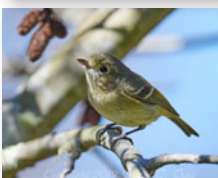
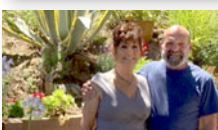
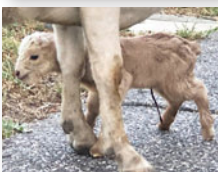


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ECHO

JULY 2019

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Fireworks Are Fun for Us, But the Racket Is Terrifying for Many Pets



K eep your pets inside, with calm music or white noise on. If you think your pet may need medication to deal with the noise of July 4th, make an

appointment with your veterinarian. You might even want to start calming your pet July 3rd and 5th, when noise starts and ends.

Pam Berkon

Clubhouse Demo Garden

M att Greenberg and landscape architect Gretchen McCann met on June 6—the first of several meetings with residents to hear their suggestions on what they would like to see in the garden areas outside the clubhouse.

Lee Dunne summarized the features requested by residents:

- Create a quiet, attractive, accessible area with places to sit and look at the beautiful view
- Plant California-native plants that are pest-, fire-, and drought-resistant, native to this area, and easy to maintain
- Use identifying signage for the plants
- Choose plants that will not be appealingly edible by deer and hares
- Extend the outdoor deck onto part of the area with chairs and/or benches
- Build a small labyrinth
- Create a succulent garden that will be a model for the community.



Bingo will meet on **Friday, July 19**, not July 12.



The Rollin' Root will be here on **Wednesday, July 3** instead of Thursday, the 4th of July.

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

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2ND VICE PRESIDENT Yvonne Devine 415-747-7617
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DIRECTOR EMERITUS Dee Schneider
DIRECTOR/BAR MANAGER Fred Dargie 884-2969
DIRECTOR/HOSPITALITY Larry Moore 883-0486
DIRECTOR/RESERVATIONS Carolyn Corry 370-6403

DEADLINE

Articles—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*

July 2019

No Watering During the Day

WATER IS PRECIOUS, and although we are not in a drought, please do not water your gardens between the hours of 8 am and 5 pm. Water only incrementally in the evening or very early in the morning. If you need help with setting your timer for your sprinkler system, please contact the front desk. We will set your timer and check your sprinkler heads for proper operation.

Carports

Continue with all of your efforts to remove stored items from your carports. Many people still have items not permitted in a carport. It is a hard task, but if all cooperate, the Park will look that much better.

Infrastructure and Common Areas

Park Management and City engineering are in discussions for scheduling work that surpasses Park Management's spending guidelines: in this case, retaining walls, as well as working to replace the sewer pump house and emergency generators for quiet, reliable operations during power outages.

Defensible space cutback surrounding the Park is complete. Common areas, as well as tree pruning, are under way.

New Stove

The old gas range in the clubhouse kitchen has been replaced with new state-of-the-art ranges with accurate oven temps for all the great meals prepared by Mar Val at resident events.

Thank You, Volunteers

Special thanks to all the volunteers who put in time cleaning up after parties, working in the garden, picking up trash, etc. These are often thankless jobs; thus, we want to recognize all the efforts made but seldom discussed. Thank you for all your help!

Sincerely,



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 on the bank loan, which refinanced the original bond issuance for the purchase of MVMCC, is 2.58. This was as of April 30, 2019, well above the required 2.0. Our cash, plus medium- and long-term reserves, is approximately five-and-a-half million dollars.

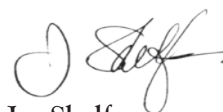
Budget The Novato City Council that met at our clubhouse on May 13 approved the 2019/20 budget for MVMCC. This budget was drawn up by The Helsing Group (Matt Greenberg, project manager), reviewed by the City's public works department, and approved by your PAC Board. This budget does not call for a rent increase.

PAC Board The newly elected PAC Board has been seated and officers re-elected for the coming year. No change from last year's lineup. There is a new lineup for the two PAC members who shall meet with the City staff when needed. This so-called 2x2 committee will be John Hansen and me. Any input from residents will be welcomed; please feel free to contact us.

There are always new developments concerning PAC's MVEST, your HOL, and MAR VAL elsewhere in the *Echo*. I urge you to investigate and participate when possible in these resident groups.

The agendas for the coming PAC meetings are posted in the clubhouse 72 hours before the meetings. Let us know if you'd like it emailed to you. Next Board meeting will be July 3.

In service,



Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com

PAC Finance Presentation to City Council

by STEVE PLOCHER

May 13, 2019

Our PAC Board President Jay Shelfer asked me to give a short presentation about my thoughts and observations on the current financial state of MVMCC.

My name is Steve Plocher. I live at 51 Club View Drive. I have lived in the Park for three years. I am on the PAC Board, and I am the sole member of the finance committee. Out in the world I am a CPA with a tax and accounting practice with nine staff and about one thousand clients. I've been doing that for over 35 years. Our PAC Board President Jay Shelfer asked me to give a short presentation about my thoughts and observations on the current financial state of MVMCC.

I have in my possession ten years of audited financial statements for MVMCC, and this is where I get my numbers. My focus is on three areas that many residents are concerned about:

- (1) How healthy are our reserves and the balance on our large debt, and are we going in a good direction?**
- (2) How can we afford the big infrastructure repairs coming and the other big things we need to do?**
- (3) Will the answers to 1 & 2 require an increase in rents?**

Bank Loan

First, the reserves and our big bank loan. I prepared a spreadsheet* showing how much we are adding to the reserves each year and how much we are paying down the loan from Bank of Marin. Column C on that

sheet shows the additions to the reserves, and Column E shows the annual paydown on the bank loan. The far right column is the combination of the two, the total equity we are adding each year, close to a million dollars per year. MVMCC is financially very strong.

Infrastructure Repairs

Second, paying for all the big things. In the long run, if our infrastructure lasts 60 years, over that time span we should be accumulating \$60 million of savings and borrowing capacity. So if it costs \$12 million or more to replace the infrastructure, there will still be plenty left for all the projects and demands that come our way: such as a large solar electric array, fire hardening the clubhouse, and, of course, any major remodels or repairs to our facility. Some borrowing may be necessary depending on when these demands happen, but we will be in an excellent position to shoulder whatever financing we require.

While I am addressing the infrastructure, I prepared another spreadsheet showing the repairs to the infrastructure systems over the last ten years. It has a line for water lines, sewer pipes, gas lines, and electrical lines. If you read across those columns for any particular line, you can see that there is no gradual increase in magnitude of the annual expenses we incur for repairs. Now, I am not an engineer, but just from a financial point of view, if the repairs are

manageable and affordable, it seems we should be able to postpone total replacement of the systems until we see greater magnitude and frequency of repairs. Postponing the infrastructure replacement will allow us to address some more critical needs that will require the use of some of our reserves in the near future.

Rent Increase Requirements

Third, will we require rent increases? My third spreadsheet shows the income and expenses of operating MVMCC over the last ten years. The middle column is the annual amount of operating expenses. Below the spreadsheet is a graph that illustrates the spreadsheet. As they say, a picture is worth a thousand words. The records show no increase in our operating expenses over the recent decade. Obviously, certain line items like payroll, insurance, in-lieu of tax fees, and others are going up over time. But other line items apparently are offsetting them. Eventually total expenses will rise—it's inevitable—but we have a huge cushion of annual reserves as I showed earlier, and those reserves are going to be in excess of what is needed for projects. So if things continue this way, it may be many years before a rent increase will be necessary.

* Spreadsheets are available under Documents at the bottom of the PAC page on our website: marinvalley.net/pac/

City of Novato's MVMCC Lot Rent Deferral Program Informational Workshop

On behalf of the City of Novato, Hello Housing will be hosting a workshop to share important information about the City of Novato's new Marin Valley Mobile Country Club Lot Rent Deferral Program.

The Lot Rent Deferral Program provides financial aid to qualifying low-income MVMCC residents by deferring payment of up to \$150 of their monthly space rent. The Program is being offered as a term-limited pilot for up to fifteen (15) eligible households.

join us to learn about

- ✓ why the program was created
- ✓ how the program works
- ✓ who is eligible for lot rent deferral
- ✓ how much assistance is available
- ✓ what paperwork you will need to gather
- ✓ Q&A



Monday,
July 8th at
6:00 PM



MVMCC
Ballroom,
100 Marin Valley
Drive
Novato, CA



Red Flag Warnings and No PG&E Power

by **BILL DAVIS**

Governor Gavin Newsom has mandated that all Californians clearly understand what a **Red Flag Warning** means, but more importantly, what we citizens need to do in response to it.

The past winter's rains have produced an abundant growth of grasses and bushes that are now almost completely dry. So the stage is set for this year's fire season, which will last until it rains in October or November. We Californians will be hotter this year. The fire season is already here. The California State Fire Marshal cannot say whether it will be worse than last year; however, every year since 2012 has been worse than the previous year, and 2018 was the worst year ever. What will 2019 be? Local firefighters have sleepless nights just thinking about the dry fuels, Marin's hilly terrain, and the dreaded Diablo high winds.

The big question is: Will these fires be again driven by the the devil winds of Northern California that occasionally blow westerly out of the Sacramento Valley to the Pacific Ocean? In Southern California these offshore winds are called the Santa Ana winds. They are hot, dry, and often over 30 miles per hour. Will the deadly Diablo winds once again rise up in the Sacramento Valley and race up to 90 miles per hour over the mountains and out to the seasonal low pressure in the Pacific Ocean?

Dry fuels, low humidity, a hot day, and the strong Diablo winds overhead are the perfect conditions for the "perfect storm." One spark and we can have a firestorm of flying embers. Everything in the path of a firestorm of this nature could be devastated. We saw it in previous years in Paradise, the Sonoma County fires, and the Napa fires. Is it going to happen here? I know that we are much better prepared than in the past, but who knows?



We have multiple warning systems and communication systems in the Park. The Red Flag Warning is one of those very important warning systems.

How does it work for us?

The Novato Fire District in coordination with the Office of Emergency Services and the National Weather Service will make the decision.

If the preexisting conditions are at a level that they determine dangerous enough to declare a Red Flag Warning, they will notify us. The Novato Fire District will directly notify our Park management and MVEST of a Red Flag Warning condition. We MVEST volunteers will put up the red flags here in the Park.

What does that all mean to you?



■ **First**, you will have been formally notified to be prepared to evacuate if instructed to do so by the Novato Fire District, Police Dept. and/or Park Mgmt.



■ **Second**, exercise extreme caution with any fire ignition, which could occur even from any small spark—even reading glasses left out in the sun.



■ **Third**, anticipate PG&E cutting off all electrical power as a preemptive safety action. PG&E is very serious about being aggressive to best protect our communities from a firestorm caused by their equipment. Plan on PG&E cutting off our power this fire season!

Once the power is shut off, it may not come back on for several days to a week.

So we all need to plan ahead for having no electrical power in our homes this fire season. The governor of California is pushing for the pre-positioning of firefighting strike teams on Red Flag Warning days. PG&E has their hand on the power switch. The Novato Fire District is poised to respond. The preexisting conditions for a firestorm are constantly and intently being monitored by the professionals.

Are you ready?

On the next page is some very impressive research done by MVEST Steering Committee member Kevin Mulvany about situational awareness and what responsibility you have. ■

Summer PG&E Power Outages— Are You Prepared?

by KEVIN MULVANY

P G&E recently announced that they may turn off electrical power for up to several days during periods of high wind and/or high fire danger this summer, that is to say, any day now, moving forward. Since Marin County businesses and government agencies are gearing up to address this possibility, perhaps now is a good time for Park residents to do a little preparation as well. Marin Valley Emergency Safety Team (MVEST) volunteers have recently contacted a variety of entities that the Park interacts with to determine how a prolonged power outage to the Park and surrounding area might affect us.

The North Marin Water District, Marin Sanitary Service, and Las Gallinas Sanitary District have all reported that they WILL be able to continue providing **fresh water, garbage collection, and sewer service (toilets, et al.)** respectively during a power outage. Matt Greenberg has informed us that **our Park generator can keep the clubhouse operational for at least a week** without PG&E. Wells Fargo Bank says that though their ATM machines will be out of order, they should be able to handle small money transactions inside the bank itself. Finally, PG&E says that though they may have to cut our electrical supply for a period of time,



gas would still be available for stoves and gas-fired (not electric) hot water heaters. Lights, all electrical appliances, and, of course, your refrigerator and air-conditioner would be offline till power has been restored.

Phone service may not be reliable.

Moreover, **all restaurants, markets (including Safeway), motels, hotels, and gas stations lacking generators (which included all businesses contacted) would be without power to operate properly.** Services situated outside the area experiencing a power outage may be

swamped with folks fleeing the area temporarily.

Though MVEST volunteers throughout the Park may be activated to help Park management and maintenance staff deal with a prolonged outage, the better prepared we all are to handle problems ourselves, or together with our neighbors and friends, the fewer issues will have to be sorted out at the last minute with our hair standing on end.

Further information can be found at www.pge.com/wildfiresafety and prepareforpowerdown.com/. ■

What can you do to minimize any inconvenience if the juice gets cut off?

- Now is a great time to **stock up** on some canned food supplies and bottled water (one gallon per day minimum per person) to last from five to seven days. (The food in your refrigerators and freezers will only last a few days at best before it begins to deteriorate.)
- Be sure you have a good **flashlight/radio and batteries** for same.
- Since your gas stove electric lighter will not work, some **extra-long wooden matches** will be handy to light the stove burners safely.
- **Talk** over the possibility of a power outage with your Park friends and neighbors so you can reassure each other that together you can work out most problems that arise if need be.
- Keep your car's **gas tank at least half full** of fuel at all times (gasoline pumps don't work without electricity) so you can hit the road if need be.
- Keep enough **ready cash in small denominations** (coins, \$1, \$5, \$10, etc.) so you can use exact change for purchases in businesses that manage to remain open.
- Most importantly, if you have **medicines that need refrigeration** or medical devices that need electricity to operate, look into how you are going to deal with a prolonged power outage. (The clubhouse or neighbors with generators may be able to offer some help in this regard.)

MAR VAL

Message from Mar Val

Dear Friends,

By the time you receive this month's *Echo*, you will no doubt be looking forward to the **4th of July celebration** (reservation deadline is Monday, July 1). We will once again be treated to the musical talents of our own Brynda Foster along with the Tempos.

As the denizens of Friday night Pub are aware, from time to time we

schedule a "special dinner" for which reservations are required. This year's **Pasta Pub Night** will take place on Friday, July 26 with a reservation deadline of Wednesday, July 24. All the menu choices have not been finalized at this time, but they will be available at the reservation box in the clubhouse.

On Wednesday, June 12, 2019, Mar Val held its annual general meeting, which

includes the appointment of the Board of Directors for the coming year. I am pleased to confirm the current Board was voted in for an additional year, and therefore, the 2019/2020 Board remains as indicated on page 2 of this *Echo*.

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 415-370-6403

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 _____ at \$15 ea. # guests attending _____ at \$15 ea. Check for \$_____ enclosed. (NO CASH)
 Reservation deadline is **July 1 at 5 pm** or when 120 reservations have been received.

PASTA PUB NIGHT

Friday, July 26
Dinner 5:30 pm

Pasta with choice of sauces
Salad • Garlic Bread

\$5. Reservation deadline:
 July 24 or when
 100 reservations
 have been received.

PASTA PUB NIGHT JULY 26 RESERVATION FORM

RESIDENT _____ RESIDENT _____
 GUEST _____ GUEST _____

residents attending _____ at \$5 ea. # guests attending _____ at \$5 ea.

Check for \$_____ is enclosed. (NO CASH)

Reservation deadline: July 24 at 5 pm or when 100 reservations have been received. For questions call Carolyn Corry at 415-370-6403.



Home Owners League Message



HOL-Sponsored Garage Sale—a great success for those who participated. And, the extra traffic was not significant for that time frame; thus, it did not negatively impact the rest of the Park. The participants were pleased with the extra cash and clearing out a lot of stuff from their homes and carports. Not only that, many residents walked around and talked to their neighbors and bought things, increasing our community-building efforts. If you have suggestions that could even make it better, or problems you encountered during the event, please leave them in the HOL suggestion box next to our bulletin board.

New Printer We heard you! Many of you who use the computers and printers have been unhappy with our printers. HOL is buying a new one for the library. It will be bigger, faster, with more features, and we will be buying a “Protection and Tech Help” contract to take care of any problems. Look forward to seeing it soon.

Cannabis Discussion Mark your calendars for the next event about the use of cannabis for the elderly. Marin Gardens will be in the ballroom Tuesday, August 13, at 2-4 pm. Yvonne Devine is the event planner, so please refer any thoughts to her.

Bingo! Thanks to the Bingo sponsors for a \$100 donation. HOL saw the need and bought a new banner for Friday-night Bingo, and they gave us this donation as thanks. The donation was above and beyond the banner cost!

HOL Donation Drive Our yearly drive asking for voluntary donations to continue our work usually occurs in July. We are delaying this till August this year since many of us will be out of town at various times during July. Look forward to a flyer and donation envelopes in the tubes in August.

Fragrance Free Should HOL events be “fragrance free?” Input needed. Put suggestions in the suggestion box next to the HOL bulletin board. **NOTE:** The next Biography Night participants on Thursday, June 27 at 6:30 pm request that it be free from fragrances.

Next HOL Meeting is Wednesday, July 17 at 6 pm in the Fireside Room. Please join us.

Janie Klimes-Crocker

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



HOL COMMUNITY PRESENTATIONS

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

FILM
NIGHT

The Royal Tenenbaums

NOTE—No film July 4

Thursday • July 18 • 7 pm

Comedy, Drama (2001) 1 hr 50 mins

Director Wes Anderson

Writers Wes Anderson, Owen Wilson

Starring Gene Hackman, Gwyneth Paltrow, Anjelica Huston, Ben Stiller, Owen Wilson, Bill Murray, Danny Glover, Alec Baldwin, Luke Wilson **Oscar** Nominated—Best Original Screenplay **Golden Globe** Gene Hackman—Best Actor/Musical or Comedy



Watch for a melancholy comedy that uses a delicately balanced ensemble to affirm its family values. In director Wes Anderson’s hands, the Tenenbaum family is a complex organism of many different parts, each dealing with acute sources of pain and disappointment, but coalescing beautifully under one roof. Ben Stiller, Gwyneth Paltrow, and Luke Wilson are all funny and brittle as failed business, drama, and tennis prodigies, respectively, and Owen Wilson, Bill Murray, Anjelica Huston, and Danny Glover deepen a cast full of concise but memorable contributions. But it’s Gene Hackman’s rascally chaos agent Royal, the family patriarch, that gives the film its heart. Royal’s determination to bring his broken family back together is heroic, even if he’s always been the one wielding the hammer. ■

Keep Just 1 Hour and The Buddy System in Mind

by RAY SCHNEIDER

Just 1 Hour

is a program under the auspices of HOL that provides assistance for residents who are unable to perform certain tasks that take only an hour or less to do. The various tasks that resident volunteers are able and willing to help with include:

- | | | |
|-----------------------|-----------------------|-----------------------|
| COMPUTER ISSUES | LETTER WRITING | RX refills and pickup |
| ELECTRONICS | MEALS—light | SHOPPING / ERRANDS— |
| EMOTIONAL/CRISIS CARE | MEDITATION | TEACHING / TUTORING |
| ERRANDS | OFFICE HELP | TRASH TAKE OUT/IN— |
| GARDENING | ORGANIZING | Sundays/Mondays |
| HANDYMAN | PET CARE—occasional | TV ISSUES |
| HAULING—light stuff | PHONE CALLS—incl. Rx | VISITING |
| HOUSEWORK—light | PLANT CARE—occasional | WALKING THE DOG— |
| LAUNDRY / IRONING / | READING | occasional |
| SEWING / MENDING | RIDES | YARD WORK—light |

If you need someone to help you with any of the above tasks, call Ray Schneider at 415-883-4182.

The Buddy System

is another program under the auspices of HOL whereby neighbors and/or friends keep track of one another on a regular, even daily, basis so that in case someone falls, for example, and

is unable to get up, their buddy will know something is wrong and render or summon help.

Even if you do not want to be a buddy, please fill out the buddy form—available from Ray Schneider at

415-883-4182 and on our website at www.marinvalley.net/forms—with your name only, and give it to Matt in the clubhouse. This will enable us to know that most residents have indicated their choice. ■



Biography Night

Lorna Sass



Mark Crocker

Thursday - JUNE 27 - 6:30 pm

NOTE DATE CHANGE



by KIM HOLSCHER

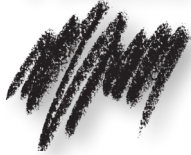
Please note that Biography Night will be held on different days and times according to the availability of the speakers. The June event has been changed from Tuesday June 25 to Thursday June 27.

Please come THURSDAY, JUNE 27 to the Fireside Room from 6:30 to 8 pm to hear Lorna Sass and Mark (Alfred) Crocker.

(NOTE—This event is FRAGRANCE FREE).

In July join Carol-Joy Harris and Kathleen Dargie Thursday, July 25. 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 ■

ART IN THE PARK



by **SUZIE LAHR**

The thriving art community here in Marin Valley wishes to thank you for supporting us in our creative endeavors. Our common goal is to bring beauty and pleasure to all of us in Marin Valley. We will be taking a month off in July to enjoy our glorious summer, but stay tuned as several new artists and poets have joined us and we will be installing a new Marin Valley Galley exhibit in September. We will then be inviting all residents to Marin Valley's second art and wine reception in October for you to enjoy an afternoon of food and wine and meet our many artists in person. In the meantime, enjoy these local art events that are happening nearby:



Marin MOCA

500 Palm Drive—Hamilton
Summer National Juried Exhibit
June 15–August 4 Open Wed–Sun

Marin Civic Center

Main County Fair — July 3–7
Marin Veterans' Memorial Auditorium
Fine Arts Exhibit 11am–11pm

Marin Community Foundation

5 Hamilton Landing
Altered States June 26–October 18

Berkeley Art Museum

2155 Center St., Berkeley
Hans Hofmann: The Nature of Abstraction
Through July 21

Gallery Route One—Pt. Reyes Station

All In: Artist Members Annual Exhibition
Through July 28; daily except Tuesdays ■

Quest for Vibrant Health

2019

with **JOHN HANSEN** and **MEG JORDAN**

We're presenting this course differently this year—in a series of eight modules.

Each module will include a video episode to be aired each week, starting July 5, followed by a face-time class at the clubhouse the following week, starting July 11. This sequence will be repeated for the next seven weekly modules.

We tend to have three primary modes of learning: visual, auditory, and kinesthetic (or hands-on)—so we'll use all three. Weekly videos will be information-rich, but you will have a week to view, review, and learn at your own pace. They will be published on YouTube, and links to the videos will be available on our website at marinvalley.net/organizations/hol-2/quest-for-vibrant-health/

As most of us don't naturally learn best "hands-on," weekly group sessions will include Q&A and discussions but will emphasize exercises, skills, techniques, working interactively, and as much support for one another as we can foster to help each of us on our personal journey to vibrant health. This way, each module will follow the familiar pattern: learn-apply-reinforce.

Vibrant health is a quest for personal growth that is inextricably linked to community health at multiple levels. The more community participation, the more complete the personal experience. So please join us, and bring your family, friends, and neighbors. Let's do this together.

New and past students are all welcome! ■



COMMUNITY DANCING

First Saturday of the Month • Saturday • July 6 • 7–9 pm

Dance Lesson with Michael and Mitzi 6:30 pm • Dance 7 pm

100 Marin Valley Drive • Clubhouse Ballroom

Michael Hagerty and Mitzi Kemp will teach "simplified swing dance" at 6:30–7 pm, just before the community dance at 7 pm. It's a fun and easy way to dance to the music we love, while being relaxed and having a good time—done alone or with others. And you will look good too!

DJ Charles Watson will be back to play '70s and '80s popular dance music—mostly soul and R&B, some reggae, funk, disco, and rock: *Pick Up the Pieces, Superstition, Could You Be Love, Let's Groove Tonight, Staying Alive, Disco Inferno, Ladies' Night*, etc.

All is free of charge and a lot of fun!

We meet the first Saturday of each month • Mark your calendars!

Bring family and friends ...

SEE YOU THERE!

Some of the Many, Almost-True Rumors About the Mother's Day Marin Valley Baby Goat

by FRANK "BULLDOG DRUMMOND" SIMPSON

As most in the Park observed, we had goats employed nibbling the grass and shrubs around our premises. They, and their dedicated Peruvian herder, Raoul, effectively reduced the fire danger for us grateful residents.

Many also know, or have heard, that one (or is it two?) of the female goats had a baby on the Thursday before Mother's Day. It happened when the large goat herd in its portable pen on the steep hillside was visible just outside the window below Janet Bogardus' art class. It came to the class's attention that one of the goats was having its baby right then and there, just outside the classroom. But after giving birth, instead of nursing her baby, Mom walked away and disappeared into the herd. Concern for the newborn babe ran high. Was the mother goat really abandoning her bleating newborn? After perhaps a half-hour of listening to the newborn's plaintive cries, Maggie Siegfried and Lisa Formichi, armed with a cardboard box and large towel, scaled down the treacherous hillside and carefully lifted and wrapped up the adorable little baby. With Maggie driving and the box-with-baby resting on Lisa's lap, they sped the baby to the field below the Park, to Raoul, who was overjoyed to see the new baby goat.

But some said, that earlier that afternoon another baby goat had been born, but it was stillborn. Was this but a rumor? Were there two mother goats? Or did both babies share this same mother?

It is less clear what happened next. One version of the story is that Raoul walked up the hill, cradling the baby in the box, and somehow found the mother goat among the throng of a hundred or more. He then attempted to unite mother and



PHOTOGRAPHS: LOUISE ERWIN

kid. But, despite his good intentions, the mother still refused to accept her child. So, this version goes, a while later Raoul drove the baby to the Marin Humane Society in Bel Marin Keys, where it was put up for adoption. Others suggest he took the baby to WildCare, others to the Sonoma Goat Rescue. (We called the Novato Humane Society, and they had no listing for a baby goat.)

But others disagree. According to them, what really happened was the couple who own the Goats-R-Us herd drove to Marin from Orinda. Upon arriving, they, with Raoul, attempted to reunite mother and kid in the field below the Park, near where Raoul was staying. But the mother still refused to nurse her baby. So the owners loaded mother and baby into their SUV and took both goats back to their Orinda ranch, in hopes of success. But, this version goes, the mother goat still would not accept her child, not even back at the ranch. So they took the newborn baby goat to a Humane Society near Orinda, perhaps to the shelter in Pleasant Hill, where it was placed for adoption. We were unable to reach the Pleasant Hill Humane Society.

Other eyewitness accounts of the incident state emphatically that after receiving news of the baby goat, Raoul

phoned his *patrón* at Goats-R-Us. Next, Raoul was able to find the mother goat among the large herd, apparently due to her still displaying the afterbirth. At about 8 pm, the owners, Terri and Egon Oyarzun of Goats-R-Us, arrived from Orinda. On the sidewalk outside the clubhouse, mother and baby were united. Finally the baby got to nurse, receiving at last the essential nutrients from Mom's colostrum! They then loaded mother and her newborn baby into their SUV and drove back to the Goats-R-Us Ranch, where mother and newborn now are living happily ever after.

So lead investigator "Bulldog Drummond" Simpson decided to dispel as many of these rumors as possible, assuming everyone has heard at least six versions of the story of the Mother's Day baby goat! He now has spoken with Eddie Waller, Cheri Dougherty, Maggie, Nancy Warfield, David Gray, and yes, even Terri at Goats-R-Us, in hopes of getting the story "straight from the goat's mouth," and you can decide for yourself which of these many rumors may be true....

Three days after Mother's Day, Terri said on the phone that one goat mother gave birth to twins. Her first was stillborn, and the second was rescued in a cardboard box by Maggie and Lisa. She

What Can I Do?

by ANITA FLANTZ and VICKI WADDELL



Getting to Zero Waste

Once a year, a few of us get together for lunch to wish our neighbor, Anita Flantz, farewell as she leaves for her summer residence in Wisconsin. On a gorgeous spring day, as we looked down at the churning ocean from the heights of the Fitzgerald Marine Reserve near Princeton-by-the-Sea, Anita told me about her quest to do all she can to get rid of plastic in her life. So I asked her how she got started, and here's what she had to say:

I usually have several projects going on at the same time. I stay active and interested in life, and where my health is concerned, I watch what I eat and try to walk 10,000 steps/day. Recently I decided to go the extra step and take on the health of our planet by doing my part to curb global warming.

Single-Use Plastic

After walking about my home, I started my new project by replacing single-use plastic bags from the grocery store with veggie fabric bags. I like the ones you can get from earthjunky.com and Biotrade. The bags are labeled with a tare weight; thus, no additional charge is made for any extra weight of the bags when you shop, for example, at Trader Joe's or Safeway. In addition, I buy from Rollin' Root and use my own bags.

When grocery shopping, I try to avoid anything that is wrapped in plastic. For instance, I buy tomatoes on the-vine as opposed to the tomatoes that come in plastic trays. Also, I use disposable pods for the dishwasher and dropps (dropps.com) in my washing machine.

I found all sorts of ideas on Amazon. Wegreeco.com has very cute sandwich bags with Velcro straps—great for picnics. For families with babies, there are diaper pail liners, and for animal lovers, there are washable pet diapers. I also found silicon tops to put on my microwavable dishes, bamboo toothbrushes, and dental floss refills. Facebook is also a great source of information.

I've also ordered toothpaste tablets from bitetoothpaste.com and dental floss in a refillable glass container from dentallace.com. Companies like ethiquebeauty.com and Silver Falls Sustainability Co. at sfsustainable.com sell shampoo and conditioner bars, and cleancult.com offers household cleaning products in plastic containers refilled from a cardboard container similar to a milk carton.

Recycled Paper Products

Before Anita left on her summer sojourn, she gave me a suitable gift to get me started on my quest to save the environment: a roll of 3-ply, recycled

toilet paper from whogivesacrap.com. To avoid sounding like the Charmin bear commercial on TV, I must admit it's very soft, and better yet, 50% of this company's profits are donated to providing commodes in Africa.

Straws

Here's another company that uses a bit of humor to sell their product while doing their part to save the environment: finalstraw.com. Did you know that Americans use 500 million straws a day? This company is dedicated to creating reusable, responsibly made products. They started out manufacturing a portable, collapsible, and reusable metal straw that according to its founder is "the greatest advancement in sucking technology"! Google it. It's cute, comes in various colors, and attaches to your key chain.

Now, one more word from Anita: "Every time you go to the beach, pick up three pieces of plastic."

And one more word from Vicki: If you have a story to tell and/or advice to share on helping the environment one footprint at a time, we encourage you to put on your "green cape" and share your experience with your neighbors via the *Echo*—What Can I Do? ■

said that the behavior of this mother goat is not unusual, and is in fact normal, and not to worry. Terri also said that it is very difficult to tell whether a female goat is pregnant, since their shapes are so varied.

So another birth could happen among the herd, unexpectedly, at any time this summer. When someone notices a newly born goat baby, she recommends leaving the baby alone and simply informing

the goat herder as best you can. Terri explained that Goats-R-Us keeps and cares for all of their many goats for life, and never sells or gives any away. By the way, it's a little boy! ■

New Neighbors

by SHAREEN AKROOSH



PHOTOGRAPHS: SHAREEN AKROOSH

Meet Michale Dancer and Marty Gelman

Newly relocated here from Cortes Madera, it took a little while for Marty to get used to the idea of living in Novato after over 35 years in southern Marin. Those of us who have lived in Marin since the '60s and '70s will understand the hold the south county can have. Michale was a convert immediately, and Marty caught up in a very short time, and now they are both in agreement that this is the place to call their forever home.

It's the quiet, the lovely sounds of doves and quail, and the wonderland of animals passing by their fence

while they enjoy the peacefulness of their flower garden. It's exciting to them to have the time to get to know our exceptional community and to participate in the numerous activities available. Michale has always been active in her community and was an original member of the Cortes Madera Beautification Committee, where she designed the town sign.

I found our new neighbors Marty Gelman and Michale Dancer happy in the extreme to have found Marin Valley, with all the time in the world to putter, dance in their living room, and spend time with their eight grandchildren.

Marty and Michale are originally from the East Coast and have known one another since she was 13 and he 16. They always stayed in touch even as life separated them and they married and began families with other partners. After 15 years of physical separation, they reunited in 1981 when Marty made a welfare call to Michale, who was living in Santa Cruz during a devastating mudslide.

Both divorced, they were single parents of two children each. They blended their families, which included a goddaughter (16) whose mother, a friend of Michale's, had died. Already old friends, Marty and Michale were married and have spent the last 35+ years raising their family in a large Cortes Madera home. As their children grew up, married, and began lives of their own, they became empty nesters. About this time their numerous business involvements—which included Sierra Club sales, importing incense from India, a New York store specializing in vintage and unisex wear, a restaurant, a children's clothing store, working as director of interior design at Macy's San Francisco, and a 20-year partnership in a wholesale business selling to Gump's and the Smithsonian—were winding down, which made it a perfect time to sell their home and retire. But where?

Through friends they were introduced to our community, and the rest is history. We welcome you both to our neighborhood and to your new life here. ■

Hutton's Vireo

Article and Photography by DAVID GRAY



The Hutton's vireo (*Vireo huttoni*) is often mistaken for the ruby-crowned kinglet (*Regulus calendula*). I should know; as I was writing this article about my photographs of a ruby-crowned kinglet, something just felt ... off ... about my identification. Both the Hutton's vireo and the ruby-crowned kinglet have bright white circles around their eyes and white bars on their wings. They both have yellow edging on their wings, as well as yellow-tinged underbellies and a top coloring of olive. But in this case, the bill was too thick, the black bars on the wings below the secondaries were missing, and the legs were not the right color.

So off I went into my *Sibley Field Guide to Birds of Western North America*, and voilà, found the Hutton's vireo. *Sibley's* notes that the Hutton's vireo is "strikingly similar to the ruby-

crowned kinglet," so I feel a little better about my misidentification.

The Hutton's vireo is a very active little bird. It feeds on insects and spiders on the leaves of trees, so it is always flitting from one branch to the next hunting for food. The adults weigh 11 grams, or 0.4 ounces. Its wingspan is eight inches, and its overall length is five inches.

They are found year-round along the West Coast from southern British Columbia down to northern Baja as well as in the mountains of eastern Arizona and western New Mexico. They hang out with other small songbirds, and we have these little ones in our oak forests around our Park. Their range is much more constrained than that of the ruby-crowned kinglet, which is found across the USA from Alaska through Canada and also across Mexico.

The oldest known Hutton's vireo was a California bird that was banded and then recaptured, having an estimated life of nearly 14 years. Keep your eyes (and your bird books) open as the summer progresses. The results may be ... surprising!

I highly recommend the *Sibley Field Guide to Birds of Western North America*, written by David Allen Sibley and published by Knopf. Please consider patronizing local vendors such as Copperfield's Books in downtown Novato if you want a copy. When out in the field, I always have my iPhone and the app, "iBird Pro," which is an interactive field guide to birds. iBird Pro has features not available in books, such as playback of bird calls, and is much lighter and less bulky than a book. On the other hand, a book's batteries never die. *Chacun à son goût.* ■

SUNDAY June 30	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5	SATURDAY 6
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 5 PM  July 4th Dinner Reservation Deadline 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 <i>John Marino Fireside Room</i>	10-11AM Water Aerobics/Pool 11AM-1PM Whistlestop <i>call Roberta 415-883-0843</i> 11AM-12PM The Rollin' Root <i>Clubhouse Parking Lot</i> 12-2PM Craft and Chat <i>Library</i> 6PM PAC Meeting	 Mar Val July 4th Dinner 5 PM Cocktails 6 PM Dinner	10-11AM Water Aerobics <i>Pool</i> 4 PM Canasta <i>Fireside Room</i> 5PM Pub 	6-9PM Singing with Friends <i>Fireside Room</i>  COMMUNITY DANCE 6:30-7PM Dance Lessons 7-9PM Dance <i>Ballroom</i>
7	8	9	10	11	12	13
1PM Mahjong	6-8+AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Water Aerobics 6PM MVEST Meeting 6 PM Hello Housing Workshop/Ballroom 7:15 PM Poor Man's Poker ECHO DEADLINE	7AM Taiji 10AM Chair Yoga	10AM Water Aerobics 11AM Whistlestop 12PM Craft and Chat 6PM Mar Val Meeting	7-9:30AM Taiji <i>MacLam/Deck</i> 9:15AM QiGong <i>Dove</i> 11AM-12PM The Rollin' Root <i>Clubhouse Parking Lot</i> 3-4:30PM Draw On! <i>Bogardus Ballroom</i>	9-11:30AM FIRESafe <i>Marin Mtg Ballroom</i> 10AM Water Aerobics 4PM Canasta 5PM Pub 	
14	15	16	17	18	19	20
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  FULL MOON 2:38PM	10AM Water Aerobics 11AM Whistlestop 11AM Bridge / <i>Fireside Rm</i> 12PM Craft and Chat 2:30PM  <i>Readers' Theatre 5-506-1671</i> 6PM HOL Meeting	7AM Taiji 9:15AM QiGong 11AM The Rollin' Root 3PM Draw On! 7PM  Film Night THE ROYAL TENENBAUMS 	10AM Water Aerobics 4PM Canasta 5PM Pub 7PM  Game Night <i>Fireside Room</i> 7:15PM  Bingo	
21	22	23	24	25	26	27
1PM Mahjong 4PM Salon in the Park Love in Action <i>16 Scenic Dr.</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 9-NOON Rollin' Root Ambassador's Meeting <i>Ballroom</i> 10AM Chair Yoga	10AM Water Aerobics 11AM Whistlestop 12PM Craft and Chat 5 PM  Pasta Pub Dinner Reservation Deadline	7AM Taiji 9:15AM QiGong 11AM The Rollin' Root 3PM Draw On! 6:30PM  Biography Night <i>Fireside Room</i>	10AM Water Aerobics 4PM Canasta 5PM Pub  Mar Val Pasta Pub Dinner 5:30PM Dinner 	
28	29	30	31	<h1>JULY 2019</h1>		
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	10AM Water Aerobics 11AM Whistlestop 11:15AM Craft and Chat 4:30PM Book Club <i>call Julia 415-883-7823</i>			