

T H E
ECHO

APRIL 2017

C O N T E N T S



ART
IN THE
PARK



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Notices



April 1st Community Dance

7 pm — DJ Charles Watson • 8 pm — The Tempos



Our trio, **The Tempos**, has been together over 3^{1/2} years. We have played at art shows, special education graduations, awards dinners, home parties, and retirement and assisted living facilities in Marin and Sonoma Counties. Our speciality is three-part harmony. Instrumentally, our band is made up of a self-taught guitarist (myself), a professional keyboard player, and a third vocalist who provides some light percussion while singing. Last summer, we won a first-place ribbon for Best Band and a ribbon for Best in Show at the Marin County Fair. Our song list includes a wide variety of recognizable tunes, from old-time westerns, folk, and country to rock & roll, some pop rock, and a few originals. — *Brynda Foster*

Directory Update

New Residents

Gail Usilton and Charles Sanchez
6 Meadow View Avenue
415-272-7863

Kristina Rocksberg
158 MVD
415-640-2803 cell

Ken Wood
7 Wild Oak Drive
530-318-2834

Ron and Diane Romaine
119 MVD
415-717-9270

Wet Water Workout

will resume **Wednesday, April 5.**
Please note — instead of Tuesdays and Thursdays, meetings will be on **Mondays and Fridays: 10 – 11 am.**

Craft Group

will meet at **11:15 am** instead of 10 am.

Crafts Faire

Saturday • April 11
1 am – 4 pm • Ballroom

Crafts of all kinds • homemade cookies • vintage doll collection • belly dance items • jewelry • cards • more! To participate, contact **Tara Plocher** taraplocher@gmail.com

THE ECHO

APRIL 2017

MARIN VALLEY MOBILE COUNTRY CLUB

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NOVATO, CA 94949
415-883-5911 / 415-883-1971 FAX
WWW.MVMCC.COM

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A PUBLICATION OF MHB Group Region 8
www.mobilehomeboard.com/

MARIN VALLEY MOBILE COUNTRY CLUB
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PAC BOARD

PRESIDENT Jay Shelfer 415-883-6945
VICE PRESIDENT John Hansen 415-847-7155
SECRETARY Peggy Hill 415-382-0185
TREASURER Larry Cohen 415-883-7786
AT LARGE David King 925-708-7370

STANDING COMMITTEES

FINANCE David King, Stephen Plocher
MVEST John Hansen, Bill Davis, John Feld,
David Gray, Carol-Joy Harris, Larry
Cohen, Peter Dyke, Lee Pochapin
MVMCC PROJECT PLANNING J. Hansen, J. Shelfer

HOL BOARD

PRESIDENT Miriam Dvorin Spross 415-884-0607
1ST VICE PRESIDENT Marianne York 415-717-0696
2ND VICE PRESIDENT Helen MacLam 415-612-4155
SECRETARY Joanne Woodward 415-506-4568
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 370-6403

SUBMITTING ARTICLES

Email articles with "ECHO" as the first word of the subject line and a copy of the article in the body of the email to Erma Wheatley:
ermawheatley@gmail.com

Images should be as large as possible to enable a 300 ppi resolution (*pixels / inch*).

DEADLINE

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

PAC *Letter to Residents*

Greetings from the PAC.

Our finances are in order.

Preparing for Emergencies

The fire, flooding, and landslides this past year have illustrated a number of areas that require attention. Everyone is working together to accomplish this. At the last meeting held here, the City Council approved an appropriation out of our reserves to deal with brush removal and perimeter clearing around the Park.

The PAC, MVEST, Management, fire district, and City of Novato are making plans and accomplishing the work necessary to make this a safe and secure community. You can become more involved in these efforts. Attend the monthly meetings, participate in the community's efforts to educate, and assist in emergency preparedness.

Rent Assistance

The City Council approved a pilot program for rent assistance here at Marin Valley. I would encourage anyone with limited income and limited financial reserves to

consider using this program. It is designed more like a reverse mortgage than a charity, and should you qualify there is no reason why you should not apply and benefit from it. Limited cash flow should not prevent you from enjoying a healthy, secure lifestyle here. Full information will soon be available. Several programs already exist to aid residents in financial stress. Please don't hesitate to contact Management for information about assistance.

PAC Historical Documents

We are happy to report that the PAC has finally completed its move to the digital age. Almost all of the historical documents (98%) have been scanned and digitized in a format so that any document can be searched with keywords.

These digitized document scans are located on the computer screen desktops ("PAC Documents") on both computers in the clubhouse library and also stored offsite in the vault of the City of Novato.

These documents, which go back as far as 1986, include but are not limited to the following:

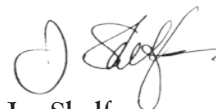
- PAC correspondence
- PAC meeting minutes
- PAC operating documents
- NFA minutes
- Legal correspondence
- PAC historical information
- Park conversion and pre-purchase papers
- Reading file
- And more

Thank you to **David King** for coordinating the effort and to **Miriam Dvorin Spross** for loading the documents onto the Marin Valley computers in the library.

Two PAC Board Seats

Two seats are becoming vacant on the PAC board. You will see notices on how to run for these seats as well as for an opportunity to meet the candidates. Please become more involved and help us all make Marin Valley a safer, more secure community.

In service,



Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com

PAC Elections

The seats currently held by Larry Cohen and David King are up for election.

- **Sunday, May 7 – Saturday, May 13**
Nominations accepted by the nominating committee.

- **Sunday, May 14 – Saturday, May 20**
Election committee prepares and mails ballots if more than two nominations.
- **Tuesday, May 23 (6 pm)**
Meet the candidates – Fireside Room.
- **Tuesday, May 23 (7:30 pm) – Friday, June 2 (3 pm)** Ballots accepted at the

clubhouse voting box in the lobby.

- **Friday, June 2 (4 pm)** Votes counted.
- **Saturday, June 3** PAC annual meeting; new PAC board members introduced.

Thank you,
Peggy Hill
peggyhill@yahoo.com

Management Update

When our weather begins to warm up we will heat and open the pool for resident use.

Remember, Marin Valley is a **NO POISON** community. There are many alternative methods to eliminate rats and gophers without the use of poisons. Owls and coyotes are impacted when they eat poisoned rodents.

Please refrain from flushing handy wipes. They are a constant problem for our sewer pump system.

Men's and Women's Sauna:

Please DO NOT POUR WATER over the heating element. This has taken place for a long time, resulting in an extremely dangerous situation of dry rot in the wood floors; 220-volt systems are not watertight. These are dry heat saunas, not steam room units.

A few Park rules that have an effect on you and your neighbors:

No STORAGE Parking: We do not provide places to STORE your car as our parking is limited. Vehicle storage in common parking lots prevents people from using our guest parking spaces and impacts clubhouse events. Thanks for your cooperation.

Park Rule #21.1 Parking:

Parking at each mobilehome space is limited to the number of vehicles that fit within the carport or driveway.

Park Rule #21.4 RV Storage:

RV parking is NOT to be used for vehicles that are inoperable or stored permanently without being used. Keep your RV space clean and void of garbage or any stored items other than your RV.

Park Rule #21.3 Repairs:

No repairing or servicing (whether major or minor in nature) of vehicles (including boats) will be permitted in driveways, carports, or streets.

Park Rule #12 Carports:

Carports and porches are not designated as storage facilities. Many residents need to be aware of this rule. It affects the Park and your neighbors' home value to have items stacked in your carport. Thanks for your anticipated cooperation with cleanup and removal of stored items.

Thank you for your cooperation,



Matt Greenberg

GENERAL MANAGER

gm.mvmcc@gmail.com

415-883-5911, Fax 415-883-1971

HOL Home Owners League Message

Happy Spring! We hope you have enjoyed the blooming flowers and blossoming trees that are the legacy of HOL's Park Improvement Committee who worked hard for many years bringing beauty to our Park.

NOVATO GREEN and CLEAN DAY

Saturday, April 22, 10 am - 1 pm

Meet at the lower Marin Valley Drive circle

Refreshments • Earth Day t-shirts for participants

Contact: Gwendolyn Morgan, 510-589-4834

gwendolynmorgan@oulook.com

APRIL FOOL'S CRAFT FAIR

Sunday, April 1, 11 am - 4 pm

Ballroom

Dolls • Hats • Cards • Jewelry • Tiny Paintings & Baskets • Homemade Cookies!

20% goes to HOL

Contact: Tara Plocher, 415-302-5992

taraplocher@gmail.com

Coming up in May:

Bark in the Park Saturday, May 20

HOL Board elections Wednesday, May 17

Art in the Park Sunday, May 21

If you or someone you know would like to be considered for a Board position, please submit a letter of interest to the

HOL Nominating Committee in the HOL box in the clubhouse or mail to:
HOL Nominating Committee
100 Marin Valley Drive
Novato CA 94949.

Our meetings are always the third Wednesday of the month at 7 pm, and you are always welcome to join us.

Regards,



Miriam Dvorin Spross
HOL PRESIDENT

Message from Mar Val

Dear Friends,

Marin Valley enjoys a long history of resident volunteers whose participation in our various organizations has resulted in much of the success evident in our community.

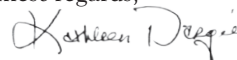
In past years, Mar Val joined with HOL in sponsoring an annual dinner to honor all Park volunteers. However, the numbers have increased to a degree where we are no longer financially

capable of hosting the combined groups. As a result, each organization will individually honor its specific volunteers.

Mar Val's **Volunteer Dinner** will take place on **Saturday, April 22, 2017**. Honorees will include those residents who volunteered with the Library, were members of the Greeting Committee, or were involved with Mar Val social events during the period April 2016 to March 2017. As in the past, we cordially invite all residents who may wish to join in the

celebration to complete a non-volunteer reservation form and include a check for \$15 per person. Volunteers must also complete the reservation form, indicate the function for which you volunteered, and enclose a check that will be returned to you at check in.

With warmest regards,



Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com



Mar Val Volunteer Appreciation Dinner

APRIL 22 ■ 5 PM COCKTAILS ■ 6 PM DINNER

M E N U

Wild-caught Salmon with Meyer Lemon Sauce or Grilled Chicken Breast with Meyer Lemon Sauce or Risotto with Spinach/Mushrooms in Pesto Sauce

■ *Fresh Steamed Asparagus* ■ *Garlic Mashed Potatoes* ■ *Cheesecake*

Reservation deadline **April 18** at 5 pm or when 140 reservations have been received.

Questions, please call Carolyn Corry 415-370-6403

MAR VAL VOLUNTEER APPRECIATION DINNER — VOLUNTEERS

Please circle Entrée choice Volunteer Activities for Mar Val

RESIDENT _____ Salmon Chicken Vegetarian _____

RESIDENT _____ Salmon Chicken Vegetarian _____

Volunteers attending _____ @ \$12 each Check payable to Mar Val for \$_____ is enclosed. (NO CASH)

(Your check **WILL** be returned to you when you check in at the dinner.)

Reservation deadline — April 18 at 5 pm, or when 140 reservations have been received.

For questions, please call Carolyn Corry at 415-370-6403

MAR VAL VOLUNTEER APPRECIATION DINNER — NON-VOLUNTEERS

Please circle Entrée choice

RESIDENT _____ Salmon Chicken Vegetarian _____

RESIDENT _____ Salmon Chicken Vegetarian _____

Residents attending _____ @ \$15 each Check payable to Mar Val for \$_____ is enclosed. (NO CASH)

Your check **WILL NOT** be returned to you when you check in at the dinner.)

Reservation deadline — April 18 at 5 pm, or when 140 reservations have been received.

For questions, please call Carolyn Corry at 415-370-6403



In the Know

by JOHN FELD

Save the Date!

Saturday, May 6th

Wildfire Preparedness Day

MVEST, in conjunction with the Pacheco Valle community, which — like Marin Valley — has recently established itself as a National Firewise Community, will be presenting a Preparedness Fair at the clubhouse.

The theme this year is:

“Living Safely in a Wildland-Urban Interface Zone:

**What We Need to Know
What We Need to Do”**

Professional responders and other speakers will provide valuable, pertinent information on local resources, services, opportunities, and other key topics; and some local vendors, perhaps with special deals, will be invited, much like our previous fair in April 2015.

This is an excellent opportunity to learn what you need to know and do to make your home and our community a safer and more secure place to live.

Please join us that day — you won't regret it — and, of course, *no one will leave hungry.*

When there is an emergency in the Park —
how would you know?

Well, you may get one of our dedicated block captains knocking on your door informing you about what is happening.

Or, you could arrange to have a telephone call informing you of the danger. Our manager Matt Greenberg sends out robocalls when something untoward happens in the community. If you have not yet received one of these calls, he may not know your present telephone number, whether cell phone or landline. Just go to the office and ask him to add your phone numbers to his list. The calls are not frequent (about one every couple of months), but they contain important information.

Nixle

If you want to know about such crises or dangers outside of our community, Novato has a scheme called Nixle. To sign up for this, go to the Nixle Novato website, <https://local.nixle.com/city/ca/novato/>. You can select to receive texts and phone calls to your home and cell phone. Again, these calls are not too frequent (about two to three a week) and

often contain info about road closures, missing children, and environmental dangers.

If you are more of an emergency enthusiast, you can also sign up for calls from the Marin Sheriff's Department at www.marinsheriff.org/services/emergency-services/alert-marin. They will send you texts and emails.

And if these calls are not enough for you, you can find the California Highway Patrol, Novato Fire Protection District, and Novato Police Department on Facebook and on Twitter.



Of course, you can always step into the action by becoming an MVEST volunteer. We always need block captains (who are usually only called upon in life threatening or home emergencies) and people to help in other areas. Typically these positions take very little time, but when things go wrong for one reason or another, then your time and effort become very important. ■



Movie Night

7 pm – First and Third Thursdays in the Clubhouse!

Thursday • April 6 • 7 pm

Being There (1979) Comedy 130 min.

Directed by Hal Ashby

Starring Peter Sellers and Shirley MacLaine

Subtitled “a story of chance,” *Being There* is a provocative black comedy that satirizes politics, celebrity, media-obsession, and television. The film’s slogan proclaimed: “Getting there is half the fun. Being there is all of it.”

It is a fable about a reclusive, illiterate, passive, and simple-minded gardener who has lived his whole life on the walled-in estate of an eccentric millionaire. His only knowledge of the world is through watching television.

When his benefactor dies, he is evicted by the estate’s lawyers and wanders aimlessly and helplessly into the streets of Washington. In a freak

accident, he is struck by a limousine owned by a millionaire who takes him to her personal physician. His uneducated pronouncements and generalizations are taken to be profoundly intelligent, metaphorically deep, and wisely insightful. He becomes wealthy, is treated as a famous celebrity in the media, and becomes a political advisor for the rich and powerful, including the President.

The Library of Congress selected *Being There* for preservation in the National Film Registry, finding it “culturally, historically, or aesthetically significant.”



Melvyn Douglas won the Academy Award for Best Supporting Actor and Sellers was nominated for Best Actor. The screenplay won the British Academy Film Award for Best Screenplay and the Writers Guild of America Award for Best Comedy Adapted from Another Medium. It was also nominated for the Golden Globe Award for Best Screenplay. Hal Ashby won a Golden Globe for Best Director.



Thursday • April 20 • 7 pm

Young Frankenstein (1974)

Horror comedy 106 minutes.

Directed by Mel Brooks

Starring Gene Wilder, Madeline Kahn, Marty Feldman, and Gene Hackman.

Based on the 1930s Frankenstein movie, an American grandson of the infamous scientist, who is a brain surgeon struggling to prove he is not as insane as people believe, inherits his grandfather’s castle in

Transylvania. He becomes fascinated by his grandfather’s quest to reanimate a dead body.

The film is an affectionate parody of the classic horror film genre, based on the novel by Mary Shelley, and pokes fun at the numerous previous Frankenstein films. Most of the lab equipment, castle, and props were from the original film. To suggest the atmosphere of the earlier films, Brooks shot the picture entirely in black and white and employed many 1930s effects.

In her 1974 *New Yorker* review Pauline Kael states, “It isn’t a dialogue comedy; it’s visceral and lower. It’s what used to be called a crazy comedy,

and there hasn’t been this kind of craziness on the screen in years.”

It was deemed “culturally, historically, or aesthetically significant” by the National Film Preservation Board and selected for preservation in the Library of Congress National Film Registry. On its 40th anniversary, Brooks considered it by far his finest film as a writer-director.

Nominated for Best Director: Mel Brooks and Best Writers: Gene Wilder and Mel Brooks, but did not win.

Please no food or drink. Feel free to bring your comfortable chair.

Movies for Movie Night are selected from community suggestion. Contact johnmfeld@gmail.com ■

Protecting the Assets or Inheritance

The Special Needs Trust Fairness Act Now Enables Individuals to Set Up

Contributed by **MARTINA KOECKRITZ**

If you, your spouse, a relative, or friend are disabled or you sense there may be this possibility, check through the following information.

The Special Needs Trust (SNT)

Fairness Act signed into law by former President Barack Obama on December 13, 2016 allows first-party special needs trusts to be established by mentally competent individuals with disabilities for their own benefit.

By adding two words (“the individual”) to an existing statute, more than two decades of unfair treatment to individuals with disabilities was ended by now allowing those with capacity to create their own self-settled special needs trust (SNT), without having to go to Court. Prior to enactment of this new law, individuals with disabilities who didn’t have a living parent, grandparent, or legal guardian couldn’t create their own self-settled SNT without going to Court. First-party special needs trusts could only be established for disabled persons by their parent, grandparent, legal guardian, or a Court, necessitating in many cases the expense and delay of a Court application or family involvement to establish these trusts. Formerly, if there was no living relative it had to be created by the Court, and an inheritance would be diminished by legal fees. The SNT Fairness Act fixes this.

Now, and effective as of December 13, 2016, adults with disabilities who are competent may establish and fund their own first-party special needs trusts.

Special needs trusts can be invaluable to disabled individuals who receive benefits through means-tested programs such as Medicaid and Supplemental Security Income (SSI), enabling them to enjoy the benefit of trust assets without disqualifying them from essential governmental assistance.

The assets or inheritance of a disabled person are protected so that the person can receive long-term needs-based benefits such as MediCal and Supplemental Support Income (SSI) without having to spend down their assets, in some cases to as little as \$2,000. Federal law allows individuals with disabilities to utilize special needs trusts to retain some of their assets for the purpose of helping with certain costs of living not covered by programs such as Medicaid. These trusts are drafted so that the assets held within them do not count as assets that are available to the disabled beneficiary.

There are several kinds of SNTs.

When a disabled person inherits assets and there is no SNT to hold them, the disabled person will lose his or her benefits, which can be devastating.

The solution is to create a different form of SNT known as First-Party SNT, or a (d)(4)(A) SNT. A disabled person may create his or her own special needs trust.

This may save a lot of money for people who need a lot of help.

Court involvement from now on will be necessary only if the person is mentally incapacitated or does not have a valid Durable Power of Attorney authorizing the creation and funding of a trust.

A Sonoma firm that may be of help was named by the *San Francisco Chronicle*: Tillem, McNichol & Brown, www.lentillem.com (707-996-4505).

MENTAL DISABILITIES

Physical disabilities are often easier to recognize than mental disabilities such as dementia, Alzheimer’s, and Post-Traumatic Stress Disorder (PTSD), and if you can bypass the resistance of permitting yourself to be tested, early detection can help you to save your assets.

Red flags are: family history of the disease, early childhood sexual abuse, and more than two siblings in a family. For Alzheimer’s and PTSD, see below. 70% of all Americans have had traumatic events in life, and 20% of those may suffer from PTSD.

NOTES: — Any kind of addiction or light depression is not a disability, and some traumas may not count as

of a Disabled Person

Their Own Special Needs Trust

a disability. However, addictions of all kinds, depression, and trauma may overlap PTSD.

— If you are curious and have symptoms that make you wonder, insist on being diagnosed by a clinical psychologist or psychiatrist according to the DSM-V (American Psychiatric Association *Diagnostic and Statistical Manual, Version 5*).

A) Definition of Traumatic Event

includes exposure to actual threat of death, serious injury, and/or sexual violation by either experiencing, witnessing, or learning of such an event happening to family/friends, or experiencing repeated or extreme exposure to aversive details (or responders such as police or firefighters witnessing abuse or collecting body parts). The event must have been violent or accidental; it does not apply to watching violent movies.

B) Intrusion Symptoms

(at least 1)

- Spontaneous or cued recurrent, involuntary, or intrusive distressing memories
- Recurrent distressing dreams related to the event in content or affect
- Flashbacks/dissociative reactions in which the past feels as if it is happening now
- Intense or prolonged psychological distress at exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event

- Marked physiological reactions to reminders of the traumatic event

C) Avoidance Symptoms

(at least 1)

- Thoughts, feelings, and physical sensations arousing recollections of the traumatic event are avoided/repressed
- People, places, conversations, activities, objects, and situations that arouse recollections of the event are avoided. Sometimes this process is so rationalized that awareness about it remains covered.

D) Cognition and Mood Symptoms

(at least 3)

- Inability to remember (not due to injury, alcohol, or drugs) an important aspect of the event
- Persistent and exaggerated negative expectations about oneself, others, the world
- Persistent distorted blame of self or others about the event
- Pervasive negative emotional state (fear, horror, anger, guilt, or shame)
- Markedly diminished interest or participation in significant activities
- Feeling of detachment or estrangement from others
- Persistent inability to experience positive emotions (e.g., psychic numbing or unable to have loving feelings), possibly using substances or processes to numb

E) Arousal and Reactivity Symptoms

(at least 3)

- Irritable or aggressive behavior
- Reckless or self-destructive behavior
- Hypervigilance
- Exaggerated startle response
- Problems with concentration
- Sleep disturbance (difficulty falling or staying asleep, or restless sleep)

Symptoms of PTSD

- Reexperiencing: recurrent and intrusive distressing recollections of the event with images, thoughts, or perceptions; distressing dreams for longer than a month
- Acting or feeling as if the event is recurring (illusions, hallucinations, flashback episodes, including those upon awakening or when intoxicated)
- Psychological distress at exposure to internal or external cues that symbolize or resemble an aspect of the traumatic event.

You may suffer from vicarious trauma (someone has transferred theirs onto you without either of you knowing).

Prolonged Exposure Therapy, widely practiced within the VA system, is very effective in 8–12 sessions, although it is a challenge to find providers in private practice.

The University of Philadelphia (Center for Treatment of Anxiety Disorders) can provide a list of providers in California.

PTSD Symptoms of Avoidance

- Efforts to avoid thoughts, feelings, or conversations associated with trauma
- Efforts to avoid activities, places, or people arousing recollections of trauma — or as a flipside — obsessive mental replay
- Inability to recall an important aspect of the trauma
- Markedly diminished interest or participation in significant activities
- Feelings of detachment or estrangement from others
- Restricted range of affect (e.g., unable to have feelings)
- Sense of foreshortened future (e.g., does not expect normal relations or lifespan)

PTSD Symptoms of Increased Arousal

- Difficulty falling asleep or staying asleep
- Irritability or outbursts of anger
- Difficulty concentrating
- Hypervigilance
- Exaggerated startle response

Diagnostic Criteria for PTSD

- Duration of disturbance is more than one month
- The disturbance causes significant distress or impairment in important areas of functioning

Specification if:

- Delayed onset: at least months after onset of traumatic event

NOTE: Insist that you be diagnosed by the newest tool available: DSM-V. (There are six changes compared to DSM-IV).

TREATMENT FOR MENTAL DISABILITIES

While this article is written to help consider a special needs trust, I will briefly point to treatment possibilities:

The following programs have been found to be effective, most including somatic experience.

- *Cognitive Behavioral Therapy* (CBT)
- *Cognitive Processing Therapy* (CPT)
- *Cognitive Therapy* (CT)
- *Eye Movement Desensitization and Reprocessing* (EMDR)
- *Prolonged Exposure Therapy* (PE) best documented and scientific-researched results — effective in 8–12 sessions
- *Stress Inoculation Training* (SIT)

Medications may be used in combination with therapy; most psychiatrists prescribe medications only. (Beware of side effects of medications offered.) Many clinical therapists use only talk/conversation/Roger's therapy.

Many therapist are fond of Prolonged Exposure (PE) Therapy in combination with Cognitive Behavioral Therapy (CBT), in which exposure during 90-minute sessions brings to light and gently challenges avoidances of what one has become accustomed to — and may brilliantly rationalize — providing for deep, more permanent relief.

For diagnosis, the VA Stanford Center or a referral through them or referral from your provider can be helpful — see information below.

Experienced provider in the Bay area able to diagnose as well:

Deborah Nazarian Ph.D.
Licensed Clinical Psychologist
PSY 24414 (Accepts insurance)
650-485-3726
drdebbienazarian@gmail.com
www.deborahnazarian.com

Alzheimer's Diagnosis

The following places can assess and possibly get you involved in research projects:

Brain Health Center
CPMC Neurosciences Institute
45 Castro St.
San Francisco, CA 94114
(415) 600-5555

San Francisco VA Med Center,
Memory Disorders Clinic
4150 Clement St.
San Francisco, CA 94121
(415) 221-4810 ext. 3514

UC Davis, Alzheimer Center
2600 MacDonald Ave.
Richmond, CA 94804
(855) 420-2612

UCSF Memory and Aging Center
1500 Owens St., Ste 320
San Francisco, CA 94158
(415) 476-6880

VA Stanford Alzheimer's Center
Psychiatry Service
3801 Miranda Ave.
Palo Alto, CA 94304
(650) 858-3915

Sources:

American Psychiatric Association
(*Diagnostic and Statistical Manual*)

Alzheimer's Association of Northern California (www.alz.org/norcal)

Continuing Education Workshop at
Center of Treatment for Anxiety /
University Philadelphia

Edna B. Foa, Sandy Capaldi,
PSY.D., and Elna Yadin, Ph.D., all of
University of Philadelphia

San Francisco Chronicle

NOTE : Although passed in Congress bipartisanly, it is hoped that the Special Needs Trust will not disappear. If this is for you, you may want to act sooner rather than later. ■



Monarch Highways

by **YVONNE DEVINE**



by **SUZIE LAHR**

Have you visited the clubhouse lately? If not, you will be delighted when you view the current Gallery exhibit with oil paintings by Dorallen Davis and Jane Heaphy, resident artists in our Marin Valley community. These exhibits add warmth and beauty to our clubhouse for all of us living here.

The next Gallery exhibits will include a watercolor exhibit in May/June and a photography exhibit in July/August. The artists appreciate your support by signing our guestbook in the lobby. Consider purchasing artwork to beautify your home. A portion of all purchases goes to HOL to assist in funding its many programs.

ARTIST MEETING! Sunday, April 16, 4:30 – 5:30 pm. Please join us to connect with other Marin Valley artists and discuss our future plans.

CALLING ALL RESIDENT ARTISTS! Our **5th Annual Art in the Park** will be **Sunday, May 21**. All resident artists are invited to join us, and registration forms are available at the front desk.

The Marin Valley community has really enjoyed this event for the past four years, so let's keep it going with your support as an artist in the event. Contact Suzie Lahr at suzielahr@aol.com to participate.

Art is beauty and we want to share it with all of you in this jewel of a community. ■

Wait, what?!? Butterflies have highways?

Yes, in fact, monarch butterflies have what scientists call “superhighways,” which are invisible to us. But these fragile, tiny creatures migrate along these ancient routes every fall—from Eastern Canada, the upper Midwest, and East Coast to Florida and Mexico, and from to the California Sierra to coastal California and Mexico—their warm winter habitats.

This migration is reversed in the spring as they return to their spring and summer breeding grounds throughout the US and Canada. As they travel, they feed, shelter, and lay eggs in the milkweed they've relied on for centuries, if not millennia. A single monarch, weighing less than a dime, can travel thousands of miles!

I used to see monarchs in my garden in El Cerrito, where I had planted some milkweed—also known as *Asclepias Californica*. Gradually I noticed that fewer and fewer of the gorgeous creatures were showing up. I have learned that farmers, seeking to boost their yields, have applied increasing amounts of herbicides so as to claim more weed-free land. This has decimated the milkweed patches the monarchs rely on. The practice also kills wildflowers that bees and other pollinators need for existence.

At this time the monarchs have declined from a population of 1 billion to about 50 million—a 90% reduction!

Organizations such as the Environmental Defense Fund are working to restore the monarch's habitats.

Information and milkweed seeds can be acquired through Xerces Society (xerces.org) or Monarch Watch (monarchwatch.org). ■

I have a quantity of seeds and some seedlings, so let me know if you are interested in planting some milkweed in your garden — 415-506-1671.

Our Park could become a stop on the Monarch Superhighway, and maybe we can help save the monarch butterfly from extinction. ■

Mosquito Prevention and

by JOHN FELD



Mosquitoes have tormented people for centuries, spreading disease and death to millions. Today, the latest plague they bring is the Zika virus, but this is not, as yet, an issue here in Northern California. Our local mosquitoes do not carry this virus. But there are more than 50 species of mosquitoes in California, and they all have a similar life cycle which requires standing water.

Standing Water Control

Management of standing water is the key and most cost-effective form of controlling the mosquitoes. There are two groups of these pests — one that lays its eggs in floodwater and the other in standing water. Floodwater eggs may remain dormant for days, months, or even years until they are flooded, at which time larvae hatch. Standing water mosquitoes lay eggs on the water surface. The eggs float on the surface for a few hours to a few days again until the larvae hatch. The intermittent or seasonally flooded habitats are the most productive sources of mosquitoes because they are usually free of natural predators.

Each time a female mosquito pierces the skin to take blood, she contaminates the wound with her saliva, creating the potential for a mild allergic reaction. As you most certainly know, a common symptom of mosquito bites is irritated and swollen skin surrounding the bite, with persistent itching for several days. Scratching bites to alleviate the itching sometimes results in secondary bacterial infections.

Standing water mosquito-breeding sites include flowerpots, open ditches, ponds, and wetlands. These critters have no real breeding season and produce multiple generations each season.

Dangers

The main dangers from our local mosquitoes are brain inflammation (encephalitis-causing viruses), which includes West Nile Fever. About 80 percent of infections do not result in symptoms. But when symptoms are noticed, usually 2 – 15 days after the mosquito bite, they include fever, headache, muscle pain, nausea, vomiting, rash, and fatigue. In rare cases, the disease can also impact the central nervous system. Nearly half of those diagnosed experienced neurological disease, and some have died.

There are other rarer illnesses associated with mosquito bites that cause internal bleeding (hemorrhagic viruses), dengue, and yellow fever. Another fairly frequent malady caused by mosquitoes is parasites. These nasty little worms, including canine heartworm, infect domestic dogs, wild canines (e.g., foxes, coyotes), and cats. Another variety affects horses. The tiny worms migrate through the body and cause thickening and inflammation of the heart, which can lead to difficulty in breathing, chronic cough, and vomiting, and can sometimes be fatal. Heartworm usually affects animals, but in rare instances has also spread to humans.

Protection

Recently the Vector Control people drove their four-wheel drives into the ponds and marshes of the wetlands to the east of our community. They are part of the Marin/Sonoma Mosquito and Vector Control District. They do several things to stop the breeding of mosquitoes. First, they drop a lot of mosquito fish into the ponds (and the fish pond and fountain at the clubhouse). These small fish live on the larvae of mosquitoes which are born and mature in standing water. Next, they spray with adulticides. These are EPA-registered public health pesticides labeled for mosquito control. To find a list of these chemicals, visit: www.ms mosquito.com/resources/labels-and-msds

So What Can WE Do to Protect Ourselves?

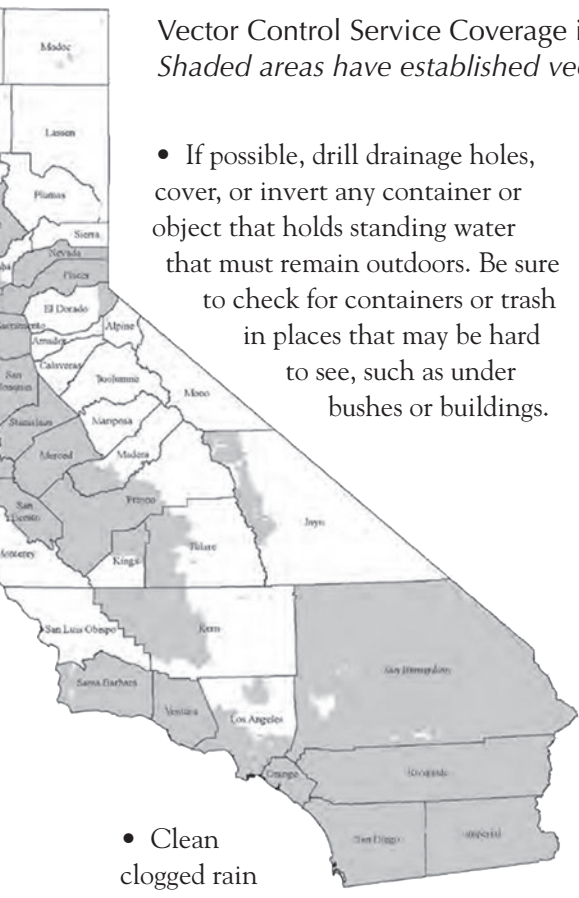
- Use personal protective measures such as lotions and sprays when going out for extended periods.
- Eliminate all standing water from around your home. If you have a pond, use a fountain, as the mosquitoes' larvae grow best in stagnant water. If you have a still pond ask the vector control people for some mosquito fish.
- The whole water life cycle of mosquitoes can happen within four days, so get rid of ANY standing water. This means disposing of unwanted or unused containers outside.



Control

Vector Control Service Coverage in California

Shaded areas have established vector control districts. Other areas have none.



- If possible, drill drainage holes, cover, or invert any container or object that holds standing water that must remain outdoors. Be sure to check for containers or trash in places that may be hard to see, such as under bushes or buildings.

- Clean clogged rain gutters and storm drains. Keep outdoor drains flowing freely and clear of leaves, vegetation, and other debris from gutters and drains.

- Change water in birdbaths, fountains, and troughs at least once per week, preferably every four days.

- Apply an EPA-registered mosquito repellent when outdoors; especially around dusk and dawn when mosquitoes are most active. Wear loose-fitting protective clothing including long sleeves and long pants. Maintain fine-mesh screens on windows and doors to prevent mosquito coming into your home.

The following is a list of recommended repellent. DEET is the best repellent but is not organic. Any that list ticks will also protect you from Lyme disease.

Repel Lemon Eucalyptus Natural Insect Repellent

Active ingredient: Oil of Lemon Eucalyptus
Targets: mosquitoes, deer ticks, other biting insects
 Lasts for about 6 hours
 Pet and kid safe
 Oil of Lemon Eucalyptus is the natural equivalent to DEET

Sawyer Premium Permethrin Clothing Insect Repellent Spray

Active ingredient: Permethrin (nontoxic)
Targets: Mosquitoes, ticks, chiggers, mites, and other insects
 Repels mosquitoes for 6 weeks (6 items of washing, 40 days of sun exposure)
 Pet and kid safe
 Great for hiking and camping as it is sprayed on clothes, etc.
 Not for bare skin

Repel 100 Insect Repellent

Active ingredient: DEET
Targets: Mosquitoes, ticks, chiggers, biting flies, gnats
 Lasts for 10 hours

Avon Bug Guard PLUS IR3535 Insect Repellent Moisturizing Lotion

Active ingredient: IR3535 (Ethyl butylacetylaminopropionate)
Targets: Mosquitoes, deer ticks, black flies, gnats, no-see-ums, biting midges
 Lasts for 2 hours
 Pet and kid safe

Sawyer Premium Insect Repellent

Active ingredient: Picaridin
Targets: Mosquitoes, Ticks, Flies, Gnats, Chiggers, Sandflies
 Lasts: 14 hours
 Pet and kid safe
 Works on skin and clothing

3M Ultrathon Insect Repellent Lotion

Active ingredient: DEET
Targets: Mosquitoes, ticks, biting flies, chiggers, gnats, fleas, deer flies
 Lasts for 12 hours
 Pet and kid safe
 Used by the US military

Eco Defense All Natural Mosquito Repellent Spray

Active ingredient: Geraniol (all natural and plant-based)
Targets: Mosquitoes, ticks, chiggers, no-see-ums, fire ants, gnats, flies
 Lasts for 2 hours
 Pet and kid safe

US Organic Bug Repellent

Active ingredients: Soybean oil, lemongrass oil, cedar oil, peppermint oil, castor oil, citronella oil, rosemary oil, geranium oil
Targets: Mosquitoes
 "Long lasting"
 Not tested on pets and partially kid safe

Gardencense Mosquito Repellent Spray

Active ingredients: soy bean oil, citronella oil, lemongrass oil, cedar oil
Targets: mosquitoes, no-see-ums, other pests
 Pet and kid safe
 Lasts for "hours"

Greeneral PRO Natural Insect Repellent Spray

Active ingredient: Geraniol
Targets: mosquitoes, ticks, flies, chiggers, no-see-ums, fire ants, gnats
 Kid safe
 Lasts "several hours"

Cutter 54010 Skinsations Insect Repellent

Active ingredient: DEET
Targets: mosquitoes, gnats, chiggers, fleas, no-see-ums
 Kid safe
 Unknown duration

The best mosquito repellent is one that can keep away mosquitoes and still correspond with all your beliefs and values — whether to use or not to use chemicals on your body or to go or not to go for only organic products.

If you feel the need to contact our local vector control contact, they can be found at www.ms mosquito.com and (707) 285-2204 ■

Red-Shouldered Hawk

Article and Photography
by **DAVID GRAY**

This fine fellow was perched outside the clubhouse the evening of Monday, March 6. He's a red-shouldered hawk, and may have been drawn to our Park for the frogs down in the marsh. I happened to see him fly into the trees and alight as I was coming home from work. Fortunately he stuck around long enough for me to get my camera and sneak a few shots through the limbs of the oak tree.

Compared with their ubiquitous cousins, the red-tailed hawks, the red-shouldered hawk is smaller and has a different wingbeat cadence. It was the three quick flaps of the wings followed by a glide that caught my eye. They have a glorious orange-reddish breast that extends up and around the wings to cover their shoulders, hence their name. The orange-red coloration is quite similar to the tail of the red-tailed hawk, but their tails are strikingly banded black and white, and longer than the red-tail. The wings are also barred in a striking pattern, notable in the *buteo* family.



The red-shouldered hawk loves marshlands with tall trees, so we have an ideal setting for them. They build nests from sticks in tall trees, in a high crotch that is big enough for the nest. They will reuse nests built in previous years, relining them with grasses and mosses.

They compete with crows and great horned owls for food and territory, which might help explain why this is the first red-shouldered hawk that I have seen in the Park; we have perhaps four nesting pairs of great horned owls nearby. The owls and the hawks prey on each other's offspring and have been seen chasing each other by ornithologists.

Rodents and small mammals are their primary food source, so it is really important to not use rat poison if you have a rodent infestation! Those poisons will kill a raptor that catches a poisoned mouse. As mentioned above, the red-shouldered hawk also eat amphibians.












































These raptors are solitary birds, unlike the red-tailed hawks that can be found hunting in pairs.

Keep your eyes open for these beauties! ■

The oldest known red-shouldered hawk was a Californian bird, at least 25 years ten months old, first banded in 1974 and then recaptured and released in 2000.

APRIL 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1-4 PM Mahjong  6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 	10 AM Wet Water Workout 11 AM-1 PM Whistlestop/call Roberta 415-883-0843 11:15 AM-2 PM Craft Group 6 PM PAC MEETING	9:15 AM QiGong (Dove) 6:15 PM Silent Meditation 7 PM Movie Night Being There 7:20 PM Poor Man's Poker 	10 AM Wet Water Workout 4 PM Canasta  4-5 PM Movement Meditation 5-7 PM Pub Night 	11 AM-4 PM Craft Faire 7-8 PM CHARLES WATSON COMMUNITY DANCE 8-9 PM THE TEMPOS	
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