

THE ECHO

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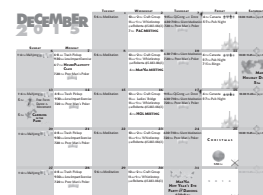
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Letter

from the Editor

It takes a lot of walking, talking, clicking, typing, and red pencils to bring you the *Echo* every month of the the year. We've had a lot of good information and images, **thanks to:**

Shareen Akroosh, Pia Andersson, Mary Barbosa, Nancy Bingham, Janet Bogardus, Grant Canfield, Eileen Cedrun, Larry Cohen, Charles Conaway, Carolyn Corry, Kathleen Dargie, Bill Davis, Dorallen Davis, Martin Dvorin, Sandee Duncan, David King, Peter Dyke, John Feld, Serena D'Arcy-Fisher, Edgar Furlong, Carole Gathman, Dottie Geiger, Inga Grace, Matt Greenberg, Paul Gruner, Alan Gump, Michael Hagerty, John Hansen, Carol-Joy Harris, Pauline Hawkins, Peggy Hill, Mike Holland, David Krasnor, Mike Krupp, Bob Kuder, Suzie Lahr, Helen MacLam, Anila Manning, Julie Manson, Kathryn McMudie, Karin Mortensen, Doug Muhly, Tom Nadowski, Bill Noble, Katie Pierce, Marian Pilotte, Junie Pose, Michele Rivers, Ellen Scherba, Dan Sebastian, Jay Shelfer, Ellen Schulz, Pat Thurston, Jae Tillinghast, Roberta Urquhart, Judy Vucci, Richard Waibel, Zoe Walton, Chet Willett, Marianne York, and anyone I wish I didn't miss.

It couldn't happen without you.

Now it's going to take *everybody* to get ready for what is now being cited as a *monster* of an El Niño. I invite you to not give this issue just a thumb through. Throughout are reports of what has been done to help get the Park ready and what to do now to get *ourselves* ready. I've still got a few more things...

Now is the time!

IN MEMORIAM

Carol Somers
176 Marin Valley Drive
November 7, 2015

Mail

Copying and Scanning Essential Documents Help

Grab-N-Go bag—a great idea!

For assistance in copying, scanning, and saving your essential documents to a flash drive, as sensibly suggested by John Hansen in last month's *Echo*, please call Katie at 415-302-9136.

I can do it all, from downloading the necessary program, obtaining the SanDisk flash drive, to copying/scanning/saving all documents, at my home or yours (I have a scanner).

Minimum charge is a reduced rate of \$20 for Park residents.

I can estimate the cost and time based on your needs.

Katie Pierce
415-302-9136



Marin Valley Emergency Service TEAM (MVEST) would like to thank all the volunteers for their support in making our community safer and more disaster-resilient this year.

We greatly appreciate the support MVMCC residents have given to MVEST activities. Thank you.

It takes a village!

MVEST Steering Committee wishes you all happy and safe holidays!

THE ECHO

DECEMBER 2015

MARIN VALLEY
MOBILE COUNTRY CLUB

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novatofinancing@att.net
WWW.MVMCC.COM

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Bill Davis, John Feld, Alan Gump, John Hansen

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DIRECTOR/RESERVATIONS Carolyn Corry 506-2335

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

ermawheatley@gmail.com

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

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

Letter to Residents

Management Report

Greetings from the PAC Board.

Our finances are in good order.

The City Council meeting held here on the 15th of October approved several measures that affect the Park:

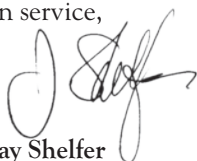
- the purchase and installation of gas shut-off valves between the ground and the gas meters on all homes.
- the reallocation of funds in the current budget for ongoing capital improvement projects requested by management.
- the staff's recommendation to hire an engineering company to develop a utilities master plan to upgrade the infrastructure of MVMCC in accordance with currently accepted engineering standards. The company selected, BKF Engineers, is very familiar with MVMCC and has the endorsement of the City's engineering staff.

Several members of the PAC board have been active in improving our understanding of the financial recording and planning of MVMCC. Peggy Hill, Vice President, and Larry Cohen, Treasurer, have been working together on what amounts to a subgroup or committee of the PAC to this end. The PAC board is working on better defining its mission and on how to support its actions.

The PAC board is working with HOL and Mar Val to better define the "wish list" process for inclusion of items into the next year's MVMCC budget. Each year the PAC works with management and the City of Novato to prepare a budget for the coming year. The PAC solicits your input. Should you see any unfulfilled need in the Park, please let us know by February 1 every year. You can email any board member (their addresses are posted in the directory and on the website) or drop your suggestions in the PAC mailbox in the clubhouse.

The next PAC meeting will be Wednesday, **December 2** at **7:00 p.m.** Watch for the notice, and see you there.

In service,



Jay Shelfer
P A C PRESIDENT
jjshelfer@yahoo.com

Happy Holidays to all!

Storm Drain System Inspection

With the Park-wide drain inspection and cleaning complete, Roto Rooter service found several impacted sites within the Park drainage system that were in need of repair. Repairs have been completed to the existing sites and they should perform accordingly during the upcoming rainstorms. With a small amount of funds still available for this type of work, Park management is contracting for extended maintenance of suspect sites that may be cause for improper drainage.

V-Ditch and Sump Pump Systems

Cleaning and maintenance is now underway and expected to reach completion within the first week of December. **Please alert Park management to any drain inlets that may seem to be working in a substandard way.**



V-ditch behind Club View Drive

CONTINUED ON PAGE 4

HOL Homeowners' League Message

Structural Beam Repair

The Fireside Room is now open. The dry-rot-damaged, main structural support beam repair is complete to engineered standards. Housing and Community Development is the state agency that oversees and inspects all permitted construction work for California mobile home parks. The work passed final inspection and was signed off as complete. The gable end wall facing east has also been upgraded and repaired to prevent any future leaks or damage to the interior caused by water.

Retaining Wall Project

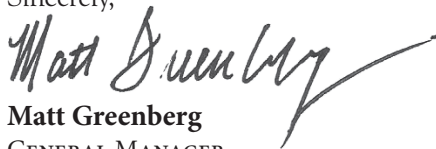
Only one resident property was completed with a new engineer-designed, wall stability system this year. Several repairs to existing retaining walls are still underway to prevent slope movement and/or pooling water that may affect resident homesites.

Gas Shut-off Valve Replacement

The City of Novato has provided Park management with funding to remove all resident gas shut-off valves and replace them with new updated ball valves that do not require a tool to use. A gas meter and valve mock-up will be built and available at the front office for demonstration purposes so residents will be confident in their abilities to utilize this upgraded valve.

Thank you.

Sincerely,



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

Dear Fellow Residents,

It is hard to believe that 2015 is drawing to a close.

Proposed Bylaws

HOL has a few end-of-year projects, and we are asking for your help. By now you have all received copies of the Proposed Revised HOL Bylaws, and hopefully many of you attended the November meeting and had an opportunity to ask any questions. Normally HOL does not have a meeting in December, but this year we will be having a short meeting on December 16 at **6:00 p.m.** to vote on the proposed bylaws. The meeting will have just this one agenda item, so you can come, cast your vote, and be on your way.

H O L

Recently HOL has been a subcommittee of PAC—this has recently changed and HOL is now a totally autonomous and independent group. As we have in the past and plan to continue in the future, HOL will regularly communicate and cooperate with both PAC and Mar Val.

I Care

HOL would like to express our sincere appreciation to **Bill Crozier** for his many, many years of service with the “I Care” committee. Bill has picked up, cleaned, repaired, organized, and delivered dozens and dozens of wheelchairs, walkers, crutches, bedside commodes, and other pieces of non-mechanical medical equipment. Moving forward, this committee will be a resident-helping-resident service. The key will still be in the same place in the office, and Bill, as his active and wonderful world of travel and fishing allows, will still be there to answer your phone calls and requests. Many, many thanks Bill for a job done

incredibly well over such an extended period of time. We wish for you many great fishing adventures in the future.

Wish List

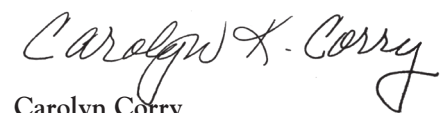
It is time to begin the budget process for 2016-17, and again we ask for your help in forming our wish list. What would you like to see changed, improved, expanded, or upgraded? Some of the projects on the list last year included improvements in the exercise and changing rooms, gas shut-off valves for the entire Park, a new light fixture in the Fireside Room, fireplace inserts, and improved walkways with appropriate lighting. Many of these suggestions have been completed. Please remember that not all wishes on the wish list can be fulfilled, but this is an opportunity for you to suggest what you think would advance the enjoyment of living in the Park. Please email/call me or put your suggestions in the HOL box in the clubhouse.

Emergency Information Forms

Once again residents have received important information in their tubes because of our wonderful rollers, banders, and walkers. Thank you to Cheryl, KC, Sumi, Diane, Janine, Nancy, Anila, and Mike. You are all terrific.

If you have not already done so, please complete the Emergency Information Form and return it to Matt. See you on December 16 at **6:00 p.m.** to vote on the Revised HOL Bylaws.

For this holiday season and 2016, I wish each of you happiness, health, and joy.



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

ART IN THE PARK



by Suzie Lahr

Coming soon! A new MVMCC art exhibit will be hung soon in the freshly painted Fireside Room for your holiday enjoyment. Here are just a few photos of what you will see in our up-and-coming exhibit.

Susan Lahr, HOL, and the artists are striving to purchase a professional exhibit hanging system to display their artwork in our gallery, and we hope to have it in place by June of 2016. If any MVMCC residents would like to make a donation towards the purchase and installation of this project, please talk to Carolyn Corry or Susan Lahr. Having this installation will eliminate the need to patch holes and repair damage to the newly painted walls when each exhibit is removed and a new exhibit is hung.



by Susan McMudie



Cherrie Dougherty—Field of Daffodils from Filoli Mansion and Gardens



Janet Bogardus—Acrylics at Novato City Offices

We have two MVMCC artists who have current exhibits in Marin. Please support their efforts and enjoy their creativity in the arts.



Marianne York – Photography

Marin Center Exhibit Hall Gallery

10 Avenue of the Flags

Monday–Friday 9:00 a.m.–5:00 p.m.

October 23–December 21

Janet Bogardus – Acrylics

Novato City Offices

922 Machin Avenue, 2nd Floor

Monday–Friday 9:00 a.m.–5:00 p.m.

October 24–December 31

Other exhibits in our area in December:

FiberSHED

Marin Community Foundation

5 Hamilton Landing

Monday–Friday 9:00 a.m.–5:00 p.m.

October 7–January 15

Marin MOCA

500 Palm Drive

Wednesday–Friday 11:00 a.m.–4:00 p.m.

Saturday–Sunday 11:00 a.m.–5:00 p.m.

Fall Juried Exhibition: Drawing

Secrets: Juried Members Show

October 31–December 6

Thirty-Six Views of the Bay Bridge

by David Garnick

December 12–January 10

Reception: December 12, 5:00–7:00 p.m.

Gallery Walk & Talk: December 13, 2:00 p.m.

The American Car: A Family Portrait

by Gale S. McKee

December 12–January 10

Ron Collins Gallery

Reception: December 12, 5:00–7:00 p.m.



Message from **MAR**

HOLIDAY DINNER

December 12, 2015

5:00 p.m.

Come and have your picture taken with
Santa and Mrs. Claus!

ENTRÉE CHOICES

Pork Loin with Apples, Salmon, or Vegetarian

Mixed Green Vegetables

Roasted Potatoes

Cheesecake

Reservations are limited to two people per residence.

**Reservation deadline December 9 at 5:00 p.m.
or when 140 reservations have been received**

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

Dear Friends,

On behalf of the Mar Val board, it is my pleasure to extend our best wishes to the residents of MVMCC for a very happy holiday season.

As is our custom, Mar Val and HOL will host for residents our annual

**Holiday Dinner
Saturday, December 12
beginning at 5:00 p.m.**

While the dinner is free of charge, we do require a check made payable to Mar Val in the amount of \$10.00 accompanying the reservation. This process allows us to more accurately estimate the amount of food we must purchase for the event. Your check will be returned to you at check-in on the evening of December 12. In the event you make a reservation and do not attend, the check will not be returned. Reservations are limited to two people per residence. Should you be the only occupant of your residence, you are allowed to include one guest.

HOLIDAY DINNER RESERVATION FORM

Please circle entrée choice

RESIDENT _____ Pork Loin Salmon Vegetarian

RESIDENT OR GUEST _____ Pork Loin Salmon Vegetarian

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

Reservation Deadline—December 9, 5:00 p.m. or when 140 reservations have been received.

Reservation box will be on the lobby counter on December 1.

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



NEW YEAR'S EVE PARTY

December 31, 2015
6:30 – 9:00 p.m.

Buffet

Champagne Toast

Dancing

\$10/person for Residents
\$15/person for Guests

Limit of two guests per home

**Reservation deadline December 29 at 5:00 p.m.
or when 120 reservations have been received**

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

Also included in this month's *Echo* is the much anticipated reservation form for our

**Gala New Year's Eve Party
Thursday, December 31
beginning at 6:30 p.m.**

We are delighted to confirm the fabulous Charles Watson has once again agreed to be our DJ, presiding over one of the most eclectic dance floors in ANY senior community.

Please join in ringing in the New Year with delicious hors d'oeuvres and desserts as well as a 9:00 p.m. champagne toast.

With warmest regards,

Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com

NEW YEAR'S EVE PARTY RESERVATION FORM

RESIDENT _____ @ \$10

RESIDENT _____ @ \$10

GUEST _____ @ \$15

GUEST _____ @ \$15

Number of Residents attending ____ @ \$10 each \$ _____

Number of Guests attending ____ @ \$15 each \$ _____

TOTAL \$ _____

Checks only (payable to Mar Val—NO CASH, PLEASE)

**Reservation Deadline—December 29, 5:00 p.m.
or when 120 reservations have been received.**

Reservation box will be on the lobby counter on December 1.

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

Mar Val Volunteers Needed

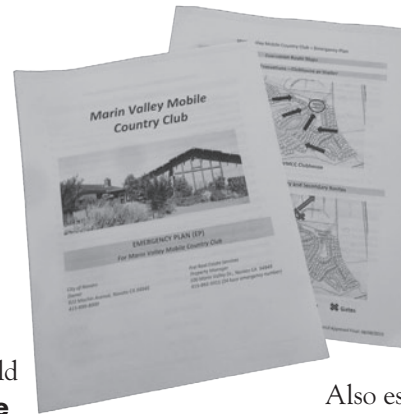
Your Mar Val social organization in the Park sponsors monthly dinner events as well as weekly pub nights. If you would like to help set up tables for either pub or dinner events, please contact **Larry Cohen** at **415-883-7786** and let him know you would be able to assist.

If you would like to help out with serving our monthly dinner events, please contact **Sandee Duncan** at **415-883-3034**.

City's MVMCC Emergency Plan —An Overview



by John Feld



You can always replace it every year or so by donating it to the needy.

A few weeks ago the City of Novato mailed each home in our community a copy of their new "Marin Valley Mobile Country Club Emergency Plan." This is a plan that the City voted to accept at the June meeting of the Council here at MVMCC. There is also a copy of this Emergency Plan in the clubhouse library.

Much of this information was contained in the information that your MVEST Block Captain recently left with you. But in the MVMCC Emergency Plan, it is in much more detail.

This plan has been written to help us better prepare to respond to potential emergencies or natural disasters. There is some very useful information included, which is well worth reading.

First, there are many **emergency phone numbers**, most of which are worth having on your cell phone, and some potentially useful websites. There are a few that you may never need, such as FEMA and the Sheriff's Office of Emergency Services.

Pay attention to the **Evacuation Route Maps on Page 5**. They explain where to go for shelter and show escape routes if we have to leave.

Alas, most of us are just not as prepared as we need to be. I guess not too many of us have **a plan** for an emergency:

Does each member of your family and household know **where you will go** if you have to leave the Park for an extended amount of time?

Do you have **someone outside of Novato** that you will call?

Do you have **two emergency exits** from your home?

Are your smoke and carbon monoxide **alarms working**?

Do you have a **fire extinguisher at each outside door**? Are they in need of **refilling**?

A few more questions that only you can answer:

Do you now where your gas and electricity **shut-offs are located**?

Do you have a **first aid kit**?

Keep your **important papers** in a water- and fireproof container. Better still, have copies of these papers scanned and kept on a flash drive and/or in the Internet "cloud." See this month's *Echo's Mail* on Page 2 from **Katie Pierce**, who will do all this for you for a nominal sum.

And, importantly, have **food and water** to last you a while if we are cut off from the rest of the city. Best to have this outside of your home.

Also essential is having a week's supply of all your **regular medicines** in case your regular supply is burned or soaked.

The document goes on to outline what to do in an earthquake, flood, and a home or wildland fire. The information is quite detailed and mostly relevant to a senior community. Looking at the map on Page 14, you will notice that nearly everyone at MVMCC is not in a flood area, but **flooded roads** between our home and the outside world can cut many of us off.

There is a section on tornados, which is a disaster we may never see, but as the Plan states, they have been reported in California.

Remember, we are all much safer if each and every one of us is ready for an emergency. The more we prepare, the better the outcome. So if your copy of this Plan is sitting in a pile of papers that you intend to read sometime, do yourself and your neighbors a favor and **read it**. Disasters and emergencies do occur, so please plan and prepare.

If there are things in the Plan that you are unsure of, contact Matt Greenberg in the office, a Block Captain, or another MVEST volunteer, who will be glad to explain things to you. ■

The Wrath of Wind and Rain

by Bill Davis



NFPD Fire Training Specialist, Sandy Wargo, with residents at the El Niño preparedness presentation.

*“The rain to the wind said,
‘You push and I’ll pelt.’
They so smote the garden bed
That the flowers actually knelt,
And lay lodged—though not dead.
I know how the flowers felt.”*

Robert Frost

Halfway through November, preparing for the rain was still almost a dream. We have been warned by the weather experts that El Niño is coming with its wrath of wind and rain. I keep looking and waiting because I am almost prepared. Are we ever fully prepared for anything other than Thanksgiving? I laugh at that because as simple as it sounds, I had a friend who burned her house down on Thanksgiving one year from a fire in the oven. Later she would not talk about it. Of course, we all know why.

It’s the question that we cannot answer that teaches us the most, that teaches us how to think. If you give a man an answer, all he gains is a little fact. But give him a question and he’ll look for his own answers. So the question is:

Are you ready for El Niño?

On Saturday, November 7, the Novato Fire Protection District Fire Marshal Assistant, Fire Training Specialist, Sandy Wargo, spent an hour with 50

of us residents in our clubhouse. She had a PowerPoint presentation that was scary but well received. With smiles and politeness, she showed us some vivid photos of how disastrous an angry storm can be.

She also gave us some tools to help us get ready for the powerful, windy, and wet winter that will be coming to our Mediterranean climate. The key points were actually questions for me and for each of us to personally answer:

- ***Are your carports and awnings secure?*** Almost every year—some a lot worse than others—carports and/or roofs here are torn off by strong winds or mini tornados sweeping over the hills or through our canyons.
- ***Can storm rain freely flow off your roof, through your gutters, and away from your home into our storm drain system?*** Matt Greenberg told us at the November PAC meeting that Roto Rooter has cleared our storm drains in preparation for the weather forecasters’ promised megastorms.
- ***Does disaster preparedness make you ready for the storms?*** Well, the answer is not a simple “yes” or “no” because it is subjective. Your MVEST Block Captain has by now given you lists of what you should already have.

But do you? It is time to cross-check, as an airplane pilot does before takeoff. Good example: The only time I really needed a spare tire, I was 20 years old in a freezing sleet and rainstorm in the middle of nowhere on a late Sunday night in Minnesota. I didn’t have a spare.

- At the meeting, one question posed was, ***“How do we get out if it floods?”*** Suggestions were, first, to stay calm. Ha, ha. I for one probably will not be calm, but that is the advice. We do our best. Secondly, have an exit plan of where you will go and with what, i.e., your “go bag.” Thirdly, stay home, in your house, and listen to the weather channels for updates on the progress of the storm.
- Also, you can sign up for NIXLE, which is a police, fire, CHP, and County Sheriff website, which will have a super amount of information for us during a big storm or disaster.

In closing, I am reminded of one of the few comments of Grover Cleveland that seem applicable to us in this community with the approaching storms of El Niño: *“The ship of democracy, which has weathered all storms, may sink through the mutiny of those on board.”*

Please do your part. ■

Notices

Preparedness Classes

2015

Get Ready Novato Disaster Preparation

December 1

7:00 p.m.–9:00 p.m.

All Saints Lutheran Church
2 San Marin Drive
Novato

Register: 415-897-4361 or email
emergencyservices@novato.org

2016

American Heart Association Heartsaver First-aid Certification

January 20

3:00–5:00 p.m.

Novato Oaks Inn
215 Alameda del Prado
Novato

\$70

Register: [www.novato CPRclasses.com/
register?page_id=303](http://www.novato CPRclasses.com/register?page_id=303)

CERT Classes

2016

January 30–31

MVMCC Clubhouse

Register: Clubhouse in January



NeuroPlasticity Class on Coordination, Balance, and Stress Reduction

Michael Hagerty will hold another class on NeuroPlasticity

Monday, December 7

6:00–7:00 p.m.

Clubhouse Ballroom

Michael is a retired professor at UC Davis and has published medical research on brain scans for exercises that keep your brain sharp and grow neurons as you age.

Drop in and learn:

- **new line dances** to help your balance and coordination
- **body scans**
- ways to **reduce stress and depression** that are so common during the holidays (too much stress kills brain cells).



Sunday, December 13
Meet at the Clubhouse
5:00 p.m.

Everyone is invited to join our eleventh annual Christmas caroling party.

We sing to bring the holiday spirit to those who may be ill, house-bound, or could use a lift.

Please contact Carol-Joy Harris (415-883-2824) if you would like the carolers to visit yours or your neighbor's home (no promises, but we'll try).

Carolers—we will provide words to the songs. Don't worry if you think you "can't carry a tune." Just come have a good time with us, dress warmly, bring a flashlight, and your friends too. Following will be refreshments to warm us.

'Tis the season for caroling and joy!

Shredding Event

Shredding will take place at the end of January or beginning of February in time for tax season. Start now going through all those unnecessary papers and files taking up space.

Anyone interested in shredding should fill out a reservation form, available from the January *Echo* and the front desk, and include a non-refundable check to HOL for \$7 per box. We will let you know the exact date on the reservation form.

Meditation Group to Meet Earlier, at 5:00 p.m.

The Meditation Group will be meeting on Tuesday evenings but at 5:00 p.m. rather than 7:00 p.m.

VOLUNTEER OPPORTUNITIES

by John Feld

Often the *Echo* has articles about volunteering and helping out others who may be less fortunate than ourselves, incapacitated, or in need of assistance.

The opportunities seem to be endless. Helping in the schools, hospitals, disabled children and adults, libraries, picking up after others, taking care of animals, or to help develop a sense of community—the list goes on and on.

But there are opportunities closer to home. Here at **Marin Valley Mobile Country Club** the possibilities are plentiful. The obvious ones include serving on the **PAC, Mar Val,** and **HOL** committees; but there are also others.

The **Welcome Committee** greets newcomers, telling them what is happening in the Park.

The **Wildlife Committee** keeps an eye out for our local owls and does everything it can to keep pesticides out of our community to stop animals and birds from being poisoned.

The **Just One Hour** group does a huge amount for those in need. This can be shopping, making meals, some housekeeping, and small handyman services.

Bill Crozier takes care of the **I Care** medical equipment and could probably often use a little assistance.

MVEST is a group of more than 40 residents who help prepare the

community for emergencies and disasters. They can always use more volunteers.

Before most events in the clubhouse, it is volunteers who put out tables and chairs and then put them away again afterwards. This includes dinners, pub night, dances, and bingo. Right now, they are asking for more help. (*Editor's note: see Page 7.*)

The **Echo** is completely put together and delivered by volunteers, including Park walkers, copy editors, writers, and an editor.

The **Library** is another area that is organized and maintained with up-to-date information by volunteers.

Most of these involve contributing just a few hours a month, and all will have a large impact on the community. Maybe no one will specifically thank you for your help, but we all live in a society that is better because of people who contribute a little of their time for the good of all.

By participating in these endeavors you will get a lot of satisfaction, meet interesting people, have fun, and share some of your skills.

To quote Gandalf from *Lord of the Rings*:

“*I've found it is the small things, everyday deeds of ordinary folk, that keeps the darkness at bay. Simple acts of kindness and love.*” ■

HOPE TO SEE YOU IN
JANUARY:

MARIN VALLEY DEATH FORUM

Sunday, January 10

3:00–5:00 p.m.

Fireside Room

Light refreshments

The first Marin Valley Death Forum of the new year will feature

Carole van Aelstyn, BSN

from

Compassion and Choices

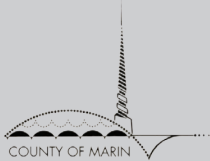
the nonprofit organization working to improve patient rights and choice at the end of life.

Carole van Aelstyn, BSN from Sonoma State University, received her AA in Nursing and worked at Santa Rosa Memorial Hospital in the oncology ward. She helped develop services for dementia victims and their families with The Alzheimer's Respite Center; started the support group, Share & Care: Coping with Dementia; and was the first Director of the Brain Impaired Adult Resource Center, a state-funded program for caregivers of brain impaired adults.

After two years in the Peace Corps, she became a hospice nurse. Introduced to Compassion & Choices by her son, Nico, a lawyer working for Oregon's death with dignity, she became California's Director of End of Life Consultation Program, supervising volunteers who counsel clients about end of life choices. Now retired, she volunteers with the C&C Bay Area Leadership Council and speaks to groups about death with dignity.

Marin Prepares for the Elder Boom

Community Resource Information is a Call or Click Away



1 in 4

people

in

Marin

ARE OVER 60

Older adults are the fastest-growing age group in Marin. Today one in four Marin residents are over age 60, and by 2030 that number is estimated to rise to one in three.

With more people aging in Marin, there will be more questions, and **Aging and Adult Services** is poised to provide answers. The Information and Assistance program has undergone major enhancements to meet the growing needs for those aging in Marin and their caregivers.

Improvements include adding more professional resource advocates so that people reach a live person when they call **415-457-INFO** during business hours. The advocates answer calls from the public regarding the full range of social services and related resources available to Marin county residents, help callers clarify their needs, and provide factual information about appropriate resources.

The service is now online and people can request information by email or locate resources in the new *Community Resource Guide*, a comprehensive service database, www.marinhhs.org/community-resource-guide.

“When I reached out, I got an immediate response. Someone answered the phone and gave me resources to help my mom. I got a follow-up call and an email. There was so much effort, and people were so kind. The experience was very positive and rewarding.”

Adriana Brown, resident

Information and Assistance programs are a foundational element of the services system for adults. This service complements community programs and strengthens connections between them.

“The end goal is that there is no wrong door for people to access services, no matter where they start.”

Lee Pullen

Director, Marin County
Aging and Adult Services

As people age, they generally want to stay in their homes and “age in place.” However, in order to remain independent, they may need some community-based assistance or support on a temporary or permanent basis, such as home care, meal delivery, or transportation. Also, when someone cannot live independently, navigating community resources can be challenging or overwhelming.

“Nobody can age successfully alone, and it is okay to ask for help”.

Chloe Cook

Manager, 415-457-INFO service

“The service is available to the entire community, regardless of income.”

Marin County Aging and Adult Services is committed to ensuring that residents get connected to the right services and information.

Visit livelonglivewellmarin.org for more information about these initiatives.

Contact **415-457-INFO (4636)**, or email 457INFO@marincounty.org to find out more about services in Marin. ■

The Starry Messenger

by Mike Krupp

December 2015

This will be a relatively quiet month. The planets that provided dazzling displays just before sunrise last month are beginning to scatter.

Mercury will be an evening star all month; **Venus** and **Mars** will still be morning stars, and **Jupiter** is off by itself in the dark wilderness: it will rise late at night and will disappear in the morning light.

Orion has reappeared; this month he will rise around sunset. If you look for him at the same time each night, through the rest of the year, he will appear to march westward and will disappear around dawn in June.

The annual meteor shower called the **Geminids** will peak around the 13th; the Moon will be a slender crescent that will set early, so you will have a fairly dark sky and just might see some shooting stars.

December 2:

The Moon is in its third quarter, so we will see exactly half of it; the lit face will point eastward to the Sun.

December 7:

The waning crescent Moon will appear close to Venus in the early morning sky.

December 11:

New Moon.

December 18:

First quarter Moon: First quarter Moon, another half Moon but this time the lit face will point westward to the setting Sun.

December 25:

Full Moon, called the Cold Moon, or Long Nights Moon by Native Americans. Nowadays we could call it the Merry Christmas Moon. If you have binoculars, try to find a miniature sleigh and eight tiny reindeer.

A quote from the *Old Farmers' Almanac*: "I was a hairdresser for twenty-plus years, and I had many of my clients on the full Moon cycle if they wanted thick hair and new Moon if they wanted new growth."

So check your hair tonight, and see if it appears to be growing.

The long nights of winter provide lots of time for stargazing. Enjoy them! ■

One Hundred Years Ago— Last Year

As this year comes to a close and we embark on a new year, take a look at what it was like one hundred years ago from last year—the difference in a century.

THE YEAR IS 1914

The average life expectancy for men was 47 years.

Fuel for the Model T was sold in drug-stores only.

Only 14 percent of the homes had a bathtub.

Only 8 percent of the homes had a telephone.

There were only 8,000 cars and only 144 miles of paved roads.

The maximum speed limit in most cities was 10 mph.

The tallest structure in the world was the Eiffel Tower.

The average U.S. wage in 1910 was 22 cents per hour.

The average U.S. worker made between \$200 and \$400 per year.

A competent accountant could expect to earn \$2000 per year, a dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 per year, and a mechanical engineer about \$5,000 per year.

More than 95 percent of all births took place at home.

Ninety percent of all doctors had no college education. Instead, they attended so-called medical schools, many of which were condemned by the press and the government as "substandard."

CONTINUED ON PAGE 14

Our Magnificent Hummingbirds

by Bill Noble

Unique to the New World, the tiny, vibrant jewels that are hummingbirds are mostly tropical—of their 384 species, only 19 occur in North America, and only a dozen of those venture much beyond the border mountains of Arizona. The Andes Mountains alone have 140 different kinds of hummers.

Hummingbirds beat their wings about 75 times a second and are able to fly up, down, backward and forward with ease. They're close to as small as you can be and still be able to afford warm-bloodedness—the smaller you are, the harder it is to keep hold of the metabolic heat your metabolism generates because you have so little inside and so much outside to radiate heat away (an elephant has the opposite problem, hence the gigantic heat-radiating ears). That hummingbird hovering at your nectar feeder or garden flowers has a heart that's beating a thousand times a second, and he or she will need to sip more than her/his bodyweight in nectar each day to stay alive overnight. Seventy percent of his/her day is spent perching, and each night she/he sinks into a low-temperature, hibernation-like torpor to conserve energy.

Energy harvest dictates the hummingbird's social and reproductive life too: every individual hummer, female or male, fiercely defends a feeding circuit of flowers and feeders. They have to. Letting another hummer suck nectar from your flowers reduces

your feeding efficiency, typically by about a third. You can't afford that if you hope to make it through the night, so you fight for exclusive access. Mating females and males defend separate territories from one another.

About 90% of a hummer's diet is nectar. 10% is spiders and a variety of small insects. Watch for the mind-boggling deftness of a hummer sweeping to and fro, harvesting midges with a beak that seems scarcely suited to such a task (try catching flies with chopsticks if you don't believe me).

If you're observant, nests are not hard to find—watch for nest-building and silk harvesting, and later, for the frequent trips to feed Mom's typical pair of young-uns. Nests are typically built at the fork of two twigs, miniature masterpieces of lichen and spiderweb (it's fun to watch the female delicately harvest spider silk from under your eaves).

Here in the Park, anyone with a hummingbird feeder and a keen eye can spot these three species on the following page:

Be kind to hummers:

If you feed hummers, DON'T use red dye in your nectar: it's toxic to hummingbird livers. Make a simple 4:1 water-sugar mix, brought just short of a boil, and clean the feeder in your dishwasher once a week.

Sugar cost four cents a pound.
Eggs were fourteen cents a dozen.
Coffee was fifteen cents a pound.

Most women only washed their hair once a month and used Borax or egg yolks for shampoo.

Canada passed a law that prohibited poor people from entering into their country for any reason.

The five leading causes of death were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke

The American flag had 45 stars.

The population of Las Vegas, Nevada, was only 30.

Crossword puzzles and canned beer hadn't been invented yet.

There was neither a Mother's Day nor a Father's Day.

Two out of every 10 adults couldn't read or write, and only 6 percent of all Americans graduated from high school.

Marijuana, heroin, and morphine were all available over the counter at the local corner drugstores.

Back then pharmacists said, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and bowels, and is, in fact, a perfect guardian of health!"

Eighteen percent of households had at least one full-time servant or domestic help.

There were about 230 reported murders in the entire U.S.

Without retyping, endless lists such as this are circulated all over the world and can be forwarded to someone else in a matter of seconds!

The next 100 years? ■

Submitted by Pauline Hawkins



Anna's Hummingbird.

Four inches long, weighing just over a tenth of an ounce, emerald green with a ruby forehead and throat (for males), Anna's are a suburban success story. Originally, Anna's hummingbirds ranged only as far north as Santa Barbara, but suburbia, replete with feeders and winter flowers, and a subtly warming climate, now make them year-round regulars as far north as Vancouver, British Columbia. If you walk the paved path just below Fallen Leaf Way, watch for the constellation of feeders that Tony and Susan Hoff lovingly maintain—I've seen up to 40 hummingbirds there at one time. It looks—and sounds—like a Star Wars space battle!



Allen's Hummingbird.

A quarter-inch smaller than the Anna's, cinnamon and green Allen's hummers with bright crimson gorgets (throat patch) appear in February, in time with the manzanita flowering. As breeding birds, they're nearly California endemics, and they spend much more time up in the chaparral than Anna's do. They stay through August before heading south.



Rufous Hummingbird.

Even more spectacularly cinnamon than our Allen's, but difficult to tell from them, Rufous breed in Washington, north through Alaska, so we get to see them briefly in their March and April migration, and then again making their way south, July through September. ■

PHOTOGRAPHS BY NEW RESIDENT DAVID GRAY

DECEMBER

	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
SUNDAY	1 5-6 PM Meditation	2 10 AM -2 PM Craft Group 11 AM -1 PM Whistlestop (call Roberta 415-883-0843) 7 PM PAC MEETING	3 9:15 AM QiGong <i>with Dove</i> 6:30-7:10 PM Silent Meditation 7:20 PM Poor Man's Poker	4 4 PM Canasta 5-7 PM Pub Night	5 10:30-11:45 AM Jays Pre-TaiChi	
MONDAY	8 5-6 PM Meditation	9 10 AM -2 PM Craft Group 11 AM -1 PM Whistlestop (call Roberta 415-883-0843) 6 PM MAR VAL MEETING	10 6:30-7:10 PM Silent Meditation 7:20 PM Poor Man's Poker	11 4 PM Canasta 5-7 PM Pub Night 7:15 PM Bingo	12 10:30-11:45 AM Jays Pre-TaiChi MAR VAL HOLIDAY DINNER 5 PM	
TUESDAY	15 5-6 PM Meditation	16 10 AM -2 PM Craft Group 11 AM Ladies' Bridge 11 AM -1 PM Whistlestop (call Roberta 415-883-0843) 6 PM HOL MEETING	17 9:15 AM QiGong <i>with Dove</i> 6:30-7:10 PM Silent Meditation 7:20 PM Poor Man's Poker	18 4 PM Canasta 5-7 PM Pub Night	19 10:30-11:45 AM Jays Pre-TaiChi	
WEDNESDAY	22 5-6 PM Meditation	23 10 AM -2 PM Craft Group 11 AM -1 PM Whistlestop (call Roberta 415-883-0843)	24 6:30-7:10 PM Silent Meditation 7:20 PM Poor Man's Poker	25 C H R I S T M A S	26 10:30-11:45 AM Jays Pre-TaiChi	
THURSDAY	29 5-6 PM Meditation	30 10 AM -2 PM Craft Group 11 AM -1 PM Whistlestop (call Roberta 415-883-0843)	31 MAR VAL NEW YEAR'S EVE PARTY & DANCING 6:30-9 PM	1 5:50 PM	2 10:30-11:45 AM Jays Pre-TaiChi	
FRIDAY	6 1-4 PM Mahjong 5 PM Free-Form Dance & Movement 5 PM CAROLING IN THE PARK	7 6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 6-7 PM NEUROPLASTICITY CLASS 7:20 PM Poor Man's Poker	8 6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker	9 6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker	10 4 PM Canasta 5-7 PM Pub Night	11 10:30-11:45 AM Jays Pre-TaiChi
SATURDAY	13 1-4 PM Mahjong 5 PM Free-Form Dance & Movement 5 PM CAROLING IN THE PARK	14 6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker	15 6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker	16 6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker	17 4 PM Canasta 5-7 PM Pub Night	18 10:30-11:45 AM Jays Pre-TaiChi
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MONDAY	27 1-4 PM Mahjong	28 6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker	29 6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker	30 6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker	31 MAR VAL NEW YEAR'S EVE PARTY & DANCING 6:30-9 PM	1 5:50 PM