at 6 pm and the other at 6:30 pm. Don't be alarmed if you see fire trucks and ambulances near the clubhouse. Many of us in the Park have been personally helped by these wonderful folks, and it is our privilege to acknowledge them and say thank you. Please drop by their tables and share your appreciation. Sincere thanks to Bill Davis, a member of the Board of Directors of the Novato Fire District, for arranging this event.

Please also mark your calendars for an evening of honor on April 11. Mar Val will be celebrating our Park elders (90+) and our wonderful Mar Val volunteers — those terrific folks who help with Pub and monthly dinners. We would like to thank **Judi Purdom Park** and **Dick Park**, both Mar Val volunteers, for underwriting the Audrey Moira Shimkas jazz trio for the evening.

Check the flyer in this *Echo* for more details.

Sincerely,

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





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



**Come One,
Come All!!**

In April we honor
**Our Mar Val Volunteers
&
Our Elders! (90+ years)
with a Free Dinner**

*(Pay to reserve your seat and
we'll return your check when you arrive)*

**Saturday, April 11
5 pm Cocktails 6 pm Dinner**

Featuring
Audrey Moira Shimkas Jazz Trio

MENU

*Salmon or Veggie Quiche
Asparagus, Small Potatoes, & Salad
Chef's Choice Dessert*

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

Reservation deadline
Wednesday, April 8, 5 pm

*Call Susan Hoff with
questions – 707-365-9426*

Home Owners League Message

Greetings,

Contractors Rating Guide

Thanks to the input of residents, we have built a database of contractors who work in the Park. When someone works on your house or yard, we ask that you complete a short form (<https://marinvalley.net/contractors-rating-guide/>), which we then post on our website. There are sections for both licensed contractors and unlicensed workers. This information is available to all residents and is extremely useful for anyone looking for help with repairs or remodeling. The form only takes a few minutes, and we would love to keep the information as up to date as possible.

You can view the database here (<https://tinyurl.com/4csxdtk5>) or follow the link on our website's home page. A paper copy is also available in a binder in the library. Thanks for your help with this.

Spring Dump Runs

The next dump runs are scheduled for **Friday and Saturday, March 13 & 14.**

To schedule: Text Ed Collins (please do not call) at 415-377-7696 or email

him at mretc@hotmail.com.

To volunteer: If you'd like to assist Ed and his team load and unload the trailer, please contact him. It's actually a lot of fun!

Gym Open House – Saturday, March 21

Come check out the new equipment in our gym (located next to the pool)! Janie Klimes and HOL are hosting an Open House on **March 21, 1–3 pm.**

What to expect: Equipment tutorials, motivation, a raffle, and useful giveaways. Can't make it? Call Janie to set up a private orientation.

We also hope to start a weekly "get fit" group to rotate through the machines together. Talk to Janie at the event to express interest. See p. 11.

Vaudeville Update

Due to health concerns, we have decided to cancel the proposed vaudeville performance. That said, we are always looking for ways to entertain one another — if you have a creative idea for a future event, please send it my way!

Salon

The next Salon, "How to Get Along with (Unpleasant or Annoying) Others," will take place on

Sunday, March 22 at 4 pm in the Fireside Room. Please join the discussion.

Ballroom Lighting

The clubhouse ballroom is looking brighter and more inviting! A huge thank you to **Gary McClendon**, who installed new lighting (with financial support from HOL) around the hall. It truly cheers up the space.

Chair Yoga in the Ballroom

Our popular Chair Yoga class has moved from the Fireside Room to the ballroom. See p. 12.

When: Every Tuesday, from 11 am–noon.

Experience: None required! This is a low-impact, easy-to-follow class. Give it a try — it's a wonderful way to stay limber.

Carts, BOTTLEBANK, and the Humanitarian Fund



The Park Market team has been working hard moving food into the breezeway for distribution to residents. To support them, we're replacing our worn-out kitchen carts with new, heavy-duty

models that can handle the weight of our fabulous deliveries.

Jill Boland has launched a campaign to support the Humanitarian Fund, which helps neighbors who are temporarily unable to pay rent or utilities. The fund was previously supported by a late resident realtor who donated part of his sales commissions.

How it works: We are using BOTTLEBANK, a California-based, state-funded program that simplifies recycling **CA CRV**-eligible bottles and crushed cans. Jill takes the Park's washed drink containers collected in special sacks to BOTTLEBANK, and deposits from these recycled contributions are automatically added to our account.

How to help: Deposit clean bottles and cans in the containers adjacent to the Marin Valley Household Waste Center in the back of the breezeway. See p. 15. Or send a check to me with "Humanitarian Fund" in the subject line.

Coming Soon: The "Trunk Sale"

Inspired by British "car boot sales," we are planning an event for items you'd like to sell for cash (rather than donate

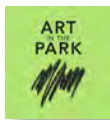
to the Breezeway Boutique).

The plan: On a specified date, residents will park outside the clubhouse with their valuables displayed in their open trunks for neighbors to browse.

Big items: Have furniture? Simply display a photo of it on your trunk.

Stay tuned for the date of our first sale!

Display Your Creativity



Visual art: The next Marin Valley Gallery hanging — featuring drawings, paintings, photography, sculpture, woodwork, pottery, woven objects, and more — will be on **Sunday, April 26**. For more information, contact David Gray (dvdgray@me.com).

Music & singing: On select Friday evenings after Pub, HOL hosts informal concerts, singalongs, hootenannies, and folk-style musical gatherings in the Fireside Room. Audience participation is encouraged! If you would like to participate or help organize, contact Maggie Siegfried (maggie8siegfried@gmail.com). All skill levels are welcome — including “just listening.” Watch for posters around the clubhouse and breezeway for upcoming dates.

Stay healthy, eat well, and please, take care of each other.



John Feld

**John Feld
HOL PRESIDENT**

johnmfeld@gmail.com
510-495-4138

THE ART AND SCIENCE OF LIVING WELL



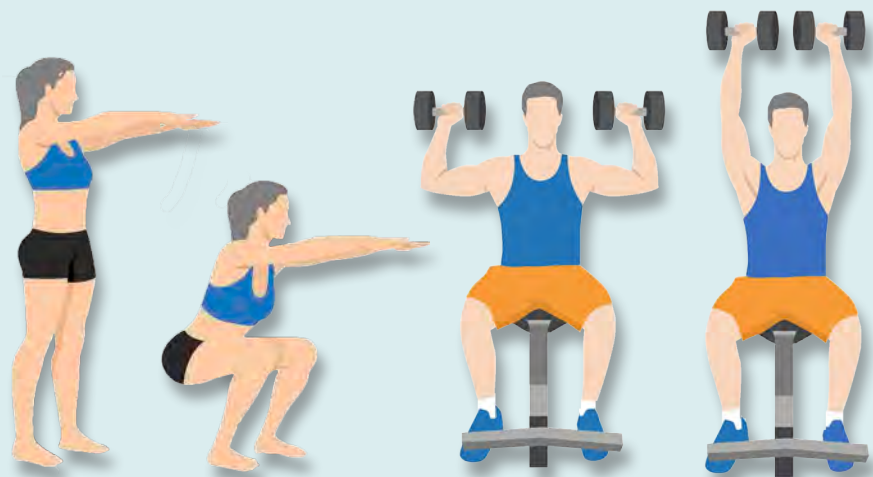
Enhancing Metabolism and Supporting Weight Control

by **NAN WATANABE**

Muscle burns more calories than fat — even at rest. Building muscle through resistance training helps boost metabolism, making weight control easier while supporting lean body mass.

Tips to get started and ease into our MVMCC Strength Training sessions

- Combine resistance training with short walks or low-impact cardio (e.g., overhead presses, bodyweight squats, bicep curls while holding bottles of water in your hands)
- Focus on larger muscle groups (legs, chest, back) to maximize calorie burn (squats, chest presses, rows)
- Keep workouts simple by alternating resistance exercises between upper- and lower-body movements.



Source: Phillips, SE, et al. 2012. “Nutritional Regulation of Muscle Protein Synthesis with Resistance Exercise: Strategies to Enhance Anabolism.” *Nutrition & Metabolism*, 9 (40).

Marin Valley Gym **Open House** *Everyone Welcome!*

by **JANIE KLIMES**

Saturday, March 21 • 1–3 pm • Gym



You know you've been meaning to go to the gym, but you're unsure about what exercises to do, how the machines work, what weights to use, and where or how to start. Most of all, you may feel nervous, timid, or fearful about being overwhelmed in a new and unfamiliar place.

You can put all those worries to rest — come see it for yourself in a friendly, supportive, and

welcoming environment. The Gym Faithfuls are here to help!

Join us for the Marin Valley Gym Open House on **Saturday, March 21, from 1 to 3 pm**. There will be educational information, snacks, and a free raffle for prizes. The Gym Faithfuls (Marin Valley residents who regularly use the facility) will be available to demonstrate each machine, explain how it works, and help you

decide if and how it can benefit you.

Your level of fitness makes no difference, and it's never too late to start. Whether you're a lifelong exerciser or entirely new to the game, come see what our gym can offer for strength, balance, health, and self-confidence.

For questions, contact Janie (MizFit) Klimes at janieklimes1948@gmail.com ■

Dear Vaudeville Players and Audience

Due to ongoing health concerns, and the recent loss of Michale's sweet husband Marty, we have made the difficult decision to cancel this year's Vaudeville show. We are deeply grateful to all the performers who dedicated their time, effort, and creativity to this production. ■

With appreciation,
Sandy, Michale, Janie

Salon: How to Get Along with Others

by **KIM HOLSCHER**

Sunday, March 22 • 4 pm • Fireside Room

The topic for the next Salon is “How to get along with (unpleasant or annoying) others.” A Salon is a conversation circle. Neither lecture nor free-for-all, it is an exchange of points of view based on lived experience. A moderator (me) introduces the topic and sets the tone. Poetry, quotes, or song, as well as meditation and stories, can be and have been part of the salons in the Park. Please attend if you are interested in the topic. ■

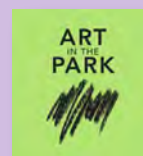
Chair Yoga Is Growing

by **JANIE KLIMES**

Look for Chair Yoga in the ballroom on **Tuesday mornings at 11 am** — or should we say “Seated Yoga”? We moved into the ballroom for the view, the warmth, and because the class keeps getting bigger and bigger.

Laura Schepps is an excellent instructor, keeping our joints mobile, our limbs limber, and our brains busy with gymnastics of their own.

Put it on your calendar and give it a try. You won't be disappointed. ■



Fellow Marin Valley Artists

by **DAVID GRAY**

If you didn't have a chance to show your work 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 with any questions at 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! ■

Friday and Saturday, March 13–14 Dump Runs

by **ANILA MANNING**

It's time for spring cleaning, and Ed Collins is offering two free dump runs this month. You know the drill: Place the items that won't fit into your gray bins neatly in your driveway, and text or email Ed at mretc@hotmail.com or 415-377-7696 (please do not call) to let him know they're ready. Ed and volunteers such as Deb McNeil, Kevin Mulvany, Charles Watson, and Paul Weinberger will come by with a trailer and haul them away.

The program is supported by HOL, which covers the truck and trailer rental as well as dump fees. Resident donations typically cover about half of the cost. Almost anything can be hauled away, with a few exceptions:

- **NO** pressure-treated wood
- cardboard
- paint
- oil
- or other hazardous materials.
- Electronics should be taken to an e-waste recycling center.
- Oil goes to a hazardous waste facility. ■



Contact
Ray Schneider
415-883-4182

Sign Up for Group Discounted Gutter Cleaning, Window Cleaning, and Power Washing

by **MICHALE DANCER**

Sign up by February 28



Don't forget to sign up for an affordable way to clean our gutters, windows, and homes, as described in last month's *Echo*.

Bright Side Marin is offering a reduced rate based on the number of residents who sign up to have work done at selected dates. The more neighbors who sign up, the lower the price for everyone. We are almost at the lowest amount.

For **gutter cleaning**, Bright Side Marin will manually scoop out all debris and then run a hose to ensure the downspouts are all clear and running properly. They are insured as well.

Window cleaning includes frames, sills, screens, and interior tracks.

Power washing is for a full house.

A sign-up sheet with all the prices will be on the on the counter in the clubhouse until February 28.

PLEASE NOTE: residents are responsible for payment for their own work. ■

Household Waste Update

by **LU DAMERELL**

Dear Neighbors,

Your Household Waste Center, located in the back of the Breezeway, has been up and running for over a year now. During that time, the Center has diverted several hundred pounds of batteries, dozens of bulbs and fluorescent tubes, and a few dozen printer cartridges from the landfill. Go Marin Valley!

If you already take your waste to local household hazardous-waste drop-off centers, thank you! If you don't yet use the Marin Valley Household Waste Center, please take advantage of this service. It helps divert hazardous materials that would otherwise end up in the landfill.

While most users follow the posted instructions and place waste in the correct containers, there have been instances of apparent confusion that make the Center more complicated to manage and increase safety risks. Alongside are some rules of thumb and some cautions.

Question and Suggestions

If you have suggestions for improving the Center, please email me at Damerell.pg@gmail.com.

If you have waste that cannot be handled through the Center, email me for information about proper disposal.

If you would like to meet with me at the Center for instruction on how it works (and how to avoid things going sideways), feel free to email me.

Keep your waste coming — so we can keep it out of the landfill. ■



Place waste items in one of the six labeled containers:

- Alkaline batteries
- Lithium batteries
- Rechargeable batteries
- Light bulbs
- Fluorescent tubes
- Printer cartridges

The Center accepts only the following items:

- Batteries
- Light bulbs
- Fluorescent tubes
- Printer cartridges

Please note:

Do NOT leave waste that is not on this list

Do NOT mix waste items

Do NOT leave accepted waste outside the containers

Do NOT leave batteries in plastic bags

Creating Your Vision

by **ED COLLINS**

The Vision Board Collage Creating Workshop was a huge success. Around 15 residents and friends snipped, glued, and laughed as beautiful collages were created.

There has been interest in another workshop. A sign-up sheet will be on the counter in the clubhouse lobby, or you can text me at 415-377-7696 to schedule another one.

Here are collages by
Ed Collins
and
Terri Fuchs.

Can you
guess
which is
whose? ■



Look for **CA CRV** *Nickel and Diming to Cash*

by **ERMA WHEATLEY**

That's cash back for nickel and dime deposits already paid for bottles and cans with a **CA CRV** (California Redemption Value) label.

HOL is helping to gather our resources together as a community using the recycling center BOTTLEBANK, a California-based, state-funded program that simplifies reclaiming recycling deposits. We've already started with Pub, and now we're asking everyone to join in. Bring your eligible bottles and cans to our BOTTLEBANK recycling area, right next to the Household Waste Center in the back of the breeeway. While it's not necessary, you can crush the aluminum bottles and cans to save space.

Jill Boland recently started the recycling program for the Park and set up an account with BOTTLEBANK to help grow the Humanitarian Fund with our refunded deposits. Once a week, she delivers the containers to BOTTLEBANK where the refund is automatically added to our account. We have just begun. But imagine the things we could fund if we all brought our recycling to the breezeway BOTTLEBANK box!

What is Eligible?

You can find the return eligibility sign either printed on a container's label or etched on the top of some cans with tiny, hairline type barely visible at the right angle of light, as shown in the image below.

On the next page are examples of some of the containers eligible for refunds, such as soft drinks, carbonated and noncarbonated water, beer and malt beverages, coconut water, wine coolers, coffee, tea, and sports drinks, and fruit juice. The state's updated rules now include more than just soft drinks and beer. California wine, hard liquor, large juice bottles, and even boxed beverages are now included in the program.





WINE

Franzia, Movino, Bota Box
California wines only



LIQUOR

Smirnoff, Jose Cuervo, Cutwater Mai Tai



BEER AND MALT BEVERAGES

Coors, White Claw, Mike's Hard
Lemonade



CARBONATED SOFT DRINKS

Pepsi, Sprite, Coca-Cola



NONCARBONATED SOFT DRINKS

SoBe Lifewater, Visvita Aloe Vera Drink,
Califa Almond Milk



CARBONATED FRUIT DRINK

Martinelli's Sparkling Cider, Ocean Spray
Sparkling Juice, Izzie Sparkling Juice



SPORT DRINKS

Gatorade, Powerade, Pedialyte Sport



NONCARBONATED WATER

Evian Natural Springs, Dasani Purified, Fiji
Natural Artesian



FRUIT JUICE

Coconut Water, Dole Tropical Fruit Punch,
Simply Orange Juice



WINE COOLERS AND DISTILLED SPIRIT COOLERS

Arbor Mis White Zinfandel, Woodchuck
Hard Cider, High Noon Vodka Soda



CARBONATED WATER BEVERAGES

LaCroix, San Pelligrino, Bubly



COFFEE AND TEA BEVERAGES

Starbucks Frappuccino, Lipton Iced Tea,
Arizona Green Tea



VEGETABLE JUICE

Cambell's Tomato,
Odwalla Carrot, V8
Vegetable ■

IN MEMORIAM

ELIZABETH LEV

9/11/1944 – 12/21/2025

by **JOAN LEOPOLD**

Elizabeth Lev was born Elizabeth Hamilton in Philadelphia. Of the four children born in four years, Elizabeth was second in line. Two guiding influences shaped her early life: her admired grandfather, a homeopath and head of Hahnemann Hospital in Philadelphia, and the family's frequent moves, which meant changing schools five times in five years. The first led her to nursing; the second taught her to see change as opportunity.

Elizabeth had a strong sense of social justice. After graduating from college, she worked with the poorest of the poor at a free clinic in the Mississippi Delta. She later settled in St. Louis, Missouri, where she married and began her beloved family, having Josh and adopting Anna. Elizabeth's greatest love was her family. During this time, she converted to Orthodox Judaism. She found her professional home at Planned Parenthood, where she worked for many years.



Another thread running throughout her life was Swedish dancing, which she enjoyed for 50 years.

After becoming an empty nester, Elizabeth moved to Wisconsin and bought a farm on her own. She started with 15 sheep and ended

with 75, along with goats, ducks, and chickens.

She then moved to Israel for four years while her grandchildren were young, tutoring other children during her time there. Elizabeth later returned to the States and worked in Milwaukee, but she made it back to Israel several times a year, despite dangerous conditions and her own advancing age. She carried a huge suitcase for her family and a tiny one for herself.

Her eldest grandson was tragically killed at war, and she never recovered from that loss.

Elizabeth lived her life full-on and with purpose. She loved her family. She loved her faith. She had a strong sense of social justice and acted on it — from running postcard campaigns to knitting caps for the homeless. She never forgot a birthday, always sending small, thoughtful gifts. She was there with a listening ear, a cup of coffee, and a smile.

Dear Elizabeth, you were a light, a kindness, an inspiration. You are so missed. ■



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 7:30-9 Taiji <i>Deck/ David MacLam</i> 12-1 Group Strength Training <i>Bamboo Room/ Nan Watanabe</i>	2 6 Trash 7:30-9 Taiji <i>Deck/ David MacLam</i>	3 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>	4 7:30-9 Taiji <i>Deck/ David MacLam</i>	5 7:30-9 Taiji <i>Deck/ David MacLam</i> 12-1 Rollin' Root 4:30 HOL Board Meeting <i>Fireside Room</i>	6 7:30-9 Taiji <i>Deck/ David MacLam</i> 12 Mahjong <i>Private, Fireside Room</i> 5-7 Pub	7 6 Dancing
8 7:30-9 Taiji 12-1 Group Strength Training  DAYLIGHT SAVINGS TIME Turn clocks ahead ECHO DEADLINE	9 6 Trash 7:30-9 Taiji	10 7:30-9 Taiji 10:30-11:30 Craft & Chat 11-12 Chair Yoga	11 7:30-9 Taiji 5 Mar Val Board Meeting <i>Ballroom</i> 5 St. Patrick's Day reservation deadline	12 7:30-9 Taiji 12-1 Rollin' Root 6-10 Board Game Night <i>Fireside Room/ Ed Collins</i>	13 7:30-9 Taiji 9-4 Dump Run <i>Ed Collins</i> 12 Mahjong 5-7 Pub	14 9-4 Dump Run <i>Ed Collins</i> 5-7 St. Patrick's Day Dinner 6 Dancing
15 7:30-9 Taiji 12-1 Group Strength Training	16 6 Trash 7:30-9 Taiji	17 7:30-9 Taiji 10:30-11:30 Craft & Chat 11-12 Chair Yoga 5 MVC Board Meeting <i>Zoom only</i>	18 7:30-9 Taiji 11 Ladies Bridge <i>Private Fireside Room</i>	19 7:30-9 Taiji 12-1 Rollin' Root 	20 7:30-9 Taiji 12 Mahjong 5-7 Pub	21 1-3 Gym Open House <i>Gym</i> 6 Dancing
22 7:30-9 Taiji 12-1 Group Strength Training 1-2 & 2-3 MVEST Six-Minute Drill First Aid Sessions <i>Ballroom</i> 4 Salon <i>Fireside Room</i>	23 6 Trash 7:30-9 Taiji	24 7:30-9 Taiji 10:30-11:30 Craft & Chat 11-12 Chair Yoga	25 7:30-9 Taiji 4 Book Club <i>Carol-Joy Harris</i>	26 7:30-9 Taiji 12-1 Rollin' Root 	27 7:30-9 Taiji 12 Mahjong 5-7 Pub	28 6 Dancing
29 7:30-9 Taiji 12-1 Group Strength Training	30 6 Trash 7:30-9 Taiji	31 7:30-9 Taiji 10:30-11:30 Craft & Chat 11-12 Chair Yoga	MARCH 2026			