

T H E
ECHO

OCTOBER 2018

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From the Editor

MarinValley.net

— Our New Website



It's not finished yet, and not all the sections have been populated, but you should be able to find out about the many activities happening at the Park now from the News on the home page. The buttons under the slider photos at the top will take you to our four organizations, which give an overview of what's happening. If you have something you think should be added to the website, contact **Anila Manning** at AnilaHere99@gmail.com or **Erma Wheatley** at ErmaWheatley@gmail.com.

Directory Update

**Kim Holscher /
David Tetta**

KimHolscher51@gmail.com
DTetta@gmail.com

New Residents

Judy Purdom

13 Fallen Leaf Way
415-519-4719

Nan Buel

3 Fallen Leaf Way
415-378-1145

**Marshall Krause /
Janet Navsky**

185 Marin Valley Drive
415-279-5935

HOL COMMUNITY PRESENTATIONS

ART
IN THE
PARK



by **SUZIE LAHR**

We welcome all of you to visit our latest Marin Valley Gallery exhibit that was installed in early September. Several new resident artists have joined us for this latest exhibit! We just keep growing and expanding with so much creative talent developing right here in Marin Valley. I have always said this is a jewel of a community, and here we are proving that to be oh-so-true with 21 of our 50+ resident artists in this exhibit! *See below and pg. 12.*



"The SS Wayfarer" by Janet Bogardus

Come to any of the multitude of meetings and event happenings every day of the week in our clubhouse, and enjoy the surroundings as you sit in the lobby and Fireside Room and revel in the amazing talent displayed in our gallery — the perfect setting for the cabaret fundraiser that *Michael Sudheer Returns to Broadway* will bedazzle us with on October 12 and 13. *See pg. 11.*

Our next meeting for all resident artists will be Sunday, October 21, at 4 pm. To be added to our artist email list, please contact suzielahr@aol.com.

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THE
ECHO
OCTOBER 2018

MARIN VALLEY
MOBILE COUNTRY CLUB

100 MARIN VALLEY DRIVE
NOVATO, CA 94949
415-883-5911 / 415-883-1971 FAX
WWW.MARINVALLEY.NET

EDITOR/DESIGNER Erma Wheatley
COPY EDITOR Mary Barbosa

PROOFREADING
Mary Barbosa, Carol-Joy Harris, Anila Manning

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www.mobilehomeboard.com/

MARIN VALLEY

GENERAL MANAGER Matt Greenberg
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

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Carol-Joy Harris, Susan Meyer, Larry
Cohen, Kevin Mulvany, Stephen Plocher
MV PROJECT PLANNING John Hansen, John Shelfer

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DIRECTOR EMERITUS Dee Schneider
DIRECTOR/BAR MANAGER Fred Dargie 884-2969
DIRECTOR/HOSPITALITY Larry Moore 883-0486
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

October Update:

Fire abatement work is ongoing to remove fire-prone material in common areas and on resident lots of those who are participating in the Fire-Prone Plant Removal Program. If you have not sent in your authorization page, we will still accept them for a limited time.

This is at **no cost** to the resident. Help make Marin Valley fire safe.

Please keep all pets indoors unless on a leash and out for a walk.

Also, do not leave your dog unattended as he or she will bark or cry for you and disturb your neighbors.

All palm trees have been or are in the process of being pruned to remove dry or dead palm fronds. You will also see many other trees pruned to remove dead or dying branches.

Retaining walls at different locations are in progress or are finished being built.

Management appreciates your cooperation for all Park rules, including those pertaining to driving in our community.



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 2.79 as of May 31, 2018, the end of the 2017/18 budget, well above the required 2.00. Our cash, plus short-, medium-, and long-term reserve, is in excess of \$4.9 million.

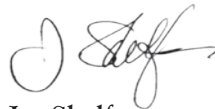
MVEST continues to focus on safety issues around our community. See the MVEST Fair announcement on pg 5.

The transformation of the clubhouse to an ADA-compliant facility continues, with the City's public works department overseeing. The PAC project committee will hold meetings later this year to gather input from all interested residents on the development of the acreage below the clubhouse and above Club View Drive. Some of the ideas put forth to date are for a community garden, picnic sitting area, an emergency water well, or an assisted living center. Watch for notices when and where you can give your input. You may also send input to either John Hansen or me. Your input is necessary before any plans are formulated. This will be a community-planned project.

The PAC Board is looking into the existing Management and Delegation Agreements we have with both the management company operating the facility and the City of Novato. We hope these agreements will be finalized soon. They are still actively being discussed among the parties as of this date.

The next PAC meeting will be October 3 at 6 pm. The agenda will be posted in the clubhouse before the meeting.

In service,



Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com

COUNTDOWN

15

As of September 1st, only 15 resident late adopters are left who haven't removed incendiary juniper and other fire-prone plants around their homes, thus endangering their lives, the lives of their neighbors, and the entire Park. The Novato Fire District probably will not be able to save your home if you have juniper. With the extreme fire conditions now in California, some communities are introducing legislation to make it illegal to grow juniper around their homes. For now, here at Marin Valley, we are offering free juniper removal. See Matt.

Grateful for Our Grant



by **JOHN FELD**

Earlier this year MVEST applied for and received a grant from FIRESafe Marin, the nonprofit that collects grants for fire-related situations in Marin, often funded by PG&E, and distributes them to those most in need. Usual beneficiaries of these grants are applicants with plans to make evacuation routes clear of fire-prone undergrowth and of trees that overhang roads (essential for fire evacuations), neighborhood chipper programs, and the like.

MVEST's grant request was the only PG&E grant awarded this year in Marin. It pays for the removal of all the underbrush, low-hanging branches, juniper, and deadwood on the road up the hill approaching our community — including all grasses and other annual plants that contribute to wildland fires, pyrophytic shrubs, and all “ladder” plants and low-hanging branches that can cause fires to rise up into established trees.

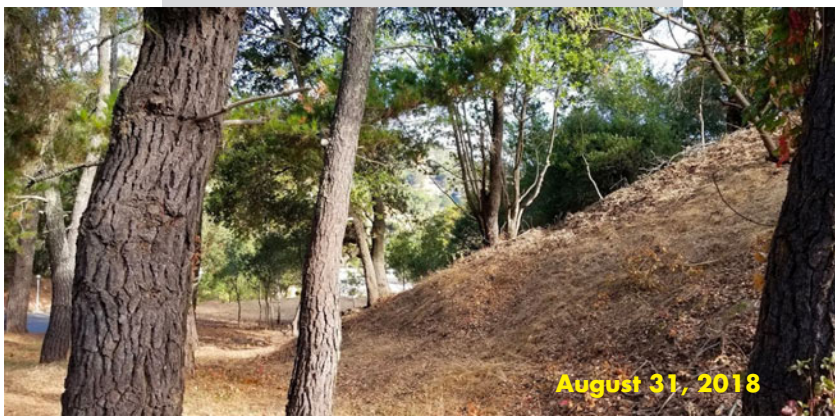
This will cover the 100' defensible space on each side of the road. So far all the northeast side has been done, and a large part of the southwest side. The work will continue into the fall. One of the reasons it is taking so long is that there is plentiful poison oak in the area, and the workers need time to recover from this challenging work.

As you can see from these photographs, the work has made a considerable difference and might be the difference between safely exiting the Park and being trapped by encroaching fire.

MVEST would like to thank **John Hansen** for all his effort involved in obtaining the grant, and **Matt Greenberg** for his marvelous work administering this project. ■



March 18, 2018



August 31, 2018



March 18, 2018



August 31, 2018

PHOTOGRAPHY BY JOHN HANSEN

October 20 – MVEST Preparedness Fair

Home Hardening

Each year MVEST holds an event for the community that covers matters of general interest concerning safety in emergencies relating to fire, earthquakes, flooding, and other issues that we are susceptible to here in Marin.

This year on Saturday, October 20, the theme of our MVEST Preparedness Fair will be **Home Hardening**. This rather obscure term concerns making our homes safer and more fire- and earthquake-resistant. Previously in these annual fairs we have covered **Defensible Space** — making sure our gardens and yards are not likely to spread fire risks to our and our neighbors' homes), and **Personal Preparedness** — what you should do and have when an emergency hits us, to better survive evacuations or sheltering in the Park.

In recent years the building codes relating to mobile and manufactured homes in a wildland/urban interface (W.U.I.) have changed drastically. Now, when you buy a new home to move into our community, these updated codes are included in the manufacturing for a W.U.I. area, making them considerably safer than most of the houses in Marin Valley. The codes apply to many aspects of construction not included in most of our residences, including the material of the siding, insulation, windows, earthquake bracing, shear walls, heaters, gutters, screens on air vents, and much more.

Home hardening can be a very expensive undertaking. The new regulations about what is, and is not,

permissible are often difficult to locate and understand.

If you were going to try to upgrade your home to comply with ALL the new building codes, it could be less expensive to remove your existing home and replace it with a new manufactured home, although this is rather extreme.

MVEST Preparedness Fair

“Home Hardening”

**Saturday, October 20
10 am – 2 pm**

- How to keep your home safe
- The new state building codes for living in an Wildland/Urban Interface (W.U.I.)

Experts • Vendors

Consultants

Insurance Information

Complimentary Lunch

Short of replacing your home entirely, there are lots of ways to make both your home and the Park safer:

1. Is your carport stuffed with odds and ends that might be a problem in a fire? Why not sort out your stuff and downsize the amount of storage you need?

2. Just having your electrical, AC, and heating systems inspected might bring to light some relatively inexpensive ways to improve safety about the home.

3. While the fire-resistant siding, insulation, etc., mentioned above can be expensive to install, you can make changes little by little over time to keep modifications and improvements within your budget.

4. Just cleaning your rain gutters and removing dead vegetation and weeds, as well as fire-prone plants such as juniper, are inexpensive ways to improve the safety of your home.

We need to comply with all the new building codes when making improvements, but modifications can be done a little bit at a time.

If you are thinking about fixing up a corner of your home, or are looking for a major remodel, you should start by looking at this HCD website to know when permitting is required: www.hcd.ca.gov/building-standards/manufactured-modular-factory-built/docs/HCDMH604.pdf.

You should also come and hear from experts, including Matt Greenberg and others, for advice and to get a start on the papers needed to obtain permits to begin work.

Vendors can give you quotes and advice on your plans. Additionally, there will be presentations about home insurance.

Come and learn from experts about what is available and where to go to get quotes for new insurance. ■

Message from Mar Val

Dear Friends,
 Having enjoyed another wonderful summer season, we now turn to the excitement of "the holidays." For Mar Val, fall begins with our annual Black Cat/Halloween fundraiser on Saturday, October 27.

As of Saturday, September 15, tables have been available in the ballroom on which residents may place

items they wish to donate for sale at the Black Cat. These items will be collected and subsequently priced for sale. Please note in the accompanying instructions information about items we cannot accept.

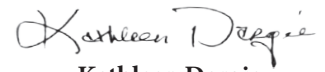
In addition to the fascinating sale of exquisite items at astoundingly reduced prices, Black Cat is also a not-to-be-missed Halloween party

with cash prizes for the best costumes. Also, a 50/50 raffle guarantees 50% of all cash proceeds from raffle ticket sales will go to one lucky winner.

Please note from the attached reservation form that a lasagna dinner will be available at \$12 per person. Reservation forms must be completed and returned by Wednesday, October 24.

The reputation of the Bakery Boutique understandably has grown substantially each year, so let me alert you to the fact that there will be even more delectable additions to this temple-of-taste delight in 2018.

With warmest regards,



Kathleen Dargie
 MAR VAL PRESIDENT
 kfdargie@aol.com

MAR VAL PRESENTS

BLACK CAT

OCTOBER 27, 2018 • DINNER 6 PM

M E N U

Lasagna (meat or vegetarian)

Salad • Garlic Bread

Desserts may be purchased from The Famous Bakery Boutique

\$12 per person

Reservation deadline – October 24 at 5 pm or when 100 reservations have been received. Questions — call Carolyn Corry at 415-370-6403.



Mar Val Black Cat Dinner Reservation Form

Please circle entrée choice

RESIDENT _____	Meat Lasagna	Vegetarian Lasagna
RESIDENT _____	Meat Lasagna	Vegetarian Lasagna
GUEST _____	Meat Lasagna	Vegetarian Lasagna
GUEST _____	Meat Lasagna	Vegetarian Lasagna

Residents attending ____ at \$12 per person Check for \$_____ is enclosed. (NO CASH, please)

Residents attending ____ at \$12 per person

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

Reservation deadline is **October 24 at 5 pm** or when 100 reservations have been received.



H A L L O W E E N E V E N T
MAR VAL

BLACK CAT
Boutique Rummage Sale

Saturday - October 27 - Shopping and Bar 5 pm

This is the opportunity to clean out your treasures and knickknacks in cupboards and closets!

Donations

We are now accepting your donations. Please drop off your treasures in the ballroom on the tables in front of the stage. We appreciate your cooperation in dropping off clean items. If you have any questions about your donation or would like to meet with Sandee Duncan, please contact her at 415-883-3034.

We CANNOT accept the following:

- TV, computers or computer monitors / printers
- Clothing or shoes
- Books or cookbooks
- Candles (unless new or unused)
- No single drinking glasses or cups (only sets of 4 or more)
- Cosmetics
- Furniture

NOTE: The security cameras are on to detect removal of items donated, as this is Mal Val's biggest fundraising event of the year.

Costumes

Dust off your Halloween costume and join the fun. This is your chance to discover a treasure you have always wanted.

VOLUNTEERS

We always need volunteers for this fun event. We have volunteer openings for **bakers** (contact Cherrie Dougherty — 415-246-8352) and for two shifts as **salespersons** and **cashiers** (contact Sandee Duncan — 415-883-3034).

Shift 1: 5 - 6 pm • Shift 2: 6 - 7:15 pm

Thank you — the Mar Val Board!

MAR VAL
OCTOBER

• PUB •
NOTICE



There will NOT be Pub

Friday, October 26.

The ballroom will be

closed

to facilitate setup

for the

BLACK CAT

Saturday,

October 27



Home Owners League Message



HOL hopes your summer has ended happily and successfully. You may have noticed a new sign-up sheet for the upcoming **FLU SHOT CLINIC**. Rite-Aid, the sponsor, needs it to be more precise, broken down into 15-minute intervals. The new sign-up sheet is now up at the desk. The date has changed to **Tuesday, October 16, at 1 pm.**

YOU MUST SIGN UP IN ORDER TO RECEIVE THE SHOT! Pick up the necessary paperwork at the sign-up sheet and **BRING IT IN WITH YOU when you come. It is free except for HMO patients (Kaiser or Sutter) but you must bring your INSURANCE CARD or MEDICARE PART B card.** "QUAD" for those under 65 and "FLUAD" (4-strain) for those over 65 will be available as well as pneumonia vaccines if you need them. Rite-Aid will take care of all the paperwork.

Upcoming HOL Sponsored Events
Check the HOL bulletin board and our new website www.marinvalley.net for times and places:

Friday (after Pub) and Saturday, October 12 and 13, 7-8 pm – Michael Sudheer's Return to Broadway, resident Michael Sudheer's Fireside Room cabaret fundraiser. Watch for the sign-up at the front desk. All donations for this event will be given to HOL and MVEST from Mr. Sudheer! See pg. 10.

Saturday, October 13, 4 pm – New residents Meg Jordan and Kim

Holscher are hosting a **Salon** at Kim and David's home (16 Scenic Drive). Please sign-up in the lobby to help let them know how many people to expect. See pg. 9.

Tuesday, October 23, 7pm Fireside – Speaking from Presence with Dr. Dexter Nardella. Thanks to Dr. Jack Travis for bringing this event to us. See pg. 11.

Tuesday, October 30, 5:30-7:15 pm in the Clubhouse Ballroom –

Cannabis for Health and Wellness by Dr. Perry Solomon, Chief Medical Officer from "Hello MD." Topics will include chronic pain, insomnia, anxiety, cannabis, and opioid addiction, and how to get off or reduce opioid intake. It will be a 40-minute talk followed by a 30-minute question-and-answer time. Handouts will be provided but no promotions allowed. Look for a flyer closer to the event date.

Wednesday, November 13, 4 pm in the Clubhouse Ballroom – Skimming, Smishing, Spoofing, and Spear-Phishing – Entering the New World of Scams talk covers computer tech support and other online scams, imposters, money transfers, online dating, lotteries and sweepstakes, investment schemes, rental, affinity, and other current scams, presented by Kristina Warcholski, Consumer and Community Mediation Coordinator for the Marin County District Attorney's Office.

Issues HOL is working on; we value your input. Please put any and all input in the cubbyholes next to the HOL bulletin board under "Suggestions":

- Help with landscaping for those who can't take care of it themselves
- Provide tubes for flyers for those mailboxes that don't have them
- Purchase benches for the area outside the pool under the big fir tree where the juniper has been removed
- Whether to buy new umbrellas for the pool area or repair existing ones
- Provide reflective vests by HOL free of charge for those who walk at night, with or without pets.

At the Next HOL Meeting

Remember that public comments are limited to two minutes. This is the time for complaints and suggestions, with a cutoff 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 and can't solve it yourself, then bring it to Management or the HOL Board. The next meeting is October 17 at 6 pm.

Quack Quack,

Janie Klimes Crocker

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



COMMUNITY DANCING Saturday • October 6 • 7-9 pm

Come to the clubhouse ballroom on the first Saturday of every month for music and dancing. The October, DJ will be **Charles** back by popular request.

Salons — The Art of Lively Conversation

by MEG JORDAN

First Salon Saturday, October 13 • 4 pm

What would it be like to restore the 17th-century notion of a salon into our lives?

We'd have to turn off the TV, unplug from the computer, and put the brakes on a Netflix binge — and that would be okay for one night a month. Consider the possibility of our own Marin Valley salon night, where we gather to have a sincere and lively conversation about what really matters, and create new bonds while we discover the many remarkable people in this Park who want to connect with each other.

We would gather in small groups to re-ignite the art of lively conversation over topics of interest that help us chart new levels of purpose. Here at Marin Valley, some new residents would like to pose this idea of a salon, with the hopes that we could have open-invitation gatherings, perhaps rotating to a few of our homes, and engage in the world of ideas. It could be a significant part of our Marin Valley cultural life and continue to put us on the map as a place that has set a new benchmark. The author (Meg) held a salon based on the cover topic of the (sadly discontinued) *Utne Reader* magazine for over seven years; tremendous friendships exist to this day.

How did salons get started? More than one European nation insists on taking credit for the birth of the salon. The Italians believe the word was derived from *salone*, based on the literary gathering of poets and intelligentsia as early as 1645. The first salons in France were art exhibitions held in the 17th



4 Simple Guidelines for Smooth Saloning

- Practice respectful dialogue: strive for understanding, foster active listening, and abide by the “talking stick” rules set by the group (i.e., time to talk, how to interrupt, whether or not someone wants feedback).
- Affirm the right to differing opinions and beliefs.
- Support community, sustainability, diversity, inclusion, and social justice.
- Strive for enlightenment.

century. They imposed rules to protect cultural institutions and artistic achievements, such as sculpture, fine arts, and dance. These royal societies then gave way to literary gatherings where philosophers and authors were invited by influential hosts who spurred conversations toward social or philosophical movements of the times.

Salons have been blamed for fomenting revolutions, credited for exposing corruption at City Hall, and celebrated for emancipating groups that needed self-expression, including women and gays. It's said that the first Burning Man was really nothing more than a salon at the beach in San Francisco. Some

notorious salons were held by Gertrude Stein, a celebrated hostess in the 1940s, who attracted the likes of F. Scott Fitzgerald, Pablo Picasso, and the mysterious Alice B. Toklas.

If you're interested in attending a monthly salon, contact new residents **Kim Holscher** or **Meg Jordan**. If the numbers bear out, perhaps several exploratory salons will develop. This is an era in which discussions of literature, spirituality, politics, art, and culture should not be avoided at all costs, but rather crafted into dialogue that builds bridges and advances human knowledge with solutions for vitality and healthy living, in which the explicit desire to gather in circles is to hear ourselves laugh, critique, agree, disagree, and declare that we know how to be civil and enjoy respectful exchanges.

Even if you're too shy to join in, you could always circle and listen with awe at the participants' brilliance (or so we imagine). Our Marin Valley salons could set the example of how to restore the art of lively, spirited conversation across differences.

Start date to organize: October 13. Write to Kim at KimHolscher51@gmail.com or Meg at MegJordan21@me.com OR sign up on a sheet in the clubhouse lobby. First meeting is October 13 at 4 pm at Kim and Dave's home, 16 Scenic Drive. Topic: “Inspiration.” Bring a picture or poem to share if you wish. ■

See also <http://marinvalley.net/salon/>

Michael Sudheer Returns to Broadway

Cabaret Fundraiser for HOL and MVEST

**Friday and Saturday, October 12 and 13 • 7 – 8 pm
Fireside Room**

by **JOHN FELD**

Local resident Michael Sudheer is going to re-create his production of Broadway songs for Marin Valley.

This will be his first performance to get back into singing and help fundraise since moving to Marin.

The proceeds from the two-night run will be shared between HOL and MVEST. Suggested donation — \$10 or more. There is limited space; please sign up in the lobby.

After attending a performance of *A Christmas Carol* at an early age, Michael Sudheer decided he wanted to be on Broadway. From the ages of eight through ten he got his first gigs on a local Baltimore television station, singing and tap dancing. In fact, he became quite famous locally as a child star.

One summer, when he was ten, he went away to boys' camp, where the drama counselor decided to put on *Lady in the Dark*, a musical with music by Kurt Weill and lyrics by Ira Gershwin about a female fashion editor at *Vogue* who was going into psychoanalysis to help her decide who she should marry. Michael was cast as the female fashion editor. He told his parents he was the lead. After the show his family commented, "There was a lovely little girl who had the lead, but where were you?" When he told them he was the little girl, his father was furious and wanted to pull



him out of the camp immediately. His mother was thrilled.

In high school, he had many parts in school plays. He went on to college at the University of Michigan and got the lead in *Bye Bye Birdie* in the sophomore musical, followed by several more roles. In his junior year, he got a job in summer stock in Warsaw, Indiana, where he performed in five musicals. When he graduated he decided he wanted to become a star on Broadway, so he went to New York and studied with Sanford Meisner, who was a leading theatrical coach at that time (1967). After about six months he became discouraged and gave up his dreams of Broadway. He moved on in a different direction, getting a job directing and producing television commercials with a large advertising agency, Foote, Cone and Belding.

They started him off directing and producing commercials for Clairol in South America for six months. On his return to New York, he continued making advertisements for TWA, Clairol, Seneca, and other large companies and soon started to win awards.

He left after two years and began working for another international agency, Young and Rubicam, where he stayed for 15 years. He worked on campaigns for such companies as Eastern Airlines, Johnson & Johnson, and Dr. Pepper. He traveled the world meeting famous personalities and casting Meryl Streep, Sigourney Weaver, Susan Sarandon, and Farrah Fawcett before they became household names. Subsequently, he left and did various jobs and traveled the world, eventually returning to New York in 2000, and for the next ten years he became an international tour director traveling all around the world.

In 2010 he moved to San Miguel Allende in Mexico, where he saw a notice for auditions for the musical *Cabaret*, and landed the role of Emcee made famous by Joel Grey. The show was very successful; he went on to perform in many more musicals and really enjoyed being back on stage. Soon he started to do a series of one-man shows to help people raise money for different causes, all to sold-out audiences. ■



FILM NIGHT



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



Pirate Radio

Thursday • October 4 • 7 pm (2009) 1 hr 57 min
Director Richard Curtis Comedy/Drama /Music
Writer Richard Curtis
Starring Philip Seymour Hoffman, Bill Nighy, Nick Frost

A band of rogue DJs that captivated Britain, playing the music that defined a generation and standing up to a government that wanted classical music, regular pop music, and nothing else, on the airwaves.



The Rocky Horror Picture Show

Thursday • October 18 • 7 pm (1975) 1 hr 40 min
Director Jim Sharman Comedy / Musical
Writer Jim Sharman (screenplay)
Starring Tim Curry, Susan Sarandon, Barry Bostwick

A newly engaged couple have a breakdown in an isolated area and must pay a call to the bizarre residence of Dr. Frank-N-Furter.

Speaking from Presence

An Evening Experience Facilitated by Dr. Dexter Nardella

by JACK TRAVIS

October 23 • 7 pm • Fireside Room

Speaking from Presence is speaking with a difference. Participants gain a greater ability to be in relationship with listeners when speaking — distinguishing between *presence* and *pretense*.

Imagine standing in front of a small group of strangers, feeling absolutely at ease and enjoying their full attention. Most of us are natural speakers when among friends, but lose that ease when in front of people we don't know well.

Often we try to cover this fear by acting or performing because we don't know how to be present while we're talking. This process will give you practice in being in rapport with the people you're speaking to — with more ease, authenticity, and impact.

We'll practice the skill of Relational Presence, both one-on-one in pairs and also by speaking in front of the whole small group.

This experience will guide you, beyond shyness, fear, or pretense, into genuine wholehearted presence. For more details, see speakingfrompresence.com. (Suggested donation \$10 – 20).

If interested or to apply (limited to 10 participants), contact Jack Travis (who has known Dexter for 35 years): 415-683-9900, JWTravis2@gmail.com. E-registration required to make sure we don't oversubscribe. ■

CONTINUED FROM PAGE 2

ART HAPPENINGS  AROUND TOWN

de Young Museum
Golden Gate Park – SF
Contemporary Muslim Fashions
Sept. 22 – Jan. 6, 2019
Legion of Honor
Lincoln Park – SF
East Meets West – Jewels of the Maharajas Nov.3 – Feb. 24

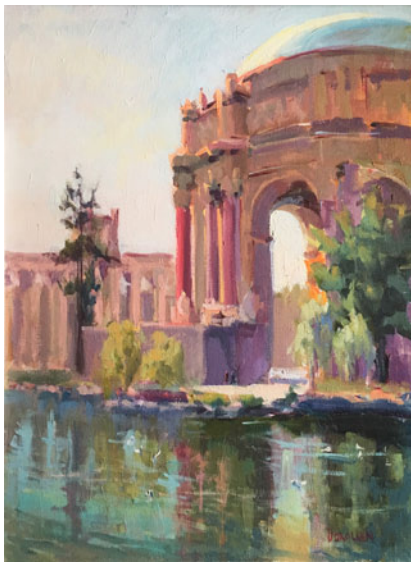
Marin MOCA
Palm Drive – Hamilton
MOCA Open Studios and Sale
Janet Bogardus –
Building 500 – Studio #208
Oct. 13 – 14, 11 am – 5 pm
Zio Ziegler – The Fourth Wall
Sept. 22 – Nov. 11

Marin Civic Center
10 Avenue of the Flags
San Rafael, Redwood Foyer
Marks in Time – Tattoo Artists of Marin County
Oct. through Nov. 26
Bartolini Gallery
Victoria Mimiage –

Food in Plastic II;
Vaidis Valaitis – Digital Painting;
George Sumner Oil Painting.
Through Oct. 15

Marin Society of Artists
1515 3rd St., San Rafael
“Ingenuity,” Oct. 4 – 12

Marin Valley Gallery
CONTINUED ON PAGE 12



Joan Nelson —

by MICHAEL HAGERTY and JOAN NELSON

Joan Nelson got a sentence from her doctor that we all fear: Her cancer had recurred and spread, and she had six months to live. She could extend that time (perhaps) if she tried surgery and chemotherapy, but at 81 years old, she decided it would be too debilitating, with benefits too uncertain. So she faced her sentence: “You have six months to live.” What would you do with your last six months?

I asked Joan this exact question, and she gave me four points that continually run through her answers:

- (1) Involve your family early
- (2) “Normalize death” for friends and family
- (3) Use your time to help others and evolve yourself
- (4) Leave a legacy of love even **AFTER** your death

Here are her answers in more depth. My questions are in bold and her answers follow.

What is the secret of a “meaningful death”?

To live a **meaningful life**, using every moment you have. I have had three husbands who died with me, and I was a chaplain in the AIDS Project, so I had a

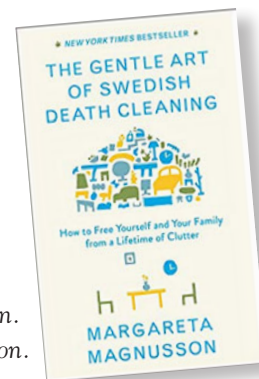
chance to see what works and what doesn’t near the end of life. People who avoid thinking about death until it’s too late don’t do as well as people who plan ahead and involve their loved ones. Death is an important part of life, and we should start to normalize death for ourselves and others we will leave behind. Lots of people assume that I should slow down near death, but I want to speed toward the finish line.

How have you involved your family in your death?

I began preparing my family years ago, telling them what I wanted my death to be like, completing my Health Care Power of Attorney. It can be difficult for some people to raise the issue with kids, and some kids will avoid and not want to talk about it. The best way to break the ice is to get them to play the card game *GoWish*, where each person in the family draws a card that is a wish of someone near the end of life, such as “not being short of breath,” or “having loved ones nearby.” The player then sorts the cards into “important to me,” “somewhat important,” or “not at all important.” It’s a fun way of getting

the whole family to talk about end of life and what is important to them. The game is available at www.GoWish.org or I have decks for \$10 you can

Marin Valley Gallery — FROM TOP LEFT: “Incident” by Janet Bogardus; “Palace of Fine Arts, SF” by Dorallen Davis; “2 Koi, Visiting Monet’s Garden,” by Christine Cohen. FROM PG. 1, “Folklore” by Pia Andersson.



Six Months to Live

buy here. When you talk about dying, you are giving a gift to your family that they will always remember. It is especially precious when children have a chance to tell their parent that they love them before they die. Even if your child is estranged from you, your death actually gives you more power to ask for reconnection and forgiveness. One of my kids lives in South Carolina and is active in a conservative church there. I sent him an e-mail about having six months to live. He immediately wrote back and said he had started praying for me. Not only that, he told his whole congregation, and they are all sending good wishes and prayers for me. Even though I don't agree with his religion, we could still come together and bond over this.

You said earlier that we should normalize death for ourselves and others. How are you doing that?

I talk about it early and often to my family and my friends. When I turned 80, I hosted my own FUNeral, inviting over 100 people to the clubhouse, where we celebrated life. Then I got into my "casket" and got to hear all the wonderful things people will say about me. Why wait until we are dead when we can't hear all those lovely things people will say about us?? Also, I made

out early my Living Trust and Will out early. Lastly, I notice that after people die, the family bears the burden of going through all their possessions, not sure of what to throw out or what others might



Joan Nelson, in front of her garden and walking steadily to the clubhouse, as so many see her every day.

want to keep. So I got my family together one day, and we went through the entire house. Each person got to put a label on things they wanted to keep, and the rest got thrown out. A wonderful book on how to do this is by Margaret Magnusson *The Gentle Art of Swedish Death Cleaning: How to Free Yourself and Your Family from a Lifetime of Clutter*.

Do you believe that consciousness continues AFTER you die?

There are only two logical possibilities: Either I will vanish into oblivion, or my consciousness will continue in some way. Right now, I am looking at the option where I can make a difference. My

intention after death is to continue to help others and to evolve myself. I know I can do that BEFORE I die, and I intend to keep on doing it AFTER I die, if it's possible. Most religions believe

that we can continue to help others on earth after we die, and if any of those religions are right, I will make the most of it. Beyond that, we can leave little things behind us that benefit others: My third husband when he was dying gave me a surprise gift of a clock that sings a different bird song every hour. I'd been complaining to my husband that there weren't enough birds in the neighborhood. So he gave me this surprise gift when he was dying, joking, "I will haunt you every hour on the hour!" There are lots of ways I can leave a legacy that continues after me. I have helped lots of people, and they

will all continue to benefit from my love even after I am gone.

Do you have more to do on your "bucket list?"

IF I could live longer, I would keep on learning the ukulele, and I would take up painting. But now that death is so near, the one thing that will make my life meaningful is to normalize death for other people, and to raise awareness that consciousness is all there is.

We are all one. ■

See <http://marinvalley.net/aging/wake-up-and-die-right-manifesto/> for Joan's extended version of this article.



Turkey Vulture

Article and Photography
by DAVID GRAY

Happy Halloween month! Known alternately as “buzzards” or “turkey buzzards,” the turkey vulture (*Cathartes aura*) is a common sight over our Park. With the exception of the wild turkeys, they are the largest bird that we see, weighing four pounds and having a wingspan over 5-1/2 feet. Their lazy circling as they hunt for carrion using their excellent sense of smell can include as many as a dozen birds when they smell a carcass, but usually they are seen in more dispersed and smaller groups.

What makes them easy for me to distinguish from raptors such as the red-tailed and red-shouldered hawks in flight is that turkey vultures adjust to thermals (air currents) with quick tilting adjustments. Their wingspan is so large that they can stay aloft with minimal flapping.

Up close, they are awkward, with bright red bald heads and pale yellow beaks. Young turkey vultures’ heads are gray in color. The photos of the group of vultures is from Goat Rock beach, where a bunch of adults and one juvenile were gathered to feast on the carcass of a sea lion pup.


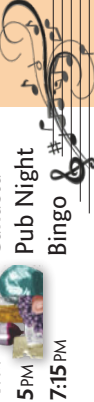


They tend to roost in dead trees, and apparently they lower their body temperature by six degrees Fahrenheit as they sleep, actually becoming hypothermic. They are not very prolific, typically laying eggs once a year, with the number of eggs per clutch ranging from one to three.

These are very useful birds in the ecosystem; they do their part to reduce the carcasses of animals who have died to a pile of bones. They are equal-opportunity birds, willing to eat the flesh of dead fish, seals, and any small or large animal. I shudder to think how our world would smell without them! ■



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SUNDAY 30	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5	SATURDAY 6
7:00 - 9:30 AM Taiji MacLam/ Clubhouse Deck	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise Fireside Room	7-9:30 AM Taiji MacLam/ Clubhouse Deck 10 AM NO Chair-Yoga	10-11 AM Water Aerobics Pool 11 AM-1 PM Whistlestop Roberta 415-883-0843 11:15 AM Craft and Chat Library 3-4 PM Watercolor Class Ballroom 6 PM PAC MEETING	7-9:30 AM Taiji MacLam/Deck 9:15 AM Qi Gong Dove 11 AM The Rollin' Root Clubhouse Parking Lot 1-2:30 PM Quest for Vibrant Health Hansen 3-4:30 PM Draw On! Bogardus 5-7 PM Silent Meditation Bamboo Room 7-9 PM Film Night PIRATE RADIO	10-11 AM Water Aerobics Pool 3:30-5 PM Taiji MacLam Clubhouse Deck 4 PM Canasta 5-7 PM Pub Night Ballroom 7 PM Board Game Night Fireside Room	7-9 PM COMMUNITY DANCE Ballroom 7-9 PM
1-4 PM Mahjong Fireside Room	10-11 AM Water Aerobics / Pool 6 PM MVEST Meeting 7:20 PM Poor Man's Poker	7 AM Taiji 10 AM NO Chair-Yoga	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 11 AM The Rollin' Root 1 PM Quest for Vibrant Health 3 PM Draw On! 6 PM Silent Meditation	10 AM Water Aerobics 3:30 PM Taiji 4 PM Canasta 5 PM Pub Night 7:15 PM Bingo	4 PM Salon Lobby Signup 
7 AM Taiji 1 PM Mahjong	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 10 AM Water Aerobics 6 PM MVEST Meeting 7:20 PM Poor Man's Poker ECHO DEADLINE	7 AM Taiji 10 AM NO Chair-Yoga	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 11 AM The Rollin' Root 1 PM Quest for Vibrant Health 3 PM Draw On! 6 PM Silent Meditation	10 AM Water Aerobics 3:30 PM Taiji 4 PM Canasta 5 PM Pub Night 7:15 PM Bingo	13 Michael Sudheer's Return to Broadway FUNDRAISER Fireside Room 7-8 PM 
14 7 AM Taiji 1 PM Mahjong	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 10 AM Water Aerobics 6 PM MVEST Meeting 7:20 PM Poor Man's Poker	7 AM Taiji 10 AM NO Chair-Yoga	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 11 AM The Rollin' Root 1 PM Quest for Vibrant Health 3 PM Draw On! 6 PM Silent Meditation	10 AM Water Aerobics 3:30 PM Taiji 4 PM Canasta 5 PM Pub Night 7:15 PM Bingo	20 Home Preservation Fair Home Hardening Clubhouse 10 AM - 2 PM 
21 7 AM Taiji 1 PM Mahjong 4 PM ART PARK Meeting Fireside	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 10 AM Water Aerobics 6 PM MVEST Meeting 7:20 PM Poor Man's Poker	7 AM Taiji 10 AM NO Chair-Yoga	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 11 AM The Rollin' Root 1 PM Quest for Vibrant Health 3 PM Draw On! 6 PM Silent Meditation	10 AM Water Aerobics 3:30 PM Taiji 4 PM Canasta 5 PM Pub Night 7:15 PM Bingo	27 BLACK CAT FUNDRAISER 5 PM SHOPPING/BAR 6 PM DINNER 
28 7 AM Taiji 1 PM Mahjong	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 10 AM Water Aerobics 6 PM MVEST Meeting 7:20 PM Poor Man's Poker	7 AM Taiji 10 AM NO Chair-Yoga	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 11 AM The Rollin' Root 1 PM Quest for Vibrant Health 3 PM Draw On! 6 PM Silent Meditation	10 AM Water Aerobics 3:30 PM Taiji 4 PM Canasta 5 PM Pub Night 7:15 PM Bingo	31 FULL MOON 6:51 PM Water Aerobics Whistlestop Craft and Chat Watercolor Class
29 7 AM Taiji 1 PM Mahjong	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 10 AM Water Aerobics 6 PM MVEST Meeting 7:20 PM Poor Man's Poker	7 AM Taiji 10 AM NO Chair-Yoga	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 11 AM The Rollin' Root 1 PM Quest for Vibrant Health 3 PM Draw On! 6 PM Silent Meditation	10 AM Water Aerobics 3:30 PM Taiji 4 PM Canasta 5 PM Pub Night 7:15 PM Bingo	31 FULL MOON 6:51 PM Water Aerobics Whistlestop Craft and Chat Watercolor Class
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