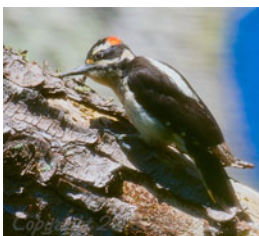


T H E
ECHO

SEPTEMBER 2018

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Rollin' Root Debut at Marin Valley



Television Channel 7 along with over forty Marin Valley residents welcomed The Rollin' Root mobile farmers market on their first day at Marin Valley, Thursday, August 9. The nonprofit Agricultural Institute of Marin (AIM) farmers market on wheels provides seniors in affordable communities access to locally grown healthy, and many organic, fruits and vegetables.

Their goal is to overcome transportation barriers so all people can get local, fresh products. On Thursdays it stops at three senior communities: Whistlestop, Maria B. Freitas Senior Community, Marin Valley, and soon at Marin City.

Soon the Rollin' Root promises to offer fun and engaging nutrition lessons on ways to plan, shop, store, and cook with local ingredients — on a budget. They are bringing senior communities together to celebrate healthy eating and healthy aging!

AIM's work for The Rollin' Root is in collaboration with a wider countywide Healthy Eating Active Living (HEAL) strategy, partnering with Marin County Health and Human Services, the Marin Food Policy Council, the SF-Marin Food Bank, the Interfaith Sustainable Food Collaborative, ExtraFood.org, and others to increase access to fresh, healthy food for all residents, regardless of economic status.

The Rollin' Root will be at Marin Valley Thursdays 11 am – Noon



Frank Simpson shares his image of tall plumes of smoke and report of thick smoky air en route to work through Del Norte and Mendocino County — reminders to us all to keep vigilant and aware.

THE ECHO
SEPTEMBER 2018

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DIRECTOR/RESERVATIONS Carolyn Corry 370-6403

DEADLINE

Articles are due the 8th of the month or sooner for the following month's issue.

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).

Management Update Letter to Residents

September Update:


Current projects are underway that we would like to share with residents. Multiple retaining walls have been built or are currently under construction. Many more to go, but we are getting a handle on long-overdue deferred maintenance. Drainage for pooling water in driveways is also our focus. Ten driveways are scheduled for overlay in October.

Our path of travel leading to the clubhouse front entrance has been replaced with new non-slippery concrete, and the ADA parking upgrade is complete.

We received a \$27,000 grant from FIREsafe Marin for removal of all dry overgrowth, blackberry, juniper, poison oak, and other fire-prone plants to make a “shaded fuel break” at the Park entry. This work is ongoing for your protection.

Management would like to extend a special thanks to Fire District Chief Bill Tyler and MVEST lead **John Hansen**, who were the driving forces behind acquiring this grant.

Thank you,



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

Greetings from the PAC Board,

Our finances are in order. The debt service on the loan is 2.48 as of June 30, 2018, well above the required 2.0. Our cash, plus short-, medium-, and long-term reserves is in excess of 4.9 million dollars.

MVEST continues to be active in focusing our attention on the safety issues around our community. For further information, see their article on the next page.

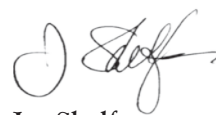
We began the 2018/19 budget on July 1. The projects contemplated and funded by this year's budget started July 1st. See Matt Greenberg's "Management Report" on this page.

PAC Board representatives met with City Staff and reported the outcome to the PAC Board at the August 1st meeting. Our mutual focus is to ensure the continued presence of Matt Greenberg as manager and to resolve the liability issues with the company negotiating to continue the management company's role here at Marin Valley. During this meeting, we were assured that the "Hello Housing Program" for helping our residents meet the monthly costs of living here at Marin Valley would be before the City Council later this month.

All members of PAC are volunteers, as are everyone in MVEST, HOL, and Mar Val. All residents are encouraged to support this community in its efforts to develop and to grow in its ability to serve its residents. In this regard, residents should defer to the will of the whole. In other words, the community should guard the rights of each individual, and (in return for this protection) each individual should submit to the laws of the community; without this adherence it would be impossible for protection to be extended to any individual.

The next PAC Board meeting will be September 5 at 6 pm. The agenda will be posted in the clubhouse before the meeting.

In service,



Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com



3 to 5 Minutes to Stay Alive

by **BILL CROZIER** with **BILL DAVIS**

On January 29, 2018, I escaped from my burning home that moments later was fully engulfed in flames. The fire started around the fuse box in the utility room and tore through the house. I was lucky to get out alive. Today I have moved back into a new home on the same property. It has all of the upgrades for mobile homes located in a wildland/urban interface, as the Park is.

I always had a grab-n-go bag ready, but there were some things I should have done differently that I would like to share with you. I sat down with Bill Davis and made a list for him of what I think is important to always have ready.

First, store outside your home, either in a safe-deposit box or with a family member or trusted friend, copies of the front and back sides of the following:

- Social Security card
- Credit cards
- Driver's license
- Home insurance and auto insurance policies
- Photos of your home exterior and any shed
- Photos of the inside your home
- Photos of furniture
- Photos of your computer, cell phone, and TV
- Photos of any special tools or electronics (include serial numbers of electronics)
- Copies of your passwords
- List of monthly payments

Second, in your grab-n-go bag, which is kept close to your front door:

- Driver's license and credit cards
- Cell phone and charger
- Prescriptions and medications for 5 days
- Access to your passwords and email addresses (for instance, storing them in "the cloud")
- Car keys and safe-deposit box key
- Eyeglasses

Third, in a prepacked backpack or suitcase:

- 2 T-shirts
- 2 underwear
- 2 pairs of socks
- 1 pair of pants
- Collared shirts
- 1 sweater
- 1 raincoat
- 1 hat
- 1 pair of shoes
- Slippers
- Bathrobe
- Personal items like toothbrush, soap, hairbrush, razor
- \$300 in 20s

Finally, in your car:

- Blankets
- Water (2 to 3 gallons)
- Toiletries
- First-aid kit
- Emergency-signal device
- Flashlight with extra batteries

- Toilet tissue
- Plastic garbage bag
- Tools
- Whistle
- Manual can opener
- Duct tape
- Jumper cables
- Cell phone charger
- Dry food for 3 days

Now for my comments, if I could (Bill Davis). The above lists are Bill Crozier's suggestions. He also stressed to me the importance of being properly insured for the replacement value of your home. You could easily be underinsured. Also, he is and will always remain grateful for all of the support and help he received after the fire and in getting reestablished in his new home.

In 1942 Bill had been sunk in an empty fuel tanker in the middle of the Atlantic by a Nazi submarine and left to die. He was among the few who survived a two-day storm that followed the sinking of the ship. The U.S. Navy even quit searching for survivors because it seemed no one could have survived that storm. Yet he survived and landed in the Azores two weeks later.

There is no substitute for being properly prepared for disasters. Bill hopes others can benefit from his recent experience and, above all, what he learned from the January 29th fire that devastated everything he owned. Today he is happy in his new home. ■

Message from Mar Val

Dear Friends,

Labor Day Dinner—September 3

Hopefully you will by now have submitted your reservation for the Labor Day Dinner on Monday, September 3. The cutoff date to reserve is Wednesday, August 29, and you certainly don't want to miss this last outdoor party of 2018.

Oktoberfest—September 21

An additional event scheduled for September is Oktoberfest at Pub on Friday, September 21. This is Mar Val's second annual celebration of the German tradition, and based on last year's success, we look forward to another sellout crowd.

Black Cat—October 27

While complete details on the Black Cat/Halloween party will be available in next month's *Echo*, you will note from the accompanying report (see Page 6) how important this annual fundraiser is to Mar Val's bottom line. This year the Black Cat will be Saturday, October 27.

With warmest regards,

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

CONTINUED ON PAGE 6



SEPTEMBER 21, 2018

5 PM COCKTAILS • 5:30 PM DINNER

M E N U

Bratwurst with Sauerkraut • Vegetarian Entrée – TBD

Potato Salad

Cookies

Reservation Deadline – September 18 at 5 pm or when 100 reservations have been received.

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

September 21 Oktoberfest Reservation Form

Please circle entrée choice

RESIDENT _____	Brats	Vegetarian
RESIDENT _____	Brats	Vegetarian
GUEST _____	Brats	Vegetarian
GUEST _____	Brats	Vegetarian

attending ____ at \$5 per person Check for \$_____ is enclosed. (NO CASH, please)

Checks payable to Mar Val. Questions? Call Carolyn Corry at 415-370-6403.

Reservation deadline is **September 18 at 5 pm** or when 100 reservations have been received.

Home Owners League Message



Landscaping Help – HOL would like to acknowledge and thank everyone who keeps our village looking neat and attractive. Some of our front gardens are spectacular and make walking in the Park enjoyable. However, there are some that need a bit of work. If your yard needs help and you just can't fix it up, please let Management know. Between Matt and HOL, we should be able to help. The rules of living here require that you take care of how your home looks in the front.

Flyers are difficult to leave without the required PVC tube to stick them

in. Please be sure you have one in your mailbox area and that it is accessible. We are not allowed to put flyers in your mailbox.

Pool – Yes, our pool is in an adult community, but we DO allow children at the assigned hours. Please treat our children and grandchildren with respect. Remember, no diapers of any kind allowed in the pool.

Gym – We are in the process of buying a new NU-STEP for the gym. Management and HOL are splitting the cost.

Shredder – Please do not allow the

shredder in the library to get full. There are instructions for emptying it on the wall next to it.

Please Remember the HOL Board is all volunteers, donating time and resources just like you. We have worked very hard to bring events to the village but can use your input. If there is an event that you would like to see happen, it is up to YOU to follow the "Procedure and Rules for Hosting an HOL Sponsored Event," not the HOL Board. These rules are posted on the HOL bulletin board, but also printed here on the next page:

CONTINUED FROM PAGE 5

Need for Mar Val Income Increase

Mar Val is committed to sponsoring quality social events for Park residents at a reasonable cost. As you may be aware, we are a nonprofit organization; however, due to escalating costs we have been required to make changes, including the fact that we will no longer be able to host the annual holiday dinner free of charge. The following review of our finances illustrates the need for an increase to our income.

1) LIQUOR — Annual taxes on liquor sales	\$1,500
Annual liquor license	<u>508</u>
Total	\$2,008

These annual expenses are offset by proceeds from our Black Cat fundraiser, which were:

<u>2016</u>	<u>2017</u>
\$2,055	\$2,232

Average monthly bar income including proceeds from Friday night Pub as well as bar income at monthly dinners:

<u>2016</u>	<u>2017</u>	<u>2018 (6 months)</u>
\$1,446	\$1,508	\$1,511

Average monthly cost of liquor:

<u>2016</u>	<u>2017</u>	<u>2018 (6 mos.)</u>
\$771	\$896	\$995

2) DINNERS —

Average of 100 guests @ \$12 per person	\$1,200
Set costs for kitchen staff and cleaner	- <u>550</u>
	\$ 650
Average cost of food	- 750
Average loss	(\$100)

Note: This breakdown does not include associated costs for decorations, flowers, paper goods, etc.

3) PUB FOOD — We believe it is important to once again explain that Mar Val does not profit from the food served in conjunction with Friday night Pub. This very popular service is provided by two resident volunteers who personally shop for the food, prepare it in the clubhouse kitchen, and then take responsibility for cleaning the kitchen. At the end of the evening, whatever funds have been collected at \$3 per person is divided between the two volunteers.

4) CONCLUSION — Based on the foregoing, the Mar Val Board has approved the following increases in our **prices that will take effect on September 15, 2018:**

Alcoholic drinks	\$6
Nonalcoholic drinks	\$1 (no increase)
Monthly dinners	\$15
Food at Pub	\$5

We appreciate your understanding of these changes and believe their implementation will enable Mar Val to continue to provide social events at a reasonable cost.

Kathleen Dargie, Mar Val President

Hosting an HOL Sponsored Event

1. Contact **Matt Greenberg** to confirm a time on the clubhouse calendar.
2. Contact **Jeannine Freedom** (810-543-3265) or **Yvonne Devine** (godessydevine@gmail.com). Give the specifics of the event you want to have, and they will go over the rules for hosting the event and answer any questions you might have. HOL cannot sponsor the event without this communication. All public events not sponsored by other Park organizations must be sponsored by HOL.
3. **Rules**
 - a. You are responsible for setting up your event. Setup includes setting up chairs and tables and AV equipment. Jeannine or Yvonne will answer or find someone who can answer questions.
 - b. You may provide food, decorations, and nonalcoholic drinks as you wish.

- c. You must provide your own cleanup.
- d. When the event is set up, one of the board members will be assigned to attend and assist.
- e. Speakers are volunteer only. You may ask for donations.
- f. HOL receives ten percent of proceeds.

Look at All the Classes HOL is

Sponsoring — Water Aerobics, Art in the Park, Taiji, Chair Yoga, QiGong, Draw On!, Vibrant Health, Watercolor, Game Night, Craft and Chat Group, Meditation, and more, plus the new Rollin' Root Farmers Market.

Just-1-Hour — Thank you **Joan Nelson** for keeping this going. She reminds us that we need someone to take it over.

Upcoming — District Attorney's office presentation on **Scamming Elders**, Tuesday, November 13, at 4 pm and Michael Sudheer's Cabaret "**Michael Sudheer's Return to Broadway**," TBA.

At The Next HOL Meeting —

Remember that public comments are limited to two minutes. This is the time for complaints and suggestions, but you will be cut off at two minutes. The Board will not make any decisions on your comments at that time, but rest assured, we will discuss it and get back to you with a solution if possible. We make every effort to intervene properly. In the meantime, if you have a problem, first try to solve it yourself, and if you can't, then bring it to Management or the HOL Board. Next meeting: September 19 at 6 pm.

Quack Quack,

Janie Klimes Crocker

Janie Klimes Crocker
HOL PRESIDENT
jklimes@subell.net
281-414-3984 cell

ART IN THE PARK



by **SUZIE LAHR**

To an artist, line, color, and light bring an artwork to life. Vincent van Gogh, the Dutch post-impressionist painter, was a master of these elements. He used bold colors and dramatic, expressive brushstrokes to express the ever-changing light of day and night. In just over ten years he created more than 2,100 paintings on many subjects in different media. Supposedly he sold only one painting in his lifetime. Nowadays a van Gogh original can bring upwards of \$100M. One of his most famous paintings, "Starry Night," was painted in 1889 of the view through his window while in an asylum, and now hangs in the Musee d'Orsay in Paris. His "Sunflowers" series, a collection of studies on sunflowers, was painted using only three shades of yellow. One hangs in the van Gogh Museum in Amsterdam and others in museums across the world. Vincent van Gogh was born in 1853, the oldest of five living siblings raised by

his father, an austere country minister, and his mother, a moody artist. He was born one year after his parents lost their first son, also named Vincent, due to stillbirth. His mother would take him to visit the grave of his dead brother where his name was etched into a headstone — rather traumatic for Vincent, who was a melancholy child. At 15 years old Vincent was forced, due to family financial problems, to leave school to go to work. He struggled with his art, depression, religion, love, alcohol, and mental illness and remained poor and



unknown throughout his lifetime. He spent many years trying to find himself in London, Amsterdam, Brussels, Paris, and Arles, ending up in a mental institution. After cutting off all but the tip of his earlobe in 1888, he was finally released to the care of Dr. Gachet in Auvers, France, in January of 1890. He died in July at the age of 37 from a gunshot wound, an apparent suicide.

Loving Vincent is a beautiful biographical 2017 film and the first fully painted animation film, in which a team of 125 Polish artists created oil paintings using van Gogh techniques, which depicted his tragic life. This award-winning film is definitely a must-see for art lovers interested in the art and artists of the impressionist era.

New Exhibit Marin Valley Gallery will be hanging a new exhibit of Park residents on Saturday, September 8. All resident artists are invited to join us in displaying your work. We might not be van Goghs, but we love creativity and want to share it with you. If you are interested in joining this exhibit or in our meetings, please contact SuzieLahr@aol.com.

CONTINUED ON PAGE 8



HOL COMMUNITY PRESENTATIONS

FILM
NIGHT

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



Women in Love

Thursday • September 6 • 7 pm (1969) 2 hrs 11 min
Director Ken Russell *Drama / Romance*
Writers D.H. Lawrence (novel) • Larry Kramer (screen)
Starring Alan Bates, Oliver Reed, Glenda Jackson
Oscar Glenda Jackson, Best Actress
5 Other Awards, 17 Nominations

Two best friends fall in love with a pair of women, but the relationships soon go in very different directions.



The Wicker Man

Thursday • September 20 • 7 pm (1973) 1 hr 28 min
Director Robin Hardy *Horror / Mystery / Thriller*
Writer Anthony Shaffer (screenplay)
Stars Edward Woodward, Christopher Lee, Diane Cilento

A cult classic — a police sergeant is sent to a Scottish island village in search of a missing girl whom the townsfolk claim never existed. Stranger still are the rites that take place there.

CONTINUED FROM PAGE 7

ART HAPPENINGS



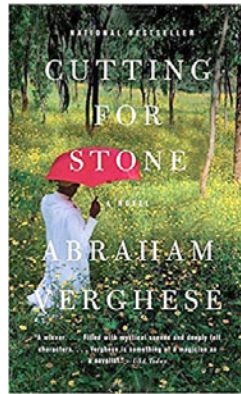
AROUND THE PARK

Marin MOCA
Palm Drive—Hamilton
Color Works
Through Sept. 16

**Marin Civic Center
Bartolini Gallery**
Victoria Mimiage —
Food in Plastic II and
Vaidis Valaitis —
Digital Painting
Through Sept. 20

**Marin Community
Foundation**
Hangar 5 — Hamilton
Nature — A Guy
Colwell Retrospective
Through Sept. 20

**Civic Center
Galleries** — 1st/3rd Fl.
Marin Open Studios —
25 Years
Through Sept. 20



Like Books?

Want to discuss
authors, characters,
and ideas?

On September 26 at
4:30, a small group in
the Park will discuss
Cutting for Stone,
a novel written by
Ethiopian-born Indian-
American medical

doctor and author
Abraham Verghese.

It is a saga of twin
brothers, orphaned by
their mother's death
at their births and
forsaken by their father.

Contact **Julia Mathews**
jaem4@gmail.com
415-883-7823



COMMUNITY DANCING Saturday • September 1 • 7–9 pm

Come to the clubhouse ballroom on the first Saturday of every month for music and dancing. For September, guest DJ **Steve Plocher** will be playing a lot of the usual,

plus some Michael Franti, Huey Lewis, Michael Jackson, Stevie Wonder, Van Morrison, Phil Collins, Paul Simon, and “Mustang Sally” by the Commitments. The

first number will be a drumming tune by Rusted Root. Folks should get there early. Don't want to miss that — something to get everyone loosened up.

HOL COMMUNITY PRESENTATIONS

Coming in November — Save the Date

Skimming, Smishing, Spoofing, and Spear-Phishing

— *Entering the New World of Scams*

Kristina Warcholski
Tuesday, November 13 • 4 pm
Clubhouse Ballroom

— a talk on the rising incidence of sham computer tech support notifications and other online scams where imposters request money transfers, and bogus online dating invitations, false sweepstakes and lottery winnings, fake investment schemes, rental, affinity and other frauds.

Kristina Warcholski is the Consumer and Community Mediation Coordinator for the Marin County District Attorney's Office. She heads a group of mediators who help those with consumer complaints resolve their disputes through mediation, as well as performs intake for consumer complaints within the county. Kristina has been a licensed attorney for over thirty years and was formerly a supervising deputy district attorney in Santa Clara County.

The Life You Save Might Be Your Own

by **JOAN NELSON**

Our MVEST team has done a great job building a communication process for a major communitywide disaster.

But what about your comparatively minor personal predicaments? Have you created (or updated) your BUDDY info for Matt's files?

Be smart. If you've not yet done so, arrange with a nearby neighbor to be "Buddies." Your "Buddy" is someone who might help prevent a small problem from becoming a major one. Of course, you might do the same for your Buddy.

Once you have arranged your Buddy-to-Buddy connection, be sure Matt has both of your names.

Three steps to being a good neighbor.

1. Be aware and mindful of your neighbor's lifestyle.
2. With nonintrusive sensitivity, offer assistance if needed.
3. Sign up with your neighbor as "buddies."

Use the form below (or one soon to be placed in tubes) to help you get the information to Matt.

If You Haven't Been Seeing Your Neighbor — Knock, Knock ... Ring, Ring. "Are you Okay?"

In case of irregular circumstances, it's always good to have neighbors looking out for one another's wellbeing.

NEAR-NEIGHBOR BUDDY INFORMATION

Buddy #1 Name _____ Buddy's Phone # _____ Cell # _____

Buddy #2 Name: _____ Buddy's Phone # _____ Cell # _____

Who has a key to your home? _____ Phone # _____ Cell # _____

ANY SPECIAL INFORMATION USEFUL IN AN EMERGENCY? _____

Sore Spot

Sorry if
I touched

A sore
Spot

Sometimes pain
Shows us where

The healing
Will occur

— Tom Bowlin

The Singing Dog

by **BILL DAVIS**



Who was the most loved coyote of all time? He was revered by many of us, and his fame continues in many of our hearts and minds today. It was the famous Road Runner. Yet for many, the coyote is the most hated animal in America today. It is hunted and killed by the thousands each year. But attempts at extermination have only resulted in the coyote thriving by spreading out to safer regions, having larger litters, and even breeding with wolves and domestic dogs. The coyote has outwitted us all. Perhaps because they have lived in North America under oppression for over a thousand years, they are much more adaptable than we might think.

Many Native American tribes considered the coyote the Creator's closest companion. Some say the howl of the coyote is America's first national anthem. Today, Wile E. Coyote's name alone brings a smile to many faces, remembering the famous Loony Tunes cartoons. So the next time you see or confront a real coyote, consider yourself in a very special moment and place in time. You are in the sacred company of one of the most amazing animals in America's history.

Coyotes can run 40 miles per hour, and they can jump a five-foot fence. A single coyote can consume up to 1,800 rats a year. They also eat

rabbits, reptiles, amphibians, insects, sheep, moles, rattlesnakes, and small domestic animals. Plus, they balance their diet with blackberries, apples, persimmons, birdseed, et cetera. They are omnivores and eat seasonal offerings to stay in top physical shape to hunt.

They hunt with their very sensitive noses, usually in groups of two to three. They can smell an enemy a mile away. Their territory varies from one square mile to twenty square miles. They mark their territory with urine, like most dogs. They are monogamous, and the males help in raising the young. They breed from December to March and have a gestation of a little over 60 days. The litters are usually five or six pups, but when oppressed, they have litters of ten to twelve, ensuring their survival. Coyotes reach adult size in eight months and live for ten to fourteen years in the wild. They hunt in packs and live in communities, yet they will disperse under pressure and live solo lives. However, they prefer a community lifestyle. In fact, there have even been sightings of them at Peet's Coffee. Being community oriented, they also love to sing.

Confronting a Coyote

Because they are opportunistic predators by nature, if you happen to confront a coyote, use common sense. Don't run! They can easily outrun you. Make noise, wave your arms,

and walk straight toward them. They will back off and leave. Man is their Number One Enemy, followed by the mountain lion, which is seldom seen in this area. Keep your dog on a leash. Keep your cat indoors (a Park rule — and many a cat has ended up a tasty dinner for our local coyotes and a sad loss for the owner). Remember that the coyotes are valuable native omnivores that help control our rodent population.

The Singing



So back to the singing. What do all those yelps, barks, and howls mean that are often heard in the evening? A coyote can make some 17 different sounds with varied meaning not understood by us humans. Two coyotes can vary their sounds so skillfully that they sound like eight

singing *a cappella* together. The alpha male will howl, and the female will intersperse with yelps, barks, and short howls. Then beta and young coyotes respond with howls of their own. When one pair starts, all the others in the community chime in, and the sound can travel for miles. The long distance the howl travels is yet another way of marking their territory. The yelping howl is a celebration sound of the bonding within the family and a warning to others in the distance of territorial dominance:

“We are a happy family, and this is our turf.” Howling and barking separately signals an alarm of disturbance and agitation.

Individuals recognize each other by these variations and tonal sounds. Howls can be heard miles away by coyotes due to their acute hearing ability. Barking sounds do not travel as far, thus a distance can be determined by the listening coyotes, who can calculate distance by degraded barking sounds. When an intruder or threat comes their way, howling and barking alert the community to the threat and its relative distance. Over the years, listening to the very loud singing of the coyotes near

and in our Park, I have always been confused. I thought the howling and barking was about “love,” and I was surprised to find out it is not. It is about community, turf, and the love of singing. It is, if you will, very much like a MarVal event with music. ■

Take a Hike

by MIKE HOLLAND

Sometimes I wonder how all those who do not write, compose or paint can manage to escape the madness, the melancholia, the panic fear which is inherent to the human condition.

— Graham Greene

Red Hill

The link of depression, angst, and darkness to art is a common theme and readily accepted by many in the creative community. Sean Penn and Eddie Vedder state, flat out, that you cannot produce great art without personal turmoil. Maybe you agree, maybe not.

James Baldwin said it even more graphically:

All art is a kind of confession, more or less oblique. All artists, if they are to survive, are forced, at last, to tell the whole story, to vomit the anguish up.

The lovely imagery of anguish expulsion likens to the ferocious power of volcanoes. Aren't volcanoes simply vomiting up the core of the earth? And this has been a chart-busting year for volcanoes. Hawaii, Guatemala, Bali.

What about Marin? Have we ever experienced volcanic eruptions?



Yes, but not where you might expect. Certainly not on Tam or Burdell. Marin County's one and only acknowledged volcano is Red Hill, located next to the Red Hill Shopping Center in San Anselmo.

150 million years ago a warm Jurassic ocean covered Marin. The Red Hill Volcano, technically known as a submarine volcano, slowly formed and ejected magma through underwater vents. When the magma cooled, it was transformed into rock called, ironically, greenstone. When

the sea subsided, the rock weathered to a rust-red color, hence the current name of the hill.

Red Hill is not unique and is only a curiosity because it is no longer underwater. Over one million submarine volcanoes are estimated to exist.

A bit more recently than 150 million years ago, i.e. in 2014, community volunteers started to construct a trail up Red Hill to its summit. They finished this year, and it's great! It

is less than a mile to the top, and the 400-foot elevation gain is gently switchbacked. There's not much you can say to describe such a short hike, but the views from the top are fantastic. Start behind the Safeway in the Red Hill Shopping Center.

And later? Get on into downtown San Anselmo for a beer or a bite or an ice cream.

Make your own art and be happy. ■



Hairy Woodpecker

Article and Photography
by DAVID GRAY



the 2018 Daily

The Hairy Woodpecker (*Picoides Villosus*) came to mind as Nancy and I heard and then saw one while walking along Panorama Drive one evening early this August. Smaller than the acorn woodpeckers but larger than the downy woodpeckers, their happily raucous call repeats and goes on for several seconds.

Their 15" wingspan makes their weight of only 2.3 ounces (adult) seem impossibly light. The cadence of their wingbeats is similar to but not as exaggerated as the Acorn Woodpecker: less of the gliding droop is present in the Hairy Woodpecker's flight path. The familiar black-and-white sharp patterns also mark it as a part of the woodpecker family, especially in flight.

What sets them apart from most other woodpeckers, except Downy Woodpeckers, is the large white spot in the middle of their backs and their pure white underbellies. Their relatively larger bills make them distinguishable from the Downy.

The photos show a male Hairy Woodpecker hunting for insects in the trees on the Estero Trail in the Point Reyes National Seashore. Below, he was clearly cocking his head and listening for the sound of insects moving under the bark. He also demonstrated the typical woodpecker method of climbing a tree: setting his tail feathers firmly on the bark below him, and then springing off them with both feet free to latch onto the bark again several inches up the tree.

Like all woodpeckers, they are cavity dwellers, preferring to live in woods with large, mature trees. They prefer to nest in dead wood, which makes carving a cavity much easier. Their nesting time runs about a month, with roughly half of that time being spent incubating the three to six eggs they typically lay. They mostly eat insects, including the baneful bark beetles that have been infesting and killing our Western forests. During the winter the hairy woodpecker diet is rounded out with nuts and seeds.

It was really exciting to hear a hairy woodpecker in our Park; I used my favorite smartphone bird identification app (iBird Pro) to verify its call. And kudos to the Cornell Ornithology Lab website: www.allaboutbirds.org. ■



SEPTEMBER 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 6:30-9:30AM Taiji <i>MaLaM/ Clubhouse Deck</i> 1-4 PM Mahjong <i>Fireside Room</i>	3 LABOR DAY 6-8+AM Trash Pickup 9:30AM Low-Impact Exercise <i>Fireside Room</i> 10-11AM Water Aerobics / Pool  MAR VAL LABOR DAY BBQ 5PM COCKTAILS 6PM DINNER	4 6:30-9:30AM Taiji <i>MaLaM/ Clubhouse Deck</i> 10:30-11:30AM Chair Yoga <i>John Marino/ Fireside Room</i>	5 10-11AM Water Aerobics <i>Pool</i> 11AM-1PM Whistlestop call <i>Roberta 415-883-0843</i> 11:15AM-2PM Craft and Chat <i>Library</i> 3-4PM Watercolor Class <i>Ballroom</i> 6 PM PAC MEETING	6 6:30-9:30AM Taiji <i>MaLaM/Deck</i> 9:15AM QiGong Dove 11AM-12PM The Rollin' Root <i>Clubhouse Parking Lot</i> 1-2:30PM Quest for Vibrant Health <i>Hansen</i> 3-4:30PM Draw On! <i>Bogardus</i> 6-6:40PM Silent Meditation <i>Bamboo Room</i> 7-9PM Film Night  WOMEN IN LOVE	7 10-11AM Water Aerobics <i>Pool</i> 4PM Canasta 5-7PM Pub Night <i>Ballroom</i> 7PM Board Game Night <i>Fireside Room</i>	8 10AM-12PM ART IN THE PARK  Artists Remove Current Exhibit ECHO DEADLINE
9 6:30AM Taiji 1PM Mahjong 2PM+ ART IN THE PARK  New Exhibit	10 6-8+AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Water Aerobics 6PM MVEST Meeting 7:20PM Poor Man's Poker	11 6:30AM Taiji 10AM Chair Yoga	12 10AM Water Aerobics 11AM Whistlestop 11:15AM Craft and Chat 3PM Watercolor Class 6 PM MAR VAL MEETING	13 6:30AM Taiji 9:15AM QiGong 11AM The Rollin' Root 1PM Quest for Vibrant Health 3PM Draw On! 6PM Silent Meditation	14 10AM Water Aerobics 4PM Canasta 5PM Pub Night 7:15PM Bingo	15  Black Cat Donations Acceptance Start Date
16 6:30AM Taiji 1PM Mahjong	17 6-8+AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Water Aerobics 6PM MVEST Meeting 7:20PM Poor Man's Poker	18 6:30AM Taiji 10AM Chair Yoga	19 10AM Water Aerobics 11AM Whistlestop 11AM Bridge/ Fireside 11:15AM Craft and Chat 3PM Watercolor Class 5PM Oktoberfest Reservation Deadline 6 PM HOL MEETING	20 6:30AM Taiji 9:15AM QiGong 11AM The Rollin' Root 1PM Quest for Vibrant Health 3PM Draw On! 6PM Silent Meditation 7PM Film Night  THE WICKER MAN	21 10AM Water Aerobics 4PM Canasta 5PM Pub Night 	22
23 6:30AM Taiji 1PM Mahjong	24 6-8+AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Water Aerobics 6PM MVEST Meeting 7:20PM Poor Man's Poker  FULL MOON 7:17PM	25 6:30AM Taiji 10AM Chair Yoga	26 10AM Water Aerobics 11AM Whistlestop 11:15AM Craft and Chat 2:30PM Readers' Theatre 3PM Watercolor Class 4:30PM Book Group	27 6:30AM Taiji 9:15AM QiGong 11AM The Rollin' Root 1PM Quest for Vibrant Health 3PM Draw On! 6PM Silent Meditation	28 10AM Water Aerobics 4PM Canasta 5PM Pub Night	29