

T H E
ECHO

AUGUST 2019

C O N T E N T S



- 2 Laura Kradjan-Cronin, Kathryn McMudie** RESIDENTS AWARDED AT THE 2019 MARIN COUNTY FAIR; DIRECTORY UPDATE, RED FLAG WARNING BANNER AND FEATHERS



- 3 Matt Greenberg Jay Shelfer** MVMCC MANAGEMENT UPDATE
PAC LETTER TO RESIDENTS



- 4-5 Bill Davis Pam Berkon** MVEST—FEATHERS, FLAGPOLE, AND FIRE
—IN AN EMERGENCY—WHAT DO I NEED FOR MY PET FOR 5-8 DAYS?



- 6-7 Kathleen Dargie** MESSAGE FROM MAR VAL—*Reservation Forms: Mar Val Luau, Mar Val Labor Day Dinner*



- 7 Janie Crocker** HOL MESSAGE
HOL COMMUNITY PRESENTATIONS



- 8 John Feld Yvonne Devine** FILM NIGHT: *The King's Speech, Dr. Strangelove*
INTRODUCTION TO CANNABIS PRESENTATION

Michael Hagerty COMMUNITY DANCING

- 9 John Feld** FOOD—ABUNDANCE AND NEED

- 10 Kim Holscher Suzie Lahr** BIOGRAPHY NIGHT: *Carol-Joy Harris, Kathleen Dargie—July 25*
Jack Travis, Tenaya Asan—August 22
ART IN THE PARK



- 11 Lorna Sass** NEW NEIGHBORS: *Marshall Krause and Timo Navsky*



- 12-13 Vicki Waddell** GLOBETROTTERS #5: BILL DAVIS—*England*



- 14-15 David Gray** BIRD OF THE MONTH: *Rock Wren*

- 16** CALENDAR: *August 2019*

Residents Awarded at the 2019 Marin County Fair

Four out of five pieces submitted to the 2019 Marin County Fair by **Laura Kradjan-Cronin** were accepted:

- In the Clothing Revisited Division her shirt entry "Two Bison" (image appliqué plus vintage fabrics border design) won first place and a blue ribbon
- Her memoir *The 1969 Lagunitas Moon Shot* won second place in the Creative Writing/Memoir division
- *Still Life with Sanka* acrylic painting was accepted in the main art exhibit
- *Two Cows with Truck and Barn* oil painting got into the new Barnyard Buddies art exhibit.



In the Floriculture Division **Kathryn McMudie** won:

- First place blue ribbon for her Group of 3+ Succulents
- Second place in the Window Box Gardens
- Second place in Cacti—Madagascar Palm
- Third place, Novelty Container—Crescent Moon with Succulents
- Fourth place: Succulents—Container with 3+ Varieties



Directory Update

New Residents Polly St. John Hughes

115 Marin Valley Drive
415-234-6567
530-339-8195

pollystjohnhughes@gmail.com



LEFT TO RIGHT: John Hansen and John Feld holding up the safety recommendations banner, which will be displayed during Red Flag Warnings.

THE ECHO AUGUST 2019

MARIN VALLEY MOBILE COUNTRY CLUB

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Kevin Mulvany, Stephen Plocher

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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

August 2019.

Fire Abatement

We are paying close attention to fire safety and abatement issues here in the Park and are working to cut back or clear all common areas of fire-prone material.

Clubhouse Path

New ADA parking and path of travel to the front entrance of the clubhouse is near completion.

Prowling Pets

Please keep all pets indoors unless on a leash out for a walk. Multiple cats are on report with the front desk as unattended and/or outside. Remember, the young quail are vulnerable to cats.

Water

Water is precious, and although we are not in a drought, we should conserve as if we were. Please do not water your gardens between the hours of 8 am and 5 pm. Use water incrementally at night or very early in the morning. This gives your plants a chance to absorb as much as possible. If you need help with setting your timer for your sprinkler system, please contact the front desk. We will set your timer.

Clean Carports

Continue with all of your efforts to remove stored items from your carports. Still, many residents have items not permitted in a carport. It can be a difficult task, but if all cooperate, the Park will look that much better.

Laundry

Rule 10.1 Please do not hang laundry in your yard to dry. Your neighbors will appreciate this.

Management appreciates your anticipated cooperation,

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

PAC Letter to Residents

Greetings from the PAC Board.

Finances

Our finances are in order. The debt service coverage at the end of May 2019 on the bank loan refinancing the original bond issuance for the purchase of MVMCC is 2.66. This is well above the required 2.0. Our cash plus medium- and long-term reserves is approximately five-and-a-half million dollars.

Budget

With the beginning of the fiscal year 2019–2020 just ahead, planning and putting into practice the elements of the new budget will begin in earnest. Several items will require the assistance of the City of Novato's staff. Management and the PAC Board expect to be working closely with staff to ensure that residents' interests are respected. We look forward to receiving this valuable assistance.

Land Development Below Clubhouse

The project planning committee of the PAC will be meeting later this month to review and begin the investigation of how the area below and to the south of the clubhouse can be developed. We will notify residents of the meeting date and time by posting it at the clubhouse and on the Marin Valley website at marinvalley.net and with a flyer in the tubes.

As always, I urge you to investigate and participate in the resident activities organized by PAC's MVEST, HOL, and MAR VAL and reported on elsewhere in this *Echo*.

The agenda for the coming PAC meetings will be posted in the clubhouse 72 hours before each meeting. Let Anila Manning (anilahere99@gmail.com) know if you'd like it emailed to you. Next Board meeting will be August 7.

In service,

Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com



Feathers, Flagpole, and Fire

by BILL DAVIS



On the top of the hill at the entrance to and exit out of our lovely Marin Valley there is now a tall flagpole. That is where you will see a red flag flying when the Novato Fire District (NFD) declares a **Red Flag Warning situation.**

On those days there will also be two red feather banners (tall, thin flags attached to poles) in front of the clubhouse. The call as to when a Red Flag Warning occurs will be coordinated by the chief in command of the NFD at that time.

Four Conditions

The call will be based on an evaluation of essentially four critical conditions:

- low humidity
- high temperatures
- very dry ground fuels
- high winds.

When it is determined that Marin Valley is within the area affected, the NFD alerts certain MVEST volunteers, who then put up the red flags as just described.

Our Role

What does this mean for us? The warning means that we all are to exercise extreme caution with any ignitions, either potential or actual.

We are asked

- **not to use outdoor barbecues**
- **not to drive over dry grass**
- **not to use anything that could cause a spark, such as a weed whacker.**

One spark could set this whole Park on fire. Moreover, PG&E is now going to be proactive and could very well be shutting off our power.



It is a new way we are going to live in Marin, and it is going to be a bad day at the ice cream parlor when PG&E turns off the power. Just think about it a little: no power at the grocery store, gas station, ATM, bank, or restaurant, or for streetlights, air conditioners, landline telephones, internet, or TV. These are going to be some rather interesting times in this community when the “juice” gets cut and is not coming back for 24 or more hours. Why is the “juice” going to be cut?



Since 2012 every year in California the seasonal fires have become worse. No fire

official thought that 2018 could possibly be worse than 2017, and look what our climate change brought. California State fire investigators recently concluded that PG&E power lines sparked California’s deadliest wildfire ever, the one in Paradise last November. PG&E, a publicly held company under the oversight of the Public Utilities Commission (PUC), filed for bankruptcy earlier this year, and lawsuits against them exceed \$30 billion. It remains to be seen how this will play out in the courts.

PG&E is instituting some corrective measures after being sued and blamed for so much death and destruction in 2018. But while that is all being sorted out, nobody is willing to “sit on their hands” for this 2019 fire season.

We are used to brief, two- to three-hour power outages in this community, which result in minor inconveniences such as having to reset your electric clocks. These next power outages are going to be very different. PG&E is saying that they will be giving us as much as 48 hours’ advance notice of shutting off power, *if possible*. That remains to be seen. It very well could be less. They also state that they will not be turning the power back on until they inspect their transmission lines, which they state may take about 24 hours. That, too, remains to be seen.

I am not cynical or skeptical; rather, I am suspiciously anxious about these promises, as I am sure you are, too.

In June, PG&E cut power to thousands of customers in Northern California communities during Red Flag Warning days. Fortunately, the hot days, dry vegetation, low humidity, and wild winds did not ignite and spread devastation again in those areas.

Marin County Fire Chief Jason Weber put it clearly recently when he said, “Fire agencies were not historically set up to do prevention and vegetation management.”

Fire agencies in Marin are an emergency response system designed to first save life, then property, and then the environment. The PREVENTION part is the landowners’ and citizens’ responsibility.

Oh, there are sprinkler systems and fire extinguisher and exit regulations, but most of us in Marin Valley live in pre-existing, noncompliant homes that do not conform to the current, much safer codes.

Fire agencies will help you with fire prevention evaluations and write you a prescription of how to mitigate your landscape: removing potentially explosive bushes (think junipers, most of which have been removed by your safety-minded neighbors in Marin Valley), debris, and other potential fire dangers you might have around your home. But there is no way any fire department or district can possibly do the prevention work for all citizens. Each of us has to have enough foresight to do what needs to be done before we too burn.

PG&E Public Safety Power Shutoff

The 2019 fire season in California is here again, and PG&E plans to manage their part of it with a new plan called Public Safety Power Shutoff (PSPS). They have given us some basic, generic suggestions of how to manage our lives without power from them, urging us to make our own list and get ourselves ready.

The Marin County Fire Chief stated recently, “It is absolutely critical that we are all ready for this.”

You individually have to do your part.

Last year we had several Red Flag Warning days in Marin Valley. It is very likely we will have as many or more this year. Along with that, **our power could probably be shut off this fire season to prevent potential ignitions from PG&E power equipment. It will probably be off for many days.**

The ice cream is going to melt.

To prepare yourself for a power shutoff and/or disaster (such as the recent 7.1 earthquake in Southern California), there are many lists available. Find what best fits for you, and get ready. I suggest either referring to articles in the June and July issues of the *Echo*, or asking your MVEST block captain or Matt Greenberg at the front desk.

Are you ready? I am going to be the happiest guy in this Park when the power goes off! Why? Because I know it will potentially be saving lives, property, and the environment here in beautiful, bucolic Marin, where we choose to live. So when the power comes back on, let’s figure out a way to have an ice cream party. ■

In an Emergency—What Do I Need for My Pet for 5–8 Days?

by PAM BERKON

CATS	DOGS
1. Crate for travel and a safe place to stay	1. Ditto
2. Food and food dish	2. Ditto
3. Non-spill water bowl and 5 gallons of water	3. Ditto
4. Duplicates of their favorite toys	4. Ditto, plus chew toys
5. Cat treats	5. Dog treats
6. Collar with your information in case they get lost	6. Ditto plus leash
7. 10-15 pounds of kitty litter, a litter scoop, plastic box to pour cat litter in, plus plastic bags for used kitty litter and twist-ties	7. Bags for collecting poop, such as newspaper bags
8. Large trash bag for all used poop bags.	8. Ditto.

- A) Name of a friend who will take care of your pet in an emergency. Someone you have spoken to about emergency care, who will either come get your pet or you will bring them your pet.
- B) Name, phone #, address of your veterinarian.
- C) Any health issue your animal might have.
- D) How your pet reacts to new people or animals. For example—my cats like people, like to be petted, can get used to a dog who likes cats. They have never been around other cats besides each other.

MAR VAL

Message from Mar Val

Dear Friends,

As difficult as it may be to believe, we have reached that time of the year when we are preparing for the last two outdoor events of the 2019 season.

Luau For those of us who haven't had an opportunity to visit the tropics this summer, there is absolutely no need to feed deprived because the Luau will take place on Saturday, August 17. We encourage you to dress in your most colorful muumuu or Hawaiian shirt and join your neighbors at the tantalizing Tiki Bar.

Labor Day BBQ Just two short weeks following the Luau we will once again be enjoying our outdoor venue at the Labor Day BBQ on Monday, September 2. Please note that the cutoff date for this event is Wednesday, August 28.

Mar Val looks forward to welcoming you to these favorite celebrations.

Warmest regards,


Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com



MAR VAL
LUAU
AUGUST 17
5 PM COCKTAILS • 6 PM DINNER

M E N U

BBQ Teriyaki Pork Skewers or Teriyaki Vegetarian Skewers
Vegetarian Fried Rice
Asian Cole Slaw
Hawaiian Rolls
Tropical Dessert

\$15 per person. Reservation deadline is August 14 at 5 pm or when 120 reservations have been received. Questions? Call Carolyn Corry at 415-370-6403.

August 17 Luau Reservation Form *Please circle entrée choice*

RESIDENT _____ Pork Skewers Vegetarian Skewers
RESIDENT _____ Pork Skewers Vegetarian Skewers
GUEST _____ Pork Skewers Vegetarian Skewers
GUEST _____ Pork Skewers Vegetarian Skewers

Residents attending ___ @ \$15 ea Check for \$_____ is enclosed. (NO CASH, please)
Guests attending ___ @ \$15 ea Checks payable to Mar Val. Questions? Call Carolyn Corry at 415-370-6403.
Reservation deadline is August 14 at 5 pm or when 120 reservations have been received.

HOL

Home Owners League Message



Cannabis 101—Ashley Ector of Marin Gardens will present an *Introduction to Cannabis, Pain Relief for Seniors* in the clubhouse ballroom August 15, 2-3 pm. Topics: How to use CBD for getting off over-the-counter painkillers (like Ibuprofen), pain relief, skin conditions like shingles, anxiety relief, the difference between cannabis-derived CBD and hemp-derived CBD, different ways to consume it, and ways to obtain cannabis. It is possible that a palliative care nurse from Kaiser will also be present to answer questions. Come see what Marin Gardens has to say. Yvonne Devine and Jack Travis are the event planners for this presentation.

HOL Donation Drive—Our yearly drive asking for voluntary donations usually occurs in July. As most HOL Board members will be out of town during July, look for a flyer and donation envelopes in the tubes during August.



Ice Cream Social—Mark your calendars! And come meet your HOL Board this year at an Ice Cream Social! Saturday, August 24 at 3-5 pm. We are considering all creamy concoctions including root beer floats and sundaes, and all residents are invited. The ice cream will be served by the new Board members. The flyer for this event will be distributed along with the donation letter. Ed Collins is the event planner.

Congratulations, Nonagenarians!—HOL will be hosting five residents at the August luau who have achieved this milestone. Their names will be added to the plaque on the wall next to the PAC office. Say congratulations to: Betty Koenig, Joan Checkley, Roberta Urquhart, Patrick Wheatley, and Janet Smith. Thank you, Michael Hagerty, for making this possible.

Fragrance Free?—Should HOL events be “fragrance free?” I have received only one suggestion that events should NOT be fragrance free and two that say they SHOULD be. From now on, we will write on all flyers that go out from HOL “Fragrance Free Requested.”

Help Needed!—Pauline Hawkins is requesting someone to come help water once a day, especially the pots by the clubhouse front door and other new plantings. Call her if you can help, even if it is only one or two days a week.

Note—Next HOL Board meeting is Wednesday, August 21 at 6 pm in the Fireside Room. Please join us.


Janie Klimes-Crocker
HOL PRESIDENT
janieklimes1948@gmail.com
281-414-3984 cell



MAR VAL
LABOR DAY DINNER
SEPTEMBER 2 • 5 PM COCKTAILS • 6 PM DINNER

M E N U

BBQ Pork Rib or Grilled Vegetables/Pasta
Tuscan Potato Salad • Ice Cream Bars

\$15 per person. Questions? Call Carolyn Corry—415-370-6403.
Reservation deadline is August 28 at 5 pm or when 120 reservations have been received.

September 2 Labor Day Dinner Reservation Form *Please circle entrée choice*

RESIDENT _____ Ribs Vegetable/pasta
RESIDENT _____ Ribs Vegetable/pasta
GUEST _____ Ribs Vegetable/pasta
GUEST _____ Ribs Vegetable/pasta

Residents attending ___ @ \$15 ea Check for \$_____ is enclosed. (NO CASH, please)
Guests attending ___ @ \$15 ea Checks payable to Mar Val. Questions? Call Carolyn Corry at 415-370-6403.
Reservation deadline is August 28 at 5 pm or when 120 reservations have been received.



HOL COMMUNITY PRESENTATIONS

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

FILM NIGHT

The King's Speech

Biography, Drama, History (2010) 1 hr 58 mins

Thursday • August 1 • 7 pm

Director Tom Hooper **Writer** David Seidler
Starring Colin Firth, Geoffrey Rush, Helena Bonham Carter
Oscars 8 including Best Picture, Best Director, Best Writing, Best Performance—Colin Firth; 110 other awards, 198 nominations

Based on the true story of King George VI. After the death of his father King George V and the abdication of King Edward VIII, Bertie, who suffers from a lifelong debilitating speech impediment, is suddenly crowned King of England. With his country on the brink of war and in desperate need of a leader, his wife—Elizabeth, the future Queen Mother—arranges for her husband to see an eccentric speech therapist, Lionel Logue. After a rough start, the two delve into an unorthodox course of treatment and eventually form an unbreakable bond. With the support of Logue, the King will overcome his stammer and deliver a radio address that inspires his people and unites them in battle.



Dr. Strangelove or: How I Learned to Stop Worrying and Love the Bomb

Comedy, Fantasy (1964) 1 hr 35 mins

Thursday • August 15 • 7 pm

Director Stanley Kubrick
Writers Stanley Kubrick, Terry Southern
Starring Peter Sellers, George C. Scott, Slim Pickens
Oscar Stanley Kubrick—Best Picture; Peter Sellers—Best Actor; 13 other awards; 11 nominations

A political satire about the Cold War fears of a nuclear conflict. The story concerns an unhinged United States Air Force general who orders a first strike nuclear attack on the Soviet Union. It follows the President of the United States, his advisers, the Joint Chiefs of Staff, and a Royal Air Force (RAF) officer as they try to recall the bombers to prevent a nuclear apocalypse. It separately follows the crew of one B-52 bomber as they try to deliver their payload. ■



INTRODUCTION TO CANNABIS Pain Relief for Seniors

Thursday, August 15 • 2-3 pm • Ballroom

- How to use CBD for getting off over-the-counter painkillers (like Ibuprofen), pain relief, skin conditions like shingles, anxiety relief
- Difference between cannabis-derived CBD and hemp-derived CBD
- Ways to consume cannabis
- How to obtain cannabis

Presented by— Ashley Ector from Marin Gardens
Event planned by—Yvonne Devine and Jack Travis



First Saturday of the Month • 7-9 pm

THERE WON'T
COMMUNITY DANCING IN
AUGUST OR SEPTEMBER.

SEE YOU
IN OCTOBER!

Food—Abundance and Need

Extra Food to deliver free food to Marin Valley

by JOHN FELD

Some food establishments in Marin find themselves with more food than they can handle. These may be supermarkets that have products at or close to their “sell by” dates; farmers with too much produce; or restaurants, caterers, farmers markets, hospitals, or even schools with leftover food. Some establishments cook meals especially for the needy.

It is estimated that 40 percent of all food created and/or grown in the U.S. is discarded, usually to landfills. Fortunately, several organizations in Marin exist to give this food to those in need and are always on the lookout for people who live on low incomes who need this food.

I reached out to several of these organizations. One of them, Extra Food, (www.extrafood.org) based in Marin and serving the needs of Marin County residents, met with us.

Extra Food receives food from many sources, and they supply Marin’s most vulnerable in two different ways. First, they find organizations who can make REGULAR donations, be it food that has not sold when it should, restaurants and supermarkets with leftover food, or organizations with commercial kitchens that make meals for those in need. These sources are matched with nonprofits that are in touch with people who could use

this food, and deliver it on a regular basis—often to retirement homes and senior centers and can include communities such as ours and ones supported to groups such as Rotary.

The second method is distributing food that is donated on an OCCASIONAL basis, such as when a farmer has too much for their normal distribution or a caterer has leftover food from an event.

We are working with Extra Food to deliver free food to Marin Valley. Matt is assisting us in identifying those in most need. At present, there are no “regular” donors available, but as soon as regular deliveries can be arranged, we will begin to distribute food.

This in NO way competes with the excellent food prepared by Mar Val or with Rollin’ Root, which brings fresh food weekly from the farmers market.

All prepared food that is from commercial kitchens is not delivered hot but has been refrigerated. When there is food delivered, we will have to distribute it within twenty-four hours. We will let those who sign up for it know about it by robocall, by email, and/or by setting up a phone tree.

There can be enough food for not only those in need but, at least some of the time, for everyone. As Extra Food website explains:

By rescuing excess fresh food from businesses and immediately delivering it to nonprofits serving Marin’s most vulnerable children, adults, and families, we address the critical issues of hunger, wasted food, and climate change.

As we have some people within our community who are housebound or otherwise do not get out, we will be looking for volunteers to deliver food to those who are not able to get to the clubhouse to pick up their own supplies.

Extra Food is always looking for volunteers for food delivery and other tasks. If you would like to assist them in their wonderful work, contact them at <https://extrafood.org/join-us/volunteer/>

We look forward to getting occasional and eventually a regular provider and lots of food to help out those in need. If you would like to participate as a recipient or help distribute food in the Park, please contact me 415-884-2675, johnmfeld@gmail.com or Matt Greenberg in the office at 415-883-5911, gm.mvmcc@gmail.com. We will keep the list of recipients confidential, and it will only be used for food distribution. In a future Echo article I will describe date labeling on food and what guidelines Extra Food adheres to, to keep us safe.

We can all get together to make this a huge success for Marin Valley. ■



Biography Night

by KIM HOLSCHER



THURSDAY ■ JULY 25 ■ 6:30 pm



Carol-Joy Harris Kathleen Dargie

Please come THURSDAY, JULY 25 to the Fireside Room from 6:30 to 8 pm to hear Carol-Joy Harris and Kathleen Dargie.

NOTE
This event is FRAGRANCE FREE

In August join Tenaya Asan and Jack Travis THURSDAY, AUGUST 22. If you would like to participate, I am beginning a list of interested people who would like to share their story. Contact me at kimholscher51@gmail.com ■



by SUZIE LAHR

At our next artists' meeting Tuesday, August 6 at 5 pm, we will be discussing the upcoming Marin Valley Gallery exhibit that will be installed the weekend of September 14–15. I hope all Marin Valley artists participate in this exhibit as we need 30–35 pieces of framed art on the walls. Stay tuned for the next Art & Wine Reception that will kick off the joy of autumn's return!

Speaking of galleries, the three closest to us here in the Park have interesting beginnings that most of us do not know about. Check their websites for

exhibits and hours information. The Marin Community Foundation (MCF) and the Bartolini Gallery are open only weekdays, M–F, 9–5, when guests are welcome to visit.

Marin MOCA began in 1983 with 11 artists from the COM Indian Valley campus. Over the next ten years they began using the abandoned 500 Palm Drive building at Hamilton Field for exhibitions. Ten years later, with the support of the City of Novato and the Novato City Council, they began a sweat equity project to renovate the adjoining 781 building. In 2015 a lease was signed with the City for three wings, with 60 artists' working studios in four building spaces and three exhibit spaces. The exhibits are open to the public at no charge.

The Marin Community Foundation converted Hamilton Field Hangar 5 in the late 1990s. The space overlooks the Bay Trail and consists of 28,000' with a 5,000' stainless steel bridge spanning

the hangar from one side to the other over a translucent panel. Skylights were added above, making the space bright and welcoming. The exhibit space is around the perimeter, throughout the employee workspace, and in the meeting and conference rooms. The building's architectural concepts are unique and modern and, along with the art exhibits, make it a space to be seen and enjoyed.

The Bartolini Gallery opened in 2016 behind the Marin Civic Center Showcase Theater with a generous donation from a Novato couple, Margaret and Louis Bartolini, who are longtime supporters of the arts. It presents and promotes Marin County local artists with a large, T-shaped gallery space that opens into the exhibit hall. There is relatively new signage on Civic Center Drive that directs you to the gallery location.

I will be displaying several of my watercolors in the *Walk in Beauty* exhibit listed below. ■

Bartolini Gallery Marin Civic Center
Walk in Beauty—Magnolia Artists Group Watercolor Exhibit
Aug 6–Oct 10: M–F, 9–5 pm

Marin MOCA 500 Palm Dr—Hamilton
Transcend—Artists of Marin MOCA
Aug 10–Sept 15: Open Wed–Sun

Marin Community Foundation
5 Hamilton Landing—Hangar 5
Altered States—(subconscious creative practice) Through Oct 18: M–F, 9–5 pm

New Neighbors

by LORNA SASS



PHOTOGRAPHS: LORNA SASS

Meet Marshall Krause and Timo Navsky

When I recently interviewed Timo Navsky and Marshall Krause on the front deck of their newly acquired home high up on Panorama Drive, Marshall smiled and quietly said, "We are just so happy to have landed here where we can enjoy the peace and quiet of nature from our front porch."

Marshall, 86 and now retired, had an esteemed career as a lawyer, including an eight-year stint with the ACLU of

Northern California. More recently, he was a professor of law at SF Law School and UC Berkeley with a specialty in international human rights. He has also been a legal reporter for KQED Newsroom.

"I am passionate about living and enjoying life, and it's very important to me to know what's going on in the world," Marshall told me. "I have an abiding interest in both current politics and history," he added. Marshall also expressed great enthusiasm for spending

time in nature, especially with his three children and four grandchildren.

Marshall and Timo met in 1995 and have been married for almost twenty years. They share a zeal for what they enthusiastically describe as "eclipse chasing"—traveling far and wide to places like Zambia, Egypt, and the Black Sea to experience an eclipse. "It's so strange when the sun is completely blocked out," exclaimed Timo, "it feels like everything stops—so peaceful and otherworldly."

Truth be told, Timo had already traveled much of the world by the time she met Marshall, having journeyed overland on public buses through Afghanistan, Pakistan, Turkey, and Nepal. She has also been to India more than 30 times!

At age 36, Timo decided to focus on a career and became a gemologist. After fifteen years of selling gems, pearls, and beads, she felt inspired to make a career shift and upon graduating from the highly respected Coaches Training Institute (CTI) became a certified life coach.

Timo retired a few years ago and for the past four years has been volunteering at the Zen hospice in San Francisco. "Marshall and I are committed to making this part of our lives deeply meaningful," she said. To this end, Timo is planning to start a group here at Marin Valley to examine how to experience a conscious end of life.

If you would like to learn more about this group, contact Timo, 415-279-5935 or pgemsky@comcast.net ■



Globetrotters

by VICKI WADDELL

Article #5—England

In late June I met with Bill Davis over coffee at my favorite bakery, Creekside. Here I learned that there is a “philosophy” to traveling. In the past this word was defined as wanting to know the meaning of life. Now it has taken on a somewhat different meaning that includes the study of proper behavior and the search for wisdom. Bill has embraced both meanings and applied them to his travels as he seeks to understand truths about people, the world in which they live, and their relationship to one another.

I asked him to elaborate on his personal experiences as he developed his own philosophy of travel.

“I started my travels when I was 22 years old living on \$5/day. During his middle years, education, work, and family took precedence, and then in 1995, when he had put aside sufficient funds to travel, he took his grandsons on several trips to England.

Now I find I’m the oldest guy in the room, so in a way, it’s become a ‘space travel.’ Each time it becomes richer. Everything changes, and eventually you get comfortable with the change. This is what life is all about. I keep going back, but I also go to different places.

Every trip is an adventure, not a vacation. I don’t look at myself as a tourist but rather an explorer. I think being a tourist is stressful because so many people are wrapped up in seeing everything in a short period

of time. They’re taking photos and selfies constantly, whereas Carol-Joy and I try to bring back something we’ve learned—something we treasure. To us, traveling is putting aside the ‘honey-do’ list and just negotiating what we want to do one day at a time.”

What was different between the English and American cultures?

“Americans are casual, whereas the English are fairly formal. We push forward to get things done, but the English take their time with the amenities first. When we were visiting Oxford, I asked a student for directions. She was quite personable and very gracious. It was obvious she didn’t live in Oxford, but she took the time to make sure we knew where we were going. This demonstrated to me another difference between the two cultures. Americans pare back on service, whereas the Brits are into accommodating.

I even found a difference in their education and preparation for life. For instance, at Eton, from early on in their younger school years, students learn how to present themselves to the world in terms of proper attire as well as the importance of developing excellent language skills. There is something to be said about going away to boarding school, away from their parents, and learning to navigate themselves through all ways of life.”

Did you approach this particular trip differently than others?

“I had four rules:

1. Packing only a small suitcase, which comprises one or two changes. I handwashed the clothes at night, and they would be dry by the next morning.
 2. Refusing to rent a car. We used public transportation. As a consequence less time was spent filling out paperwork and less chance for accidents!
 3. Avoiding the potential for theft by never giving my credit card to anyone. Rather, I used a “Simple” debit card. You apply money to the card, and when a charge goes through, you get a ding on your phone. You can freeze the card immediately if the charge hasn’t been made by you. You can also put a limit on the cash you can acquire from an ATM.
 4. Tours are OK, but usually we plan to arrive or leave five days early or later than the tours so we can do what we want to do.
- Result: our trips are less stressful, much more casual, and relaxing.”

Have you any tips to pass on to fellow globetrotters?

“YES! Before you book a trip, go to BedBug.com for ideas on how to protect yourselves from these nasty little critters while you are traveling. Also, who needs a sign spelling out your name at an airport? Pre-book a cab and save half the price. Get the driver’s name and call him or her when you’re ready to be picked up.”

What memorable sites did you see on your latest trip?



Bath The whole city is famous for its Georgian architecture. Springs are still popping up—2,000 years later! You can rent a barge for a trip on the river, go through the locks, and then get off and visit Roman ruins.



Lake District At Windemere we took a ferry that transports visitors 10 miles across the lake to the Lakeside Hotel. This elegant lodge has a solarium that looks directly out onto a beautiful, pristine, and ever-so-quiet lake in Wordsworth country. Service is elaborate (waiters wear tux and white gloves), but visitors don’t have to be quite so formal as the lodge is frequented by all sorts of visitors, even “trampers,” as the locals call backpackers. While exploring we found that the Brits had their share of slaves, too. We found a dungeon where we saw shackles that were used to lock their slaves up at night.



London London is great if you can afford it. Tower cranes are all over the place as there is tremendous building going on. Sadly, these buildings are overshadowing such landmarks as the Tower of London. For the first three days we stretched our pocketbook a bit by staying in the most expensive area (Belgravia) in a hotel that ended up being the worst place we’ve ever stayed in! Belgravia is weird. It’s inhabited by a new culture and a new way of life. Ultra wealthy foreigners come in for a month or two, stay in their \$6 million apartments, shop in very expensive stores,

walk their fancy dogs, and park their Bentleys and Ferraris on the street overnight. Then they fly out, leaving the district dark and empty. Thankfully, we spent the next three nights at the Millennium in the gorgeous neighborhood of South Kensington, which was easier on our pocketbook and happily close to the Victoria and Albert Museum and Harrods. Special memory: The Hotel Kimpton Fitzroy in the Bloomsbury borough and celebrating my 77th birthday with Carol-Joy at the oldest restaurant in town! “Rules” in Covent Garden goes back to Lillie Langtry days.

Bill’s Summation—Carol-Joy and I are always happy to come home. Coming home gives you a sharper perspective on where you are now. We live in an extraordinary place where the vistas are wide, where

commerce can be seen as the ships travel up and down the bay, and where a buzz of activity surrounds us into the wee hours as the owls hoot, the coyotes howl, and the mocking-birds laugh us to sleep. You,

too, can see what I’ve described. Today you don’t have to pack a suitcase or jostle schedules. Just go on YouTube or Google—settle back into your favorite easy chair and enjoy the wonders of the world! ■

I would love to include your travel experiences in a future Echo—pictures as well. Please contact me should you wish to be interviewed (415-382-8684). Respectfully submitted, Vicki Waddell

Rock Wren

Article and Photography by DAVID GRAY

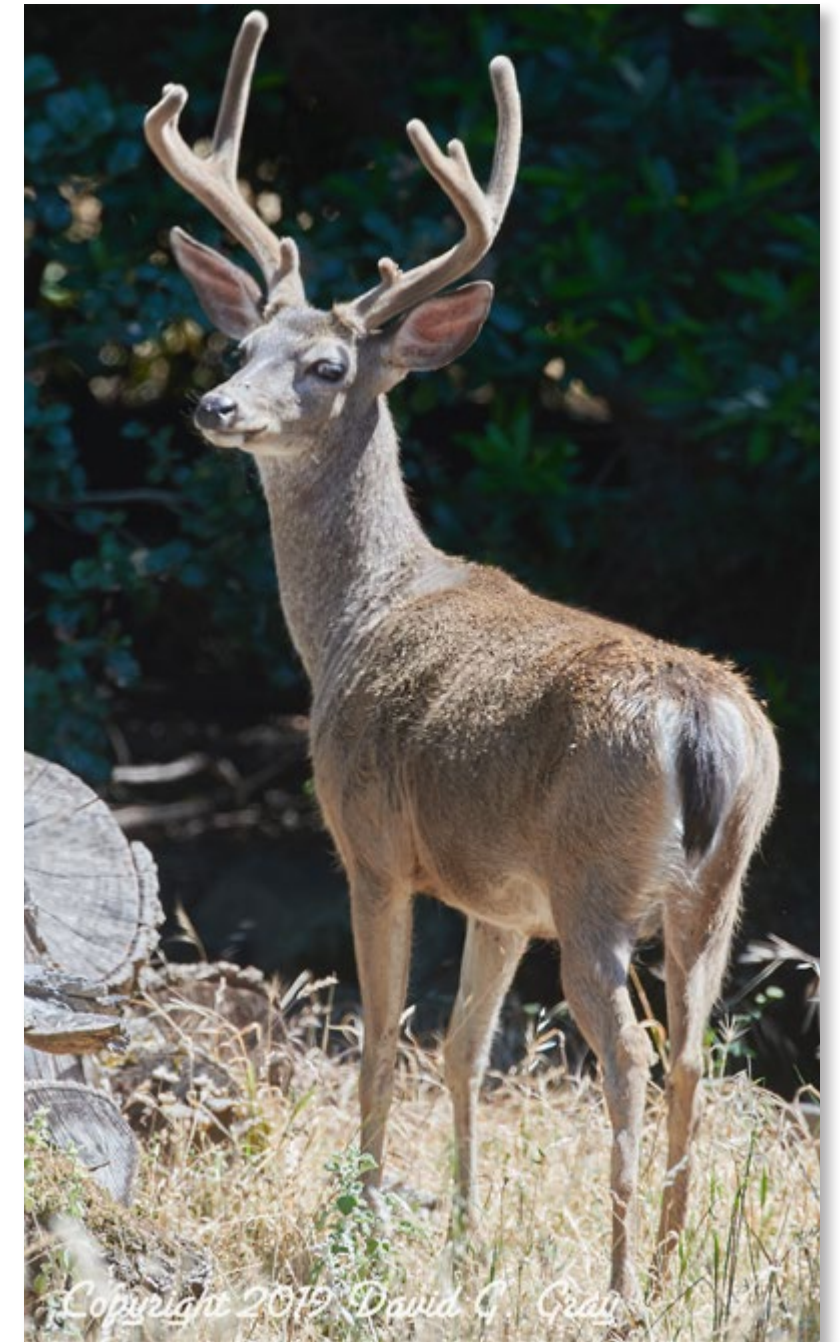
The rock wren (*Salpinctes obsoletus*) is a not-too-common variety of wren found in the Western United States and Central America. Named for its propensity to hop up and down on top of rocks and known for singing during mating season, this bird like all wrens sports a jaunty, nearly vertical tail. I spotted a family of four wrens while hiking in Olompali State Park, which is north of our Park on U.S. Hwy 101 just off the Atherton Road exit on the west side of the highway.



The rock wren is the largest of the wren family, except for the cactus wren of the Southwest desert. Its eye stripe, a distinguishing characteristic, is among the least noticeable of all the wrens. It has a grayish breast and belly and gray-brown wings. Its flitting, often vertical barred tail is a sure sign of wren behavior. Their nests are often in rock crevices, where a small cup is constructed of grasses and bark, with hair and spider webs holding things together. They lay four to eight eggs at a time, usually twice a year.

These fledglings are able to fly, but not very well, so their parents are still bringing them food. The “little ones” are almost as big as the adults, thus requiring the parents to spend a large amount of time hunting for food. These photos show the relentless requests for food and a parent arriving with a large insect. The larger of the fledglings gets the insect and has quite a time eating it. Its smaller sibling is none too happy about the turn of events, and the parent heads off to find more food. These photographs were taken with a hand-held 400mm lens.

The Olompali State Park is really neat: it has examples of Native American lodging and storage, plants they cultivated, and the uses to which the plants were put. It has the oldest-known adobe structure, which was built in 1776 by the chief of the Olompali band of the Coastal Miwok tribe. It also has some of the buildings erected by the first Westerners to



homestead in Novato. It was home to a number of famous and/or infamous people through the years, including the Grateful Dead during the 1960s.

For me, the wildlife is the main draw. This buck was seen on our hike out, eight-point antlers still in velvet. ■

AUGUST 2019

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
4		5		6		7		8		9		10	
1PM Mahjong <i>Fireside Rm</i>	6-8+AM Trash Pickup 9:30AM Low-Impact Exercise <i>Fireside Room</i> 10-11AM Water Aerobics/Pool 6PM MVEST Meeting <i>Fireside Room</i> 7:15 PM Poor Man's Poker <i>Card Room</i>	7-9:30AM Taiji <i>MacLam Clubhouse Deck</i> 10-11:30AM Chair Yoga DVD only <i>Fireside Room</i> 5 PM ART PARK Art in the Park Meeting	10-11AM Water Aerobics/Pool 11AM-1PM Whistlestop <i>call Roberta 415-883-0843</i> 12-2PM Craft and Chat <i>Library</i> 6PM PAC Meeting	7-9:30AM Taiji <i>MacLam/Deck</i> 9-10:30AM Firewise Mtg/Ballroom 9:15AM QiGong <i>Dove/Fireside</i> 11AM-12PM The Rollin' Root <i>Clubhouse Parking Lot</i> 3-4:30PM Draw On! cancelled 7PM Film Night THE KING'S SPEECH	10-11AM Water Aerobics <i>Pool</i> 1PM Land Use for the Meadow Mtg <i>Fireside Room</i> 4 PM Canasta <i>Fireside Room</i> 5PM Pub 7PM Game Night <i>Fireside Room</i>								
11		12		13		14		15		16		17	
1PM Mahjong	6-8+AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Water Aerobics 6PM MVEST Meeting 7:15 PM Poor Man's Poker	7AM Taiji 10AM Chair Yoga DVD only	10AM Water Aerobics 11AM Whistlestop 12PM Craft and Chat 5 PM Luau Dinner Reservation Deadline 6PM MarVal Meeting	7AM Taiji 9:15AM QiGong 11AM The Rollin' Root 2-3PM Cannabis: Pain Relief for Seniors 3PM Draw On! 7PM Film Night DR. STRANGELOVE	9-11:30AM FIRESafe Marin Mtg <i>Ballroom</i> 10AM Water Aerobics 4PM Canasta 5PM Pub 7:15PM Bingo							 <p>Mar Val Luau Dinner 5 PM Cocktails 6 PM Dinner</p>	
18		19		20		21		22		23		24	
1PM Mahjong 4-5:30PM Salon in the Park: Rightness/Being Right <i>Fireside Room</i>	6-8+AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Water Aerobics 6PM MVEST Meeting 7:15 PM Poor Man's Poker	7AM Taiji 10AM Chair Yoga <i>John Marin</i>	10AM Water Aerobics 11AM Whistlestop 11AM Bridge/ <i>Fireside Rm</i> 12PM Craft and Chat 2:30PM Readers' Theatre <i>415-506-1671</i> 6PM HOL Meeting	7AM Taiji 9:15AM QiGong 11AM The Rollin' Root 3PM Draw On! 6:30PM Biography Night <i>Tenaya Asan/Jack Travis Fireside</i>	10AM Water Aerobics 4PM Canasta 5PM Pub							 <p>HOL Ice Cream Social 3-5 PM</p>	
25		26		27		28		29		30		31	
1PM Mahjong	6-8+AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Water Aerobics 6PM MVEST Meeting 7:15 PM Poor Man's Poker	7AM Taiji 10AM Chair Yoga <i>John Marin</i>	10AM Water Aerobics 11AM Whistlestop 11:15AM Craft and Chat 4:30PM Book Club <i>call Julia 415-883-7823</i> 5 PM Labor Day Dinner Reservation Deadline	7AM Taiji 9:15AM QiGong 11AM The Rollin' Root 3PM Draw On!									