

T H E ECHO

FEBRUARY 2016
C O N T E N T S

2

Dee Schneider


**Community
Dancing
Mail**



3

**Jay Shelfer
Matt Greenberg**

**PAC
MVMCC**

4

Carolyn Corry

HOL

5

Kathleen Dargie
Mardi Gras

MarVal
MARDI
GRAS
February 13

6

John Feld
When in Doubt—Get Out



7

John Feld
When in Doubt—Get Out



8

Joan Nelson
Death Forum

Notices

9

Civil Grand Jury



10

Inga Grace
Joys and Benefits of Dancing



11

12

Suzie Lahr
January 2016 Gallery Health Services Day

**ART
IN THE
PARK**



14

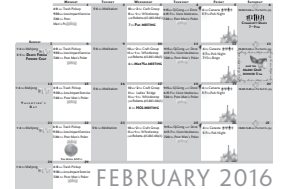
Bill Noble
Bird of the Month



15

16

Calendar
February 2016





Community Dancing

Saturday, February 6

Come listen to the catchy sounds of our own incomparable DJ

Charles Watson.

Follow our resident belly dancer, **Louise Erwin**, and a few of her belly dancing friends as they show us how fun exercise can be by dancing, and then, last but not least, join our dancer extraordinaire, **Michael Hagerty**, as he calls us to a boot stomping line dance!

Free event! 7:00–9:00 p.m.

Editor's note: See pp. 10–11 for information on the mental and physical benefits of dancing.

2016 -17 Directory Update

Please add the phone number for:

Rose Cavino

14 Fallen Leaf Way
415-382-1849

CORRECTION

Pet Microchip Vouchers

All park residents can get their dogs microchipped at \$10. A low-income qualification is not necessary. Pick up a voucher from Matt at the front office. Cats are microchipped for free.

If you qualify for the SHARE program (*Special Human Animal Relationships for low-income seniors at least 62 years old*) or want more information, you can also pick up a packet at the front office.



Mail

Wounded Screech Owl

UPDATE

Turns out that the man who brought the injured

screech owl to my front door on December 7 is a neighbor. Driving home that evening he saw the owl in the roadway, stopped, put it in a cloth bag, and knocked on my front door. No one is sure whether the owl hit a windshield or exactly what happened, but he was in such stress that he put up no fight when our neighbor picked him up, nor was he “clicking,” as mentioned in the January issue of the *Echo*.

WildCare, the wildlife rehabilitation center in San Rafael, found that he was full of parasites, thin, and not able to fly. A week later, he was doing much better, so flight training was scheduled. However, when put in a new cage, he reverted to typical behavior and did not eat one meal. To make sure he could hunt, WildCare intended to keep him for another week anyway.

At the end of that week he was eating well and flying, but WildCare wanted to keep him for a little longer just to be sure. At this writing on January 2, he was still in flight training but tired easily, was resistant, and seemed to favor one leg; so he is not out of the woods, so to speak.

WildCare called (January 7) and said the owl is now doing so well that he can be released here in the Park where he was found. A happy, happy ending to the saga, all because a neighbor stopped to help an injured animal.

Sincerely,

Dee Schneider

THE ECHO

FEBRUARY 2016

MARIN VALLEY MOBILE COUNTRY CLUB

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

EDITOR/DESIGNER Erma Wheatley

COPY EDITING

Mary Barbosa, Carol-Joy Harris, Anila Manning

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 Rebuschung 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
TREASURER Sandee Duncan 415-883-3034
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,

The finances of MVMCC are in order, as anticipated.

The rains have come, bringing the frogs and various waterfowl that grace our occasional wetlands. The V-ditches and storm drainage systems are running easily. There should not be any flooding on Club View Drive for the foreseeable future, as long as it is maintained.

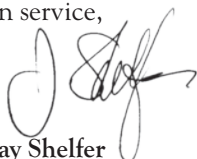
With the rains, the importance of the work supervised by Matt Greenberg in upgrading retaining walls and storm drainage systems has been brought into sharp focus, and we see how these acts help to secure our homes.

We soon will be receiving new, easy-to-use shutoff valves on the gas lines to each of our homes. Please note that Title 25 building regulations require easy access by maintenance workers to the incoming utilities (gas, water, electricity). The working space must allow for maintaining the meters as well as checking them. This is a large safety issue, and workers putting in the new valves will not be able to install them if access is blocked or difficult due to temporary structures over or around the utility pedestals. Please remove any obstacles.

In the coming months PAC will be working with management and the City preparing next year's budget. If you have any suggestions in this regard, please forward them to the PAC board before the February 3rd meeting.

There will be an election for the PAC board in May, and the seating of the revised board will occur at the PAC annual meeting June 4th. Mark your calendars.

In service,



Jay Shelfer
P A C PRESIDENT
jjshelfer@yahoo.com

Management Update

With February here bringing rain or strong wind to contend with, your rain gutters may become clogged by leaves or pine needles. Rainwater backup, especially over your carport, can be a contributing factor to the collapse or failure of carport supports. Several residents have experienced this avoidable problem and had to endure the expense of replacement.

When you or your maintenance person checks the rain gutters, take a few minutes to check the connection of your carport supports where they connect to the driveway so you can verify they are stable. The strong wind has lifted several carports and awnings, which can be dangerous due to flying debris and expensive to repair or replace.

Most of the mature pines at the Park entrance have been pruned, and several that posed a potential problem were removed. If you have a tree you feel may have been overlooked and looks dangerous or is in need of pruning, please call the office.

Please be advised of an important and usually overlooked item. Park maintenance needs a clear path to access and read your utility meters. Professionals who may be called for repairs also need this access to provide service to the gas and electric utilities and pedestal. Below is the Title 25 description of this mandatory access.

Title 25 Chapter 2 page 46:

1183. Access to Electrical Equipment.

All park or lot service equipment shall be accessible by an unobstructed entrance or passageway not less than twenty-four (24) inches in width and seventy-eight (78) inches high and shall have a working space not less than thirty (30) inches wide and thirty-six (36) inches deep in front of any panel opening on the service equipment used for examination, servicing, adjustment, or maintenance. The lot service equipment shall be located and maintained not less than twelve (12) inches nor more than seventy-eight (78) inches above the stabilizing pad. EXCEPTION: parks constructed prior to July 1, 1979, shall have a working space not less than thirty (30) inches wide and thirty (30) inches deep in front of and centered on the service equipment.

Sincerely,



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

HOL Homeowners' League Message

Dear Fellow Residents,

As I write this in early January we are in the midst of a week of predicted storms accompanied by high winds. Please continue to check your decks and patios and be certain that all items are secure, that your drains are cleared of debris, and that you have extra batteries for your flashlight/radio.

Revised Bylaws

HOL finished 2015 with a flurry of activities; most important was the vote to accept the proposed revised bylaws. To each of you who came to vote on the bylaws, thank you for participating—they were accepted by unanimous vote and are posted on the website.

Art in the Park

The art-hanging system purchased by HOL has been installed in the Fireside Room, hallway, and lobby. The new art exhibit is in place, and I encourage you all to enjoy the works of some of the very talented artists who live in the Park and to mark your calendars for May 22 for the Art in the Park annual event. Many thanks to Suzie Lahr and her committee for another job done exceedingly well.

Piano

HOL has purchased a piano for the clubhouse. I would like to thank Carol-Joy Harris for her wholehearted support of this project. Carol-Joy was

able to arrange for the purchase, tuning, and delivery of the piano at a most attractive price. It is hoped that the piano will provide many hours and years of enjoyment for all residents.

Wish List

Many thanks to all who have made suggestions for the Wish List ... by the time you read this, the list will have been turned over to PAC to begin discussions regarding the new budget.

Tom Miller has resigned his position as a PAC board member. Always looking out for the rights of individual residents and their concerns, while keeping a practiced eye on the bottom line, Tom was also a stalwart supporter of HOL and its autonomy. On behalf of HOL, thank you, Tom, for your many hours of counsel and wisdom and your invaluable assistance in the revision and approval of the new HOL bylaws. I look forward to your continued support and to working with you as a resident who is still deeply concerned and involved in Park matters.

Shredding Update

Thanks to Suzie Lahr for doing the research into this project. We have no control over some of the details, so please bear with us. The date is March 29 ... the shredding truck will leave Hayward at 6:30 a.m., and we will not know the exact time of the MVMCC shredding until later

that morning. Boxes will need to be dropped off at 8–10:00 a.m. in the breezeway at the clubhouse. (Bankers' boxes are the perfect size—no large boxes will be permitted.) We will be asking for volunteers to "stand guard" on the boxes till the truck arrives. If you and a friend wish to hang out in the breezeway and have a cup of coffee, please let me know. You must complete a reservation form indicating how many boxes you will be bringing. Extra boxes are not allowed. Reservation forms must be accompanied by a **nonrefundable** check for \$7 per box, payable to HOL. The paper will be shredded onsite outside the clubhouse in a 96-gallon container that will be transported to the truck by the driver and his helper. If you have your name clearly marked on your boxes, you may reclaim them as soon as the truck has left. If you do not want your boxes or do not pick them up that day, they will be knocked down and put in the recycling bins. For questions, please call Carolyn Corry, 415-370-6403.

Hope to see you at the next HOL meeting, **February 17, 7:00 p.m.** in the Fireside Room.



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

RESERVATION FORM FOR SHREDDING

RESERVATION DEADLINE: March 21 • 5:00 p.m. BOXES DROP OFF: March 29 • 8:00–10:00 a.m.

Name _____ # of boxes _____ @ \$7 each box Total \$ _____

Check payable to HOL for \$ _____ must be included with form.



Message from Mar Val

Dear Friends,

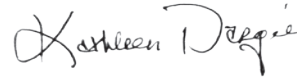
On **Saturday, February 13**, Mar Val will sponsor its first ever **Mardi Gras dinner**. Fortunately, among the residents of Marin Valley we have a number of well-traveled people who are sharing details of Mardi Gras events they have attended in New Orleans, South America, and Europe. We urge you to locate a mask, apply all your beads, and join us for a Cajun-inspired feast.

Pub

Those of you who are regular Friday-night Pub goers will be aware that on January 1st we made a change in the method for paying for food at Pub. It is hoped that the new procedure of buying a plate (cost \$2.00) prior to partaking of the buffet will more fairly compensate the volunteers who shop for and then prepare the food, and help alleviate what had become an uneven payment system. As in the past, those

residents who bring food to share with the group will not be charged. Mar Val appreciates your understanding of this change, as it is our commitment to have Pub remain a true bargain.

With warmest regards,



Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com

Laissez les bons temps rouler! Laissez les bons temps rouler! Laissez les bons temps rouler!

LET THE GOOD TIMES ROLL!

MARDI GRAS DINNER

February 13, 2016 • 5:00 PM

M E N U

Red Beans with Rice and Cajun Sausage or
Vegetarian Red Beans and Rice

Corn Casserole • Salad
Dessert de Mardi Gras



Laissez les bons temps rouler! Laissez les bons temps rouler! Laissez les bons temps rouler!

Laissez les bons temps rouler! MARDI GRAS RESERVATION FORM FEBRUARY 13, 2016 • 5:00 PM

RESIDENT _____	Please <u>circle</u> entrée choice	Red Beans/Rice/Sausage	Vegetarian
RESIDENT _____		Red Beans/Rice/Sausage	Vegetarian
GUEST _____		Red Beans/Rice/Sausage	Vegetarian
GUEST _____		Red Beans/Rice/Sausage	Vegetarian

Checks only - Payable to Mar Val (NO CASH, PLEASE) for ____ (number of people) @ \$10 per person

— Reservation Deadline —

February 10, 5:00 p.m. or when 140 reservations have been received.

Questions? Please call Carolyn Corry at 415-370-6403.

TOTAL \$ _____



When in Doubt — Get Out

by John Feld

One of the largest dangers of living in a mobile or manufactured home is fire.

Escape Plan

In the unfortunate event that a fire starts and becomes uncontrollable in your mobile home, get everyone out and call 911 from a neighbor's house or your cell phone. You should develop an escape plan and practice it often. Whenever possible, have two exits out of every room. These are usually a door and a window. Some windows are difficult to get out of, but there may be a time when you need to evacuate out of the window. Work out how you will open the window. This may entail hitting it with a chair or other object and pushing out the screen. Many people are frightened of climbing out of a window because the drop is too large to step out safely, but it is much better to break an arm or ankle than to be burnt or suffocated from smoke inhalation.

Once outside, get well away from the house and alert your neighbors. Remember, a well-practiced escape plan could mean the difference between getting out alive and not, as a fire tends to spread quickly throughout a mobile home's contents. Fires can easily jump from house to house, so be sure to get far from any burning building.

Once you get out, STAY OUT!

Do not go back inside for any reason!

If the fire is small, you may want to try to put it out yourself. Even a small fire can become a large one very quickly, and it is possible that your whole house may be consumed before a fire engine can arrive here.

Putting Out Small Fires

Usually the best way to put out a small fire is with a fire extinguisher. There is a correct procedure to fighting a fire:

1. Call 911.
2. Select a safe evacuation path before approaching the fire; do not allow the heat, smoke, or fire to come between you and the exit route.
3. Discharge the fire extinguisher with the **P.A.S.S.** technique, which we will cover next.
4. Back away from an extinguished fire in case it flames up.
5. Evacuate immediately if the fire extinguisher is empty and the fire is not yet out. Sometimes we think a fire is out, yet it can suddenly restart from a spark or ember.
6. If the fire is large when you discover it or if it spreads quickly, do not try to extinguish it — just leave.
7. If it is safe to do so, get your pet out of your home.
8. When you are out, alert your neighbors. You can do this by shouting or by banging on the side of their home.
9. Remember, fires can easily and quickly jump from one home to another, so stay well clear.



How to Use a Fire Extinguisher

First of all, memorize **P.A.S.S.:** **pull, aim, squeeze,** and **sweep from side to side.**

- **Pull** out the safety pin. This can be fairly tough, so give it a hard yank.
- **Aim** the nozzle at the base of the fire, which is where the fuel is, not at the flames.
- **Squeeze** the top handle to start the flow.
- **Sweep** from side to side of the burning area's fuel.

For a fire to burn, there must be three things present: fuel, heat, and oxygen. If you can remove any one of these, the fire will go out. Our homes are full of fuel. The wooden walls, cabinets, floors, and ceilings are very combustible. Heat can come from a stove, bad electrical wiring, broken appliances and heaters, candles, etc. And oxygen is everywhere. Fire extinguishers are designed to remove one of these elements, usually oxygen or fuel.

Sizes

Extinguishers come in a variety of sizes, some light and others that can be fairly heavy. Never buy an extinguisher that is too heavy to comfortably lift and handle. Small, light ones may only last 10 seconds. This is long enough to put out a very small fire. Heavy ones will last for up to about 30 seconds but are not robust enough to extinguish large fires.

An extinguisher that weighs about 4 lbs. has 8–10 seconds of extinguishing life and is used from about 8 feet.

One that weighs 8–9 lbs. lasts 13–15 seconds and can be used from 12 to 18 feet.

One that weighs 17 lbs. lasts 19–21 seconds and has a 20–25-foot range.

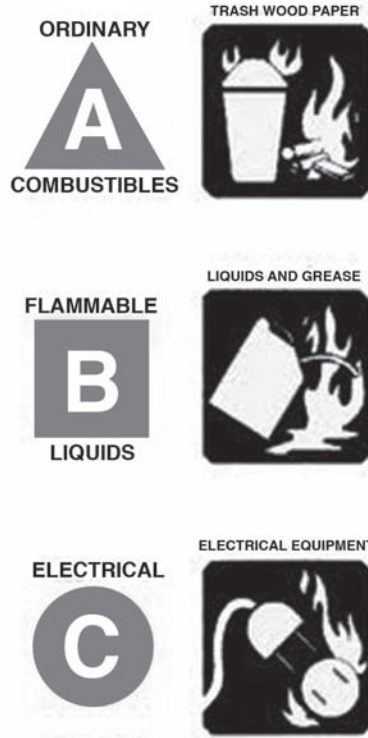
Recharge Gauge



Most modern extinguishers have a small gauge at the top, which shows if the unit needs refilling or replacing. Every six months, check the gauge at the top of your extinguisher to make sure it doesn't need recharging.

Easy Access

Ideally, we should have several extinguishers, one in the kitchen (not tucked away at the back of a cupboard, but close at hand), one near each exit/entrance, and one in each bedroom. And they should all be easily accessible. If you can't find or reach it easily, then it is of no use.



ABC Extinguishers

There are several kinds of extinguishers available, some designed just for electrical fires, some for wood and trash burning, others for chemical reactions, and still others for inflammable liquids. Although you can buy an extinguisher for each type, it is best to have only those that will work on all types. These are called ABC extinguishers and always come with an “ABC” written on them.

Extinguishers can be purchased at a hardware store, Costco, Home Depot, and online. Before purchasing, it is good to go to a store and try lifting one to make sure you can easily handle the weight. An online search reveals that the smallest useful ones (8 lbs.) cost less than \$20 and a large 17-lb. unit costs about \$75.

MVEST Fire Extinguisher Training

If you do not know how to use your extinguisher, then it is of no use to you. In the near future, MVEST will be organizing a fire extinguisher training. ■

LOCATION OF MOST MOBILE HOME FIRES

- 1 Kitchen
- 2 Living room
- 3 Bedroom
- 4 Furnace

MAIN CAUSES OF MOBILE HOME FIRES

- 1 Heating system
- 2 Electrical distribution
- 3 Cooking
- 4 Arson
- 5 Appliances

Death Forum Meeting

by Joan Nelson

The **February 7 Death Forum meeting, 3:00–5:00 p.m., Fireside Room**, will be a “fireside chat” (informal talk, conversation, tête-à-tête) with refreshments.

Recently two of our residents died, in part because no one checked in on them when they needed help. Just a phone call or text to a neighbor could save lives.

At the chat we will explore ways to update the **MVMCC Just 1 Hour program**. They say “It takes a village.” So come with your stories and ideas, and sign up for something with potential to deepen and enrich your life and the vitality of our little village.

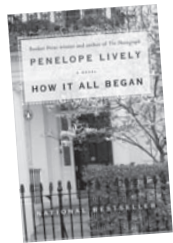
You may be a volunteer with skills and abilities. You may be a recipient (temporarily or permanently) unable to do an important task.

The program will help relatively able-bodied volunteers to learn about unmet needs in the Park that they can fulfill.

Examples:

Rides
Phone calls
Meals
Laundry
Plant care
Letter writing
Sewing/mending/ironing
Help with meals
Emotional support and coaching
Shopping and errands
Computer/office help
Bookkeeping
Handyman (or -woman)
Light housekeeping
Full housecleaning
Trash takeout on Sunday nights
Accompanying to appointments
Visiting (with therapy dogs or cats, to read or chat ...)
Spiritual/emotional guidance
Other

For more information, contact
Joan Nelson fingleafjoan@comcast.net
415-506-4166 c: 415-595-6221 ■



The **Marin Valley Book Club** will meet **February 24 at 4:00 p.m.** and will discuss *How It All Began* by Penelope Lively. Contact Julia Mathews at 415 883-7823 for the location.

Medical Waste Drop-Off

Household medical waste and pharmaceutical drop-off locations nearby include the Novato Police Department, Safeway Pharmacy, Kaiser Permanente, and the Novato HHW Facility. The Novato Sanitary District includes a chart of what each location will and will not accept at www.novatosan.com/green/recycling-and-hazardous-waste-disposal-resources/. For a full list in Marin County, see: www.marincounty.org/depts/cd/divisions/environmental-health-services/medical-waste?p=1

Contractor/ Handyman Reference Book

Currently the reference book is being updated. Work Performance Surveys older than 10 years, i.e. 2005 or older, will be removed. I will contact the businesses and persons of the remaining surveys to be sure the information we have on file is correct and that they are still in business.

The referral list will be calculated with new ratings, based on the remaining surveys. This should make the book more usable and current.

The only way this book can stay current is for you, the residents, to complete a **Work Performance Survey** whenever you use hired contractors, and don't forget to place it in the box in the library. Surveys should include both satisfactory and unsatisfactory reviews in order to alert other residents to the quality of work being performed in our Park.

This is your book. I welcome any comments.

Nancy Bingham
415-883-7879
nancybingham@msn.com

VOLUNTEER OPPORTUNITIES

Join the Marin County Civil Grand Jury

If you have time to volunteer 10 or more hours a week doing an interesting job researching problems in the County of Marin, consider applying for the 2016-17 Civil Grand Jury. *

In Marin County the Civil Grand Jury (as opposed to a Criminal Grand Jury) has two functions: First is to act as the public's watchdog, by investigating and reporting on the affairs of local government. Second is to weigh allegations of misconduct against public officials and determine whether to present formal accusations requesting their removal from office.

The year term (July through June) begins with developing the jury's organization during an intense two-month training period in July and August. One of the Grand Jury's legal requirements is that it conduct an inspection/tour of the county's three detention facilities, so you would have the opportunity to visit Juvenile Hall, the Marin County Jail, and San Quentin State Prison. This is



Historical Roots of the Civil Grand Jury

The grand jury system has been used in England since the twelfth century. Grand juries were brought to America in 1635 when the Massachusetts Bay Colony empanelled the first one in the new land.

The grand jury system has been embedded in the California Constitution since the beginning of statehood in 1850. The Marin County Civil Grand Jury operates under this constitutional mandate, which calls for a grand jury in every county.

followed by a period of choosing subjects for investigation, performing the investigations, and writing the reports. The Grand Jury's final reports with findings and recommendations are its primary work product. The topics considered and the people interviewed are subject to strict rules of confidentiality, and only when a report is published does the public learn what topics the jury investigated.

The Civil Grand Jury has three dedicated conference rooms located on the second floor of the Civic Center, one large enough for weekly jury meetings and two smaller rooms to conduct interviews and hold small committee meetings. One of the committees is the Social Committee, which organizes opportunities for visiting facilities within the county for the purpose of camaraderie and celebration throughout the term.

The work of the Grand Jury is very rewarding. You get the opportunity to work with 18 other people who have a similar commitment, and you work together for the same worthy goals. ■

* *The Grand Jury is mandated by Article 1, Section 23, of the California Constitution. It is constituted and operates under Title 4 of the California Penal Code or the California Government Code, Sections 3060-3074, and Section 17006 of the California Welfare and Institutions Code. For more information contact Owen Haxton, 415-883-3275, hornet5@pacbell.net*

To apply you need to submit an

APPLICATION TO SERVE ON THE MARIN COUNTY CIVIL GRAND JURY

available at the Grand Jury office and online at www.marincounty.org • (415) 473-6132

send to: Marin County Civil Grand Jury • 3501 Civic Center Drive, Room 275 • San Rafael, CA 94903

The Joys and Benefits of Dancing

by Inga Grace

Our recent New Year's party was a sellout. It was a joy to see so many of us dancing: alone, in a circle of new friends, couples together, playing, laughing, connecting, and getting seemingly effortless great exercise.

Although I sometimes consider myself as “having two left feet,” I have always loved to dance. At home, I will turn on the music, preferably African rhythms, and dance around the living room with my cats.

My favorite way of dancing is free-form, with friends or by myself, although I certainly have a lot of fun doing an occasional improvised swing dance—especially when Mike Hagerty is kind enough to play or when DJ Charles shows me how to do it funky style!

To me, dancing is a way of becoming present in my body and tuning in to my inner energy flow and letting the music move me, a way of letting go and allowing movement to happen. Alone at home, with no one but the cats watching, I really let go and sometimes move about in odd ways: breathing deeply, shaking, stretching, jumping ...



PHOTOGRAPH BY MARIANNE YORK

In a group, dancing with one another, making eye contact, moving in similar styles and rhythms, and just having fun

is one of the easiest and most satisfying ways I know to connect with each other and the community.



Community Dancing

Mark Your Calendars:

The first Saturday of each month
DJ Charles Watson will be playing

danceable and popular songs from the
70s and 80s. Free — no charge.

February 6 • March 5 • April 2
Clubhouse Ballroom
7:00 – 9:00 p.m.

Check out these documented benefits of dancing. I was surprised to see how many research studies have been done on the subject. They all seem to agree that dancing is great for us!

- 1. Boost memory.** Dancing is good for the brain and has been shown to help prevent dementia.
- 2. Lift your spirits.** Dancing increases vitality and reduces depression.
- 3. Make your heart happy.** Cardiovascular exercise strengthens and improves your heart.
- 4. Increase flexibility.** Movement reduces stiffness and eases joint pain.
- 5. Create better balance and posture.** Stronger muscles and balance prevent falls.
- 6. Reduce stress** by releasing muscular tension and feeling connected to the community.
- 7. Increase Energy.** Stamina and endurance improve.
- 8. Lose weight.** Burn calories on the dance floor.
- 9. Boost immunity.** A stronger immune system has been documented in studies of dancers.
- 10. Increase creativity and self-expression.** Expressing ourselves freely makes us happy! ■

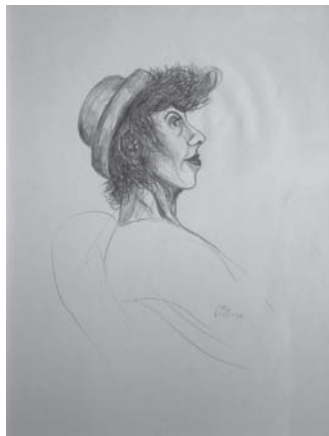
ART IN THE PARK



MVMCC
January 2016 Gallery Exhibit

AIn mid-December the new professional exhibit-hanging system was installed in the clubhouse lobby and Fireside Room. Our resident artists arrived at the clubhouse with 36 stunning pieces of work to be hung in our new clubhouse gallery. Our hardworking exhibit hanging team, **Suzie Lahr** and **Richard Wilson**, set to work arranging the exhibit of diverse works and gracing the clubhouse walls with an extraordinary show. We now invite you to visit the gallery and be as astounded as we are with the talents hidden in these hills. The artworks are for sale if you come upon one you simply cannot resist. An *Information and Pricelist Book* and *Guest Book* can be found on the table in the lobby, and we encourage you to write your reflections in the *Guest Book* when you visit the show. Thank you to HOL for supporting this effort with the purchase of the hanging system, to the artists who submitted their works, and to you, the residents, for being our guests.

Our fourth annual "Art in the Park" will be on Sunday, May 22, 2016, at which time you can meet these 23 resident artists and several more. It will be an art-enriched day where you can visit with the artists, see displays of their works, enjoy fine bread and cheeses and other delicious refreshments, and be there for other surprise happenings. ■



From top left to right: **Gail Camhi**, *Woman with a Hat*, colored pencil; **Jane Heaphy**, *Ft. Bragg Coastline*, oil on linen; **Jan Thomas**, *Spring Bloom, Hope Renewed*, woodcut; Michael Karasik, *Tea for Me*, ceramic; **Valerie Barbour**, *Georgian Mansion*, collage; **Dorallen Davis**, *Pomegranates*, oil on linen.



Health Services Day

Wednesday

February 17

9:00 a.m. - Noon

Margaret Todd Senior Center

1560 Hill Road • Novato



Free Health Services Offered

- Acupuncture
- Blood pressure checks
- Cholesterol testing
- Cranial sacral work
- Dental evaluations
- Eye screening
- Fall risk assessment
- Glucose testing
- Hearing screening
- Medication drop-off
- Skin cancer screening
- Stroke simulation
- Thermometer exchange
- Trigger point massage

Co-presented by:

- Audiology Associates
- Community Acupuncture of Marin
- Dominican University
- Eyewish Optometry
- Hospice by the Bay
- La Vita Chiropractic
- Marin Community Clinics
- Novato Community Hospital
- Novato Dermatology
- Novato Independent Elders Program
- Novato Sanitary District
- SCAN
- Sutter Care at Home
- Veolia Water



Charles Conaway, *SF Conservatory*, watercolor; **Karin Mortensen**, *Darkness into Light*, watercolor; **David Gray**, *Battle of the Titans*, photography; **Edgar Furlong**, *Cancer*, textile; **Ursula Pedersen**, *Secret Rock*, textile; **Carole Rosvold**, *Yosemite Spring*, mixed media.

The American Robin

by **Bill Noble**

Tree Full of Robins

*Hiked home late past a gnarled apple tree,
black under the placid sky and angled light
of February. I thought it was winter-rusted*

*apples that tree was full of, but it was robins,
through for the day with chuckles and flying,
with gobbling orange pyracantha and ebony*

*privet. Cinnamon-breasted robins, all facing
the slow sun, content. Sit quiet by me, friend,
while we join in harvest of the westward light.*

Bill Noble

Let's get confused. Everybody knows what a robin is, right? This winter, chuckling clouds of these thrushes have descended on the Park. Yet the "robin redbreast" of nursery rhymes is Europe's robin, which is actually an Old World flycatcher. And blackbirds? We have two noisy kinds in the Park whose relatives are orioles. But when the Beatles pipe about "Blackbird singing in the dead of night," they're actually singing about a robin — or at least a close Old World relative of our robin, in the same genus, *Turdus*. Black, and yellow-beaked, but in every other way a robin.

You've just encountered the single best reason for having scientific names; stable, unique for each variety of creature, and written in an ancient language.

The American robin, *Turdus migratorius*, one of the dozen birds every American can name, nests across the entire North American continent. In the last few years, with the high-speed heating of the Arctic, they've begun to breed even on the shores of the Arctic Ocean. They breed far to the south, too, all the way down Mexico's Sierra Madre. They drift south in the winter (good name, *migratorius*); our winter robins breed north of us, and many of our summer robins flee California altogether. Spring and summer, they eat worms and bugs but in the winter turn mostly to fruits and berries. The big winter flocks stringing across our sky are tracking and sharing word of berry harvests and unpicked persimmons.

In a world where many plants and animals are being overwhelmed by human numbers and disruptions, robins are a success story. Their range has steadily expanded, following farming and suburbia (and now climate change), and they're one of those rare species that thrives both with human disturbance and in the wild, from New York City's Central Park to the south slopes of the Brooks Range. Robins didn't breed in the

Bay Area until after 1915, when irrigated farms and watered lawns brought earthworms closer to the surface.

Robins are nominally monogamous each breeding season, with each pair defending a territory, foraging together, and sharing care of the young. Their companionability, their singing, their ease around people, even their tidy mud-and-straw nests and "robin's-egg blue" eggs are beautifully emblematic of Spring and True Love. Damn those nosy scientists, though: DNA studies show that about half the eggs in each nest have ... um ... mixed parentage.

Thrushes are long-legged, big-eyed songbirds; they're some of the planet's best singers. Besides the happy caroling of robins, try Googling recordings of two other local species, Swainson's thrush and the deep-woods hermit thrush. My favorite, though, is the ethereal music of one of Central America's cloud-forest solitaires. *Turdus* thrushes, our robins and their cousins, nearly 90 kinds of them, are found everywhere in the world except Antarctica and some oceanic islands.

Jon Young's fun, sharply observant book about our backyard birds, *What the Robin Knows* (2012) is a recommended read if you want to get to know your neighbors. ■

























Oh, if you're a bird, be an early bird

And catch the worm for your breakfast plate.

If you're a bird, be an early early bird—

But if you're a worm, sleep late.

Shel Silverstein

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 	2 5-6 PM Meditation	3 10 AM-2 PM Craft Group 11 AM-1 PM Whistlestop (call Roberta 415-883-0843) 7 PM PAC MEETING	4 9:15 AM Qi Gong <i>with Dove</i> 6:15-7 PM Silent Meditation 7:20 PM Poor Man's Poker 	5 4 PM Canasta ♠♥♣♦ 5-7 PM Pub Night 	6 10:30-11:45 AM Pre-Tai Chi-Jay  COMMUNITY DANCE 7-9 PM
SUNDAY	7 1-4 PM Mahjong  3-5 PM DEATH FORUM FIRESIDE CHAT	8 6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 	9 5-6 PM Meditation	10 10 AM-2 PM Craft Group 11 AM-1 PM Whistlestop (call Roberta 415-883-0843) 6 PM MAR VAL MEETING	11 9:15 AM Qi Gong <i>with Dove</i> 6:15-7 PM Silent Meditation 7:20 PM Poor Man's Poker 	12 4 PM Canasta ♠♥♣♦ 5-7 PM Pub Night 7:15 PM Bingo 
	13 10:30-11:45 AM Pre-Tai Chi-Jay  MAR VAL MARDI GRAS DINNER 5 PM					
	14 1-4 PM Mahjong  VALENTINE'S DAY	15 6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 	16 5-6 PM Meditation	17 10 AM-2 PM Craft Group 11 AM Ladies' Bridge 11 AM-1 PM Whistlestop (call Roberta 415-883-0843) 6 PM HOL MEETING	18 9:15 AM Qi Gong <i>with Dove</i> 6:15-7 PM Silent Meditation 7:20 PM Poor Man's Poker 	19 4 PM Canasta ♠♥♣♦ 5-7 PM Pub Night 
						20 10:30-11:45 AM Pre-Tai Chi-Jay 
	21 1-4 PM Mahjong 	22 6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker   FULL MOON 6:12 PM	23 5-6 PM Meditation	24 10 AM-2 PM Craft Group 11 AM-1 PM Whistlestop (call Roberta 415-883-0843)	25 9:15 AM Qi Gong <i>with Dove</i> 6:15-7 PM Silent Meditation 7:20 PM Poor Man's Poker 	26 4 PM Canasta ♠♥♣♦ 5-7 PM Pub Night 
						27 10:30-11:45 AM Pre-Tai Chi-Jay 
	28 1-4 PM Mahjong 	29 6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 				

FEBRUARY 2016