

THE ECHO

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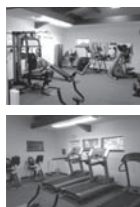
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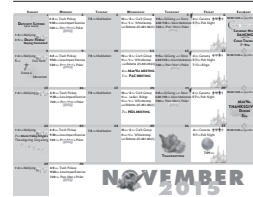
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Resident Bill Davis appointed to the Novato Fire District Board of Directors

Bill Davis was appointed to the Novato Fire District Board of Directors at a special board meeting on Monday, October 12 to fill a vacancy of the Director whose resignation happened after the November 3 general election process was well under way. A special election just for this post would have cost \$350,000 to \$500,000, so the board opted to appoint the position instead.

The Board consists of five elected people. At the upcoming election four of the five seats are up for a vote. Bill Davis is also on the ballot for a two-year term. If Bill is elected in November, then the board will appoint someone else. If he is not elected, he will already be on the Board completing the vacated two-year term.

Three other people applied for the position. Bill and his wife Carol-Joy Harris were on vacation in Spain when the appointment was announced.



Bill Davis wearing a fire department uniform during the Novato Fire District recently staged day-long event for candidates and others to experience what it is like to be a firefighter, including crawling through smoke-filled mazes wearing oxygen systems, putting out large fires, practicing first aid, and climbing ladder trucks.



Saturday Night Dancing
Ballroom • November 7
7:00-9:00 p.m.

featuring the **Chime Travelers**
No Alcohol!!!! • MVMCC only

IN MEMORIAM

James Grundy 171 MVD August 2015	Jack Brandon 26 MVD September 2015
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Ping Pong Tournament At Last!

Pia Andersson and Lynn Carman are sponsoring a ping pong tournament. To sign up, send an email stating your name to pia.a@comcast.net by November 10. All players will receive tournament instructions and first round pairings.

New Residents

Jeannine Freedom
23 Scenic
810-543-2365 cell

David Gray
dvdgray@me.com
510-375-9660 cell
Nancy Warfield
nrwarfield@gmail.com
510-734-3115 cell
111 Marin Valley

Cecil Sherrod
104 Panorama
707-331-3264

THE
ECHO
NOVEMBER 2015

MARIN VALLEY
MOBILE COUNTRY CLUB

100 MARIN VALLEY DRIVE
NOVATO, CA 94949
415-883-5911
novatofinancing@att.net
WWW.MVMCC.COM

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PRINTING/PRODUCTION MHB Group Region 8
www.mobilehomeboard.com/

MARIN VALLEY MOBILE COUNTRY CLUB

GENERAL MANAGER Matt Greenberg
415-883-5911 / 415-883-1971 FAX
gm.mvmcc@gmail.com

PAC BOARD

PRESIDENT Jay Shelfer 415-883-6945
VICE PRESIDENT Peggy Hill 415-382-0185
SECRETARY Mike Hagerty mrhagerty@ucdavis.edu
TREASURER Larry Cohen 415-883-7786
AT LARGE Tom Miller 415-244-5413

MVEST STEERING COMMITTEE

LEAD Serena D'Arcy-Fisher 415-506-4235
Bill Davis, John Feld, Alan Gump, John Hansen

HOL BOARD

PRESIDENT Carolyn Corry 415-370-6403
VICE PRESIDENT, ACTIVITIES Cheryl Rebischung 415-883-4090
RECORDING/CORRESPONDING SECRETARY Miriam Dvorin-Spross 415-884-0607
TREASURER Gwendolyn Morgan 415-475-2629

MAR VAL BOARD

PRESIDENT Kathleen Dargie 415-884-2649
1ST VICE PRESIDENT Dan Sebastian 415-382-7738
2ND VICE PRESIDENT Pat Thurston 415-884-0740
SECRETARY Carole Gathman 415-884-2720
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DIRECTOR Dee Schneider 415-883-4182
DIRECTOR/BAR MANAGER Fred Dargie 884-2649
DIRECTOR/HOSPITALITY Larry Moore 883-0486
DIRECTOR/RESERVATIONS Carolyn Corry 506-2335

Please email all articles to the editor, with the word "ECHO" as the first word of the subject line and a copy of the article in the body of the email to:

ermawheatley@gmail.com

Images and photographs should have a resolution of 300 ppi (pixels per inch).

Everything is due the
8TH of the month or sooner
for the following month's edition.

Letter to Residents

Greetings from the PAC Board.

Our finances are in good order.

Working together, management and the city's engineering staff are looking at the prospect of renewing the infrastructure without the assistance of PG&E. These items were scheduled to begin being discussed with the Novato City Council at their meeting at MVMCC on October 20.

We shall continue to discuss how the financial subcommittee of PAC can better understand the accounting system used to help us participate in the budgeting processes of MVMCC. When the Park was purchased from the previous owner the NFA held title, and accounting of the revenues and expenses was overseen by auditors and the insurance agency for the bonds that financed the purchase. Now that the City of Novato has taken title of the Park, a new accounting system, new auditors, and a commingling of our accounts with the city's accounts is in place. We need to understand this new accounting system.

It was further proposed to put together a team made up of every interested party to plan for the future, in order to have a unified view that is more likely to be heard.

PAC and HOL are creating an informal buddy system for the Park so that residents who are living alone could be contacted on a daily basis to make sure they are all right.

We are continuing to discuss ways to protect HOL while maintaining its distinctive individuality and independence.

The next PAC meeting will be a week later than usual, on the second **Wednesday** of the month, **November 11**, at **7:00 p.m.**

In service,


Jay Shelfer
P A C PRESIDENT
jjshelfer@yahoo.com

Management Report

Welcome to the Fall season.

Management is busy directing preparation for winter weather by using line-item funds to install drainage needed in some resident lots.

All Park storm drain inlets were cleaned and video-monitored in October, to provide clear drainage during rainstorms.

Park management has been working with city staff to obtain a permit to clean the main Club View drainage ditch, which leads to the bay. This has been a contributing factor for flooding on Club View in past years. The cleanup is complete and it looks great. Workers were careful to leave some foliage to provide a natural filter for the water that will flow through. Many birds seem attracted to this new open space with several feet of deep standing water from the low water table.

Vegetation replanting is complete, fulfilling the FIRESafe Marin grant originating from PG&E.

New gable-end exhaust fans have been installed in the Ballroom; these fans now evacuate warm, stale air for a more comfortable environment.

Asphalt repair and overlay also has been on target for the year: three driveways with partial or full replacement; seven driveways with partial or full overlay; and south-end clubhouse parking with full overlay and all parking stalls re-stripped.

MVMCC Comcast bulk service contract will be terminated as of December 1, 2015, to prevent automatic renewal. Comcast will contact resident customers with a transition plan to provide uninterrupted service.

Thank you.

Sincerely,


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

HOL *Message from Homeowners' League*

Dear Fellow Residents,

Membership Drive

Our membership drive has formally ended; however, it is never too late to submit your donation. Or, if you are a new resident and wish to join others in support of HOL, please do so at any time during the year. Membership forms are available in the HOL box in the clubhouse. To date, 209 homes contributed this year—66% of all homes in the Park. While we would love to see 100% of homes participating, we are ever so grateful to those of you who have chosen to support HOL and we look forward to sponsoring many educational and recreational events in the coming months.

Book Club

The Book Club, led by Julia Mathews, had its first meeting and welcome any newcomers. For information, please call Julia at 415-883-7823.

Marin Valley Singers

Welcome to the Marin Valley Singers! Mike Krupp is heading this group and would welcome anyone who sings for fun and enjoyment. Be sure to check out additional information following this message for this new choral group.

Emergency Information

HOL is offering you the opportunity to update your emergency information for the office, as well as to create a “buddy” system. You will soon be receiving, in your tube, a form that will allow you to enter new or changed emergency contact information. Please enter the current information for your

emergency contact person—usually a family member or someone you have designated for this role.

Buddies

Also included on this form will be a “buddy” contact person. This could be a neighbor or friend who, in the event of an emergency or welfare check, would have access to your home. Many residents choose to leave a spare key with the office. An example of how the buddy system would work is, if you notice water running down your neighbor’s driveway, you could contact the office and they would be able to call your neighbor’s “buddy,” who would have access to their home and potentially assist in mitigating the problem. You could also give your buddy’s contact information to your families, thus ensuring that a person you have chosen would be able to check on you at your family’s request. Many friends/neighbors in the Park have already exchanged keys for numerous reasons; the buddy system would merely add an additional layer of safety and communication. Upon completion of the form, please deliver it directly to Matt in the clubhouse.

Security and Confidentiality

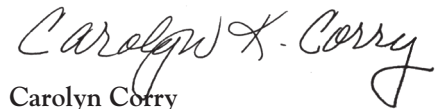
To be clear and so that all have an understanding of this form and its purpose: The form you receive in your tube will be blank; any information you have previously provided is confidential and available only to staff. Completion of this form is voluntary—it is meant as a way to help residents feel more secure in their homes. Residents will be responsible for delivering the completed forms to

Matt. If you are unable to hand-deliver your form, place it in a sealed envelope and either mail it to Matt or give me a call (415-370-6403) and I will be happy to deliver it for you.

Please remember to vote on November 3.

See you at the next HOL meeting,

**Wednesday, November 18
7:00 p.m.**



Carolyn Corry

H O L PRESIDENT
ckcorry@comcast.net
415-370-6403



COME ONE,
COME ALL

*Sing Thanksgiving
With Us*

The Marin Valley Singers
will host a Thanksgiving sing-along

**Sunday, November 22
Fireside Room • 7:00 p.m.**

Like to sing with a group of people? We will sing songs most people know, and please suggest any we didn’t think of.

And, of course, it’s free.

(Know any Thanksgiving carols?)

Contact Mike Krupp kruppm1@gmail.com, 415-234-6947,
or Joan Nelson figleafjoan@comcast.net, 415-506-4166.

Message from Mar Val

Dear Friends,

Hopefully we all enjoyed a wonderful summer and are now looking forward to "The Holidays," beginning with Halloween and followed by Thanksgiving.

Mar Val is delighted to confirm that our

Thanksgiving Dinner Saturday, November 21

will once again be coordinated by the incomparable Shirley Forrest. For those of you unfamiliar with the process, Shirley has for years been responsible for the incredible planning involved in ensuring that volunteers are identified

to do the shopping, roast the turkeys, cook the side dishes and, finally, skillfully carve those turkeys.

Based on the foregoing, it is completely understandable that Thanksgiving Dinner is one of our most popular as well as best attended functions of the year. For this reason you will note on the reservation form that we are employing the same guidelines with regard to guests as those used for the Holiday Party. Each residence is allowed a maximum of two reservations. In the case of a residence having only one occupant, that person

is allowed to sign up for one guest. We believe this to be the most effective manner for guaranteeing that residents will have first consideration, since, as always, we are limited to a total occupancy of 140.

We look forward to sharing the coming festive season with you.

With warmest regards,



Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com



MAR VAL THANKSGIVING DINNER

November 21, 2015

M E N U

Turkey
Dressing
Sweet Potatoes
Green Beans with Almonds
Mashed Potatoes with Gravy
Cranberry Sauce
Rolls
Pumpkin Pie

1. Limit of two persons per home.
2. Reservation deadline is 11/18 at 5:00 p.m. or when 140 reservations have been received.
3. Even if you have generously volunteered to cook a turkey, carve a turkey, sell tickets, or volunteer in any capacity, **YOU STILL NEED TO MAKE A RESERVATION.**
4. Checks only please. Payment is due at time of making a reservation.
5. Questions please call Carolyn Corry at 370-6403.

NOTE: No separate vegetarian entrée for the Thanksgiving Dinner.

THANKSGIVING DINNER RESERVATION FORM

RESIDENT _____

RESIDENT/GUEST _____

Checks only (payable to Mar Val) for \$_____ (\$10/per person—NO CASH, PLEASE)

**Reservation Deadline—November 18, 5:00 p.m.
or when 140 reservations have been received.**



Who Do You Think You Are?

by John Hansen

Actually, who you think you are can be far less an issue than who you can prove you are. There are precious few social transactions these days in which one or another “proof of identity” isn’t an absolute requirement. We live in a pretty complex society so there can be a surprising range of possible answers to the question of who you are, depending on the context. The problem is, we don’t always have all the answers at hand when we need them. We tend to keep our ID handy because we use it a lot, but conversely...have you ever spent hours or even days searching for some old document that had suddenly become relevant in your life?

Unfortunately, having hours or days to spend can be a totally unaffordable luxury. Such was the case for thousands of our neighbors recently in Lake and Napa Counties, and for that matter, any of the millions who have faced imminent disaster threats in the United States this year alone. One usually has only a few minutes to collect bare essentials and evacuate the scene. Many Lake County residents returned home to a horrifying pile of ashes—very difficult to find important documents there.

MVEST has already introduced you to the “grab-’n-go bag” (*Echo* February 2015, page 5) so you can have all those preplanned essentials ready to go on short notice. We will be offering some reinforcement in the near future—a good thing to pay attention to. One of the items on the grab-’n-go bag list of ingredients that

merits particular attention is your repertoire of “identity proof.” Thanks to modern technology, the good news: who you think you are can be condensed to a conveniently very small space; and the bad news: who you think you are can be condensed to a conveniently very small space. But there’s a solution for that, too.



In fact, there are many possible solutions, but this is what Zoe and I did: Zoe picked up a 16Gb SanDisk Cruzer, an \$8 USB flash drive with a ton of digital storage space. I think she got it at Staples, but they are as common as postage stamps. SanDisk also

provides a simple but powerful program called “Secure Access Vault v3.0” that encrypts everything you put into it to keep it safe from anyone who doesn’t have your password. It supposedly works for both Mac and PC systems—it works great on my PC. We actually got two drives so we each have a copy in our respective grab-’n-go-bags. Accessing our drives frequently to keep information up to date will help ensure we keep our passwords handy.

Documents are best scanned into “PDF” format as single- or multiple-page files, depending on the document. Photos are best as “jpg” file format, and video content as “mpg” file format. These file formats are universally readable on any computer. If you feel a bit too computer-challenged to take this on, I’ll bet you have a friend who can help.

Here’s a list of things you might consider putting in your Secure Access Vault, and yes, it’ll all fit:

Personal

- Driver’s license
- Social Security number
- Recent photos (selfie, spouse, children, etc.)
- Emergency contact information
- Passport
- Security log-ins, usernames, passwords, and other account information
- Credit/debit card names, numbers, security codes; issuer contact information
- Scanned digital copies of important old photographs and documents (e.g., the one and only old photograph of your grandparents)

Professional

- Vocational licenses and certifications
- Resume

Academic

- Diplomas and certificates

Medical

- Your medical history
- Primary physician information and contact
- Medical insurance information
- List of current prescription drugs (include Rx number and prescribing physician)
- Advance Health Care Directive

Financial

Access to bank checking/savings accounts (account numbers, passwords, etc.)

Investment and mortgage/loan records—(all CDs, IRAs, securities, stock/bond certificates, notes, etc.)

Federal, state, and county tax records

Legal

Certificates of birth, death, marriage, and divorce—as pertinent to yourself, your immediate family, and children

Will (Certificate of Trust, Living Will, etc.)

Possessions

HCD Mobile Home Title

HCD Mobile Home Current Registration

Inventory of Home Valuables

Home contents (.mpg)—
walk through your home with a video recorder on (in case you need to prove ownership of anything)

Home contents (.jpgs)—
detailed digital photos of major home assets, such as high-end electronics, antiques, valuable art, etc.

Homeowner's insurance policies:
Liability, basic coverage
Earthquake
Flood

Auto and RV DMV registrations and ownership certificates (pink slips)

Auto and RV insurance policies

Pets

Pictures, names, licenses, meds, immunization records, care instructions, veterinarian ■

CERT Classes

2015

November 21–22

8:30 a.m.–5:30 p.m.

College of Marin
835 College Avenue
Kentfield

2016

January 30–31

MVMCC
Club House

Preparedness Classes

2015

**Get Ready Novato
Disaster Preparation**

December 1

7:00 p.m.–9 p.m.

All Saints Lutheran Church
2 San Marin Drive
Novato

2016

**American Heart Association
Heartsaver First-aid**

January 20

3:00–5:00 p.m.

Novato Oaks Inn
215 Alameda del Prado
Novato

\$70

MVMCC DEATH FORUM

presents

A Day of the Dead Gathering

Sunday, November 1

3:00–5:00 p.m.

Fireside Room

Light refreshments

*Staying Connected
To Our Loved Ones
Who Have Died*

Presentation by

Kienda Valbracht, IMA,
thanatologist and author of *Lucid
Death*, followed by conversation
on afterlife explorations and how
to cultivate our relationship with
those on the other side.

ART IN THE PARK



Due to the renovation of the Fireside Room we have been unable to hang another exhibit until the completion of the remodeling. We will present a new gallery exhibit in November 2015 that will remain up through the Spring of 2016. We appreciate your ongoing support.



One of the smaller size boxes at 3 Club View facing northeast towards the wetlands and vernal pond area.



One of the larger boxes, located behind the back yard of 7 Club View, near the vernal ponds pathway along the fence.

Locating Owl Boxes

by **Thomas Nadolski**

It has been a while since our owl boxes have been cleaned and examined by Novato's Hungry Owl Project, but so far it seems they are being inhabited by owls to the benefit of our Park and adjacent wetlands. It appears we have six known boxes, but we need to learn from residents if they know of any others not on this list.

Included here are some pictures of the teal blue boxes, most of which have entrance holes aimed eastward. Until we know more, I believe three of the six seem to be the smaller "screech" owl boxes like the ones at 3 and 57 Club View, also at 23 View Ridge. The other three (on the ridge above the RV lot and 7 Club View) are the larger "barn owl" species. It seems the intent was to lure both sizes or kinds of owls to see what happens.

If you know of any other boxes please inform thomasnadolski@msn.com or Matt at the Park office. ■



At the curbside tree next to the retaining wall and driveway of 57 Club View.



Behind 62 Club View, a steep climb uphill toward the barbed wire fence on the ridge.

PHOTOGRAPHS: THOMAS NADOLSKI



Another of the smaller boxes, located in the back yard at 23 View Ridge. The owl entrance faces more northward than the typical eastern direction.



Above the wood chip lot, accessed behind 45 Scenic, viewed on the ridge above the RV storage lot at the corner of Marin Valley and Marin View.

New at the Gym



Poetry Posts in the Park— Where To Find Them

by Bill Noble

Zoe Walton is an importer—of poetry and of posts. If you like poems, read on. Or if you're wondering what a "poetry post" is or if reading one was as easy as turning your head as you ambled down the street, read on.

Poetry posts first came into existence in Portland, Oregon, where they are a singular community asset. Here are a few websites that illustrate their genius:

A great introduction to the healthy-living facets of the Post phenomenon: <http://portlandwalking.blogspot.com/2011/01/poetry-on-block-literary-posts-abound.html>

Here's some sturdy advocacy for posts: www.owntheboards.org/a-box-upon-all-your-houses-the-spread-of-poetry-boxes-and-how-you-can-get-involved/

A map of Portland posts. Be amazed: <http://poetrybox.info/>

There's even a virtual Facebook poetry post! www.facebook.com/PoetryBox

These folks will build a beautiful box for you: <http://poetrypostspdx.com/services/>

19 Scenic. At the curb in front of Zoe's house is a well-crafted display case on an eye-level post. Each Thursday, Zoe puts up a new poem. She chooses a tremendous variety of poems, from the profound to the playful, some by revered poets like Mary Oliver, other by earnest and inspired Internet versifiers. Stroll by any time and take a gander. (Then look down at the unusual and lovely flowers that always are abloom at foot level.)

130 Panorama. Desiree and I have our own poetry post—a real-estate flyer holder. A new poem, sometimes one of my own, goes up each Friday morning, and you're welcome to flip the lid and take your very own copy. I often choose work by poets who've influenced me, or display a poem I've treasured for years. (If you go to Fairfax, my daughter and her partner have a super-duper poetry post at 22 Pacheco, a short block from the Fairfax Theater.)

Where's your Poetry Post?

Wouldn't it be lovely if we could take a "poetry stroll" through the Park, instead of just waiting for our pooch to poop? You can help make that happen by erecting your own poetry post. Fill it with whatever you like: In Portland, some folks put up chapters of the novel they're writing, or art, or inspirational words, or use their post as a sort of public journal. You might do any of those, or something completely different. And (I haven't asked Zoe) but I bet either of us would be willing to help you get it going! ■



Poetry post at 19 Scenic Drive.

If You Can't Crush It With Your Tongue

by Bill Noble

Blackberry Picking, 2012

You've chosen wrong.
It should have gone

dull a day or two ago,
each Lilliputian sphere

no longer able to reflect
the porcelain summer sky.

Embrace it gently, two
fingers and a thumb,

and marvel how easily
the whole of it comes away.

Recall the book-words
drupe and *drupelet*

as you drop it on your
tongue, remembering to be

wary of the hidden sour
sometimes gifted by *thrip*.

Better yet—just commit.
Crush it. Open your throat.

Then reach again, despite
the worldly certainty

of hooked and patient
thorns.

VOLUNTEER OPPORTUNITIES

Marin Humane Society

Tuesdays–Sunday, 10:00–5:00 p.m., Wednesday till 6:30 p.m.

171 Bel Marin Keys Blvd

Novato

by John Feld

Volunteers at the Marin Humane Society help by walking dogs, socializing cats, cleaning kennels, participating at events, finding homes for animals, providing pet therapy, taking pets into schools and much more. There are also opportunities to train animals (and people) as well as to work with people greeting the public, answering phones, and working in the office.

They ask for a one-year commitment of at least two, four-hour shifts a week.

An orientation class includes discussions of current volunteer opportunities and a tour. You can, of course, attend an orientation without committing to becoming a volunteer. The \$25 cost to become a volunteer pays for a volunteer T-shirt, badge, lanyard, training, and general training materials without using the budget that supports the animals.

The need for helpers is never-ending, as the stream of cats, dogs, rabbits, guinea pigs, pigeons, parakeets, and even foreign and domestic reptiles never seems to let up.

The community of volunteers is very friendly and ranges from teenagers to seniors like us.

One of the best things about volunteering at the Humane Society is that it is close by at Bel Marin Keys, not far from our local Safeway. Just go by or visit their website at www.marinhumanesociety.org/ to get more details. ■



Take a Hike

by Mike Holland



OPTION 2

How long does it take you to drive to Sleepy Hollow or Fairfax? Depends, right? How's the traffic on 101, then Sir Francis Drake, and then Butterfield Road? Well, if county planners had exerted their will in the 1970s it would have taken only minutes. That sounds great until you realize what would be lost, and that loss is our featured hike this month—the **Terra Linda/Sleepy Hollow Ridge**.

The aforementioned plan was a scheme to connect Manuel T. Freitas Parkway in Terra Linda with Fawn Drive in Sleepy Hollow. This road would rival the other huge passes we traverse on Highway 101. Saner heads prevailed, and the “pass” remained a simple bike path linking two lightly traveled residential streets. The hill saddle of this bike path is the jumping off point for a few scenic hikes.

To reach the start point drive to the end (top) of Freitas Parkway. You can park right at the entrance

to the open space gate. It's a 100-yard walk up the bike path to the saddle and the beginning of the hiking options.

Option 1 takes you to the left on a single-track trail through the woods. You quickly enter a residential street (Fox Lane) that snakes along the ridge toward San Anselmo. This is more of an “urban walk” but still quite enjoyable because of the views. You can walk as far as the Sun Valley neighborhood of San Rafael, or turn around when you've had enough.

Option 2 is to turn right at the saddle, go up a short hill, and connect to a fire road on the ridge. You'll be hiking north toward Lucas Valley. After a few hundred yards the road forks. As Yogi Berra said: When you come to a fork in the road, take it. In this case, Yogi was right because the two forks will rejoin in half a mile. Again, you can hike along this ridge until you're ready to turn around. No matter how far you go, you will be viewing Mt. Tam, Big Rock Ridge, and the bay the entire time. It's impressive.



OPTION 2

Option 3 is a third hike that springs from option 2. It's the 680 Trail, and it is a workout. You might recall that the 680 Trail was built a few years ago at a cost of several hundred thousand dollars. If you hike it, you'll see why it was so costly. Lots of bridges and gradings to make it happen, but this trail really delivers. I invite the readers to do a little research on it before deciding if it is right for you.

And what awaits you after the hike? I have two tasty suggestions, both at the shopping center that houses Scotty's Market. The original Three Twins Ice Cream Shop is here, and they have the perfect medicine for a thirsty hiker. (Ask them how they picked their name; it's a good story.) If your thirst requires a stronger medicine, I recommend an agave wine margarita at Panchitos Restaurant, an institution in the T.L. neighborhood.

Wear a hat, enjoy the spectacular views, and be grateful that the planners got one right. ■



Cheesecake



Prosciutto and Fennel Salad



Orange French Toast



Bistro de Vine

by John Feld

REVIEW

Bistro de Vine
271 Alameda del Prado
Novato, CA 94949
(415) 382-1913

Tuesday–Thursday, and Sunday
8:00 a.m.–3:00 p.m.
Friday and Saturday
8:00 a.m.–9:00 p.m.

Closed Monday

Bistro de Vine, on Alameda del Prado, is just five minutes from MVMCC, at the Marinwood Inn and Suites, the small motel between the Ignacio Ave. and Nave Drive exit off the 101. Many have tried to make a go of this location; this latest iteration seems to have much more going for it than its recent predecessors.

It caters to the attached motel and to locals. The motel does not seem to have enough guests to make the place busy, thus it is usually easy to find available seating for any meal. The staff is very friendly and the food is varied and delicious. This is a family-owned restaurant; the waitresses are sisters and one of them is married to one of the cooks.

Every dish is prepared fresh upon ordering, without microwaves or freezers, so this is not fast food. The coffee was better than at most diners, but there is no espresso machine, thus no latte or cappuccino, etc.

The portions are fairly large and the variety is innovative and not huge; what there is, is good and nourishing. The eggs are fresh, organic, and cage-free from Petaluma. The ingredients are locally sourced and organic when possible.

The food is an upgrade of the usual American diner food, with American, Italian, and Mexican choices—excellent French toast, omelets, and hamburgers; salads are fresh and plentiful and somewhat unusual with quinoa, prosciutto, prawns, and other nonstandard ingredients—amazingly delicious

alternatives to traditional fare. The pasta is homemade, as are their sauces. Fish is locally caught and never frozen or farmed. They use Angus beef for their burgers.

The comprehensive wine list contains mainly Californian wines with average prices, and a variety of local beers. Happy hour is now offered along with expanded hours for dinner Friday and Saturday.

The lunch and dinner menus are the same, yet there is enough variety to satisfy most appetites. Gluten-free and vegan choices are available, although somewhat limited.

The prices are fairly high yet competitive, with a garden salad and a hamburger costing \$9 each and many dishes running between \$12.50 and \$16.50, which was more than expected for a small venue attached to a motel.

The lighting is not bright, and the noise level is quiet, but that may be because there are not many patrons. Additional seating is available outside on a patio, which is close to the freeway.

Along with free Internet access there are two televisions, which were relatively quiet.

Bistro de Vine is happy to do take-out and has ample parking.

We will certainly go again. ■

Wild Turkey

by Bill Noble

Despite the approaching holidays, this isn't an article about bourbon or even about the 45 million turkeys we'll chow down on at the end of this month out of the 250 million turkeys we raise each year. And it isn't about the guy who used to work at your office whose name was actually "Cliff" and not "That Turkey." But it is about the seven million wild turkeys that manage to raise themselves.

Old turkeys, invading turkeys.

Most birds' bones are too fragile to preserve easily, but turkeys' dense bones make them well represented in the New World's fossil record. We know two fossil and one modern genera of turkeys. Additionally, nearby in the Yucatan is the ocellated turkey, a resplendent forest dweller whose head is turquoise with bright orange-amber beading and whose plumage puts our turkey to shame. It's smaller than our turk, only about 10 pounds—our turkey is 15–30 pounds—with a resonant male call quite unlike a gobble. Its status, from habitat destruction and hunting, is close to endangered.

Three distinct subspecies of the modern North American turkeys occurred in the eastern and southern United States. The only California turkey—a desert bird and a distinct species—ranged as far north as Santa Barbara and became extinct a few thousand years ago. The turkey herds gobbling down our streets were brought from Texas, beginning in the 1940s, both illegally by hunters and legally—but not wisely—by state Fish & Game. (Domesticated New World turkeys became a big hit when early explorers and colonizers took them to Europe in the 1500s.)

Here they have a big ecological impact on species ranging from oaks to lizards. Their appetite for acorns, combined with deer grazing and exotic grasses inhibiting seedling establishment, means that in large areas of California's hill country, the only oaks are old ones.

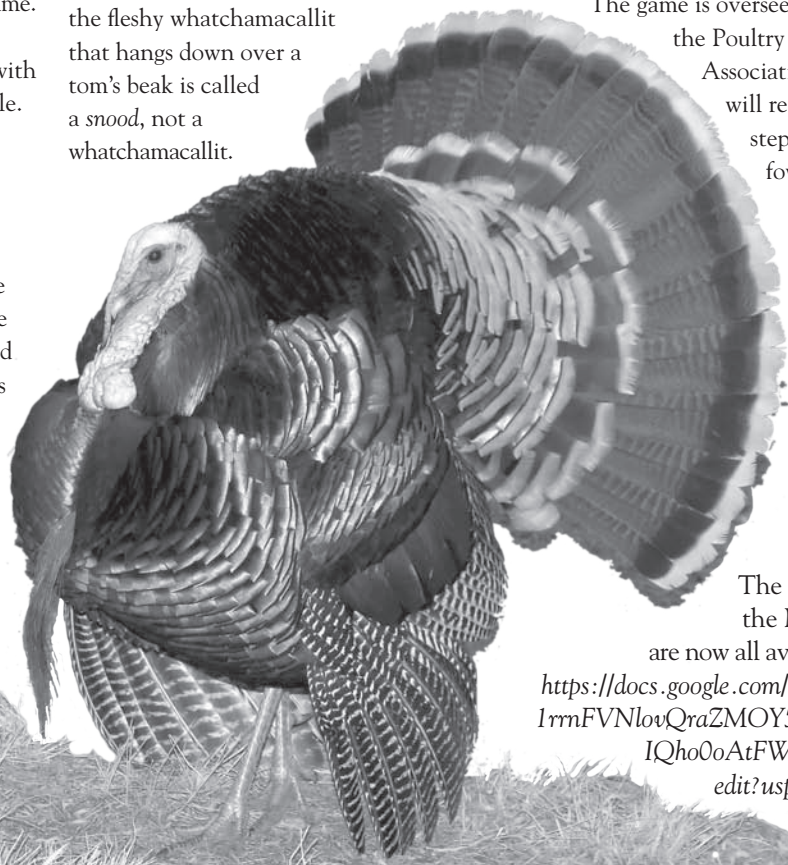
Turkey talk. When you hear the familiar descending gobble, you're listening to the opinions of a male (any generalizations to human politics will have to be done on your own time). Females converse with long series of *tuks* and *yikes*! Both sexes make a wide collection of clucks and rolling sounds.

Turkey nomenclature. A full-grown male is a *tom*. A young turkey is a *poult*. We all can relate, especially as we age: What hangs down under a turkey's chin is a *wattle*. But not so many know that the fleshy whatchamacallit that hangs down over a tom's beak is called a *snood*, not a whatchamacallit.





















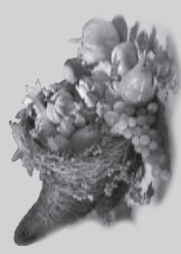




Turkey social niceties. Male turkeys do whatever the hell they want: They mate with as many females as possible, play no parental role whatsoever, and spend the off-season in self-indulgent bachelor flocks, drinking too much. Females do all the actual work of reproduction (unless you consider rattling your tail and gobbling to be work), raise the poults, and hang out in intensely social female flocks.

Turkey bowling. I swear I didn't know until I began to research this article, and I swear on piles of Bibles I've never done it, but turkey bowling with frozen turkeys is actually a thing. It was invented in 1988 in a Newport Beach, Virginia, grocery store to be played in the aisles, but now seems mostly to unfold on the rinks of minor-league hockey teams.

The game is overseen, of course, by the Poultry Bowlers Association (PBA), who will remind you not to step over the fowl line.



The Echo's "Birds of the Month for 2015" are now all available online at <https://docs.google.com/document/d/1rrnFVNlovQraZMOY5VphaQNpIQho0oAtFWaliTzY2ok/edit?usp=sharing> ■

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1  DAYLIGHT SAVINGS FALL BACK 1-4 PM Mahjong  3-5 PM DEATH FORUM Staying Connected	2 6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 	3 7-8 PM Meditation ELECTION DAY	4 10 AM-2 PM Craft Group 11 AM-1 PM Whistlestop (call Roberta 415-883-0843) 7:20 PM Poor Man's Poker 	5 9:15 AM Qi Gong <i>with Dove</i> 6:30-7:10 PM Silent Meditation 7:20 PM Poor Man's Poker 	6 4 PM Canasta  5-7 PM Pub Night	7 10:30-11:45 AM Jay's Pre-Tai Chi 2-3 PM INVEST EL NIÑO TRAINING  HOME TRAVELERS SATURDAY NIGHT DANCING with the CHIME TRAVELERS 7-9 PM
8 1-4 PM Mahjong  5 PM Free Form Dance & Movement 	9 6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 	10 7-8 PM Meditation	11 10 AM-2 PM Craft Group 11 AM-1 PM Whistlestop (call Roberta 415-883-0843) 7:20 PM Poor Man's Poker  MAR VAL MEETING PAC MEETING	12 9:15 AM Qi Gong <i>with Dove</i> 6:30-7:10 PM Silent Meditation 7:20 PM Poor Man's Poker 	13 4 PM Canasta  5-7 PM Pub Night 7:15 PM Bingo	14 10:30-11:45 AM Jay's Pre-Tai Chi
15 1-4 PM Mahjong 	16 6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 	17 7-8 PM Meditation	18 10 AM-2 PM Craft Group 11 AM Ladies' Bridge 11 AM-1 PM Whistlestop (call Roberta 415-883-0843) HOL MEETING	19 9:15 AM Qi Gong <i>with Dove</i> 6:30-7:10 PM Silent Meditation 7:20 PM Poor Man's Poker 	20 4 PM Canasta  5-7 PM Pub Night	21 10:30-11:45 AM Jay's Pre-Tai Chi MAR VAL THANKSGIVING DINNER 5 PM
22 1-4 PM Mahjong  7 PM Marin Valley Singers Thanksgiving Sing-along 	23 6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 	24 7-8 PM Meditation	25 10 AM-2 PM Craft Group 11 AM-1 PM Whistlestop (call Roberta 415-883-0843)	26  THANKSGIVING	27 4 PM Canasta  5-7 PM Pub Night  7:09 PM	28 10:30-11:45 AM Jay's Pre-Tai Chi
29 1-4 PM Mahjong 	30 6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 					

NOVEMBER

