

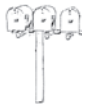
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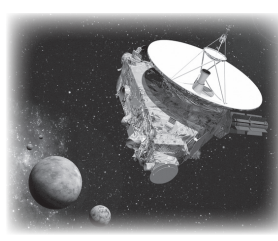
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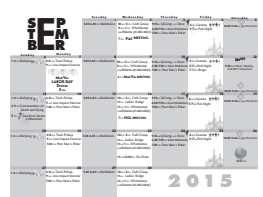
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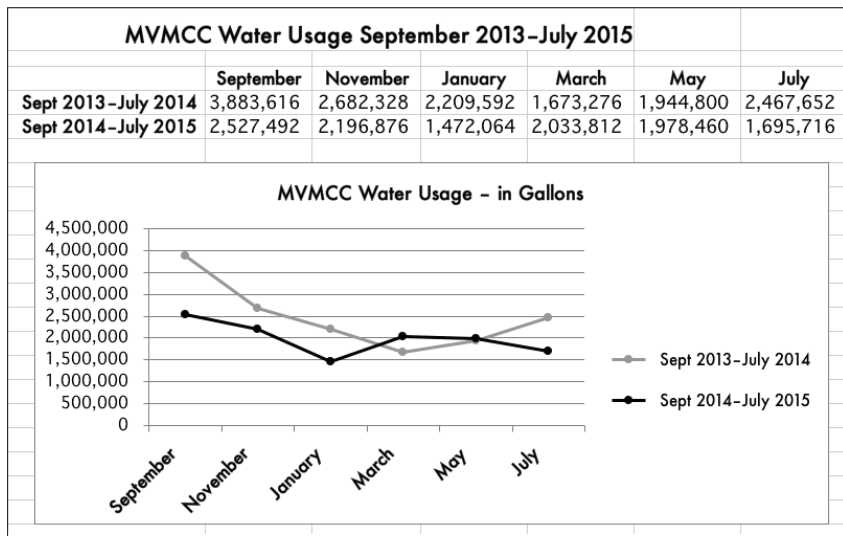
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Water Usage Update

The North Marin Water District auditor-controller David L. Bentley reported that the July 2015 billing reflects water usage of 1,695,716 gallons and congratulates MVMCC on—

“a reduction of 53% from the July 2013 billing. Good work!”



Notices

Fireside Room Closed

The Fireside Room will be closed during September for construction.

New Residents

Lynn Carman

lynncarman@hotmail.com

Mary Carman Barbosa

415-858-9115

mary.barb@hotmail.com

71 Marin Valley Drive

Kamala Allen

53 Marin Valley Drive

808-464-5171

John Reilly

Lucille Allison

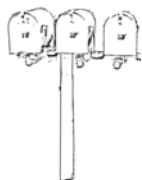
34 Marin Valley Drive

415-328-8292

Peter Harris

190 Marin Valley Drive

415-669-9814



Lee Pochapin

108 Panorama

415-203-4950

Laura Dillon

14 Marin View

415-827-7137

Doug Jantz

55 Club View

415-717-3992

George Winters

125 Panorama

415-265-4738

*Checked
Your
Name?*



Even if your listing is correct—

On the lobby counter, in the 2014 Directory printout, please check the box next to your address to show that you have read and approved your listing—with or without corrections. Please PRINT any changes in the extra space below your name. Thank you!

Vince and Javier Mazzaferri

118 Sunrise Lane

415-342-1181

Cheryl Rebischung

22 View Ridge

415-883-4090

Yvonne Devine

“Jack” John W. Travis, MD, MPH

15 View Ridge Drive

jwttravis@mindspring.com

510-206-9900

**THE
ECHO**

SEPTEMBER 2015

**MARIN VALLEY
MOBILE COUNTRY CLUB**

100 MARIN VALLEY DRIVE
NOVATO, CA 94949

415-883-5911

novatofinancing@att.net

WWW.MVMCC.COM

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PRINTING/PRODUCTION **MHB Group Region 8**
www.mobilehomeboard.com/

MARIN VALLEY MOBILE COUNTRY CLUB

GENERAL MANAGER **Matt Greenberg**

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gm.mvmcc@gmail.com

PAC BOARD

PRESIDENT **Jay Shelfer** 415-883-6945

VICE PRESIDENT **Peggy Hill** 415-382-0185

SECRETARY **Mike Hagerty** mrhagerty@ucdavis.edu

TREASURER **Larry Cohen** 415-883-7786

AT LARGE **Tom Miller** 415-244-5413

MVEST STEERING COMMITTEE

LEAD **Serena D'Arcy-Fisher** 415-506-4235

Bill Davis, John Feld, Alan Gump, John Hansen

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VICE PRESIDENT, ACTIVITIES

Cheryl Rebischung 415-883-4090

RECORDING/CORRESPONDING SECRETARY

Miriam Dvorin-Spross 415-884-0607

TREASURER **Gwendolyn Morgan** 415-475-2629

MAR VAL BOARD

PRESIDENT **Kathleen Dargie** 415-884-2649

1ST VICE PRESIDENT **Dan Sebastian** 415-382-7738

2ND VICE PRESIDENT **Pat Thurston** 415-884-0740

SECRETARY **Carole Gathman** 415-884-2720

TREASURER **Sandee Duncan** 415-883-3034

DIRECTOR **Dee Schneider** 415-883-4182

DIRECTOR/BAR MANAGER **Fred Dargie** 884-2649

DIRECTOR/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*

Dear Residents,

Finances

The finances of MVMCC are meeting the requirement of the bank loan financing the purchase of the Park.

PG&E

MVMCC was not selected to participate in the pilot replacement program for the electric and gas utilities sponsored by PG&E/PUC, scheduled to be finished in five years. When this phase is completed, all the mobile home parks in California may be included in the next phase, which is to return the maintenance and metering of gas and electric to PG&E.

MVMCC Master Plan

The City of Novato has concluded that now is the time to create a MVMCC Utilities Master Plan. It has put out a Request for Proposal for an engineering firm to complete this study. The scope of work includes an evaluation of all existing Park utilities—sanitary sewer, water, natural gas, electrical, storm water (including hillside drainage), and telecommunication—including a review of past studies, identification of any gaps in current data, and discussions with service providers. The Master Plan will include recommended repairs/replacement of each system, cost estimates, design criteria, and detailed base maps.

The conceptual design of new utility service networks (joint trenches), includes their alignments throughout the Park and the connections to individual units; implementation/construction phasing alternatives; and new below-ground sanitary sewer pump

stations. In addition, an environmental constraints analysis is included in the scope to identify biological, cultural, and regulatory impacts to the project as well as aid with developing a design that can be more easily permitted. They will hold a public workshop for residents.

HOL and PAC

Two members from each of the PAC and HOL boards met with the City staff to discuss how PAC and HOL work together. HOL is clearly independent of PAC and should continue to act autonomously. All parties to this conversation will research and clarify HOL's role.

General Rent Adjustments

Each January 1 in accordance with the Novato rent control code rents can be raised or lowered 100% of the CPI of a preceding 12-month period at the discretion of the City Council. Starting January 2016, this adjustment will be no more than 1.5% as decided by the City Council. We shall be advised of this amount late this year. The City's staff will conduct a workshop in the near future to discuss the rents.

PAC Vice President

Peggy Hill has been elected to the office of Vice President of PAC. Peggy has participated in many capacities at MVMCC in the past and has served on past PAC boards. Her presence is already felt and appreciated.

Rules and Regs

In September management will send out the MVMCC rules and regulations formal notice; 60 days after that the events policy rules will take effect, and six months after that the tree and shrub policy will take effect.

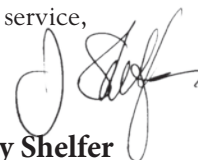
Trust for Public Lands

The former lands of the TPL, which were purchased by the City with the partial use of funds from MVMCC, are in the process of becoming usable for recreation. In a complicated process where lands in the former Hamilton Air base are exchanging their zoning status with the TPL land. We are told that the U.S. National Parks have agreed to this and we are awaiting the U.S.G.S.A.'s approval of this transaction. This is expected later this year; Novato City Council will then have the final approval of this exchange.

Repairing/renewing our homes

We have recently been informed by Housing and Community Development that nearly 10 years ago the area we live on was designated as "Wildland Urban Interface." This requires a whole different set of regulations concerning the types of material that can be used to repair and renew our homes. The resulting changes in the building codes are still being analyzed by both HCD and our management. Going forward, all new construction and renovation will necessarily conform to these new regulations. Some of the answers can be found at www.hcd.ca.gov/codes/manufactured-housing/wildlandinterfacearea.html

In service,



Jay Shelfer

P A C PRESIDENT
jjshelfer@yahoo.com

Management Report

Currently Management has several projects under way that we would like to share with residents.

183 MVD is having 100+ lineal feet of engineered retaining wall built for slope stabilization and drainage. All walls built at MVMCC are graded, with health and safety a top priority, including preservation of structures and personal property. Last year many small walls were built with no overage in this budget line item. Larger walls requiring digging and boring equipment are more expensive, so only

a limited number are scheduled or in planning this year.

We received a \$2,000 grant from the **Novato Fire District** for a demo garden. **#12 Scenic** was a good candidate. All dry overgrowth, blackberry, juniper, and other fire-prone plants were carefully removed and replaced with drought-tolerant, native, and multiple succulent varieties. Several mature oleanders were pruned and remain. You are welcome to walk around this site to recognize plant types that may be

attractive in your gardens. **Fire Safe Marin** provided a \$15,000 grant to MVMCC for fire-prone plant removal. This task is under way. The yards of twelve homes with severe overgrowth are being pruned back in preparation for some new drought-tolerant and fire-safe landscape plantings.

Management would like to extend a special thank you to Battalion Chief Bill Tyler who was the driving force behind acquiring these two grants.

Sincerely,


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

Message from Homeowners' League

Dear Fellow Residents,

Summer is just about over and we are optimistic about those much needed rains. The Membership letters have been delivered (many thanks to **Anila, Mike, KC, Janine** and **Sumi**—our Park walkers) and many of you have responded with your dues as well as generous donations to HOL. Thank you so much. If you have not yet returned your membership form and dues, please take a moment and do so now. You may mail your envelope or drop it off at the office. Your dues/donations are our only funding source.

At the July HOL meeting **David Krasnor** suggested having a MVMCC flag—a flag designed and made by Park residents. This flag would be lowered and flown at half-staff when a resident dies, not only honoring that resident but also serving to alert the Park of a death. The craft club has kindly offered to make the flag. We are asking for your

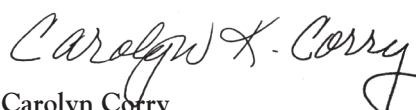
thoughts on having a flag. There is a sheet on the counter in the office for your comments or you may email them to me.

“A Simple Vaccination Can Significantly Reduce Your Risk of Being Infected with the Flu Virus.” – Sutter Care at Home is once again offering flu shots in the Park. The injections are given by a registered nurse. If you are enrolled in Medicare Part B, there is no cost to you for your vaccination. If you are not enrolled in Medicare Part B, the cost is \$30. Anyone who wishes to get the vaccine (caregivers, relatives, friends) can do so for \$30. Sutter also requires \$30 for Kaiser patients, members of other HMOs, or VA patients. The clinic will take place on September 23, at 11:00 a.m.–12:30 p.m. in the clubhouse. A signup sheet is on the counter, or you may contact me. We need a head count by September 16 with at least 12 folks signed up. Please bring your Medicare Part B card and a second form of identification.

Cheryl Rebuschung is coordinating and providing many activities that have been requested by residents; please check the signup sheets in the office or call Cheryl at 415-883-4090. Possible activities are ping-pong, Scrabble, book club, and ??????- What are your interests?

Pauline Hawkins has worked diligently for years to beautify the Park and now needs some assistance in watering shrubs and trees that were planted last year. They need extra water for the first two years once a week till the rainy season to get them established. Please let me know if you are able to help with this project.

HOL's next meeting is **September 16** at **7:00 pm** in the **Fireside Room**.


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

Message from Mar Val



Dear Friends,

Of course the realization that Fall will soon arrive brings with it the anticipation of:

Mar Val's BLACK CAT Halloween, October 31

This event was inaugurated approximately 25 years ago as a fundraiser to assist in offsetting the cost of our liquor license. Each year we ask that residents donate items that can then be sold to other residents. Over the years and depending on proceeds, we have also been able to assign funds to assist with other events, such as the volunteer and holiday dinners.

Needless to say, the Black Cat has always been a bargain-lover's

paradise—however, there's much more to entice you to this event ...

- a wonderful lasagna dinner (no reservations needed),
- a bakery at which you can purchase the most delectable creations from the ovens of our talented neighbors,
- a fabulous parade of remarkable Halloween costumes (there will be prizes), and
- the thrill of the 50/50 raffle.

We are calling your attention to this event in this month's *Echo* in the hope you will begin to identify items for donation to this festive gathering.

With warmest regards,

Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com

Just a reminder,

as you read this letter, it should now be approximately one week before Mar Val's last 2015 outdoor event, the

**Labor Day
BarBQ Dinner
Monday,
September 7**



MAR VAL LABOR DAY DINNER MENU

September 7, 2015

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

SEPTEMBER 7, 2015 LABOR DAY DINNER RESERVATION FORM

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.



MAR VAL HALLOWEEN EVENT



Annual Black Cat Fundraiser & Dinner

October 31, 2015

Your opportunity to clean out cabinets and closets as well as recycle your treasures!

**Donations will be accepted beginning
October 1, 2015**

Please place donated items—which should be clean and in good repair—on the tables in front of the stage in the ballroom.

Unfortunately, we cannot accept furniture, shoes, clothes, electronic items (TVs, computers, monitors or printers), cookbooks, candles, cosmetics or anything with an expiration date.

Dust off your Halloween costume and join the fun at the BLACK CAT. This is your chance to discover a treasure you have always wanted.

Many thanks from the Mar Val board.



by John Hansen

Yes, I know—we're still experiencing the worst drought in California history, so ... the roof? Well, did you know that even with all our wildfires and our famous California earthquakes, historically, the most common and most expensive disasters in California are caused by water?—torrential rains, flash floods, not-so-flash floods, mudslides, heavy snow, and the like. Drought indeed, but floods are a California tradition that will not long be denied. You could say that, in California, **drought is the space between floods.**

Last year the media was very cavalier in predicting a drought-busting El Niño event—which obviously didn't materialize. Now, this year El Niño is developing nicely and may just be the drought-buster you have been hoping for—but be careful what you wish for!

El Niño or not, we will see some major winter storms, and they could begin as early as next month. How soon, how frequent, how many, and how intense? It remains to be seen.

The pressing question is: how ready are you? If you're not sure, here's a handy study guide—and there will be a quiz:

- Aluminum roofs shrink with the cold and expand when it warms up—every day. You may have heard the creaking sounds in the morning when the sun first peaks from behind the fog. Over time, that movement can cause the formation of leaks, mostly along seams. The best recourse is to clean and inspect your roof. Then paint it with a reflective-white, flexible roof paint—it expands and contracts along with the roof, seals leaks, and can keep you cooler in the summer, too.

As Above, So Below

“The time to repair the roof is when the sun is shining” — John F. Kennedy

- Rain gutters need to be periodically flushed. They fill up with gunk over time and stop doing what they are supposed to do. This can lead to water accumulating where it shouldn't and to various ensuing problems.
 - French drains are buried pipes that collect and transport water. Properly positioned and installed, a French drain can divert storm runoff to the street and away from under your home, where it can cause all sorts of problems—mostly having to do with mold—such as rotting floors and footings, musty smells, and declining respiratory health.
 - Now that we have so judiciously removed our junipers and other “pyrophytes” to prevent explosive fires from possibly consuming our homes, those remaining bare slopes can be fodder for increased storm runoff, erosion, and sluggish storm drains. Better not leave them bare for too long.
 - Capillarity—that's how water gets from tree roots up to the leaves. The same process can occur in your home. Water can travel up, down, and sideways for considerable distances. Small leaks in walls, roofs, and elsewhere can lead to wet spots appearing who-knows-where in your home. Pay attention to old outdoor moldings, flashing, trim, attached planters, window and door slides, weep holes, weather-stripping and caulking, roof corners, eaves, and awnings. Anywhere water can get in, it will get in and travel in a frustratingly circuitous channel, to eventually show itself at some unbelievable distance from its origin.
 - Wind—most of us who have been here a few years have seen the wind do some pretty strange things during winter storms—don't underestimate it! It only takes a single rogue gust to deposit your outdoor furniture where you would never dream it possible. Expect and plan for the worst. Be sure everything is secured beyond what you may think is “probably good enough,” because chances are, it isn't.
 - We are all quite dependent upon our electrical power, some more than others. Winter storms occur when days are short and cool, and nights are long and cold. When the power fails, it can be more than just an inconvenience. **Avoid candles and unvented heaters!** Start now to accumulate a wealth of LED flashlights and lanterns. They're cheap (check out Costco) and the batteries last a long time. If your power dependency is high, let someone know if you are at risk—and have a good plan B.
 - Space heaters are the second most common cause of household fires (right behind kitchens). You're way better off falling asleep under extra blankets than leaving a space heater on at night. And, speaking of kitchens, how's your short-term memory when you're multitasking? Get a wearable timer and use it when you're cooking—it can save your bacon at the very least.
- If you're concerned about any of these ever-too-common domestic issues, a good place to start is to check out our handy contractor binder in the library, talk with Matt (sorry, Matt), or consult one of those neighbors-with-skills. These resources can help lead you in the right direction.

And the best is always last ... If you're like many of us who can see daylight in your budget long before the end of the month, be sure to check out the amazing **Free Home Weatherization** program offered by Community Action Marin. Information is available in the office.

Oh, and yes, this is a take-home quiz ... any tell-tale water stains on your walls and ceiling or moldy off-fragrances will tell whether you passed or not. ■

Calling All MVEST Volunteers and All Interested in Joining

PLEASE RESERVE

Saturday, September 12
9:30 a.m. – Noon
All hands meeting
Clubhouse ballroom

Over the past months, the MVEST steering committee has been working with Novato City leadership, Fire Marshall Bill Tyler, and Emergency Management consultant Dave Jeffries to review our community's approach to personal preparedness and disaster response and recovery. It is now time to regroup and move forward with our next steps, which include a refresher about roles and responsibilities, radio protocols, and upcoming trainings.

If you have questions or would like to join MVEST and become a part of this vital community-wide team, please contact: SerenaFisher@comcast.net, or call 415-302-4575.

Death Cafe

Sunday, September 13

3:00–5:00 pm

Fireside Room

Refreshments will be served

Pre-planning is one of the greatest gifts you can give. At the time of death, many, often difficult, decisions must be made. So it's wise to pre-plan from the many options available.

Marnell Lloyd is a pre-need specialist with the Neptune Society of Northern California. She will inform us and answer our questions on cremation, funerals, cemeteries, grief, and related concerns. ■

What lies behind us and what lies before us are tiny matters compared to what lies within us.

– Ralph Waldo Emerson

Humanitarian Fund

The MVMCC Humanitarian Fund was created several years ago to help residents who find themselves in a difficult financial situation, often caused by an unforeseen event. If you think you would like to apply for a one-time financial assist, contact Matt Greenberg in the office. All information will remain *strictly confidential*.

Pauline Hawkins reports “Our dear bright eyed Junie has been moved to a facility in Sonoma. Friends can keep in touch visit, call, or write a card”:

Junie Pose
17250 Vailetti Drive
Sonoma, 95476
707-996-6100

VOLUNTEER OPPORTUNITIES

by John Feld

Halleck Creek Ranch

Nicasio

Want a chance to get out into the country and do something great for people with disabilities?

For over 35 years Halleck Creek Ranch has helped people with disabilities live a life without barriers through therapeutic horseback riding. The riders have a wide range of developmental, physical, and sensory disabilities including: autism, cerebral palsy, Down syndrome, multiple sclerosis, traumatic brain injury, vision/auditory impairments, and more. The youngest rider is 3, and the oldest is 65 years old, but 80% of the riders are children between the ages of 3 and 21 years old.

Tasks include grooming and tacking-up horses for the program, leading horses for riders, side-walking riders, and other jobs related to assisting with the riding program. For those with a little more energy there is a need for raking the hay barn, weeding, helping with special events or projects, or helping in the office.

All program volunteers must attend a New Volunteer Orientation, enroll in the 4H program, attend a full day of training, and commit to completing 50 hours of volunteer work in a 6-month period. The 2-hour New Volunteer Orientation and the 6-hour training day will count toward the 50-hour commitment.

No previous experience working with horses is needed.

Volunteers are needed on all days of operation: Monday through Thursday and Saturday. Halleck Creek Ranch is closed on Fridays and Sundays.

Therapeutic horseback riding is a valuable form of physical and mental therapy, as well as an effective way for people with disabilities to access rugged terrain.

The staff pair gentle horses with dedicated volunteers, creating a dynamic team that carries riders into the beautiful Nicasio countryside.

The program uses the powerful therapeutic benefits available through horseback riding in nature to create a better quality of life for children and adults with disabilities, and for the people who care for them. ■



Strengthen Your Brain with Neuroplasticity Exercises

A 4-Week Class at the Clubhouse, Tuesdays at 7 pm, Starting September 29

by Michael Hagerty

During the past decade, neuroscience has advanced quickly. Old proverbs like “You can’t teach an old dog new tricks” are being proven wrong. In fact, we now know that the brain can grow new neurons and make new connections at any time in life, if we know how to make those changes. This new science is called “experience-driven neuroplasticity”; it can make our brains more resistant to aging and can even reduce symptoms of stroke and neurological disease.

Research will be progressing quickly in the next ten years, but some exercises we can do now to add neurons to our brain, making us more resilient to aging and illness, increasing our alertness, and improving our quality of life. To learn more about this, you can read the recently published books noted in the sidebar. And you can come to my four-week course right here at the clubhouse. These changes don’t occur overnight; it takes patience and practice to change the neural pathways in your brain. I will give you exercises that you can do at home

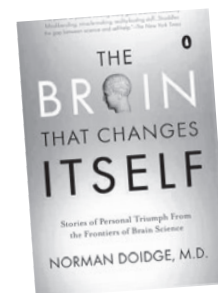
What will you learn in this class?

1. The areas of the brain that can be changed by performing regular exercises for as few as 15 minutes per day.
2. Medical conditions that can be improved through these exercises—partial arm or leg paralysis from stroke or neurological disease, some improvement in vision and cognition from stroke, and relief from depression and anxiety due to stress or chronic pain.
3. Exercises proven to improve these conditions:
 - physical exercise and learning new skills
 - social engagement and group exercises
 - training awareness through mindfulness exercises
 - taking more control of your own experience to build mental traits of contentment, calm, and confidence.

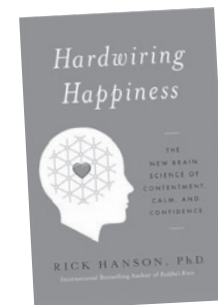
for 15 minutes per day, and in a week or two you will experience some improvement. Just like learning to play the piano, you will improve more and more as you continue to practice. ■

Michael Hagerty, Ph.D. is a retired UC Davis professor who has published some of the new research in the medical journal *NeuroPlasticity*.

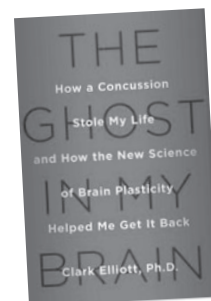
BOOKS ON NEUROPLASTICITY



The Brain that Changes Itself: Stories of Personal Triumph from the Frontiers of Brain Science, by Norman Doidge, M.D.



Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence, by Rick Hanson Ph.D.



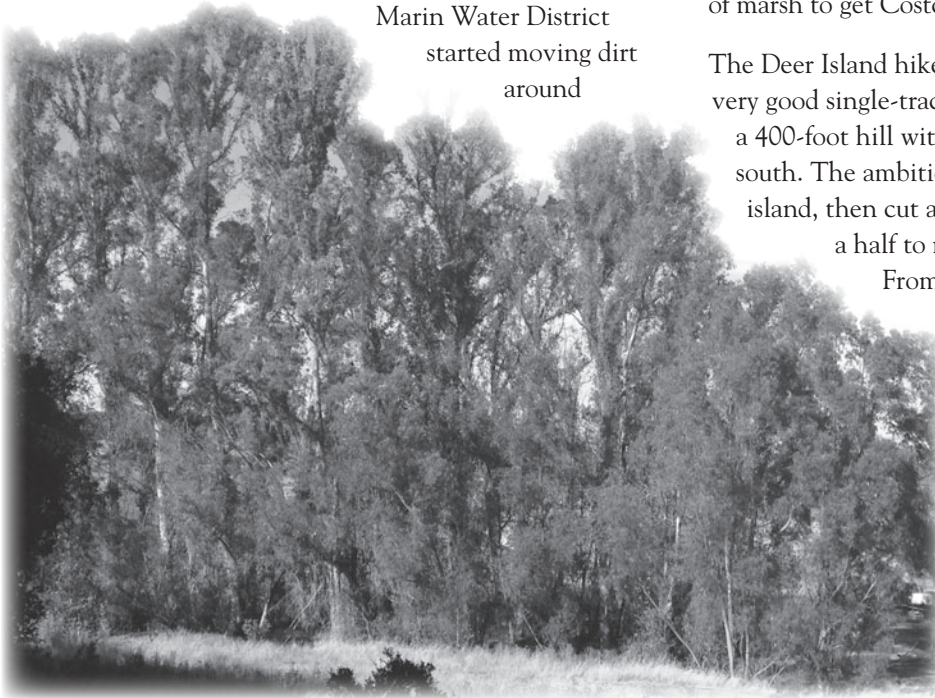
The Ghost in My Brain: How a Concussion Stole My Life and How the New Science of Brain Plasticity Helped Me Get It Back, by Clark Elliott, Ph.D.

Take a Hike

by Mike Holland

Have you ever mused about how some of the geographical spots in Marin were named; or, more pointedly, why those names don't always seem to make sense? For example, I've been to Rodeo Beach many times, yet have never seen a full-blown cowboy event or espied any pricey clothing shops. The Tourist Club sits high on the Panoramic Highway, but a typical tourist won't be allowed entry—it's members only. Have you ever been to Lone Tree near Pantoll Ranger Station? I defy you to pick out which of the hundreds of trees is the "lone" one. Even "Mt. Tamalpais" is a bit of a misnomer. Mt. Tam is actually made up of three distinct peaks. The one we all know about is called East Peak (2571 feet elevation). But we also have Middle Peak at 2490 feet and West Peak at 2560 feet.

I'll bet you readers can come up with your own list of perplexing names. Let me add one more and suggest it for an easy and enjoyable hike—Deer Island. I've run many times around this piece of land and am still waiting for my first deer sighting. Now about the island designation: Deer Island actually *used* to be a real island. In the late 1980s the North Marin Water District started moving dirt around



to create wetlands and holding ponds. The island isolation disappeared, but the transplanted dirt helped form the new shopping center known as Vintage Oaks. So, we traded a bit of marsh to get Costco and Target.

The Deer Island hike is a relatively flat 3.3-mile loop on very good single-track trail. In the middle of the island sits a 400-foot hill with a trail that bisects it from north to south. The ambitious hiker can circumnavigate the island, then cut across the top to add another mile and a half to return to the start. Where is the start?

From Trader Joe's in Novato, go east on Olive Ave. about one mile, then turn right on Deer Island Lane. The trailhead is a few hundred yards down the lane and is located near a ranger residence. (I still haven't figured out why a ranger needs to live out here.)

The Deer Island hike is one of views: Mt. Tam to the south, Mt. Burdell to the north, Sears Point to the east,



and Target to the west. Because of the nearby wetlands you are likely to see lots of birdlife and local flowers. When you are about halfway around the island you will see a trail intersection that points toward Vintage Oaks. I've run this many times, but I must warn you that I've been pestered by bees and birds on more than one occasion. They don't seem to welcome outsiders.

As for the after-hike, I have two suggestions: coffee and fresh pastries at Flour Chyld on Grant Street in Old Town or for something more substantial try the dining room/bar at Stonetree Golf Course in Black Point. They have great beer and tasty food.



And don't forget to let me know if you see any deer. ■

Mike Holland holds best time in 2015 in his age group for the 5000 meters in national track meets.

The Starry Messenger

by Mike Krupp

September 2015

All the spectacular evening stars we've watched for most of the year have shifted over to the morning skies where only those who get up before dawn (not me, very often) will see them. The big show will be on the 27th when there will be the largest supermoon of the year, which will rise mostly eclipsed. The eclipse will continue through totality during the early evening. Sit outside, munch, chat, and watch the moon turn blood red. The Autumn equinox is on the 23rd; the sun will rise directly east and set directly west; day and night will both be close to 12 hours long, and we will start drifting into Winter as the sun moves southward in the sky.

Mercury will remain the Evening Star the rest of this month. Venus, Mars, and Jupiter will be Morning Stars through the rest of the year. Saturn will be in the evening sky all month.

September 4

Mercury will appear as far away from the sun as it will get (greatest elongation) and will be unusually visible as the Morning Star.

September 5

The moon is in 3rd quarter, in the constellation Taurus.

September 10

Venus, in the morning sky, will be three degrees south of the moon (six diameters of the full moon).

September 12

New Moon. Also a partial eclipse of the sun which you could enjoy if you were in Antarctica.

September 19

The crescent young moon will be close to Saturn, about 5 Lunar diameters away. The moon should not be bright enough to make it hard to see Saturn.

September 21

The moon is at first quarter in Capricorn.

September 23

Autumn Equinox. Winter is officially approaching. Cross your fingers and hope for rain.

September 26

Venus, Mars, and Jupiter will be close together in the morning sky. They will be bright enough to hang around until fairly near dawn.

September 27

Full Moon. Largest supermoon of the year (the moon is at perigee: as close to Earth as it can get). The moon will rise partially eclipsed and should be spectacular; the eclipse will move through totality during the evening. This full moon was known by early Native American tribes as the Full Corn Moon because the corn is harvested around this time of year. This moon is also known as the Harvest Moon because it's close to the Autumn equinox.

The moon will rise about 6:57 pm.

The total eclipse: starts—7:11 pm, peaks—7:47 pm, ends—8:23 pm
Partial eclipse continues through 7:30 pm.

And there you have September. Don't miss the supermoon show on the 27th!! ■

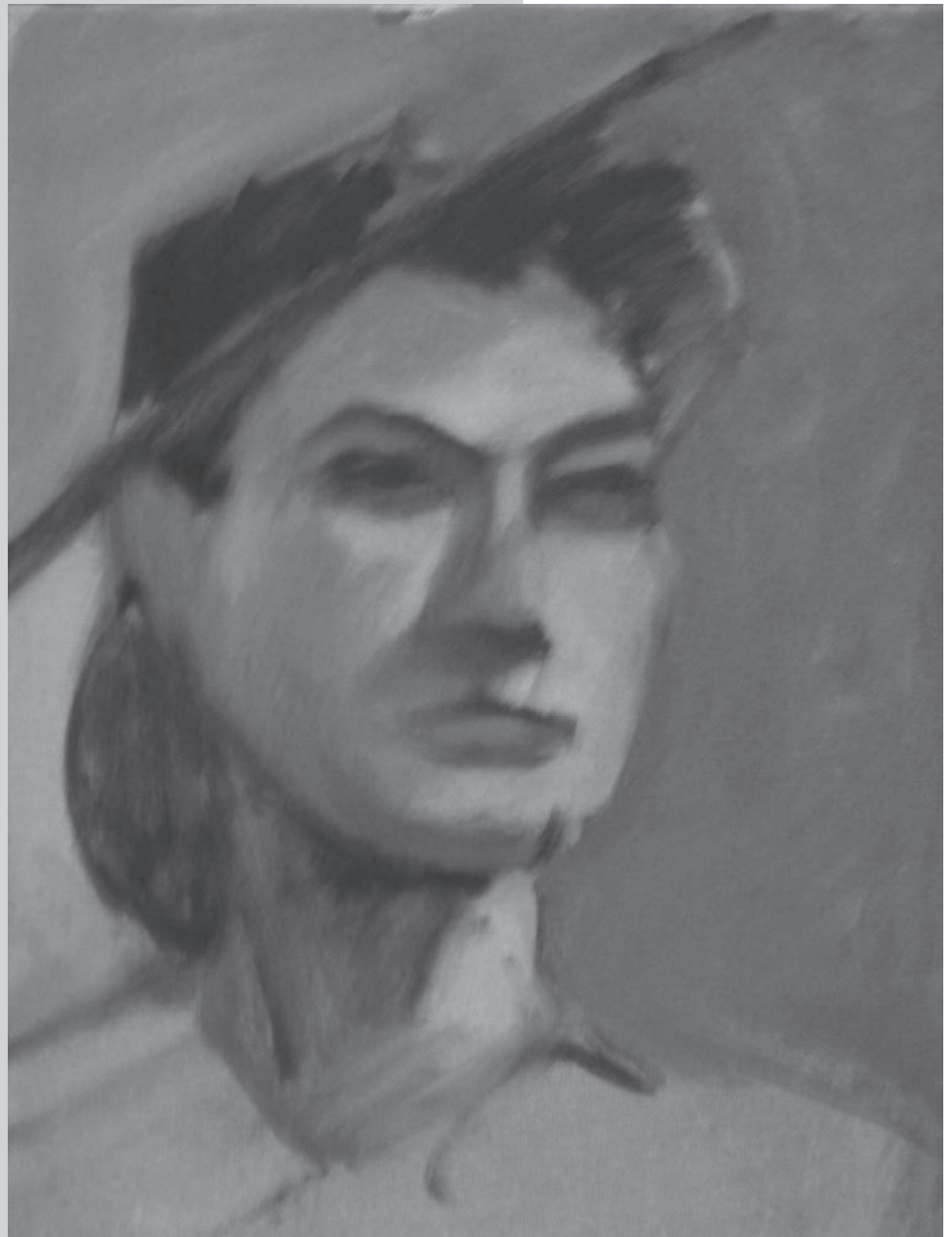
ARTIST PROFILE Jae Tillinghast

Since the time I made a decision to invest my education in the arts, I chose the figure as my subject. I feel that I return to myself when I am challenged to capture the human form on paper or canvas. Male or female, young, old, thin or robust, I feel as though I am painting a self-portrait. I did my undergraduate work at CSU Chico and CSU Fullerton and lavished myself in the graduate program in New York City (NYAA). This was a two-year program with its sole focus on the human form and only two disciplines: painting and sculpture, with sixty students. I was in heaven.

Finishing my education, I went on to become a high school art teacher at Petaluma High. This year will be my eighteenth year teaching beginning, intermediate, and Advanced Placement art. I enjoy teenagers as my clients. They are fresh, new, experimental, eager to feel accomplished and innovative. I feel as though all of humanity walks into my classroom for a year—shy, quiet, thoughtful, loud, challenged, or overconfident. I carefully lay out a variety of projects, materials (including ceramics), and subjects and enjoy exposing students to art history, careers, and contemporary artists. I am at the center of a hub of information from

parents, community, and students. The art program shares a department with music, drama, photography, and film. Our conversations and ideas are colorful and supportive.

in the Park two years ago and enjoy the welcoming and friendly group of residents. The other Park artists are fun and professional.



I appreciate the opportunity to show some of my paintings at the Clubhouse. I bought my home here

On my own, after many years of trying different venues, I am now more open to landscape and still-life

ART IN THE PARK



Look for the new
Gallery installation
in November after
the Fireside Room
construction is
completed.

painting. I have worked with such artists as Camille Przewodek, Craig Nelson, Randy Sexton, and Kit Night. I paint with Marin Plein Air, with the figure drawing group at MarinMOCA (Hamilton), and with a private group in Petaluma. ■



Jae Tillinghast

Local Gallery Exhibits

MarinMOCA

Emerging Artists of the Bay Area

August 29–October 4

500 Palm Drive, Hamilton Field, Novato

Reception: August 29, 5:00–7:00 pm



Marin Community Foundation

Black Artists on Art

May 27–September 25

9:00 a.m.–5:00 p.m., Monday–Friday

5 Hamilton Landing, Suite 200, Novato



The Depot Bookstore & Cafe

People and Places, Painted from Life

Dorallen Davis (MVMCC Resident)

Dorallen Davis—is an impressionist/figurative painter. She is also the director and co-owner of the renowned Marin Art School and is currently vice president of the Marin Arts Council.

August 1–31

Daily 7:00 a.m.–7:00 p.m.

87 Throckmorton Avenue, Mill Valley



Petaluma Art Center

All That Glitters

August 15–September 27

Thursday–Friday 11:00 a.m.–5:00 p.m.

230 Lakeville Street, Petaluma

Resident Poetry Book Publication



Bill Noble (*National Looking Glass Prize for Poetry 1999*) is part of a brand-new book, published August 6: *Going Down Grand: Poems from the Canyon*. The first full-length anthology of Grand Canyon poems, it gathers the voices of fifty writers whose words bear witness to this complex and magnificent place. For readers on the river, the trails, the rim, in the office, and beyond, the poems on these pages will make fine canyon company.

Publisher: Lithic Press

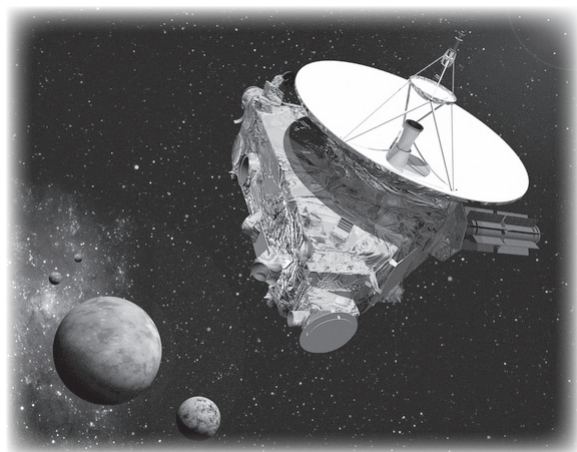
Pub Date: 8/1/2015

ISBN: 9780988384651

www.spdbooks.org/

Producte/9780988384651/going-down-grand-poems-from-the-canyon.aspx

New Horizons—Ten Years, Three Billion Miles



by Mike Krupp

*“... Ghastly grim and ancient Raven wandering from the Nightly shore—
Tell me what thy lordly name is on the Night’s Plutonian shore!”*

Quoth the Raven “Nevermore.”

Columbus would have loved this one: 10 years’ voyage, over 3 billion miles of empty seas, to discover—not just a new land, or even a new world, but a body of a type nobody had seen before: not one of the Eight that attend the Sun so decorously in the same plane with civilized, nearly circular orbits. Rather, Pluto’s orbit is clearly elliptical and pays no attention to the Ecliptic. This is clearly an interloper, from a little-known area called the Kuiper belt, which is filled with innumerable small, mostly unstudied rocky bodies. Astrophysicists suspect they are material left over from the earliest days of the creation of the Solar System, and they slaver for a better look.

Piano-sized New Horizons (I’ll abbreviate as NH) weighed 1,054 pounds at launch. Designed to operate on limited power—a single radioisotope thermoelectric generator—NH uses less than 200 watts.

NH’s highly sophisticated science payload consists of seven instruments—three optical instruments, two plasma instruments, a dust sensor, and a radio science receiver/radiometer. This payload was designed to investigate the global geology, the surface composition and temperature, and the atmospheric pressure,

temperature, and escape rate of Pluto and its moons. One instrument, designed to study space dust grains (as has been done on other missions), was designed and flown

by students at the University of Colorado; this is a first for NASA. Total weight of all instruments is 67 pounds (one instrument weighs just 3 ounces); they consume 28 watts of power. The guidance and control system uses exceedingly precise instruments so that accurate photographs can be taken.

The launch date was chosen to arrive at Pluto before winter settled in and the atmosphere froze, and to allow using gravity-assist from Jupiter, which shortened the time to arrival by three years. The gravity-assist had to hit a precise aiming point, which it did with complete success.

So far, NH has radioed back about 5 percent of the pictures and science measurements taken during its encounter with Pluto, so it’s likely we will make many more discoveries within the next year or so. NH is 3 billion miles away: its radio signal is very weak (it takes four hours to get here!), so the data transmission rate has to be very slow.

At closest approach, the spacecraft was about 7,750 miles from Pluto, moving at 30,000 mph. Can you say “zoom”? Closest approach lasted about half an hour, and NH was very busy.

Pluto appears to be nothing like the dark, cold, unevolved place that was

expected. Pictures of Pluto’s surface show signs of geologically recent activity. Surprisingly, the surface seems to be quite smooth, as if it had been liquid fairly recently, possibly within a few tens of millions of years, and possibly still flowing today. So far we have seen surprisingly few impact craters.

Surface ice—probably nitrogen, methane, and carbon dioxide—seems to be flowing around rocky islands. Pluto should be much too cold to allow this, so it must have some source of internal heat. It’s too old and too small for volcanism to be likely. One possibility is that Charon and the other moons may have been knocked off of Pluto by impact with some other large body; if this happened recently enough it would account for plenty of heat.

Two mountain ranges have been found, one up to two miles high, the other a bit lower. Scientists are looking for the mechanism that formed them. The bedrock might be water ice. In addition to the bright, smooth, icy regions there are dark, heavily crated areas, and the bright and dark regions seem to be interacting somehow.

The bright, smooth areas seem to contain polygonal areas, which are not yet explained except that they might be the result of convective processes caused, again, by internal heat.

Charon seems to have a young, recently active surface as well.

Keep your ears tuned; many more discoveries will be coming from the active surface of this strange planet. ■

Crow

by **Bill Noble**

The word “crow” might be the simplest “sound-like” bird name. Though we might rename them “kaaaas.” If you only know one bird, it’s probably the crow: big, black, social, obstreperous, and intelligent.

It’s our bird of the month because September is the month when the year’s crop of crows begins to band together, stringing themselves noisily across the evening on their way to communal roosts. By the beginning of winter these nightly cities might number in the hundreds or thousands.

I had a crow for best friend when I was a kid. He slept in the elm tree next to our house and flew down each morning to tap on my bedroom window. When I let him in, he’d go back to sleep at the head of my bed. He took long bicycle trips with me—on my shoulder, on the handlebars, or winging from tree to tree. He hated cats and was diabolic in inventing ways to terrorize them; we realized years later that he also pilfered bright shiny things from neighbors’ houses, including an heirloom watch that we found, ruined, while cleaning out our rain gutters.

Crow stories. They’re endless. Some hapless grad students once trapped campus crows to band and release for a study. The crows recognized the individual students afterward, even years later, even disguised(!) and followed them through campus, screaming. The identities of those

particular bad humans were passed on to subsequent generations of crows, who continued the tradition of mobbing them. And you may have heard about the magical girl in Seattle: eight-year-old Gabi Mann feeds crows peanuts on a shelf in her backyard; recently, the crows have begun to bring gifts in exchange—beach glass, a yellow bead, a broken lightbulb, a Lego block...

The corvids—the world’s crows, jays, magpies, and their ilk—are, along with parrots, smart. Not just smart for a bird, but flat-out brilliant, able to compete with any mammal (except the ones reading this article). A well-studied example is the New Caledonian crow, a maker and user of tools in the wild and a key species in our attempts to understand tool use as an evolutionary driver of intelligence.

The corvids reach their “smart pinnacle” in the genus *Corvus*, which encompasses crows, jackdaws, rooks, and ravens (see our last paragraph).

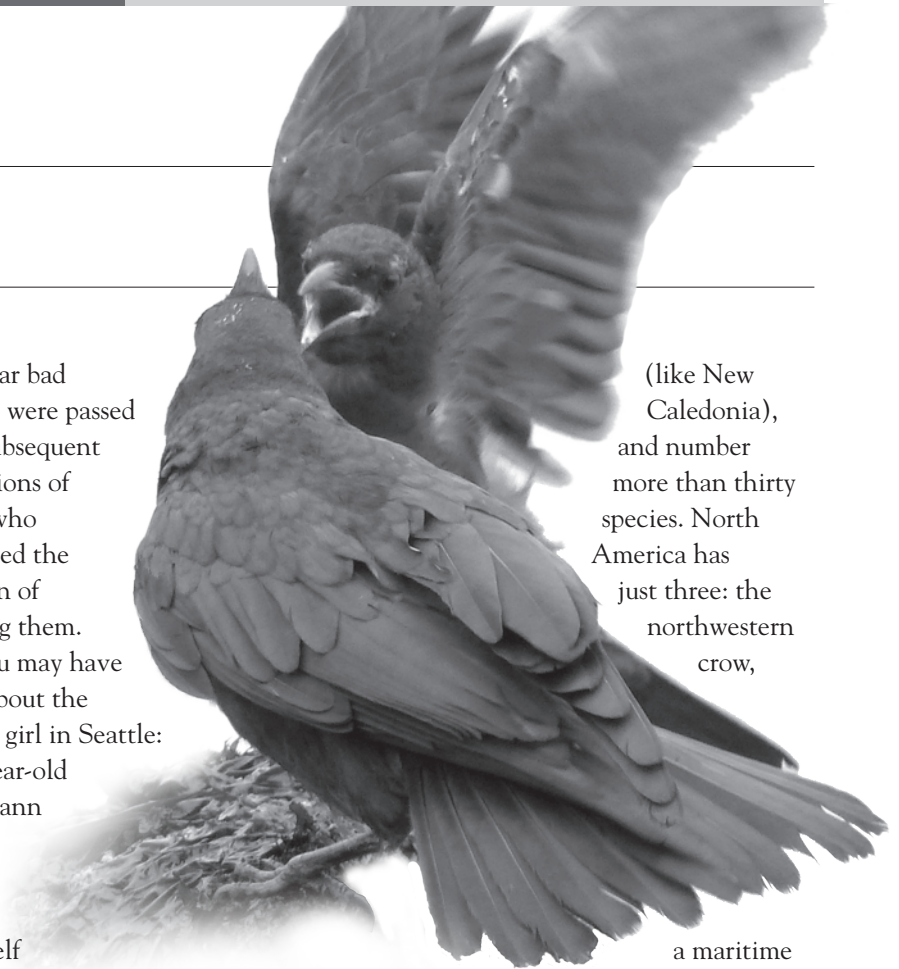
Crows have colonized the entire world, including many oceanic islands

(like New Caledonia), and number more than thirty species. North America has just three: the northwestern crow,



a maritime bird found from Puget Sound north, strictly along the coast; the similarly maritime fish crow, which lives along most of the Eastern Seaboard ... and the American crow, ubiquitous everywhere else.

MVMCC is graced with a single pair of ravens, who have a long-used nest high on our ridges and who usually pay a croaking visit to the trees around the clubhouse early in the morning. Ravens are legendary for their complex intelligence—manipulating grizzlies, wolverines, and wolves to secure food for themselves and engaging in layered politics worthy of a Congressional cloakroom. Ravens don’t “crow,” they croak. They’re twice the size of crows, with massive beaks, shaggy throats, and a wedge-shaped tail.

But more about ravens later. Go give a peanut to a crow! ■



SEMI-B

	Tuesday	Wednesday	Thursday	Friday	Saturday
Sunday	1	2	3	4	5
5:45-6:45 PM Meditation	10 AM-2 PM Craft Group 11 AM-1 PM Whistlestop (call Roberta 415-883-0843) 7 PM PAC MEETING	9:15 AM Qi Gong <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	
Monday	8	9	10	11	12
6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise  MAR VAL LABOR DAY DINNER 5 PM	5:45-6:45 PM Meditation 10 AM-2 PM Craft Group 11 AM-1 PM Whistlestop (call Roberta 415-883-0843) 6 PM MAR VAL MEETING	9:15 AM Qi Gong <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 7:15 PM Bingo	 9:30 AM-Noon Meeting ▪ MVEST Volunteers	
Tuesday	15	16	17	18	19
5:45-6:45 PM Meditation	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 Qi Gong <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	
Wednesday	22	23	24	25	26
5:45-6:45 PM Meditation	10 AM-2 PM Craft Group 11 AM Ladies' Bridge 11 AM-1 PM Whistlestop (call Roberta 415-883-0843) 11 AM-12:30 PM Flu Shots	9:15 AM Qi Gong <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	
Thursday	29	30			
5:45-6:45 PM Meditation 7 PM Neuroplasticity Class	10 AM-2 PM Craft Group 11 AM Ladies' Bridge 11 AM-1 PM Whistlestop (call Roberta 415-883-0843)				
Friday	6	7	8	9	10
1-4 PM Mahjong 3-5 PM Conversations on Death and Dying 5 PM Free-Form Dance & Movement	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker
Saturday	13	14	15	16	17
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Sunday	20	21	22	23	24
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Monday	27	28	29	30	
1-4 PM Mahjong 3-5 PM Conversations on Death and Dying 5 PM Free-Form Dance & Movement	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker	

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6:57 PM