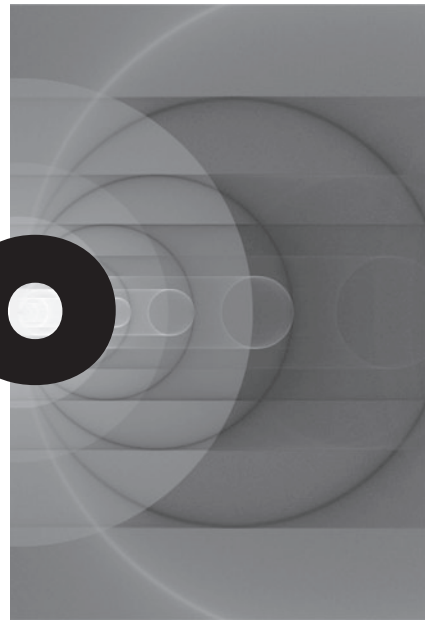


T H E

# ECHO

*March 2015*



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NEW RESIDENTS

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# Mail

I would like to thank Erma Wheatley for the superb publication of the *Echo* newsletter and the masterful MVMCC directory. Great work, Erma. Having said that, I would like to initiate a column in the *Echo* entitled "Thank You" in which the members of this community can voice their thanks to anyone who has done something special for them and their lives in this park.

*Charles Conaway*

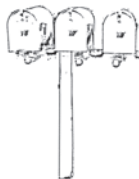
*Editor's note: Ordinarily this type of email wouldn't be printed, but given the request for a column and community involvement—yes, and thank YOU. Also, the Echo is as good as its content. So thank you, contributors.*



Jamie Schoen  
135 Sunrise Lane  
January 28, 2015

## New Residents

**Ducki Mathias**  
175 Marin Valley Drive  
415-842-7185



**Joan Nelson**  
115 Marin Valley Drive  
415-453-6221

**MARIN VALLEY**  
MOBILE COUNTRY CLUB

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

EDITOR **Erma Wheatley**

COPY PROOFING **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 **Desiree Storch** 415-250-7297  
SECRETARY **Mike Hagerty** mrhagerty@ucdavis.edu  
TREASURER **Larry Cohen** 415-883-7786  
AT LARGE **Tom Miller** 415-244-5413

### HOL BOARD

PRESIDENT **Nancy Bingham** 415-883-7879  
1ST VICE PRESIDENT **Pauline Hawkins** 415-884-0494  
VICE PRESIDENT (MVEST) **Serena D'Arcy-Fisher**  
415-506-4235  
VICE PRESIDENT ACTIVITIES AND EVENTS  
**Carolyn Corry** 415-370-6403  
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/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](mailto:ermawheatley@gmail.com)

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

Everything is due the  
**10<sup>TH</sup> of the MONTH or SOONER**  
for the following month's edition.

# Letter to Residents

Dear Residents,

We are coming up on the midyear budget review. Spending is a bit below the budget; cautious vision by management has delayed spending on less-urgent areas with the anticipated needs to reallocate funds to projects inspired by the Napa earthquake, ADA requirements, and those revealed by deferred maintenance around the Park.

We are awaiting updates for ongoing projects with the city; their staff has been focused on city affairs. We shall update you as information becomes available to the PAC board.

The HOL and MarVal boards will be discussing the new tree and shrub policy and the clubhouse private rental and reservation issues. We anticipate bringing these issues to the PAC board in March.

The PAC board will be negotiating the coming year's budget with management and the City in the coming months. Please give your input to the HOL and MarVal boards or contact your PAC board members. Your input is essential and important to make this process a community-binding affair and responsive to our needs.

## *Please note*

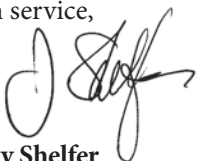
- *The March PAC meeting will take place on the first Thursday of the month, March 5, instead of the first Wednesday.*
- *The Novato City Council will meet at MVMCC on Monday, March 31, at 6:30 p.m. (tentative) in the clubhouse.*

Please join us at the March meeting:

**Thursday, March 5, 7:00 p.m. Fireside Room**

Until next month—

In service,



**Jay Shelfer**  
PAC PRESIDENT  
jjshelfer@yahoo.com

# Management Report

Happy March, MVMCC,

Management has been made aware of multiple unauthorized solicitations from outside organizations trying to sell vacuum cleaners, frozen food products and different home services. A cold call and knock on the door can at times be unnerving for some residents. Please alert the front desk if you are approached so we may contact the service provider. Please do not let a stranger in your home even if they seem friendly and with good intention. Call the front desk for assistance.

Management has recently contracted the repair of multiple damaged underground utility sites. All damage was caused by digging to set fence and deck posts. Prior to any digging, please alert management so we may do a thorough utility location inspection. This inspection can prevent costly repairs to underground wire and pipe. It will also prevent residents from losing power or gas during the investigation and repair.

April 11–12— save the date for the personal garbage and home cleanup debris box. No construction debris accepted. Location will be at the ClubView lower turnaround

Residents have alerted management that a coyote may have been responsible for the disappearance of several cats that wandered out of their home. Please keep your cats safe and indoors per park rules.

Notice for upcoming gym and men's changing room closure. Temporarily the gym and changing room will be closed for painting and the installation of new lighting. Further notice with dates and times will be posted on the gym door and front desk.

There is a noticeable change from residents cleaning up and disposing of stored items in the carports. Please continue this good work. Per park rule #12, carports are not to be used for storage. People who can't park in their respective carports impact others by parking in guest spaces.

Thank you for your continued cooperation,



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

# HOL Message from Homeowners' League

The phone tree is active and well. HOL has been researching an automatic activation under the control of Park management to notify residents of immediate messages. This will save many hours in the notifications. It is hard to get companies to respond when we need the system so seldom.

There will be an election of new HOL officers during the May meeting. Please step forward to serve on the board or one of the committees. I would be happy to discuss any position with you. We have many very important issues affecting the residents, so we need as many different viewpoints as possible.

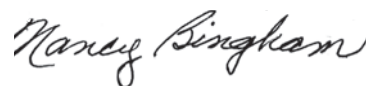
The Novato City Council meeting will be held in the clubhouse March 31. Please plan to attend as this is the way the city becomes aware of how many of us care about our park and our well-being.

You are welcome at the next HOL meeting, which will be

**Wednesday • March 18  
7:00 p.m. • Fireside Room**

You will have an opportunity to express your concerns and suggestions. You will be heard.

Thank you,



**Nancy Bingham**  
HOL PRESIDENT  
nancybingham@msn.com  
(415) 883-7879

# MARVAL Message from MarVal

Dear Friends,

Let the word go out to all the Irish as well as to those who appreciate the Irish (of whom there are doubtless hordes of people) that the date has been set for MarVal's annual

**St. Patrick's Day Dinner**  
**Saturday, March 14, 2015**  
**5:00 p.m.**

**The menu:** Corned beef and cabbage, vegetables,

potatoes, rolls, and dessert, along with, as always, a vegetarian choice.

**Added attraction:**  
We will once again have an Irish coffee bar.

**Cutoff:** Wednesday, March 11, 2015.

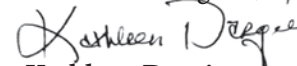
Marin Valley is most certainly fortunate to have numerous volunteers dedicated to the overall quality of life within our

Park. It is therefore with great pleasure that HOL and MarVal sponsor an annual dinner as our way of recognizing and thanking these members of our community. This year's party is scheduled for Saturday, April 18, 2015.

If you have volunteered with MarVal, HOL, or PAC during the year April 2014 through April 2015, you are

cordially invited to attend as a guest. Sign-up sheets will be available at the desk in the office effective Monday, March 30, 2015. Details pertaining to menu choices will be included in the April *Echo*.

With warmest regards,



**Kathleen Dargie**  
MAR VAL PRESIDENT  
kfdargie@aol.com



## St. Patrick's Day Diner Reservation Form

**March 14, 2015 @ 5:00 p.m.**

Please make check payable to Mar Val. NO CASH. Questions? Contact Carolyn Corry at 370-6403.

**Reservation deadline is March 11 at 5:00 p.m. or when 140 reservations have been received.**

### ST. PATRICK'S DINNER RESERVATION FORM

RESIDENT _____	<i>Circle one</i> Corned Beef Vegetarian	GUEST _____	<i>Circle one</i> Corned Beef Vegetarian
RESIDENT _____	Corned Beef Vegetarian	GUEST _____	Corned Beef Vegetarian
NUMBER ATTENDING _____		@ \$10 EACH	TOTAL \$ _____

# Death Cafe

*A Conversation on  
Death and Dying*

by **Shareen Akroosh  
and Michael Hagerty**

**W**ith a mostly senior population here at Marin Valley we have a unique opportunity to openly face and examine the reality that death will come to all of us. Often this is a subject not especially embraced for discussion while we know at some point preparation for the inevitable must be addressed.

We invite all interested residents to join us on Sunday, March 8 from 2:00–4:00 p.m. in the Fireside Room for an open and comfortable discussion on the subject. We are in the process of accumulating resources and guides to make this eventuality a smoother transition for those whose responsibility it will be to handle the details of the deceased.

This is not a bereavement or grief counseling group. This is meant to share feelings and experiences to help one another. Over a thousand Death Cafés have been held in the U.S. and Europe. See [www.deathcafe.com](http://www.deathcafe.com)

Cake and refreshments will be served in the kitchen.



by **Suzie Lahr**

**A**rt is alive and vibrant in the Park. The MVMCC resident artists are in the planning stages to bring you our 3rd Annual “Art In The Park” afternoon resident event on Sunday, May 17. This HOL-sponsored event has received rave reviews in the past two years, and we are looking forward to having you with us on Sunday, May 17. We feature an artist gallery, many different media of art works, poetry readings, artistic demonstrations, music, and gourmet refreshments for our Park residents to enjoy.

**CALLING ALL** budding artists who are creatively in the closet and all other resident artists with all types of works to share with our community to join us!

Our first planning meeting was February 12 with another scheduled for Saturday, March 14 at 10:30 a.m. in the Fireside Room. These meetings are your opportunity for our artistic community to come together with other creative souls and with your ideas for the creation of our next event in May. Visual artists, literary artists, musical artists, and demonstrating artists are all invited to join us. If you would like to join us, a registration form is at the front desk in the clubhouse lobby. Please plan to attend our meetings if you would like to participate.

## Notices

MARCH

**Death Cafe:** *A Conversation on Death and Dying*

Sunday, March 8, 2:00–4:00 p.m.,  
Fireside Room

**Art in the Park meeting**

Saturday, March 14, 10:30 a.m.  
Fireside Room

**St. Patrick's Day Dinner**

Saturday, March 14, 5:00 p.m.

**Novato City Council meeting  
at MVMCC**

The Novato City Council will meet in the MVMCC clubhouse on Monday, March 31, 2015. Their meetings typically start at 6:30 p.m. Check for the starting time and agenda closer to the date. Please all attend—MVMCC issues will be discussed.

APRIL

**Debris bin**

Saturday through Sunday, April 14–15

**HOL/MarVal Volunteer Dinner**

Saturday, April 18, 5:00 p.m.

**MVEST Emergency Preparedness  
Fair**

Saturday, April 25, 10:00 a.m.–4:00 p.m.  
Clubhouse ballroom

MAY

**3rd Annual Art in the Park**

Sunday, May 17



# Make Your Pets Part of Your Plan

by **Captain Cindy Machado**

*Director of Animal Services, Marin Humane Society*

*415-506-6209 • cmachado@marinhumanesociety.org*

**H**andling animals in any disaster can be stressful for a pet guardian. The need to evacuate quickly often brings stress. Scared pets frequently hide in places we never think of. Reactions to a disaster can sometimes impede emergency workers in their attempts to help. Assuming that agencies will provide immediate assistance is not wise. Pet owners should have their own disaster plan.

**Carriers** Simply having an animal carrier for each pet can make the difference between life and death.

Pets can be trained to enjoy being put in a carrier with positive reinforcements such as treats, toys, and praise. A bell or a whistle can be triggers so they know they are about to get a treat, which encourages them to come to you. An important tip is to train your pet to the sounds of smoke detectors. They will know that a treat is coming every time detectors are tested.

**Pet disaster kit** Be prepared to care for your pets for extended periods. A pet disaster kit may prevent stress. Include all your pet's needs for food, medication, water, and everyday care. Also include vaccination info, photos of your pet, and familiar toys or blankets along with phone numbers of boarding facilities, shelters, and vets.

**Identifiers** Identifying your animal is most important. They should always wear collars and identification tags. Make sure that cats are fitted with breakaway collars to prevent injury. Microchips enable a pet permanent, safe identification. They are implanted into the animal by a vet.

**Leaving pets behind** If you are forced to leave without your pets, leave a large supply of water and food available. Post a highly visible sign in your front window to advise rescue workers that there are pets inside. If possible don't leave your pet tied or caged; chances for survival are greater if it can escape easily. Remember to report to your local animal shelter on the status of your animals if you leave them. Many times animal shelters will visit evacuated areas in search of lost pets and to feed those that remain in safe areas. Arrangements can also be made to remove pets from an evacuated household.

**Lost pets** If a pet is lost during a disaster, report it to the animal shelter as soon as possible. Visit the animal shelter at least twice a week to ensure that your animal will be reunited with you if it ends up there. Most importantly, never give up searching for your missing pet. Simply setting up food and water stations and articles of familiar clothing help to reunite animals with their guardians in situations where homes are no longer standing. Some pets have been reunited up to a year after being lost.

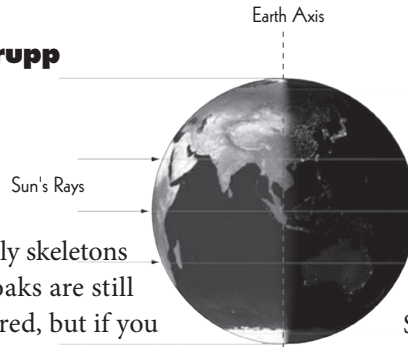
**Found pets** Many animals separated from their guardians during a disaster are found by helpful citizens. It is important to report finding a pet to the local shelter so that it can be reunited with its family. Use caution when approaching an animal during a disaster; many times they are extremely frightened and can cause injury if not handled properly.

**Neighborhood plan** MVEST is developing a pet neighborhood plan. They will know how many pets need assistance and designate people to various responsibilities. While you are away, your pets may have the best chance of survival from your neighbor who is home. Prepare your household so that additional injury or accidents



# Night Lights

by Mike Krupp



don't occur during a disaster. Secure fish tanks and aquariums so that they don't fall. Make sure extra snaps are placed on bird cages so doors don't open accidentally. Know your pet's hiding places. If they are difficult to access, block them so that your pet will find a hiding spot where you can easily retrieve it in a hurry.

**Impact on wildlife** An increase of wild animals in the area not in the direct path of the disaster is not uncommon. Wildlife will seek refuge in safe areas and will roam disaster areas in search of new territories. Don't encourage them to stay around by offering them food or water; they will eventually return to a safe place.

Preparing for your animals before a disaster strikes is the most important thing you can provide to your pet. Find ways to help your pet in an emergency by contacting MVEST and other professionals in the animal care field such as your veterinarian, the humane society, a groomer, trainer, etc. Any tip you learn to help your pet during a disaster makes you one step closer to being prepared.

*Captain Cindy Machado will be speaking on pet preparedness at the upcoming*



**Emergency Preparedness Fair**  
**Saturday • April 25**  
**10:00 a.m.–4:00 p.m. • Clubhouse**

*Stay turned for details.*

**T**he gnarly skeletons of the oaks are still uncovered, but if you walk around, you'll see trees with blossoms appearing, trees sprouting leaves, and spring flowers, especially daffodils, becoming more and more showy.

But spring isn't just trees and flowers. There's some pretty profound things going on that bring the whole solar system into the picture. Two invisible planes in the sky are involved in the entrance to spring. One of them, the ecliptic, is the narrow path on which the earth, the moon, and the planets all travel, and which the sun itself seems to travel (but that is an illusion: with respect to the planets, the sun stands quite still). The ecliptic is as wide "horizontally" as the whole solar system, but "vertically" it's extremely thin, far thinner relative to its width than the thinnest sheet of paper.

The other plane is called the celestial equator, but that is not really a part of the cosmos at all; it's just the earth's equator projected out beyond the limitless stars. It always makes the same angle with the ecliptic: about 23 degrees, our axial tilt, but it's not really stationary; it moves with the earth in its orbit.

These two planes intersect in such a way that half of the ecliptic is "above" (north of) the celestial equator and the other half is south of it. During the winter that's coming to an end, the sun has appeared to travel along the southern part of the ecliptic. In early February the sun has passed its

most southerly point (at the moment of the Winter Solstice) and is now rising a little more northward every day.

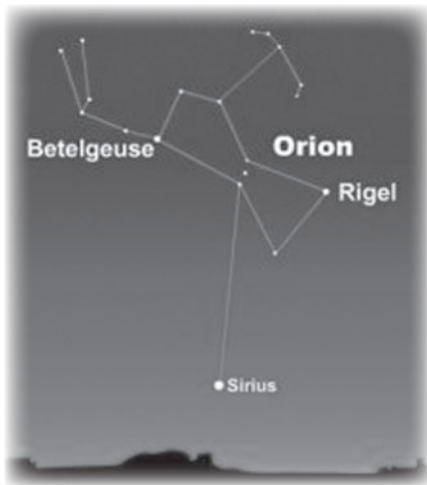
Here's what will happen when the sun crosses the Equator on March 20. At that moment the earth's axial tilt seems to disappear: the North and South Poles are at the same distance from the sun. Both the Northern and Southern Hemispheres get very nearly the same amount of light on this day, about 12 hours each. If you stood at the equator, the sun would appear to be directly overhead; be sure to wear sunblock. This moment is called the vernal equinox; the astrologers say the sun is at the First Point of Aries (the ecliptic constellation of the Ram). The word "equinox" means "equal darkness." From this moment until the autumnal equinox in September, the sun will shine in the Northern Hemisphere for more than twelve hours each day. From the equinox until the Summer Solstice in June, the sun will appear to rise higher into the north every day and will bring with it warm weather, blooming plants, and our summertime wildfowl.

For the rest of the schedule: the moon will be full on March 5; this was called the "full worm moon" in older days—the time of year when the ground would soften and earthworms appear. Jupiter will not have moved very far since last month, so a few days after full moon the waning moon will be close to that giant planet, which will continue to be one of the brightest objects in the sky. This will be the smallest full moon of 2015!

A special event on or about March 6, NASA's Dawn spacecraft will arrive at the dwarf planet Ceres after seven and a half years of silent voyaging to possibly get some hints about conditions billions of years ago, when the solar system was very young.

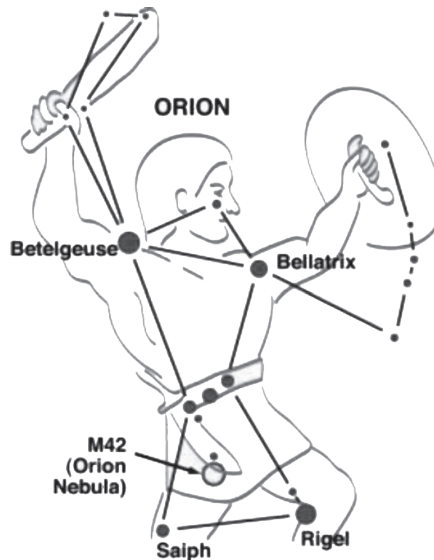
# Orion

Orion the hunter: a giant, broad-shouldered, narrow-waisted guy, moving around the winter sky, followed by his big dog Canis Major (“big dog” in Latin) whose bright sparkling eye is Sirius; the rest of him is too faint to see easily from here. Orion is one of the easiest constellations to find; if you haven’t met him, he looks like this:



And when we fill in some details, including some stars too faint to see here, we see the hunter.

In Greek mythology Orion is a hunter, placed in the sky by Zeus



for reasons of his own. He appears as other characters in most cultures throughout history; he is engraved on a 30,000-year-old mammoth tusk.

Orion probably keeps pretty busy; there are a bunch of exotic creatures up there. Right next to him is Taurus the Bull; then there are Ursa Major, the Great Bear, which contains the Big Dipper, and his buddy Ursa Minor, the small bear, with the Pole Star, Polaris. Then there are Draco the dragon, Scorpio the scorpion, Cancer the crab, Aries the ram, Leo the lion, Cetus the whale, Hydra the water serpent, Serpens the other serpent, Pegasus the winged horse, Aquila the eagle, Lupus the wolf, Capricorn the goat, and a raven, a dolphin, a lizard, a unicorn, a chameleon and a giraffe. And with all these creatures there’s sure to be a fly; he’s up there, by the name of Musca. It’s amazing we can sleep at night.

Orion is much more than a repository for old legends; it contains some of the brightest stars in the neighborhood. The four stars at the corners and the

three in his belt are among the most distant that can be seen with the naked eye and are extremely bright; one of the belt stars is 275,000 times as bright as the sun. Sirius is the brightest star in the whole sky, but it is also much closer than any of Orion’s and is far dimmer.

Wait, there’s more! If the sky is dark enough to make Orion’s sword visible, and you have a good pair of binoculars, check out the sword in detail and see if you can find the Orion Nebula, also known as M42 (the Messier objects, including M42, coming in a later article).

The great Orion Nebula is one of the hottest star nurseries that we can see. Some of its visible stars are only a few hundred thousand years old; the very youngest stars, possibly still forming, are hidden in clouds of the dust and gas that are nourishing them. These very young stars are not visible but show up brightly in infrared.

If you could see the whole nebula, it would appear twice as large as the full moon, and reddish from ionized hydrogen. The local light pollution will make the nebula appear fainter, maybe too faint to see in color. If you Google for something like “Hubble images M42,” you will find spectacular images.

In the fall around October 20 you may be able to see the Orionid meteor shower. The name “Orionid” just means that the meteors seem to come from Orion (more precisely, between Orion and Gemini).

Lots going on in the hunter.



# Interview

by Marianne York

## Chester J. Willett a.k.a. Chet

Age: 97

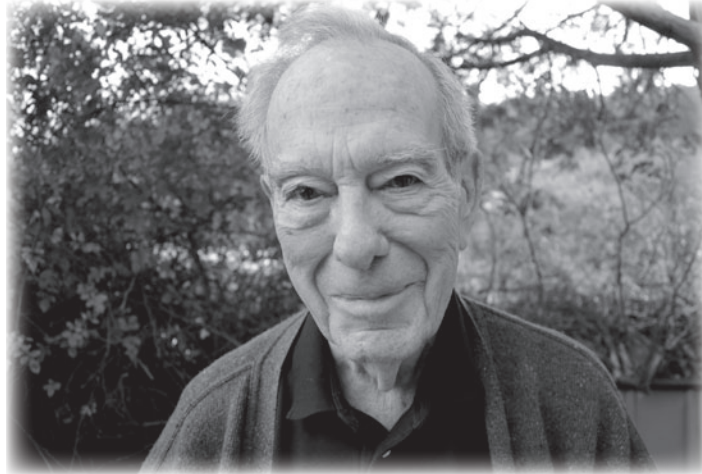


PHOTO: MARIANNE YORK

If you ever doubted that moving to Marin Valley was a good decision, just ask Chet Willett. A self-described world traveler, Chet and his wife Dottie moved here in 1981. "Marin Valley is one of the nicest places I know of. Of all the places I've been I'd put it at the top of the list."

Chet grew up in Washington, D.C. and joined the FBI at the age of 19. For the majority of his career (1936–1967) he was a Special Agent working out of five offices—Philadelphia, Boston, Washington, D.C., Cleveland, and Oklahoma City. "Actually, it was a police job. I am proud of the fact that I was an agent for so many years."

When he retired in 1967 at age 50, he and Dottie began their worldwide travels, starting in Germany in a newly purchased Volkswagen Beetle. They toured Europe and put 4000 miles on the odometer! He said it was "wonderful."

*"I highly recommend travel for anyone who feels tied down. Break loose and let it go."*

Chet Willett

Another highlight of Chet's life was learning to fly an airplane and becoming a pilot. He owned three planes over a 35-year period. Although he has sold the planes, he still takes an occasional spin in one, which he sold to a friend, with his daughter Janet by his side.

"Janet's the reason we moved here." She was living in San Francisco at the time. Janet has been by her father's side since 2004 when his beloved Dottie died, just short of their 65th wedding anniversary. "Janet is top-notch in her field of managing me... I couldn't get along without her. She's part of me." Chet has another daughter, Linda, who lives in Florida. What's important to him? Top on the list is his "continued close relationship with his two daughters," as well as his "current state of good health" and his "satisfactory living situation."

These days Chet feels pretty "content" and adds that it doesn't take much. "I like sitting in a warm house. I enjoy reading something I like. I visit with Janet if I feel like

it. I visit with neighbors if I feel like it. I have nothing to worry about." What makes him happy these days is that the people he loves are in good health and taken care of, just like himself!

Over the years, Chet has volunteered his time in our community. He served as President of MarVal (1983–1984). He believes it is important to support the community you live in. He does his share. He and Janet still make an occasional appearance at Pub Night, and he attends most monthly functions. Reflecting on the advantages of being older, he says, "I am pleased to note, in my advanced age, how many people will see me with my cane and they will put themselves out to make way for me, naturally. This encourages me."

When asked how he would like to be remembered, Chet responded. "He was a good guy. That's enough."

# Emergency Room, Urgent Care, or Routine Doctor Visit: How Do You DECIDE?

by John Hansen and Bill Davis, RN

*As the flu and other respiratory illnesses continue to circulate in the community, it is sometimes difficult for the public to determine whether it is appropriate to go to an emergency department, an urgent care center, or a primary care physician. Here are some useful guidelines, courtesy of the Southern Nevada Health District and modified for the Marin Valley Mobile Country Club by a couple of residents to help ensure that you receive prompt and proper medical treatment in the most appropriate place.*

It is important to emphasize that the elderly, or anyone with a chronic medical condition such as diabetes, heart disease or asthma, may be more at risk for complications from illnesses such as the flu. If you have questions about your medical conditions, you should speak directly with your primary care physician for advice about symptoms that may require emergency, urgent, or routine care before your condition escalates.

## Emergency

Symptoms that generally indicate an emergency include:

- SOB (shortness of breath)
- Chest pains (any type that are new)
- Fall (not simply tripping on the cat)
- Head "Bonk" (hit head pretty hard)
- Dizziness
- Numbness (perhaps your arm will not wake up)
- Sudden slurred speech (outside of Pub)
- Visual changes (with the lights on, of course)
- New mental confusion (not the daily stuff)
- Drug overdose (perhaps you took too many tablets)
- Suicidal (or homicidal, please)

Call 911! The paramedics want to see you. They are nice people and know their stuff (Station 5 is about 5 to 7 minutes away). Or get someone else to drive you to the nearest emergency department (Novato Community Hospital Emergency Department is 10 minutes away, and Kaiser Terra Linda E.D. is 12 minutes from the clubhouse.)

## Urgent care

The following are generally urgent care issues. An urgent care clinic might be a better value for you and the community. Your primary care physician/provider during the day can often be a good choice. If time allows, we suggest you call ahead and talk to someone in those places.

- Moderate fever
- Colds, cough, or flu
- Bruises, abrasions, and minor cuts
- Minor burns
- Eye, ear, or skin infections
- Sprains or strains
- Urinary tract infections
- Respiratory infections

None of us get to this time and place in life without managing our health fairly successfully. The above

suggestions are for your consideration. However, if in doubt, get a second opinion from someone else. A family member, friend, neighbor or perhaps a phone call for medical advice might help.

Like the flu? Skip the shots.

Don't like the flu? Flu shots are still recommended for anyone who has not yet obtained one, and an ample supply of the vaccine is still available. Influenza vaccinations are recommended for anyone over six months of age. Flu shots are especially important for those at high risk of complications from the disease, such as those over age 50 and individuals who suffer from chronic diseases as well as their caregivers and household contacts. It takes about two weeks to build sufficient immunity to influenza following a flu shot. Flu season generally peaks in February and can continue into May. Immunizations, including flu shots, are available at many locations throughout Marin. Ask your primary care physician about influenza and the many other vaccinations and boosters available to us. And, as a reminder, here are some pertinent hygiene and social courtesy activities that can greatly help stem the spread of contagious diseases:

Avoid close contact with people who are sick. Additionally, when you are sick, keep your distance from others to protect their health. Currently the two best vectors for the flu are handshakes and computer keyboards. Using the new "fist-to-fist" style greeting instead of a handshake until May 15 is a good idea. Stay home when you are sick. Staying away from work, school, errands, or Pub Night when you are sick will help prevent others from catching your illness.

If you must go out, wash your hands first and wear a mask. You may feel a bit uncomfortable doing so, but you just might save many others from a great deal more discomfort. Wearing a mask immediately gets you a nice separation from others. Don't wear a black mask, however—that might cause the wrong impression. Different people may react very differently to any particular virus. Your "little snuffle" or "throat tickle" could easily become someone else's pneumonia!

When you sneeze or cough, use a tissue or the crook of your arm, the Dracula cough cover. Your mouth and nose are the primary ports of entry for viruses. Prevent the spread, and keep those around you from getting sick. Keep your paws out of your eyes, which are also ports of viral entrance.

Finally, wash your hands frequently. Washing your hands is often touted by the Center for Disease Control as your best defense from germs.

Stay healthy and feel good!



## Cedar Waxwing

by Bill Noble

**A**rthur Cleveland Bent, who devoted much of his life to the monumental *Life Histories of North American Birds*, did best describing these beautiful gypsies: *elegant, well-dressed in feathers, a sleek and silky Beau Brummel among birds.*

The gap between the tip of your thumb and the extended tip of your index finger would just hold a waxwing.

Waxwings furnish us a free, nature-based hearing test: our ability to hear their high-frequency seeeee calls fades as we age.

Despite that, everybody knows these crested visitors who come to spend early spring getting drunk on winter-softened pyracantha, privet and cotoneaster berries in our yards. A flock of half-a-dozen—or a hundred—swirls out of the sky and begins to teeter and gobble, often competing with larger, even greedier robins.

Year-round, waxwings eat all sorts of berries, though they'll flycatch too when bugs are thick. They wander freely over North America most of the year, following whatever berry crops they find, and then by June leave their flocks to breed along the broken edges of the northern forest. Even there, though, they manage to behave in their own uniquely waxwing way—unlike most birds, they don't defend breeding territories and range freely with their neighbors in search of strawberries, raspberries and other summer delights—and of course nest late, as the berries ripen.

By September they head back our way, and by October are in full force, never quite predictable, but sometimes, if the berry crop has failed elsewhere, whirling in great numbers through every neighborhood.

ADULTS —  
 Grayish-brown plumage  
 Pale yellow breast and belly  
 Wings with bright red wax-like spots  
 Bright yellow band at the tip of their tail  
 Crest on top of their head  
 Black mask around their eyes



Waxwings, with their flexible appetites for berries, are a success story in a human-dominated world. The changes we make, the plants we grow around our homes, seem to have benefited these birds and even expanded their range.

Why are these sleek beauties called "waxwings"? Our two North American waxwings (one species, the Bohemian, shared with the Old World) have unique-among-the-world's-birds waxy tips to the secondary feathers on their wings, exactly the scarlet of sealing wax. The older a waxwing is, the more wax drops it has!

An informed eye can see waxwings' contribution to the park as you walk the neighborhood and our sheltering hills. Out-of-place cotoneaster and pyracantha bushes are evidence of waxwing poop; their digestive track quickly strips the pulp from berries and the seeds are left behind with a little dollop of waxwing fertilizer. Waxwings are important seeding resources for many fruit-bearing plants, and for several important natives: toyon, with its lovely china-orange berries, and the big, perpetually green globes of mistletoe in the crowns of our valley oaks. . . . and strawberries.

Researching this little biography, I came across a uniquely Texas story: massive predation on waxwings at Texas stock ponds where the birds came to drink—by *bullfrogs*.

by Michael Hagerty, Suzie Lahr, and Marianne York

"How old  
would you  
be  
if you  
didn't know  
how old  
you  
were?"

—Satchel Paige

In 2014 HOL sponsored the MVMCC Independent Living Program with monthly presentations for our residents. We created an educational series with speakers from Hospice, Novato Independent Living, Transportation for Seniors, Age Song of Marin, and the Marin District Attorney Office, giving our residents information on many topics of interest. Some of the information we circulated is available in the clubhouse library for those of you who were not able to attend the presentations. We also had some fun Sunday afternoon movies featuring *Calendar Girls*, *Young at Heart* and *The Best Exotic Marigold Hotel*.

In February this year, the Marin County Commission on Aging had their monthly meeting at our clubhouse with a presentation on fall prevention followed by the commission's public meeting. While we are pondering some ideas with you for future programs in 2015, we thought you would enjoy some inspirational quotes by inspirational people.

*I'm the same age I've always been.*

"To me old age is  
always fifteen years  
older than I am.

—Bernard Baruch

"I have reached an age  
when, if someone tells me  
to wear socks,  
I don't have to."

—Albert Einstein

"We don't stop playing  
because we grow old.  
We grow old because  
we stop playing."

—George Bernard Shaw

"It's taken me all  
my life to learn  
what not to play"

—Dizzy Gillespie

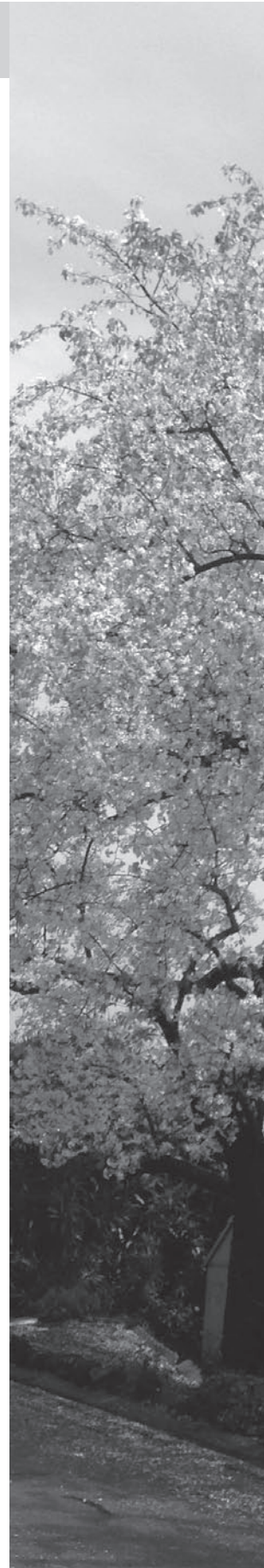
"I am an old man  
and have known  
many troubles,  
but most of them  
never happened."

—Mark Twain

"One of the oddest  
things in life, I think,  
is the things one  
remembers."

—Agatha Christie

ENJOY LIFE AND HAVE FUN  
IN BEAUTIFUL MARIN VALLEY  
COUNTRY CLUB!





## *Music*

**by Bill Noble**

*The sky shines china blue, the garden its equal  
in green, but we have not a note of breakfast music  
until my wife begins to sing, disjointed,  
murmurous, wandering. I hear what might be  
fragments of My Fair Lady, a hint of Neil Young,  
and then a true line of melody, the skirl  
of "Tam Lin." She stares at all the nothings  
in every nook of the kitchen with a look  
of purest rapture. "You should sing more,"  
I say, and she turns, surprised. I say, "I love  
to hear you sing," and I have, since we first met,  
singing all night in snow on Hunter Mountain,  
and I love to hear her still, though her music  
seldom comes and is as jumbled as her speech.  
She looks doubtful, knowing how much  
she has lost, how much she is losing, but later,  
as I clear away, she paces the empty living room,  
and I hear, musical and wordless, "Whistle, Daughter,"  
which she sang with her birdlike Kiwi grannie  
fifty years ago, naughty, unapologetic, full of joy.*



# Take a Hike

by Michael Holland

**H**ave you ever been to the College of Marin? No, not the main campus in Kentfield. I mean the rarely visited satellite campus in Indian Valley. The past and present college administrators of COM have had big plans for this northern campus. Unfortunately, the volume of student enrollment has never equaled the desires of the deans. What is fortunate, however, is that this sylvan setting offers a wonderful array of hiking possibilities, from flat and easy—to hilly and technical.

COM Indian Valley is easy to find. Just drive west on Ignacio Boulevard a few miles until the road dead ends in the college parking lots. I recommend starting the hike at the very end of the road near the athletic fields. Look for the yellow box outside the parking lot to purchase a parking slip (Sundays and holidays are free). Walk past the soccer and softball fields to the trailhead of the Indian Valley Fire Road. During this intro you might take note of the experimental nursery off to your left. Students and horticulturists have been doing their best Dr. Frankenstein experiments in here for years. I'm told they sell on certain days of the week.

The fire road is flat and wide and also very dog-friendly (which means you will see LOTS of dogs). As you wander down this road, you will see several trailheads on the left. All these trails go up and around to the ridge and back down. They tend to be very technical, which means narrow, steep in spots, and rooted. They are also quite pretty in the spring and summer because they present an impressive burst of colorful flowers.

Approximately one mile into Indian Valley Fire Road you will see on the right the start of the **Ad Schwindt Trail**. This gentle hilly, single-track trail leads to what I think might be a haunted forest.

Now, I've never actually seen a ghost in there. But each time I run through it, memories of the *Blair Witch Project* (Google check time) come to mind. Tell me what you think. The end of Ad Schwindt is a short but steep hill. As you crest it, you gaze upon a series of beautiful meadows that are accessible by several walking paths. One can wander for awhile or head straight back to the athletic fields and the waiting car.

The shortest, most direct route of this hike travels 2.5 miles. Incorporating some meandering makes it whatever you want it to be.

The best part is always the posthike eating and drinking. I recommend going to Pacheco Plaza. Paradise Market offers the best ice cream deal in the county, i.e. a single-scoop cone of Lappert's ice cream for 99 cents. (Nothing else in the store is 99 cents, and I don't know how long this deal will continue since the owners of Paradise just sold to Nugget Markets of Woodland). You can also grab a coffee at the Coffee Roasters and enjoy their great outdoor seating. I guarantee you will see a neighbor there (probably me).

There you have it: experimental plants and produce, dogs, ghosts, ice cream, with a large dollop of sunshine on top. Just another typical day in Marin.



# My Cold and Flu Remedies

by Zoe Waldron L.Ac

*Editor's note: Although anecdotal and not presented here as prescriptions, these suggestions are effective for many as a remedy for colds and flu.*

**W**hile it's still flu and cold season, I want to share some of the tried and true remedies I use to recover from a flu or cold fast! I've been seeing clients in my office for 27 years, so I've honed a cold and flu protocol that really works for me.

I keep a box filled with all my cold and flu remedies and vitamins together in one place, very convenient, if my loved ones or I get sick.

## My flu and cold protocol for adults:

**Oscillococcinum**—This is a homeopathic remedy for flu that I've used for at least 20 years. It is safe for everyone. It's sometimes hard to discern between a cold and a flu, so I take it at the very first sign of coming down with something. A homeopath told me that the dosage on the package is overkill. His suggestion was to fill up the little cup in the cap and place the little white beads under the tongue. Try to take it 15 minutes before or after food and brushing your teeth. You can take it three times that first day. Buy the small box with three vials; it will last years.

**Gan Mao Ling**—This is a Chinese Patent Medicine that you can buy at any Asian market and is even cheaper in Chinatown. It is used for cold or flu to alleviate symptoms and shorten the duration. I usually use four tablets three times per day as soon as I feel any symptoms. You can buy the more expensive Plum Blossom brand, an American-made formula, on *Amazon.com* so you can be sure it's pure and sugar-free. This formula has been most effective for me.

**Wellness Formula**—Available at large health food stores, this amazing formula has everything you can think of to boost the immune system—one dosage recommendation for an immune boost and another for when you are sick. **Astragalus** capsules and **Echinacea** capsules are good alternatives to Wellness Formula.

**Zinc Lozenges**—As soon as you feel a sore throat, start sucking on these lozenges. They usually do the trick.

































**Coptis Purge Fire**—I always have a bottle of this on hand. For a really bad sore throat, I use three tablets three times a day, and it usually knocks it out in one day.

I was taught in acupuncture school to induce a sweat for a cold or flu. I've tried this with amazing results—almost instant recovery from getting into bed with the flu, turning on the heater, and taking a nap with blankets piled high. I wake up sweaty but completely well.

A friend recently told me that she avoids the flu by taking a home sauna at the first sign of flu symptoms and she immediately feels well again.

One last tip that has made all the difference to my health. Have your doctor check your Vitamin D-25 hydroxy levels with a blood test. Optimal levels are 50–70 mg/ml. Deficiency in Vitamin D can lead to a susceptibility to infection. Since keeping my Vitamin D levels in the optimal range, I have had a huge decrease in the frequency of cold and flu symptoms.

Wishing you a happy and healthy year!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1-4 PM Mahjong </p> <p>5 PM Free Form Dance &amp; Movement </p>	<p>6-8 AM Trash Pickup</p> <p>9:30 AM Aerobics</p> <p>7:20 PM Poor Man's Poker </p>	<p>5:45-6:45 PM Meditation</p>	<p>10 AM -2 PM Craft Group</p> <p>11 AM -1 PM Whistlestop</p>	<p>9:15-10:15 AM Qi Gong with Dove</p> <p>6:30-7 PM Silent Meditation</p> <p>7 PM <b>PAC MEETING</b></p> <p>7:20 PM Poor Man's Poker </p>	<p>4 PM Canasta </p> <p>5-7 PM Pub Night</p>	<p>10 AM Pre-Tai Chi with Jay </p>
<p>8 <b>DAYLIGHT SAVINGS Spring Ahead</b> </p> <p>1-4 PM Mahjong </p> <p>2-4 PM Death Cafe </p> <p>5 PM Free Form Dance &amp; Movement</p>	<p>6-8 AM Trash Pickup</p> <p>9:30 AM Aerobics</p> <p>7:20 PM Poor Man's Poker </p>	<p>5:45-6:45 PM Meditation</p>	<p>10 AM -2 PM Craft Group</p> <p>11 AM -1 PM Whistlestop</p> <p>7 PM <b>MARVAL MEETING</b></p>	<p>9:15-10:15 AM Qi Gong with Dove</p> <p>6:30-7:10 PM Silent Meditation</p> <p>7:20 PM Poor Man's Poker </p>	<p>4 PM Canasta </p> <p>5-7 PM Pub Night</p> <p>7:15 PM Bingo</p>	<p>10 AM Pre-Tai Chi with Jay </p> <p>ST. PATRICK'S DAY DINNER 5 PM </p>
<p>15 <b>1-4 PM Mahjong</b> </p> <p>5 PM Free Form Dance &amp; Movement </p>	<p>6-8 AM Trash Pickup</p> <p>9:30 AM Aerobics</p> <p>7:20 PM Poor Man's Poker </p>	<p>5:45-6:45 PM Meditation</p>	<p>10 AM -2 PM Craft Group</p> <p>11 AM Ladies' Bridge</p> <p>11 AM -1 PM Whistlestop</p> <p>7 PM <b>HOL MEETING</b></p>	<p>9:15-10:15 AM Qi Gong with Dove</p> <p>6:30-7:10 PM Silent Meditation</p> <p>7:20 PM Poor Man's Poker </p>	<p>4 PM Canasta </p> <p>5-7 PM Pub Night</p>	<p>10 AM Pre-Tai Chi with Jay </p>
<p>22 <b>1-4 PM Mahjong</b> </p> <p>5 PM Free Form Dance &amp; Movement </p>	<p>6-8 AM Trash Pickup</p> <p>9:30 AM Aerobics</p> <p>7:20 PM Poor Man's Poker </p>	<p>5:45-6:45 PM Meditation</p>	<p>10 AM -2 PM Craft Group</p> <p>11 AM -1 PM Whistlestop</p>	<p>9:15-10:15 AM Qi Gong with Dove</p> <p>6:30-7:10 PM Silent Meditation</p> <p>7:20 PM Poor Man's Poker </p>	<p>4 PM Canasta </p> <p>5-7 PM Pub Night</p>	<p>10 AM Pre-Tai Chi with Jay </p>
<p>29 <b>1-4 PM Mahjong</b> </p> <p>5 PM Free Form Dance &amp; Movement </p>	<p>6-8 AM Trash Pickup</p> <p>9:30 AM Aerobics</p> <p>7:20 PM Poor Man's Poker </p>	<p>5:45-6:45 PM Meditation</p> <p>6:30 PM <b>NOVATO CITY COUNCIL MEETING</b></p>	<p>10 AM -2 PM Craft Group</p> <p>11 AM -1 PM Whistlestop</p>	<p>9:15-10:15 AM Qi Gong with Dove</p> <p>6:30-7:10 PM Silent Meditation</p> <p>7:20 PM Poor Man's Poker </p>	<p>4 PM Canasta </p> <p>5-7 PM Pub Night</p>	<p>10 AM Pre-Tai Chi with Jay </p>

# March 2015