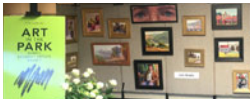


T H E  
**ECHO**

**JULY 2018**

**C O N T E N T S**



2		LETTER TO THE EDITOR, IN THE NEWS, SUMMERTIME REMINDER ABOUT DRIVING IMPAIRED
3	<b>Matt Greenberg</b>	MVMCC MANAGEMENT UPDATE
	<b>Jay Shelfer</b>	PAC LETTER TO RESIDENTS
4-5	<b>Bill Davis</b>	MVEST: — <i>Red Flag Warning Days</i>
5	<b>John Feld</b>	— <i>Wanted</i>
6-7	<b>Kathleen Dargie</b>	MESSAGE FROM MAR VAL <i>Registration Form: 4<sup>th</sup> of July Dinner</i> <i>Registration Form: Pasta Night</i>
7	<b>Janie Crocker</b>	HOL MESSAGE
		HOL COMMUNITY PRESENTATIONS
8	<b>John Hansen</b>	NEW CLASS: <i>Quest for Vibrant Health</i>
9	<b>Janet Bogardus</b>	NEW CLASS: <i>Draw On!</i>
		COMMUNITY DANCING
10	<b>John Feld</b>	FILM NIGHT: <i>The Big Lebowski, Easy Rider</i>
10	<b>Suzie Lahr</b>	ART IN THE PARK
11	<b>Joan Nelson</b>	LOOKING CLOSELY — <i>Taking a Quantum Leap?</i>
12-13	<b>Mike Holland</b>	TAKE A HIKE — <i>Gold Hill/Dominican University</i>
14-15	<b>David Gray</b>	BIRD OF THE MONTH: <i>Black-Crowned Night Heron</i>
16		CALENDAR: <i>July 2018</i>

## Letter to the Editor

To the Editor:

I'm sure I speak for more than myself when say: Kudos to Park Manager **Matt Greenberg** for keeping the Park powered during power pole replacement by PG&E on May 16. This entailed, among other things, a 4 am facedown by our intrepid Manager, with the result that some serious equipment was brought to the Park, and with just two brief power outs (PG&E had originally planned a full day for us without power), we were able to go about our business.

Thank you, Matt, for looking out for us.

Gratefully,  
Julie Manson

## In the News



The Meditation with Grace and Dignity special June panel on "Death with Dignity" with **Joan Nelson** was canceled: California's End of Life Option Act had been overturned by a judge in Riverside County the day before Joan was scheduled to receive her aid-in-dying medication. If the law is reinstated soon, the panel will be rescheduled. Joan is at the forefront of fighting for the law, appearing on the front page of the *Marin IJ* ([www.marinij.com/health/20180604/marin-residents-lament-legal-challenge-to-right-to-die-law](http://www.marinij.com/health/20180604/marin-residents-lament-legal-challenge-to-right-to-die-law)), and on Channel 3 news.

## Summertime Reminder about Driving Impaired

Summertime is here, and many have begun planning their celebrations with friends and loved ones. Alongside the fun and festivities, the Novato Police Department will be stepping up high-visibility DUI enforcement. Independence Day is most commonly recognized as a time for barbeques and fireworks, but according to the Office of Traffic Safety, the Fourth of July holiday is also one of the most dangerous of the year for DUI-related incidents and fatalities.

DUI doesn't just mean alcohol; the use of prescription medications and marijuana is becoming increasingly more prevalent on our roadways and creates new safety concerns. According to The National Institute of Health and other studies, over the past 10–15 years, Americans have begun taking more prescription and over-the-counter medications that can impair driving. These drugs include sleep aids, pain killers, anti-depressants, stimulants, muscle relaxants, allergy medications, sedatives, and anti-anxiety drugs. These medications can affect judgment and driving performance for many hours after consumption. Just like drunk driving, driving under the influence of drugs is a crime, even if your impairment is due to prescribed medications, over-the-counter medications, or marijuana — medical or recreational.

Combining alcohol with marijuana and/or prescription medications is even more dangerous than when used alone. The combination can affect coordination, distort perception, and make problem solving difficult, affecting your ability to drive safely. If you are not sure if you are impaired, just don't drive. Those around you are depending on you.

The Novato Police Department encourages anyone who sees an impaired driver on the road to immediately contact law enforcement by dialing 9-1-1; it could save a life.

**Nick Frey — Traffic Unit Sergeant  
Novato Police Department**

THE  
**ECHO**  
JULY 2018

**MARIN VALLEY**  
MOBILE COUNTRY CLUB

100 MARIN VALLEY DRIVE  
NOVATO, CA 94949  
415-883-5911 / 415-883-1971 FAX  
[WWW.MVMCC.COM](http://WWW.MVMCC.COM)

EDITOR/DESIGNER Erma Wheatley  
COPY EDITOR Mary Barbosa

PROOFREADING  
Mary Barbosa, Carol-Joy Harris, Anila Manning

A PUBLICATION OF MHB Group Region 8  
[www.mobilehomeboard.com/](http://www.mobilehomeboard.com/)

### MARIN VALLEY

GENERAL MANAGER Matt Greenberg  
[gm.mvmcc@gmail.com](mailto:gm.mvmcc@gmail.com)

### PAC BOARD

PRESIDENT Jay Shelfer 415-883-6945  
VICE PRESIDENT John Hansen 415-847-7155  
SECRETARY Carol-Joy Harris 415-883-2824  
TREASURER Larry Cohen 415-883-7786  
AT LARGE Stephen Plocher 415-302-9043

### STANDING COMMITTEES

FINANCE Stephen Plocher  
MVEST John Hansen, Bill Davis, John Feld,  
Carol-Joy Harris, Susan Meyer,  
Kevin Mulvany, Ron Romaine,  
FIREWISE Stephen Plocher, Larry Cohen  
MV PROJECT PLANNING John Hansen, John Shelfer

### HOL BOARD

PRESIDENT Janie Crocker 281-414-3984  
1<sup>ST</sup> VICE PRESIDENT Jeannine Freedom 810-543-32655  
2<sup>ND</sup> VICE PRESIDENT Linda Steenman 415-272-7233  
SECRETARY Joanne Woodward 415-506-4568  
TREASURER Tara Plocher 415-302-5992

### MAR VAL BOARD

PRESIDENT Kathleen Dargie 415-884-2969  
1<sup>ST</sup> VICE PRESIDENT Dan Sebastian 415-382-7738  
2<sup>ND</sup> VICE PRESIDENT Pat Thurston 415-884-0740  
SECRETARY Carole Gathman 415-884-2720  
TREASURER Sandee Duncan 415-883-3034  
DIRECTOR EMERITUS Dee Schneider  
DIRECTOR/BAR MANAGER Fred Dargie 884-2969  
DIRECTOR/HOSPITALITY Larry Moore 883-0486  
DIRECTOR/RESERVATIONS Carolyn Corry 370-6403

### SUBMITTING ARTICLES

Email articles with "ECHO" as the first word of the subject line and a copy of the article in the body of the email to Erma Wheatley:

[ermawheatley@gmail.com](mailto:ermawheatley@gmail.com)

Images should be as large as possible to enable a 300 ppi resolution (*pixels/inch*).

### DEADLINE

**Everything is due the 8<sup>th</sup> of the month or sooner for the following month's issue.**

# MVMCC PAC *Management Update Letter to Residents*

Please, **NO** flushing handy wipes or feminine products. They are a constant problem for our sewer pump system.

Come enjoy the **swimming pool**. Let's keep kids with diapers or who are not potty trained out of our pool and spa. Please, no food in the pool or spa. Have your snack or lunch at one of the tables under an umbrella. Let's take into consideration other residents or guests who are also using the pool and spa — open until 10 pm for your enjoyment.

Remember Marin Valley is a **NO poison** community. There are many alternative methods to eliminate rats and gophers without the use of poisons. Owls and coyotes suffer and usually perish when they eat poisoned rodents.

#### **Park Rule #12 Carports:**

Carports and porches are not to be used as storage facilities. Many residents need to be aware of this rule. It affects the Park and your neighbor's home value to have items stacked in your carport. Thanks for your anticipated cooperation with cleanup and removal of stored items.

#### **Park Rule 21.4 RV Storage:**

RV parking is not to be used for vehicles that are inoperable or stored permanently without being used. Keep your RV space clean and void of garbage or any stored items other than your RV.

#### **Men's and Women's Sauna:**

Please do not pour water over the heating element. This has taken place for a long time. The wood floors are now full of dry rot, and this is extremely dangerous. The 220-volt system is not watertight. These are dry heat saunas, not steam room units.

**Park Rule 21.3 Repairs:** No repairing or servicing (whether major or minor in nature) of vehicles (including boats) will be permitted in driveways, carports, or streets.

Thank you.



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

Greetings from the PAC Board.

**Finances** Our finances are in order. The debt service on the loan is 2.39 as of April 30, 2018, well above the required 2.0. Our cash, plus short-, medium-, and long-term reserves is very close to \$5 million.

**Election** After many years of dedicated and resourceful service, Peggy Hill did not run for re-election to the PAC Board of Directors. The board shall miss the astute observations and careful guidance Peggy provided this community. The Board welcomes Carol-Joy Harris, who has been an active member of this community for many years and looks forward to the contributions she shall make to the PAC Board and therefore Marin Valley.

**Fire Safety** MVEST continues to be active in focusing our attention on the safety issues around our community. See their report on Pg. 4. The PAC board is sponsoring FIRESafe Marin, a statewide agency promoting fire safety issues for communities, to hold occasional business meetings here at the clubhouse. They have been extremely helpful, providing us knowledge and resources. FIRESafe guidance and monetary grants helped fund the brush clearing and weed-whacking on our boundaries that aided the firepersonnel when the hill to the north was in flames, and we are getting another grant through them this year.

**Budget** The PAC Board, in accordance with the "Delegation and Management Agreement" with the City of Novato, approved the 2018 –19 MVMCC budget without comment.

**Conflict Resolution** From time to time it is necessary to review how our community came about and how we can benefit from living here at MVMCC. Conflict resolution is an important issue for us all. Federal, state, and city laws as well as our own rules and regulations, govern us. The City of Novato holds the title to MVMCC. This came about when our community wished to remove MVMCC from the for-profit operation of its previous owner. The City of Novato stepped up, under the guidance of Pat Eklund, then Mayor, and with a many-step process arranged financing for the purchase, taking MVMCC out of the for-profit business. We became what we are through that process. The City acknowledged its stewardship role, but asked that

**See PAC** CONTINUED ON PAGE 5



# Red Flag Warning Days

by BILL DAVIS

## Don't know. Don't care.

*Why bother?*

*It is all useless.*

*We haven't burned yet.*

*All we have to do is call 9-1-1 and the fire department will put the fire out. That's what I pay my taxes for.*

*To heck with the prevention efforts; those junipers have been in my yard for years.*

**D**oes any of this sound familiar? It gets even better. A couple of weeks ago I saw a beautiful young girl walking down a street with her friends, wearing a white T-shirt with four of the most shocking four words I have ever seen on any shirt: DON'T KNOW / DON'T CARE.

After my slacked jaw closed, I smiled as I reflected on what she was trying to say with her advertised ignorance and stupidity. Well, at least it looked like she was up front about where she was coming from and her values. As I walked on, I wondered if she knew what a Red Flag Day means and what one should do in response. I leave that to your imagination.

We are again into another fire season. We are surrounded by drying dead trees, brush, and grasses, as well as evergreen vegetation containing explosive oils. Nothing new for older residents of Marin. But what does a warning from the National Weather Service mean when they declare a Red

Flag Warning? And what does the Novato Fire District do in response to the Red Flag Warning? And thirdly, what should we in Marin Valley do?

### What a Red Flag Warning Means

When there is a Red Flag Warning, the Novato Fire District anticipates and prepares for the worst by putting on extra personnel and an extra engine company. They brace for an untoward overwhelming event. They are poised in mutual support with the rest of Marin and California. Are they overprepared? If you ask any of them, I think the answer will be, "Absolutely not."

But there is more to be done. We, the citizens, also need to respond to the Warning.

*Vigilance is the price of freedom*  
— George Washington

Unquestionably. But today in Marin County we must add one more word besides vigilance, and that is: **PREPARATION.**

We must prepare our properties to best survive an erratic high-wind firestorm similar to the October 2017 event in Napa and Sonoma Counties. The presence of pre-existing fuels along with adverse advancing high-wind conditions are dreaded by all firefighters. In these conditions, one spark or a cigarette butt thrown into a juniper or a hillside of dry grass can explode into a firestorm in seconds.

Last fire season many people in this state lost loved ones and/or everything they owned to a firestorm driven by

those erratic winds. Is that going to happen to us next? Are you properly prepared to take escape action on very short notice? Designated Red Flag Days are your first notice to prepare for the worst. On May 5<sup>th</sup> we had a drill to learn how efficiently an evacuation could work. Much was learned, and we are better prepared for the future.

You will see **Red Flag Warnings** again this fire season and receive **notifications two ways:**

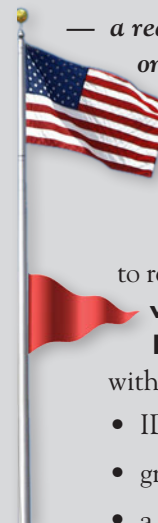
**1) Nixle on your cell phone**  
(If you have yet not signed up, do so at [www.nixle.com](http://www.nixle.com).)

**2) Novato Fire District's Red Flag Warning:**



— *this notice on the hilltop coming into Marin Valley and also*

— *a red flag placed half-mast on the clubhouse flagpole under "Old Glory."*



This is the "Get Ready" warning — yes, this means us! — to recheck our preparations, **which should already be ready** to evacuate with:

- ID, cash, credit cards
- grab-and-go-bag
- a full tank of gas



## MVEST's Role

We in MVEST will be taking responsibility for putting up the banner on the hilltop bulletin board and the red flag at half-mast on the flagpole. The warnings will stay current and will be removed when the alert is over. So we will have 24/7, current information provided by those of us committed to keeping this community as safe as possible.

## Everyone's Role

What piece of this do we own or are we responsible for? Well, a smart person always knows where the exit is and is prepared with what is needed to survive. Bill Crozier, the oldest person in this Park, who recently experienced his home burn down — the first and hopefully last such occurrence here — just had his new WUI (wildland-urban interface)-hardened home moved onto his pad, and it is currently being prepared for his return. Marin Valley did not become his “Journey's End” three months ago. He was prepared, thought ahead, and is a superb model of being ready.

MVEST wants to continue to help everyone in this Park get ready for potential disasters. Especially in the midst of the fire season, it is also time each of us takes personal responsibility for ourselves and our neighbor if need be. Know what needs to be done for yourself and property. Finally, spend a little time to prepare yourself and your neighbor when you see that Red Flag Warning at the top of the hill and the red flag on our flagpole. It is the price we pay to live in beautiful, bucolic Marin and Marin Valley.

Our journey will end one day, but not too soon if we KNOW and CARE to do what needs to be done. ■

# WANTED

by JOHN FELD

MVEST — Marin Valley Emergency Safety Team — is made up of teams. These specialty teams include:

- MVEST Command
- Block Captains
- CERT
- Medical First Aid
- Emotional First Aid
- Pet Management
- Shelter/Logistics
- Security/Traffic
- Personal Preparedness
- Communications

Each team has its own personnel, protocol, and agenda. Some of these teams can use more members and in some cases, even a team leader.

The teams are fairly autonomous, reporting to the steering committee a few times each year, and everyone involved is welcome to join the steering committee.

If any of these areas sound like something you would like to lead or partake in, or if you need more information, please attend one of the steering committee meetings, each Monday at 6 pm in the Fireside Room, or email me ([JohnMFeld@gmail.com](mailto:JohnMFeld@gmail.com)).

**CERT** 2018 classes are filling up fast in Marin County. The next available ones start in October.

San Rafael — Sept 15 & 22 — full  
Kentfield — Oct 20 & 21 — full  
Nicasio — Oct 13 & 20  
Mill Valley — Nov 3 & 10

At <https://readymarin.org/calendar/>  
click on the class to register.

**PAC** CONTINUED FROM PAGE 3

we fund all expenses and take up the role of hiring professional management, and that the PAC help provide feedback and guidance for evolution of our community. This is outlined in the Delegation Agreement the PAC has with the City. Conflicts between residents, and between residents and management, should attempt to be resolved within our community. When residents approach the City staff, the clock starts ticking and we are billed.

## First Step

The first mechanism set forth for conflict resolution is the “resident input form” to be found at the front desk bulletin board area.

Our own HOL is available to help resolve issues between residents and to bring systemic issues to Management. When residents have issues, they should attempt to resolve them through existing procedures. It is a way to keep our costs down or manageable. In this regard, the PAC has authorized the sending of a letter to the City of Novato. This letter suggests that before the City Management or City Council get involved in disputes at MVMCC they are to recommend to the petitioners that all attempts be made to resolve the issues through HOL or Management or, at last resort, the PAC. See the PAC's June meeting minutes for the letter.

## Next Meeting on First Tuesday

Note the next PAC meeting will be on **Tuesday, July 3, at 6 pm** instead of the usual first Wednesday. The agenda will be posted in the clubhouse before the meeting and emailed to you if you ask.

In service,



Jay Shelfer  
PAC PRESIDENT  
[jjshelfer@yahoo.com](mailto:jjshelfer@yahoo.com)

# Message from Mar Val

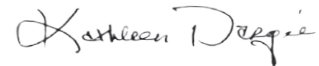
Dear Friends,

Hopefully you have submitted your reservation to join in Mar Val's 4<sup>th</sup> of July celebration of our country's birthday. We are delighted to confirm our own Brynda Foster and the Tempos will once again be entertaining us with their prize-winning music.

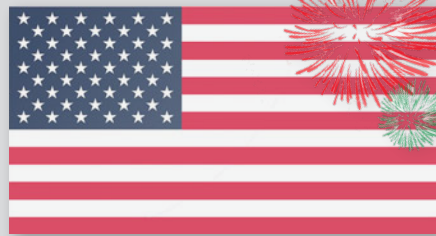
Mar Val has been experimenting with the occasional "special" dinner on Friday Pub nights. The success of both Cinco de Mayo and Oktoberfest has caused us to consider presenting similar Pub dinners four or five times per year. As you will notice from the reservation form on the next

page, we will serve a pasta meal in conjunction with Pub on Friday, July 27<sup>th</sup>. Once again the meal will be served at 5:30 pm at a cost of \$5 per person. While the actual menu has not been finalized at this time details will be available at the reservation box in the clubhouse in early July.

With warmest regards,



**Kathleen Dargie**  
MAR VAL PRESIDENT  
kfdargie@aol.com



## 4<sup>TH</sup> OF JULY DINNER

5 PM Cocktails • 6 PM Dinner

Music by "The Tempos" featuring our own Brynda Foster

M E N U

BBQ CHICKEN BREAST OR VEGETABLE KABOB  
MACARONI SALAD • GREEN SALAD • ROLLS • APPLE PIE

\$12 per person. Reservation deadline is **July 2 at 5 pm** or when 120 reservations have been received.

For questions call Carolyn Corry at 415-370-6403.

### JULY 4<sup>TH</sup> DINNER RESERVATION FORM

Please circle entrée choice

RESIDENT \_\_\_\_\_

Chicken    Vegetarian Kabob

RESIDENT \_\_\_\_\_

Chicken    Vegetarian Kabob

GUEST \_\_\_\_\_

Chicken    Vegetarian Kabob

GUEST \_\_\_\_\_

Chicken    Vegetarian Kabob

# Residents attending \_\_\_ @ \$12 ea    **Check for \$ \_\_\_\_\_ is enclosed. (NO CASH, please)**

# Guests attending \_\_\_\_\_ @ \$12 ea    Checks payable to Mar Val. Questions? Call Carolyn Corry at 415-370-6403.

Reservation deadline is **July 2 at 5 pm** or when 120 reservations have been received.



## PASTA NIGHT JULY 27, 2018 RESERVATION FORM

RESIDENT \_\_\_\_\_

RESIDENT \_\_\_\_\_

GUEST \_\_\_\_\_

GUEST \_\_\_\_\_

# Residents attending \_\_\_\_ @ \$5 ea **Check for \$\_\_\_\_\_ is enclosed. (NO CASH, please)**  
 # Guests attending \_\_\_\_ @ \$5 ea Checks payable to Mar Val. Questions? Call Carolyn Corry at 415-370-6403.  
 Reservation deadline is **July 23 at 5 pm** or when 100 reservations have been received.

# Home Owners League Message



**Farmer's Market Food Truck for the Park:** It is taking a bit longer than anticipated, but be looking for the fresh produce to start coming this month. Think of a name for our mobile market and win a goody bag full of local and fresh ingredients. Thanks to Liana Orlandi.

**Marin/Sonoma Mosquito and Vector Control District.** Over 60 people showed up to find out what is being done to control mosquitoes, yellow jackets, ticks and rats in our community. This was an EXCELLENT presentation, full of useful information on how to deal with all of these pests. We even received free tick-pulling devices! If you have any problems or questions, give them a call. They are more than willing to help. Most services are free. 1.800.231.3236 or [www.msosquito.com](http://www.msosquito.com)

**DON'T MISS — Chair Yoga** — Tuesday mornings at 10 am. As we reap the benefits, the class keeps getting bigger and bigger. Donations are nice but not necessary.

**New Watercolor Classes** — with **Christine Cohen** on Wednesday afternoons from 3 – 5 pm.

**NEW Janet Bogardus's** drawing class — "Draw On!" starts July 5 from 3 – 4:30 pm. Bring your own easel or borrow one from HOL. Janet has a studio at MOCA in Hamilton and is renowned in our area for her art and her teaching.

**NEW John Hansen's** new class — "Quest for Vibrant Health" that will help us learn healthy eating and improve cognitive skills as a by-product! Starts July 5, 1 – 2:30 pm.

**Craft and Chat Group** — every Wednesday at 11:15 in the ballroom or library. Come even if you don't have a craft to work on. We do a lot of chatting, too.

**Game Night** — after Pub on the first Friday of the month in the Fireside Room.

**NEW Fall Prevention Class** — presented here in the Park by Marin General. You may not have heard about this, because it is already filled up! There was a sign-up sheet during our

evacuation drill, and HOL decided to sponsor it and make it happen. It is an 8-week commitment. The 2-hour class is on Saturdays starting in July. If there is more interest, we can do it again later in the year.

**ANNUAL CONTRIBUTION DRIVE.**

Be looking in your tube for HOL's yearly request for donations. We are asking for \$20 per household, the same as last year. These donations help pay for things like the new shredder in the library, Art in the Park, the new lounge chairs by the pool, the Holiday Dinner, and many other items and services. Please make your check payable to HOL.

Whether or not you contribute \$20 (or more) to this voluntary fundraiser, all residents are welcome to hear our monthly accounting of receipts and expenses at our HOL meetings, the third Wednesday of the month at 6 pm.

Quack Quack,

*Janie Klimes Crocker*  
**Janie Klimes Crocker**  
 HOL PRESIDENT  
[jkkimes@swbell.net](mailto:jkkimes@swbell.net)

# New Class: Quest for Vibrant Health

by JOHN HANSEN

**Interested in a sharper mind, more energy, less pain, losing weight? Read on.**

I'd be the first in line at the ER if I had a broken bone or other acute medical episode. Our conventional medical system excels at acute care or "sickcare." But when it comes to "healthcare," I don't have the requisite 30+ years to wait for the medical system to change course and catch up with the facts — and I'm not alone.

Due to the explosion of chronic diseases in the last few years, scary projections for the next decade, and the dismal lack of progress by mainstream medicine, medical alternatives — especially a new brand, "functional medicine" and its corollaries, functional healthcare and functional nutrition — have grown to fill the void.

The essential difference between the two approaches is that traditional medicine asks *WHAT*; what is the diagnosis so we can prescribe a drug and send you home. If your chronic condition has not degenerated to an acute stage, you're typically just sent home until you get sick enough. Then if there's no drug with which to treat you, either you're "not really sick" or it's "incurable." This is not healthcare!

**Functional medicine** asks *WHY* and seeks to discover the underlying causes of your ailment — often leading to something amiss in your diet, environment, or behavior — and targets what changes YOU can make to correct the problem and even prevent its recurrence. And it works. **THAT'S HEALTHCARE!** Is this the Holy Grail for curbing the modern epidemic of chronic diseases? Time will tell, but it certainly is a giant leap in the right direction.

A common recurring result of much of the recent research and clinical profiles in functional medicine is that most of the chronic degenerative diseases that head the list of modern epidemics — Alzheimer's, type 2 diabetes, obesity, depression, heart disease, to name a few — point to a short list of dietary, environmental, and behavioral maladjustments. There are many reasons for this development, and there is an equal number of remedial actions.

Another interesting find from functional medicine is that our remarkable human organism is amazingly resilient. Diseases once considered inevitable may now be avoided. Disease conditions once considered terminal may actually be halted and often reversed. And the best part is that most chronic, degenerative conditions can now be prevented and replaced with an extended, healthy, vibrant life! We grew up sadly watching our parents' once proud and vibrant generation growing old, stiff, slow, fat, sick, and demented — we have been led to believe that to be our own destiny as well and, worse, that our best years are well behind us.

Consider the possibility that this may not be our life sentence. Our generation has broken many a mold — how about one more?

**Everything you think and do feeds either a virtuous cycle of vitality or a vicious cycle of disease.**

Learn which is which in every part of your life and make informed decisions. It's your life — you chart the course, but first get a good compass, and decide where you want to go!

**Beginning Thursday, July 5 at 1 pm** in the clubhouse, and each successive Thursday I will be leading a seminar/workshop/support group — a journey of self-redemption, self-healing — a step-by-step journey toward a vibrant life.

*It is not the strongest of the species that survive, nor the most intelligent ... It is the one that is most adaptable to change.*

— Charles Darwin

Adaptability, flexibility, resiliency, versatility — whatever you want to call it — is key to extending both your lifespan and your healthspan. Learn how to expand healthy variety in all aspects of your life.

## **Stress — Eustress and Distress**

Good stress feeds the virtuous cycle, whereas bad stress feeds the vicious cycle. Learn which is which, what causes which, and how to take control and tame the beast.

## **The Inflammatory Cascade**

Inflammation in one form or another is at the root of all degenerative health conditions. Learn what it is, what causes it, and how to reduce and prevent it.

## **Social Isolation Is the New Smoking**

Social isolation has actually been found to be a greater risk factor than smoking for heart disease and dementia, among other chronic degenerative conditions. What better social circle could you join than one with the intention of living longer, healthier, and more meaningful lives?

Come join us; we're much stronger together! **Everyone's welcome.** ■



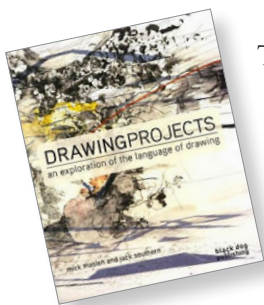
# New Class: Draw On!

by JANET BOGARDUS

**D**raw On! with Janet Bogardus — an hour-and-a-half class that encourages you to learn such things as:

- drawing from your memory of what you've seen
- synchronizing hand and eye
- defining a subject using multiple lines or marks
- using varieties of wet and dry media
- evolving your own individual style of markmaking
- working through "mistakes"
- identifying lucky error
- going with the flow and not editing yourself.

Classes begin with activities to waken right-brain powers, then one or two projects exploring the landscape of drawing.



The main book use for reference in the class is *Drawing Projects, an Exploration of the Language of Drawing* by Mick Masleh and Jack Southern. (Participants do not need to buy this but might want to get a copy from a library to see the approach.)

The class meets on **Thursdays from 3 to 4:30 pm** in the ballroom **beginning July 5** and is taught by Janet Bogardus, a Bay Area artist with over 12 year's experience teaching drawing and painting to college students, seniors and children. She earned an MFA in Printmaking and Book Arts at San Francisco State University, and currently focuses on acrylic painting incorporating mixed-media and drawing. Suggested donation is \$5–10 per class.

## MATERIALS LIST

### Paper:

2 pads drawing paper, suitable for a variety of mediums

1 pad 9 x 12"

1 pad either 14 x 17" or 18 x 24"

### Drawing Implements:

2B, HB, 3B, 4B, 7B

1 Sharpie Permanent Marker (not Fine Point)

1 regular magic marker, (your choice of color)

2 or 3 sticks of vine (soft) charcoal

1 Black Conte Crayon

1 Ebony (brand name) pencil

### Erasers:

1 kneaded eraser

1 pink pearl eraser

Some small **rags** (old T-shirts work well) for erasing or smearing charcoal

A **sketchbook**: can be as small as 5 x 7", something you can carry around with you and use whenever you see something or have an idea from your head you'd like to draw. If you're in a meeting or waiting for a friend, it can be handy

to doodle in, and could be the start of a wonderful series of drawings. You can also use it to keep clippings from things you see or read. It'll be a record of your thoughts and the world around of you.

### Drawing Board

If you have one, bring it to class. Many will also be available to use. ■



## COMMUNITY DANCING Saturday • July 7 • 7–9 pm

Come to the clubhouse ballroom on the first Saturday of every month for music and dancing. Saturday, July 7 will feature guest DJ **Terry Patten** playing a mix of happy, danceable music.



FILM NIGHT

1<sup>st</sup> & 3<sup>rd</sup> Thursdays • Clubhouse • 7 pm Please, no food or drink • Feel free to bring your chair

# The Big Lebowski

Thursday • July 5 • 7 pm

(1998) Comedy/Crime 2 hr

**Directors** Coen brothers

**Starring** Jeff Bridges, John Goodman, Julianne Moore, Philip Seymour Hoffman, and John Turturro

“The Dude” Lebowski, mistaken for a millionaire, seeks restitution for his ruined rug and enlists his bowling buddies to help get it.



# Easy Rider

Thursday • July 19

7pm (1969) 1hr 35min

Drama/Adventure

**Director** Dennis Hopper **Writers** Dennis Hopper, Peter Fonda

**Starring** Peter Fonda, Dennis Hopper, and Jack Nicholson

**Oscar** Best Actor in a Supporting Role, Jack Nicholson

Two bikers head from L.A. to New Orleans and along the way meet a man who bridges a counterculture gap they are unaware of. One of the most successful road-trip movies. ■



## by SUZIE LAHR

**T**hank you to everyone in the Marin Valley community for making our 5<sup>th</sup> Annual Art in the Park a great success. Everyone involved in the production of the event proved how exceptional this community is with their time, energy, and support. There are too many of you to mention—the talented artists, perfect music creator, afternoon flash dancers, setup and tear-down and kitchen crew all have my greatest

appreciation and deserve a huge round of applause in making this the marvelous event that it was. And to all the residents who attended, you confirm that you enjoy meeting our artists and supporting our thriving art community and would like to see this event happen again in 2019. We really do read your comments in our gallery guest book!

With the new art classes being taught, budding new artists are welcome and encouraged to join us by participating

in our ongoing resident art community happenings. At our next artists’ meeting **Sunday, July 1 at 3 pm** in the Fireside Room, we welcome new artists. Our seasoned artists will give their feedback on this past May event, and I will discuss plans to make it even more elegant and successful next year. We will also be discussing the new gallery exhibition in September. For questions and to join our artists’ email list, contact our art coordinator/curator, Suzie Lahr at [suzielahr@aol.com](mailto:suzielahr@aol.com). ■





# Taking a Quantum Leap?

by JOAN NELSON

An Echo feature, “Looking Closely”, is designed for us MV denizens to share — something we have “investigated in depth” that has “brought fascination and enjoyment during our lives.”

**W**e denizens of our tight little Marin Valley community, awaken each day with yet another opportunity to enrich our lives by quantum leaping: doing some small thing to make a big improvement in our connection with our neighbors.

Alas, when Mike York took his sudden quantum leap all the way out of the physical world, I lost a priceless opportunity to connect at a deeper level with this neighbor who understood, and was trying to explain, quantum physics for us all to understand. (See *Echos* from January, February, March.)

Although I lost my chance to learn eyeball-to-eyeball with Mike, my loss has propelled me to research\* a force (physical and nonphysical) that might deepen our temporary connection while still in the physical world.

Cutting to the chase for Mike ... and you and me ... it turns out that physics is proving what metaphysics has always known: Except for the body,

death is not as terminal as we have been led to believe. Quite simply, there is nothing but consciousness: Everything, physical and nonphysical, is a manifestation of consciousness which flows more freely once it's liberated from the body.

Mike was getting ready to describe this force with the example of two tiny physical quantum particles, such as photons, getting “entangled” — linked together — so that fussing with (even just looking at and measuring) one in physical Novato causes the other to react, even after it's been moved — through the nonphysical realm — to physical Nantucket.

Somewhere between Novato and Nantucket, I learned that *science* is rapidly becoming the *religion* of the 21<sup>st</sup> century. Particularly when quantum physics reveals the unity/oneness of all things.

The new word is “nonduality”: the philosophical, spiritual, and scientific understanding of nonseparation and fundamental intrinsic oneness.

Scientists are abuzz with new evidence that consciousness (in plants, animals, humans ...) is NOT, as generally accepted, a product of the living brain. Awareness, consciousness (sometimes known as Life Force, Source or God) preceded the creation of the material universe and everything else. Consciousness is — always was and always will be — ALL there is!

Your own research\* may take you to various websites and online groups, books, and people who might provide guidance and clarity. You can engage in spiritual practices, attend meetings with nondual teachers, or go on retreats.

Meanwhile, you or your MV neighbor might, like Mike York, suddenly let go of the material body. So if you've ever thought, “I wonder what makes that neighbor tick,” take that little leap: Send an email, pick up your phone, or holler out your window, “Hey, Neighbor! What has ‘brought you fascination and enjoyment during your life?’” ■

\* **Quantum Consciousness Research Resources:** Sitting right here in Zip Code 94949, you have an abundance of online resources. Or you can hang out in nearby zip codes with folks who are really into this stuff:

Literally in our backyard is the Institute of Noetic Sciences, 101 San Antonio Rd., Petaluma, CA 94952.

<http://noetic.org/> and <https://noeticprograms.org/>

In Zip 95136 – San Jose: Dolce Hayes Mansion: This year's *Science & Nonduality Conference* will be October 24 – 28. (The meetings are held in various countries. I attended one of their first big-room conferences in 2010 when it was in San Rafael. You might want to carpool with another MV denizen or two.) <https://www.scienceandnonduality.com>

Closer to home, all year long, you can find no better place to start than Mike's “Quantum Mechanics Demystified” (*Echo* January, February, March).

OPPOSITE ABOVE Art in the Park lobby exhibit by Jane Heaphy and Dorallen Davis. BELOW CLOCKWISE ballroom refreshments, exhibits and presentations by Laura Kradjan-Cronin, tango performers Sagar and Michael Hagerty, Michele Rivers, and David Gray.

# Take a Hike

by MIKE HOLLAND

## Gold Hill/Dominican University

I have always enjoyed walking, strolling, and running on college campuses. That's good, because there are 3,039 four-year colleges in the United States — a never-ending supply of venues to explore.

How many colleges can you name that exist now or existed in the past in Marin County? Of course, we have the College of Marin, a community college. (Remember when we used to call them junior colleges?) We also have Dominican University, which until a few years ago was Dominican College. Why the change? Because universities typically offer doctoral degrees and have colleges within their structure. And, it sounds better.

Do you remember World College West? It was located in the hills of northern Novato near the Sonoma County line. WCW offered new-age-type programs and drew students from all over the United States until it ran into financial problems several years ago and had to close. It reemerged as the Presidio Graduate School in San Francisco. The WCW site is now the Institute of Noetic Sciences, more and different new-agey stuff.

The most infamous Marin-based college was called Columbia Pacific University. It was at 3<sup>rd</sup> and E Streets in San Rafael in an

old Victorian House. CPU was like the University of Phoenix. It offered graduate degrees in several fields and wasn't particularly picky about who it admitted and how they matriculated. My favorite CPU story is about a PhD degree they awarded to a student who submitted his thesis entirely in Spanish. The problem was that no one on his dissertation committee spoke or read Spanish. The State finally did an audit of CPU and found enough irregularities to accuse it of fraud. As you would expect, it closed forever, but its graduates live on. The most famous is Dr. John Grey, the author of the Venus and Mars relationship books, videos, workshops, retreats, etc. Another grad is Tara Fields, a pop psychologist on local radio.

Can you take one more piece of college trivia? The University of Paris began in 1170 as the first European college. Oxford started in 1249, primarily because the U of P decided to ban Englishmen from attending. Here at Marin Valley we like our English folk!

All these facts are simply a prelude to a lovely day walking around the campus of Dominican. Private colleges take special interest in having grounds with beautiful gardens, greenbelts, arborita, and magnificent groves of mature trees. Dominican delivers on

all of these. The campus is large enough to offer diversity and small enough to be covered in a reasonable walking time. Be sure to go by the residence quarters of the Dominican Sisters. You might bump into retired Sr. Marion Irvine. She set national age group running records as a 50-year-old.

The library usually has a show in its art gallery. And when hunger overtakes you, wander over to the dining hall. It's open to the public for breakfast, lunch, and dinner seven days a week. The food is very good, and the guest prices are quite reasonable (\$7.10 – \$10.25).

The hilly area behind the college is called Gold Hill. It leads into the Harry A. Barbier Memorial Park. The access fire road is at the end of Locust Avenue, which forms the northern edge of the campus. The hike up Gold Hill Fire Road is long (two miles) and steep in parts. The road summits at the communication towers you see on the ridge and forms the border with China Camp State Park. The views are spectacular, but you pay a price to see them.

I recommend ascending the road until you're happy with what you see, then heading back down.

Okay, students, class is over. I'll see you on the quad. ■







# Black-Crowned Night Heron

Article and Photography by DAVID GRAY



The black-crowned night heron (*Nycticorax nycticorax*) is a medium-sized heron averaging 25 inches in height. Appropriately named, they hunt for food mostly at night. They are stockier than most herons, having a proportionally larger head and a shorter neck. They rarely extend their necks unless striking at prey while hunting. Their stocky shape makes them easier to distinguish from other herons. The bright red eye of the adult is also quite striking, as are the thin bright plumes at the back of the head of the adults.

These photos were taken at Bodega Head, June 10, 2018. The black-crowned night heron is found near marshy areas across the United States, northern Central America, and southern Canada. Its nearest relative, the yellow-crowned night heron, is found mostly in the southeastern U.S.

They hunt for small fish near the edges of the marsh, or perched on stumps farther from shore. Night herons often flock together in trees; the adult-and-immature pair in the photograph were part of a larger group nesting in a gigantic eucalyptus nearby. It is likely that the immature bird is the offspring of the adult, given the watchful eye and close proximity. The juniper in which they were sitting was next to a marsh, so they were... sitting pretty?

So if you see one of these birds heading for a larger tree, take a closer look at that tree. You might be treated to seeing other herons, egrets, or possibly ibis.

While visiting Lake Mattamuskeet in North Carolina back in 2012, I saw great egrets, great blue herons, and black-crowned night herons sharing the same roost. Black-crowned night herons live to be over 21 years of age.

Late in May, David MacLam and Michele Rivers brought to my attention an article from the University of Chicago Medical Center about cooperation across bird species and individual alliances, and it was wonderful. Please take a look... <https://www.sciencedaily.com/releases/2018/05/180521143827.htm> ■





SUNDAY 1	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7
<b>6:30-9:30 AM</b> Taiji <i>Maclam/Clubhouse Deck</i> <b>1-4 PM</b> Mahjong <i>Fireside Room</i> <b>3 PM</b> Art in the Park Meeting <i>Fireside Room</i> <b>ART IN THE PARK</b>	<b>6-8+ AM</b> Trash Pickup <b>9:30 AM</b> Low-Impact Exercise <i>Fireside Room</i> <b>10-11 AM</b> Water Aerobics <i>Pool</i> <b>5 PM</b> BBQ Reservation <b>Deadline</b> <b>6 PM</b> MVEST Meeting <i>Fireside Room</i> <b>7:20 PM</b> Poor Man's Poker <i>Card Room</i>	<b>6:30-9:30 AM</b> Taiji <i>Maclam/Clubhouse Deck</i> <b>10-11:30 AM</b> Chair Yoga <i>John Marino/Fireside Room</i> <b>5-6 PM</b> Meditation on Courage and Grace <i>Fireside Room</i> <b>6 PM</b> PAC MEETING	 <b>MAR VAL</b> <b>4TH OF JULY BBQ</b> <b>5 PM BAR OPENS</b> <b>6 PM DINNER</b> <b>INDEPENDENCE DAY</b>	<b>6:30-9:30 AM</b> Taiji <i>Maclam/Deck</i> <b>9:15 AM-1:230</b> QiGong <i>Dove</i> <b>1-2:30</b> Quest for Vibrant Health <i>Hansen</i> <b>3-4:30 PM</b> Draw On! <i>Bogardus</i> <b>6-6:40 PM</b> Silent Meditation <i>Bamboo Room</i> <b>7 PM</b> Film Night <b>THE BIG LABOWSKI</b>	<b>10-11 AM</b> Water Aerobics <i>Pool</i> <b>4 PM</b> Canasta <b>5-7 PM</b> Pub Night <i>Ballroom</i> <b>7 PM</b> Board Game Night <i>Fireside Room</i>	 <b>7-9 PM COMMUNITY DANCE</b>
<b>6:30 AM</b> Taiji <b>1 PM</b> Mahjong <b>ECHO DEADLINE</b>	<b>6-8+ AM</b> Trash Pickup <b>9:30 AM</b> Low-Impact Exercise <b>10-11 AM</b> Water Aerobics <b>6 PM</b> MVEST Meeting <b>7:20 PM</b> Poor Man's Poker	<b>6:30 AM</b> Taiji <b>10 AM</b> Chair Yoga <b>5-6 PM</b> Meditation on Courage and Grace	<b>10-11 AM</b> Water Aerobics <i>Pool</i> <b>11 AM-1 PM</b> Whistlestop <i>call Roberta 475-883-0843</i> <b>11:15 AM-2 PM</b> Craft and Chat <i>Ballroom</i> <b>3-4 PM</b> Watercolor Class <i>Ballroom</i>	<b>6:30 AM</b> Taiji <b>9:15 AM</b> QiGong <b>1-2:30</b> Quest for Vibrant Health <b>3-4:30</b> Draw On! <b>6 PM</b> Silent Meditation	<b>10 AM</b> Water Aerobics <b>4 PM</b> Canasta <b>5 PM</b> Pub Night <b>7:15 PM</b> Bingo	<b>14</b>
<b>6:30 AM</b> Taiji <b>1 PM</b> Mahjong	<b>6-8+ AM</b> Trash Pickup <b>9:30 AM</b> Low-Impact Exercise <b>10-11 AM</b> Water Aerobics <b>6 PM</b> MVEST Meeting <b>7:20 PM</b> Poor Man's Poker	<b>6:30 AM</b> Taiji <b>10 AM</b> Chair Yoga <b>5-6 PM</b> Meditation on Courage and Grace	<b>10 AM</b> Water Aerobics <b>11 AM</b> Whistlestop <b>11:15 AM-2:30 PM</b> Readers' Theatre <b>3 PM</b> Watercolor Class <b>6 PM</b> MAR VAL MEETING	<b>6:30 AM</b> Taiji <b>9:15 AM</b> QiGong <b>1-2:30</b> Quest for Vibrant Health <b>3-4:30</b> Draw On! <b>6 PM</b> Silent Meditation <b>7 PM</b> Film Night <b>EASY RIDER</b>	<b>10 AM</b> Water Aerobics <b>4 PM</b> Canasta <b>5 PM</b> Pub Night	<b>21</b>
<b>6:30 AM</b> Taiji <b>1 PM</b> Mahjong	<b>6-8+ AM</b> Trash Pickup <b>9:30 AM</b> Low-Impact Exercise <b>10-11 AM</b> Water Aerobics <b>6 PM</b> MVEST Meeting <b>7:20 PM</b> Poor Man's Poker	<b>6:30 AM</b> Taiji <b>10 AM</b> Chair Yoga <b>5 PM</b> Meditation on Courage and Grace	<b>10 AM</b> Water Aerobics <b>11 AM</b> Whistlestop <b>11 AM</b> Bridge <b>11:15 AM</b> Craft and Chat <b>2:30 PM</b> Book Group <b>3 PM</b> Watercolor Class <b>5 PM</b> Pasta Reservation <b>Deadline</b> <b>6 PM</b> HOL MEETING	<b>6:30 AM</b> Taiji <b>9:15 AM</b> QiGong <b>1-2:30</b> Quest for Vibrant Health <b>3-4:30</b> Draw On! <b>6 PM</b> Silent Meditation	<b>10 AM</b> Water Aerobics <b>4 PM</b> Canasta <b>5 PM</b> Pasta Night at Pub  FULL MOON 1:20 PM	<b>28</b>
<b>6:30 AM</b> Taiji <b>1 PM</b> Mahjong	<b>6-8+ AM</b> Trash Pickup <b>9:30 AM</b> Low-Impact Exercise <b>10-11 AM</b> Water Aerobics <b>6 PM</b> MVEST Meeting <b>7:20 PM</b> Poor Man's Poker	<b>6:30 AM</b> Taiji <b>10 AM</b> Chair Yoga <b>5 PM</b> Meditation on Courage and Grace	<b>6:30 AM</b> Taiji <b>10 AM</b> Chair Yoga <b>5 PM</b> Meditation on Courage and Grace	<b>6:30 AM</b> Taiji <b>9:15 AM</b> QiGong <b>1-2:30</b> Quest for Vibrant Health <b>3-4:30</b> Draw On! <b>6 PM</b> Silent Meditation	<b>10 AM</b> Water Aerobics <b>4 PM</b> Canasta <b>5 PM</b> Pasta Night at Pub	<b>29</b>

# JULY 2018