

T H E ECHO

April 2026



2 Matt Greenberg

MVMCC

MANAGEMENT UPDATE; DIRECTORY UPDATE

PAC

3 John Hansen

PAC & MVC LETTER TO RESIDENTS

4 Steve Plocher

PAC Board Election Is Coming Up; PAC Board Election Timeline



MAR VAL

5 Carolyn Corry

MESSAGE FROM MAR VAL

**6-7 Carolyn Corry,
Susan Hoff**

EVENT FLYERS



HOL

8 John Feld

HOL MESSAGE

HOL COMMUNITY EVENTS

9 David Gray

New Marin Valley Gallery Exhibition

10 Janie Klimes

Gym Leaders Prepare for Marin Valley Gym Open House

Nan Watanabe

THE ART AND SCIENCE OF LIVING WELL: Strength Training and Brain Health



11 The Owl Committee

Bats! (And Owls, Hopefully)

12 Kamala Allen

New Season of Water Aerobics

13 The Pool Committee

Pool Use Reminder

14 Jill Boland

Where Did Those Frozen Lumps Come From?



15 Novato Sanitary District

Free E-Waste Pickup for Novato Residents

16 Alan Gump

Medical School Anatomical Gifts Program

17 Kathryn McMudie

Full Moons in May 2026

18-19 David Gray

BIRDS OF THE MONTH: Birds of East Africa

20

CALENDAR: April 2026



MVMCC Management Update

Work Completed

- One fallen tree removed following high winds.
- Quarterly sewer maintenance completed.
- Job walk conducted with Diablo Roofing and HVAC contractor.

Work in Progress

Ongoing discussions with PG&E and Public Works regarding zoning and easements to bring new power into the Park.

PG&E is currently working on engineering details to replace gas and electric service to all MVMCC residences; workers are making final street markups for utilities.

Roof demolition has begun. Replacing the roof and both clubhouse HVAC systems is expected to take approximately one month.



SAVE THE DATE

Health and Wellness Fair 2026
Saturday, May 23
Noon to 4 pm



Directory Update
New
William and Susana Banuelos
 119 Marin Valley Drive
 415-471-7707
masaun991@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.

MARIN VALLEY MOBILE COUNTRY CLUB
 100 MARIN VALLEY DRIVE • NOVATO, CA 94949
 415-883-5911 / 415-883-1971 FAX
www.marinvalley.net

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

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

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

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

WEBSITE **Anila Manning, David Tetta, Erma Wheatley**

HOL BOARD

PRESIDENT **John Feld 510-495-4138**
 1ST VICE PRESIDENT **Ed Collins 415-377-7696**
 SECRETARY **Anne Lakota 415-713-4606**
 TREASURER **Tara Plocher 415-302-5992**
 EVENTS & ACTIVITIES **Janie Crocker 281-414-3984**
 AT LARGE **Michale Dancer 415-519-3395**
 AT LARGE **Sandy Zeichner 415-902-5143**
 AT LARGE **Charlotte Kells 617-306-0265**
 AT LARGE **Kamala Allen 415-306-6865**
 AT LARGE **Jill Boland 415-827-3381**

STANDING COMMITTEE: PARK MARKET **Jill Boland, Chair; Lynda &**
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 Theicof, Brad
Witherspoon

MAR VAL BOARD

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

Letter to Residents

PAC & MVC

A Message from Your PAC and MVC Boards

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

Dear Residents,

All past PAC updates have been written the old-fashioned way. This month we are trying something new — this update has been prepared by AI based on information presented at the monthly PAC meeting on March 3, 2026. Please tell us what you think!

Please find the following updates regarding our community management and ongoing projects:

Management & Infrastructure

- **Clubhouse:** Unwanted items have been disposed of. HVAC system replacement and roof repairs are scheduled to begin within the next month.
- **PG&E:** Surveying is underway for infrastructure repairs planned for 2027.
- **Maintenance:** All routine maintenance remains on schedule, and the Park budget process is currently in progress.

Committee Reports

- **Communications:** Serena Fisher and Alan Gump are utilizing AI to organize documents related to Park ownership. A resident workshop regarding City negotiations will be held soon.
- **Finance:** Treasurer Steve Plocher reported that the current debt service coverage ratio (DSCR) is 1.69. Approximately half of the PAC's \$6,000 annual budget remains.
- **MVEST/Firewise:** Bill Davis announced that MVEST will present the "6-Minute Drill" on

March 22, covering "Hands-only CPR," "Stop the Bleed," and emergency safety — sign up at the front desk. Firefighters were also invited to the St. Patrick's Day event on March 14.

City Negotiations

Brad Witherspoon and John Hansen reported that while resident ownership remains the long-term goal, near-term priorities include:

- Rezoning MVMCC as a mobile home park.
- Securing legal representation for negotiations.
- Ensuring fair billing for services consistent with those charged to other Novato residents.
- Restoring original responsibilities to the PAC through the Delegation Agreement.
- Improving the accuracy of financial information received from the City.

Action Items & Requests

- **Election Committee:** We are currently seeking a Chair for the upcoming PAC Board election. Please contact Stephen Plocher if you are interested.
- **Legal Fund:** While current expenses are covered, ongoing negotiations require continued resident donations to the PAC Legal Fund.

Best regards,

AI (for John Hansen, PAC President)



John Hansen

John Hansen
PAC PRESIDENT

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



PAC Board Election Is Coming Up

by **STEPHEN PLOCHER**

The PAC Board of Directors election is coming up in late May 2026, with election results to be announced at the PAC annual meeting on June 6 at 11 am.

This year, there are three PAC Board seats to be filled. Nominations for these seats will be accepted starting on Saturday, May 9, with nominations closing on Saturday, May 16, at 6 pm.

The three seats currently held by John Hansen, Carol-Joy Harris, and Jay Shelfer are to be filled in this election. John Hansen has announced he will work with the new board but is not running for reelection.

If the sum of incumbents and nominees is not greater than three, there will be no election. The period for the three open seats is a two-year term.

Nominees must be full-time registered Marin Valley Mobile Country Club residents on record with Park General Manager Matt Greenberg. You may nominate yourself or anyone who is designated by Matt as a registered resident. Before you nominate someone, please make sure that person is willing to be a member of the PAC Board of Directors and serve the two-year term.

How to Nominate

Please contact Stephen Plocher, PAC Board Election Oversight, at either StephenPlocher@hotmail.com or 415-302-9043. Give him the name, address, email address, and telephone number of the nominee. The Chair will contact that person to confirm their agreement to run.

PAC Board Election Timeline

by **STEPHEN PLOCHER**

Nominations for the three open seats will be accepted from **May 9 to May 16.**

If more than three nominees are received, there will be a mail-in ballot.

If a contested election occurs:

- Ballots will be sent out on **May 26.**
- A "Meet the Candidates" meeting will be held on Saturday, **May 30** from 11 am to noon in the Fireside Room.
- Ballots will be accepted in the clubhouse lobby from Saturday, **May 30** at 9 am until Friday, **June 5** at noon.
- Votes will be counted by the election committee at 6 pm on Friday, **June 5.**
- The Annual PAC meeting will take place on Saturday, **June 6** at 11 am, when the new board members will be announced. ■



Mardi Gras Dinner, March 2026

Message from MarVal

Dear Friends,

I am writing this in early March as we welcome spring. What a joy to see daffodils, green hills, and longer days.

Mar Val is delighted to have the opportunity to honor two very special groups at the Mar Val Evening of Honor on April 11. First, our elders — those residents who are 90 years and older:

Nancy Bingham	Lucy Frye	Ed Johnson	Mike Murray
Robert Corry	Pauline Hawkins	Helen MacLam	Dick Park
Shirley Forrest	Owen Haxton	Marilyn McKenna	Ursula Pedersen

There will be two plaques in the clubhouse listing all of these names, in addition to those previously honored. The plaques will hang across from the main counter in the clubhouse lobby.

Second, we are also happily honoring the many residents who volunteer for Mar Val. These individuals — some 60 of your neighbors — work diligently to provide monthly events, Pub nights, the welcoming committee, library maintenance, the Thanksgiving dinner, board membership, and so much more.

Dinner for all honorees will be complimentary. HOWEVER, to reserve your seat, honorees, please pay to reserve your seat, and we'll return your check when you arrive. If an honoree does not check in or attend, the check will be cashed.

Honorees' guests and other residents are welcome to attend but must submit a separate \$17 check, which will not be returned. Please see the flyer in this *Echo* or the copy on the clubhouse counter for further details.

This Mar Val Evening of Honor dinner is open to all residents and their guests. We are looking forward to a delicious salmon dinner and entertainment by the Audrey Moira Shimkas Jazz Trio, generously underwritten by Judi and Dick Park. Please join us for this very special evening.

Hope to see you soon,

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



**Come One,
Come All!!**

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

*(Honorees, please 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*



Mar Val presents

Uno de Mayo Pub Event

Friday, May 1

5 pm Cocktails

5:30 pm Dinner

Try Our Margaritas on the Rocks!

Menu

Pork Chili Verde

Chicken or Cheese Tamales

Refried Beans, Rice, Tortillas

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

**Deadline for reservations: Tuesday, April 28, 5 pm
(or when 120 reservations have been received)**

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

Home Owners League Message

Greetings,

Owls and Bats

We had hoped to install several new owl boxes before the 2026 breeding season, but unfortunately, they weren't in our budget. We plan to install them at the end of the season (February to early April), pending budget approval from the City. The existing nests have been cleaned and are ready for new owlets!

We also encourage residents to place their own bird boxes in their yards to attract swallows and Western Bluebirds. These can be easily built or purchased for about \$25. Some models even come with cameras so you can observe the birds if you have Wi-Fi in your house; however, these can be pricier, starting at around \$120. The joy of watching birds lay eggs and raise their young, as one ad puts it, "is priceless."

Adult swallows can eat about 60 insects per hour, up to 1,000 a day, and are a delight to watch as they swoop and chase insects overhead. Bluebirds consume a variety of insects, including beetles, ants, and caterpillars, and in winter, they switch to berries such as mistletoe and juniper. Their nesting boxes are quite similar to owl boxes, and as long as the entrance hole is at least 1.5 inches, either species may use the box — though not simultaneously.

During our investigation of owl box locations, we discovered a colony of bats on the lower east side of the clubhouse, near the card/pool room

deck. Matt Greenberg has budgeted for their removal, but funds for replacement nesting boxes to move them into were lacking. HOL covered the \$1,250 cost for purchase and installation of these boxes. **Bats consume a significant number of mosquitoes daily!** See p 11.



Health and Wellness Fair 2026 Saturday, May 23 Noon to 4 pm

We're excited to announce our second Health and Wellness Fair on Memorial Day weekend, Saturday, May 23, from noon to 4 pm. It will feature tabletop presentations in the ballroom, along with dedicated talks and discussions in the Fireside Room. A light lunch will be provided, and admission will be free! We plan to invite nearly 20 different modalities, including some from within the Park.

As before, we will highlight local alternative health practitioners, focusing on bodywork, chiropractic care, yoga, Reiki, Feldenkrais, hearing solutions, healthy funerals, diet and nutrition, herbs, chair massages, and more.

We hope to appeal to most (if not all!) Marin Valley residents. More details will be shared next month once we finalize our presenters and events.

New Craft & Chat Hours

Craft & Chat meets on Tuesdays from 2 to 3 pm in the library, instead of mornings.

Park Market Requests

Requests for Extra Food are increasing while available supplies are diminishing. To better support our neighbors with limited or fixed incomes who rely on the Park Market, please limit the amount of food you take, consider waiting until those with the greatest need go through the line, and don't return for a second pass through.

New Gallery Exhibition

Bring your creativity on Sunday, April 26 from 10 am to noon to display in the next Marin Valley Gallery exhibition. See next page.

New Events from HOL

If you have topics or events you'd like to see HOL offer — such as classes, presentations, or participatory activities like folk dancing, birdwatching walks, blogging, flower pressing, origami, needlework, or knitting lessons — please share your ideas with us. We'd love to hear them! We'll compile suggestions and explore what we can arrange. If we receive many proposals, we'll take a survey of your preferences.

And remember, everyone is invited to participate in our Craft Fairs — whether to sell (or give away) arts and crafts or garage sale items.



New Marin Valley Gallery Exhibition

by **DAVID GRAY**



River Otter by Susan McMudie

If you didn't have a chance to show your work in the October 2025 show, consider bringing your art to the next hanging, which will be on

Sunday, April 26

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

Invite them to join the other artists whose creativity provides a moment of awe and joy to the community as they stroll through the lobby and Fireside Room. Please contact David Gray via email with any questions at dvdgray@me.com, and include "Art in the Park 2026" in the subject line. Forms to be signed for showing your work will be available on the clubhouse lobby desk.

Works in all media are appreciated, such as Susan McMudie's *River Otter* pastel shown above, which will be included in our new exhibition. ■

Additional work by Susan can be viewed on her website pastelsbysusan.net. You can reach her at pastelsbysusan@hotmail.com or 415-517-8352.

Gym Leaders Prepare for Marin Valley Gym Open House

by **JANIE KLIMES**

On Thursday, March 5, the Marin Valley Gym Open House planners met to prepare the gym for its Open House on March 21. Management supplied disinfecting cleaning spray, Windex, rags, paper towels, a long duster, and a vacuum cleaner to go along with the group's additions of scrubbers, buckets, and sponges.

With camaraderie, elbow grease, and good intentions, we cleaned window sills, mirrors, machine surfaces, and lots of dust from racks, machines, benches, weights, and anything else that needed attention. We removed unnecessary and extra items and did a general spring cleaning.

The next time you go into the gym, see the difference.

It's up to all of us to wipe equipment after use, clean and return any equipment you have used, throw away your trash, and leave the environment cleaner than you found it. Any items found in the gym should be taken to the front desk.

Please do not leave used equipment in the gym. If you have items you wish to donate, need to report broken equipment, or have questions, contact Matt Greenberg or me (janieklimes1948@gmail.com). ■



Janie Klimes

Left to right: Ro Rigney, Mark Crocker, Susan Hoff, Tenaya Asan, Michale Dancer, and Sandee Duncan.



THE ART AND SCIENCE OF LIVING WELL

Strength Training and Brain Health

by **NAN WATANABE**

Exercise doesn't just benefit the body — it also boosts brain health.

Strength training has been linked to

- **improved memory**
- **sharper thinking**
- **and even a reduced risk of dementia.**

Researchers believe that increased blood flow, better hormone regulation, and the growth of new brain cells all play a role.

When you train your muscles, you're also training your mind. ■

Source: Liu-Ambrose, T., & Donaldson, MG. 2009. "Exercise and Cognition in Older Adults," *British Journal of Sports Medicine*. <https://pubmed.ncbi.nlm.nih.gov/19019904/>

Bats! (And Owls, Hopefully)

by **THE OWL COMMITTEE**

The HOL Owl Committee has been working with Austin Robinson, proprietor of the Santa Rosa-based company Happy Bats Solutions, LLC, since December to develop a project plan to promote bats and owls in our community.

Bats and many bird species are fierce predators of insects, including mosquitoes, moths, and other flying insects; owls are well-known rat, vole, and gopher controllers.

We hope to promote healthy environments for these important species by providing nesting sites that will attract them.

Our first installation occurred on March 13 with the erection of two bat boxes on a 14-foot pole below and to the north of the clubhouse deck. Austin and his assistant, Jacinto Lopez, also screened off the area below the deck where bats had been nesting for several months. Austin had planned to install exclusion netting to allow the bats to emerge from their roosting site and prevent

them from reentering. However, he found that all the bats had already departed, so he was able to screen off the entry points. This work had to be done this spring because of impending repair work in that part of the clubhouse.

The boxes were made by Austin and Jacinto following well-established guidelines for size, spacing, and habitability. One box is clear-coated, and the other is painted dark brown. These boxes differ in heat retention so bats can move from warmer to cooler roosting boxes depending on the weather. They are located close enough to the original roosting site under the deck but far enough down the hill and toward the trees to the north to provide some cover while still allowing exposure to the meadows.

Bats require time to adjust to new roosting sites, so it will take several months at least for the bats to find and accept the new homes. However, the boxes are perfect for our Mexican Free-Tailed Bats and will hopefully attract the local colony.

One bat can consume 10–12 grams of insects per night and is capable of flying up to 99 mph and reaching altitudes of 10,000 feet.

Each box can hold 200–250 bats. Although insemination of females occur in the autumn, they can withhold fertilization until spring when conditions are favorable. The houses are populated by females and their pups only. The females synchronize fertilization, so the pups are all born at roughly the same time.

Depending on funding, later this year we hope to move on to installing new boxes for barn owls and western screech owls. Austin has already cleaned a couple of the existing owl boxes. The next phase will include relocating several of the existing boxes to more favorable locations, in addition to installing new ones. Stay tuned for updates! The Owl Committee wishes to thank HOL for funding the installation of the new bat boxes. ■

The Owl Committee: John Feld, David Gray, Alan Gump, Anne Lakota, Ro Rigney



New Season of Water Aerobics

by **KAMALA ALLEN**

It's that time of year again!

We're all looking forward to the pool opening and water aerobics starting back up. As soon as the weather warms up enough, classes will resume on

Mondays

Wednesdays

Fridays

10-11 am

Matt Greenberg will be sending out a separate email with the exact start date once the pool is ready. Come on down and join us. It's fun, it's healthy, and everyone will be happy to see you there.

Please arrive showered and bring water shoes if you need them.

For further information, contact Kamala at 415-306-6865 or dr.allen108@gmail.com ■



Contact
Ray Schneider
415-883-4182

Pool Use Reminder

by **THE POOL COMMITTEE**

This “Pool Use Reminder” shows the most recent updates **in bold type**. Please especially note the underlined rules, which are often overlooked and should be followed.

These rules are written to enhance the safety and enjoyment of all Park residents and to retain an appropriate balance of recreation, relaxation, and quiet.

- No lifeguard is on duty.
You and your guests use the pool/spa at your own risk.
- **Keep the pool gate CLOSED at all times!**
This is a critical safety step to protect our young visitors.
- Guests must be accompanied by their hosting resident(s) at all times.
- Everyone, including children, must shower immediately before using the pool/spa **and wait 15–20 minutes after applying sunscreen before entering the water.**
The use of perfumes, cologne, or scented oils is strictly prohibited as they foul the water.
- The pool/spa close at 10 pm nightly.
- In consideration of residents living near the pool, please keep conversations and noise levels low at all times. Please close the gate quietly!
- No food or glass is allowed inside the fence surrounding the pool/spa. Broken glass could lead to a costly and wasteful draining of the entire pool or spa. Bring drinks in unbreakable containers only.
For safety reasons, alcoholic beverages are prohibited in the pool area.
- Children’s hours are 11 am–2 pm every day. A child is anyone under 18 years of age.
- Pool noodles and toys are provided in the bin next to the entry gate.
Please return these items to the bin when you are finished using them.

We ask for your understanding and cooperation in observing these rules. The pool and spa are maintained at considerable cost as a benefit to Park residents. Please report any facility issues to Park Management as soon as possible. Please report security issues to Pool Security at 415-883-2200.

Let’s have a safe, fun, and relaxing pool season! ■

The Pool Committee: Ed Collins, Serena Fisher, Alan Gump

Where Did Those Frozen Lumps Come From?

by **JILL BOLAND**

One of the tenets Extra

Food insists on is a delivery window of no more than 30 minutes from the store of origin to the breezeway, under strictly sanitary conditions.

Right now, nine of us are certified to safely transport and handle food donations when they arrive.

Leaving food in the refrigerators or freezers without our knowledge is not permitted.

No exceptions.

To whomever left frozen lumps of turkey in the breezeway freezer: because their origin was unknown, we had to throw them in the compost. Good on you for wanting to share, but to keep all this lovely food safe for everyone, please do not leave extra food items without checking with us first. ■



“Extra Food’s mission is to end hunger and wasted food in the Bay Area through our regional food recovery program. We rescue excess fresh food from businesses and schools — fresh fruits, vegetables, dairy products, eggs, meat, baked goods, and prepared meals — and immediately deliver it to people facing food insecurity.”

Extrafood.org

Free E-Waste Pickup for Novato Residents

by **NOVATO SANITARY DISTRICT**



Safe disposal is easy and FREE for Novato residents!

Schedule your at-home e-waste pickup with the Conservation Corps of the North Bay (CCNB) today. Pickups are available every Monday and Thursday (except holidays).

They come to your home for a free pickup

That's right — they'll come to your home and pick up your unwanted electronics for you.

No hauling. No hassle.

Computers, monitors, TVs, printers, and other accepted electronic items are securely recycled by a certified California e-waste recycler.

Not sure what's accepted?

Check the list here: <https://novatosan.com/>

To schedule your free pickup: 415-454-4554, recycle@ccnorthbay.org ■

Medical School Anatomical Gifts Program

by **ALAN GUMP**

This was an experience that will stay with me the rest of my life. I hope I can pay the donors back for their generosity by becoming the best physician I can be

Anatomy teaches diligence, patience, respect, and has instilled in me an even deeper sense of the remarkable nature of the human body.

Stanford Medical Student

High Cost of Burial

Are you worried about the high cost of burial in the Bay Area? If not, take a look:

Option	Typical Cost	Notes
Direct cremation	\$1,000 – \$2,300	Cheapest option
Cremation + service	\$3,000 – \$6,000	Common today
Green burial	\$3,000 – \$12,000	Depends heavily on cemetery
Traditional burial	\$10,000 – \$20,000+	Most expensive

There Is Another Way

We have two world-class medical schools within 100 miles of Marin County, both of which happily receive whole-body donations at no cost. Stanford and UCSF have well-designed programs for picking up and transporting remains to their facilities.

The remains are used for training medical students in anatomy, physiology, neurology, and other fields, as well as for research.

Remains are cremated and disposed of, sometimes in an annual private ceremony, and are not returned to families. Stanford offers an annual memorial service for families whose loved ones' remains have been donated to the program.

There are some restrictions. Donors must be located within 150 miles of the facility (Stanford) or "in Northern California" (UCSF). Both programs require registration while the donor is still living. Visit each program using the URLs below for more information.

Stanford: <https://med.stanford.edu/anatomy/donate.html>

UCSF: <https://meded.ucsf.edu/willed-body-program> ■

Full Moons in May 2026

by **KATHRYN McMUDIE**

Two full moons — known as Flower Moons — will appear in May.

This is a time to honor the gifts of the land and recognize the deep relationship between humans and the plant beings that surround us. Other names for May's full moons include Hare Moons, Corn Planting Moons, and Milk Moons.

A Micromoon occurs when a full moon coincides with the point in its orbit farthest from Earth, known as apogee. It appears slightly smaller and dimmer than usual. Micromoons typically occur two to three times per year.

Scientists have found that a bright full moon can delay the body's internal clock, reduce melatonin — the hormone that signals sleep — and keep the brain more alert. Most people lose only 15–30 minutes of sleep, but the effect is measurable. ■



The first (the Full Flower Moon) reaches its peak on Friday, May 1.



The second (a Blue Moon, which is also a Micromoon), peaks on Sunday, May 31.

Birds of East Africa

Text and Photography by **DAVID GRAY**

Apologies for missing the March 2026 "Bird of the Month" article! I was in Kenya

and Tanzania again, and the grueling schedule consumed all my time and energy (up at 4:30 am, out on the savanna before dawn for four to five hours, back to camp for lunch and downloading images to my laptop, back out in the safari vehicles from 4 pm until

after sunset, then dinner, followed by more downloading and editing until I fell asleep at the computer ...).

Rinse and repeat for two solid weeks. Some 67,000 photos and videos later ... I am home.



It was an incredible safari, with many amazing sightings that I will share in a future presentation. Speaking of being out on the savanna predawn, here's a small journey of Masai giraffes

(*Giraffa tippelskirchi*) in the greater Masai Mara at dawn.



There are roughly 1,800 bird species in East Africa, just south of the Equator. Given the region's tropical nature, many of these birds are incredibly colorful, including this male Variable sunbird (*Cinnyris venustus*).



We also saw many rollers: European (*Coracias garrulus*), Purple (*Coracias naevius*), and Lilac-breasted (*Coracias caudatus*).



Steppe eagle vs. tawny eagle



Greater flamingo fight



A pair of grey crowned cranes (*Balearica regulorum*) in an acacia tree in Nairobi National Park, Kenya.

Happy April, everybody!

It's great to be home again. ■

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>APRIL 2026</h1>			1 7:30-9 Taiji <i>Deck/ David MacLam</i>	2 7:30-9 Taiji <i>Deck/ David MacLam</i> 12-11 Rollin' Root  4:30 HOL Board Meeting <i>Fireside Room</i>	3 7:30-9 Taiji <i>Deck/ David MacLam</i> 12 Mahjong <i>Private, Fireside Room</i> 5-7 Pub	4 6 Dancing <i>Meadow</i>
			5 7:30-9 Taiji 12-1 Group Strength Training <i>Bamboo Room/ Nan Watanabe</i>	6 6 Trash 7:30-9 Taiji	7 7:30-9 Taiji 11-12 Chair Yoga <i>Ballroom</i> 2-3 Craft & Chat <i>Library</i> 5 PAC Board Meeting <i>Ballroom/ Zoom</i>	8 7:30-9 Taiji 5 Mar Val Board Meeting <i>Ballroom</i> 5 Elders Dinner reservation deadline ECHO DEADLINE
12 7:30-9 Taiji 12-1 Group Strength Training 12 Private Event <i>Ballroom</i>	13 6 Trash 7:30-9 Taiji	14 7:30-9 Taiji 11-12 Chair Yoga 2-3 Craft & Chat	15 7:30-9 Taiji 11 Ladies Bridge <i>Private, Fireside Room</i>	16 7:30-9 Taiji 12-1 Rollin' Root 	17 7:30-9 Taiji 12 Mahjong 5-7 Pub	18 6 Dancing
19 7:30-9 Taiji 12-1 Group Strength Training	20 6 Trash 7:30-9 Taiji	21 7:30-9 Taiji 11-12 Chair Yoga 2-3 Craft & Chat 5 MVC Board Meeting <i>Zoom</i>	22 7:30-9 Taiji EARTH DAY	23 7:30-9 Taiji 12-1 Rollin' Root 	24 7:30-9 Taiji 12 Mahjong 5-7 Pub	25 6 Dancing
26 7:30-9 Taiji 12-1 Group Strength Training	27 6 Trash 7:30-9 Taiji	28 7:30-9 Taiji 11-12 Chair Yoga 2-3 Craft & Chat 5 Uno de Mayo reservation deadline	29 7:30-9 Taiji 4 Book Club <i>Carol-Joy Harris</i>	30 7:30-9 Taiji 12-1 Rollin' Root 		