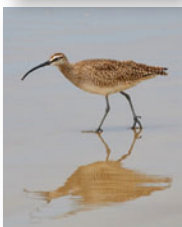
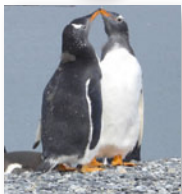


T H E
ECHO

JUNE 2019

C O N T E N T S



- 2** **Alfred Crocker** NOVATO LIONS CLUB BINGO, EARTH DAY,
DIRECTORY UPDATE, IN MEMORIAM
SAY GOOD RIDDANCE TO YOUR HOUSEHOLD HAZARDOUS WASTE
- 3** **Matt Greenberg** MVMCC MANAGEMENT UPDATE
- Jay Shelfer** PAC LETTER TO RESIDENTS
- 4-5** **John Hansen** MVEST NEWS: *Lights Out*
5 **Pam Berkon** *What Happens to My Pet in an Emergency?*
- 6-7** **Kathleen Dargie** MESSAGE FROM MAR VAL — *Registration Forms:*
Mar Val July 4th Dinner, Mar Val Jazz Brunch
- 8** **Janie Crocker** HOL MESSAGE
HOL COMMUNITY PRESENTATIONS
- John Feld** FILM NIGHT: *Three Days of the Condor,*
Four Weddings and a Funeral
- 9** **Kamala Allen** COMMUNITY GARAGE SALE
Kim Holscher BIOGRAPHY NIGHT: *Ursula Pedersen, John Feld—May 28*
Lorna Sass, Mark Crowder—June 25
- 10** **Suzie Lahr** ART IN THE PARK
Nancy Bingham CONTRACTOR/HANDYMAN RESOURCE GUIDE
Stephen Plocher COMMUNITY DANCING
- 11** **John Hansen** QUEST FOR VIBRANT HEALTH 2019
- 12-13** **Vicki Waddell** GLOBETROTTERS — *Pat Higgins: Patagonia*
- 14-15** **David Gray** BIRD OF THE MONTH: *Whimbrel*
- 16** CALENDAR: *June 2019*



Mar Val presents
**Novato Lions Club
 Bingo**

**Saturday, June 29
 Games start at 1 pm**

Ticket price \$20 (\$15 for Marin Valley residents only)
 Advance ticket purchase eligible for \$50 cash drawing. For tickets contact:
Connie Marelich at ctmarelich@gmail.com or 415-382-3350

Earth Day



Left to right: Carol-Joy Harris, Mary Barbosa, Ed Collins, Mark Crocker, Peggy Hill, Charlotte Kells. Not pictured: Susan Hoff

MVMCC's intrepid team of volunteers on Saturday, April 20, celebrated Earth Day and the 24th Annual Novato Clean & Green Day cleaning and picking up trash. The haul included two TVs and masses of other debris mostly found in the creek area behind Creekside Deli and surrounding area. Yay team, and a shout-out to Peggy Hill for coordinating and organizing this event with the City of Novato. More, please!

Say Good Riddance to Your Household Hazardous Waste (HHW)

by **ALFRED CROCKER**

The City of Novato accepts most hazardous household, garden, and automotive waste products every 1st and 3rd Sunday and Monday, 8:30 am to 1:30 pm, at their **HHW Facility, 7576 Redwood Blvd.**

Just put it in your trunk (or back of your SUV), drive through the facility, pop the back, and they will unload it for you. You don't even have to get out of your car. Easy peasy!!! Then head to the nearby Starbucks or Trader Joe's or your favorite downtown destination to refresh, recover, or resupply.

HHW does not accept explosives or ammo, radioactive waste (this does not include radios), medical or biological waste, medications

(take them to the Novato Police Department), or appliances.

They do accept TVs and monitors, computers, and printers. A list of dates and accepted items is posted on the HOL bulletin board at the club house. Still have questions? Call the HHW hotline: 415-892-7344

Directory Update

Valerie Barbour
new email
vzbarbour@gmail.com

New Residents
Ellen Ujcic
 44 Club View Drive
 415-756-4755
ujcicellen@gmail.com

IN MEMORIAM

Frances Jacobs
 January 31, 1923 – April 29, 2019

THE ECHO

JUNE 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

A PUBLICATION OF MHB Group Region 8
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

STANDING COMMITTEES

FINANCE Stephen Plocher
 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

HOL BOARD

PRESIDENT Janie Crocker 281-414-3984
 1ST VICE PRESIDENT Jeannine Freedom 810-543-32655
 2ND VICE PRESIDENT Yvonne Devine 415-747-7617
 SECRETARY Joanne Woodward 415-506-4568
 TREASURER Tara Plocher 415-302-5992

MAR VAL BOARD

PRESIDENT Kathleen Dargie 415-884-2969
 1ST VICE PRESIDENT Dan Sebastian 415-382-7738
 2ND VICE PRESIDENT Pat Thurston 415-884-0740
 SECRETARY Ducki Mathias 415-842-7185
 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—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 *Management Update*

Dry Grass and Fire-Prone Plants—Warm weather and dry conditions are here. Please be fire safe and trim the dry grass for defensible space on your home lot. We will be cutting back all dry grasses and fire-prone plants outside resident lots up to 100 feet. Do you have any juniper on your lot we can remove at no cost? Call the office for details.

Utilities—Remember, if you are experiencing any issues with your gas system, please call the front desk first before calling PG&E. MVMCC is your gas company. We have received training to help with most problems.

Prior to any remodeling projects at your home, stop by the front desk to apply for any needed approvals or HCD permit applications. We can help you with this and guide you through the process.

Rule #12— Carports: Per Mobile Home Residency law, you are permitted only certain items in your carport. BBQs and manufactured patio furniture are among the accepted items. Parking is paramount with the number of resident vehicles here at MVMCC. Please be considerate by cleaning out your carports and parking your vehicles under them.

Protection—The clubhouse is being recorded 24 hours per day by CCTV.

Thank you,



Matt Greenberg
GENERAL MANAGER

gm.mvmcc@gmail.com

415-883-5911 ■ 415-883-1971 Fax

PAC *Letter to Residents*

Greetings from the PAC Board,

Our finances are in order. The debt service coverage on the bank loan, which refinanced the original bond issuance for the purchase of MVMCC, is 2.53. This was as of March 31, 2019, well above the required 2.0. Our cash, plus medium- and long-term reserves, are nearly 5.5 million dollars.

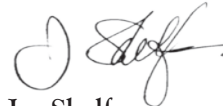
The Novato City Council met at our clubhouse on May 13 and approved the MVMCC 2019/20 budget. This budget was drawn up by The Helsing Group (Matt Greenberg, project manager), reviewed by the City's public works department, and tentatively approved by your PAC board. The budget is being proposed without any need for rent increase.

Next, the budget returns to the PAC Board for our approval and comments prior to the **PAC annual meeting on Saturday, June 1 at 11 am**. We will be sitting the newly elected PAC Board at that time. You are welcome to attend.

There are new developments concerning PAC's MVEST, your HOL, and MAR VAL elsewhere in the *Echo*, and I urge you to attend to these exciting developments.

The agendas for the coming PAC meetings are posted in the clubhouse 72 hours before the meetings occur.

In service,



Jay Shelfer

PAC PRESIDENT

jjshelfer@yahoo.com



PHOTOGRAPH: ERMA WHEATLEY

Goats being escorted into a new green section for their day's dining providing a 100' perimeter of defensible space behind Club View Drive.



Lights Out!

by JOHN HANSEN

For especially the last three years, we have witnessed many terribly destructive wildfires. Not coincidentally, they all began on days when the National Weather Service (NWS) had posted Red Flag Warnings. Even our own close-call wildfire a few years ago was on a Red Flag Day. And conversely, every Red Flag Day saw the birth of at least one major fire. So Red Flag Warnings are nothing to take lightly. MVEST intends to keep you well informed with their arrival and to provide as much advance warning as possible.

Park Management will be installing a flagpole at the crest of the hill near the Park entrance events banner board. On Red Flag Days, you will see a red flag hoisted there. In addition, MVEST will simultaneously be mounting three red “feather banners” in front of the parking lot at the clubhouse. There will also be a large banner posted with a list of critical preparedness reminders for your review.

What comprises a Red Flag Day?

It takes a specific combination of three factors to start a wildfire—fuel, oxygen, and an ignition source. All three come in many flavors. The ignition source is the easiest: over 95% of wildfires are human-caused—some by accident, some by ignorance, some by negligence, and a few by arson. Fuel and oxygen are environmental—largely weather-related—factors. This is why NWS is well equipped to forecast the fire risk for any given day. They monitor **air temperature, relative humidity, wind,** and a special measurement called **fuel moisture.** The Red Flag category is a “perfect storm”



of high temperature, low relative humidity, elevated wind speeds from the North or Northeast, and very low fuel moisture. Under these conditions, fuels react to fire differently. For example, a cigarette butt tossed into the grass is unlikely to cause a fire under normal conditions, but on a Red Flag Day it is highly likely to immediately start a fast-moving fire that can become uncontrollable within minutes. With Red Flag conditions, any spark from any source can do the same. This is why we strongly discourage the use of tools that could cause a spark, especially power tools, during these special times to reduce those “negligence,” “ignorance,” and “accident” factors.

This is one reason why reminders are so important, and extra care **MUST** be exercised. But that’s not the only reason.

Because fires are so difficult to manage under Red Flag conditions, they can travel for miles and cover thousands of acres before significant containment is even possible. This means that a fire can start even several miles away from here, and we could be in “harm’s way” far sooner than we might think. This has been a recurrent theme repeated by many conflagration survivors. We should learn from it!

Preparation

We must be prepared for such an eventuality! While there is an important to-do list for Red Flag Days, there are things you can easily do now:

1. Make sure your homeowner’s insurance is up to date.
2. Make sure your fire-prone vegetation has been removed.
3. Make sure your rain gutters are cleaned of any flammable debris.
4. Make sure there is **NOTHING**

combustible within about three feet of your home

5. Understand your evacuation options and review them now. New information is forthcoming and will be released as it becomes available—stay tuned.
6. Prepare **NOW** for the possibility of extended power-outs (more below).
7. Train your pets to come to their pet-carrier on demand.* Don’t let “cage-fright” risk your life.
8. Make sure your car’s gas tank is at least half-full.

And, one more **VERY IMPORTANT preparation** you may want to add to your “DO IT NOW” list ...

Power Outages

Red Flag Warnings will have an important new twist this year. There is the likelihood for electrical power to be purposely cut by PG&E during some Red Flag Days. Specifically designated extreme-risk areas will have the power shut off to prevent those power lines from causing fires. Then all the lines will need to be inspected and possibly repaired before restoring power. This may take from two to five days, or longer. Unfortunately, power shutoffs cannot simply be confined to those specific areas, but must include regions downstream of the target area.

This means that any part of the county including **Marin Valley could lose power for five or more days at a time;** and this could happen repeatedly. **YOU MUST PREPARE FOR THIS NOW.** Consider what you really need power for. The top of your list is probably your refrigerator. Here are a few mitigating options:

1. Begin reducing the food in your freezer compartment and replacing it

with small containers of water. If half your freezer contains small ice packages, the other half will stay frozen longer. Also, putting some of the ice in the fridge daily during power-outs will keep food chilled longer.

2. Eat food from your fridge first, then from the freezer.

3. Buy fewer nonperishable foods, and shop fresh more frequently. Take advantage of the Rollin' Root's fresh organic produce each Thursday morning.

4. Consider getting a small generator just to run your fridge. If you do the ice routine (above), you can run the generator during the day to chill food and refreeze ice, then turn it off during the night to give it (and you and your neighbors) a rest while the ice keeps things chilled; then repeat the next day.

5. If you do decide to get a generator, make sure it will run on propane. Gasoline

storage is a huge risk and is strongly discouraged. It also goes bad over time, defeating the purpose of having the generator in the first place.

6. Such conditions are most likely to occur on very hot days, so get a library card and/or plan on spending those days in the air-conditioned clubhouse.

7. If you own a medical device—or even a pet fish—that requires power, get yourself a battery backup that will take you through the entire night, then recharge it at the clubhouse during the day.

Then, to make matters worse, PG&E will also be disabling their “recloser” circuits during Red Flag conditions. You may have noticed with past power-outs that your lights will often blink once before either going out for good or quickly coming back on. That's the recloser circuit.

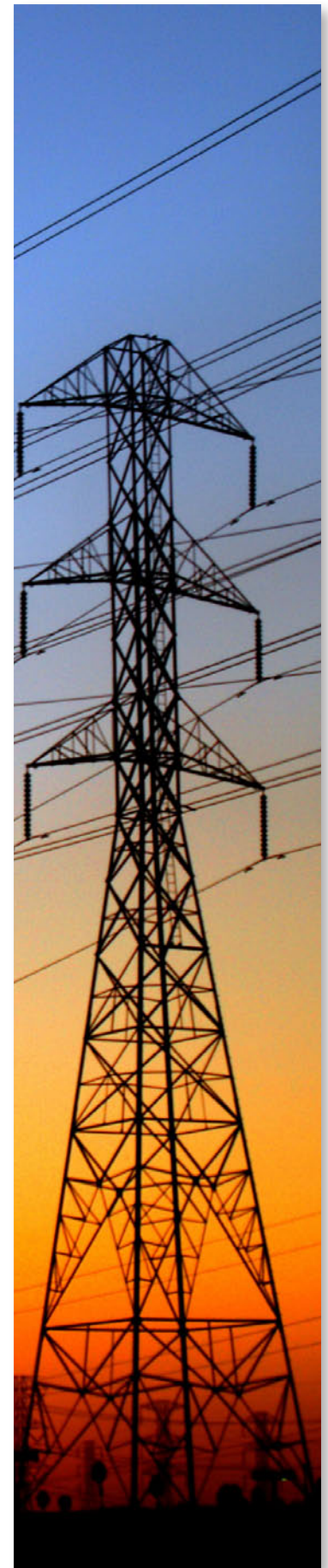
Without it, any fault in the grid will cut the power until the fault is found, repaired, and the grid inspected and tested. This alone could take hours or longer.

When It Happens

With the first word of an oncoming Red Flag Warning:

- 1.** Put your “go-bag” into your car, if it is not already stored there, or keep it by your back door.
- 2.** Keep some water and nonperishable food (and pet food) in your car.
- 3.** If you are particularly sensitive to smoke, consider leaving the area early to avoid respiratory issues.

You may have noticed that we are using goats to help maintain and extend our Park perimeter fuel-break. Please respect our community and don't be a metaphorical goat by harboring known fire-prone plants in your yard! ■



What Happens to My Pet in an Emergency?

We must each have a disaster plan for our pets.

- Secure birdcages and fish tanks. Tighten the latch on your birdcage so that the door can't be shaken open.
- Identify your cat and dog with pictures of them in your pet disaster kit.
- Keep your dog's license current and make sure its collar and ID tag are worn at all times and the information is current.
- Have your dogs and cats microchipped at Marin Humane in Novato. Keep the information on it up to date.

*Crate TRAIN Your Cats and Dogs

I trained my two cats to go into their crates by calling, “treats” and put treats in my hand for them to sniff and see and placed them inside their crates. As soon as they hear “treats” they come running. I do this at least once a day so they don't forget what to do.

Make a Pet Disaster Kit

- picture of your pet(s)
- leashes
- food/water (7-day supply for each pet)

- non-spill bowls
- litter/litterbox
- portable caging, cable runs, and/or tie-out stakes
- first-aid kit—bandages, scissors, tweezers, Q-tips, antibiotic ointment, eye wash, hydrogen peroxide to clean deep wounds
- medication, copy of vaccination history
- phone numbers of emergency vet clinics—Pet Emergency & Specialty Center of Marin 24/7 emergency assistance 415-456-7372 ■

Pam Berkon

MAR VAL

Message from Mar Val

Dear Friends,

On April 20, Mar Val held its annual Volunteer Dinner in celebration of those residents who volunteered their services in the preceding 12 months. As is our practice, the Board identified one individual whose outstanding service qualified them as volunteer of the year. Please join us in congratulating K.C. Casey whose leadership of the Welcome Committee ensured each new resident was greeted by a member of this committee and provided with important details pertaining to life in our community.



K.C. Casey, Mar Val volunteer of the year

As mentioned in last month's *Echo*, the **Memorial Day Dinner** will take place on **Monday, May 27**, starting at 5 pm. The cutoff for reservations is May 22 at 5 pm.

Our first outdoor event of the year will take place on **Saturday, June 15**, with the much-anticipated **Jazz Brunch** featuring the music of the Lee Waterman Trio. Please refer to the reservation form on this page. Also included in this *Echo* is the reservation form for the 4th of July Dinner, since the cutoff for this party is July 1.

Warmest regards,

Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com

Mar Val July 4th Dinner

5 PM Cocktails

6 PM Dinner

Music by "The Tempos" with our own Brynda Foster

BBQ Chicken Breast or Vegetable Kabob
Macaroni Salad Green Salad Rolls Apple Pie

\$15 per person

Reservation deadline is July 1 at 5 pm or when 120 reservations have been received.

For questions call Carolyn Corry at 415-370-640

July 4th Reservation Form

Please circle entrée choice

Resident _____	Chicken	Vegetable Kabob
Resident _____	Chicken	Vegetable Kabob
Guest _____	Chicken	Vegetable Kabob
Guest _____	Chicken	Vegetable Kabob

residents attending _____ @ \$15/each. Check for _____ enclosed. (NO CASH)

guests attending _____ @ \$15/each.

Reservation deadline is July 1 at 5 pm or when 120 reservations have been received.



MAR VAL JAZZ BRUNCH UNDER THE RAGTOP

MUSIC by the LEE WATERMAN TRIO

June 15, 2019

11AM Cocktails 12 PM Brunch

Quiche Lorraine (Bacon) or Quiche Florentine (Spinach)
Sweet Rolls/Muffins Bagels with Salmon/Cream Cheese Fruit Salad

\$15/per person

Blood Orange or Pomegranate Mimosas \$6

Reservation deadline is June 12 at 5 pm or when 120 reservations have been received.
For questions, please call Carolyn Corry at 415-370-6403.

June 15 JAZZ BRUNCH Reservation Form

RESIDENT _____ RESIDENT _____

GUEST _____ GUEST _____

residents attending _____ @ \$15 each Check for \$ _____ is enclosed. (NO CASH please)

guests attending _____ @ \$15 each Make checks payable to Mar Val.

Reservation deadline is **June 12 at 5 pm** or when 120 reservations have been received.
For questions call Carolyn Corry at 415-370-6403.

HOL Home Owners League Message



HOL Board: It is the time of year to elect a new HOL Board. Sadly, we will be saying goodbye to **Jeannine Freedom**, who served the last two years as First Vice President, and **Joanne Woodward**, who has served as Secretary for the last three years. Both these lovely ladies will be sorely missed. I want to thank them for the years of VOLUNTEER service. Many thanks for the often thankless jobs!

Our nominating committee presented their suggested slate of officers for July 2019–July 2020. At the May meeting, the current board unanimously approved the

new board:

President: Janie Klimes-Crocker
1st Vice President: Ed Collins
2nd Vice President: Yvonne Devine
Secretary: Kamala Allen
Treasurer: Tara Plocher

I am looking forward to a new year of working with this mostly new group and seeing how we can work together to build community, keep us safe, gain information, and have fun.

We are tentatively planning a “meet the new board” event for July. It will be a great opportunity for you to bring your ideas and see what HOL is about. More to come.



Left to right: Charlotte Kells, Bill Hartwell and Lee Dunne

Bill Hartwell: Thank you, Charlotte Kells and Lee Dunne, for bringing this guitar-playing storyteller to entertain us again—great music with stirring lyrics.

The new **Biography Night** is **Tuesday, May 28** with Ursula Pedersen and John Feld and **June 25** with Lorna Sass and Mark Crocker at **6:30 pm** in the **Fireside Room**. See next page.

Meg Jordan will provide coaching help in applying information from **John Hansen’s** new Health class which starts again this July. See page 11.

If all goes well with the HOL-sponsored **Garage Sale Sat., June 8, 9 am–1 pm**, it could become a yearly spring event. See next page.

Note: Next HOL meeting is on Wednesday, June 19 at 6 pm in the Fireside Room. Please join us.

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



FILM
NIGHT

HOL COMMUNITY PRESENTATIONS

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



Three Days of the Condor

Thursday • June 6 • 7 pm

Mystery, Thriller (1975) 1 hr 57 min

Director Sydney Pollack **Starring** Robert Redford, Faye Dunaway, Max von Sydow, Cliff Robertson

On a seemingly ordinary day a quiet CIA codebreaker finds all of his coworkers murdered. Reporting to his supervisors he soon learns that CIA higher-ups were involved. With no one to trust, and a merciless hit man close on his tail, he must outwit his own agency and find out who he can really trust.



Four Weddings and a Funeral

Thursday • June 20 • 7 pm

Comedy, Drama, Romance (1994) 1 hr 57 min

Director Mike Newell **Starring** Hugh Grant, Andie MacDowell, Kristin Scott Thomas, Rowan Atkinson

Don’t miss the hilarious opening act of this magical rom-com that balances painfully real feelings of youthful angst with fairy-tale romance, comedy, fear and regret, and especially a tribute to the importance of friendship. At the time, it became the highest-grossing British film in history and had a huge effect on the British film industry.

Communitywide Garage Sale

by **KAMELA ALLEN**

Saturday • June 8 • 9 am – 1 pm

HOL is offering its first communitywide garage sale. Many residents have expressed a desire to unload all sorts of items they can't donate to Black Cat. If that interests you, please sign up for the Garage Sale to get rid of unwanted or unloved items in return for cash!

Black Cat is the annual fundraiser by Mar Val, and the organizers request that we only sell items that wouldn't normally go to Black Cat.

Black Cat items include— full sets of anything (glasses, cups, dishes; bed linens or towels in good condition); nice vases, jewelry, handcrafts, quilts, decorative pillows, and household and Christmas items.

Communitywide Garage Sale items include— single glasses, wineglasses and mugs, utensils, dishes, furniture, suitcases, books, clothes, shoes, any electronics, pictures and picture frames, puzzles, cosmetics and body care, lamps, old blankets, towels not in sets, any item with writing or monogramming on it, work clothes, gardening equipment, plants, CDs, records, video and audiotapes.



It's Easy to Participate Here's How

1) Sign up at the clubhouse by June 2. HOL will distribute a garage sale sign and a required waiver to your home the week prior to the garage sale. The signs are free and have sticks attached to them that you can place in the ground at your mailbox (or you can attach it to your mailbox). The waiver stipulates that you will not hold HOL or MVMCC responsible for any breakage, loss, or missing items from the area. It also asks that you agree to not sell any items that could be sold at Mar Val's Black Cat. Signed waivers should be returned by June 8 to the HOL cubbyhole mailboxes next to the front desk and bulletin board.

2) Arrange your garage sale items in your carport on the day of the sale. If you need to move your car, you can park it on the street during the garage sale hours. Please refrain from blocking the road with your articles, however. The sale will be advertised in the Park and nearby neighborhoods, so there will be an increase of traffic in the Park that day.

3) Label and price your items with stick-on labels before the sale starts and have change ready for shoppers. Be aware that some garage sale enthusiasts try to beat the crowd by arriving early, so be ready.

4) At 1 pm please wrap things up, take whatever doesn't sell back inside your home, and move your car back into your carport. Please respect your neighbors by cleaning up and moving your car promptly. Return your garage sale sign to the box provided on the ballroom stage.

Call **Kamala Allen** 415-306-6865 or **Meg Jordan** 415-599-5523 if you have any questions.

Good Luck and
Happy Garage Sale-ing! ■

Biography Night

Tuesday • May 28
Ursula Pedersen • John Feld



6:30 pm
Fireside Room

Tuesday • June 25
Lorna Sass • Alfred Crocker

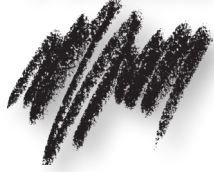
by **KIM HOLSCHER**

The first Biography Night will be held May 28 (not May 30) in the Fireside Room, from 6:30–8 pm. It is a social event designed to get to know each other better by listening to and telling stories from our lives. Biography is the art of reflecting upon,

organizing, and interpreting the events of a lifetime. The process of choosing which story to tell can lead to new insights into one's own life, and listening to someone else's story often engenders awe, wonder, and gratitude for the miraculous developments of a full life.

Please come May 28. If you would like to participate, I am beginning a list of interested people who would like to share their story. If you would like to see Unitarian Universalists Congregation of Marin's version, come to 240 Channing Way on May 17 at 7 pm (after pub). ■

ART IN THE PARK



by SUZIE LAHR

Let's talk about art in our gardens! Stroll around our Park and lavish in the resident gardens here. Residents are creating living art with all types of amazing spaces in our small outdoor spaces—and some not so small in hidden gardens! These gems of our Park begin with a blank canvas and become a living art habitat created by the garden artists. There are a huge variety of gardens, from wildlife habitats and native plants to greenhouses, flower gardens, vegetable gardens, succulent gardens, sculpture gardens, and even secret gardens! All you need to do is walk and open your eyes to your surroundings.



Garden art is an abundant gift and a personal expression of playing in the living soil with your hands while developing a three-dimensional canvas with design, color, texture, and mood. In this personal space enhanced with exercise and sunshine you can sit and enjoy peace, solitude, and the joy of what you have sculpted with imagination, sense of design, and your own hands. If you are quiet and watch very carefully you will see multitudes of other life enjoying it right along with you. Birds, insects, amphibians, rabbits,

deer, and sometime even a bobcat relish in these playgrounds that we artistic humans have created for them!

Here we are once again with a profusion of art in our Park with the wall, sculpture, and poetry art in our clubhouse Gallery, resident musicians who delight us, writers who inspire us, gardens that

enchant us, and movement classes and food creativity that give us better health and happiness. Delight in all of this and enjoy a richer life for yourself and others right here where we live outside our front doors!

Next Meeting Sunday, June 2, 3 pm

Our next Art in the Park meeting is Sunday, June 2 at 3 pm, and all are invited to join us in the Fireside Room. We artists will be meeting, greeting, reconnecting, and discussing the dates of our next Gallery exhibit to be hung in late summer of this year. ■

Contractor/Handyman Resource Guide

Well, spring is upon us and summer is around the corner. Time for pulling weeds, painting, and necessary things to keep our homes in tip-top shape. In the clubhouse library resides the *HOL Contractor/Handyman Resource Guide*. This guide is not

possible without input from the residents. We need more recommendations. HOL cannot update the guide unless we receive input from you in the form of a "Work Performance Rating Survey." This form is available in the library (in front of the box for the completed surveys) and is also on our website

www.marinvalley.net. If you have any questions in regards to the guide or completing the survey, please email me at nancybingham@msn.com or call 415-883-7879. Input of the surveys is a way to help all of your friends and neighbors. ■

Thank you, Nancy Bingham



COMMUNITY DANCING

First Saturday of the Month • Saturday • June 1 • 7-9 pm

Stephen Plocher will be DJ for the community dance on Saturday June 1, at 7 pm with a new list of songs from Bruce Springsteen, Talking Heads, Queen, Lady Gaga,

Elvis, Roy Orbison, Tom Petty, Grateful Dead (with great guitar solos), a new song by Michael Franti, and a country version of a classic Dire Straits song. ■

Quest for Vibrant Health 2019

by JOHN HANSEN

YOUR HEALTHCARE is your personal responsibility alone. Medicine is “sickcare.” Conventional medicine excels at treating acute ailments, but is sorely deficient in both managing and preventing our current epidemic of chronic diseases. Medicine views “health” as merely the absence of acute disease; but health can be much, much more—Vibrant Health.

Vibrant Health is attainable by most of us, and at least radically improved health can be had by all of us. In order to get there, we need to welcome change into our lives. The word “change” is both a noun and a verb, a destination and a process—we’re going to all work together for both.

The Quest for Vibrant Health will be presented in a series of modules. Each module will be composed of two segments: an information-packed, prerecorded, online video you can view at your convenience; and a weekly meeting for review, discussion, Q&A, personal support, and other fun stuff like age-friendly exercises, recipes, cooking classes, and other interesting and fun activities to support your personal health quest.

The course modules include:

1. The Great Chain of Healthy Being

A major oversight of conventional medicine is that we are each far more than the sum of our assorted parts. Identifying any one part of our body creates not only the illusion that it is “apart” from the whole of the body, but also that our being is apart from the rest of our world. Healthy being starts with understanding that we are already interconnected with all of life and the world we all live in. Denial of our wholeness is futile.

2. Mindset

What makes a “good idea” is an informed thought plus a decisive action. Otherwise it’s just entertainment.

3. Harambee*: Social Health—We’re Only as Healthy as Our Community

In many ways we are each unique individuals; then again, our heritage of survival as a species is tribal. Are you part of a herd, or part of a hive?

* *All pull together* in Swahili.

4. The Core Trilogy, Part 1: Nutrition

We are presented with a bewildering array of food choices. Informed selection favors “nutrient density” and “functional calories.” Everything else is a hindrance at best, or a poison at worst. Which is which is very personal and largely depends on what we do or don’t do with our nutrition choices.

5. The Core Trilogy, Part 2: Motion

Movement strongly impacts how our bodies use nutrition to generate health and waste. Modern conveniences are a double-edged sword—they reduce effort, but also reduce movement. How do we find the “happy medium”?

6. The Core Trilogy, Part 3: Rest

Nutrition and movement comprise the party for each day. Sleep is its planner—no planner, no party. The many faces of rest and sleep are essential to all parts of our being, and timing is everything.

7. My Personal Community: Microbiomes

Ninety-eight percent of me is a milieu of invisible plants, animals, and many things in between. Who and where are these stealthy denizens, and what part do they play in our great chain of healthy being?

8. Mind Matters—Food for Thought

By paying attention to how to nurture and maintain a sound mind, we are also nurturing and maintaining a sound body and spirit.

Please join us this July. The health of each of us and the health of our community are inextricably joined. Together we’ll create a Community of Vibrant Health. ■

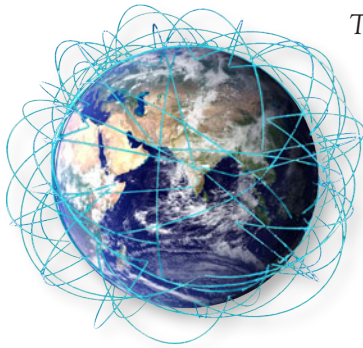


For this next series from

John Hansen, Meg Jordan will offer coaching tips as a behavior change specialist.

You will have a better chance of putting this vital, healthy lifestyle information into action because of these proven methodologies from the field of coaching psychology.

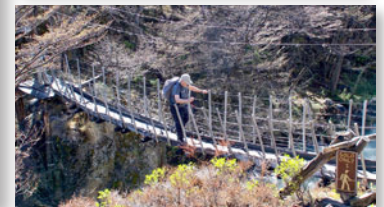
Look forward to some interactive, enjoyable processes that get to the heart of your motivation, and tap into your unique strengths for overcoming obstacles.



by VICKI WADDELL

This is our fourth Globetrotter article, and all I can say is that the diversity of interests in our little hamlet never ceases to amaze me. In my younger days, people would say they're "going abroad," which generally meant they were going to Europe. The residents here go all over the world for unique and varied reasons. I am continuously touched by the neighbors I meet and their willingness to share their thoughts, feelings, and experiences with all of us. This month we thank **Pat Higgins** for sharing her travel experiences and photos of breathtaking **Patagonia**.

Globetrotters



Pat Higgins and husband, **Richard Wilkerson**, often travel together, but in February, Pat decided to satisfy a 15-year itch and headed out on her own to Patagonia, on a "Wilderness Travel" hiking tour.

Here's how Pat's tour evolved:

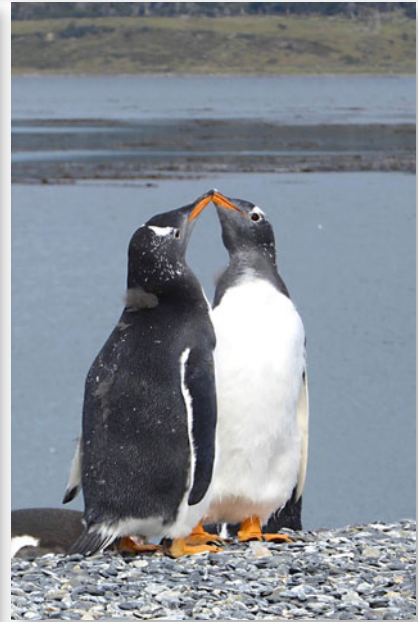
The tour began in Buenos Aires. I decided to spend additional days there before the official start, giving myself time to get over jet lag and tour the city. I signed up for a five-hour bike tour that only covered a small part of this HUGE city. Weaving in and out of traffic was pretty scary at times. It was all new and exciting though, including a stop at the cemetery where Eva Peron was "eventually" put to rest. Our guide told

us that Eva's body was stolen and sent to Italy for 16 years! I also learned that schooling is free through university level in Argentina. We stopped at a "hole in the wall" restaurant with the best empanadas—one benefit of doing local tours with savvy guides. I headed out on my own to the flea market in the San Telmo district. It went on for blocks and had just about every product imaginable.

From Buenos Aires we flew to Tierra del Fuego, which means "land of fire." We stayed in Ushuaia, which bills itself as the most southern town on the planet. It is only 600 miles from Antarctica. We spent two days hiking here, one day in Tierra del Fuego National Park, and the other day on islands in the Beagle Channel, one of which had 8,000

penguins on it! Snowcapped mountains surrounded us.

We left Tierra del Fuego and flew to El Calafate/El Chalten, Argentina, to hike at Los Glaciares National Park. A main attraction in this park is Fitz Roy Mountain, which is a major climbing site (similar to our El Capitan). Our lodging and hikes were in different areas of the park, so we were exposed to various types of geography, flora, and fauna. We stayed two nights nestled beside Lake Viedma, a glacier-fed lake with small icebergs ringing some of the shoreline. I found the huge expanses of unspoiled lands absolutely stunning! A slim piece of land bordered by two oceans—and everything said about the FIERCE wind in Patagonia is true!



After Lake Viedma, we visited the Perito Moreno Glacier on our way to Chile. This glacier is part of the Southern Patagonia Ice Field, and it's not shrinking! One can walk along a boardwalk and get quite close to the glacier. You can hear it, and if you're lucky, see it calving.

We then drove to Torres del Paine National Park. This is an enormous park, accented by rolling hills, where you can see puma, owls, condors, and guanacos (closely related to the llama). Time and again, the word that kept coming to mind traveling through this area was stunning.

Pat's comments on social/economic influences she observed in Patagonia:

When traveling, I've generally found

that people are helpful. I don't speak Spanish and found the people very kind when trying to communicate with me. Likened to some European cities, the people enjoy a *paseo* in the evenings, where they walk and socialize until it's time to dine at perhaps 9 pm. Argentina and its people are struggling economically. Inflation slowed last year, but the rate is in the 30 percent range! I was told that people have been more sympathetic to each other after these economic trials, as everyone realizes they are all "in the same boat" so to speak with the widespread economic instability.

What was your favorite trip in the past?

Rick Steve's tour of Turkey! I loved it all. Istanbul was beautiful, especially viewed from a river cruise along the

Bosphorus. The mosques, the spice market, the history! We visited the capital Ankara, where the recently renovated archeology museum displays relics from the first city in the world. Visiting Mevlana Museum (Rumi's mausoleum) in Konya was a highlight. Little known fact: we learned there was a tomb for his cats! Between Cappadocia and Konya we visited a caravanserai, like a local inn, where traders on the Silk Road could lodge with their camels.

What's next for you and Richard?

Scotland is near on the horizon. ■

I would love to include your travel experiences in a future Echo. Please contact me should you wish to be interviewed.

*Kindest regards,
Vicki Waddell, 415-382-8684*



Whimbrel

Article and Photography by **DAVID GRAY**

The whimbrel (*Numenius phaeopus*) is a member of the curlew family, and is its most common member. They winter primarily along the coast of the U.S. and Mexico, ranging as far north as Virginia on the East coast and into parts of Oregon on the West coast. Once the summer starts, they will begin their migration northward to their breeding grounds in northern Alaska, the northern shores of the Canadian provinces, and along the Hudson Bay. I was lucky enough to photograph some whimbrels in Pismo Beach in mid-May

2019, but they can be found on pretty much any California beach in the fall, winter, and spring.

Their plumage is subtle, and has evolved to blend into sand and grasses. The rich brown-and-white mottling on their wings, tail, and back is most prevalent when they are in-flight. They have a buff-colored belly and gray legs and feet. Their crown is strongly striped, and their eye stripe is quite visible. Whimbrels have a distinctive downward-curving bill that is shorter than that of the long-billed curlew. As a contrast, the similarly sized and colored

godwit has an upwards-curving bill (hence its name).

When by the sea, the whimbrel feeds on crustaceans and amphipods. They have an impressive capacity to stretch their mouths open to eat critters that one would not think possible. See the sequence of photos of the whimbrel eating an amphipod. They can take off quickly and get out over the water in a few seconds, flying low and not particularly fast.

Whimbrels nest on the tundra in the far north, typically on a raised bit of ground above a marsh. The

nest is simple: a hollow lined with soft vegetation. They lay a clutch of three to four eggs, which are incubated by both parents for about four weeks. The hatchlings do not linger in the nest; they feed themselves soon after hatching and are minded by their parents for about one and a half months after leaving the nest, until they can fly.

They are getting close to migrating, so now would be an opportune time to head out to a chilly California beach to look for them. Who knows, you may be treated to a godwit or two. ■




J U N E



JUNE 2019

TUESDAY
MAY 28

7-9:30AM Taiji
MacLam Clubhouse Deck
10-11:30AM Chair Yoga
John Marino Fireside Room
7PM  **Biography Night**
Fireside Room




WEDNESDAY
29

10-11AM Water Aerobics/Pool
11AM-1PM Whistlestop call
Roberta 415-883-0843
12-2PM Craft and Chat
Library


THURSDAY
30

7-9:30AM Taiji MacLam/Deck
9:15AM QiGong Dove
11AM-12PM The Rollin' Root
Clubhouse Parking Lot
3-4:30PM Draw On! Bogardus
Ballroom

FRIDAY
31

10-11AM Water Aerobics
Pool
4PM  Canasta
Fireside Room
5PM  Pub
7PM  Game Night
Fireside Room

SATURDAY
JUNE 1

11AM **PAC Annual Meeting**
Fireside Room

COMMUNITY DANCE
7-9PM Dance

SUNDAY

MONDAY

2
7-9:30AM Taiji
MacLam/Deck
1PM Mahjong
Fireside Rm
3PM **Art in the Park Meeting**
Fireside Rm



3
6-8+AM Trash Pickup
9:30AM Low-Impact Exercise
Fireside Room
10-11AM Water Aerobics/Pool
6PM MVEST Meeting
Fireside Room
7:15PM Poor Man's Poker
Card Room

4
7AM Taiji
10AM Chair Yoga

5
10AM Water Aerobics
11AM Whistlestop
12PM Craft and Chat

6
7AM Taiji
9:15AM QiGong
11AM The Rollin' Root
3PM Draw On!
7-9PM  Film Night
3 DAYS OF THE CONDOR


7
9-11:30AM FIRESafe
Marin Mtg Ballroom
10AM Water Aerobics
4PM  Canasta
5PM  Pub
7:15PM Bingo

8

9AM-1PM **Garage Sale**
ECHO DEADLINE



9
7AM Taiji
1PM Mahjong

10
6-8+AM Trash Pickup
9:30AM Low-Impact Exercise
10AM Water Aerobics

11
7AM Taiji
10AM Chair Yoga

12
10AM Water Aerobics
11AM Whistlestop
12PM Craft and Chat
5PM  **Jazz Brunch Reservation deadline**
6PM **Mar Val Meeting**

13
7AM Taiji
9:15AM QiGong
11AM The Rollin' Root
3PM Draw On!

14
10AM Water Aerobics
4PM  Canasta
5PM  Pub

15

Mar Val Jazz Brunch
11AM Cocktails
12PM Brunch

16
7AM Taiji
1PM Mahjong
4PM Salon in the Park



17
6-8+AM Trash Pickup
9:30AM Low-Impact Exercise
10AM Water Aerobics
6PM MVEST Meeting
7:15PM Poor Man's Poker

FULL MOON 7:10PM

18
7AM Taiji
10AM Chair Yoga

19
10AM Water Aerobics
11AM Whistlestop
11AM **Bridge / Fireside Room**
12PM Craft and Chat
2:30PM Readers' Theatre
415-506-1671
6PM **HOL Meeting**

20
7AM Taiji
9:15AM QiGong
11AM The Rollin' Root
3PM Draw On!
7PM  Film Night
FOUR WEDDINGS AND A FUNERAL

21
10AM Water Aerobics
4PM  Canasta
5PM  Pub

22




23
7AM Taiji
1PM Mahjong

24
6-8+AM Trash Pickup
9:30AM Low-Impact Exercise
10AM Water Aerobics

25
7AM Taiji
10AM Chair Yoga
7PM  **Biography Night**
Fireside Room

26
10AM Water Aerobics
11AM Whistlestop
11:15AM Craft and Chat
4:30PM Book Club
call Julia 415-883-7823

27
7AM Taiji
9:15AM QiGong
11AM The Rollin' Root
3PM Draw On!

28
10AM Water Aerobics
4PM  Canasta
5PM  Pub

29

Mar Val's Novato Lions Club Bingo
1PM

30
7AM Taiji
1PM Mahjong