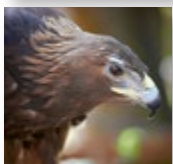


T H E
ECHO

OCTOBER 2019

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Letters to the Editor

Small Dog Grooming in Exchange for Park Donation

Resident Betty Cianciarulo has been a certified dog groomer since 1998. In those days she lived in Greenbrae near an RV campground, where she worked on dogs from all over the country. Her passion has always been dog grooming.

I got to know Betty when I volunteered to help her out with some computer issues through Just One Hour. I didn't anticipate any repayment beyond the fun of meeting my new neighbor, but Betty offered to groom our Silky Terrier Joey, and I gratefully accepted!

Silky Terriers originated in Australia, a cross between Yorkshire Terriers and the larger Australian Terriers. These days Yorkies star in movies like *Legally Blonde*, carried around in purses by fashionable movie stars, but they were bred to roam the English highlands all day alone killing rats and other vermin. Their small size and long noses enabled them to go right down burrows in pursuit of rodents.

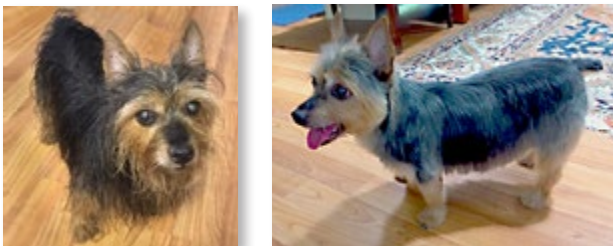
Although bred as pets, Silkies retain the fierce temperament, independence, and iron will of the Yorkies. If you see Joey on a walk, he is likely to be recklessly barking at much bigger dogs. Our first Silky Terrier suffered a sprained shoulder after attacking a pet wolf (luckily still a puppy.)

Like Yorkies, Silky Terriers are prized for their long, flowing coat, much like human hair; however, recently Joey, who is now fourteen, is having more and more trouble getting up hills in the hot weather. I asked Betty about giving him his first-ever haircut, and she told me she grooms small dogs of Park residents for free in exchange for whatever donation they choose to give to Marin Valley resident organizations.

Here are before and after pictures of Joey with his new haircut. We dropped off a donation in Betty's honor at the clubhouse for Mar Val.

Thank you, Betty!

Nancy Warfield

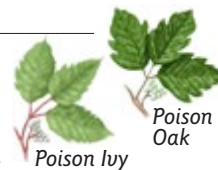


LEFT TO RIGHT before and after Joey's haircut.

How to Prevent Poison Ivy

<https://biggeekdad.com/2015/07/how-to-prevent-poison-ivy/>

Tom Bowlin



Directory Update

New Residents

Alexandra Joulibert

Richard Selby (son)

197 Marin Valley Drive

415-472-1269

415-971-9993 cell

natashajoulibert@gmail.com

SAVE THE DATES

Both Marin Valley residents, Kamala Allen will present Marshall Rosenberg's Nonviolent Communication on **Tuesday, November 12, 3-5 pm**, and Marshall Krause, who has taught about the U.S. Supreme Court at various universities for over 10 years and has argued numerous cases before the Court, will speak and answer questions about it **Thursday, November 14, 7 pm**.

THE
ECHO
OCTOBER 2019

MARIN VALLEY
MOBILE COUNTRY CLUB

100 MARIN VALLEY DRIVE
NOVATO, CA 94949

415-883-5911 / 415-883-1971 FAX

www.marinvalley.net

EDITOR/DESIGNER Erma Wheatley

COPY EDITOR Mary Barbosa

PROOFREADING

Mary Barbosa, Carol-Joy Harris, Anila Manning

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www.mobilehomeboard.com

MARIN VALLEY

GENERAL MANAGER Matt Greenberg
gm.mvmcc@gmail.com

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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*).

Management Update

Letter to Residents

October 2019

Removing Fire-Prone Plants

Fire abatement work is ongoing to remove fire-prone material on the lots of residents who are participating in the Fire-Prone Plant Removal Program. If you have interest in participating or receiving info, contact Matt at the front desk. We will provide you with an authorization page to sign, but only for a limited time. This is at no cost to the resident. Help make Marin Valley fire safe.

Pets

Please keep all pets indoors unless on a leash or out for a walk. Please do not leave your dog unattended as he or she will bark or cry for you and disturb your neighbors.

Retaining Walls

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

Laundry Room Upgrade

The long-overdue laundry room project has had the first phase completed with new fireproof siding and new windows. We intend to replace the floor next year.

New 15-mph Street Signs

Management has received a work order from Novato Public Works to install new 15 mph street signs throughout the Park where designated on the map below. When we receive the signs, we will begin to install them.

Management appreciates your cooperation for all Park rules and cautious driving in our community.


Matt Greenberg

GENERAL MANAGER
gm.mvmcc@gmail.com

415-883-5911 ■ 415-883-1971 Fax

● 2 signs (20-mph) to be removed.

● 9 new "R2" (15 mph) signs – 24" x 30" panel size

Exact location of sign placement to be determined in the field.



Greetings from the PAC Board.

Finances

Our finances are in order. The debt service coverage, year to date, on the bank loan which refinanced the original bond issuance for the purchase of MVMCC, is 2.55, well above the required 2.0. This was at end of July 2019. Our cash, plus medium- and long-term reserves are close to 5 and a half million dollars.

New Budget Implementation

Matt Greenberg is in full implementation of this fiscal year's budget that began in July. See Matt's Management Update for progress.

Fire Season

The fire season is upon us. Please heed MVEST's recommendations for your and your neighbors' safety. John Feld has organized an Insurance Fair on October 5 at the clubhouse. You will be able to ask questions of experts and also discuss with providers your insurance needs to better protect your homes in the event of a disaster, whether it be fire or earthquake or water damage.

At the Park

There are always ongoing activities concerning PAC's MVEST, HOL, and Mar Val reported on elsewhere in the *Echo*. I urge you to investigate and participate in these resident activities.

The agendas for the coming PAC meetings are posted 72 hours before the meetings in the clubhouse. The next Board meeting will be October 2.

In service,



Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com





MVEST Events

MVEST is exploring how hard it is to evacuate the Park in an emergency—before a real emergency happens, especially if it is citywide and the fire and police departments are otherwise dispatched. We are working with the Zone Chiefs, Block Captains,

and volunteers to organize an emergency evacuation drill on **Saturday, November 16** so we can all experience what is needed and for each of us to get a body memory of what to do in just a few minutes—without the stress of a real emergency, which can take over normal thinking.

We hope you can all attend the Insurance Fair on **Saturday, October 5**. A number of expert insurance professionals will be here to address home insurance issues and to answer your questions. Local insurance brokers will also be available.

Grab-and-Go Bag Supplies for Emergency Evacuations

Now that it is fire season, below are additional suggestions for your grab-and-go bag.

by **PAM BERKON**

Take your grab-and-go, which should include:

N-95 masks
Extra set of car and house keys
Bandanna
Goggles
Maps of where you have made plans to evacuate to out of the area
Change of clothes
Prescription medications
List of RX meds
Comfortable shoes and socks
Sleeping bag, blankets
Flashlights and extra batteries
Cash
Toothbrush, toothpaste, floss
Needle and thread
Eyeglass fix-it kit
Chargers
List of contacts
Copies of important documents
Backup hard drives
Valuables

SANITARY SUPPLIES

Plastic bags—large and thick, medium, and small
Toilet paper, paper towels
Handi Wipes, hand soap, hand sanitizer
Tissues
Rubber gloves
Leather gloves
Tarp or plastic sheet
Twist ties

FIRST-AID KIT

Dressings—Band-Aids, ACE™ bandages, butterfly bandages, rolled gauze
Q-Tips®
Hydrogen peroxide
Antibiotic ointment
Antacids
Aspirin
Diarrhea medicine
Vinyl gloves
Tweezers
Alcohol swabs
Sunscreen lotion
Small scissors
Instant cold packs
First-aid book

EMERGENCY FOOD

5-7 days

Keep a list of the food items and expiration dates taped to the back of a kitchen cupboard door so items can be replaced before they expire.

- Handheld can opener, plastic soup bowl and tumbler for each person, plastic utensils
- Foil, plastic baggies, paper plates
- Canned fruits, vegetables, pasta, dried fruits, dry cereal, granola bars, canned salt-free nuts, peanut butter, canned meats—e.g., tuna, sardines, salmon—and fruit or vegetable juices, preferably low-salt
- 1 gallon of water for each person for each day, 3–5 days minimum

TOOLS

Wrench
Rope —½"
Duct tape
Broom
Axe
Multiple flashlights and extra batteries
Portable radio
Fire extinguisher (ABC)
Pen knife

PERSONAL ITEMS

(use an old suitcase on wheels, if possible)
Extra clothes, jackets (pillowcases can be filled with towels or clothing as pillows), towels, blankets, comfortable shoes, tarp

PETS AND THEIR SUPPLIES

AND ...

Deck of cards
Board games

LOOK FOR RED FLAG DAYS

Sign up for warnings at www.alertmarin.org, www.ready.gov call 1-800-BEREADEY. ■



MVEST INSURANCE FAIR

Saturday, October 5, 2019 ■ 9:30 AM – 2 PM

Home Insurance for Mobile and Manufactured Homes

Hear from Insurance Specialists What You Need to Know

Ask the Experts, including:

- How do I determine how much insurance I need?
- What happens when my insurance company won't cover all my replacement costs?
- Does home insurance or car insurance pay for my car that is destroyed in my carport?
- If a fire happens elsewhere in the Park as a result of an earthquake and spreads to my house, does my home insurance cover my house or do I have to pay the earthquake deductible for earthquake insurance?
- How do we properly document our home and possessions if case of a total loss?
- If someone else causes damage to my home, who is responsible for paying the deductible?....

Janet Ruiz

Director of Strategic Communication, Insurance Information Institute

Tables for Local Brokers and Agents

Emily Rogan

COO and Director of Prevention, United Policyholders

Complimentary Lunch

Don Lesser

Attorney and Consultant, Lesser Law Group Insurance

FREE Admission

Dale Kline

Operations Mgr., Sutter Insurance Co. (Petaluma)

Marin Valley Mobile Country Club

100 Marin Valley Drive

Novato, CA 94949

Kevin Boland

HOA Specialist, Farmers Insurance



Sponsored by MVEST—Marin Valley Emergency Safety Team

MAR VAL

Message from Mar Val

Dear Friends,

Mar Val is delighted to announce that we have once again reached that exciting time of year when details of the Black Cat/Halloween party are disclosed. This year the gala will be held on **Saturday, October 26, beginning at 5 pm.**

Please refer to the list of items that cannot be accepted for sale as well as

contact telephone numbers if you are willing to volunteer as a salesperson, cashier, or baker for the now eagerly anticipated "Bakery Boutique."

The Black Cat event also offers a delicious lasagna dinner (reservation cutoff Wednesday, October 23), a Halloween costume contest with cash prizes for best costume in three categories, and a 50/50 raffle that entitles one lucky winner to a jackpot

of half the total dollars realized from ticket sales.

Since this event is Mar Val's only fundraiser each year, we are truly grateful for your support.

With warmest regards,



Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com

MAR VAL PRESENTS

BLACK CAT

OCTOBER 26, 2019 • DINNER 5 PM

M E N U

Lasagna (meat or vegetarian)

Salad • Garlic Bread

Desserts may be purchased from the famous Bakery Boutique

\$15 per person

Reservation deadline – October 23 at 5 pm or when 100 reservations have been received. Questions — call Carolyn Corry at 415-370-6403.



Mar Val Black Cat Dinner Reservation Form

RESIDENT _____

Please circle entrée choice

Meat Lasagna Vegetarian Lasagna

RESIDENT _____

Meat Lasagna Vegetarian Lasagna

GUEST _____

Meat Lasagna Vegetarian Lasagna

GUEST _____

Meat Lasagna Vegetarian Lasagna

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

Guests attending ____ at \$15 per person

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

Reservation deadline is **October 23 at 5 pm** or when 100 reservations have been received.

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

BLACK CAT
Boutique Rummage Sale

Saturday, October 26 ■ Shopping and Bar 5 pm

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

Donations

Donations will be accepted beginning October 15. Please drop off your treasures in the ballroom on the tables in front of the stage. We appreciate your cooperation in dropping off clean items. If you have any questions about your donation or would like to meet with Sandee Duncan, please contact her at 415-883-3034.

We CANNOT accept the following:

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

NOTE: Security cameras will provide surveillance for items left in the ballroom.

Costumes Dust off your Halloween costume and join the fun.

This is your chance to discover a treasure you have always wanted.

VOLUNTEERS

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

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

Thank you — the Mar Val Board!

MAR VAL
OCTOBER

▪ PUB ▪
NOTICE



**NO PUB on
Friday, October 25**

The ballroom
will be closed
to facilitate setup
for the

BLACK CAT
Saturday, October 26



HOL Home Owners League Message



Computer and Printer—The new computer has not been purchased yet, but hopefully it will happen this month. The new cabinet for the new printer is now in use. Thank you, **Jack Travis**, for putting it together!

HOL Donation Drive—Thanks to everyone for your yearly donations! You can turn these donations in all year long, so no worries if you haven't participated yet. Just put them in the cubbyhole next to the HOL bulletin board or give them to Matt. And thanks for all the positive comments about HOL work. All our volunteers appreciate hearing good things. Ice Cream Social: We had a great turnout from the community and, thanks to Ed Collins, a lot of ice cream and other goodies. It was a wonderful opportunity for the HOL Board to be introduced to those who do not know us. We got good input and suggestions for things to do in the coming year. BTW, if you didn't come because of the menu, there were plenty of healthier options available. Next time, we will be sure to advertise this fact.

City Council Candidates—**Saturday, October 12 at 10 am** in the ballroom City Council candidates Melissa Galliani, Marie Hoch, and Amy Peele will be available for short speeches and a Q&A. Thank you, **Lucille Allison** for suggesting, and **Yvonne Devine** for taking on the job of setting it up.

Work That Connects—"Elders in Action" group with Constance Washburn will be in the **Fireside Room Thursday, October 24, 6:30-8 pm**. See page 12. Thanks to **Tenaya Asan** for being the event planner for this exciting program.

Lost and Found—HOL purchased two boxes to serve as lost and found. The lost-and-found box presently in the library is exclusively for eyeglasses. One of the new boxes will be outside in the pool area. Any items left out at the end of the day will be placed in there as well as any items left in the locker room. The second box will be inside the clubhouse, the location yet to be decided. Both will be clearly marked "Lost and Found."

Ladies' Locker Room—Look for a new sign in the ladies' locker room saying: *You may lock your belongings in the locker while using the gym or pool. You must remove the lock and your belongings when you leave. Items left in unlocked lockers will be placed in the Lost and Found. Locks left overnight will be removed.*

You are not allowed to keep belongings locked up in the locker room for future use. The top lockers will be designated for the handicapped. Look for more hooks to hang things and better benches in the future. Thanks to **Matt, Sandee Duncan**, and **Kamala Allen** for participating in this committee.

Flyer Walkers—Thanks to everyone who helps distribute events flyers. If you would like to help with this task, email me at janieklimes1948@gmail.com.

Janie Klimes-Crocker

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



LEFT TO RIGHT – the new HOL Board introduced at the Ice Cream Social: Ed Collins, 1st Vice President; Janie Crocker, President; Yvonne Devine, 2nd Vice President; Kamala Allen, Secretary; and Tara Plocher, Treasurer.



COMMUNITY DANCING

First Saturday of the Month • 6:30-9 pm

Line Dancing and MOTOWN

Come dance **Saturday, October 5,**
6:30-9 pm in the ballroom.

Janet Shouldis will lead us with line dancing videos, 6:30-7 pm. Then Charles Watson will be spinning the hits, and we'll be dancing to the oldies!

MOTOWN MOTOWN MOTOWN

and '60's, '70s, and '80s rhythm and blues. All are welcome to dance or just hang out with the music.



FILM
NIGHT

HOL COMMUNITY PRESENTATIONS

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

Chinatown

Drama, Mystery & Suspense (1974) 2 hrs 10 min

Thursday • October 3 • 7 pm

Director Roman Polanski

Starring Jack Nicholson, Faye Dunaway, John Huston, Diane Ladd, Roman Polanski
Oscars Best Screenplay **Oscar Nominee** Best Picture; Best Actor, Jack Nicholson; Best Actress, Faye Dunaway

Golden Globes Best Motion Picture; Best Actor, Jack Nicholson; Best Screenplay

A private detective hired to investigate an adultery case stumbles on the plot of a murder and the privatization of water through government corruption, land use, and real estate. If he doesn't drop the case at once, he faces threats of legal action. Pursuing it anyway, he slowly uncovers a vast conspiracy.



The World's Fastest Indian

Action, Adventure (2005) 2 hrs 7 min

Thursday • October 17 • 7 pm

Director Roger Donaldson

Starring Anthony Hopkins, Diane Ladd

11 awards; 6 nominations


The true story of a man who never gave up on his dream of doing something big—and doing it very fast. Born in New Zealand, from childhood Burt Munro had a passion for machines that moved fast. At 21 he bought his first motorcycle—a 1920 Indian. After years rebuilding it, in 1967 Munro decided it was time to prove to himself and the world just what he and his machine could do and set out to break the world's land speed record at Bonneville Salt Flats. Arriving at Bonneville, he was told his machine was unsafe and that he was too old to ride. But ride he did. ■



Irv Katz



Gail Roberts



Biography Night



Karin Mortensen



Dick Park

On **Thursday, September 26** come to the Fireside Room from 6:30 to 8 pm to hear Irv Katz and Gail Roberts.

On **Wednesday, October 23** join Dick Park and Karin Mortensen from 6:30 to 8 pm.

Speak about YOUR life for 20 minutes to an appreciative audience. Contact Kim Holscher, kimholscher51@gmail.com

N O T E : This event is FRAGRANCE FREE

ART IN THE PARK



by **SUZIE LAHR**



Our Fall Art and Wine Reception, “Creative Conceptions” Sunday, October 13, 3-5 pm

will give you the opportunity to enjoy an afternoon for meeting our talented resident artists and seeing what we have created on our clubhouse walls for your visual pleasure.

Fall is officially upon us and the Marin Valley artists want to invite and celebrate with you, our fellow residents, neighbors, and guests to enjoy the recent installation in the Marin Valley Gallery at our clubhouse. We will be hosting this event in honor of you for the wonderful community appreciation and support we have received in the past six years of being involved in Art in the Park.

Creativity is joy, something we all have in one way or another. One just needs to open up to the world—with focus on the beauty and wonder surrounding us and that is inside us—without judgment or comparison. To just be with what is in the moment with any one of our senses—the ears, the eyes, the nose, the mouth, and especially the heart. With any or all of these we can all just let go and discover that creativity is there. Creativity instills total focus in the moment, not a few minutes or days ago nor what will happen tonight or tomorrow. Just be in the moment in deep concentration and let go of what is happening in our challenging world while you create. As our guests on October 13, come celebrate and be with the creative magic.

Bartolini Gallery

Civic Center Drive (Enter behind Showcase Theater and Exhibit Hall)

“Dia de los Muertos—Transformations”
Oct. 15–Nov. 20: M–F, 9–5 pm

Marin MOCA

500 Palm Drive—Hamilton

“50 Faces”—Contemporary mosaic artwork of Northern California luminaries from Scuola Mosaicisti del Friuli, Italy

Through November 10: W–Sun; \$10/\$8

Marin Community Foundation

5 Hamilton Landing—Hangar 5
Altered States

Through Oct. 18: M–F, 9–5 pm

Petaluma Art Center

230 Lakeville St. (take SMART to the door)

“2019 PAC Member Exhibition”

Through November 2 ■



New gallery exhibit selections ABOVE CLOCKWISE: *Brilliance*, Suzie Lahr; *Imminent*, Erma Wheatley; *South Bank Sentinel*, Janet Bogardus. LEFT TO RIGHT, page 11: *Dragon’s Breath*, Serena D’Arcy; *Morning Commute*, Jane Heaphy; *Little Strength*, Cecily Greenberg (Matt’s daughter).



Deep Wellness—Getting Back on Track to Being Human

Wellness in the Park—Exploring the Roots of Wellness with John (Jack) Travis, MD

by **JACK TRAVIS**

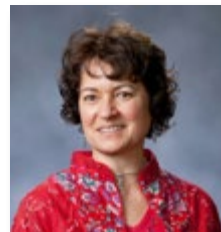
Thursday, October 10 • 7-8:30 pm • Fireside Room

We have much to learn about our cultural blinders, which have misled us into the majority of crises facing us today. Enculturation begins in the womb, escalates with birth, and is pretty well indelibly imprinted by age five. In the same ways that a fish is unaware of water, we're largely unaware of how our culture controls most of our actions.

As we start to take off the blinders to our own culture, painful though it may feel, we can begin to reduce its effect on future generations (our own grandchildren and great-grandchildren), and increase the wellness of future generations. Simultaneously we can begin to expand our worldview.

We can learn a great deal from so-called “primitive” cultures by exploring the profoundly important roots of wellness (or its absence). These roots are first revealed in how we experience

the world as babies—especially by how medicalized birthing practices profoundly disconnect us at a crucial bonding point. From there, few of us experience the deeply nurturing “nest” provided by most other mammalian species. This has lifelong consequences. Far from being savages, many of these cultures reveal that their members are closer to their own humanity than we are. They exhibit cooperation and compassion—the essential forms of intelligence needed to make a world that works for everyone—far more than we do.



We'll begin with a video presentation (tinyurl.com/jwtdarcia) of Dr. Darcia Narvaez's mind-opening look at some of these cultures followed by a lively discussion of applying these ideals.

Getting Back on Track to Being Human*

Cooperation and compassion are forms of intelligence. Their lack is an indication of ongoing stress or toxic stress during development that undermined the usual growth of compassion capacities.

Though it is hard to face at first awareness, humans in the dominant culture tend to be pretty unintelligent compared to those from societies that existed sustainably for thousands, sometimes tens of thousands, of years.

Whereas in sustainable societies everyone must learn to cooperate with earth's systems to survive and thrive, in the

dominant culture this is no longer the case. Now due to technological advances that do not take into account the long-term welfare of earth systems, humans have become “free riders” until these systems collapse from abuse or misuse.

The dominant human culture, a “weed species,” has come to devastate planetary ecosystems in a matter of centuries. What do we do to return ourselves to living as earth creatures, as one species among many in community?

Humanity needs to restore lost capacities—relational attunement and

communal imagination—whose loss occurs primarily in cultures dominated by child-raising practices and ways of thinking that undermine cooperative companionship and a sense of partnership that otherwise develops from the beginning of life.

To plant the seeds of cooperation, democracy, and partnership, we need to provide the evolved nest to children, and facilitate the development of ecological attachment to their landscape. This will take efforts at the individual, policy, and institutional levels. ■

*Abstract of a recent publication by Darcia Narvaez, PhD, Univ. of Notre Dame (Indiana): *Interdisciplinary Journal of Partnership Studies* 4(1), 2017. <https://pubs.lib.umn.edu/index.php/ijps/article/view/151>

Elders in Action –

An Interactive Evening with Constance Washburn

Thursday, October 24 • 6:30–8 pm • Fireside Room

by TENAYA ASAN

A while back, in discussions at our monthly salon, I noticed that the topic often came around to the many crises we face in our world today, accompanied by a sense of powerlessness to make an impact. We later discussed the topic at another salon, and this led me to doing some research about how people (and particularly elders) are participating in addressing these issues.

My research took me to the Elders Action Network and to Constance Washburn, an elder (like us) passionate about making a positive difference in the world by building deep connections to ourselves, each other, and the natural world.

Thanks to generous hosting by HOL, Constance will bring her passion to Marin Valley on **Thursday, October 24 from 6:30 to 8 pm in the Fireside Room** for an interactive evening building connections as well as sharing information.

Elders Action Network (EAN)

We will learn about elders in action, focusing on the well-stated perspective on the Elders Action Network (EAN) webpage; “Within our society, elders’ talents and experiences are largely untapped; much of the collective wisdom gained over the decades of living lies fallow. This in an unfortunate waste of invaluable human resources that could be applied to addressing the serious



societal and environmental problems we face in our nation.” Constance, a founding member of EAN, leads their foundation course, “The Empowered Elder Workshop.”

In her own words, Constance says: *When we rest in our interconnection with the web of life we find our true power, happiness, and the inspiration to work together toward a healthy, thriving world for all. Engaging our hearts and creativity, we explore grief and fear to rediscover our love, courage, and passion for life.*

Constance Washburn

Constance has been a facilitator and educator for over 45 years. Some of our members know of Constance through

their own activities in the county and have taken workshops with her. All praise her breadth of understanding, her wisdom, and her compassion.

Lorna Sass, one of our neighbors, says of Constance;

She is one of the most devoted, enthusiastic, and generous teachers I have ever met. She is passionate about improving the health of our planet.

Constance’s background in theater and in West Marin agricultural organizations, combined with a long history studying The Work That Reconnects with Joanna Macy and practicing Buddhism, all come together in her current work. Her webinars, workshops, and retreats inspire participants to engage with the issues of the day that are important to them, such as climate change, social injustice, species extinction, and elderhood and aging.

If you find any of these words inspiring or are simply curious, I hope you will come to an interactive evening of information and connection. We will learn about the Elders Action Network and The Work That Reconnects, experience some of the practices, and have some deep conversations.

Refreshments will be served. Please RSVP so we know quantities. Email or phone at: tenayaasan1@gmail.com or 415-842-7161. Or sign up at the front desk in early October. Thank you, HOL! ■

A ccording to an article in September’s *Psychology Today*, researchers have found that our capacity for empathy increases as we age.

They analyzed six different studies of individuals from age 13 to 72. The yearly gains appear to increase after age 40. The researchers theorize that the

diverse social experiences and perspectives that accumulate throughout one’s lifetime may cultivate compassion. This may represent a positive,

underappreciated aspect of aging.

We who live in this wonderful community can bear this out!

Carol-Joy Harris

by LORNA SASS

I'm a party girl, so I'll be at the clubhouse celebrating with my friends, Shirley Forrest told me when I asked what she was doing over Labor Day weekend. I always go to Friday night pub, and I also attend all of the special dining events there, and I really look forward to them, she added.

Shirley, who is a lively 88 years old, has been living in MVMCC for 36 years. I moved here with my husband when I was 52. I learned about the Park when my boss at Fireman's Fund told me about it and invited me to come and visit his home. We paid \$52,000 for our home back then (1983). That was before it was a 55+ community.

Shirley had been married to her husband, Bill, for 39 years when he died in 1993. Once her children were grown, she began working as a secretary and analyst at Fireman's Fund and remained there for 17 years. *Once I retired, she recalled, I really missed being around people, so when an opportunity to work as the office manager at MVMCC became available, I jumped at the chance.*

She was 70 at the time! *I loved that job, she told me. Of all the jobs I've ever done, it was my favorite, she*



Shirley Forrest

continued. I was at the front desk where Matt Greenberg is today and worked 9-4 five days a week. I collected the rents, balanced the books, answered the phone, and helped solve all of the little problems that came up. During this time Shirley reported by telephone to the general manager Al Frei, who did not live in the area.

When I asked Shirley to describe more about her experience at the front desk, here's what she told me:

Working at the clubhouse meant dealing with a lot of people on a daily basis. Sometimes folks just needed a listening ear or to vent a

bit. My philosophy was to never repeat what I heard. Occasionally residents called about not seeing their neighbors. I remember a lot of folks complaining about vehicles driving too fast and not stopping at stop signs. They rather expected I could solve this problem, which actually still exists in the Park today. All I could do was put an article in the Echo ...

Overall, empathy and discretion was my way of handling most situations.

After a decade of working the desk at Marin Valley, Shirley retired at age 80 in 2010. Her greatest joy these days is her family. *My five kids are very good to me.*

Unfortunately they don't live real close, but they call and visit very often. Shirley has nine grandchildren and one great-grandchild.

I'm pretty happy living alone, Shirley added, and I'm grateful to have two extra bedrooms for when my family comes to visit. I read a lot, especially murder mysteries, she told me, and I have lots of friends here in the Park. It's wonderful how my neighbors look out for me now that I'm needing to use a walker. They bring out the trash and pick up my mail.

I love it here! ■

Article and Photography
by DAVID GRAY



Golden Eagle

The golden eagle (*Aquila chrysaetos*) is a federally protected raptor. On occasion we have golden eagles passing through our area; they tend to winter on the coast and can be found year round in the Central Valley. The golden eagle is the most common eagle on the Earth: they are found across North America, Eurasia, and northern Africa. Estimates are that there are approximately 250,000 golden eagles in the world, spread across a range of one

million square kilometers. The territorial range of each eagle is as much as 77 square kilometers.

While not as easily identifiable as the bald eagle, the golden eagle is roughly the same size; these are big, powerful birds. For wild golden eagles, their highest measured wingspan is over 8 feet, and its weight is 15 pounds. Their plumage is mostly dark brown with a lighter mantle around their neck and upper back, with dark plumed legs

and lighter shoulders, underwings, and belly. Unless they are migrating or in mating season, they tend not to flock. They mate for life. Any animal up to their own weight is fair game; they eat mostly small mammals.

These photos were taken at the Cascades Raptor Center in Eugene, Oregon. At the closest, I was no more than six feet away from this amazing bird, using a nearly quiet shutter mode on my camera to avoid disturbing this fine fellow with incessant clacking of the shutter.

The pictured golden eagle was injured and could not be rehabilitated to survive in the wild, so it was selected to be trained for public education. The training at the Raptor Center is based on the latest psychology of raptor behavior: only positive reinforcement is used. If the raptor acts in a manner that the trainer wants to encourage, it gets a treat.

The results are phenomenal. The bird and the trainer build a relationship of mutual trust. Older techniques that were based on negative reinforcement either do not work as well or cause more negative behavior.

The trust between the bird and his partner was evident; the eagle's beak is about a foot from his trainer's face. The trainer pays very close attention to the eagle's behavior, noticing stress, managing the distance to the observing crowd, and generally keeping things nice for the eagle. The trainer told us that he once grew a beard but the eagle was constantly preening it (!), and eventually having to clean the eagle spit and rabbit bits out of his beard every night became too much.

In general, I think our local hares are safe from golden eagles, but keep your binoculars handy! ■



OCTOBER 2019



SUNDAY 6		MONDAY 7		TUESDAY 1		WEDNESDAY 2		THURSDAY 3		FRIDAY 4		SATURDAY 5			
1PM Mahjong <i>Library</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>		7AM Taiji 10AM Chair Yoga ECHO DEADLINE		10-11AM Taiji <i>MacLam Clubhouse Deck</i> 11AM-1PM Whistlestop <i>call Roberta 415-883-0843</i> 12-2PM Craft and Chat <i>Library</i> 6PM PAC Meeting		10AM Water Aerobics 11AM Whistlestop 12PM Craft and Chat 6PM MarVal Meeting		7-9:30AM Taiji <i>MacLam/Deck</i> 9:15AM QiGong <i>Dove/Fireside</i> 11AM-12PM The Rollin' Root <i>Clubhouse Parking Lot</i> 7PM Film Night CHINATOWN 		10-11AM Water Aerobics <i>Pool</i> 4PM Canasta <i>Fireside Room</i> 5PM Pub 7PM Game Night <i>Fireside Room</i> 		 MVEST Insurance Fair 9:30AM-2PM  COMMUNITY DANCE 6:30-7PM Line Dancing 7-9PM Dance <i>Ballroom</i>	
13  Fall Art and Wine Reception <i>Fireside Room</i> 3-5PM FULLMOON 7PM		14 COLUMBUS DAY		15  Black Cat Donations Accepted <i>Ballroom</i>		16 10AM Water Aerobics 11AM Whistlestop 11AM Bridge/ <i>Fireside Rm</i> 12PM Craft and Chat 2:45PM Readers' Theatre <i>415-506-1671</i> 6PM HOL Meeting		17 7AM Taiji 9:15AM QiGong 11AM The Rollin' Root 3PM Draw On! 7PM Film Night THE WORLD'S FASTEST INDIAN 		18 10AM Water Aerobics 4PM Canasta 5PM Pub		19 Private Event			
20 1PM Mahjong <i>Fireside Room</i> 4PM Salon in the Park		21 6-8+AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Water Aerobics 6PM MVEST Meeting 7:15 PM Poor Man's Poker		22 7AM Taiji 10AM Chair Yoga		23 10AM Water Aerobics 11AM Whistlestop 12PM Craft and Chat 4:30PM Book Club <i>call Julia 415-883-7823</i> 5PM  Black Cat Dinner <i>Reservation Deadline</i> 6:30PM  Biography Night <i>Dick Park/Karin Mortensen</i>		24 7AM Taiji 9:15AM QiGong 11AM The Rollin' Root 3PM Draw On! 6:30PM HOL presents an Interactive Meeting with Constance Washburn 		25 10AM Water Aerobics 4PM Canasta 5PM  Pub		26  MarVal Black Cat 5PM Shopping & Bar 6PM Dinner			
27 1PM Mahjong		28 6-8+AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Water Aerobics 6PM MVEST Meeting 7:15 PM Poor Man's Poker		29 7AM Taiji 10AM Chair Yoga		30 10AM Water Aerobics 11AM Whistlestop 12PM Craft and Chat		31 7AM Taiji 9:15AM QiGong 11AM The Rollin' Root 3PM Draw On! HALLOWEEN		NOV 1 10AM Water Aerobics 4PM Canasta 5PM Pub		2  COMMUNITY DANCE 6:30-7PM Line Dancing 7-9PM Dance <i>Ballroom</i>			