

T H E
ECHO

MAY 2018

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Letter to the Editor



Mike York 1947-2018

A new *Echo* feature, **Looking Closely**, is designed for us over-55 denizens to share something we have “investigated in depth” that has “brought fascination and enjoyment during our lives.”

The January, February, and March *Echo* issues featured articles by (the late) Mike York, a theoretical physicist. Subject: “Quantum Mechanics Demystified.” At first, I was more mystified than demystified. But I kept reading.

Beginning in the 19th century, Mike described 120 years of trying to explain the nature of the world as *either* mechanistic *or* metaphysical.

In the mechanistic, physical realm there was no shortage of theories: Zeno. Plato. Newton. Bohr. Then Einstein with his Relativity, Gravity ... Position, Space, Time (finite or infinite), and Motion (waves or particles). Mike discussed Heisenberg’s Uncertainty Principle, the observer effect, which notes that measurements of certain systems

cannot be made without affecting the systems; that is, without changing something in a system.

After distinguishing between quantum probability and statistical probability, he put forth the need for a new paradigm based on frame-of-reference and promised to explain “nonlocality” and “entanglement” in the April issue.

Mike’s sudden death has touched many of us deeply. Perhaps you, like me, wanted to know what he was planning to say about “nonlocality” and “entanglement” (which Einstein referred to as “spooky action at a distance”).

Which brings us to the metaphysical realm.

I started to do some research on my own, and Google led me to some pretty strange (“spooky”) stuff about the interface between the physical and nonphysical realms. I found discussions of pure energy (sometimes referred to by some as “consciousness”).

I know Mike emphasized the importance of context. But I don’t think, even in the context of his own death, he would have gone so far as to try to demystify consciousness.

Then again, by now he’s probably in a fifth dimension somewhere in space ... or time ... using mathematical equations to teach a mind-expanding class in this subject that “brought fascination and enjoyment” during his life.

Joan Nelson

BREAKING NEWS

Each year PG&E provides more than 1,500 local grants including aid for fire prevention. In Marin, these grants are handled by **FireSafe Marin**, a non-profit organization dedicated to reducing wildland fire hazards and improving fire-safety awareness in the county. **Marin Valley** was awarded a large enough sum for us to completely remove fire-prone plants seen every time we enter or leave our community. The grant will enable us to clear defensible space on both sides of the road from the entrance circle to the studs in the road at the top of our hill. Look for improvements to start soon.

THE ECHO MAY 2018

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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

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

DEADLINE

Everything is due the 8th of the month or sooner for the following month’s issue.

Management Update

Letter to Residents

Management update for May 2018.

Residents, please come and see the newly painted ballroom and breezeway that leads to the pool.

Any new contact information you may have such as phone or email is needed for our robo-phone system so we can reach out to you with any important messages.

Parking any vehicle that is not in use due to inoperable condition is prohibited here at Marin Valley.

Many residents have started spring cleaning, including carports, and are doing a great job. More will catch on and are encouraged to remove stored items in the carports, creating a better condition for all to view. Thanks for all the effort.

Any last request for juniper or fire-prone plant removal on residents' lots? Call the front desk asap.

Prepare for a dry season by keeping your grass and weeds trimmed low. Prevent a fire by preparing your home garden and removing any and all dry material.

For any after-hours emergency or maintenance issue, please call the answering service (415-883-5911) and they will page either Mark or Greg to help with your concern.

Thank you,



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

**NOVATO FIRE DISTRICT
PARK EVACUATION**
SATURDAY, MAY 5 ■ 1:30-3:30 PM
See page 5.

**NOVATO CITY COUNCIL AND STAFF
MARIN VALLEY RESIDENTS AND MANAGEMENT
MEETING**
MONDAY, MAY 14 ■ 6 PM ■ BALLROOM
All residents are urged to come.

Greetings from the PAC Board.

Our finances are in order. The debt service on the loan is 2.45 as of February 28, 2018, well above the required 2.0. Our short-, medium-, and long-term reserves are in excess of 4.9 million dollars.

MVEST continues to focus our attention on safety issues around our community. See page 5 for preparation for the Novato Fire District Park evacuation on Saturday, May 5.

Larry Cohen and I, along with Management, met with Novato City staff on March 26. The meeting was fruitful, cooperative, and encouraging.

Next year's budget was clarified, and capital plans and ongoing projects were discussed and moved forward. For details, see the 2x2 report in April's PAC board meeting minutes, which are posted in the clubhouse or emailed to you as they become available.

The PAC board approved a motion that agreed with Al Frei's proposal that there is no need for a rent increase for next year.

Larry and I will be meeting later this month with City Staff to discuss security issues at Marin Valley.

The PAC board approved a motion that Matt Greenberg should receive a merit salary increase due to his outstanding contribution to the upkeep and management of Marin Valley.

PAC's subcommittee on Rules and Regulations is refining the mission statement that was published in last month's *Echo*. We encourage your comments.

The next PAC meeting will be at 6 pm Wednesday, May 2. The agenda will be posted in the clubhouse before the meeting. Come and contribute with your presence and your opinions.

In service,



Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com

PAC Board Election Dates—CONTINUED ON PAGE 10



Mobile Home Electricity for

by **BILL DAVIS** and **SUE MEYER**

Older homes weren't built to handle the electrical load our contemporary lifestyles demand.

When is your home telling you that there is an electrical problem?

Certain signs and symptoms can tell you when a threat of an electrical problem needs a diagnosis. If your smoke detector goes off, you know you have a problem that needs immediate attention. But what about your home electrical system? How do you know if it is not working properly? There are signs you should be aware of that are more subtle than the obnoxious beeping of a smoke alarm.

Have you ever had an electrical shock zap you? Those of us who have had that jolt have been careful ever since. And now we are taking on the role of writing an article on this subject that anyone can understand:

HOW TO BETTER MANAGE YOUR ELECTRICAL SERVICE BY RECOGNIZING DANGER SIGNS.

Susan did some extensive research, which resulted in some practical tips.

Our goal is to keep us all safe, simply and practically.

• Do any of your lights flicker?

You need to find out why. No guessing here. The fixture could be bad. The wiring could be shorting. The breaker might be faulty. The Park might be having a system problem. You cannot guess on this. You absolutely have to find out why. You should never have any flickering.



• Do you use extension cords?

They should be used for just one simple light or one fixture of low amperage. These cords can easily overheat and will cause a fire if they are kept under a rug. They are also dangerous because you can easily trip on them and because the insulation gets brittle with age. Not to mention the fact that you can plug too many appliances into multiple plug ports. Exercise extreme caution in using them. A cat once died from an extension cord. He liked to chew on it.

• Are any of your electrical outlets wobbly?

If so, they are dangerous and need adjustment or replacement. If there are any burn marks on the surface, they need replacement immediately. Don't use them until they're replaced.

• Do you have older, non-grounded plugs

for that 1960s appliance you love? This is not good, because without a grounding shield in the appliance, you could electrocute yourself. "Patient found not breathing with no pulse. Unable to resuscitate. Suspect accidental electrocution due to ungrounded appliance."

• Outlets and switches should always be cool.

If one is found warm, there is a problem that needs a diagnosis and fix. Do not use it until the problem is resolved by a professional.



• Do you use a portable space heater?

They can be very nice for heating just one room instead of the whole house. However, they can also cause a fire easily. They must be placed away from newspapers, drapes, and all flammables. In addition, many of them can be easily tipped over. Some of the older heaters don't even have a gravity shutoff switch.

• Do you know where your breaker box is?

Open it up and get to know your breakers and what they protect. Is the box warm or does it get warm? If so, this is a sign for an electrician to check it out. Have you been tripping a breaker? This is another sign of needing to have a professional check it out for you.

• Do you know where to shut down all of the power to your home in an electrical emergency?

It is outside of your home under the electrical meter. Check it out for yourself and know how to throw that switch if you have to de-energize your whole house.

Dummies

• What do you do if you have an electrical fire?

First, do not use water on it! Water will flare and cause a larger fire and can also electrocute you in the meantime! Use a chemical extinguisher specifically made for use on electrical and other fires.



Class ABC Extinguisher
C = Electrical

Current National Electrical Codes and the California State Electrical Codes are much safer than those of our 1970s manufactured homes. New codes are not retroactive, unfortunately. However, we can be safe if we exercise caution and vigilance in the use of our electrical service. We hope this has been helpful.

Enjoy your amps, volts, and watts. They are your friends, but they can turn on you. ■

Your Help Needed for the Park Evacuation—May 5, 1:30–3:30 pm

The Novato Fire District (NFD) has designated May 5th at 1:30 pm to conduct a Marin Valley evacuation exercise. Marin Valley is one of four Novato communities conducting this same exercise at different times that day. NFD will be assisted by the Novato Police Department and our own MVEST emergency volunteer team. Everyone in the Park will be asked to evacuate to the Hill Gym right next to the Margaret Todd Senior Center, 1560 Hill Rd., in downtown Novato. We highly recommend your preparedness for—and participation—in this exercise!

The “Perfect Storm” that brought last year’s catastrophes to both Northern and Southern California could easily happen here, too, and we must prepare ourselves.

“He who fails to prepare, prepares to fail”

What You Need to Do

1 Our primary means of emergency public warning and instructions is “Alert Marin.” Records show that everyone who has a landline in Marin Valley is probably registered. However, only forty Marin Valley cellphones are registered. **Go on the web to ALERTMARIN.ORG and follow the instructions to create or update a profile that includes your landline number AND your cellphone number.**

This is how you will be notified in a real emergency, thus it is crucial to have your information in the county database and to see how well it works in an exercise.

2 Check your “Go Bag”; keep it updated and readily available.

3 ALWAYS keep your car’s gas tank at least half full.

4 If you are mobility-challenged or have special needs, prepare in advance with a caregiver and/or neighbor to facilitate your timely evacuation. May 5th is the opportunity to test and adjust your plan as necessary.

5 Cooperate with emergency officials and with our MVEST volunteers. We’re here to help you and we’ve been training for this.

6 Please participate in the May 5th exercise. The only way to know what works is to test our plan BEFORE a real emergency strikes.

7 Our evacuation center will be the Hill Gym right next to the Margaret Todd Senior Center. Be sure you know how to get there before May 5th. You will be greeted there by several agencies that are active in disasters. They will provide valuable information about what would actually happen at an evacuation center in a real emergency.

This is a full-on operational test of our situational awareness and ability to move quickly, and to coordinate an emergency evacuation in the face of a disaster.

Following your Alert Marin call on May 5th, you will hear sirens, bull horns, and whistles and will see Fire, Police, and MVEST uniforms. Hitch a ride or jump in your car and follow directions out of the Park. This drill is about saving lives—your life. Leave your pets at home. They will be safe during the brief period of this exercise, and there will be a police presence during our brief absence.

You can also use this upcoming exercise as a reminder to make sure your insurance policies are up to date. Under-insurance was one of the greatest tragedies of last year’s catastrophic fires.

It is also a good reminder to make sure you have “defensible space” around your home. In a major fire, resources will be limited. This means firefighters will choose to defend homes with defensible space over those without.

Thank you for your cooperation and participation. ■

MVEST Steering Committee

MAR VAL Message from Mar Val

Dear Friends,

The month of May provides Mar Val with the opportunity of sponsoring two social events, one during the first week and the second in the last week of the month.

Cuatro de Mayo

Each year we celebrate *Cinco de Mayo* by offering a

Mexican dinner at the Friday Pub closest to the holiday.

This year the party will take place on **Friday May 4th**, or as we like to say, **Cuatro de Mayo**. As always, Pub will open at 5pm, and dinner for residents only will be \$5 and served at 5:30 pm. To ensure sufficient food for all, we are requiring that those intending

to have dinner complete a reservation form, enclose a check to Mar Val, and place the form in the reservation box in the office no later than Wednesday, May 2.

Memorial Day Party

The second May celebration is the **Memorial Day party** on **Monday, May 28 at 5pm**. This event marks the start of

Mar Val's schedule of outdoor parties for 2018, and if the weather permits, we will be dining al fresco for the next five months.

With warmest regards,

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



Mar Val Cuatro de Mayo Celebration at Pub – May 4, 2018

Tim Hart will once again be creating a Mexican feast for the Cuatro de Mayo celebration at Pub. Reservations are required for this event. Reservation deadline is May 2 at 5pm or when 100 reservations have been received. \$5 per person. Checks payable to Mar Val. *Questions, please call Carolyn Corry at 415-370-6403.*

Mar Val Cuatro de Mayo Celebration at Pub

RESIDENT _____

RESIDENT _____

attending ____ @ \$5 each Check (payable to Mar Val) for \$_____ is enclosed. (NO CASH)

Reservation deadline is May 2 at 5 pm or when 100 reservations have been received.

Questions? Please call Carolyn Corry at 415-370-6403.

Mar Val Memorial Day Party

MAY 28, 2018 ■ 5 PM COCKTAILS ■ 6 PM DINNER

Hamburger or Hot Dog or Veggie Burger

Potato Salad ■ Baked Beans ■ Ice Cream Bars

Reservation deadline is May 23 at 5pm or when 120 reservations have been received. \$12 per person *Questions? Please call Carolyn Corry at 415-370-6403.*



Mar Val Memorial Day Party Reservation Form

Please CIRCLE entrée choice

RESIDENT _____ Hamburger Hot Dog Vegetarian

RESIDENT _____ Hamburger Hot Dog Vegetarian

GUEST _____ Hamburger Hot Dog Vegetarian

GUEST _____ Hamburger Hot Dog Vegetarian

attending ____ @ \$12 each Check payable to Mar Val for \$_____ is enclosed. (NO CASH)

Reservation deadline is May 23 at 5 pm, or when 120 reservations have been received.

Questions? Please call Carolyn Corry at 415-370-6403

HOL Home Owners League Message



Gym Machines

Aren't we lucky to have the ability to work out any time we want? The HOL Board wants to be receptive to the requests and needs of the residents, so some decisions have been made regarding our gym. The big machine called the ARC Trainer is not used very much, so we will be looking to replace it with a new NuStep machine per the request of several people. NuStep is a great machine for knees and backs, and even offers arm and shoulder movement. The purchase will be put in next year's Park budget, so be looking for it to appear. Any ideas on what to do with the ARC Trainer will be appreciated. HOL also wants to put in a leg press and rowing machine per request of several residents.

Food for the Park

John Hansen and Tara Plocher are pursuing several ideas. One is to have the Organic Farmer's Market Truck come to Marin Valley once a week in the summer months, offering food, possibly with a discount for seniors. Also, for those in the Park lacking money for food, we are looking into food donations from various agencies

in Marin County. This is a new project, so if you have any experience with this, contact John or Tara. Another part of this push is to create an organic garden in the Park. We would appreciate any and all comments about this, too. There are cubbyholes next to the HOL Bulletin Board for requests and opinions.

New Shredder

HOL has purchased a shredder that is free for all to use. You will find it in the library by the computers. While many people have requested this, the board remains concerned about misuse and overuse of the shredder. We have made a list of rules that are posted on the machine.

PLEASE follow the rules.

**IF THE SHREDDER GETS BROKEN,
WE ARE NOT GOING TO GET
ANOTHER ONE!**

Shredder Rules:

- 1 No more than a few pages at a time. The exact number will be posted on the machine.
- 2 No staples, paper clips, or any other metal items. There is a staple remover in the tray under the printer.
- 3 If the shredder is full, please empty it in the recycle bin outside.

Art in the Park

Save the date:

**May 20, 12-5 pm
is the 5th Annual
Art in the Park Show.**

This popular event features displays by our Park artists.

HOL Board Elections

The board has chosen **Jessa Gabriel** and **Michael Hagerty** to be the nominating committee for HOL Board positions for the upcoming year beginning July 1. Anyone who lives here can be nominated. This committee will post their list of nominees on the HOL bulletin board.

Please come to the May HOL general meeting on May 16 to vote or enter any other names for positions.

Quack Quack,

Janie Klimes Crocker

Janie Klimes Crocker
HOL PRESIDENT
jkklimes@swbell.net
281-414-3984 cell



ART IN THE PARK



by SUZIE LAHR

The Marin Valley Artists invite all of you to our

**5th Annual
ART IN THE PARK SHOW
Sunday, May 20
12pm to 5pm
Marin Valley Clubhouse**

You should have a delightful afternoon enjoying fresh strawberries and fine cheeses from the Farmers Market, delicious sweets, and other treats. The highlight of this affair is meeting all the talented and creative artists who are your wonderful neighbors. These artists will be onsite displaying their works and visiting with

you for the afternoon. You might even catch a glimpse of several of them demonstrating how they actually create their art. Have you visited the Marin Valley Gallery lately? This will be your opportunity as it will also be the opening reception for our latest exhibit that was hung in March 2018.

We are all so fortunate in this jewel of a community to have such a thriving group of creators of beauty that so well complements the physical beauty of our environment. The hills, the bay, and people like you who make it all happen are what make this an exceptional place

to live in peace, unity, and beauty. I look forward to seeing all of your smiling faces on Sunday, May 20 to bring us all together!



**HAPPENING AROUND
TOWN**

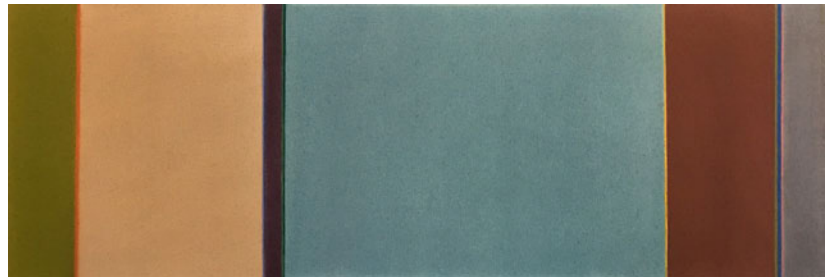
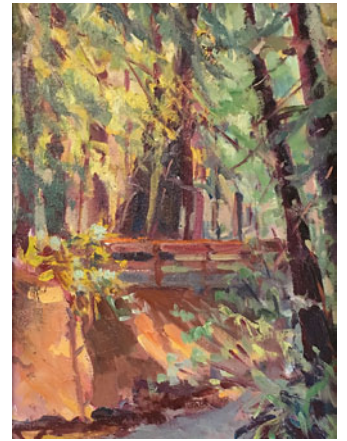
Marin MOCA
Palm Drive – Hamilton
Annual Altered Book Show
April 28–June 1

Marin Civic Center
Bartolini Gallery
80 Over 80
80 works of art by Marin artists over age 80
April 18–June 1 and
Civic Center Galleries
3rd floor

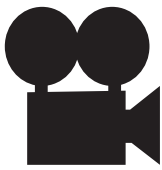
Women Over 80
Lea Del Perno's
photographs of
remarkable
octogenarians

**Marin Open Studios
Gallery**
Exhibit of works by
275 MOS artists,
325 Town Center
in Corte Madera
April 22–May 13
Pick up your Tour Guide
for MOS weekends,
May 5–6 and May 12–13





Opposite page and clockwise above top left—**Janel Bogardus**, *Great Northern Gyre*, *Shrouded City*; **Michelle Rivers**, *Miracles Happen*; **Dorallen Davis**, *Redwood Reflections*; **Diane Romaine**, *Polychrome #6*; **Christine Cohen**, *Marin County Hills*; **Erma Wheatley**, *Alizarin Dreams*. **Michael Sudheer**, *Come Join the Dance*—page 1, Table of Contents, image second from the bottom



FILM NIGHT

1st & 3rd Thursdays ■ Clubhouse 7 pm ■ Please, No Food or Drink
Feel free to bring a comfortable chair—NOTE: MAY 17 ONLY THIS MONTH

The Grocer's Son Thursday • May 17 • 7pm (2007) Drama 1hr 36 min
Director Eric Guirado Starring Nicolas Cazalé, Clotilde Hesme, Daniel Duval



Documentary maker and director Eric Guirado's feature film debut is a drama about a grocer's son who returns to take over his father's business of delivering food to rural areas in the French village where he was born. Antoine Sforza left his village in order to start a new life in the big city. When his father, a traveling grocer, has a stroke, Sforza reluctantly comes back to replace him in his daily rounds, accompanied by Claire, a young woman who helps him to improve his skills. He does the job half-satisfactorily. He has an attitude problem; he's too blunt, out of step with the locals, and he offends them more than he serves them. The tense relationships are mirrored by the beauty of the striking rural hillsides and villages and the bounty he delivers in his food truck. ■

Got Joint Pain?

Joint Replacement Surgery Discussion
Tuesday, May 22 ■ 5-6 pm ■ Fireside Room

- How much joint pain should you bear before deciding to replace the joint?
- What the doctors don't tell you
- How to prepare for surgery
- How to have the best experience possible

WITH A PANEL OF YOUR NEIGHBORS WHO HAVE GONE THROUGH THESE DECISIONS:

Sandee Duncan (2 knees replaced) ■ Jessa Gabriel (1 knee replaced so far) ■ Peggy Hill (2 knees and 1 hip replaced)

This panel is part of our Tuesday meditation group on Courage and Grace, for facing difficult times in our lives. We do 20 minutes of silent meditation and ask advice of others with similar experiences. All are welcome.

Hear how each handled the difficulties, and ask questions on how you can make the wisest decisions for yourself and your loved ones!

Prepare to meet the hard times with courage and grace!

Water Aerobics

Starts May 1

Mon ■ Wed ■ Fri ■ 10-11am

Newcomers welcome! For information call Kamala Allen 415-306-6865



COMMUNITY DANCE

Saturday, May 5 • 7-9 pm



Brenda Foster and Jack her Tempos partner will be playing a variety of upbeat music featuring rock & roll, western, some pop, and some island music.

CONTINUED FROM
PAGE 3

PAC Elections

by LARRY COHEN

The seats currently held by

Jay Shelfer

John Hansen and

Peggy Hill

are up for election.

- **Sunday, May 6—**
Saturday, May 12
Nominations accepted by the election committee. Contact **Larry Cohen** (415-883-7786) or **Steve Plocher** (415-302-9043)

IF THERE ARE MORE THAN THREE NOMINATIONS:

- **Sunday, May 13—**
Friday, May 18
Election committee prepares and mails ballots.
- **Tuesday, May 15**
(6 pm)
Meet the candidates—Fireside Room.
- **Monday, May 21—**
Friday, June 1 (3 pm)
Ballots accepted at the clubhouse voting box in the lobby.
- **Friday, June 1 (4 pm)**
Votes counted.
- **Saturday, June 2**
PAC annual meeting; new PAC Board members introduced.

Phew! What's That Smell?

by JUDY LANE

Hello Neighbors.

It's Spring again and many of us will be walking around enjoying the lovely weather and our lovely Park. Unfortunately, we often encounter some smells that are not only bothersome to some but can be actually harmful to our health.

What Are These Smells?

They are scented laundry detergents, fabric softeners, and dryer sheets! Wait, those boxes have pictures of nature and flowers on them. Aren't they natural? Anything but! These chemicals are hidden in those nice boxes because manufacturers are not required to fully disclose all ingredients.

Most of us have never thought about it, but synthetic fragrances come out in the dryer vents and have been associated with asthma and respiratory illnesses, nasal symptoms, gastrointestinal symptoms, migraines, dizziness, eye irritation, and skin issues. Some exposures, like to chemicals that are endocrine disruptors, can affect our organs and cause delayed harmful effects and even reproductive problems. The EPA estimates that the typical American home is 2–5 times higher in air pollution than the air right outside, and in some cases, up to 100x higher.

One fragrance researcher, Dr. Steinmann, found 7 air pollutants and 25 volatile compounds (VOCs),

Resources:
www.draxe.com

EWG (Environmental Working Group) database—

https://www.ewg.org/guides/search?utf8=✓&q=laundry+detergent&x=39&y=23&page=1&per_page=15#.Wr3BOjOZPFR

<https://articles.mercola.com/sites/articles/archive/2011/12/21/are-you-slowly-killing-your-family-with-hidden-dioxane-in-your-laundry-detergent.aspx>



including acetaldehyde and benzene, in over 40 percent of the dryer sheets she tested. Up to 10 percent of the dryer sheet weight can be made up of toxic chemicals.

Laundry detergents typically contain hazardous ingredients, including sodium lauryl sulfate (SLS)/sodium laureth sulfate (SLES), 1,4-dioxane, NPE (nonylphenol ethoxylate), and phosphates. SLS alone is the subject of about 16,000 studies documenting its dangers. Another serious unlabeled offender is 1,4-dioxane, which is a known carcinogen.

Over 12 percent of the US population has reported symptoms due to dryer vent emissions. These chemicals include endocrine disruptors, carcinogens, and general pollutants. Endocrine disruptors can affect our organs and have delayed harmful effects. Not only do these chemicals cause problems in the air, they go down the drain, polluting the water and harming animals and aquatic life.

What Is One to Do?

- Become a label reader.
- Use 100% nontoxic, biodegradable, unscented products.
- Be aware of products marketed as “Green” because some of these are still scented.
- Use phosphate-free products.
- Avoid bleaches, whiteners, dyes, fragrances, brighteners, or “masking agents.”
- Go longer between washes.
- Use less detergent than it says on the label.

Alternatives to using these toxins include using $\frac{1}{4}$ cup white vinegar in the rinse cycle, line drying, and wool dryer balls. Some folks use castile soap or even make their own detergent from recipes easily found on the Net or in books on healthy homes from the library. One such is by Beth Greer.

If a scent is desired, one could add a few drops of organic essential oils. Beware, some “natural” essential oils are not necessarily organic and can still be toxic and synthetic.

It would be lovely to walk through our neighborhood without smell pollution.

Thanks, neighbors! ■

Judy Lane, NP, MS
Director of Women's Health
Preventive Medical Center
of Marin

Take a Hike

by MIKE HOLLAND

San Rafael

What's up there?

Don't know; I pass it every day driving the freeway through San Rafael.

Seems like some nice houses, then a lot of open space going up to a mountaintop.

I recall there being a cross near the top. Now all I see are communication towers. I guess this reflects that we "pray" we have good cell phone reception.

Yeah, we don't just adore our phones, we revere them.

So, how do you get up there?

I'd say start your walk from Boyd Memorial Park at Mission and B Streets.

You mean "Needle Park"?

Not anymore. Don't you remember that the city spent thousands of dollars to completely clean up the park so that it would be family friendly? Looks to me like they did a good job and it has stayed a nice place for picnicking and wandering.

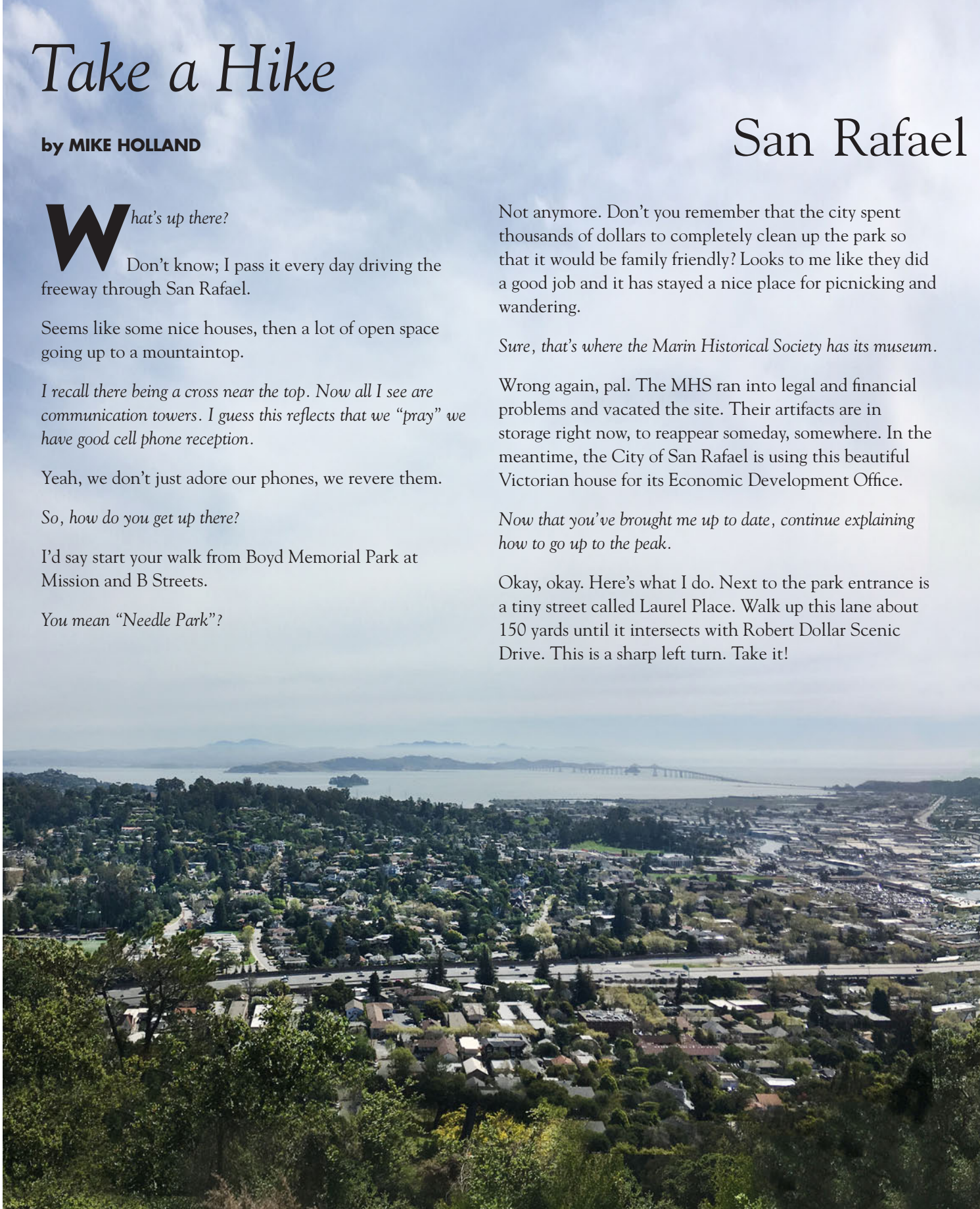
Sure, that's where the Marin Historical Society has its museum.

Wrong again, pal. The MHS ran into legal and financial problems and vacated the site. Their artifacts are in storage right now, to reappear someday, somewhere. In the meantime, the City of San Rafael is using this beautiful Victorian house for its Economic Development Office.

Now that you've brought me up to date, continue explaining how to go up to the peak.

Okay, okay. Here's what I do. Next to the park entrance is a tiny street called Laurel Place. Walk up this lane about 150 yards until it intersects with Robert Dollar Scenic Drive. This is a sharp left turn. Take it!

PHOTOGRAPH: ERMA WHEATLEY



Hill

Who's Robert Dollar?

I have no idea, just walk up this pretty drive a few hundred yards until you see a fire road on the left. Away you go and you'll soon be on top.

Sounds steep.

It ain't flat...that's why it's called San Rafael Hill.

Is there anything to do once you're up there?

Heck yeah! Look around at the Bay, Mt. Tam, the neighborhoods below, even the City. I like trying to recognize buildings and landmarks in San Rafael. Everything looks so different from high above. On your trip up and down, note all the signs prohibiting overnight stays in this open space. I guess the city finally had it with the constant complaints from residents and the frequent fires on the hillside.

You always like to do something post-hike. What's your recommendation?

Ever been to the Falkirk Cultural Center? It's just down the street on Mission; might be worth checking out.

What about food or drink?

Dude, you are in downtown San Rafael! Plenty of joints to eat in.

For a cocktail I'm partial to a margarita at Green Chile on 4th Street next to the art studios. (*Check to see if they have reopened.*) I also plan to try the new (and beautiful) Tavern on 4th Street. This used to be the dive bar called 4th Street Tavern. Small name change, huge appearance change.

Are you sure about all this?

What have you got to lose, it's an urban adventure. ■



Osprey

Article and Photography by DAVID GRAY



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The osprey (*Pandion haliaetus*) has several common monikers: sea hawk, river hawk, and fish hawk. It is a raptor that loves to fish. Fish comprise over 95 percent of their diet, so one finds them near waterways ... or diving into waterways. They hover over the water using short, rapid wingbeats to scout for fish. Unique to fishing raptors, they dive head- and talons-first, punching through to as deep as three feet below the water surface to their prey. Once they catch a fish, they often fly around for several minutes carrying it in their talons, perhaps waiting for the fish to expire and minimize its flopping around on the branch or nest upon which it will land.

The one pictured with a fish had taken its trout from the Yellowstone River in Yellowstone National Park, not far from the Old Faithful Geyser. They have a unique capability among raptors: they can pivot their outside fore-talon to the rear, giving them a better grip on their floundering prey. You might be able to see this bit of detail in the photo; it's hard to discern. They are pretty successful at capturing fish; anywhere from 25 to 70 percent of their dives result in catches.

The osprey is a large raptor, having a wingspan of over six feet and weighing 3.5 pounds as a full-grown adult.

They have a beak that is more like that of an eagle: long and strong. The mask on their face is a distinguishing characteristic. Their call is easily recognizable, a repeating short whistling cry.

They love nesting atop tall snags where they can have an unobstructed flight path to the nest, as well as the height to avoid ground-based marauders such as raccoons. The nests are enormous constructions for which materials are gathered primarily by the male and arranged by the female. They take turns sitting on the eggs (one to four per brood), and once the eggs hatch at about five-day intervals, the parents trade off hunting for food and minding the hatchlings. The same pair typically returns to and adds to the same nest year after year. The photos of osprey landing on different nests were taken at Point Reyes National Seashore, as was that of the osprey in flight.

Since the banning of the use of DDT, their numbers have significantly increased, and they can be found across the United States and into Canada in the summer and Central America in the winter. The longest-lived osprey was over 25 years in age. We see them flying over our Park from time to time as they fly their "Gone Fishing" sign and head out to the shallows of the San Pablo Bay. ■



MAY 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30-9:30 AM Taiji McLam/ Clubhouse Deck 10 AM PAC NOMINATIONS ACCEPTED Lobby 1-4 PM Mahjong Fireside Room	6-8+ AM Trash Pickup 9:30 AM Low-Impact Exercise Fireside Room 10-11 AM Water Aerobics Pool 6 PM INVEST MVEST Meeting Fireside Room 7:20 PM Poor Man's Poker Card Room	6:30-9:30 AM Taiji McLam/ Clubhouse Deck 10 AM-11:30 AM Chair Yoga John Marino/ Fireside Room 5-5:30 PM Meditation on Courage and Grace Fireside Room	6:30-9:30 AM Taiji McLam/ Clubhouse Deck 10-11 AM Water Aerobics Pool 11 AM-1 PM Whistlestop call Roberta 415-883-0843 11:15 AM-2 PM Craft and Chat Ballroom 3-4 PM Watercolor Class Ballroom 5 PM Reservation Deadline 6 PM PAC MEETING	6:30-9:30 AM Taiji McLam/ Clubhouse Deck 9:15 AM Qi Gong Dove 6-6:40 PM Silent Meditation Bamboo Room 7 PM NO Film 7:20 PM Poor Man's Poker	10-11 AM Water Aerobics Pool 4 PM Canasta 5-7 PM Cuatro de Mayo Pub Night Ballroom 7 PM Board Game Night Fireside Room	Novato Fire District PARK EVACUATION 1:30-3:30 PM 7-9 PM COMMUNITY DANCE
6:30 AM Taiji 1 PM Mahjong	6-8+ AM Trash Pickup 9:30 AM Low-Impact Exercise 10 AM Water Aerobics 6 PM INVEST MVEST Meeting 7:20 PM Poor Man's Poker	6:30 AM Taiji 10 AM Chair Yoga 5 PM Meditation on Courage and Grace ECHO DEADLINE	6:30 AM Taiji 10 AM Water Aerobics 11 AM Whistlestop 11:15 AM Craft and Chat 3 PM Watercolor Class 6 PM MAR VAL MEETING	6:30 AM Taiji 9:15 AM Qi Gong 6 PM Silent Meditation 7 PM Film Night THE GROCER'S SON 7:20 PM Poor Man's Poker	10 AM Water Aerobics 4 PM Canasta 5 PM Pub Night 7:15 PM Bingo	10 AM PAC NOMINATIONS ENDS Clubhouse Lobby 19
6:30 AM Taiji 1 PM Mahjong	6-8+ AM Trash Pickup 9:30 AM Low-Impact Exercise 10 AM Water Aerobics NOVATO CITY COUNCIL, STAFF, AND MARIN VALLEY COMMUNITY MEETING 6 PM Ballroom 7:20 PM Poor Man's Poker	6:30 AM Taiji 10 AM Chair Yoga 5 PM Meditation on Courage and Grace 6 PM MEET THE PAC BOARD CANDIDATES Fireside Room	6:30 AM Taiji 10 AM Water Aerobics 11 AM Whistlestop 11:15 AM Craft and Chat 3 PM Watercolor Class 6 PM HOL MEETING & ANNUAL VOTING	6:30 AM Taiji 9:15 AM Qi Gong 6 PM Silent Meditation 7 PM Film Night THE GROCER'S SON 7:20 PM Poor Man's Poker	10 AM Water Aerobics 4 PM Canasta 5 PM Pub Night	6:30 AM Taiji ART IN THE PARK ART IN THE PARK 5TH ANNUAL SHOW 12-5 PM Ballroom 27
6:30 AM Taiji 1 PM Mahjong	6-8+ AM Trash Pickup 9:30 AM Low-Impact Exercise 10 AM Water Aerobics PAC BALLOTS ACCEPTED 6 PM INVEST MVEST Meeting 7:20 PM Poor Man's Poker	6:30 AM Taiji 10 AM Chair Yoga 5 PM Meditation on Courage and Grace Discussion on Joint Replacement	6:30 AM Taiji 10 AM Water Aerobics 11 AM Whistlestop 11:15 AM Craft and Chat 3 PM Watercolor Class 4:30 PM Book Club Fireside Room 5 PM May 28 Reservation Deadline	6:30 AM Taiji 9:15 AM Qi Gong 6 PM Silent Meditation 7:20 PM Poor Man's Poker	10 AM Water Aerobics 4 PM Canasta 5 PM Pub Night VOTING ENDS PAC VOTES COUNTED Pub Night	6:30 AM Taiji 11 AM Mahjong ANNUAL PAC MEETING 7-9 PM COMMUNITY DANCE
6:30 AM Taiji 1 PM Mahjong	6-8+ AM Trash Pickup 9:30 AM Low-Impact Exercise 10 AM Water Aerobics MAR VAL MEMORIAL DAY BBQ 5 PM COCKTAILS 6 PM DINNER	6:30 AM Taiji 10 AM Chair Yoga 5 PM Meditation on Courage and Grace FULL MOON 7:20 AM	6:30 AM Taiji 10 AM Water Aerobics 11 AM-1 PM Whistlestop 11:15 AM Craft and Chat 3 PM Watercolor Class	6:30 AM Taiji 9:15 AM Qi Gong 6 PM Silent Meditation 7:20 PM Poor Man's Poker	10 AM Water Aerobics 4 PM Canasta 3 PM VOTING ENDS PAC VOTES COUNTED Pub Night	11 AM ANNUAL PAC MEETING 7-9 PM COMMUNITY DANCE