

T H E
ECHO

JANUARY 2019

C O N T E N T S



2 Erma Wheatley	FROM THE EDITOR; LETTER TO THE EDITOR; IN MEMORIAM
3 Matt Greenberg	MVMCC MANAGEMENT UPDATE
Jay Shelfer	PAC LETTER TO RESIDENTS
4-5 John Feld and Erma Wheatley	MVEST – <i>Driving. Stopping, Parking</i>
6 Kathleen Dargie	MESSAGE FROM MAR VAL – <i>Registration Form: Scottish Night</i>
7 Sandee Duncan	A GREAT WAY TO MEET YOUR NEIGHBORS
7-8 Janie Crocker	HOL MESSAGE HOL COMMUNITY PRESENTATIONS
8 Ray Schneider	THANK YOU, THANK YOU
9 John Feld	FILM NIGHT: <i>The Wind Rises, Amélie</i>
Suzie Lahr	ART IN THE PARK
10 Michael Hagerty	REQUEST FOR CHRONIC PAIN STORIES
Lee Firestone Dunne	UNMENTIONABLE MEMORY, MEMORY
11 Vicki Waddell	GLOBETROTTERS: <i>Carol-Joy Harris</i>
12-13 Meg Jordan	HEALTHY AGING: <i>Your Brain on HIIT</i>
14-15 David Gray	BIRD OF THE MONTH: <i>Jays — Steller's and California Scrub</i>
16	CALENDAR: <i>January 2019</i>

From the Editor

A grateful end-of-the-year thank you to so many who make the *Echo* possible every month, especially copy editor **Mary Barbosa** and proofreading editors **Carol-Joy Harris** and **Anila Manning**, all the writers, **Matt**, all the deliverers, and their organizer **Doug Muhly**.

Please let me know if you would like to interview new residents for a short introduction of them in the *Echo*, so we can all get to know our new neighbors.

Updates to the directory are usually printed in the *Echo* monthly so people can write the changes in their directories. Not many do, I suspect; I sometimes forget to myself. With this first 2019 *Echo* we are including a compilation of all the new residents' names, addresses, phone numbers, and emails since the last directory was printed. Find it on a separate sheet that can be inserted into your directory until the next one is printed. It might help knowing who all those new faces might be and where to find them.



Letter to the Editor

Message for Dog Owners

Please take a look at dogflu.com. There is a serious epidemic in the U.S. Cases have been reported in every state except two (NE & ND). There are two new strains of dog flu: H3N8, H3N2. The available vaccine is produced by Merck. It is for H3N8 only. My local vet (Country Vet) does not carry it or do vaccinations. South Novato Animal Hospital has the H3N8 vaccine, or you can go to Petco's vaccine clinic, which occurs about once a month (Saturday from 9 to 10 am) at the Petco at Vintage Way.

Lee Dunne

IN MEMORIAM

Janice Dodgshon

November 16, 2018

Ron Romaine

October 31, 2018

Joan Nelson

October 31, 2018



THE ECHO JANUARY 2019

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

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1ST VICE PRESIDENT Jeannine Freedom 810-543-32655
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SECRETARY Joanne Woodward 415-506-4568
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TREASURER Sandee Duncan 415-883-3034
DIRECTOR EMERITUS Dee Schneider
DIRECTOR/BAR MANAGER Fred Dargie 884-2969
DIRECTOR/HOSPITALITY Larry Moore 883-0486
DIRECTOR/RESERVATIONS Carolyn Corry 370-6403

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*).

MVMCC PAC *Management Update Letter to Residents*

Happy Holidays, Marin Valley!

V-ditch and sump pump systems – V-ditches are clean of debris. These lead to the storm drains for water evacuation during rainstorms. Installed resident sump systems are maintained.

Fire-prone plant removal has been very successful – Most residents have participated, providing authorization for Park-hired contractors to remove fire-prone plants from rental lots. There are still members of the community who have not wanted juniper plants removed. You can call the front desk if you have changed your mind and want to join others and have your fire-prone plants removed.

Open space between MVMCC and Bay Vista apartments has been cleaned of all brush, poison oak, blackberry, and other fire-prone plants. This has been a monumental task. Deferred maintenance from 30-plus years of overgrowth is now clean and easier to maintain in coming years, all for your safety.

Retaining wall projects – Installation for multiple repair and/or replacement retaining walls including drainage systems installed in the last several months completes the budget line item for this year.

Pool and spa hours – Pool is closed for the season. Spa closes at 9 pm. Bright Star security will close and lock pool gate at 9 pm, so please finish your time in the spa prior to 9 pm and remember to lock the changing room door when you leave.

Now that it gets dark earlier, please remember to wear reflective clothing while walking at night on MVMCC streets. HOL has been providing reflective vests at no cost for your safety.

Thank you,



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

Greetings from the PAC Board,

Finances – Our finances are in order. The debt service on the loan is 2.56 as of October 31, 2018, well above the required 2.00. Our cash, plus short-, medium-, and long-term reserves is in excess of 4.8 million dollars.

Safety – MVEST continues to be active in focusing our attention on the safety issues around our community as well as how to make our community more cohesive. See page 4–5.

The transformation of the clubhouse to an ADA-compliant facility continues, with the City's public works department overseeing.

Budget – The midyear budget review is currently underway. In full awareness of the need to harden our community against pending emergencies, we shall continue these efforts with budget amendments, where needed, to make necessary adjustments.

Development – The PAC project committee will hold meetings early next year to gather input from all interested residents on the development of the acreage below the clubhouse and above Club View Drive. This will be a community-planned project.

Hello Housing rent deferment program for qualifying residents should be open for registration in early April.

Hot tub cover – We continue to try to locate a suitable hot tub cover. Because of the high cost of maintaining the temperature throughout the winter, the PAC Board next month will consider closing it, like the swimming pool, until spring.

New Management Agreement – The PAC Board has approved the management agreements between the PAC, as delegated agent of the City, and the Helsing Group. The Novato City Council will consider its approval later this month, as its approval is necessary for finalization.

The next PAC Board meeting will be January 2 at 6 pm. The agenda will be posted in the clubhouse the previous Sunday. Please let Anila (anilahere99@gmail.com) know if you'd like the agenda and minutes of previous meetings emailed to you.

In service,



Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com



Driving, Stopping, Parking

by JOHN FELD and ERMA WHEATLEY

So we have all read the Marin Valley rules, right? They were last updated in 2008 and are in the process of being updated again. But don't hold your breath. Until the Park rules are finalized and agreed upon by the City and PAC, the existing ones are what we go with. See our website at marinvalley.net/resources/forms/

Safety

The "S" in MVEST stands for safety (Marin Valley Emergency Safety Team), the reason for this article — safety for both vehicular and pedestrian traffic.

Since many of us enjoy walking to stay healthy, exercise our dogs, and to travel around the Park without having to use a vehicle, our roads need to be as safe as possible. This is something that requires all of us to be aware of and participate in.

While the diverse heights and the winding curves of our streets provide a variety of experiences traveling around the Park, they can also prevent line-of-sight vision and obscure views of oncoming pedestrians and traffic.

With aging, some of our residents experience diminished eyesight, balance, and dexterity. Others require walkers to get around. These, along with the lack of sidewalks and areas for on-street parking, contribute to a number of issues involving driving, stopping, and parking.



Driving

The speed limit for entering and exiting the Park is 25 miles per hour while climbing or descending the entrance hill.

Within the Park, the speed limit is reduced to 20 miles per hour to accommodate everyone using the streets, especially since they lack sidewalks and on-street parking.



At present, the change from 25 mph to 20 miles per hour is designated with the only "Speed Limit 20" sign just before the curve entering the residential area.

As a reminder to keep this lowered speed limit fresh in mind, additional 20-mph speed limit signs are being ordered and will be placed throughout the Park.

These speed laws should be adhered to at all times. Going faster can endanger other drivers and the many pedestrians (and their dogs). The amount of time to drive from the north end of Club View Drive to the top of the entrance hill at 20 mph was clocked at about two minutes. Speeding up to and beyond 30 mph amounts to saving only under a minute.

Of course, residents are not the only drivers in Marin Valley. Numerous delivery trucks, service vehicles, and others sometimes tear through the Park at dangerous speeds. If you see such a reprobate, please tell Management, who will inform the relevant company.

HOL is also helping to address safety in the streets by providing reflective vests. The trick is to wear them. See page 7.

Stopping

Stopping at STOP signs is not a request or just a good idea. It is a law, punishable by severe fines. To stop at a stop sign means you should completely halt your car — not a rolling “California stop”, but actually stopping the car’s wheels from moving. The average fine for failing to come to a full stop is \$238, quite a hefty amount of money and not worth risking for a second or two of time and possibly endangering yourself and others.

The police return every so often to ticket those breaking the law. They come without notice, often waiting out of sight for miscreants. Remember to check in all directions for walkers, other cars, turkeys, or

even quail as you drive through the streets. Imagine how bad you would feel running over a baby quail, to say nothing of a neighbor!

Another stopping issue is that of neighbors stopping in the middle of the road to talk with pedestrians or other drivers. If you see someone you wish to talk with, please pull over to the side of the road, and ask pedestrians not to stand in the way of other cars. These discussions often last several minutes, and cars must either stop and wait for the conversation to finish or go around the stopped vehicle by crossing over to the other side of the road. Either way, this is dangerous and avoidable.

Parking

The current rules state that parking at each mobile or manufactured home space is limited to the number of vehicles that fit within the carport or driveway.

No parking is permitted in the streets or any other area not specifically designated for parking by the Park between midnight and 7am. Nor is parking allowed at any time within 20 feet of a street intersection or fire hydrant.

Parking in cul-de-sacs (in areas other than driveways and carports) is permissible for loading and unloading, provided it does not interfere with egress/ingress of other vehicles.

It is important to remember that the roads in the Park are narrower than regular city streets due to the lack of sidewalks and areas for on-street parking. They should be kept as clear as possible of parked cars.



The biggest concern is for emergency vehicles, which are usually enormous and may need to be able to get through at any time. One minute spent maneuvering around one or more parked cars can make a difference of life or death for someone suffering from a heart attack or stroke, and that could be you or a loved one.

It is understandable that parking temporarily in the street is necessary. Make sure you are available to quickly move your car, especially if you hear a siren. Please be aware of not parking too close to mailboxes that people and mail delivery trucks need access to, near driveways that drivers have to back out of, or especially where another car is parked on the opposite side of the street, causing traffic to maneuver between parked cars on both sides of the road. Sometimes contractors and maintenance people park badly in the road, even in the middle of an intersection (a ticketable offense). They are required to have red traffic cones around their vehicle when they do this. When practical, ask them to park in a regular parking space.

Help us all enjoy our neighborhood by respecting all who use our roads. ■

Message from Mar Val

Dear Friends,

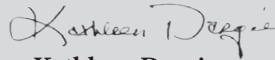
The 2018 Thanksgiving Dinner was deemed an unqualified success thanks, in no small part, to the involvement of Lenny Gaskell. As he does each year, Lenny volunteered to do all the grocery shopping as well as deliver the individual turkeys to the homes of the "roasters." We are also grateful to the Management of Hamilton Safeway who donated a o\$25 gift certificate to help defray the total cost of the food purchased.

As you receive this issue of the *Echo* we will be working on Mar Val's final event of 2018, namely, the New Year's Eve Party. Join your neighbors in enjoying a festive evening of music, dancing,

delicious food, and champagne toasts. The reservation deadline is December 28. Of course Mar Val wouldn't dream of going quietly into 2019, so we scheduled our annual Scottish Dinner on Saturday, January 19. Please refer to the reservation form and menu on this page as well as the opportunity for foot tapping to the music of the Scottish piper.

The Mar Val Board joins me in extending our best wishes to you and yours for a happy and healthy 2019.

With warmest regards,



Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com

Mar Val 2019 Schedule

Saturdays unless indicated

- January 19** *Scottish Night*
- February 23** *Mardi Gras*
- March 16** *St. Patrick's Dinner*
- April 20** *Volunteer Appreciation*
- May 3 (Friday)** *Cinco de Mayo (Pub)*
- May 27 (Monday)** *Memorial Day BBQ*
- June 15** *Jazz Brunch*
- July 4 (Thursday)** *BBQ*
- July 26 (Friday)** *Pasta Night (Pub)*
- August 17** *Luau*
- September 2 (Monday)** *Labor Day*
- September 27 (Friday)** *Oktoberfest (Pub)*
- October 26** *Black Cat/Halloween*
- November 23** *Thanksgiving Dinner*
- December 14** *Holiday Party*
- December 31 (Tuesday)** *New Year's Eve*

MAR VAL SCOTTISH NIGHT

January 19, 2018 ■ 5PM Cocktails ■ 6PM Dinner

M e n u

Salmon or Red Pepper Lentil Bake
Garlic Mashed Potatoes / Green Vegetables
Salad / Dessert

Reservation deadline is January 16 at 5PM or when 140 reservations have been received.
\$15 per person. For questions, please call Carolyn Corry at 415-370-6403.

SCOTTISH NIGHT RESERVATION FORM

Please circle entrée choice

RESIDENT _____

Salmon Red Pepper Lentil Bake

RESIDENT _____

Salmon Red Pepper Lentil Bake

GUEST _____

Salmon Red Pepper Lentil Bake

GUEST _____

Salmon Red Pepper Lentil Bake

Residents attending ____ at \$15/each. Check for \$_____ is enclosed. (NO CASH, please)

Guests attending ____ at \$15/each. Checks payable to Mar Val. Questions? Call Carolyn Corry at 415-370-6403.

Reservation deadline is **January 16 at 5 pm** or when 140 reservations have been received.

HOL Home Owners League Message



**A GREAT WAY
TO MEET YOUR
NEIGHBORS**

**Volunteer for
Mar Val Dinner
Parties**

**Our Mar Val
Board is looking
for some new
volunteers to sell
drink tickets, help
out with serving
the main entrée,
or serve dessert.**

**If interested,
please contact
Sandee Duncan
at 415-883-3034
for details.**

Please support **Ray Schneider** in his effort to coordinate “Just One Hour” and the “Buddy System.” All requests and volunteer names are confidential. He asks that you contact him at 415-883-4182 or ray@delannaray.com. See his report on the next page.

December in Review



LEFT TO RIGHT: Maggie Siegfried, Mary Keydash, Carol-Joy Harris, and Jeannine Freedom at her booth.

HOL Holiday Fair. Wasn't that fun?! Great gifts, food, singing, and goodies were had by all. HOL is hoping to make this a yearly event as a way to give back to the residents. Any and all reflections and suggestions are welcome as we start to plan for NEXT year.

Senator Mike McGuire. A very interested and interactive crowd greeted Mike McGuire and was impressed with his agenda for North Bay residents.

Reflective Safety Vests.

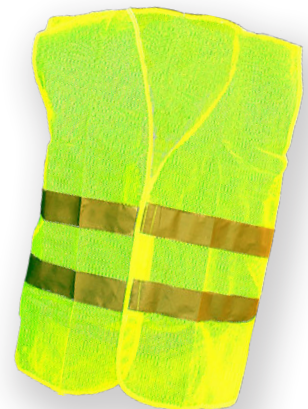
ATTENTION, GILETS JAUNES!

Let's do it the French way!!

Wear your “yellow jackets,”

not to PROTEST, but to PROTECT!

We have distributed over 90 vests, but we don't see them being worn. Please wear them when you walk in the Park, both day and night. If the box in the library is empty, come back later. For information or questions, contact Mark Crocker at 281-757-4456.



FUTURE HOL EVENTS

Sometime this month we will put out a flyer asking for suggestions of events you would like to see happen at MVMCC. Please fill these out and return to the cubbyholes next to the bulletin board or to Matt. The HOL Board can then begin to plan for 2019. HOL events in 2018 included:

Art in the Park

Chair Yoga

Mosquito and Vector Control

Rollin' Root

A Matter of Balance class

Drawing and painting classes

Vibrant Health class

Water Aerobics

Low-Impact Exercise

Consumer Protection for Seniors

Safety Vests

Flu Shots

Cannabis for Health and Wellness

"Michael Sudheer Sings Broadway"

the Holiday Craft Fair

Zumba Gold

just to name some.

If you want an event, we will try our best to bring it to you.

NOTE:

Please join us at the next HOL meeting on

Wednesday • January 16
6 pm • Fireside Room

Janie Klimes Crocker

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

Thank You, Thank You To All the Volunteers

by **RAY SCHNEIDER**

Just 1 Hour

We had six new volunteers sign up in November, and we had six requests for help in November, with good, solid results for the most part. Some of the requesters and the volunteers knew each other; others got to know a neighbor for the first time, always a plus.

We still need at least one more handyman, plus someone who will help organize an office, closet, or small room. If a current or a new volunteer can help with either of these needs, please call or email Ray Schneider at 415-883-4182 or ray@delannaray.com

Being willing and able to help a neighbor with a small task who for one reason or another is unable to do certain things, usually brings joy to both the volunteer and the receiver.

So a big thank you, thank you to all of our spectacular volunteers.

Remember, all requester and requestee names are held in STRICT confidence!

The Buddy System

A number of residents — most of us — still have not returned the Buddy form to Matt. It is critical, especially to those residents who may not have a friend or relative nearby and who live alone, to have a neighbor — a buddy — to keep an eye out for anything that doesn't seem right. That buddy can check by calling or knocking on the door or by calling the front office to ask that someone make that check. This could be a lifesaver to someone who needs help but is unable to call for help.

So please, speak with a neighbor to look out for each other, then return the forms to Matt. In the case where a resident does not want to participate or is uncomfortable asking a neighbor to be a buddy, please note that on the form and give the form to Matt anyway. We would like to be sure that every resident is covered.

If you need a form, please call or email Ray Schneider at 415-883-4182 or ray@delannaray.com. Forms are also available on the website under Resources at marinvalley.net



FILM NIGHT

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

The Wind Rises

Animation/Drama (2014) 2 hrs 6 mins

Thursday • January 3 • 7 pm

Director Hayao Miyazaki

26 International Awards and 52 nominations

A wonderful animated film about the life of Jiro, who designed Japanese fighter planes during WWII. Nearsighted from a young age and unable to be a pilot, he becomes one of the world's most innovative and accomplished airplane designers. This beautiful film will bring tears to your eyes.



Amélie

Comedy/Drama/Romance

Thursday • January 17 • 7 pm (2001) 2 hrs 2 mins

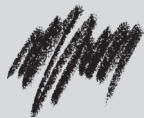
Director John-Pierre Jeunet

59 International Awards

Amélie spent most of her time in her room where she developed a keen imagination and an active fantasy life. When Princess Diana dies in a car wreck, Amélie is reminded that life can be fleeting and she decides it's time for her to intervene in the lives of those around her, hoping to bring a bit of happiness to her neighbors and the regulars at the cafe.



ART IN THE PARK



by SUZIE LAHR

Art in the Park is on to a new beginning in 2019. For the past six years we have been presenting a special exhibition in May with artists' exhibits,

fine foods, and surprises. Fast forward to 2019, our format will change. This is an early invitation for all resident artists to join us.

On Saturday, March 23 we will be installing a new Marin Valley Gallery exhibit in the lobby and Fireside Room. This is an opportunity for all resident artists to join in the camaraderie and have all our Marin Valley residents enjoy the fruits of our

artistic and creative endeavors. I will announce a resident artist meeting date in early February for new artists to meet our seasoned exhibiting artists.

Following the new installation in April 2019 we will have an afternoon artist reception, much like those at MOCA and Marin Community Foundation in Hamilton, with wine, specialty cheeses, and other delectable treats for our artists and residents. Watch for an announcement on the website and in the *Echo*.

The support we have given one another over the years has led to the creation of a thriving art community. If you are a new resident and enjoy creativity, don't hesitate to call me as our gallery curator, so I can welcome you and add you to our artist email list

for updates on all of our happenings, Suzie Lahr (415) 884-9611.

VISUAL ART EVENTS  AROUND TOWN

Marin MOCA

500 Palm Drive – Hamilton

Open to Interpretation

Artists of MarinMOCA Exhibition

January 5 – February 24

de Young Museum

Golden Gate Park – San Francisco

Gauguin: A Spiritual Journey

Through April 7, 2019

Marin Civic Center Bartolini Gallery

Inside Insights — 100 Works of San

Quentin Arts in Corrections

January 10 – March 28

Marin Community Foundation

Hanger 5, Hamilton Landing – Suite 2

Marin Open Studios — 25th Anniversary

Group Exhibition. Through February 1

Chronic Pain Treatment

Request for Your Experiences

by **MICHAEL HAGERTY**

Are you or were you a Kaiser member with chronic pain, back pain, joint pain, arthritis, or other pain issues?

A number of people here have spoken to me about their complaints that Kaiser does not treat chronic pain well. I want to solicit your stories because I will be meeting with Kaiser Marin leadership about this important problem, that they are not treating chronic pain sufferers sufficiently, and to plan better treatment protocols.

Your stories of how Kaiser treated you — whether you are satisfied or unsatisfied — will be important in how they improve their treatment of chronic pain.

Please email me your stories — which will be kept confidential — so that we can improve treatment of chronic pain for everyone in Marin.

Send to mrhagerty@ucdavis.edu, or call 415-382-1345.

Michael Hagerty

Marin County Commission on Aging
Professor Emeritus, UC Davis

But.... No! No Butts



The above specimens were picked up during a short walk from the clubhouse to the north end of Club View Drive — not a very long distance. Cigarette butts thrown on the pavement are a serious fire threat, an environmental hazard, an eyesore, and a disregard for others. Please make a point of telling any visitors or contractors to fully extinguish their cigarette butts and use appropriate trash containers to throw them away. ■

Unmentionable Memory, Memory

*As you get older three things happen.
First your memory goes
and guess what? Can't remember the other two...*

Is it disorientation?
I'm in Barcelona
trying to remember
where things are stashed
in my son's condo — the fry
pans, the coffee, the cups,
in what drawer the dish towels,
the peeler. "My brain is like
the Bermuda Triangle.
Information goes in
and it's never found again."

At 3:00 am, awake,
scouring my skull for where
I put my eye mask,
my body lotion, my checkbook,
feeling a subcutaneous
angst, a creepy despair.

How
do I manage this silent frailty?
I know I should forgive myself,
love myself. Seek joy.
Yes, I'm doing that.
And writing everything down
in a red spiral book —
some days I forget.

At home I cull albums,
old memorabilia,
aim to live in the moment —
is it enough? It isn't enough.
Ingrid Bergman says Happiness
is health and a bad memory.
That doesn't comfort me.

On my granddaughter's wall
a framed poster in red—
"Stay calm, DFTBA"
Don't forget to be Awesome.

Here I'll keep opening
cabinet doors, wait
for the morning light.
Meditate.

Lee Firestone Dunne



Globetrotters

by VICKI WADDELL

Several residents in the Park love to travel, and some travel far, wide, and frequently, so they've definitely earned the appellation "globetrotters."

I thought it would be fun to hear about what motivates them to travel and what they've learned from their experiences. I also ask them to describe their most amazing and surprising adventures, and what they would recommend to armchair travelers.

Carol-Joy Harris very kindly offered to be the first to describe her experiences.

What motivated you to start traveling?

Everything aligned with the stars: finances, opportunity, and time. But the biggest impetus came from Bill's "godson," who is a travel agent. He advised us not to wait. Although developing a wish list and planning is part of the fun, it's not a good idea to wait so long that you're too tired or it's too painful for you to enjoy the adventure.

What have you learned by traveling?

I learned from my vivacious mother to be open to new experiences while traveling, to try not to close up again after coming home, and to not take anything for granted. Being open to meeting people along the way adds color to your experiences. So mix it up. Go with a loved one, go with friends, go in a group, or go by yourself.

I had one such experience when, as a young hippie, I decided to hit the road with a backpack and a guitar, thumbing rides through the Deep South. California is wonderful, but it's not the only star on the map. I had a plethora

This is the beginning of a series of responses from our local globetrotters. Should you wish to be interviewed, please contact Vicki Waddell (415-382-8684). I would love to include your comments in a future *Echo*!

of experiences, some a little scary but most just wonderful – like playing my guitar and singing along with a couple of long-distance truck drivers who gave me a long ride to my next stop and even bought me dinner.

What was your best trip?

Loved the river cruise down the Danube in a small ship. Just the sheer joy of gliding and watching the water lap up silently against the bottom of our stateroom window was mesmerizing. The silence was profound. Then the ship turns a bend in the river and suddenly a fairytale castle appears on a hill in the near distance. Magic!

What was the most surprising adventure?

Definitely getting married in Florence. Four to six months prior to leaving, Bill and I were knee-deep in paperwork, getting all the correct documents in order, and then when we got to Italy, another two weeks were filled with

constant running from one department to another having more documents stamped and paying additional fees. Got to the point, one evening as we sat along the Arno River, that we wondered if all this running around was worth it. (IT WAS!) Nevertheless, we persevered. Then after we got married and Bill had his hand on the doorknob to leave the final office, the official there asked if we wanted our marriage to be recognized in the U.S.!!! I thought Bill was going to have apoplexy.

What advice would you give to armchair travelers?

If all you can do is get away for a night or visit a friend for the weekend, this alone can open your eyes. The number of novel experiences increases dramatically in just one day, compared to spending that same time at home.

Final word:

I LOVE GOING AWAY — AND — I LOVE COMING HOME to MARIN VALLEY! ■



Your Brain on HIIT

High Intensity Interval Training sounds extreme, but you can modify HIIT and still reap mental (and physical) benefits

by MEG JORDAN

A High Intensity Interval Training — HIIT — workout is a combination of short bursts of maximum exertion intermittently performed with periods of rest. (HIIT) appears to have an advantage over continuous aerobics for enhancing mental sharpness.

It's been said that exercise is the best medicine, and no pharmaceutical drug comes close to delivering the benefits of regularly working out. Moreover, new findings point to a type of exercise that is proving to be as good for the mind as it is for the body — High Intensity Interval Training (HIIT) — and appears to have an advantage over continuous aerobics for enhancing mental sharpness.

A HIIT workout is a combination of short bursts of maximum exertion intermittently performed with periods of rest.

It can be done with either aerobic (running sprints, cycling) or anaerobic (weight lifting) activity as long as there is variability with the intensity. Beginners should consider performing five or six short bursts, with intermittent rests for a workout that is no longer than 20–30 minutes.

For example, 1.5 minutes of full exertion climbing a hill, followed by 2.5 minutes of recovery such as slower walking — then repeat the sequence at least six times.

The real beauty of HIIT is that it can be tailored for any fitness capacity — from

the deconditioned novice to the hill-climbing champ, but the duration and intensity of the intervals takes some calculating. (See Target Heart Rate Range on the next page.)

So what does all this exertion-then-recovery effort do for the brain?

According to John J. Ratey, MD, Harvard psychiatrist and author of *Spark: The Revolutionary New Science of Exercise and the Brain*, HIIT creates brain-derived neurotrophic factor — **BDNF**, a protein that supports existing neurons (keeping memory intact), promotes synaptic plasticity (keeping circuits humming), and even helps neurons sprout new branches (hence, new learning). Other researchers found that HIIT produced greater capillary volume in the hippocampus, which grew by 30 percent in a three-month exercise study.¹

The truth is that all exercise builds levels of BDNF, but HIIT edged out continuous exercise for elevating BDNF in studies.² In fact, because HIIT does so much good for the mind, it became the darling of cognitive research. Ratey calls BDNF “Miracle-Gro” for the brain. It not only builds the neuronal circuitry, it helps maintain its infrastructure.

HOW TO HIIT

A safe and effective goal for regular exercisers is to aim for your target heart rate (THR), which is 75–85% of your maximum heart rate (MaxHR) during the exertion interval, then decelerate to a heart rate that is as close to your resting rate as possible, or at least 10–15 points above it. By “rest,” I don’t mean standing still. Resting in HIIT is never stationary. You should always keep moving slowly and easily, just to avoid blood pooling in your lower extremities due to the vasodilating (opening of blood vessels) effect of exercise.

If you’re new to exercise, then your target zone should be closer to 60–70% of MaxHR, and if you’re on cardiac or high blood pressure medication, such as beta blockers, that slow your resting pulse, then perform this more accurate calculation (see sidebar).

Remember — exercise intensity is not a “one size fits all” design. There’s no need to turn your HIIT workout into a sweat-laden boot camp. A certified fitness trainer would work with your personal preferences for mode, frequency, duration, and intensity. Don’t do too much, too hard, or too fast ... that only leads to injury and potentially unhealthy

consequences. Be sure to get an exercise prescription from your physician if you haven't done any intensive movement for a while or have a history of cardiorespiratory disease or musculoskeletal limitations.

Just How Intense Are the Intervals?

As intense as you can handle — safely and effectively. If you get to 75–80% of your maximum heart rate by simply climbing one set of stairs, then that's your intense interval, whether it took a half minute or three minutes. Next, you need to get your heart rate back down to at least 10–20 points over resting levels, and that may take 2–10 minutes. Everyone is different. Don't shortchange the recovery period. From my years as a cardiac rehabilitation RN, I learned how the heart's ability to safely decelerate is just as important as its acceleration capacity. If you really want the safest route to figuring out exercise intensity, get an

exercise prescription based on treadmill stress tests or another cardiometabolic test from your physician.

If you have a hard time feeling your pulse in your wrist or neck, then consider wearing a heart rate monitor. Another method is just using a perceived exertion scale (see sidebar).

One more reason to try HIIT: Type II diabetics respond very well to this type of exercise. According to the National Academy of Sports Medicine, HIIT breaks down muscle glycogen faster, which causes increased glucose uptake by the circulation. That means improved insulin sensitivity by cells after a training effect kicks in.^{2,3}

If you have a chronic disease, positive history for heart disease, or more than one risk factor for heart disease, talk with your doctor before starting a vigorous exercise program.

Happy HIITing! ■

References

¹ Saucedo Marquez, C. M., Vanaudenaerde, B., Troosters, T., Wenderoth, N. "High-Intensity Interval Training Evokes Larger Serum BDNF Levels Compared With Intense Continuous Exercise," *Journal of Applied Physiology* (1985). 2015 Dec 15;119(12):1363-73. doi:10.1152/jappphysiol.00126.2015. Epub 2015 Oct 15.

² National Academy of Sports Medicine. <https://blog.nasm.org/training-benefits/perspective-high-intensity-interval-training/>

³ Piepmeier, Aaron T., et al. "Brain Derived Neurotrophic Factor (BDNF) as a Potential Mechanism of the Effects of Acute Exercise on Cognitive Performance," *Journal of Sport and Health Science*, 4, no. 1 (2015): 14-23. <http://www.sciencedirect.com/science/article/pii/S2095254614001161>.

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Calculate Your Target Heart Rate Range (THRR)

MaxHR Maximum Heart Rate
RHR Resting Heart Rate
HRR Heart Rate Reserve
THRR Target Heart Rate Range

Example

- Subtract your age from 220 to get your **Maximum Heart Rate (MaxHR)**

$$\begin{array}{r} 220 \\ - 74 \text{ your age} \\ \hline 146 = \text{MaxHR} \end{array}$$

Maximum Heart Rate

- Calculate your **Resting Heart Rate (RHR)** by counting your heart beats per minute when you are at rest, such as first thing in the morning. It's usually somewhere between 50 and 100 beats per minute for the average adult.

$$75 = \text{RHR}$$

Resting Heart Rate (heartbeats per minute)

- Calculate your **Heart Rate Reserve (HRR)** by subtracting your resting heart rate from your maximum heart rate.

$$\begin{array}{r} 146 \text{ MaxHR} \\ - 75 \text{ RHR} \\ \hline 71 = \text{HRR} \end{array}$$

Heart Rate Reserve

- Calculate your **LOW Target Heart Rate Range (THRR)** by multiplying your **HRR** by 0.7 or 70% (0.6 or 60% for new exercisers). Add your resting heart rate to this number.

$$\begin{array}{r} 71 \text{ HRR} \\ \times .6 \\ \hline 42.6 \\ +75 \text{ RHR} \\ \hline 117.6 = \text{THRR} \end{array}$$

Target Heart Rate Range (LOW)

- Calculate your **HIGH Target Heart Rate Range (THRR)** by multiplying your **HRR** by 0.85 or 85% (0.7 or 70% for new exercisers). Add your resting heart rate to this number.

$$\begin{array}{r} 71 \text{ HRR} \\ \times .7 \\ \hline 49.7 \\ +75 \text{ RHR} \\ \hline 124.7 = \text{THRR} \end{array}$$

Target Heart Rate Range (HIGH)

These circled numbers determine your **THRR** for vigorous intensity exercise. **Your heart rate during exercise should fall between these two numbers (Example 117 – 124).**

Meg Jordan, PhD, RN, NBC-HWC, is Dept. Chair and Professor of Integrative Health Studies at California Institute of Integral Studies. She is also founding editor of NASM's *American Fitness* magazine, and author of *Fitness: Theory & Practice* (1st ed.).



Jays — Steller's and California Scrub

I grew up seeing only one kind of jay: the blue jay. But the blue jay never ventures west of the Rockies. In our area of California, we see two kinds of jays: the Steller's jay and the California scrub jay.

All jays seem to have the same brash demeanor, with a raucous call and various patterns of blue with black and sometimes white feathers. They are inquisitive and smart birds, and are closely related to magpies.

The Steller's jay has a black head, shoulders, upper back, and breast. It has a prominent and expressive black crown, and its wings, body, and tail are a cobalt blue. The color is particularly striking when they are in flight and lit by the sun. Their brow sports a sprinkle of bright blue, upward-pointing feathers against the black. The dividing line between the blue and black feathers on their bodies almost looks like a black bird was dipped in blue paint.

Steller's jays have one rare behavior that they use to maintain their territorial primacy: they imitate the call of a red-tailed hawk. A friend and I were up at Fort Ross photographing, and we stopped at a picnic table for lunch. I kept hearing a red-tailed hawk, but could not locate it in the direction from which the call was originating; the only thing I saw was a Steller's jay ... which then opened its beak and let out a red-tailed hawk call! It was so unexpected that I started laughing, and apparently in return was treated to a few more hawk calls from the jay.



The California scrub jay lacks the crown that most jays sport, but makes up for it with white, lightning-shaped arcs over its eyes. The blue of their feathers is more of a cerulean blue, with a blue head, black mask, white throat and belly, black shoulder patches, and blue wings and tail.











**Article and Photography
by DAVID GRAY**

These two birds have a widely varying diet: seeds, insects, nuts, berries, small reptiles, other animals' eggs, and even nestlings. They store nuts and seeds for the winter, which likely explains their somewhat marauding behavior on bird feeders leading into winter. One can sometimes spot either of these birds industriously hammering away with their thick bill at an acorn clasped firmly in their claws.

Both birds can be found in our Park, with the Steller's jays keeping to the dryer areas with taller trees, and the California scrub jays living up to their name in the bushes.

Keep your eyes open for the telltale flash of blue! ■



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30 7:00 - Taiji 9:30AM MacLam/Clubhouse Deck 1-4 PM Mahjong Fireside Room	31 6-8+AM Trash Pickup 9:30AM Low-Impact Exercise Fireside Room 10-11AM Zumba Gold Bamboo Room 	1 7:00 - Taiji MacLam/Clubhouse Deck 9:30AM Chair Yoga Marino/Fireside 10AM NEW YEAR'S DAY	2 11AM-1PM Whistlestop call Roberta 415-883-0843 11:15AM Craft and Chat Library - 2PM 3-4PM Watercolor Class Ballroom 6 PM PAC MEETING	3 7-9:30AM Taiji MacLam/Deck 9:15AM QiGong Dove 11AM The Rollin' Root Clubhouse Parking Lot - 12PM 1-2:30PM Quest for Vibrant Health Hansen/Fireside 3-4:30PM Draw On! Bogardus 6-6:40PM Silent Meditation Bamboo Room 7-9PM Film Night THE WIND RISES 	4 10-11AM Zumba Gold Bamboo Room 4PM Canasta 5-7PM Pub Ballroom 7PM Board Game Night Fireside Room 	
6 7AM Taiji 1PM Mahjong	7 6-8+AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Zumba Gold 6PM MVEST Meeting Fireside Room 7:20PM Poor Man's Poker Card Room	8 7AM Taiji 10AM Chair Yoga ECHO DEADLINE	9 11AM Whistlestop 11:15AM Craft and Chat 3PM Watercolor Class 6PM MAR VAL MEETING	10 7AM Taiji 9:15AM QiGong 11AM The Rollin' Root Vibrant Health 1PM 3PM Draw On! 6PM Silent Meditation	11 10AM Zumba Gold 4PM Canasta 5PM Pub 7:15PM Bingo 	12
13 7AM Taiji 1PM Mahjong	14 6-8+AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Zumba Gold 6PM MVEST Meeting 7:20PM Poor Man's Poker	15 7AM Taiji 10AM Chair Yoga	16 11AM Whistlestop 11AM Bridge / Fireside Rm 11:15AM Craft and Chat 3PM Watercolor Class 5PM  SCOTTISH NIGHT RESERVATION DEADLINE or after 140 reservations 6 PM HOL MEETING	17 7AM Taiji 9:15AM QiGong 11AM The Rollin' Root Vibrant Health 1PM 3PM Draw On! 6PM Silent Meditation 7PM Film Night AMÉLIE 	18 10AM Zumba Gold 4PM Canasta 5PM Pub 	19 
20 7AM Taiji 1PM Mahjong 4PM Salon in the Park—Integrity 11 View Ridge Dr  FULL MOON 9:17PM	21 6-8+AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Zumba Gold 6PM MVEST Meeting 7:20PM Poor Man's Poker MARTIN LUTHER KING, JR. DAY	22 7AM Taiji 10AM Chair Yoga	23 11AM Whistlestop 11:15AM Craft and Chat 3PM Watercolor Class 4:30PM Book Group	24 7AM Taiji 9:15AM QiGong 11AM The Rollin' Root Vibrant Health 1PM 3PM Draw On! 6PM Silent Meditation	25 10AM Zumba Gold 4PM Canasta 5PM Pub 	26
27 7AM Taiji 1PM Mahjong	28 6-8+AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Zumba Gold 6PM MVEST Meeting 7:20PM Poor Man's Poker	29 7AM Taiji 10AM Chair Yoga	30 11AM Whistlestop 11:15AM Craft and Chat 3PM Watercolor Class	31 7AM Taiji 9:15AM QiGong 11AM The Rollin' Root Vibrant Health 1PM 3PM Draw On! 6PM Silent Meditation	