

THE ECHO

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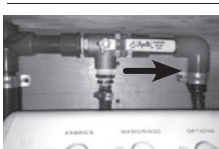
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Mail

Thinking about residents needing to be prepared for emergencies, it is recommended that a flashlight, shoes and socks (since there will probably be glass and debris all over the floor), and leather-palmed gloves be kept under the bed. Solid advice.

However, in her presentation during the April Emergency Preparedness Fair held in our clubhouse, the manager of Napa Valley Mobile Park mentioned that she now fastens her flashlight in some way because during the earthquake, the flashlight had shifted so that it was not easy to reach. The same could happen to shoes, socks, and gloves.

To avoid this, Dee and I bought two stiff-sided boxes at Target for \$13 each that measure 12" wide x 17" long x 4" high, with handles at each end. The boxes are big enough to hold our stuff, yet short enough to fit under the bed. To keep the boxes themselves from shifting, we used two long plastic tie-downs, linked together, to secure one handle of each box to each of the legs at the head of the bed.

This should make it easy to find the flashlight, put on the shoes and socks, and don the gloves.

Ray Schneider
23 View Ridge Drive
415-883-4182

Thank you, Kathleen Dargie, for the kind words in the June *Echo*. People bringing books to the library need to know or need to read the signs on the library table. Fiction books before 2005 are not wanted because there isn't any room. There is no date limit on nonfiction. I need to be contacted concerning large quantities of books. Friends of the Library on 7th and Grant street in Novato will take large quantities, but please call them first. Their number is 415-209-0212.

Bev Tanem, Librarian
415-382-8268
bobtanem@aol.com

New Directory

A paper printout of the existing MVMCC 2014 Directory with all the known additions, deletions, and corrections will be available on the lobby desk for residents to proof their individual listing.

A checkbox next to each space will be provided for each person to check off to show that their listing has been read and approved—or approved as noted in the extra space provided below each name for making any additions, changes, or corrections.

Having email listings included in the Directory has proved to be helpful and efficient, enhancing communication throughout the Park on timely issues not appropriate for printed communications and for new events occurring between issues of the *Echo*. Including your email listing in the Directory is appreciated to keep you and others informed.



Avoid Poison Rashes

It's possible to prevent getting a rash if you wash off the greasy invisible oil, Urushiol, found in poison ivy, poison oak, and sumac as soon as possible after contact—immediately clean your skin. Since Urushiol is as hard to remove as automotive grease, it takes a thorough washing with soap and water. The type of soap is not as important as vigorous friction with a wash cloth—even washing three times. Also wash tools, clothing, and anything else that came in contact with the oil.

THE ECHO

AUGUST 2015

MARIN VALLEY
MOBILE COUNTRY CLUB

100 MARIN VALLEY DRIVE
NOVATO, CA 94949
415-883-5911

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MARIN VALLEY MOBILE COUNTRY CLUB
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PAC BOARD

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TREASURER **Larry Cohen** 415-883-7786
AT LARGE **Tom Miller** 415-244-5413

MVEST STEERING COMMITTEE

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Bill Davis, John Feld, Alan Gump, John Hansen

HOL BOARD

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VICE PRESIDENT, ACTIVITIES
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RECORDING/CORRESPONDING SECRETARY
Miriam Dvorin-Spross 415-884-0607
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MAR VAL BOARD

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1ST VICE PRESIDENT **Dan Sebastian** 415-382-7738
2ND VICE PRESIDENT **Pat Thurston** 415-884-0740
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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

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.

PAC *Letter to Residents*

Greetings, Fellow Residents,

Since our early June meeting the PAC board has complied with the legal requirement to approve the next fiscal year's budget for MVMCC. We stated in a letter to the City Council our reservations concerning the need to raise rents. The Council voted to increase rents either 1.5% or the CPI, whichever is lesser, beginning next year.

Rule Changes

Later this month all residents will receive a notice concerning the proposed rule changes approved by the PAC and the City Council. The clubhouse events rule will take effect in 60 days. The landscape rule will take effect six months after Park management sends out the notice.

PAC Board Vacancy Is Filled

Peggy Hill was elected by a non-contested ballot to fill Desiree Storch's seat on the PAC board.

Finances

Our finances seem secure. We have approximately \$3.2 million in reserves. The debt service coverage ratio

year-to-date is 2.77. The bank loan requires a coverage of liquid available funds of at least 2 times the year-to-date interest and principal repayment for the loan, which is calculated once a year.

Wildlife

Good news from the City is the final approval to groom the drainage ditch, which acts as a storm drain for the Park and which has become a wildlife habitat. This ditch runs from near the end of Sunrise Lane, through the former TPL land that was jointly purchased with funds from the City and this enterprise, to and under the Smart Train right-of-way.

Living with abundant wildlife is one of the potential joys of life here at MVMCC. Concern for the predators must be balanced by awareness that the rodents are part of the ecosystem. We have to be very careful not to use rodent poison which can build up in predators and kill them, resulting in more poison in the environment, more death, and the degradation of the wildlife habitat. Please keep in mind we are stewards of the land and are only here for a short time.

MVEST

MVEST has an approved plan to work from. It reportedly needs refinement and further development; however, we have a plan, and it's a beginning.

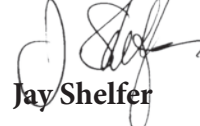
PG&E

We are still waiting to hear from PG&E whether we have been accepted into their pilot program. If we are accepted, it will mean a savings of \$2-\$3 million for our infrastructure replacement.

Advisory Committees Forming

The PAC board welcomes and acknowledges the support given by the residents. In the near future the Board will be establishing several advisory committees to research issues concerning the Park and to advise the PAC of their findings. Please let us know your willingness to help and indicate what skills you possess.

In service,



Jay Shelfer

P A C PRESIDENT
jjshelfer@yahoo.com

MVMCC *Management Report*

New and Existing Residents,

Noise Ordinance

Please be advised the City of Novato has a noise ordinance limiting hours of construction. Permitted hours are

Weekdays—7:00 a.m.—6:00 p.m.

Saturdays—10:00 a.m.—5:00 p.m.

Construction activity is not permitted on Sundays or federal holidays. Unexpected or un-notified construction

noise has a negative effect on your neighbors, preventing the quiet enjoyment all are entitled to.

See Management Report
CONTINUED **PAGE 4**

Clubhouse Repairs

The east, gable-end wall repair and painting is finished and scaffold should be down by the time this article is published. The repair to the smaller east gable-end wall and Fireside Room will be underway once we receive our permit from HCD.

Firebreak

The yearly 30' defensible space firebreak surrounding the Park homes is complete. If you still have any dry

grass or brush you feel is within the 30' boundary, please call the front desk.

Guests

Please remember, guests you move into your home need either an additional occupant agreement, short-term, or long-term application form filled out prior to move-in. If your guest has an under 18-year-old accompanying them as well, you may be in violation of Park rules. Please contact the front desk for further clarification.

Retirement

You may have noticed **Jane Boyd**, our bookkeeper of the last five years,

has retired from her position. She is pursuing her interest and enjoyment with antiques. All will miss her organizational skills and back office humor! If you see her at pub or anywhere in the Park, please say hello and express our gratitude for all her hard work! Jane, we all will miss you and wish you the best in your future endeavors.

Sincerely,


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

HOL Message from Homeowners' League

Dear Fellow Residents,

While we are enjoying the happiness of summer, please remember that we are in the midst of a severe drought and we all must continue to conserve as much water as possible.

HOL would like to express our deep appreciation to **Serena D'Arcy-Fisher, Bill Davis, John Feld, Alan Gump, and John Hansen** for their excellent leadership and guidance in establishing and implementing the MVMCC Disaster Preparedness Plan. These dedicated folks stepped up to the plate and created a detailed plan designed to make our fellow residents and our homes safer in the event of an emergency. MVEST is now going to be a committee working with PAC.

The **Park Improvement Committee** and **Pauline Hawkins** are both retiring. Pauline and her fellow committee members have worked diligently for years to beautify our Park.

Many of us have seen Pauline making the early morning rounds of the Park, watering/tending to the gardens and in general making our Park a lovely place to live. Management is assuming responsibility for the gardens. Pauline, please accept our sincere appreciation for years of dedication and diligence. We wish you well in your next adventure.

Just One Hour has been in the capable hands of **Jan Thomas** for many years. Residents knew that if a helping hand was needed, Jan could provide it. Due to new projects at work Jan has resigned her position. Jan, thank you for many years of committed service to the residents. You made a difference. **Karin Mortensen** is the new chair of the Just One Hour committee.

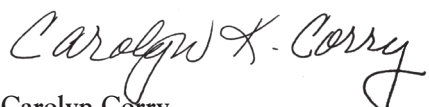
Membership letters are being delivered. Please remember that this membership drive is the sole source of funding for HOL—your dues allow us to offer programs and activities that enrich our living in MVMCC.

Be sure to read about the new activities coming to MVMCC. (See page 7).

Cheryl Rebuschung, HOL Vice President, has arranged for many new classes and groups. She also welcomes your ideas and requests. This is your community—please contact Cheryl with types of classes or activities you would be interested in attending.

ICE—if you do not have ICE on your mobile phone contacts list, please add it now, In Case of Emergency—ICE—and the number of your emergency contact. First responders look to your cell phone for emergency contact information.

HOL's next meeting will be **August 19** at **7:00 pm** in the **Fireside Room**.


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

Message from MarVal



Dear Friends,

As mentioned in last month's message, don't miss the

Annual Luau Saturday, August 15

Of course, we will once again feature the outside Tiki Bar with its world-famous tropical drinks. In addition, this is your opportunity to show off your most colorful garb in that we will be awarding prizes to the outstanding woman, man, and couple.

Please also take this opportunity to review the details of the

Labor Day Dinner Monday, September 7

The reservation cut-off is scheduled for Wednesday, September 2. Although it is truly hard to believe, Labor Day will mark not only the end of summer but also the conclusion of this year's outdoor events. Let's make sure we have a day to remember.

With warmest regards,

Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com

MAR VAL LUAU MENU

August 15, 2015

Hawaiian Cole Slaw Salad
BBQ Teriyaki Pork Skewers • BBQ Teriyaki Vegetarian Skewers
Hawaiian Rolls
Chicken Fried Rice • Vegetarian Fried Rice
Dessert

Two guests per residence.

Questions? Call Carolyn Corry 415-370-6403.

LUAU RESERVATION FORM – August 15, 2015

Please circle entrée choice

RESIDENT _____ BBQ Pork Vegetarian Skewer

RESIDENT _____ BBQ Pork Vegetarian Skewer

GUEST _____ BBQ Pork Vegetarian Skewer

GUEST _____ BBQ Pork Vegetarian Skewer

Residents attending _____ @ \$10 each Check (payable to Mar Val) for \$ _____

Guests attending _____ @ \$10 each is enclosed. (NO CASH, PLEASE)

Reservation Deadline—August 12, 2015 at 5:00 p.m. or when 140 reservations are received.



MAR VAL LABOR DAY DINNER MENU

September 7, 2015

BBQ Ribs • Tomato Basil Mushroom Polenta
Steamed Vegetables
Caesar Salad
Garlic Bread

LABOR DAY DINNER RESERVATION FORM – September 7, 2015

Please circle entrée choice

RESIDENT _____ BBQ Ribs Mushroom Polenta

RESIDENT _____ BBQ Ribs Mushroom Polenta

GUEST _____ BBQ Ribs Mushroom Polenta

GUEST _____ BBQ Ribs Mushroom Polenta

Residents attending _____ @ \$10 each Check (payable to Mar Val) for \$ _____

Guests attending _____ @ \$10 each is enclosed. (NO CASH, PLEASE)

Reservation Deadline—September 2, 2015 at 5:00 p.m. or when 140 reservations are received.



Building Relationships with Community Leadership

by Bill Davis



Self-preparedness is the best course of action that we can do for ourselves and our community—a recurrent theme as the key to recovery.

The Marin Valley Emergency Services Team (MVEST) has met several times over the past couple of months with Matt Greenberg; Cathy Capriola, Assistant City Manager; Veronica Nebb, an attorney who consults for Novato; Dave Jeffries, City Safety Consultant; and Bill Tyler, Novato Fire Marshal, to better align our emergency disaster plan and recovery plan with the City of Novato's disaster plan. MVMCC is unique within the city, and we have to fit in properly with the overall general plan. That is more easily said than done, and much work has been completed to that important end. It is a work in progress, of which you will hear more in the coming weeks and months.

The Marin Interagency Disaster Coalition (MIDC) held a conference in June at Unity in Marin (Hamilton) with some impressive experts, and it was very reassuring to MVEST that we are heading in the right direction with our community efforts to make this a safer and more resilient

So what can you do for yourself today?

John Bruckbauer says, *“Take pictures of everything that you own to prove you own it. Have all of your important documents safely stored, even in the Cloud if that works for you.”* If you have them, copies of receipts, especially for large-ticket items, can only help to streamline recovery.

community. It was an amazing collection of people, all with first-hand experience in most of the major disasters that occurred in North America over the past 15 years, people with boots-on-the-ground stories about what is needed, what worked well, and what did not. *“Self-preparedness is the best course of action that we can do for ourselves and our community,”* was a recurrent theme as the key to recovery.

Disaster Recovery

What do we personally need for disaster recovery, and what are the needs of our community? There is no substitute for having a plan, a leadership team, a communication system, designated volunteers, and supplies to manage for a week to a month until more advanced help arrives from the government, whether local, county, state, or federal.

Everyone who shared their personal story at the meeting was motivational, exciting, and engaging. One of the speakers, John Bruckbauer of the San Rafael Fire Department, who is also their

Emergency Services Manager, has been involved with almost every major disaster recovery in the U.S. in the past 15 years. He impressed all of us with his New York-style of speech, telling us about the key points of successful recovery. *“Everyone needs to play fair in the sandbox,”* was his caveat. He focused on what we would need for our community and how we will return to normalcy. Some of the high points that he focused on were surprising to me:

The community will rely on volunteer groups.

We will be short on volunteers.

If we are lucky, it will take only a couple of weeks, if not, months.

Coordination of our efforts is essential.

Classes and Events Offered by Residents for Residents

by Cheryl Rebuschung

A communication system and preplanning are the most essential keys.

So what can you do for yourself today? John Bruckbauer says, “Take pictures of everything that you own to prove you own it. Have all of your important documents safely stored, even in the Cloud if that works for you.” If you have them, copies of receipts, especially for large-ticket items, can only help to streamline recovery.

Take-Away

The heavy “take-away” for me was that MVEST needs to continue to talk, plan, and drill. Many of our Marin County neighbors in San Rafael, Mill Valley, Corte Madera, and elsewhere are already on track with their Community Emergency Response Team (CERT) and disaster coordination plans. We are growing and getting in step with the city and county. So far, so good, but we all own a part of this and will only become more resilient as we continue to talk it up and have community-wide drills. ■

—BE A GOOD NEIGHBOR—
BE AN EMERGENCY VOLUNTEER

August Novato CERT class in 3 sessions

Thursday, August 6, 5:30-8:30 p.m.
Thursday, August 13, 5:00-9:00 p.m.
Saturday, August 15, 8:00 a.m.-5:00 p.m.
Novato Fire Station, 450 Atherton Ave.
All three sessions—\$45.00
(optionally subsidized through MVEST)

Registration and more information at
<http://tinyurl.com/o6akcfa>

Fifteen MVMCC neighbors successfully completed a CPR/AED workshop in June. As there was a wait list, a second **CPR/AED** class has been scheduled for **Saturday, August 8, 10:00–11:30 am**. Register at the front desk by placing your \$10 check made out to HOL in the locked, brown events box on the counter.

If you like to read and discuss books, Julie Mathews hopes you’ll join her at 10:30 in our library on Thursday, August 13 to plan a **book club** here at MVMCC. Help pick our first book and set the housekeeping details as we seek new experiences and friends through the marvels of discussion and the written page.

Would you like to play **ping-pong** in our newly renovated clubhouse basement? If so, place your name and phone number on the ping-pong interest list at the Park office.

Are you interested in **viewing constellations** here in the Park with an expert resident? Do you want to be part of a small group setting out one evening for a dark spot in Marin to see what a telescope reveals? Would you like to hear a lecture some winter day on a particular aspect of astronomy? All of these can be yours! Watch for details in the fall *Echo* issues. Mike Krupp and Alan Gump would love to share their enthusiasm about the night skies with you.

Do you want to take the **AARP Safe Driving Course** here? These courses are offered all over Marin County, but perhaps one could be

hosted here again if enough residents are interested. Put your name on the AARP driving course list at the Park office to indicate your interest.

Is anyone interested in leading or participating in an **arthritis water exercise class**? How about one-time **cooking events in your home**? Easy, local **nature walks** could be fun too. Or how about **jewelry making**? Remember, these all need to be for residents by residents at no cost other than ingredients for cooking or beads and related supplies for jewelry.

All MVMCC residents are welcome to contact the HOL Activities Chair to explore setting up a course or activity. Each of you has interests you may choose to share. Call Cheryl at 415-883-4090 to discuss options for a new group here at MVMCC. ■

Super Shredder

Interested in having a two-hour onsite paper shredding truck day at MVMCC to safely dispose of personal documents, old credit cards, and computer discs hanging around for years? Stand by while the truck actually shreds your items rather than dropping them off somewhere not knowing where they go from there. Depending on how many people are interested in this service, there would be a nominal charge for up to four boxes or bags.

If a minimum of 40 people sign up at the clubhouse, a specific day and time will be set up sometime in August or September.

Grey to Green Water

by John Feld

In the U.S. the average person uses about 40 gallons of water per day to bathe, wash dishes, and clean clothes. This water almost always goes straight down the drain.

Laundry-to-Landscape

Collecting this water in a “laundry-to-landscape” takes grey water from the washing machine drain and sends it out to your plants, without the need to alter existing plumbing. You can expect to harvest 10 to 25 gallons of water per load for a horizontal-axis machine or about 40 gallons per load for a vertical axis machine.

For the past few years, it has been legal in California to recycle some of this “grey water.” Since 2009 it is legal to install a laundry-to-landscape system without permits. More complex systems may require permits.

Grey Water for Irrigation

Grey water is recycled water taken from washing machines, dishwashers, and the kitchen sink, diverted by special plumbing or collected in buckets, and used either to irrigate gardens or in some cases to flush toilets. Here we are looking at grey water for irrigation. This water can be either beneficial or harmful to the soil, water systems, and plant life. Much of the water we generally put down the drain has harmful ingredients, so we have to be careful about what we add to the water. A common issue is salt. Many detergents and soaps contain salt, which has a detrimental effect on plants and soil. Of course, harsh cleaners and dyes should never enter grey water systems.

Grey Water Systems

So what are these mechanical grey water systems? Basically they involve a valve, after the p-trap, that will either divert water to the regular sewer system or into your garden. These can vary in cost from about \$150 to \$1,000s. Inexpensive systems deal only with clothes-washing machines, as these are the easiest to install and manage. They generally involve having a tap above your washing machine; one side sends the water to the garden and the other to the drain. Many people save their dishwashing and shower water in buckets and pans and pour it onto their gardens directly.

You can use grey water on edible plants, but only fruit trees or crops such as corn or raspberries, where the edible part is off the ground. Don't use it to water root vegetables or crops that sit on the ground.

Detergents

Using the wrong detergent can kill your plants, poison the earth, and harm water life.

Very few detergents list their ingredients, but if they do, those containing nitrogen and phosphorous are fine for your plants, as these end up as nutrients in the soil. But if the water is likely to drain into wetlands, these chemicals promote algae and should be avoided. Sodium is harmful to plants and soil, so avoid any detergents that contain boron, borax, sodium, chlorine, peroxygen, petroleum, alkylbenzene, water softeners, anti-bacterial soaps, “whiteners”, or enzymes.



Generally, water from the kitchen sink is considered black or dark grey water. This too should only be used on plants if special, sometimes costly, soaps are used.

Cleaning agents labeled eco-friendly, natural, or biodegradable often are not good for the garden. Liquid soaps tend to contain less sodium than powdered soaps—so use liquid laundry products.

Look for the word **BIOCOMPATIBLE** and the following good brands, although not always easy to find: *Bio Pac*, *Biokleen*, *LifeTree*, *Ecover*, *Mountain Green*, and *Oasis*.

Avoid *All*, *Arm&Hammer*, *Clorox*, *Gain*, *Ivory*, *Tide*, *Woolite*, and any with perfumes, brightening agents, and colorants.

Dishwater

If you recycle your dishwater:

Use—soaps and powders from *Oasis*, *Ecos*, *Bon Ami*, *Dr. Bronner's*, *Citra*, *Dish*, and *Ecover*.

Avoid—*Ajax*, *Comet*, *Ivory*, *Palmolive*, *Joy*, and *Dawn*.



Shampoos

Selecting shampoos suitable to recycle is difficult, but many manufacturers do list ingredients. Many people simply rely on *Dr. Bronner's* because it is easy to find and relatively inexpensive.

Drip Irrigation System

Grey water does not work well with a drip irrigation system as it often contains small particles that can clog the emitters in drip systems. If you use a drip system, the grey water will have to be filtered, which is another cost and chore you add to your watering. Some retailers are starting to sell special drip systems for grey water, but these are expensive. Most water-softening systems use salt and can harm plants and soil. If you have a water softener, it is best not to attach it to a grey water system. ■

Implementing a Laundry-to-Landscape System

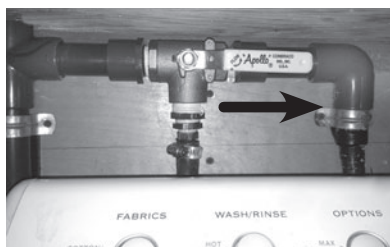
by Alan Gump

John Feld's article on grey water systems makes a compelling argument for exploring a safe, eco-friendly way of exploiting common water resources that we normally send down the sewer. We recently installed a grey-water laundry-to-landscape system in our home because:

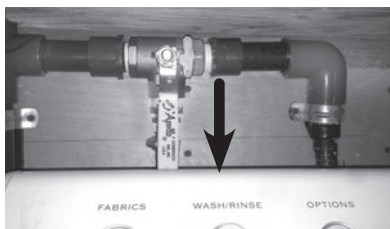
- we wanted to harvest the 40+ gallons of laundry water we produce weekly for the garden
- the system is gravity-fed and requires no sump pump
- parts are readily available locally
- simple designs are available online
- no permit is required in California.

Key Parts of the System:

- a 3-way gate valve to enable shunting the water from the washing machine either to the sewer or to the landscape



Valve opening to the right directing water to the landscape



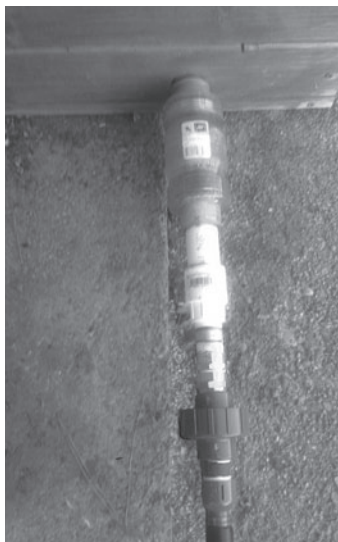
Valve opening down directly to the sewer

- a simple vacuum breaker at the highest point in the system to avoid water being sucked back up the pipes



Vacuum breaker

- pipe to the exterior of your unit (in our case, we drilled straight down through the floor and hung pipe on a gentle decline to the corner of our deck nearest the garden)
- a one-way check-valve to allow water to flow by gravity out to the garden, but not back the wrong way



One-way check-valve

- fittings to connect with 3/4" polyethylene tubing and 1/4" irrigation tubing (NOT capped soaker hose) to carry the water to the plants.

Remember that the system is not under any more pressure than that provided by the washing machine pump, which is just strong enough to push the water up to a level about three feet higher than the top of the machine. It's important to use large-diameter garden pipe and many irrigation tubes in order to allow the water to drain from the system.

After a few trials, you will be able to determine the right number of 1/4" irrigation lines (open at the end!) to use to drain the system completely. Alternatively, you can leave the end of the 3/4" main garden pipe open if you have an area you want to receive the bulk of the water.

If you are considering installing such a system, you should visit the grey-water guru, Art Ludwig's site "Oasis Designs" at <http://www.oasisdesign.net> for videos, designs, parts lists, and how-to instructions.



A DVD by Ludwig, *Laundry to Landscape* is also available at the Novato library.

Use an experienced plumber and go over the installation process

with him or her, as the majority of expenses are for labor. Be sure to use "grey-water-system-safe" laundry detergent, as explained in the previous article. ■

Interview Roberta Urquhart

by Marianne York

Long-time MVMCC resident Roberta Urquhart, 86, arrived at Marin Valley 27 years ago, from Larkspur, with her husband, Ken. She liked it right away because it seemed “like country” and the people here felt immediately “like family.”

A native of San Francisco, Roberta was raised in a four-generational family. At the age of two, her father died and she, her sister, and mother moved in with her grandfather and her great-grandmother. She said it was one of the greatest things that happened to her. “We had to take care of great-grandma, and grandpa was a sweetheart.” As a result she developed a “lifelong respect for older people,” and now, she says, “I’m one of them.”

Roberta regrettably never had her own children, but she feels everyone here at MVMCC is her family, and truly she has made her family here. “All the people in my life are important. I couldn’t pick just one.” Naturally, she has a wide range of friends here, and says, “people drop in all the time,” which is a good thing because she likes to cook and always makes extras!

Soon after arriving at MVMCC, Roberta quickly became involved in the community. “I could never say NO!” She started working in the kitchen and within two years became secretary of both HOL and Mar Val. In her own words, “It was a lot.” Later she served on Mar Val again for three years.



PHOTO: MARIANNE YORK

You can thank Roberta for the Whistlestop bus that comes here every Wednesday between 11:00 a.m. and 1:00 p.m. The service started 15 or 16 years ago when she asked the head of

Whistlestop if it was possible to get a bus out here. The bus transports people door-to-door to locations like Safeway, Costco, Macy’s, or Trader Joe’s. Call Roberta if you are interested

in this service. You can find her number on the calendar in the *Echo*. Roberta was also a volunteer at the newly opened Margaret Todd Senior Center. She remains our community's contact for services provided by Novato Independent Elders Program (NIEP), including connecting those who need help with their yard work or those wanting to access free food from the weekly brown bag program. The Director of NIEP, Carol Ann Moore, calls Roberta "The Mother Goose of MVMCC, with all her chicks." She counts on Roberta to let her know when someone here needs help.

Roberta is also responsible for the weekly qigong classes with Dove. She has been a practitioner for 15 or 16 years and claims it relaxes her.

Roberta has brought a lot to this community, but she also feels that she has been given a lot by this community. She has blossomed here.

She learned at the age of 65 that she loves to paint, and she identifies herself as an artist. She took art classes at the clubhouse from an artist and resident at the time, Betty Jo Norton. Roberta started using acrylics and ended up working in watercolor.

And then one day she was asked if she could lip-sync Mae West for a variety show at the clubhouse. Roberta responded, "I can probably do it." This led her to her twenty-plus-year avocation as

a lip sync entertainer. One of her favorite characters is Mae West, and one of her favorite quotes aptly is, "Come up and see me sometime." Over the years Roberta has performed here as well as at the Margaret Todd Senior Center. She also became a member of Marin Senior Entertainers and performed in convalescent homes throughout Marin for seven years.

Although Roberta reports that traveling was one of the highlights of her life, she says her traveling days are over, and she just likes being home. She still likes being of service, and you can frequently find her serving food at events at the clubhouse.

When asked "What's important to you now?" Roberta responded. "Staying healthy, working in my garden..." She also really wants to get back to her art and clear off her front table....but she adds, "No one seems to mind it."

Time goes by quickly, so you will always find Roberta busy, whether gardening, exercising, or noodling in the pool.

"I think everything is a good time. I don't feel older. I feel like I'm 17 inside."

When I asked what age she would ideally be, Roberta was quick to reply "Now! This is the best age. I know I can't climb a fence anymore. Just getting out of bed in the morning is perfect." ■

VOLUNTEER OPPORTUNITIES

by John Feld



Novato Health Hub
Thursdays, 3:00–6:00 p.m.
6100 Redwood Blvd.

For Novato residents in need, the Novato Health Hub provides free food and activities to promote nutrition, fitness, and healthy living. Unlike a traditional food pantry that distributes bags filled with pre-selected goods, the Health Hub has an open-air farmers' market setup, which enables participants to choose their own items from a large selection of food donated by Extrafood and the Marin Food Bank. Cooking demonstrations, health screenings, and physical activity classes are also offered. Volunteers make it all possible! As a volunteer, you can greet and register guests, distribute food, organize physical activities for youth and families, support cooking demos and educational programming, and more!

The Health Hub is mainly run by volunteers once a week. They play a critical role in its success and have a direct impact on the Novato community, helping to serve low-income families in need. Volunteering provides an opportunity to expand understanding of underserved low-income communities' needs. To volunteer, contact Sobeyda Monterroso at smonterroso@marinclinic.org or 415-526-8531.

If you are in need of food

As a resident of Novato you can also sign up to receive free food at the Health Hub on Thursdays from 3:00–6:00 p.m. They offer a variety of fresh, seasonal fruit and vegetables, canned food, chicken, pork, and beef, and dry goods such as spaghetti. On a recent visit they had fresh herbs, water- and honeydew melons, summer squash, fennel, red onions, plums, canned salmon, and the beef was organic. Choices vary each week. All the food is free and plentiful, and you can also get a diabetes or blood pressure test or take a Zumba class while you're there. It's a wonderful service for those who cannot afford wholesome meals every day. If you go, I suggest you go early with a large bag as the selection goes down as they run out of some things. ■

ARTIST PROFILE Janet Bogardus



I'm interested in showing human nature interacting with nature—a paradox. We live within nature and are dependent on it, yet because of our "nature" as investigators, inventors, builders, and molders of our environment, we have drastically degraded and poisoned much of what we and other species need to survive. Even so, we humans are capable of feeling awe, soothing, protectiveness, and joy when in nature.

A few years ago I moved from San Francisco to a house on the edge of a seasonal wetland. Although I've lived most of my life in large cities, sometimes in their grittiest neighborhoods, I now have close contact with plants and animals, both wild and tame, every day. On my daily walks I have unobstructed views of ponds, trees, and fields stretching out for miles. Even here, though, I always find human detritus—cigarette butts, candy wrappers, plastic bottles, even construction debris—in the apparently pristine landscape.

I try to make art that invites viewers to feel both realities—the sublime and the degraded—intertwined. I draw my inspiration from natural patterns and objects like leaves, vines, oak galls, and clods of earth, as well as from human constructs like plastic, metal and paper embedded in maps and landscapes painted in acrylic. Painters like J.M.W. Turner, Mark Bradford, and Anselm Kiefer inspire me because their landscapes make us feel deeply the often tragic contradiction of our human nature within our environment. I would like viewers of my paintings to be drawn in by beauty to contemplate what is disquieting or saddening within the beauty.

I probably came to this interest in environmental issues because my father's career entailed traveling every few years to a different country. Understanding the lay of the land, the streets and the buildings; creating a map of the new place in my head; and keeping the memories of its sensual reality became vital to me. This early concern with how I fit in my environment has broadened over

the years, as warnings of global climate change and species extinction have taken on more and more urgency, and as the number of catastrophic oil, nuclear, and chemical accidents has increased.

My use of color reflects feelings in response to some of these questions. Of late, I've begun using a bright acid yellow in paintings. Yellow is often associated with light, sunshine, radiance, qualities we link with optimism, cheer, warmth, comfort and more uplifted emotions like awe, wonder, and joy. This yellow can remind us of these qualities but also of chemicals, sourness, or poison. It's a color that occurs in substances humans have refined, like sulfate powder. I sometimes use accents of cool metallic paint to suggest industrial structures and objects. In general, my color palette is rather muted; I lean to blacks, greys, ochres, muddy greens and warm whites, punctuated with dark, earthy reds, teal blues, and the acid yellow. I feel colors like these can signal warning, or grieving, but also remind us of nature's regenerative powers, depending on how I use them.

I usually develop these themes in multiples, not only in paintings but also in drawings and collages on vellum and paper. Lately I've been increasing the scale of individual paintings, as well as expanding the number of multiples in each series. My dream project would be to create a room-size installation of paintings on panel or canvas, as well as drawings, paintings, and collages on vellum and paper. The installation would incorporate different sizes of work from very large to very small. My aim would be to encourage viewers to feel immersed or enfolded by the space and larger works, as well as drawn into intimate contemplation of smaller works. ■

ART IN THE PARK



Janet Bogardus's work can be viewed by appointment in her studio at 500 Palm Drive, Novato. She can be reached through her website at janet@janetbogardus.net.

RECENT EXHIBITS INCLUDE

MVMCC Clubhouse Art Gallery, Novato
Bay Area Women Artists, O'Hanlon Gallery, Mill Valley
Re-Vision, Marin MOCA, Novato, Kala Institute Artist Project Space, Berkeley
Altered Book Show, 2011–14 Marin MOCA
Out of Order, Marin MOCA, Awarded Honorable Mention
Re-membering, JFK University Arts Annex, Berkeley

EDUCATION

Master of Fine Arts, S.F. State Univ., 1990
Ph.D.—English Literature, Rutgers Univ., New Brunswick, NJ 1974
BA, Wellesley College, Wellesley, MA 1966

Call to Artists

by **Suzie Lahr**

August 2015 New Gallery Exhibit

On Monday, August 17 Richard Wilson and Suzie Lahr will be hanging a new exhibit in our MVMCC Clubhouse Gallery. All resident artists are invited to show their work. We hope you will join us in presenting your work in the gallery so our residents and guests can enjoy the exhibit over the holidays. This exhibit will run from August 2015 to March 2016.

**Monday, August 17
10:30-12:30 and 3:30-5:30**

we will be collecting all artwork in the ballroom to hang and ask those of you who have artwork presently hanging to also pick it up during that time and bring in another piece. You are welcome to display your work again regardless of whether you have been in past MVMCC Gallery exhibits.

You may each submit one large piece 2'6"x3'6" maximum or two small to medium pieces. We can accommodate two 3-dimensional pieces as well as wall art; however, all pieces submitted need to be wired or bracketed ready to hang on the wall, or a shelf, or pedestal, provided by you to display your piece. ■

Novato Gallery Exhibits

Marin MOCA

Artist Members Show Collaboration

July 11–August 16

Emerging Artists Of The Bay Area

August 29–October 4

500 Palm Drive, Hamilton Field

■

Marin Community Foundation

Black Artists On Art

May 27–September 25

5 Hamilton Landing, Suite 200

Tincture of Eternity

*In the dawning
tincture of eternity
moves within thinnest silent mist
over the waters
over the fields
over the hills
quietly
incandescing
the (yet hidden) rising morn
Tincture of eternity
inhabits the earth
with subtle glory
and out of it speaks
out of the quick fire
of the cloud
out of the wand'ring geese
out of the bare wooded
gently greening
childlike hills
And speaks
out of the depths
of my lifting heart
speaks:*

I AM

December 27, 2014

Philip John Wharton

17 Fallen Leaf Way

1947—February 14, 2015

Compass & Sun

*Oh, East is East,
and West is West,
and never the twain shall meet...*

The other day a reader said to me, "You talk about east and south, but I don't know which way is either one, so I don't know where to look!"

Apologies. Here goes:

Find a good landmark to which you know the direction. In the Park we have two good landmarks: the east shore of the Bay and the ridge to the west behind which the sun sets. Mt. Diablo is almost directly east.

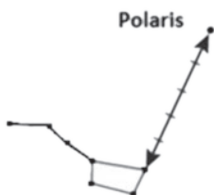
Of course, the sun and moon rise towards the east and set towards the west.

And at night you have the North Star, Polaris, which is directly over the North Pole. The illustration shows how to find the North Star using the Big Dipper. The Big Dipper is quite big and bright, and it's visible all night every clear night of the year. Polaris is not nearly as bright as the stars of the Dipper, but it's still easily visible.

When you face north, your left shoulder points west and your right shoulder points east.

And that's it in a nutshell.

Simple, yes?



Using the
Big Dipper to find the North Star

The Starry Messenger

by Mike Krupp

*It was the Monster Moon,
It was a graveyard swoon,
It caught on real soon,
It was the Monster Moon!*

Boris Pickett, 1962, slightly modified

Starry Calendar

August 2015

August 2

Saturn has appeared to be moving backward ("retrograde", or clockwise) in the sky since May; tonight it appears to be stationary; then it will start moving forward again ("prograde", or counterclockwise). This happens to all planets farther from the sun than the earth is, because the earth moves around the sun much more quickly than they do. When the earth is directly between the planet and the sun (the planet is in "opposition") it appears to pass the planet just like passing a car on the road; the car seems to move backward, and so do the planets. Watch out for cops!

August 6

Half moon tonight (the waning moon is in its third quarter); the moon is in the constellation Cetus, the whale.

August 7

Mercury and Jupiter, both evening stars, are within 1/2 degree of each other. August 12-13: Perseids meteor shower. This shower can show as many as 60 bright meteors per hour at its peak. Tonight the thin crescent moon

will not interfere with seeing shooting stars. The best time to see them will be after midnight, in a dark location.

August 14

New moon. Not visible, so I don't have to tell you where it is.

August 15-16

The thin crescent moon passes between Mercury and Jupiter. Well worth a look when the sky is getting dark.

August 16

The moon and Mercury are within 2 degrees of each other, bright against the darkening sky in early evening.

August 22

Half moon; the moon is at first quarter in the constellation Libra, the scales, and is very close to Saturn. This pairing will be visible all night.

August 29

The full moon is in Aquarius, the Water Bearer. This was called the Full Sturgeon Moon by Native Americans living near the Great Lakes, who found sturgeon particularly easy to catch at this time. Others called it the Green Corn Moon. This will be a supermoon, the first of three this year. Supermoons occur when the full moon is unusually close to the earth, and is large and bright. The spectacular large, bright orange moon will rise over the eastern horizon at about 9:00 p.m.

Don't miss the Monster Moon! ■

Jackrabbit

by Bill Noble

Wait—a jackrabbit isn't a bird! True, but it isn't a rabbit, either.

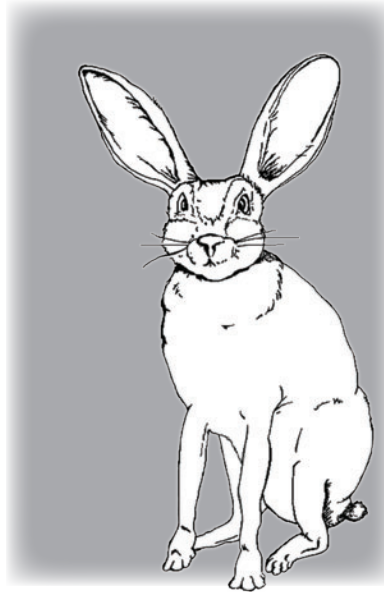
Given that jacks right now are as conspicuous in the Park as our treasured quail, with teenagers joining the early-morning lollops down our streets, I'm officially promoting them to the status of birds.

How come we call them jackrabbits?

A century ago, we called them jackass rabbits, because of their huge, mobile ears. It's a plus that we shortened the name, though it did have a certain ring to it. Our particular jackrabbits are *Lepus californicus*, Black-Tailed Jackrabbits, found widely throughout the West. They can run forty miles an hour, leap twenty feet, bound six feet into the air, and when they're chased, change direction—again and again—on a dime.

Who eats them? That's always a good question to ask. As a naturalist, I'd say it's a great way to understand how neighborhood economics and politics are structured, the equivalent in the human world of *follow the money!*

Search *YouTube* for clips from nature documentaries that show an amazing, two-species wildlife spectacle that happens right where we live: coyotes' group hunting strategies for jackrabbits. Given their Olympic-class physical skills, jackrabbits are nearly impossible prey for a lone coyote. So coyotes cope by applying mental skills. Typically, one coyote will pursue the



jack, subtly driving it on a long, curved path toward a second coyote, waiting in hiding.













Jacks can be easier for aerial predators. They're a favorite prey of golden eagles. In late May, I saw a huge hawk circling our baylands, laboring to gain altitude; only the second eagle I've seen from the Park. Something big dangled from its talons. I ran to the house for my binoculars; a close look made me nearly certain that the eagle's dinner was a juvenile jackrabbit.

What do they do besides eat my lettuce? They munch grasses and herbs, supplemented with seeds and bark. They're superbly adapted to dry environments and economical of water, surviving our rainless summers with no need to drink. If you discover a new planting of trees or shrubs getting girdled (the young bark gnawed off), the likeliest culprits are rats—or jackrabbits.

Are they model parents? The males, 10% smaller than the females, don't contribute to parenting at all (not many male mammals do). Females are prolific, bearing up to six litters a year, each with one to three young. The babies—if you're a crossword puzzle fanatic, they're called *leverets*—are born alert, open-eyed, and mobile. They nurse for a couple of weeks, right along with foraging for vegetable food, then set off on independent life.

Shouldn't these guys be out on the prairie somewhere? They are. But they've been adapting to suburbia. They can attain densities of more than one per acre. They move mornings and evenings between productive feeding areas, which can be up to several miles apart.

What do you mean, they aren't rabbits? They're hares. One of the smallest orders of mammals are the Lagomorphs, with only eighty kinds on all of Earth. Thirty of those species are the little alpine haymakers, pikas (or conies). Rabbits—twenty species worldwide, a tiny number (there are about 1,100 species of mice)—are our childhood's Peter Rabbit: compact, 1- or 2-pound furballs. Our rabbits, Audubon's cottontails, are brush-loving animals who stay close to cover and are uncommon in the Park; look for them mostly around the edges of some of the big hillside patches of coyote brush. Thirty more species are hares; long-legged, long-eared, weighing from 7–13 pounds. Hares don't burrow like rabbits; they make a dish-shaped “form” for themselves in the earth under a bush or a grass clump. ■

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1-3 PM Mahjong  6-8 AM Trash Pickup 9 AM Low-Impact Exercise 7 PM Women's Inspirational Book Study 7:20 PM Poor Man's Poker	6-8 AM Trash Pickup 9 AM Low-Impact Exercise 7:20 PM Poor Man's Poker	5:45-6:45 PM Meditation 6-8 AM Trash Pickup 9 AM Low-Impact Exercise 7:20 PM Poor Man's Poker	10 AM-2 PM Craft Group 11 AM-1 PM Whistlestop (call Roberta 415-883-0843) 7 PM PAC MEETING	9:15 AM QiGong <i>with Dove</i> 6:30-7:10 PM Silent Meditation 7:20 PM Poor Man's Poker	4 PM Canasta  5-7 PM Pub Night	10:30-11:45 AM Jay's Pre-Tai Chi
1-4 PM Mahjong  5 PM Free-Form Dance & Movement 	6-8 AM Trash Pickup 9 AM Low-Impact Exercise 7:20 PM Poor Man's Poker	5:45-6:45 PM Meditation 6-8 AM Trash Pickup 9 AM Low-Impact Exercise 7:20 PM Poor Man's Poker	10 AM-2 PM Craft Group 11 AM-1 PM Whistlestop (call Roberta 415-883-0843) 6 PM MAR VAL MEETING	9:15 AM QiGong <i>with Dove</i> 10:30 AM Book Club (Library) 6:30-7:10 PM Silent Meditation 7:20 PM Poor Man's Poker	4 PM Canasta  5-7 PM Pub Night 7:15 PM Bingo	MAR VAL LUAU DINNER 5 PM 
1-4 PM Mahjong 	6-8 AM Trash Pickup 9 AM Low-Impact Exercise 10:30 AM-12:30 PM and 3:30-5:30 PM ART IN THE PARK Art Gallery p/u/deliver 7:20 PM Poor Man's Poker	5:45-6:45 PM Meditation 6-8 AM Trash Pickup 9 AM Low-Impact Exercise 7:20 PM Poor Man's Poker	10 AM-2 PM Craft Group 11 AM Ladies' Bridge 11 AM-1 PM Whistlestop (call Roberta 415-883-0843) 7 PM HOL MEETING	9:15 AM QiGong <i>with Dove</i> 6:30-7:10 PM Silent Meditation 7:20 PM Poor Man's Poker	4 PM Canasta  5-7 PM Pub Night	10:30-11:45 AM Jay's Pre-Tai Chi
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AUGUST 2015