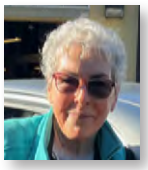
THE ECHO

December 2026















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Management Update

Yearly Management Report to the City of Novato

- **Trees:** 500-plus trees pruned and cleaned, with canopies raised to remove ladder fuels. Some trees were also removed. Work is ongoing.
- **Fire Mitigation:** Defensible space established along the Park perimeter at 30, 50, and 100 feet, as well as in all interior common areas between homes on steep hillsides. All dry material was cut and removed.
- **Retaining Walls:** Four major retaining walls replaced due to rotting wood and hillside pressure. Two smaller walls also replaced.
- **Driveways:** One concrete driveway replaced and one asphalt overlay completed. Most of the remaining driveways needing maintenance are concrete.
- **General Repairs:** Several perimeter fences replaced or repaired. Concrete areas with trip hazards ground down or replaced. Termite and pest infestations addressed. Patios with uneven or broken concrete removed, replaced, or repaired. Beautification of common-area gardens. Shampooed all clubhouse carpeting and furniture. Maintenance of all gym equipment, pool equipment, and shower facilities.
- **Gas System:** Above-ground leak-test survey completed.
- **Concrete Perimeter V-Ditch:** Cleaning and repairs completed on half of the Park perimeter. One end of the main lower drainage ditch cleaned, removing 20 years of blackberry sediment.

Maintenance Work — Summer Operations

- All budget line items are at or below budget.
- Major preparations are underway for Super El Niño.
- V-ditch surrounding Park cleaned — in progress; one-half completed.
- One 60-foot French drain replaced to remove standing water.
- A severe termite infestation treated and reinspected.
- New picnic and rest area completed on the Fallen Leaf Way walking path.
- Chain-link fence repairs completed on MVD and Wild Oak Drive.
- Main concrete catch basins being cleaned/hydro-washed for winter storms.
- Final Park defensible-space cutback complete.
- MVMCC quarterly sewer cleaning in progress.
- Park palm tree pruning complete — 34 trees.
- 80 lineal feet of concrete V-ditch replaced.
- Some concerns remain regarding drainage and dry rot associated with the clubhouse roof replacement work.
- Main second-story deck: Dry rot and leaking windows. Construction management required.



Matt Greenberg
General Manager
gm.mvmcc@gmail.com
415-883-1971 Fax 415-883-5911

Directory Update

New

Genie Moews
191 Marin Valley Drive
415-847-5842
moews@sbcglobal.com

Echo Deadline to Submit Articles

Email articles by the 8th of the month for the next month's issue with the subject "Echo" to Anila Manning at anilahere99@gmail.com.

THE ECHO 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, Carol-Joy Harris 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

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, Jill Boland 415-827-3381, Michale Dancer 415-519-3395, Charlotte Kells 617-306-0265, 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, Kursti McEntire, Ahna McKenna, Deb McNeil, Sue Meyer, Steve &Tara Plocher, Michael Thiercof, Brad Witherspoon
MVEST	Bill Davis, *Chair;* Pauline Clucas, Lu Damerell, John Feld, David Gray, John Hansen, Pam Hyer, Peter Sillari, Erma Wheatley
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TECH TEAM	David Gray, *Chair;* Steve Brandon, Ron Citroen, John Feld, John Hansen, Julie Manson, Timo Navsky, Erma Wheatley
VOLUNTEER COORDINATOR	Jae Tillinghast 415-603-7772
WEBSITE	Erma Wheatley, *Chair;* Anila Manning, David Tetta

MVC (MARIN VALLEY COOPERATIVE)

PRESIDENT	John Hansen 415-847-7155
VICE PRESIDENT	Trish Brady 415-269-7555
VICE PRESIDENT	Alan Gump 415-302-5508
SECRETARY	Carol-Joy Harris 415-883-2824
TREASURER	Stephen Plocher 415-302-9043
STANDING COMMITTEES: ACQUISITION	Serena Fisher, *Chair;* Brad Witherspoon, Alan Gump, John Hansen, Steve Plocher

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

Resident Self-Ownership vs. Eden Housing Partnership

At the most recent Marin Valley Cooperative (MVC) meeting, residents were informed of a potential partnership between MVC and Eden Housing, a nonprofit organization, to encourage the City of Novato to transfer MVMCC's title to Eden Housing after the loan is paid off in December 2027. After the presentation, residents voted by a show of hands on whether MVC should continue exploring a partnership with Eden Housing to acquire the Park. The vote was unanimous: 101–0. However, since that meeting, several residents have raised concerns about the Park's title being transferred to an outside nonprofit rather than to one formed and potentially controlled by residents.

References to transferring the Park to a nonprofit organization upon satisfaction of the acquisition financing obligations appear numerous times throughout the original Park acquisition documents. In my PAC Letter to Residents in the October 2026 *Echo*, I cited the 1996 City Council Resolution NO. 126-96, which states: "WHEREAS, the Financing Authority anticipates 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."

Private vs. Public Benefit

During an October 26, 2004 Novato Financing Authority (NFA) meeting with residents, the subject of transferring the Park to a nonprofit controlled by residents was discussed in great detail. At that time, there was concern as to whether the IRS would approve a nonprofit formed solely to own "one parcel of land," in which the board members would also "be benefiting from the organization," a situation viewed as "self-aggrandizement." Residents were advised to speak to an attorney specializing in nonprofits. Although IRS rules and guidelines for nonprofit corporations formed by mobile home park residents have changed since that October 2004 meeting, the issues regarding self-aggrandizement and private vs. public benefit remain problematic.

After the City rejected our proposal to purchase the Park and terminated the Exclusive Negotiating Agreement (ENA) in December 2025, PAC decided to refocus its efforts on persuading the City to honor its original intention to transfer the Park to a 501(c)(3) nonprofit organization. John Hansen and I met separately with four City Council members to discuss PAC's efforts to have the Park's title transferred to a nonprofit not controlled by residents. They all seemed willing to at least consider the matter. The fact that the nonprofit would not be controlled by residents helped mitigate one of the City's ongoing concerns: that residents would be the recipients of a gift of public funds, even though residents' rents have been the sole source of Park funding. Several public officials, including former City Manager Adam McGill and Councilmember Pat Eklund, have stated unequivocally that "NO city general funds were used to acquire MVMCC" or to pay for the Park's ongoing operations.

Eden Housing

PAC had been working with our attorney, Karen Tiedemann, to establish a new nonprofit mutual-benefit cooperative to take title once the loan is paid off. We were also actively seeking nonresident board members when a prospective candidate first suggested partnering with Eden Housing. After two introductory meetings between members of the Eden Housing Board of Directors' Executive Team and the MVC Acquisition Committee, it became quite clear that partnering with Eden Housing offers our best chance of persuading the current City Council to transfer the Park's title to a 501(c)(3) nonprofit. Eden Housing provides the institutional scale; proven experience in sustainable, affordable housing and finance; and the strong relationships with the City of Novato and other regional agencies needed to support our effort.

City's Goal

Section 5.01, "Sale or Transfer of the Project," of the 1997 In-Lieu-of-Tax Agreement states that the City's written consent to the sale or transfer of the Park "shall not be unreasonably withheld and shall be given" if the receiving entity agrees to comply with the provisions contained in the agreement. While some provisions involve compliance with various financing documents — including the mortgage, loan, and insurance agreements — other provisions concern compliance with land covenants — such as land use and rent control. Simply speaking, the City's goal is to maintain the Park as an affordable housing option for current and future residents.

In the City's December 11, 2025, public notice terminating the ENA, City Manager Amy Cunningham stated: "After careful analysis, the City Council believes continued City ownership is the best way to protect residents and ensure rents remain affordable for years to come." However, as I noted in my PAC letter in November's *Echo*, continued City ownership would produce the opposite result. Partnering with Eden Housing further weakens the City Council's argument.

Addressing City Concerns

In order to persuade the City to transfer the Park to a nonprofit, we must present the strongest option available to address its concerns. PAC believes partnering with Eden Housing puts us in the best position to achieve that goal. Even if PAC established its own 501(c)(3), the City would very likely require an experienced outside organization to exercise some level of control over the Park before considering a transfer.

For our part, PAC/MVC aims to craft an agreement with Eden Housing, with the aid of legal counsel, that builds a collaborative and mutually beneficial relationship once the title is transferred. Under the agreement, MVC would continue working with Helsing to manage the Park's day-to-day operations. This collaborative governance model would preserve residents' meaningful role in Park operations while also benefiting from Eden Housing's expertise in affordable housing management, compliance, finance, and long-term stewardship.

MVC and its various committees will be working diligently over the next few months to put together the specifics of this potential partnership with Eden Housing. We look forward to sharing this information and hearing your feedback as the details develop. And remember, residents will be required to vote on any agreements proposed by PAC and Eden Housing. Stay tuned.



Brad Witherspoon
PAC President
spoonsf@yahoo.com
415-218-9583

MVC-PAC BOARDS RESPONSIBILITIES

MVC BOARD		PAC BOARD
NOT SUBJECT TO BROWN ACT		SUBJECT TO BROWN ACT
Create nonprofit structure to receive Park title from the City	OBJECTIVE	Facilitate Park's title transfer from the City
Update residents on efforts to transfer Park from the City	MEETINGS	Update residents on current Park operations per the Delegation Agreement
Acquisition Finance Communications	COMMITTEES/ BOARDS*	Management Communications Finance MVEST/Firewise HOL PAC Board Emeritus PAC Restructuring *Mar Val

MVEST Stay-Bag and Pet Go-Bag

by **JOHN FELD**

While an evacuation go-bag is designed for quick departures during fires or other immediate hazards, a stay-bag (or shelter-in-place bag) allows you to remain safely in your home during extended emergencies. In situations such as major winter storms, prolonged atmospheric rivers, localized flooding, earthquakes, power-grid failures, or air-quality emergencies caused by wildfire smoke, sheltering in place is often the safest choice.

A well-prepared stay-bag contains essential supplies in one central, easily accessible spot — such as a hallway closet or pantry — so you don't have to search through dark cabinets, your shed, or cold rooms when services are interrupted.

Water

It's possible, although not very likely, for municipal water supplies to fail. FEMA and other emergency-preparedness agencies recommend storing at least one gallon per person per day for three to seven days, for drinking, basic hygiene, and food preparation.

Store water in commercially sealed bottles or food-grade storage containers, away from direct sunlight and heat. Rotate this supply every six months.

Your water heater may also provide an emergency source of water, as most water heaters hold many gallons even after the municipal supply is interrupted. However, you'll need to shut off the heater's power or gas before accessing the water. Only use it if you know the water has not been contaminated. There is usually a draining faucet at the bottom of the tank where you can access water in an emergency.

Food

It's recommended that we maintain at least a seven-day supply of emergency food. Choose shelf-stable, easy-to-prepare meals that require little or no water or cooking. These include energy bars and cans of high-protein foods, such as tuna, chicken, beans, and soup, as well as ready-to-eat packaged meals that don't require refrigeration. Remember, in many emergencies, a power outage may be the reason you need these supplies.



Military-style MREs (meals ready-to-eat) offer another option, although they are generally not considered very palatable.

Peanut butter, nuts, and dried fruit are also good emergency supplies. Be sure to rotate these items, as their shelf life is generally limited.

Power and Medical Supplies

If you rely on electricity to power a CPAP machine or oxygen device, you will need a portable power station or external battery pack. Keep it fully charged and ready for use. These devices are also useful for charging phones and other essential electronics.

Beyond standard bandages, ensure your kit includes antiseptic wipes, burn ointment, lubricating eye drops, joint supports/wraps, and pain relievers. Make sure you have any essential medical accessories and a two-week supply of prescription medications, rotating these with your daily intake to keep them current.



Also keep a supply of N95 face masks for smoky days.

Other Essentials

Other useful supplies include spare batteries (don't forget your hearing aids), toilet paper, trash bags with twist ties, wet wipes, and toothpaste.



Avoid using candles as a primary light source. Instead, get a battery-powered lantern, preferably with an LED bulb.

Along with a few flashlights, consider keeping a raincoat or poncho and sturdy shoes readily available.

A hand-crank NOAA Emergency Weather Radio will allow you to keep up with municipal alerts, storm tracking, and official community instructions.



Choose an accessible, dry, cool indoor location for this "stash." It does not all need to be stored in one place, but it should be easily accessible.

Regularly check expiration dates on supplies, swapping out old items with fresh ones.

Pet Go-Bag



When an emergency requires a quick evacuation, your pets have many of the same needs you do. Preparing a dedicated pet go-bag ensures you can move quickly without leaving behind essential food, medication, or comfort items.

It's important to realize that your pets are sensitive to their surroundings and may be just as freaked out by an emergency as you are — if not more so.

All pets should be microchipped in case they become lost. Get your pet "chipped" through an organization such as Marin Humane (cats $15, dogs $25). A microchip greatly increases the chances of being reunited with your pet if they get lost.

A pet carrier is another essential. Get your pet accustomed to it well before an emergency by feeding them treats inside and making it a comfortable, familiar place. Make sure your phone number and your pet's name are clearly attached to the outside. Some emergency shelters require pets to remain in carriers, so it's important that they regard it as a place of comfort.

Your pet will need a three- to seven-day supply of food. Your kit should include canned food (with pull-tab lids or a manual can opener) and/or dry kibble stored in a waterproof container. Fold-flat silicone bowls save space and weight if you need to leave home. Remember to account for your pet's water needs in your household water supply.

Keep a two-week supply of any medications your pet requires, rotating them regularly to ensure they remain fresh and usable.

Keep a waterproof pouch containing your pet's photograph, vaccination records, microchip info, medical history, your phone number, and veterinarian's contact details.

Have a spare leash and harness in your pet go-bag.

Remember that your pet will also need waste-pickup bags for dogs or a travel litter box, a small bag of litter, and a scoop for cats. Paper towels and disinfectant wipes are useful for quick cleanups.

Keep a supply of your pet's favorite toys, along with an unwashed T-shirt carrying your scent. Familiar smells and toys can help reduce stress in unfamiliar surroundings and evacuation shelters.

And, of course, store your pet go-bag right next to your household emergency kit. Review food and medication expiration dates every six months to make sure everything is ready when you need it. ▪

Sign up NOW for



at *alertmarin.org*

Why?

Receive location-specific emergency alerts by text, phone, email, or all three.

AlertMarin is the official emergency notification system used by public safety agencies throughout Marin County to issue real-time alerts during disasters and life-threatening events, including **evacuation orders, shelter-in-place warnings, and other life-saving instructions.**

Messages are targeted to specific addresses. You'll only receive alerts that directly impact you and your family, loved ones, workplace, or other locations you choose.

Why Now?

Clear signs show that extreme weather conditions are heading our way. We need to know when, where, and how to respond immediately to emergencies such as:

Evacuations due to landslides or other earth movement, flooding, sewer system failures, overtopping levees ...

Hopefully, none of the above. But one of the most critical steps you can take to protect yourself and your loved ones is to stay informed.

Registering for AlertMarin

You need at least one address within Marin County for localized alerts and notifications. If you have previously signed up, note that several useful options have been added recently.

Optional Areas and Groups

You can add up to five addresses for location-based alerts, such as home, workplaces, schools, and family members' homes located within Marin.

Groups for county-wide alerts include:

- Coastal flooding and king tides
- Riverine and creek flooding
- Significant traffic disruption
- Weather alerts

Preparing

Prepare now for potential flooding, landslides, strong winds and power outages. Once the rains and king tides begin, updated local information will also be posted in the clubhouse lobby.

Sandbags

As many Park residents are older seniors, MVEST is requesting the City to supply prefilled sandbags. If we do not receive them, as of now, the City is providing sandbags for the Novato community with three sandbag-filling stations available to Novato residents.

- City of Novato Corporation Yard: 550 Davidson Street
- Dogbone Meadow Parking Lot: 3015 Novato Blvd.
- Hamilton Theater Parking Lot: 507 S. Palm Drive

You must supply your own labor, shovels, and support. Limit 10 per household. If you are physically unable to fill the bags, contact Public Works at 415-899-8280 during business hours to schedule a time to pick up prefilled bags (550 Davidson Street). ▪

Why Sign Up for Nixle, Too?

by **JOHN FELD**

When preparing for emergencies or navigating severe weather, having accurate, timely information is essential.

While AlertMarin is Marin County's primary notification system for urgent, life-safety directives — such as mandatory evacuations and immediate shelter-in-place warnings — Nixle serves as an essential companion tool, providing day-to-day information about traffic advisories and neighborhood safety updates.

What Is Nixle?

Nixle provides public safety information from local police departments, fire districts, and emergency service agencies throughout the area. It delivers verified, real-time alerts directly from these agencies via text message or email, so you don't have to rely on social media and rumors.

What You Get from Nixle

- **Real-Time Traffic & Road Conditions:** Nixle is often one of the fastest ways to learn about localized road disruptions. Whether it's a downed tree blocking a major thoroughfare, a water main break, a localized power outage, or an accident causing significant delays, Nixle helps keep you informed so you can adjust your travel plans accordingly.
- **Early Smoke & Fire Alerts:** Local fire districts use Nixle to keep residents informed about localized smoke sightings, active fire responses, and prescribed burns. These timely updates provide information you can rely on and give you time to prepare, such as closing windows and monitoring nearby fires during fire season.
- **Public Safety Advisories:** Local police departments use Nixle to share information about active police operations, utility repairs, severe weather conditions, missing persons, and other community safety concerns.
- **Disaster Recovery & Community Information:** Following major storms, atmospheric rivers, or power outages, local agencies use Nixle to share critical information about available resources, including warming centers, Red Cross relief locations, and charging stations, as well as estimated utility restoration times.

AlertMarin vs. Nixle

It is helpful to understand how these two notification systems work together:

	AlertMarin	**Nixle**
Purpose	Urgent, life-safety directives	Emergency, public safety, and informational advisories and local updates
Triggers	Earthquakes, fires, evacuations, shelter-in-place warnings, and flash floods	Road closures, localized fires, police activity, and weather advisories
Target Area	Location-specific alerts based on your address or community	Area-wide alerts organized by city or ZIP code
Delivery Method	Phone calls, text messages, and/or email	Text messages and email

Registering for Nixle

Signing up takes less than a minute and is free:

Option 1: Text Message

Text your ZIP code (for example, 94949 for Novato) to 888-777. You will begin receiving text advisories for that area.

Option 2: Online Registration

Visit ***local.nixle.com/register*** to create a personal profile. Registration allows you to choose whether to receive alerts by email or text message and add multiple ZIP codes — ideal for keeping track of areas where family members live or other locations of interest. If you are receiving too many alerts, you can adjust your preferences at any time.

Using AlertMarin for critical safety warnings and Nixle for routine local advisories provides an additional layer of awareness, helping you stay informed and better prepared.

Other Websites

Visit ***ReadyMarin.org/ElNiño*** for preparedness information, practical steps, and other emergency websites. ▪

Home Owners League Message

Greetings,

I hope everyone enjoyed a wonderful, belly-filling Thanksgiving surrounded by warmth, laughter, and good company! As sweater weather settles in, here's your gentle, cozy reminder to pop fresh filters into your heaters so we can all stay nice and snug this winter. (Can't manage this yourself? Call Ray Schneider, who runs Just-One-Hour, for assistance.)

Volunteer of the Year
We are thrilled to announce that **Jill Boland** has been selected as our HOL Volunteer of the Year! Thanks to Jill's tireless energy and organizational skills, our Park Market continues to flourish. She makes sure the fresh, bountiful produce and grocery items donated by local favorites — Costco, Nugget, Sprouts, Harvest Market, Lucky's, Safeway, and the Farmers Market — via Extra Food arrive regularly in the breezeway four days a week. A huge round of applause to Jill and her wonderful team of dedicated volunteers, who bring so much care to our community every single week! (See next page.)

A Very Special Holiday Craft Fair
Mark your calendars for a super-joyful Holiday Craft Fair on Saturday, December 5! On top of the beautiful handmade treasures crafted by our talented residents, we have an extra treat this year: the junior league baseball team that **Janie** and **Mark**'s grandchildren play on will be joining us with a table of delicious homemade cookies! With the players, their families, and friends bringing their cheerful energy, it's going to be an especially lively and festive day.

A Baby Grand Piano
We have some wonderful musical news to celebrate! In memory of her late partner and pianist, **Marilyn McKenna**, **Janet Bogardus** is generously donating her magnificent baby grand piano. It will find a permanent home in the ballroom, perfectly complementing the upright piano in the Fireside Room. We can already picture recitals, concerts, and live music accompanying Mar Val Pub Nights and dinners!

Legacy & Will-Writing Workshop
A resident recently reached out with an inspiring idea: bringing a specialist to the Park to teach us about estate planning and writing wills. Perhaps the presenter could also explain how to set up charitable annuities or how to leave gifts that support the community for generations to come. If you know a legal or financial professional who would be great at presenting an engaging talk on these topics, please send them my way!

Dump Run & Recycling
Thank you, **David Baker, Ed Collins, Steve Plocher, Charles Watson,** and **Brad Witherspoon** for a great Dump Run, well done and so appreciated. (See p. 16.) Our next big neighborhood trash pickup will take place in late February or early March. In the meantime, you can drop off electronics at the ewasteCollective (42 Digital Drive in Bel Marin Keys) and household hazardous waste and paint at the Novato Household Hazardous Waste Facility (7576 Redwood Blvd.).

Rosen Movement
HOL welcomes the Rosen Movement introduction on Wednesday, December 9. (See p. 11.)

No December HOL Meeting
Per our holiday tradition, there will be no HOL meeting in December. Please know that we're still active and around the Park if you need anything in the meantime. Stay warm, stay dry, and keep spreading the kindness!



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

HOL COMMUNITY PRESENTATIONS

First Friday All-Instrumental Music Jam

by **JEANNE SKYBROOK**



Friday, December 4
Fireside Room
7 pm

Come to Pub and then join us in the Fireside Room. It's December, so let's play and sing Christmas music. Everyone is welcome — all instruments, voices, and listeners. ▪

Christmas Singalong

by **CAROL-JOY HARRIS**



Sunday, December 13
Fireside Room
6 pm

Enjoy singing Christmas carols together by joining **Carol-Joy Harris, Maggie Siegfried,** and friends singing and playing music in the Fireside Room. It doesn't matter if you think you can't carry a tune — we will help you blend right in. We'll have all the words. Bring your musical instruments! ▪

Jill Boland HOL Volunteer of the Year

Marin Valley's Park Market Manager, "Jill of All Trades"

by **MEG JORDAN**

Here's a closer look at our Volunteer of the Year, whom you may recognize as the woman who green-lights the giveaway of free food five times a week. While Jill has worn many hats and traveled many life paths, the through line has always been her passion for nurturing lives. She has put that passion to good use as an exceptional Park Market manager.

Jill came on board and brought love and operational efficiency to the forefront. She is continuously improving the entire process. We have a lot of fun keeping things rolling along, but believe me, Jill keeps her eagle eyes on each volunteer's work habits and redirects idleness like a top chef overseeing their line cooks.

Last year, Jill wrote a grant for a new, top-grade refrigerator. Think of a scaled-down version of José Andrés of World Central Kitchen entering war zones. OK, maybe not quite that grand … but Jill exhibits the same tireless passion for quality and service.

There was a time at Park Market when we spent a significant number of hours composting and disposing of truckloads of food that residents couldn't consume. Think of the times you've seen scores of bags of potatoes, hundreds of boxes of mac and cheese, or dozens of cartons of milk left to go sour. Instead of dumping this extra-extra food in the bins, we now send it to areas of tremendous need beyond our Park.

In 2025, Jill responded to a call from ExtraFood and Marin Rapid Response. *We are now part of a great Marin effort that is helping countless people*



— folks you'll never meet, but they are extremely grateful for the generosity, Jill explained in a recent *Echo.* These are families torn apart by sudden deportations, sometimes leaving behind loved ones with disabilities, or families struggling with inadequate wages to support their children's needs.

Jill has streamlined the home-delivery service within the Park, limiting it to those who are truly housebound or unable to come to the market. Susan Hoff and Gunnel Bergstrom deliver the food every Sunday. Serving hundreds of residents, many with special needs, is an awesome responsibility.

Jill continues to apply every lesson from this experience to improve the operation and provide as much as possible. As she says, *There is need, and there is love.*

When she gathers her volunteers for the final circle before opening the line to residents, Jill delivers heaps of gratitude and admiration for their work. Nothing is more rewarding than face-to-face acknowledgment, and Jill is a master at megatributes. She constantly credits the entire family of volunteers for the success of Park Market.

Being an Air Force kid meant her family was constantly on the move, from Newfoundland to Greenland to Austin and Arlington, Texas. Then, as a young six-year-old, her parents divorced and more shuffling about followed — changing schools and residences back and forth from Southern California to New Mexico for decades. That nonstop volatility can either make a young person want to dig in and resist or build resilience and adaptability. In Jill's case, she chose a creative, ever-flexible response to life.

While living in New Mexico, she and her husband at the time built a cool dwelling out of a 1920 Atchison, Topeka, and Santa Fe caboose. They placed it in the middle of an alfalfa field, perhaps a harbinger of fields to come, since Jill now looks out at alfalfa fields from her home at the end of Club View Drive. During the caboose years, she added an adobe stable, bred horses, and raised chickens, ducks, geese, and several beloved family dogs. Then they moved to five acres in an apple orchard and built an adobe home right in the middle. Jill knows apples. Ask her anything.

By 1980, Jill was a single mom with two very young sons, so she moved to Marin to be near family. Upon completing the program at Le Cordon Rouge in Sausalito, she cooked professionally for a while. Next came College of Marin, where

Continued on p. 12



Janie's LONGEVITY CORNER

SCIENCE. STRENGTH. INDEPENDENCE. For Life.

Practical Advice • Proven Science • Better Living After 65

Part 5 • The Secret Is Showing Up

by **JANIE KLIMES**, RN, BA Biology, BSN

A Stronger New Year Starts Before January

Last month, I wrote, "Before you can GET more energy, you have to GIVE more energy." Now that you're willing to give the energy, how do you make sure you keep giving it — and reap the benefits of having more energy in your everyday life than you ever imagined?

With a new year approaching, let's think about making a commitment — not another resolution that disappears by February. Make your plan NOW. A realistic plan answers four questions: What activity will I do? When will I do it? Who will help me show up? What will keep me going?

Aerobic fitness is achievable at any age if you're willing to put in the effort. Your heart, lungs, blood vessels, and muscles WILL SURPRISINGLY STILL RESPOND BEAUTIFULLY to regular training. You don't have to be an athlete, but you DO have to get started.

The Secret Is Showing Up

We often think motivation comes first and exercise follows, but I think it's just the opposite. We start exercising, experience the benefits, reach our newly set goals — and that gives us the motivation to continue.

Ways to make your commitment stick:

- Keep your goal in sight. Write it on a big sign and put it on your refrigerator.
- Make a priority appointment with yourself. Put exercise on your calendar.
- Find an accountability partner or two.
- Keep a record so you can see your progress.
- Find a distraction if it's boring.
- Have a backup plan.

You don't have to feel motivated every time. YOU JUST HAVE TO KEEP SHOWING UP.

What Surprised Me

In my exercise groups, I've seen what consistency can accomplish. In just three months, one participant went from 30 seconds to 12½ minutes on the elliptical. She can now walk from the clubhouse to Meadow View and beyond without stopping to catch her breath.

Another previously deconditioned participant started at four minutes on the elliptical and thought she was probably going to die! She's now up to 10 minutes, with a goal of reaching 20 minutes by Christmas. Real people (YOU KNOW THEM), real progress — one session at a time.

Janie's Take

I've come to believe that the most important part of an exercise program isn't the equipment, the intensity, or even the number of minutes. It's the commitment to keep showing up. Do whatever you need to do to keep coming back. MAKE THE FACT THAT YOU DID IT AGAIN BE THE REWARD.

December Monthly Challenge

Before January arrives, choose your activity, reserve specific days and times on your calendar, and find an accountability partner. Remember why you want to improve your fitness, and make a commitment you can keep.

Make the appointment. Show up. CELEBRATE. Then do it again. ▪

JOIN JANIE'S LONGEVITY CLASSES!

SIX WEEKS TO A STRONGER, HEALTHIER YOU!

Want to improve your strength, balance, stamina, and confidence in the gym? Join my FREE six-week Longevity Program!

THE THREE MEDICINES OF LONGEVITY

Aerobic Fitness • Strength • Balance/Stability

Learn how to use our gym equipment, strengthen your muscles, improve grip strength and balance, and safely begin an aerobic exercise routine. We can also discuss your health risk factors and help you better understand recent bloodwork or other health questions.

HOW THE SIX WEEKS WORK

The first two classes begin with an educational session in the clubhouse, followed by hands-on instruction in the gym. I'll be right there with you!

Then you and your assigned accountability partner(s) will choose a regular time to exercise together. During the remaining four weeks, I'll meet with you once a week to guide your progress, answer questions, and help build your confidence.

HOW TO SIGN UP

Pick up a Participant Profile Form from the gym bulletin board or the box on my front porch at 124 Sunrise Lane. Complete the form and return it to my front porch box. I'll match you with accountability partner(s), contact you, and arrange your starting date.

• FREE CLASSES • DONATIONS WELCOME

Two nonnegotiable requirements: a six-week commitment and accountability partner(s).

Your stronger, healthier future starts with showing up! ▪

Janie, RN, BA Biology, BSN

Discover the Joy of Moving with Ease: Come to an Introductory Rosen Movement Class

Rosen Method Movement is a gentle, music-accompanied practice designed to enliven your body, release tension, and foster community connection.



Moving with Ease

An Introduction to Rosen Movement

Wednesday, December 9 • 4–5:15 pm • Bamboo Room

by **MADELINE MARTIN**

This gentle somatic practice invites participants of all abilities to move with ease. Developed by physical therapist Marion Rosen, this approach grew out of a desire to help people prevent injury and maintain flexibility. Rather than pushing the body to its limits, Rosen Movement focuses on moving joints according to their design, awakening vitality, and cultivating greater body awareness.

Key Benefits of the Practice

- **Joint Mobility & Range of Motion:** Gentle, low-impact movements lubricate the joints and help maintain healthy function throughout the body.
- **Releasing Muscle Tension:** By slowing down, you learn to notice habitual holding patterns and allow long-held physical tightness to unwind naturally.
- **Embodied Awareness:** Often described as a "work-in" rather than a workout, classes cultivate a kind, compassionate tuning in to your inner sensations.
- **Vitality & Joy:** Set to uplifting music, the simple sequences spark lightheartedness, playfulness, and a renewed sense of aliveness.
- **Community Connection:** Moving together in a warm, welcoming space builds a sense of connection, to leave you feeling nourished and refreshed.

Who Can Participate?

The short answer is everyone! Rosen Method Movement is inclusive, noncompetitive, and adaptable to most physical conditions. Whether you are an active individual looking for a mindful complement to your fitness routine, someone recovering from stiffness or injury, or simply seeking a gentle way to stay mobile, you are welcome to come as you are. Exercises can be modified to suit your comfort and pace, ensuring a safe and supportive environment for all experience levels.

What to Expect in Class

Classes are held in a supportive group format. Participants start by moving together in a circle, occasionally holding hands or working with a partner. Each session flows through five distinct sections designed to gently activate the whole body:

1. Warmup: Gentle movements to lubricate the joints and prepare the body.

2. Stretch: Unforced elongation of major muscle groups to restore flexibility.

3. Circle: Bigger, expansive movements that create rhythm and group cohesion.

4. Across the Floor: Fun, expressive steps that engage balance and whole-body coordination.

5. On the Floor: Floorwork focusing on mobilizing the spine, releasing deep tension, and resting into complete relaxation.

The first 15 minutes will include a brief overview of Rosen Movement with the opportunity to ask questions. The hour-long class will follow. **Please bring a yoga mat** if you have one. (The Bamboo Room also has some available.)

Join Us!

I have been practicing Rosen Movement for 30 years and teaching it for 15. I would love to share the joy of this method with you. If you would like to experience greater ease, relaxation, and aliveness in your body, come join this introductory class. For more information or questions, please text or call Madeline Martin at 415-269-5825. I look forward to meeting you and moving together! ▪

Discovering the Marin Valley Nature Library: *Anne Lakota's Picks*

by **RO RIGNEY**



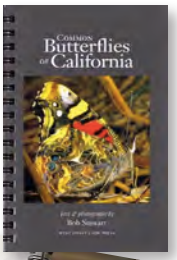
Our Nature Library continues to grow! We now have dedicated sections for gardening and birds, with all the field guides still together on the top shelf.

Whether you enjoy cacti, moss gardening, California quail, or simply discovering new things, you'll find plenty to explore on our shelves.

Following John Feld's featured book selections in the November *Echo*, we're continuing the series by featuring Anne Lakota's Picks. Anne has a special love of butterflies, which is reflected in two of her selections. When not outside scouting for elusive butterflies, Anne can be found serving food in the breezeway or in her kitchen, whipping up a favorite recipe from her extensive cookbook collection!

Stop by and explore Anne's picks. You might discover your next favorite book!

Anne Lakota's Picks

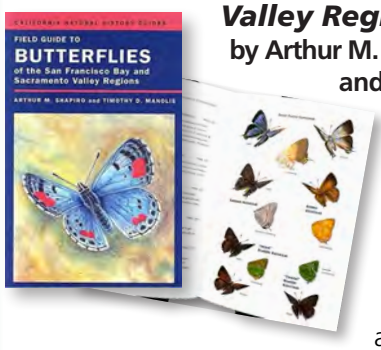


Common Butterflies of California
by Bob Stewart



Love this book! The picture of each butterfly is 9"x 6". You can really see the details of their markings and colors. It's written for beginners who use binoculars to observe butterflies, rather than for scientists who collect specimens. The pictures show butterflies in their natural habitats. There is information on their life cycles, size, host plants, and range. This book could also be a great source of color inspiration for artists and craftspeople.

Field Guide to Butterflies of the San Francisco Bay and Sacramento Valley Regions
by Arthur M. Shapiro and Timothy D. Manolis



This book has small color illustrations of some of the butterflies, including both sides of the wings and both males and females of each species. The scientific information on each butterfly is engagingly written and includes lots of fun facts. It's obvious that these authors love their topic.

Western Birds' Nests
by Hal H. Harrison



This is a field guide to 520 species found breeding in the US west of the Mississippi River. The author is considered the premier nest photographer. Birds build their nests in an amazing range of places. There are ten types of egg markings, nine shapes, and numerous textures. Information includes habitat, the typical number of eggs in a clutch for each species, and sometimes, bird-nesting behavior. Photos are presented in both black-and-white and color, and some include the parent birds or their young. ▪

Jill Boland *Continued from p. 9*

she graduated as a licensed dental assistant and worked for a periodontist. But she missed the open vistas of New Mexico, moved back, and became a real estate broker for the next 23 years while acting as general contractor and designer of a new Southwest-style home outside Albuquerque.

Jill explains, *At that point, it was time to help my Marin family in the caretaking of my mother. So 15 years ago, I once again moved back to California*.

With all the multiplicity of roles and residences, what stands out for Jill? *Loving my two grown sons, watching three lovely grandchildren grow up, taking many foreign trips with my mom, and spending time with my Marin family and finding a practically full-time job managing Park Marke*t.

But Park Market, and Jill's highly recognized service with the ExtraFood organization, has taken on a new fervor. Jill explains: *For the last two years, I've had the privilege of joining a small group of volunteers who have helped families impacted by ICE. I can't tell you how passionate the Park Market volunteers feel as I do for these families. Helping them in the small ways we can is tremendous and moving*.

Jill is also grateful to all the Marin Valley residents who have been so supportive of our CA-CRV recycling program. *It is amazing what we have accomplished in a short period of time. Thank you for adding such rich colors to my life*.

Speaking of rich colors, the colorful breezeway tables and cabinets were Jill's doing. Having studied art history and photography, she parlayed that creative urge into making hundreds of beautiful serving trays. You can see some of them in our art gallery or find them as affordable gifts at Made Local Marketplace, an artisan shop on Grant Street in downtown Novato.

Thank you, Jill, for bringing your vibrant, colorful creativity and passion for nurturing lives to our community! ▪

Message from Mar Val

Dear Friends,

By the time you read this, we will be well into the holiday season. We will have just celebrated Thanksgiving with many of you and will now be looking forward to our annual Holiday Party and New Year's Eve celebrations.

Please sign up early for the Holiday Party, as it always sells out quickly. We will be entertained by the Lee Waterman Trio, underwritten once again by **Larry Moore**. **Chef Susan** will be serving pork loin or fettuccine Alfredo. We are also pleased to offer guests a complimentary drink, courtesy of HOL and Mar Val. Please remember that the free drink ticket is valid only at the Holiday Party and cannot be used at any other time.

Come ring in the New Year with our own Park DJs! Join us in a champagne toast on New York time while enjoying *Auld Lang Syne* on the pipes by Tom Weeden and Jan Richey.

We hope you attended Black Cat. So many of you really got into the Halloween spirit with fabulous, over-the-top costumes, not to mention **Cherrie Dougherty's** delicious Bakery Bootique and **Chef Larry's** Poodles 'n' Noodles and Guess This Mess from the Road Kill Café. Many thanks to all who attended, baked, dressed up, purchased bakery goodies, and helped make it such a wonderful Halloween celebration. Once again, Black Cat profits have handsomely taken care of our annual liquor license fee. Now is the time to start thinking about your outrageous costume for Black Cat 2027!

Mar Val has much for which we are truly thankful, including our incredible **board** and **committee chairpersons**, **Park Management,** and the many **volunteers** who make our events the wonderful parties that they are.

There are also many volunteers who work behind the scenes and, sadly, don't receive proper recognition for the vast number of tasks they perform, including our:

- **Treasurer,** who pays all our bills and taxes, prepares the cash boxes for raffles and drink tickets, makes weekly deposits, and replenishes the cash boxes.
- **Bartenders,** who arrive early to set up and stay late to clean up.
- **Kitchen helpers** and **chef,** who support both Pub events and dinners.
- **Volunteer coordinator** and **decorators**.
- **Table setup** and **teardown crew**.
- **Secretary,** who takes minutes and keeps records.
- **Reservationist,** who handles the incredible number of reservations for every event.
- **Drink** and **raffle ticket sellers**.
- **Board members,** many of whom have served Mar Val for years and bring their wisdom and experience to the organization.
- And the many wonderful **residents** who jump right in and help with cleanup, gathering linens and dirty dishes, knocking down tables, and stacking chairs.

You are all magnificent, and you are a key part of making Mar Val the organization it is today. (This is a reprint of the sentiment from a previous *Echo*. Every word remains true.)

Mar Val looks forward to welcoming you to our holiday events.

Sincerely,



Carolyn K. Corry

Carolyn Corry
Mar Val President
ckcorry@comcast.net
415-370-6403





MarVal Holiday Party

Saturday, December 12

5 pm Cocktails 6 pm Dinner

Featuring the Lee Waterman Trio!

MENU

Pork Loin with Cranberry Apple Compote or **Fettuccine Alfredo**

Vegetables & Salad • Roasted Potatoes • Cheesecake

Reservations: $17 per meal • Limit: 2 persons per residence
Reservation deadline: Wednesday, December 9, 5 pm

(Or earlier, if 120 reservations are received before the deadline)
Reservations will NOT be accepted prior to November 23
Questions? – Call Susan Hoff @ 707-365-9426



New Year's Eve Party

Thursday, December 31

6:30 to 9 pm

Buffet
Champagne Toast
Dancing





Reservations: $17 per resident • $22 per guest • Limit: 2 guests per residence
Reservation deadline: Monday, December 28, 5 pm

(or when 80 reservations are received before the deadline)
Questions? – Call Susan Hoff @ 707-365-9426





Pub Friday's Winter Warmup

Chocolate Fantasy

Friday, January 22 5 pm

For only $12, warm up with our

Hot Fountain of Chocolate!!

Spoon it over a variety of treats
Maybe with a cup of hot cocoa or Irish coffee?

Everyone is welcome at Pub, but
if you want to indulge in our Chocolate Fantasy, you must make a reservation.

Your $12 reservation lets you indulge in a taste of chocolate heaven!
For questions, call Susan Hoff at 707-365-9426



Calling All You Young'uns Turning 80 in 2027!

At this January 22 Pub, we will be celebrating the

Octogenarian Class of 2027

If this is YOU, please contact Jeannine Freedom at 810-543-3265.

P.S. Those of you turning 80 this December will receive special dispensation and are also invited to participate! For more info, please call Gail Patterson @ 415-246-6519.

Here's hoping we never learn to act our age.
80 is twice the fun of 40!

December '26 Full Moon

Cold Super Moon

by **KATHRYN McMUDIE**

Rising during the darkest nights of the year, December's Cold Supermoon arrives on December 23 — just after the winter solstice (December 21) and just before Christmas. Supermoons are popular events for skywatchers. They appear around 6% larger and 16% brighter than average full moons.

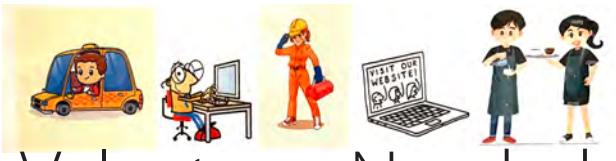
Why is it called a Cold Moon? The moon names used in *The Old Farmer's Almanac* come from centuries of Native American, colonial, and European traditions. December's full moon is most often called the Cold Moon (*Mohawk*), reflecting the frigid season.

Other Native American names: *Long Night Moon,* Mohican; *Drift Clearing Moon, Frost, Exploring Trees Moon,* and *Hoar Frost Moon,* Cree; *Moon of the Popping Trees*, Oglala; *Snow Moon* Haida, Cherokee; *Winter Maker Moon,* Western Abenak; *Moon When the Deer Shed Their Antlers*, Dakota; *Little Spirit Moon,* Anishinaabe.

Moon Phases — in Novato

New Moon	December 8
First Quarter	December 16
Full Moon	December 23
Last Quarter	December 30

The full moon will occur in the astrological sign of Cancer, while the Sun will be in Capricorn. ▪



Volunteers Needed



by **JAE TILLINGHAST**

Contact Jae Tillinghast at ***jaetill@sbcglobal.net*** Let me know where you would like to fit in, what skills you have to offer, and how much time you can give to our community. ▪

Volunteers Appreciated

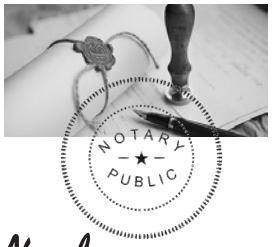


Left to right: Thanks to ***Steve Plocher, Charles Watson, Ed Collins, Brad Witherspoon*** *and* ***David Baker*** *for the HOL November Dump Run.*



Don't Forget Just-1-Hour

If you **need** a volunteer for just an hour or could **provide** odd jobs or companionship for an hour contact **Ray Schneider** directly at 415-883-4182. ▪



Need a Neighborhood Notary?

Do NOT sign anything before we meet.

You will need your driver's license or passport and the complete document to be notarized.

Each notarized signature costs $15.

Please text or call me on my cell phone to schedule an appointment.

Thank you!

Susan Hoff
707-365-9426

Butterfly Notes

Aurora Mahassine, who spoke here recently about butterflies, warns that the time for planting butterfly gardens is upon us!

www.MarinMonarch.com

As the rains soften the soil, it's time to put native plants and seeds in the ground! The western monarch still needs support, so native milkweeds (*Asclepius fasicularis* & *speciosa*) and native nectar sources are welcome!

Living Behind Masks

And Gradually Peeling Them Off

by **LORNA SASS**







I've been drawn to masks for as long as I can remember.

Now that I've moved to California and have more wall space than I had in my New York apartment, I have the freedom to collect them and hang them all around me. I never questioned my strong attraction to masks. I simply acquired them whenever they spoke to me at estate sales.

Little did I realize until recently that I have ADHD and have been masking all my life, hiding the true me from the world behind smiles, politeness, and lies about how I'm really feeling in an effort to fake normalcy. I've always felt like a weirdo, as though I belonged to a far-off planet, but never realized the extent to which I masked to pass as a so-called "normal" person in order to fit in.

Now that I know I am neurodivergent (I prefer to say neurospicy!) and that masking is a characteristic of ADHD, I have a deep desire to gradually remove one mask after another and discover the "real" me. The trouble is that some of these masks are so deeply embedded that when I try to remove them, I feel naked and am left without a clue about who I am.

The strangeness of this experience has expressed itself in various ways. For example, when I look at the shelf of 15 cookbooks I authored, I feel like I don't know the person who wrote them. I can even look at the author photo on the back flap and not quite remember or recognize the person in it. Granted, those photos were taken decades ago, but it feels very odd to have so little connection to the person staring back at me. Have I removed the cookbook-author mask I wore for so many decades? Or did it slip away once I retired? And who is the person still breathing without it?

It's ironic that during COVID I was forced to wear a mask and hated every second of it. One morning, as I was smearing on some lipstick, I laughed at myself when I realized that I would gradually be licking off the unhealthy stuff and that no one would be able to see my red lips anyway, since they were hidden beneath the mask. I haven't worn lipstick since. Indeed, once I realized that the message behind my fashionable New York makeup mask was that we are not beautiful without buying cover-up products, I stopped wearing makeup altogether. (I don't hold any judgment against women who enjoy wearing makeup; it's just no longer my thing.)

Over time, it also occurred to me that masking wasn't caused only by ADHD. Many of us hardly had a chance to discover who we really were, so determined were our parents and teachers to make us look and feel like everyone else in order to fit in. This push toward "normalcy" often brings to mind Scottish psychiatrist R.D. Laing and always makes me smile when I remember his words in *The Divided Self:* "Society highly values its normal man. It educates children to lose themselves and to become absurd, and thus to be normal."

At 81, in what I think of as my final quarter, I find myself continuing to wonder who I really am, what I came here to do, and how I'm meant to spend my remaining years. My aging body, often tired, increasingly feels like a smaller, tighter cage for my expanding spirit.

When I looked at my mother's face after she died at home, it appeared lifeless, frozen in time. Where had the woman named Eleanor gone? Days before her death, she had told me that she was not only unafraid of dying but also looking forward to leaving her body and joining her spiritual father, Baba. In this way, she was a role model for me, showing me how the final mask of this life, in this body, might dissolve into spirit. "It doesn't matter what you do with my body," she had told me. "My spirit is what matters, and it will be free."

And indeed, whenever a hummingbird flies through my garden and lingers to suck the sweetness from a succulent bloom, I know intuitively that it's my mother's spirit coming to say hello and remind me that there are no masks needed or required on the other side of the rainbow bridge. ▪

Madagascar

Text and Photography by **DAVID GRAY**



Crested coua

I spent the month of October in Madagascar, an island off the southeastern coast of Africa. Madagascar split away from the African continent about 170 million years ago and became isolated from India about 88 million years ago. Its wildlife evolved into a remarkable array of unique creatures over that extended period of relative isolation. The island is separated from the African continent by the Mozambique Channel, which varies from approximately 285 miles wide at its narrowest point to about 600 miles at its widest.



Giant coua

More than 100 species of lemurs, which are primates, inhabit the island. Madagascar is also home to roughly 100 chameleon species — about half of the world's known species — as well as a remarkable variety of frogs, snakes, and insects. Its largest native mammalian predator is the fossa. Other native predators include smaller carnivores, boas, and raptors. Historically, Madagascar had relatively few native predators compared with continental ecosystems. Habitat loss, driven largely by slash-and-burn farming and logging stemming from a growing human population, is the primary threat to Madagascar's wildlife.

And then there are the birds … 110+ species found nowhere else and a total species count of 300+.

Many of Madagascar's birds have patches of brightly colored bare skin around their eyes, which aids in their social signaling during courtship as well as thermoregulation. The crested coua (*Coua cristata*) has bright purple and blue coloration around its eyes. Its shape reminds me of a jay. There are ten species of couas in Madagascar, including this giant coua (*Coua gigas*), which is about half the size of a wild turkey.

Some of the more spectacular birds in the asity family have coloration that looks like it could have been generated by artificial intelligence (AI). The Schlegel's asity (*Philepitta schlegeli*) is one I spotted in northwestern Madagascar, near the bizarre rock formations of Tsingy de Namoroka (photo by my guide, Ernest).



Male Schlegel's asity

I photographed the female common sunbird-asity (*Neodrepanis coruscans*) in the mountains of central-southern Madagascar, in the rainforest of Ranomafana National Park, a UNESCO World Heritage site. I am not sure if she was sticking her tongue out at me?



Female common sunbird-asity

An early-morning snuggle pile of five ring-tailed lemurs trying to keep warm. Note the eyes of the one on the far right, which are heterochromatic (each eye is a different color). Only about 2,000 ring-tailed lemurs remain in the wild, having lost about 95% of their population in the past quarter century.

Ring-tailed lemur snuggle pile



Me at Tsingy de Namoroka

Wishing you all a happy December! It's great to be home again, and I am looking forward to presenting another show in the ballroom in March 2027, featuring my trip to Madagascar.



December 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 7:30-9 Taiji 2-3 Craft & Chat *Library* 5 PAC Board *Ballroom/ Zoom*	**2** 7:30-9 Taiji 11-12 Chair Yoga *Ballroom* 4-5:30 Men's Group *Private/ Fireside Room* 5:30-6:30 Nei Gung *Ballroom/ Jay Shelfer*	**3** 7:30-9 Taiji 9-11 Rollin' Root 4:30 HOL Comm. Mtg. *Fireside Room*	**4** 7:30-9 Taiji 11:30-12:30 Silver Dragon Wellness *Bamboo Room/ Will & Susi Banuelos* 12 Mahjong *Private/ Fireside Rm* 5-7 Pub 7 Music Jam *Fireside Rm*	**5** 11:30-12:30 Nei Gung *Bamboo Room*  1-4 Holiday Craft Market 4 Dancing *Resident organized event*
6 7:30-9 Taiji *Deck/ David MacLam* 12-1 Group Strength Training *Bamboo Room/ Students*	**7** 6 Trash 7:30-9 Taiji 2:30-3:30 Silver Dragon Wellness 5:30-6:30 Nei Gung *Ballroom/ Jay Shelfer*	**8** 7:30-9 Taiji 2-3 Craft & Chat	**9** 7:30-9 Taiji 11-12 Chair Yoga 4-5:15 Rosen Movement *Bamboo Room/ Madeline Martin* 5 Mar Val Board Mtg. *Fireside Room* 5 Mar Val RSVP deadline 5:30-6:30 Nei Gung	**10** 7:30-9 Taiji 9-11 Rollin' Root 6-10 Board Game Night *Fireside Room/ Ed Collins*	**11** 7:30-9 Taiji 11:30-12:30 Silver Dragon Wellness 12 Mahjong 5-7 Pub	**12** 11:30-12:30 Nei Gung *Bamboo Room* 4 Dancing  5 Mar Val Holiday Party
13 7:30-9 Taiji 12-1 Group Strength Training *Bamboo Rm/ Nan Watanabe* 6 Holiday Singalong *Fireside Room/ Carol-Joy Harris*	**14** 6 Trash 7:30-9 Taiji 2:30-3:30 Silver Dragon Wellness 5:30-6:30 Nei Gung	**15** 7:30-9 Taiji 2-3 Craft & Chat 5 MVC Board Meeting *Ballroom/ Zoom*	**16** 7:30-9 Taiji 11-12 Chair Yoga 11-3:30 Bridge *Private/ Fireside Room* 4-5:30 Men's Group *Private* 5:30-6:30 Nei Gung	**17** 7:30-9 Taiji 9-11 Rollin' Root	**18** 7:30-9 Taiji 11:30-12:30 Silver Dragon Wellness 12 Mahjong 5-7 Pub	**19** 11:30-12:30 Nei Gung *Ballroom* 4 Dancing
20 7:30-9 Taiji 12-1 Group Strength Training	**21** 6 Trash 7:30-9 Taiji 2:30-3:30 Silver Dragon Wellness 5:30-6:30 Nei Gung	**22** 7:30-9 Taiji 2-3 Craft & Chat	**23** 7:30-9 Taiji 11-12 Chair Yoga 5:30-6:30 Nei Gung	**24** 7:30-9 Taiji	**25** 7:30-9 Taiji Christmas Day	**26** 11:30-12:30 Nei Gung 4 Dancing
27 7:30-9 Taiji 12-1 Group Strength Training	**28** 6 Trash 7:30-9 Taiji 2:30-3:30 Silver Dragon Wellness 5 Mar Val RSVP deadline 5:30-6:30 Nei Gung	**29** 7:30-9 Taiji 2-3 Craft & Chat	**30** 7:30-9 Taiji 11-12 Chair Yoga 5:30-6:30 Nei Gung	**31** 7:30-9 Taiji 6:30-9 Mar Val New Year's Eve Party		