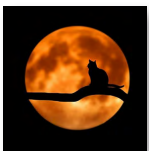


T H E ECHO

October 2026



2 Judi Purdom

Letter to the Editor

Matt Greenberg

MVMCC

MANAGEMENT UPDATE; DIRECTORY UPDATE; NOTICES

3 Brad Witherspoon

PAC

PAC AND MVC MESSAGE

4-5 John Feld

HOL

HOL MESSAGE

5 Juliette Hanauer

HOL COMMUNITY EVENTS

Group Sitting Meditation

Erma Wheatley

LWV Ballot Pros and Cons

Janet Bogardus

Drawing from the Ground Up

6-7 Janie Klimes

JANIE'S LONGEVITY CORNER — Part 3: All About Protein

7 Ed Collins

Drum Circle — October 17

Dump Run — October 23

Biography Night

8 Nan Watanabe

THE ART AND SCIENCE OF LIVING WELL: Staying Active and Social into Advanced Age

Ro Rigney

Marin Valley Nature Library

9 Jill Boland

Greetings from the Park Market

Good Recycling

Karen Soltesz

ESCOM — Save the Date: Monday, October 19

10 Carolyn Corry

MAR VAL

MESSAGE FROM MAR VAL

Sandee Duncan

Mar Val Volunteers

**11-13 Carolyn Corry,
Susan Hoff**

EVENT FLYERS

14 Gary McClendon

Hey, That Used to Be Mine!

15 Amanda Tiwari

Free Flu and COVID-19 Vaccines

Cherrie Dougherty

Calling All Kindhearted People

16 Kathryn McMudie

October '26 Full Moon

16-17 Lorna Sass

Who Am I Now? My Next Chapter

18-19 David Gray

BIRD OF THE MONTH: Common Gallinule

20

CALENDAR: October 2026

Letter to the Editor

Curb Your Dog!

Here we go again. Dog owners and lovers not picking up after their pets!!! We all love OUR dog, but not necessarily the poop left behind by someone else's pet

when they can't seem to be polite enough to be a good steward.

Even more perplexing — when “poop bags” are provided and available at locations along commonly used pathways. I'm just tired of picking up after other people's dogs. I do it because it's gross and unhealthy.

Judi Purdom

MVMCC Management Update

- MVMCC quarterly sewer cleaning is in progress.
- Interior common areas are being cleaned for defensible space.
- The fourth round of tree pruning is in progress for clearance near resident homes.
- One new light post on Club View Drive is being installed.
- A list for next year's retaining wall replacement is being prepared.
- The V-ditch surrounding the Park is being cleaned.
- The clubhouse pond pump motor was replaced.
- Two sump pumps and pits on Club View Drive were replaced and reinstalled to remove standing water.



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

Directory Update

New

Jay and Julia Gash

106 Panorama Drive

415-858-5232

realfootball1967@yahoo.com

REGISTER FOR

ALERTMARIN
[HTTPS://MARIN.SIRCOM.ORG/SUBSCRIBE](https://marin.sircom.org/subscribe)

CACRV

Bottles and Cans

KEEP THEM COMING

BACK OF THE BREEZEWAY



JUST 1 HOUR

Contact: Ray Schneider
415-883-4182

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

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
MHB Group Region 8 Publication www.mobilehomeboard.com

EDITOR **Anila Manning**

COPY EDITOR **Mary Barbosa** ART DIRECTOR **Erma Wheatley**

PROOFREADERS

Mary Barbosa, John Feld,

Laura Kradjan-Cronin, Anila Manning, Tara Plocher

TECHNICAL CONSULTANT

Rene Prado

DISTRIBUTION

Gunnel Bergstrom, with 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

Brad Witherspoon 415-218-9583

VICE PRESIDENT

Meg Jordan 415-599-5523

VICE PRESIDENT

Greg Smyth 512-351-5501

SECRETARY

Carol-Joy Harris 415-883-2824

TREASURER

Stephen Plocher 415-302-9043

AD HOC, NEGOTIATING COMMITTEE

Brad Witherspoon, John Hansen

STANDING COMMITTEES

ACQUISITION

Brad Witherspoon, Chair; Serena Fisher, Alan Gump, John Hansen

COMMUNICATIONS

Serena Fisher, Chair;

Carol-Joy Harris, Charlotte Weiser

FINANCE

David King, Chair; Trish Brady, John Hansen

Stephen Plocher, Greg & Sheri Smyth

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

John Hansen, Sue Meyer, Brad Witherspoon

HOL HOMEOWNERS LEAGUE

CHAIR

John Feld 510-495-4138

VICE CHAIR

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

Kamala Allen 415-306-6865

AT LARGE

Jill Boland 415-827-3381

AT LARGE

Michale Dancer 415-519-3395

AT LARGE

Charlotte Kells 617-306-0265

AT LARGE

Sandy Zeichner 415-902-5143

HOL STANDING COMMITTEES:

OWL COMMITTEE

Ro Rigney, Chair; John Feld, David Gray, Alan Gump, Anne Lakota

PARK MARKET **Jill Boland, Chair; Lynda & Dave Baker, Ginger**

Christie, Mary Coyne, Edgar Furlong, John Hansen,

Sally Harris, Susan Hoff, Anne Lakota, Joan Leopold,

Deb McNeil, Sue Meyer, Steve & Tara Plocher

Michael Thiercof, Michael Witherspoon

MVEST **Bill Davis, Chair; Pauline Clucas, John Feld, David Gray,**

John Hansen, Pam Hyer, Erma Wheatley, Brad Witherspoon

OPERATIONS & CAPITAL PROJECTS

Jay Shelfer, Chair;

John Hansen, Brad Witherspoon,

POLICY

Alan Gump, Chair; Serena Fisher, John Hansen

TECH TEAM

David Gray, Chair; Steve Brandon, Ron Citroen, John

Feld, John Hansen, Julie Manson, Timo Navsky, Erma Wheatley

WEBSITE

Erma Wheatley, Chair; Anila Manning, David Tetta

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

Making YOUR Voice Heard

In mid-August, a copy of an email from two residents to the Novato City Council was placed in Park residents' tubes, which are typically reserved for notices about upcoming Park events. In the email, the writers expressed their concerns about "current and planned actions" taken by the sitting PAC Board that could "cause an event of Delegation Agreement default." The letter states that if such a default were to occur, "the Owner shall be entitled to terminate the Delegation Agreement." Also, if termination did occur, "residents would no longer have an organization that has an official relationship with the City."

Their concerns focused on statements made at the August 4 MVMCC residents' meeting, including requests for contributions to the PAC Legal Fund and the "three types of attorney expertise" that will be needed for: 1) ownership structure, 2) taking depositions from supportive former City Officials, and 3) litigating the issue in order to gain title.

I have reread their email numerous times. Their citation of Sections 14.01(K) and 14.02 is correct. Taking legal action against the City could result in the termination of the Delegation Agreement, which would indeed have "significant consequences." I myself have expressed this same sentiment many times to residents who want to take the City to court.

However, while the summation they included in their email regarding the need for attorney expertise is correct, it omits a few details that would give

the reader important context. During the meeting, we clearly explained our reason for taking the depositions: to preserve potentially crucial testimony IF the PAC and residents had no other option but to pursue ownership through legal means.

As written, their email could reasonably be interpreted to mean that PAC has already decided to pursue legal action against the City to resolve the matter of Park ownership through litigation. They even encourage the City to think about setting up an "advisory [committee] to fulfill communication/liaison functions ... [with] a statement of purpose ... (not ownership)."

Their email was spot-on when they stated: "The PAC Board has said it will never stop working on ownership, and it appears to be its top priority." I have used those very same words to City Council members in one-on-one discussions. As a reminder, the PAC was incorporated in 1988 as a nonprofit mutual benefit corporation "for the purpose of purchasing MVMCC and facilitating its conversion from a rental park to a resident owned park." So YES, we will never stop working until the City fulfills the promise made to residents in 1996 when it passed Resolution NO.126-96, which states: "WHEREAS, the Financing Authority anticipate transferring all of its right, title and interest in the Project after the Bonds are issued to a yet-to-be incorporated 501(c)(3) corporation ... at which time such corporation may be the operator of the Project."

WE NEED YOUR VOICE: A number of residents have expressed anger about the email and have asked the PAC Board to send an official response to the City Council. One person told me emphatically, "You need to speak up!" But truth be told, the PAC Board is ALWAYS speaking up!

As PAC Board President, I work side-by-side with various Board and Committee members who are directly involved in ongoing discussions with the City Council and staff over how MVMCC funds are being used, paying for legal representation, and the PAC's ability to function independently to pursue our objective of having the City transfer title of the Park to a 501(c)(3) once the loan is paid off in December 2027. During these meetings, we are often asked, "How do residents feel?" The PAC's claim that most residents support its actions carries less weight than *hearing directly from you*.

The writers of the email took their message directly to the City Council. You must do the same. **We need YOU to voice your support for PAC and resident ownership directly to the City Council.**

So, the next time you thank a PAC Board member for their hard work, please also let us know if you have emailed the City Council in support of our efforts.



Home Owners League Message

Greetings,

Exercise Class Liability Waivers Required

The PAC people have been examining our insurance coverage, and it has been decided that everyone either teaching or participating in any exercise class must sign a liability waiver before starting the class. We will be distributing these waivers to all instructors to hand out to their students, and there will be extras in the plastic containers located near the clubhouse front desk. In the future, these waivers will be necessary to participate in any of our movement classes, whether run independently or by HOL.

Explore the Nature Library

The Nature section of our library now has several shelves in the bookcase located immediately to your right when you enter the library. You can sign out books for up to a month using the provided cards and return them directly to the shelves when you are finished with them. So far, we have several field guides for birdwatchers and other interesting items relating to wildlife and local flora, as well as some fictional books about local animals. Please make sure you return them when you are finished. We also encourage you to contribute books you'd like to share.

Special Thanks for a New PC

The PC in the library had, unfortunately, exceeded its useful life. Our generous and highly skilled volunteer, **Rene Prado**, has munificently contributed a new PC, which should be working well by the time you read this. Please treat it with

as much gentle care and attention as if it were your own. The last one worked for nearly three years.

ExtraFood

It seems ExtraFood loves us as much as we love them! They have publicly thanked Marin Valley for our continued financial and personal support of this important local nonprofit organization, which has done so much for the Marin population in financial need as well as for our community. Many residents of Marin Valley now rely on ExtraFood for their health and affordability. This has come about through the amazing contributions of **Jill Boland** and all the Park Market volunteers, who go above and beyond in providing this important lifeline to so many of us. The ExtraFood monthly newsletter states:

If you've ever met Jill Boland, you know she's a force of nature. Organized, kind-hearted, and deeply committed to making sure no one goes hungry, Jill is the driving force behind an incredible community effort at Marin Valley.

The community also collects cans and donates the redemption value to ExtraFood. They truly exemplify what community leadership looks like. Her dedication, generosity, and creativity strengthen not only her own community, but the entire ExtraFood network. We are incredibly grateful to have her as part of the ExtraFood family.

Residents generously donated \$663 to the Park Market in August.

College of Marin Free Lectures

Thanks to the tireless efforts of a fairly new Marin Valley resident,

Karen Soltesz, ESCOM (the Emeritus Students of the College of Marin) will present on Monday, October 19 at 3 pm an overview of ESCOM educational activities. Nearly all of them are free and usually take place online, and/or at either CoM campus: Ignacio Blvd. in Novato or College Ave. in Kentfield. We hope you will come and learn about their many informative and interesting lectures and classes. These are presented as "clubs" and include topics such as philosophy, astronomy, chess, mahjong, opera, writing, and many more. Their talk here will be followed by a lesson designed especially for us seniors explaining how to connect and feel at home with Zoom and get the best experience of their lectures and educational material.

Contractor's Database: Share Your Recommendations

Recently, someone told me they had received a quote of several thousand dollars to power-wash and paint their roof. Typically, this can cost much less when performed by a local handyperson. Repeating this task every couple of years can make a tremendous difference in how your home retains heat in the winter and cools down in the summer, without the use of heater or air conditioner. Knowledge of less expensive or more reliable service people to carry out such tasks can save us all money and provide greater convenience.

When you utilize local handypersons, gardeners, and building contractors to renovate your homes and gardens, it would be extremely helpful to the rest of us to learn about your experiences through our private listings on our

website at www.marinvalley.net/contractors-rating-guide/. This is where you can share your experiences and provide their contact information. It only takes a few minutes, and I encourage everyone to share this information with your fellow residents.

Dump Run Volunteers Needed

The next dump run will happen on October 23. We are, as usual, looking for volunteers to assist **Ed Collins** with this task. We need people who can lift fairly heavy items and are both fit and well-humored enough to participate. If you are interested in helping with one or both of the two loads they typically dispose of, contact Ed at mretc@hotmail.com. It is a fun way to spend the day interacting with your fellow residents.

Biography Night Is Returning

Be on the lookout in the near future for a new round of Biography Night, where individual residents tell us about their lives and adventures. If you would like to tell your story, or at least a part of it, please contact Ed Collins, who will be organizing the events.

Wishing all Americans a happy 250th birthday.



Group Sitting Meditation

**Thursdays • 9-10 am
Bamboo Room**

Free, everyone welcome
1/2 sitting — 1/2 sharing
Juliette Hanauer 415-302-5755
Hanaulerjuliette@gmail.com

HOL COMMUNITY PRESENTATIONS



Ballot Pros and Cons

by **ERMA WHEATLEY**

Sunday, October 4 • 6-7:30 pm • Ballroom

Join the **League of Women Voters of Marin County**, who will cover the 2026 California ballot: the pros and cons of each measure, who supports and who opposes, and where the money is coming from. Bring your ballot and questions to the ballroom on Sunday, October 4, from 6-7:30 pm. ■

Drawing from the Ground Up Six Wednesdays: October 7 to November 11

by **JANET BOGARDUS**

October 7-November 11 • 3:30-5 pm • Ballroom



A six-week class to get you drawing what you see with freedom and confidence. Below is a probable outline of the class. It may change as we progress, depending on your wants and needs.

Week 1

lark-making, line and gesture drawing and awkward drawings.
Starting a sketchbook.

Week 2

Exploring contour drawing.
Share drawings and sketchbooks.

Week 3

hading, creating an illusion of volume and cross-hatching. We'll have an arrangement of objects to draw.
Share drawings and sketchbooks.

Week 4

More work on volume, shading, and different marks for shading.
Drawing faces from photos.
Share drawings and sketchbooks.

Week 5

Drawing portraits, facial proportions. We'll have a live model.
Share drawings and sketchbooks.

Week 6

More portrait drawing with a live model.

Suggested class donation: \$5-\$10/class. Sign-up sheet at front desk. ■



Janie's LONGEVITY CORNER



SCIENCE.
STRENGTH.
INDEPENDENCE.

For Life.

By Janie Klimes, RN, BA Biology, BSN



EVIDENCE-BASED
Information you
can trust.



**STRENGTH
FOR LIFE**
Build it today.
Benefit tomorrow.



**HEALTHY
HABITS**
Small steps.
Lasting change.



**SMART
NUTRITION**
Fuel your body.
Feed your future.



**HEALTHY AGING
TOGETHER**
Stronger together.
Better together.

Practical Advice • Proven Science • Better Living After 65

Part 3 • All About Protein

You Can't Build a House Without Supplies and a Plan

The Big Deal About Protein

Exercise gives your muscles the signal to grow stronger. Protein supplies the building materials.

Muscle Is Your Protein Bank

When you become sick, have surgery or trauma, or spend days in bed, the body looks for rebuilding materials, and the place it finds them is in the muscle, the body's only store of protein/amino acids. These support healing, immune function, and essential metabolic processes. If your store is lacking, recovery takes longer or may not occur at all. Aging with more muscle gives us a larger reserve to draw from when bad things happen.

Well, How Much Protein Do I Need to Eat??

The newest science recommends 1.6 grams of protein per kilogram of

body weight (approximately 110 grams for a 150-pound person or 145 grams for a 200-pound person). For our age group, however, I recommend starting at 100 g per day minimum. That is easy to track and might even increase what you are getting now.

Will I Build More Muscle if I Do Resistance Training?

Simply eating more protein will not substitute for exercising your muscles. Training while undereating protein makes it harder for your body to get the full benefit from your work. A great advantage is to eat 25–40 grams 1–2 hours before or after a weight workout, when muscles are more responsive to increased amino acids.

Spread It Out

Many people eat very little protein at breakfast and lunch and eat more at dinner. Better to spread it

out. Aim for 25–40 grams in each of three meals.

One way Mark adds protein to his morning Cheerios is to sprinkle them with whey protein, along with some Greek yogurt and his daily 5 g of creatine. More on that later.

I like to add unflavored whey protein powder (it can be lumpy) to taco meat, spaghetti sauce, soups, and salads. It's hardly noticeable but helps me make my daily goals. Nuts are great anywhere, anywhere.

What Surprised Me

Once I started increasing the protein, I ate the protein part first. Surprisingly, eating protein first caused me to eat much less overall because protein is so filling. This is a great practice if you are trying to lose pounds. Another surprise has been that, since the new daily requirements came out, many more products are coming out with extra protein added, especially

yogurt and protein bars. Protein-rich foods are now being marketed with that emphasis.

Vegetarians and Vegans: Protein Requires More Planning

You can still meet your protein needs. But there is an important distinction between ingesting grams of protein and actually getting enough essential amino acids in the proportions needed to stimulate muscle protein synthesis. Particularly useful plant proteins include tofu, tempeh, edamame, lentils and beans, peas and pea protein, quinoa, nuts and seeds, and whole grains.

Janie's Take

I often can't eat enough real food to make my daily goal for protein, and if I do, I can add on pounds. That is where supplements come in. You have to find what is right for you. My favorite protein bars are made by *David*. I love them because

they have 28 grams of protein in each bar. Plain whey protein mixes OK with milk and makes great shakes. Isopure protein is whey protein that is much finer and mixes well with water.

Other Possible Supplements

A lot of new research recently talks about the benefits of creatine. **Creatine** is not a protein but a small molecule made from three amino acids. It lives in the muscle and functions as your cells' immediate energy source, especially in resistance training. Recommended at 5 g a day. Read about it. It does that and so much more. **Leucine** is an important essential amino acid that signals muscle cells that amino acids are available and it's time to build muscle. Great sources for leucine are whey protein, Greek yogurt, cottage cheese, milk, eggs, meats, and tofu.

Challenge of the Month

- Continue strength training and eat 40 grams of protein either 1–2 hours before training or after.
- Include 100 grams of protein in your daily intake.
- Track how much protein you eat each day. Eat protein at every meal.

Next Month: Aerobic Fitness After Age 65: Your Cardiovascular Medicine

Until next month, remember ...

Muscle is one of the few tissues in the body that continues to respond to exercise throughout life. Adults over 65 can become significantly stronger when their muscles are challenged consistently. ■

— Janie

Drum Circle October 17

by **ED COLLINS**

**Saturday, October 17
3:30–5 pm • Ballroom**

Sahar Pinkham, musician and drummer extraordinaire, will be teaching and leading drumming on October 17 and will be available at 3 pm. Some drums and percussion instruments will be provided, but please bring any that you may have. Many household items can be used as drums!

No experience necessary. Sahar will teach techniques and a variety of rhythms. A jam session may ensue afterwards, followed by dancing.

Sahar will have drums for sale at a big discount. Come early or call him at 707-331-5640 if you are interested in purchasing a drum or taking lessons.

Donation of \$10 to \$15 requested. (No one turned away.) ■

Biography Night

by **ED COLLINS**

I am starting up Biography Night again. It has been quite a few years since Kim Holscher organized them. Once a month, we will have an evening when a resident is given about 30–40 minutes to share their life story, followed by questions from residents. This will start up again in November on a weeknight. Let me know if you would like to share a part of your story. Text 415-377-7696 or email mretc@hotmail.com

Dump Run October 23

Looking for 1–2 Volunteers

by **ED COLLINS**

Friday, October 23 • 9 am

We usually have trouble fitting all the “junk” into our trips, so if you have something that can be broken into smaller pieces and placed in your bin, please do!

We do NOT take cardboard, toxic materials, or electronics

- **Toxic materials such as chemicals, oil, paint, fluorescent light bulbs, batteries, and pressure-treated wood are not accepted.** Take to: Recology Sonoma Marin Recycling Ctr. 7576 Redwood Blvd. Novato, 800-243-0291 www.recology.com/recology-sonoma-marin/novato-recycling-center/
- **Electronic items** can be dropped off in Bel Marin Keys at: The Computer & Technology Resource Center, 42 Digital Drive, #3 Novato, 415-883-1428 Also: Renew Computers in San Rafael.

HOL will cover the costs **except for large items such as furniture, washers, and dryers, for which there is a \$25 fee for each item.** Donations are appreciated.

Please use Nextdoor, Craigslist, and other online markets to sell or give away useable items — especially large pieces of furniture.

Due to the unavailability of a pickup truck, we will be trying to make it work with a 15' box truck. Hmmm ... that might work!

Email Ed at mretc@hotmail.com or text 415-377-7696. Again, please, NO phone calls unless necessary. ■



THE ART
AND
SCIENCE
OF
LIVING
WELL

Staying Active and Social into Advanced Age

by **NAN WATANABE**

Sundays • 12-1 pm • Bamboo Room

This marks this column's one-year celebration and completion. Collaborating with the Echo's crack staff has been a joy.

Congratulations, and thank you to those who have been focusing on your strength training through "The Art & Science of Living Well" each month. Let's remember that the quality of our lives as the years go on is a result of moving our bodies and maintaining our strength. And here's a gentle reminder that Group Strength Training at MVMCC continues on Sundays at noon.

With wishes for good health for all of us, and with appreciation,
=Nan

At 100 years old, some seniors still train regularly, proving that age doesn't need to be a barrier. Group exercise and gym settings provide both fitness and social connection.

Tips to Get Started

- Join MVMCC's Strength sessions, participate in classes at a community center, or partner with a friend.
- Celebrate consistency, not perfection.
- Share your progress to inspire others. ■

Source: Wigle, R. August 1, 2025. "Meet the 100-Year-Old Fitness Fan Who Works Out Multiple Times a Week — and Is 'Very Flirtatious' with Younger Guys at the Gym." *New York Post*, <https://nypost.com/2025/08/01/health/100-year-old-mayor-of-the-gym-reveals-her-workout-routine/>



Marin Valley Nature Library

by **RO RIGNEY**

What started out as a bird library has officially become the **Marin Valley Nature Library**. It is now up and running. You will find it immediately to your right upon entering the library. Each book bears a bright turquoise dot on the spine. Field Guides are on the top shelf and marked "FG." All other books are on the shelf below. Any book marked with an "O" is about owls.

We have been fortunate to acquire several dozen books from Bill Noble's library. Bill, who used to live in the Park and was the *Echo's* first "Bird of the Month" author, was an enthusiastic naturalist. His collection is broad and includes such titles as *Ecology of Western Forests*, *Western Birds' Nests*, and *Common Butterflies of California*. It also includes beautiful books filled with drawings and photographs. Feel free to browse these informative and fascinating books or borrow them from our library.

If you have any books that you would like to donate, please place them on the shelf labeled "Donations," to be cataloged. We hope to continue expanding the collection and offer a variety of books about the natural world, including birds, insects, snakes, bees, native plants, trees, and much more.

To borrow a book, remove the checkout card from the pocket inside the front cover. Write your name and due date (ONE MONTH FROM THE DATE YOU BORROW THE BOOK). Also write the due date on the checkout slip on the facing page. Place the checkout card in the little wooden box on the shelf. Please return the book within the one-month loan time so others can enjoy it, too.

To return a book, find the corresponding checkout card in the wooden box, cross off your name and due date, and place the checkout card back in the pocket inside the book's cover. Return the book to the appropriate shelf alphabetically by the author's last name. Keep in mind that Field Guides live on the top shelf.

Happy reading! ■

Greetings from Park Market

What do you do when you have 23 gallons of milk and tons and tons of bread each week staring you in the face? Storage can be impossible in that situation. Over a year ago, we were asked to participate with ExtraFood and Marin Rapid Response. There was a lot of need for what we had. In the past, the bread was composted and the milk was poured down the drain. We were thrilled to have an alternative.

When you see food on Sunday being boxed up and carried out please know you are part of a community that is helping countless people that you will never meet. But please know they are extremely grateful for your generosity and kindness.

With all the best intentions,

Sincerely,

Jill Boland, *Park Market Manager*



Good Recycling

Greetings to all you wonderful CA-CRV recyclers. I thought you might enjoy some Fun Facts based on our most recent drop-off of nine bags.

1. Your glass could be remelted into about 2,141 brand new bottles.
2. Your aluminum could be melted into about 33 bicycle frames.
3. Recycling that aluminum saved enough energy to run a TV for 9,918 hours.
4. Your plastic bottles could be spun into about 106 fleece jackets.
5. Your HDPE plastic could be molded into about 7 flower pots.
6. The carbon you kept out of the air equals driving about 1,747 fewer miles.

A shout out to **Dianne** and **Ron Rodrigues** for collecting and delivering the recycling from the Rod and Gun Club. They have been so generous with their time and energy.

A special shout out to **Janet Shouldis**. She is such a valuable partner in this amazing venture.

Thanks to everyone who has supported us and made our project happen.

With much gratitude, Jill Boland



ESCOM

Emeritus Students
College of Marin

Save the Date:

Monday, October 19

In person or via Zoom

(link on our website and upcoming flyer)

3-4 pm • Clubhouse Ballroom

Snacks and drinks provided!

Join us on Monday, October 19, at 3 pm in the ballroom to learn more about ESCOM. We will surprise you with our new offerings — many of which are presented in a hybrid format, using Zoom to include members online. We will also teach a brief lesson on Zoom to help you get connected.

Join new friends and old friends in our fun programs for the coming year. Beat the cold weather with warm activities from ESCOM. Find out how!

There are no educational or financial requirements to participate ... only a desire to learn, enjoy, and be involved!

Emeritus Students College of Marin (ESCOM) is a pioneer provider of lifelong learning in Marin County and beyond. We have been cited as a national model for a good reason: the program works to banish loneliness and boredom and provides engaging opportunities for active social lives. Our programs are 100% volunteer-driven.

For over 50 years, ESCOM has offered engaging programs that connect, educate, and entertain, with a rich variety of free interactive clubs, monthly talks, computer workshops, and social and cultural events. We meet both in person and online.

Message from MarVal

Dear Friends,

Fall is here, and it is time to start planning your costumes for Black Cat, which occurs on Halloween this year, Saturday, October 31. Get into the spirit of the night and wear a costume and perhaps even a mask or full head covering ... make folks wonder ?????? Costume categories are **Most Creative, People's Choice,** and **Funniest.** Of course, there will be prizes. Chef Larry is concocting some delicious "Poodles and Noodles" and "Guess This Mess" from the Park's finest eatery — The Road Kill Café. See the flyer for details.

Mar Val is once again delighted to present **Cherrie Dougherty** and her Faboolous Bakery Booutique. There will be cookies, pies, cakes, and assorted sweets for you to purchase for dessert at Black Cat, as well as take-home goodies to enjoy later. We are all accustomed to enjoying

Cherrie's marvelous cakes and pies, and while there will certainly be an array of her goodies, she cannot possibly do this without your help. This is an immense project, and we are requesting that Park bakers contribute something sweet to help make this event a spooktacular success. There will be a sign-up sheet on the clubhouse counter. Please help us make this event a grand success. Proceeds from Black Cat — Mar Val's only fundraiser — help cover the cost of our annual liquor license.

We will be celebrating Oktoberfest on Friday, October 9, serving brats and sauerkraut or vegetarian quiche. This is a real steal, a Pub event priced at only \$12. The deadline for signing up is October 6.

It has been two years since Mar Val received the news that we have a mysterious Pub supporter. How lucky are we?

Mar Val received beautiful new tablecloths for Pub — we are so delighted not to have to look at those ugly, dingy white plastic tabletops that your arms sometimes stuck to.

Perhaps the best gift: a popcorn machine to make fresh popcorn! A new "Pub custom" has fallen into place (and no one dares break this custom for fear of having seven years of bad luck!): **Ed Johnson**, our Iceman, must have the first bowl of fresh popcorn — a quality-control issue, I imagine. New table lamps have been added, as well as new tablecloths for the food tables. While we are all enjoying and are so appreciative of these wonderful gifts, the donor still remains a mystery.

We look forward to seeing you soon.



Left to right: Carol-Joy Harris leading "9 to 5" on Labor Day, Labor Day Dinner photos by Carolyn Corry

Mar Val Volunteers

by **SANDEE DUNCAN**

A good way to meet your neighbors is by volunteering.

If you would like to help Mar Val for monthly dinner events, please contact Sandee Duncan at 415-883-3034 or sduncanster@gmail.com.

You can be part of the team serving dinner or dessert, or selling raffle tickets or drink tickets.

For our annual Thanksgiving dinner, Mar Val could use your help in **cooking turkeys.**

We would enjoy having you join our volunteer team. ■



Mar Val Pub Night

Friday, October 9

5 pm Cocktails 5:30 pm Dinner

Bratwurst with Sauerkraut

or

Vegetarian Quiche

Potato Salad

Cookies

\$12 per person

**Reservation deadline – Tuesday, October 6, 5 pm
or when 120 reservations have been received.**

Make checks payable to Mar Val.

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



Black Cat Fundraiser

Black Cat Spooky Costume Party

Cash prizes for Best Costumes
&

FaBOOlus Bake Sale

Saturday, October 31

5 pm Cocktails 6 pm Dinner

Featuring our menu from Road Kill Cafe

Poodles 'n Noodles (*Meaty Macaroni*)

or

Guess This Mess (*Vegetarian Lasagna*)

Salad & Garlic Toast

Bakery Treats for Sale

\$17 per person

Reservation deadline: Wednesday, October 28 @ 5 pm
or when 110 reservations have been received.

Make checks payable to Mar Val.

Questions – Call Susan Hoff @ 707-365-9426



Mar Val Thanksgiving Dinner

Saturday, November 21

5 pm Cocktails 6 pm Dinner

MENU

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

Reservations: \$17 per meal

Limit: 2 persons per household

Reservation deadline, November 18 @ 5 pm

(or earlier, if 120 reservations are received before the deadline)

Reservations will NOT be accepted prior to November 1

Even if you have generously volunteered,

YOU MUST STILL DEPOSIT A RESERVATION CHECK PRIOR TO THE DEADLINE

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

Hey, That Used to Be Mine!

by **GARY McCLENDON**

Big shout-out to our neighbors @ 190 Marin Valley for their donation to my therapy program. As a late-in-life-diagnosed AuDHD person who thrives on repurposing old, solid-wood furniture and restoring its purposefulness, your trash becomes my treasure. Eleven rescues/transformations so far.



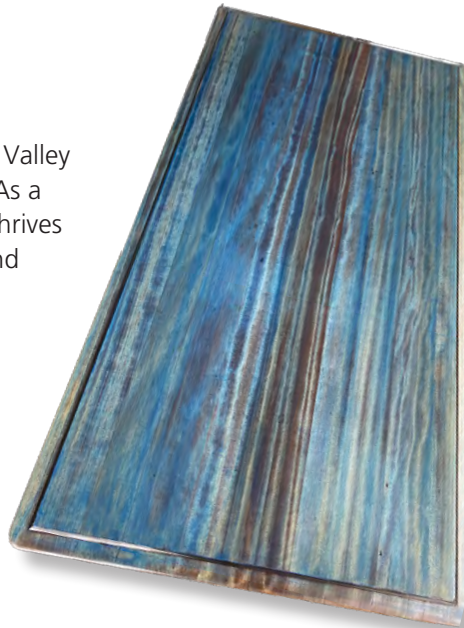
Images of what they could be pop into my imagination and guide their own transformations. Rarely do I have a full plan, as the grain and personality reveal their potential. Once the original finish is removed, I use a cross-platform approach, where two unrelated platforms are combined in the reawakened end result.

In this case, it's an antique mahogany 100+-year-old writing table and electric guitars.

Watching YouTube videos on guitar finishes while drinking my coffee inspired me. A blue-stained guitar body with a similar grain pattern to the tabletop



triggered my imagination to visualize a similar finish. A bit of testing on the underside with Island Blue MinWax solid-body stain proved positive, so that became the choice for the tabletop.



Staining and polycrylic-clear finishing the top's seven coats allowed time to consider the bottom's treatment. As a fan of natural wood, I sealed the underside with three coats of tung oil, allowing its age and true color to show through.

I originally planned to "flip" it and sell it on FB Marketplace, but it had too much going on, it would take too much effort to sell, and (like my AuDHD life) its colors, textures, and shapes are All Over the Map, so it became my 70th-birthday present to myself!



See more on <https://pin.it/2AVQUcCfc>.

The table screams for a vintage machinist's stool; if you have one, stick a FREE sign on it and give me a shout-out.

Remember, it takes a village to keep me from getting bored and antsy! ■

Free Flu & COVID-19 Vaccines — Here

by **AMANDA TIWARI, Golden Gate Pharmacy Services**



Skip the trip to the doctor's office and avoid waiting in line at a busy pharmacy. Golden Gate Pharmacy is bringing flu and COVID-19 vaccines directly to Marin Valley Mobile Country Club, for free!

Choose from two clinic dates: **Tuesday, October 13** ■ **9:30 am–1 pm**
Friday, October 16 ■ **9:30 am–1 pm**

Age-appropriate flu vaccines and the **Comirnaty (Pfizer) COVID-19 vaccine** will be available.

PREREGISTER to help us verify your insurance in advance and minimize your wait on clinic day.

Preregistration deadlines: **October 13 clinic: Wednesday, October 7 at 12 pm**
October 16 clinic: Thursday, October 15 at 1 pm

[Click here to preregister](#), or scan this QR code.

Walk-ins are welcome but may experience longer wait times. ■



Calling All Kindhearted People

by **CHERRIE DOUGHERTY**

Every Thursday, a large trailer with showers, washers, and dryers comes to the Hamilton Community Church of the Nazarene, at the corner of Nave and Bolling, to provide services to those in need. Volunteers provide hot meals, extra food, social services, and a compassionate ear. They give out clothing, blankets, tarps, and anything that can provide protection against the elements.

The Bethany Project was formed in 2025 by Kieawnie Clar, a licensed social worker. Her vision is to give dignity and care to the less fortunate, and the program provides numerous services to the unhoused.

As we approach what is supposed to be a more challenging winter ahead, we are asking for donations of raincoats and warm coats; clothing; socks and shoes in good condition; clean blankets, pillows, and sleeping bags; backpacks in good shape; toiletries; etc.

If you have something you would like to donate, you can bring it to my front porch at 30 Club View Drive.

To make a tax-free donation, please make a check out to The Bethany Project or Hamilton Community Church of the Nazarene.

Feel free to call me with any questions at 415-506-4123.

Thank you for your kind consideration. ■



October '26 FULL MOON

by **KATHRYN McMUDIE**

The Hunter's Moon, the full moon that follows September's Harvest Moon and ushers in the heart of autumn, peaks just after midnight on Monday, October 26. The full moon will rise in the east after sunset on October 25, carrying almost peak brightness, and on the 26th, rising roughly an hour after sunset, just slightly past its official peak.

Bare hardwood, stubble fields after the corn comes off and the last warm afternoons of the year: October is a sensory month, and a bright full moon sits at the center of its five nights preceding Halloween.

Game animals, fattened for autumn, were easier to spot in the bare stubble fields under a bright moon. The Hunter's Moon has also been referred to as a *Travel Moon*, *Dying Grass Moon*, *Sanguine Moon*, and *Falling Leaves Moon*.

Major moon phases — October 2026

- Third Quarter October 3
- New Moon October 10
- First Quarter October 18
- Full Moon October 26

This full moon on October 25–26 falls in the astrological sign of Taurus. In astrology, a full moon always occurs in the sign exactly opposite the Sun. Because the Sun will be traveling through Scorpio during late October, the moon reaches its peak directly across the zodiac wheel in earthy, grounded Taurus. This Taurus–Scorpio axis highlights themes of stability, personal security, and finances. ■

Who Am I Now? My Next Chapter

Text and photograph by **LORNA SASS**

Right now, as I write this, I'm lounging on the settee behind my home, looking out at the vast expanse of blue-gray bay, with pale pink clouds lingering over the hills beyond.

To tell you the truth — and I do so love discovering and revealing my truth — I'm supposed to be on my way to Berkeley to hear one of my favorite New York jazz musicians play at the Botanical Garden. I've been looking forward to this toe-tapping event for weeks ...

But I woke up this morning with a surprising sense of foreboding. Then around 10 am my intuition was validated when I received an email from the organizers telling me that the concert was going to take place in an outdoor amphitheater and not in the elegant Arts and Crafts building designed by architect Julia Morgan that I had looked forward to experiencing for the first time. I also learned that, to accommodate an overflowing parking lot, shuttle buses would be provided from the nearby Lawrence Hall of Science.

Then came the biggest kickers of all: The seats in the amphitheater were stadium-style benches without backs, and families would be seated toward the entrance so that their children could run in and out during the performance.

Huh? The more I read, the more dread my highly sensitive, aching-

back self felt about going. The scene described was not at all my idea of listening to my beloved style of trad jazz, and I stomped around my house wondering how my increasingly hermit, silence-loving self could handle this scene.

The decision about whether to forego the concert was further complicated by the fact that the lead musician — a fine clarinet player whose weekly livestream performance from Manhattan was my regular Tuesday night date — had been kind enough to arrange a complimentary ticket for me.

After an exhausting half hour of my Libra brain weighing the pros and cons, it became increasingly clear that I wouldn't be able to get myself into the car to cross that bridge to Berkeley. I composed as kind an apology letter as I could muster through the thick lens of guilt and discomfort about being a no-show.

I don't regret my decision, especially as I'm sitting quietly here listening to the sweet rhythm of birdsong, but I do feel a sense of shock that I no longer have the stamina and resilience to do the kinds of things I used to. Indeed, it feels like this cancellation is a pivot point in my life, the beginning of a new and different chapter: looking inward rather than outward and opting for quiet solitude rather than sound in public spaces.

But who is this person now sitting on the settee instead of tapping



her feet to the rhythm of live music among other jazz aficionados?

It always puts a smile on my face to remember the time several decades ago when, as a food and travel writer, I came home from a press trip to Australia one day and nonchalantly left for a press trip to Egypt the next morning.

Back then, I would travel with a small carry-on suitcase or backpack. Nowadays, I need to load my car with several bags of stuff to keep me comfortable when I leave for an afternoon jaunt! And the thought of waiting in long lines at an airport and boarding an airplane fills me with a gridlocking sense of dread.

Indeed, I have not slept anywhere but my own bed since moving to my current home about eight years ago.

Who is this person who no longer wants to leave home for more than an afternoon? Who is this woman who prefers to hang out gardening rather than take in the latest movie? Well, you guessed it: It's the 80-year-old version of me!

Life as a human in a body on this Earth being what it is, there seems to be no way to predict what our final chapters will look and feel like despite any efforts we make to stay cheerful, healthy, and fit.

What is becoming clearer and clearer is that my days need to unfold at a much slower pace. In this noisy world, I seem to need longer and longer stretches of silence and my travels are increasingly inward — just being still and listening, and writing to make sense of my life.

So instead of getting on an airplane heading for a remote destination, the highlights of my day will likely include floating in the hot tub and watching the clouds do their ballet, rescuing an insect that's drowning in the community pool, chasing bees away from my lunch on the deck, watching my succulents bloom, and reading about places like Bali and San Miguel de Allende that I've always wanted to visit but won't likely manage in this lifetime.

Yes, dear reader, in the days ahead it looks like my most exotic travel will consist of my hands wandering across the computer keyboard, attempting to fit together all of the puzzle pieces and make sense of my life. ■

Common Gallinule

Text and Photography
by **DAVID GRAY**

In late August, Nancy and I went to the Las Gallinas ponds on Smith Ranch Road to walk and (for me) photograph the local birds. We were not disappointed! There were common gallinules (*Gallinula galeata*) and many other birds galore: red-winged blackbirds, black phoebes, barn swallows, black-crowned night herons, snowy egrets, great egrets, ruddy ducks, pied grebes, Anna's hummingbirds, Canada geese, mute swans, white pelicans, and blue-winged teal, to name a few.



Common gallinule



The common gallinule is a marsh bird that lives in the San Francisco Bay Area year-round. Its range includes most of the eastern US, the Southwest, Mexico, Central America, and much of South America. They are in the same family as rails and coots, sharing similarities with each of these species. It is a dabbler (as opposed to a diver), and its diet consists entirely of plants. They love permanent marshes with cattails, and the Las Gallinas ponds are perfect, being largely encircled by cattails.

Common gallinule foraging

Gallinules construct their nests on floating mats of plant material. Both adults participate in nest building, creating a bowl-shaped nest roughly one foot in diameter using sedges and grasses. The female lays clutches of eggs, anywhere from three to fifteen, once or twice per breeding season.

Using the Merlin app on my iPhone, I was able to identify from its call another species in a form that is harder for me to nail down: a female common yellowthroat (*Geothlypis trichas*). The male is more distinctive, with a broad black stripe across its face, topped with white above, and a brilliant yellow throat. The female is more drab. They are part of the warbler family and were one of the first birds to be identified in the New World, in 1766, by the Swedish botanist Carl Linnaeus. Linnaeus is known as the “father of modern taxonomy.”



Common yellowthroat female



Copyright 2026 David G. Gray

Bonaparte's gull

It was a good day, and I hope that others might get out to walk on the easy and flat paths around these ponds, too!

Happy October to all!
And thanks especially to Cornell's Laboratory of Ornithology for the Merlin app and their "All About

Birds" website, which serves as a wonderful reference.
www.allaboutbirds.org ■

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OCTOBER 2026				1 7:30-9 Taiji <i>Deck/ David MacLam</i> 9-10 Meditation <i>Bamboo Rm./ Juliette Hanauer</i> 1-2 Rollin' Root 4:30 HOL Comm. Meeting <i>Fireside Rm.</i>	2 7:30-9 Taiji 10-11 Water Aerobics 12 Mahjong <i>Private, Fireside Rm.</i> 5-7 Pub 7 Music Jam <i>Fireside Rm.</i>	3 11-12 Nei Gung <i>Ballroom/ Jay Shelfer</i>
4 7:30-9 Taiji 12-1 Group Strength Training <i>Bamboo Room/ Nan Watanabe</i> 3-4 Silver Dragon Wellness <i>Bamboo Rm./Will & Susi Banuelos</i> 6-7:30 LWV — Ballot Pros & Cons <i>Ballroom</i>	5 6 Trash 7:30-9 Taiji 10-11 Water Aerobics 2:30-3:30 Silver Dragon Wellness 5:30-6:30 Nei Gung	6 7:30-9 Taiji 11-12 Chair Yoga <i>Ballroom</i> 2-3 Craft & Chat <i>Library</i> 5 PAC Board Meeting <i>Ballroom/Zm.</i> 5 Oktoberfest reservation deadline	7 7:30-9 Taiji 10-11 Water Aerobics 3:30-5 Drawing Class <i>Ballrm./Janet Bogardus</i> 5:30-6:30 Nei Gung 6-7 Silver Dragon Wellness	8 7:30-9 Taiji 9-10 Meditation 1-2 Rollin' Root 6-10 Board Game Night <i>Fireside Rm./ Ed Collins</i> ECHO DEADLINE	9 7:30-9 Taiji 10-11 Water Aerobics 12 Mahjong  Oktoberfest Pub 5-7	10 11-12 Nei Gung 1-3 Resident Janet Bogardus Speaking <i>San Rafael/ Marin Museum of Contemp. Art</i>
11 7:30-9 Taiji 12-1 Group Strength Training 3-4 Silver Dragon Wellness	12 6 Trash 7:30-9 Taiji 10-11 Water Aerobics 2:30-3:30 Silver Dragon Wellness 5:30-6:30 Nei Gung	13 7:30-9 Taiji 9:30-1 Free flu & COVID-19 vaccines (preregister by Oct. 7) <i>Ballroom</i> 11-12 Chair Yoga 2-3 Craft & Chat	14 7:30-9 Taiji 10-11 Water Aerobics 3:30-5 Drawing 5 Mar Val Board Mtg. <i>Fireside Rm.</i> 5:30-6:30 Nei Gung	15 7:30-9 Taiji 9-10 Meditation 1-2 Rollin' Root 1 Flu and COVID-19 vaccines preregister deadline	16 7:30-9 Taiji 9:30-1 Free flu & COVID-19 vaccines <i>Ballroom</i> 10-11 Water Aerobics 12 Mahjong 5-7 Pub	17 11-12 Nei Gung  Drum Circle Ballroom 3:30-5
18 7:30-9 Taiji 12-1 Group Strength Training 3-4 Silver Dragon Wellness	19 6 Trash 7:30-9 Taiji 10-11 Water Aerobics 2:30-3:30 Silver Dragon Wellness 3-4 ESCOM & Zoom Use <i>Ballroom</i> 5:30-6:30 Nei Gung	20 7:30-9 Taiji 11-12 Chair Yoga 2-3 Craft & Chat 5 MVC Board Meeting <i>Zoom</i>	21 7:30-9 Taiji 10-11 Water Aerobics 2:30-3:30 Bridge <i>Private/ Fireside Rm.</i> 3:30-5 Drawing 5:30-6:30 Nei Gung 6-7 Silver Drag. Wellness	22 7:30-9 Taiji 9-10 Meditation 1-2 Rollin' Root	23 7:30-9 Taiji 9-4 Dump Run <i>Ed Collins</i> 10-11 Water Aerobics 12 Mahjong 5-7 Pub	24 11-12 Nei Gung
25 7:30-9 Taiji 12-1 Group Strength Training 3-4 Silver Dragon Wellness	26 6 Trash 7:30-9 Taiji 10-11 Water Aerobics 2:30-3:30 Silver Dragon Wellness 4-5 Longevity Corner <i>Fireside Rm.</i> 5:30-6:30 Nei Gung	27 7:30-9 Taiji 11-12 Chair Yoga 2-3 Craft & Chat	28 7:30-9 Taiji 10-11 Water Aerobics 3:30-5 Drawing 4 Book Club <i>Carol-Joy Harris</i> 5 Black Cat RSVP deadline 5:30-6:30 Nei Gung	29 7:30-9 Taiji 9-10 Meditation 1-2 Rollin' Root	30 7:30-9 Taiji 10-11 Water Aerobics 12 Mahjong 5-7 Pub	31 11-12 Nei Gung <i>Bamboo Rm.</i>  Mar Val Black Cat Fundraiser 5-7