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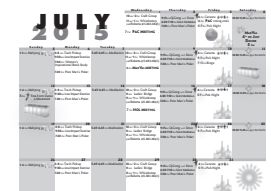
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Calendar
July 2015



Notices

JUNE

PAC board nominations

Wednesday, June 24–June 28 4:00 p.m.

CPR Class

Saturday, June 27, 10:00 a.m. Fireside

JULY

PAC candidate statement deadline

Monday, July 11, 10:00 a.m. Fireside

Dumpster

Saturday–Sunday, July 11–12
Club View Drive turnaround

Mar Val 4th of July Dinner

Saturday, July 4, 5:00 p.m.

PAC board meeting

Wednesday, July 8, 7:30 p.m. Fireside

Mar Val board meeting

Wednesday, June 10, 6:00 p.m. Fireside

PAC Meet the Candidates

Saturday, July 11, 11:00 a.m. Fireside

HOL board meeting

Wednesday, June 17, 7:00 a.m. Fireside

AUGUST

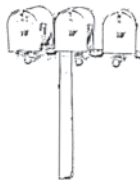
Mar Val Luau Dinner

Saturday, August 15, 5:00 p.m.

New Residents

Peter Harris

190 Marin Valley Drive
415-669-9814 Hm.
415-868-1942 Wk.



Laura Dillon

14 Marin View Drive
415-827-7137

PAC Board Vacancy

One PAC board position is open; Desiree Storch has resigned (see next page). Nominees for the PAC board must be registered homeowners/residents of the Park.

The nomination period continues
**Wednesday, June 24, 9 a.m.—
Sunday, June 28 at 4 p.m.**

If you are interested in running, please contact Larry Cohen (415-883-7786, anila2@earthlink.net) during the nomination period. If you would like to nominate another resident, please make sure the person is willing to serve.

If there is more than one candidate, there will be a formal election, which means that candidates need to hand in a half-page statement about background, interest, and qualifications by Monday, July 1 at 10 a.m. Ballots, bios, and instructions will be mailed to registered residents.

The “Meet the Candidates” program is scheduled for Saturday, July 11, 11:00 a.m. Voting begins immediately after the program and ends on Friday, July 17 at 4:00 p.m. Ballots can be deposited in the large wood ballot box at the Clubhouse or mailed to MVMCC.

If you will be out of town during the voting period, you might want to make arrangements with a neighbor to forward the ballot to you and mail the completed ballot to MVMCC. Election results will be put on the PAC bulletin board July 18 and announced at the annual PAC board meeting on Wednesday, August 5.

Larry Cohen

Election Committee Chair
415-883-7786
anila2@earthlink.net

THE ECHO JULY 2015

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MARIN VALLEY MOBILE COUNTRY CLUB
GENERAL MANAGER **Matt Greenberg**
415-883-5911 / 415-883-1971 FAX
gm.mvmcc@gmail.com

PAC BOARD

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

HOL BOARD

PRESIDENT **Carolyn Corry** 415-370-6403
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*

Greetings Fellow Residents,

The PAC board looked at the latest version of next year's budget and recommended three changes: no rent increase (City staff had recommended an increase of 1.5%; you can see a copy of PAC's letter to the City Council at www.mvmcc.com), a \$5000 performance compensation available to be awarded at the discretion of Al Frei Management based on merit evaluation of its employees at MVMCC, and inclusion of painting and curtain rod repair in the ballroom.

City Council Voting Results

The City Council voted to approve the 1.5% rent increase and the performance compensation allocation. The ballroom improvements will be done with funds already in the operating budget. The PAC board will review and approve this final version of the budget at its July 1 meeting.

The City Council also approved the tree and shrub policy as well as the events policy for the Clubhouse. A grateful thank you to all the PAC, Mar Val, and HOL boards and residents who spent hours considering every viewpoint to make it equitable. It's valuable to look back at why and how these rules, policies, and community guidelines came about. Up till now there had been no events policy for the Clubhouse. There was a tree and shrub policy for which the approval process had never been completed, and which needed updating. Also there were liability issues that could arise, affecting the financial wellbeing of the community. Now there will be a formal procedure to explain and notify the

residents of MVMCC of these updated rules. Once this process is complete all residents will receive copies of these policies and they will become part of our official Park rules and regulations. The events policy is effective in 60 days and the tree and shrub policy in six months.

PAC Board

The PAC board election resulted in a white (unopposed) ballot. Both Larry Cohen and Tom Miller will continue for two more years. The assignments and duties on the board were unchanged for another year. Desiree Storch has reluctantly resigned her seat on June 7th. Her pressing family and work obligations have prevented her from participating on a level she felt obligatory for a PAC board member. We shall miss her intellect and talents on the board. Larry Cohen will be the Election Committee chair for the special election to fill her seat.

Rent Differential Committee

Michael Hagerty has volunteered to join the Rent Differential Committee to provide their necessary link to the PAC board.

Vegetation Management Grants

Good news—our community will receive (hopefully yearly, ongoing) Vegetation Management Grants. Fire Safe Marin, with PG&E, the Federal government, and the Novato Fire Protection District will be providing grants totaling \$21,500, which in part will be matched from MVMCC (\$4,500). These will be used for demonstration gardens, chipper days, and juniper removal.

Community involvement

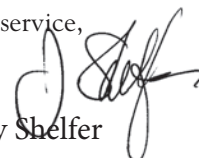
Participation in our community affairs is so important to develop a vibrant community supportive of each individual here. Your mental and physical health, we are told, are also aided by your active participation. The social network championed by Mar Val is a great community builder. HOL is the residents' input into Management, and PAC often can create change in how this Park operates and how it will evolve. MVEST is doing a great job in helping to keep us safe. It needs our cooperation and service to develop a strong infrastructure to strengthen and grow into a continuing organization, which can serve this community going forward.

MVMCC Website

We have Anila Manning to thank for keeping MVMCC website up-to-date. This letter does not do justice to the work and effort put in by your resident boards. Information here is only part of more complete news that is available in the PAC board meeting minutes. Should you not be able to attend and participate in these important meetings, I urge you to read the board meeting minutes at mvmcc.com/pac-minutes.htm or see the PAC lobby bulletin board.

Keep in mind that your input is necessary and wanted to continue to improve the quality of life here at the Park.

In service,



Jay Shelfer

P A C PRESIDENT
jjshelfer@yahoo.com

Management Report

Landscape Irrigation Requirements

Requirements for the North Marin Municipal Water District's mandate to cut water usage by 24 percent of 2013:

- Watering of any lawn, garden, or landscape area is permitted only with drip irrigation or by hand with a container or hose with automatic shut-off nozzle.
- Overhead sprinkler irrigation can be used no more than three days per week, provided the customer maintains an overall 24% reduction in water use when compared to the same billing period in 2013.

Customers using 300 gallons per day or less are permitted to use overhead sprinkler irrigation without the 24% reduction.

- Overhead sprinkler irrigation is permitted only between the hours of 7:00 p.m. and 9:00 a.m. of the next day.
- Overhead sprinkler irrigation is authorized only on Monday, Wednesday, and Friday for odd-numbered street addresses and Tuesday, Thursday, and Saturday for even-numbered street addresses.

- No landscape irrigation during or within 48 hours of measurable rainfall.

Carports

Continue with all of your efforts to remove stored items from your carports. Many still have items not permitted in a carport. It is a hard task, but if all cooperate, the Park will look that much better.

Dumpster

The resident dumpster for all your unwanted household items will be Saturday, July 11.

Free Residential Weatherization

Management endorses the following free residential weatherization program, provided by Community Action Marin—energy conservation services, free of cost for the installation of energy-efficient measures.

Your gross household monthly income will determine your qualification:

Two-person home—\$2611.32 max.
One-person home—\$1996.90 max.

Your assets are not a consideration.

Improve your comfort and make your property more desirable.

Installed measures may include:

Gas safety check; weather stripping; caulking; low-flow water devices; fluorescent fixtures and/or bulbs; glass replacement; window and door repair or replacement; water heater repair or replacement; CO and smoke alarm installation; cooking appliance repair or replacement; refrigerator replacement; microwave ovens; water heater blankets.

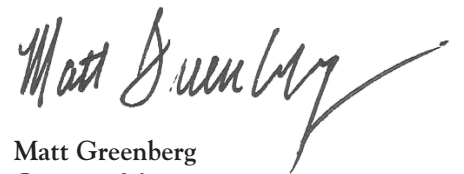
For more information, please call 415-526-7519.

Thank You, Volunteers

Special thanks to all the volunteers who put in time cleaning up after parties, working in the garden, picking up trash etc. These are all thankless jobs, so I want to recognize all the efforts made but seldom discussed.

Thank you for all your help.

Sincerely,



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

LUAU RESERVATION FORM – August 15, 2015

Please circle entrée choice

RESIDENT _____	BBQ Pork	Vegetarian
RESIDENT _____	BBQ Pork	Vegetarian
GUEST _____	BBQ Pork	Vegetarian
GUEST _____	BBQ Pork	Vegetarian

Residents attending _____ @ \$10 each

Guests attending _____ @ \$10 each

Check for \$ _____ is enclosed. (NO CASH)

Reservation Deadline is August 12, 2015 @ 5:00 p.m. or when 140 reservations have been received.



HOL

Message from Homeowners' League

Dear Fellow Residents,

HOL board members have been installed, and we would like to thank residents for their support through the nominating process and the election. We welcome Cheryl Rebischung as the new Vice President covering activities and events.

There are three retiring board members:

Nancy Bingham,
Pauline Hawkins, and
Jan Thomas.

These ladies have served HOL and you, the residents, for many years, and we owe them our gratitude and sincere appreciation for serving our community for so many years. Their dedication and devotion to the Park is admirable. They will all be greatly missed.

Our thanks also go to the returning board members who have graciously agreed to serve for another term of office.

There are currently several vacancies for committee chairpersons. This is a great way to get to know your neighbors, serve the Park, and have some fun. Please let me know if you can volunteer for a few minutes a week or a few hours. Each of you have talents and skills that HOL needs and would welcome.

Annual Membership Drive

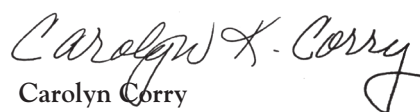
The annual membership drive will be starting this month. Look for a letter in your tube. This year we will be asking for donations for some very special projects. We hope you will be generous in supporting these worthy causes.

Robocalls

The Robocall system is in place and seems to be working well. If you are not getting these calls or are having any difficulty with them, please let me know. This is an important method of communication for residents, and we want everyone to be able to receive information in a timely manner.

The next HOL meeting will be **July 15 at 7:00 p.m. in the Fireside Room.**

Hope to see you there.



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

MAR VAL

Message from MarVal



Dear Friends,

While Mar Val regretted the need to move the Memorial Day BBQ indoors, we are confident the weather will cooperate with us in ensuring an outdoor venue for our July 4th party. I realize you will be reading this letter just days in advance of the party; however, I hope you have submitted your reservation and intend to join us for the festivities.

Also included in this month's *Echo* is information for next month's

Luau Saturday, August 15

Since the cut-off for the Luau is Wednesday, August 12, we want to make sure you have sufficient details in order to submit your reservation during the first week of August.

For those of you who may not have had the unique experience of attending a past Mar Val Luau, this is your opportunity to "go Hawaiian" by donning your Hawaiian shirts, muumuus and flower leis.

There will not only be Hawaiian food and music, but we hope to persuade all the secret hula dancers to display their island skills. Bear in mind this tropical delight is available to you without ever leaving the gates of Marin Valley!

With warmest regards,



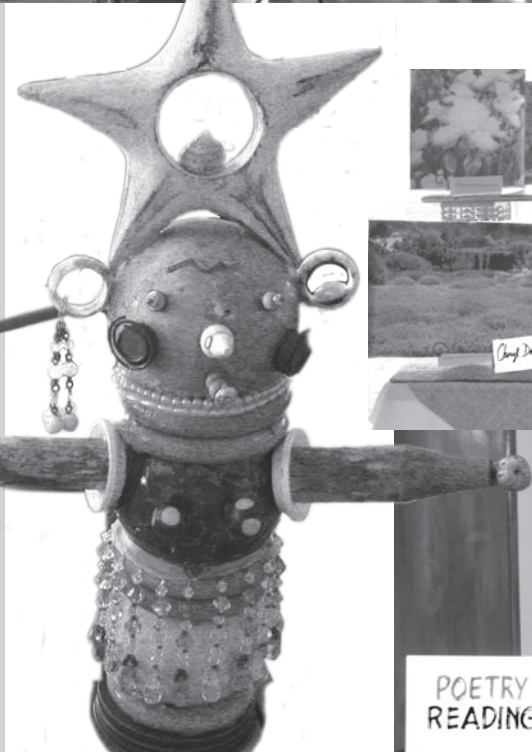
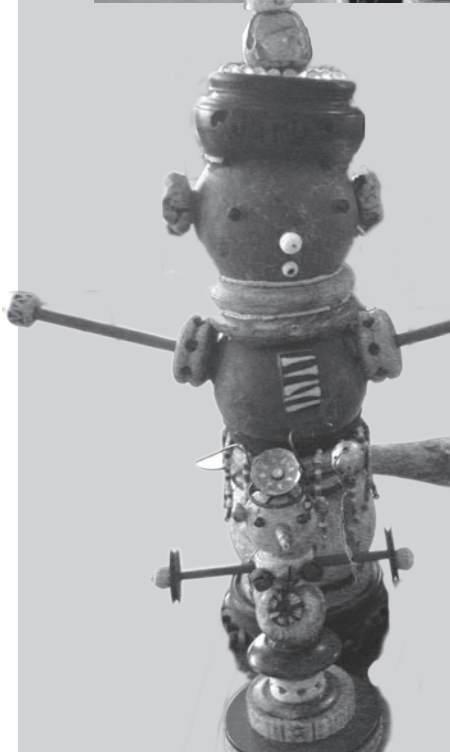
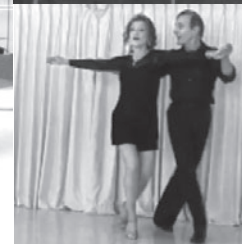
Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com

ART IN THE PARK



Thank You,
artists and residents for your support of our 3rd Annual Art in the Park

Suzie Lahr





Portrait painting by Dorallen Davis

Dorallen Davis **ARTIST PROFILE**

Dorallen Davis,

one of the portrait painters in the lobby of our 2015 Art in the Park is a cofounder of the Marin Art School in Novato.

Dorallen says “Painting, for me, is not a choice but rather a way of life. My path has led me to know that seeing, and then translating what I see, is the real ‘truth’ in my painting. I want to capture the moment, the atmosphere, the wind, and what it is that takes my breath away when I experience that first glimmer of light on the landscape. Water next to land especially attracts that ‘first’ love of sight...but it is all beautiful, and I am especially grateful to live here, surrounded by all we see.

What I truly love is to paint from life. This may be landscape (en plein air), figure/ portrait in the studio, or still life in natural light. Being born and raised in Marin County has left an indelible impression on me that remains always in my mind’s eye. All of the elements of nature, as well as man’s imprint, converge in the San Francisco Bay Area and inspire a never-ending source of beauty that takes me near and far away.”

Dorallen has had numerous exhibitions all over the Bay Area. Some of her most recent art has been in MOCA, MarinScapes, Discovery Museum, and Robert Mondavi Winery. Her work is currently displayed in the MVMCC Clubhouse gallery. Dorallen has won five top ribbons in the Marin County Fair. She has taught workshops in Monterey, Carmel, France, and Spain and teaches at the Marin Art School in Novato.

See www.dorallendavis.com. ■



Talent does not search for the person, in fact, the person needs to search for the talent inside him and take it out to show the world.

—Unarine Ramaru





“MVEST has recently entered into a substantially stronger, more interactive relationship with the City of Novato, Novato Emergency Services, and the Novato Fire District. For the time being all MVEST training is on hold. As soon as details are worked out, MVEST will let you know when it’s rescheduled. At present we are working out details of this new relationship, and there may be modifications of our current procedures. This new venture is a milestone and a big step for MVEST that will accelerate the realization of our vision for community safety, responsibility, and resiliency. There is much gratitude in which we can all share with one another for participating in this venture and bringing MVEST to its present status.”

Fire-Safe Homes

by John Feld

At the Emergency Preparedness Fair held at MVMCC, one of the most compelling speakers was Fire Marshal and Battalion Chief Bill Tyler of the Novato Fire Department. Below is a summary of the ten basic topics he covered.

A safe home helps you and everyone.

1. Keep smoke and carbon dioxide alarms in good condition

The fire department recently visited the Park to ensure that we all had alarms that worked and replaced batteries. If you missed them in June, make sure alarm batteries are replaced each year. If they go off too frequently in the kitchen, don’t remove the battery, but consider relocating the alarm further away from the cooking area. Make sure alarms are dust-free.

2. Make sure you have enough alarms

The HUD code requires a smoke alarm in or very near to each bedroom. If you do not have enough alarms, they are inexpensive at your local hardware store. Better to have too many than not enough. If you can afford it, the 10-year sealed alarms are a great idea. No need to renew the batteries for 10 years.

At anytime you can call the fire department (415-878-2690), and they will schedule a friendly fire person to come and install your alarm or change the batteries if you are unable to do it.

3. Plan an escape route

Consider the possible exits if there is a fire. If necessary, can you get out of a bedroom window? At least make sure that all windows are not stuck, nailed, or painted shut. If possible, hold a personal fire drill a couple of times a year. If you are alone or unsure how to do this, do it with a neighbor.

4. Make sure your electrical system is in good condition

If your electricity flickers or smells hot when in use, get an electrician to check out your wiring. Try not to use extension cords as a permanent solution, and do not overload them. When these get hot, they have been known to set rugs, paper, or even walls on fire.

5. Never leave unattended pots on the stove

Keep stove surfaces clean and immediately wipe up spilled oils and fats. Kitchen fires are the most common fires in mobile homes.

6. Be very careful of space heaters

Space heaters can be very dangerous. Make sure new ones have automatic shut-off switches, and never go to sleep with a space heater left on. Make sure your pet cannot knock over your heater.

7. Be careful of your walls

Many of us have wood paneling on our walls. This can be very inflammable. Drapes and bedding should not hang near heaters.

8. Do not smoke inside

Never smoke in your home. Better to step out into the carport, deck, or garden to smoke. Smoking in the bedroom is another frequently dangerous situation.

9. Know where your gas and electrical shut-offs are

Know where your gas shut-off valve is, and have a wrench handy to turn off the gas in an emergency. Many mobile home fires come from breaks in gas lines after quakes.

10. Never store anything underneath your home.

The space under your home is not a storage space. Items left in your crawl space can cause many problems with your home. ■

When to Call Hospice

Interview with Carolyn Corry

by Michael Hagerty

Carolyn Corry is our new president of HOL, but most people don't know that she also worked as Patient Care Volunteer Coordinator at Hospice by the Bay. She has worked with hundreds of families that used hospice and says that most people wait far too long to learn about the valuable services that hospice offers. Here are our questions and her answers:

Should I wait until I can't get out of bed to call hospice?

Absolutely NOT. You should call hospice as early as possible. Medicare, as well as most other insurance policies, cover hospice services, and the services are wonderful—they come to your home. They ask what you and your family need. A nurse can come to your house to adjust medications, make you more comfortable, and order medications and equipment (hospital bed/wheelchair, etc.)

Social workers can connect you with community resources and introduce you to the many hospice services available to you—home health aides to assist with personal care, spiritual services if desired, volunteers to provide caregiver respite and companionship for patients, and assistance with making funeral arrangements. Almost all hospice services, equipment, and medications are covered by your Medicare hospice benefit and therefore cost you nothing.

Most importantly, they help you think about what is important in your life. Do you want to be well enough to walk your daughter down the aisle for her wedding in three months, to be there for your wife's birthday, to finish that important painting? I never heard a family say, "I wish I'd waited longer to call hospice." Once they see the relief and comfort hospice brings to patient and family, they wish they'd called earlier!

Should I call hospice as soon as I get diagnosed with cancer?

No—that's too early. These days, serious illnesses can often be cured or at least managed—even cancer. So when you are first diagnosed with any serious disease, you want to put all your energy on CURATIVE treatments, such as surgery, radiation, and chemotherapy, which have been helping more and more people. But medicine is not perfect, and we all eventually die. There comes a time for all of us when we are exhausted from endless rounds of surgery and chemotherapy, and we want to switch to the PALLIATIVE treatment that hospice provides—excellent pain control and symptom management, enabling you to share precious time with your loved ones.

But if I call hospice, that means I have given up all hope.

You have to CHANGE your hope, not give up hope. The hope for comfort, for counseling and support of your family, and for a meaningful death that will inspire friends and family, all are made easier by hospice. And you can always REVOKE hospice at any time. Many people have called hospice because they were exhausted with painful rounds of surgeries and chemo and they feel the time is right for hospice; however, a month or so

later, they might have renewed energy and decide to revoke hospice and go into more curative treatments. You are not eligible for hospice services while undergoing curative treatments. And you don't even need to decide yet: hospice will visit your home for a complimentary informational visit.

How do I call for hospice service?

First, you need to tell your doctor, "We think we are ready for hospice services". Your doctor will talk with you and must certify that in his/her judgment, you are unlikely to live for more than six months. If at the end of the six-month period you are still eligible for hospice, you will be recertified. If you are no longer eligible, your doctor can celebrate with you as you are discharged from hospice services.

Remember that almost ALL hospice services are covered by Medicare and other insurance programs, meaning little to no expense to you or your family. If there is a question about eligibility for services for you or a loved one, make the call and request an informational visit.

You can use either of the two hospice services in Marin, Hospice by the Bay (at hospicebythebay.org) or Heartland Hospice (at heartlandhospice.com). ■

DEATH FORUM returns in August.

From the Waterfront

by David King

Water News of the State

My friends, our fellow Californians, it seems, may be finally getting the message about conserving the water. As shown later in the article, we at MVMCC are doing far better than the state as a whole. As reported in the May 5th *SF Chronicle* for March, the state had reduced their water consumption by just 3.6% against March of 2013. This is after Governor Brown told folks that starting June 1, there would be mandated cuts up to 36%. Yet for April, also as reported in the *SF Chronicle*, Californians reduced water usage by 13.5%. We are not there yet, but it seems they are getting the message.

Our Senator Boxer has stated in a recent interview she will push for funding for the use of desalination as a response to our drought. She cited Israel's use of desalination to convert salt water to potable water to alleviate their chronic water shortages.

On the MIT Technology Review website, the web page labeled "Megascale Desalination" www.technologyreview.com/featuredstory/534996/megascale-desalination/ describes how Israel is online with the world's largest and cheapest reverse-osmosis desalination plant.

What's New at the North Marin Water District (NMWD)

Without taking a scientific poll within MVMCC, I am fairly certain that up to now not many, if any, of us took into account the water supply or water



Lake Stafford, Marin County

district when deciding to move here. Well, folks, when it comes to water, we lucked out! How did we luck out, you ask?

As I wrote in the May *Echo*, we get our water from the North Marin Water District (NMWD), which gets the water from two sources and three reservoirs. **Lake Stafford** (20%) is controlled by NMWD. The rest of our water comes from **Lake Mendocino** and **Lake Sonoma**, which are controlled by the Sonoma County Water Agency (SCWA).



Lake Mendocino, Sonoma County

I recently sat down with Chris DeGabriele, who has been the General Manager of the NMWD for the last 20 years, to ask about the availability of water from these lakes and other issues. Chris mentioned that not only is Lake Sonoma a very large lake (surface area of 2,700 acres, 50 miles of shoreline, and

holds 381,000 acre/ft. of water), it sits in a "sweet spot" when it comes to rain.

So when it rains in Marin, we can be sure Lake Sonoma is gathering it in. He also mentioned that Lake Sonoma has at least a two-year supply of water.



Lake Sonoma, Sonoma County

We also talked about the state mandates for water districts. NMWD was mandated to cut water consumption from 2013 by 24%. Chris noted that in 2014 the customers of NMWD had already cut water consumption by 18%. So NMWD is now asking water users to continue water conservation actions taken last year, plus a little more, to achieve the last 6% reductions for 2015.

It's important to note that NMWD is not dependent on the Sierra snowpack, which has been nonexistent these last years. So, bottom line, we are indeed very lucky to get our water from NMWD.

By the Numbers

I recently received MVMCC's water usage data for the last two years, ending in May 2015, from David Bentley, auditor-controller for NMWD. I calculated that for the year from May 2014–May 2015, MVMCC had reduced water usage by 21%, way better than the state is doing as a whole. MVMCC went from using 16 million gallons in the previous year to

using 12.7 million gallons in the year ending in May 2015.

Individual usage

Individually, on average, each person in MVMCC now uses about 87 gallons per day, down from about 110 gallons per day in the previous year. The U.S. Geological Survey (USGS) tells us that in the U. S. a person uses about 80-100 gallons per day. We are now in that range.

Water Use Menu


Also from the USGS is average number of gallons for various water uses in the home:


Teeth brushing

Old faucets—2 gallons/minute 

Newer faucets—1 gallon/minute 

Showers

Old shower heads—5 gallons/minute 

Water-saving heads—2 gallons/minute 

Toilet flush

Older toilets—3–4 gallons/flush 

Low-flow toilet—1.6 gallons/flush 

Bath

36 gallons 

More Water Use Menu examples in the next article.

See the USGS page at water.usgs.gov/edu/qa-home-percapita.html for a complete list of water uses and how many gallons they use.

Tip of the month: Take short showers. ■

Fred Dargie recommends the **Three Bucket Car Wash!** Fill three buckets with your shower water while waiting for it to get warm. Use the water, which is now warm, from the third bucket, to wash your car. Use the first two buckets to rinse.

Don't Forget About Lifeline

Lifeline (not Life Alert) is a small waterproof pendant-size device that hangs around your neck. It will detect if you have fallen, or you can push a button in an emergency. Within 30 seconds you will hear a live person speak from an accompanying audible device asking if you are all right. If necessary, this person will inform the people you have listed, or call 911, and help will be on the way almost immediately.

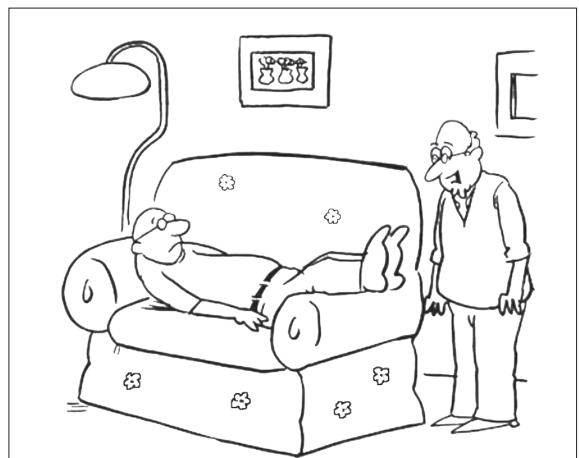
There are two systems,—one works on your phone line and the other is wireless. The basic service costs \$29.95, and for residents of MVMCC, the company will waive the installation fee. The wireless device is slightly more expensive, no cell phone service is needed.

The system is run by Petaluma Health Care District and covers all of the North Bay area. The call center service, run by Phillips Electronics, is staffed 24/7 from people in the U.S. who speak fluent English.

When you call Lifeline at 1-800-949-2434, ask for Daniella, tell her you live at Marin Valley Mobile Country Club, and she will make an appointment to have your device installed and explain the service. Details are at www.lifelinenorthbay.com online, or information can be sent by mail.

Hank Listman, a past resident, first arranged for this service to happen here. Thank you Hank! ■

—submitted by Kathryn McMudie
Lifeline member living in MVMCC



*You can't please everyone—
You are not a pizza!*

Take a Hike

by Mike Holland

Living in Marin Valley we are fortunate to be near so many great hiking locations. We can walk out the door, drive a short hop, enjoy a trail, down a snack or drink, and be home in a couple of hours. Plenty of time left in the day to tend to the mundane.

But sometimes you just need to stretch it out. Prepare some food, select the right clothing, pack the back(pack); gas up the car, and commit to a day-killer of an outing. Sometimes you need to find the place that isn't close—the place that is about as far as you can go and still be in Marin County.

When you're feeling that urge, I suggest you go to **Tomales Point**.

Where is it? It is, literally and figuratively, at the very end of the land in Point Reyes. When you look at a map of Marin you see a point at the northern-most spot in Point Reyes where the Pacific Ocean and Tomales Bay come together. At this nexus you are standing on a bluff with sweeping views of ocean, bay, and Sonoma County coast and beaches. It is magnificent.

Tomales Point is easy to find because there is only one road to drive there and one trail to hike. Take Sir Francis Drake Blvd. through Inverness; then turn right on Pierce Point Road. The



drive flows by several historic ranches and dairies, passes the trailheads to the beautiful Pt. Reyes beaches, and deadends at the old Pierce Dairy, which is now a part of the National Seashore. The drive should take about 60 minutes, longer if you really ingest the scenery.

The hike starts at the dairy and follows the coastal bluff to a 600-foot hill, not a tough hill, but you will feel it. The ocean views are spectacular. After cresting the hill, you drop into a valley and slowly wander up another climb that leads to the final bluff, i.e. the great reward for this lengthy walk. If you do the entire length out and back,

you'll have traveled 9.4 miles. See why it's a day-killer? If you want less, you can turn around at any point, and still feel like you saw something special.

Did I mention the elk? Despite what you may have read about dying herds, there are still plenty of elk to be seen. I recently saw three distinct herds on my run to the bluff. I particularly liked how the bull kept an eye on me as I trotted by his harem of cows. Yeah, like that's gonna happen.

I have several suggestions for the after-hike. If you are craving more nature, you can drive down to McClure's



Women in the Sky

by Mike Krupp



Beach. The parking area is very close to the dairy. This beach is big, broad, sandy, and pretty deserted. It's a great spot for a picnic. If commercial dining is more to your liking, then Point Reyes Station is your ticket. The Bovine Bakery is the most popular bakery in Marin, a great favorite of cyclists on the weekend. Toby's Feed Barn also offers food and drink, especially on Saturdays when the Farmers' Market is in session. A third option, on the drive home, is Rancho Nicasio. We've all probably been there for music. I love the roadhouse feel in the bar. This is Marin the way it used to be. ■

Andromeda
Andromeda was the daughter of Cassiopeia, the Queen of Ethiopia, after whom another constellation was named. Cassiopeia offended the Nereids, who were sea nymphs of remarkable beauty, by claiming that Andromeda was more beautiful than they. The Nereids appealed to Poseidon (god of the sea) to punish Cassiopeia for her insolence; he did so by ordering Cetus (often called The Whale but really a sea monster; there is a constellation named after him, too) to attack Ethiopia. Cepheus, King of Ethiopia (and namesake of yet another constellation) consulted an oracle, who said that the only way to placate Poseidon was to sacrifice his daughter to Cetus. He did so by chaining her to a great rock by the sea; but she was rescued by the hero Perseus (yes, there is a constellation with his name), who showed Cetus the head of Medusa, which turned him to stone.

Perseus and Andromeda were married, had many children, and built the fortress Mycenae. After Andromeda's death the goddess Athena placed her in the sky to honor her.

Within the constellation Andromeda is the galaxy called the great nebula of Andromeda, or the Andromeda Galaxy,

which is a spectacular sight. Astronomer Edwin Hubble measured the distance to this galaxy, thus starting an enormous revision of astronomy.

Cassiopeia

This is a very bright constellation shaped like a "W" and opposite Orion. Cassiopeia herself was the wife of Cepheus and mother of Andromeda, as told above. Cepheus and Cassiopeia were placed next to each other in the sky, but as a punishment for Cassiopeia she was forced to wheel around the North Star, and when her chair was upside-down, she had to hold tight so she wouldn't fall off. The constellation is her empty chair; perhaps she's visiting Cepheus.

Cassiopeia contains Tycho's Star, the remains of a supernova that blew up in 1572. For a few days it was as bright as Venus and could be seen in daylight. Nowadays it is quite faint and looks like a reddish expanding ball of glowing hot gas, one of the many awesome sights in the sky.

Virgo

Virgo (the Virgin) is one of the constellations of the zodiac.

In fact, the day the sun enters this constellation defines the Women in the Sky autumnal

CONTINUED ON PAGE 14

The Starry Messenger

by Mike Krupp

July Event Calendar

Evening sky: Venus and Jupiter will be evening stars all month, setting around 10:00 p.m.

Absent friends: Mars will be close to the sun all month.

July dates

July 1

Venus, Jupiter, and Regulus will be very close (in conjunction) between constellations Leo (Lion) and Cancer (Crab). Regulus is a very bright star, the brightest in Leo.

Interesting tidbit: all our planets and the moon travel close to the ecliptic, so they're always in (or close to) constellations of the zodiac. Regulus is not bound by this arrangement.

Full moon, the first of two this month. This was called the Full Buck Moon by early Native Americans because the male deer would begin to grow their new antlers this month. This moon has also been called the Full Thunder Moon and the Full Hay Moon. Tonight the moon will be between constellations Capricorn (Goat) and Aquarius (Water Bearer), but it sure won't be there tomorrow. That moon is a speedy guy.

Another tidbit: the moon travels all 360 degrees of the sky in 27 days. This means it travels over 13 degrees per day (26 times its apparent diameter

when full) and just about its own diameter (0.5 degrees) in one hour.

July 8

Half moon (3rd quarter) in Aries (Ram).

Yet another tidbit: how a half-moon can be a third quarter. This evening you can see half of the moon; it looks like a backwards letter "D". And there are four "phases" of the moon: new, first quarter (half-moon), full, and third quarter (half-moon again, but now the other half is lit, so the "D" is facing properly). Then back to new moon.

July 14

The New Horizons spacecraft will make its closest approach to Pluto at a distance of 8,500 miles while traveling over 49,000 miles per hour. This will be a historic moment, folks; we will probably be able to hear the NASA celebration from here. Watch for the photos.

July 16

New moon between Cancer (Crab) and Leo (Lion).

July 19-21

The moon, Venus, and Jupiter will be in conjunction near the constellation Leo. I sure want to see this.

July 24

Half moon (first quarter) in Scorpio (Scorpion). ■

CONTINUED FROM PAGE 13

equinox; it is the point where the celestial equator crosses the ecliptic; the sun, riding on the ecliptic, is moving south to give the southern hemisphere their summer for the year.

To find Virgo, imagine a line following the curve of the Big Dipper's handle, starting from the bowl. Keep the same curvature, and eventually you will come to the very bright reddish star Arcturus, which is part of the constellation Boötes (the Plowman). But wait, there's more: continue your line and you will find another very bright star. This is Spica, brightest star in Virgo.

The Greeks and Romans associated this asterism (i.e. constellation) with their goddess of agriculture Demeter (Ceres), who is the mother of Persephone (Proserpina). Alternatively, she was the virgin goddess Astraea, holding the scales of justice (the constellation Libra). Or sometimes she was Erigone, daughter of Icarus of Athens (not the flying Icarus). Icarus, who had acquired the good will of Dionysus (god of the grape harvest, winemaking, and wine), was killed by his shepherds while they were drunk. In her grief, Erigone hanged herself. Dionysus placed them in the sky as the constellations Boötes and Virgo.

This constellation contains the Virgo cluster of galaxies (galaxies tend to occur in clusters; our galaxy is in a cluster called the Local Group), so there are many galaxies within Virgo. Since these galaxies are nearby, they have been studied extensively; they have many interesting features which I don't have room to describe. And, of course, there's Lucy (In the Sky with Diamonds).

Now, go outside on a clear night, and see if you can find some of these constellations. You can find pictures on the internet. ■

Bushtit

by **Bill Noble**

If you're a Pub Night regular at the Clubhouse, you might believe we Park dwellers are the most social creatures in the known universe. You'd be wrong. There are some dust-kitten balls of feathers that beat us three ways to Sunday.

An amble around the Park is liable to turn up a restless cloud of dangling, miniature long-tailed birds the color of cigarette ash, combing the bushes for bugs. They're five inches long; half of those inches are tail. That cloud of littleness—their scientific name is *Psaltriparus*, which means “paltry chickadee”—is about as social as you can get without being ants.

They live their entire life in that loose, moving cloud. Even when a pair is breeding, they often join the flock to feed. And here's what Cornell Lab of Ornithology's *Birds of North America* has to say about their sociability around baby-making:

“One of the first birds described as having ‘helpers at the nest’ (1935), the Bushtit varies in this behavior, geographically and from year to year. In coastal California, individuals above and beyond the primary pair are rare. In the Chiricahuas of southeastern Arizona, 37% of nests have supernumeraries, male or female, juvenile or adult. The majority are adult males that either are unmated or have lost a nest. Some may be contributing genetically, making Bushtits potentially polygynous, polyandrous, or polygynandrous in most years (fun words to check in your Webster’s!). The key to this unusual social system may

lie in mechanisms such as huddling and heavily insulated nests.”

Huddling.

One of the neatest things



about bushtits: Like another paltry Californian, the pygmy nuthatch, the whole flock climbs into an abandoned woodpecker nest or similar cavity and spend the night together, keeping each other warm.

A bushtit nest is a technological wonder. You may find one next winter, hidden in a leafless deciduous














bush in your garden. Somebody described it as an “old sock hanging from a branch,” but that’s as insulting (and less accurate) as calling most of modern architecture “square boxes.” A pair of the minuscule creatures spends a month weaving their foot-long, pendulous nest from fine grass, moss, lichen and spider webs, often with a few tiny flowers woven in. To make it homey, they line it with down, hair and feathers, wiggling their way down from the doorway at the top to the nest cavity all the way to the bottom.

Here's what Thoreau said about homebuilding and birds:

Who knows but if men constructed their dwellings with their own hands, and provided food for themselves and families simply and honestly, the poetic faculty would be universally developed, as birds universally sing when they are so engaged?

One more thing about bushtits: They're immigrants, like the wrenit and the American dipper—the sole member of their Old World bird family to have made the crossing from Siberia to North America. Ten or twelve million years ago to be sure, but, hey: immigrants, just like most of us! ■

2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-3 PM Mahjong  6-8 AM Trash Pickup 9:30 AM Low Impact Exercise 7:00 PM Women's Inspirational Book Study 7:20 PM Poor Man's Poker	5 6-8 AM Trash Pickup 9:30 AM Low Impact Exercise 7:00 PM Women's Inspirational Book Study 7:20 PM Poor Man's Poker	7 5:45-6:45 PM Meditation	8 10 AM-2 PM Craft Group 11 AM-1 PM Whistlestop (call Roberta 415-883-0843) 7 PM PAC MEETING  8:13 PM 6 PM MAR VAL MEETING	9 9:15 AM QiGong <i>with Dove</i> 6:30-7:10 PM Silent Meditation 7:20 PM Poor Man's Poker	10 4 PM Canasta  5-7 PM Pub Night 7:15 PM Bingo	11 10:30-11:45 AM Jay's Pre-TaiChi 11 AM Meet the Candidates  Resident Dumpster
12 1-4 PM Mahjong  5 PM Free-Form Dance & Movement  Resident Dumpster	13 6-8 AM Trash Pickup 9:30 AM Low Impact Exercise 7:20 PM Poor Man's Poker	14 5:45-6:45 PM Meditation	15 10 AM-2 PM Craft Group 11 AM Ladies' Bridge 11 AM-1 PM Whistlestop (call Roberta 415-883-0843) 7 PM HOL MEETING	16 9:15 AM QiGong <i>with Dove</i> 6:30-7:10 PM Silent Meditation 7:20 PM Poor Man's Poker	17 4 PM Canasta  5-7 PM Pub Night	18 11 AM PAC Voting  Resident Dumpster 10:30-11:45 AM Jay's Pre-TaiChi
19 1-4 PM Mahjong  6-8 AM Trash Pickup 9:30 AM Low Impact Exercise 7:20 PM Poor Man's Poker	20 6-8 AM Trash Pickup 9:30 AM Low Impact Exercise 7:20 PM Poor Man's Poker	21 5:45-6:45 PM Meditation	22 10 AM-2 PM Craft Group 11 AM Ladies' Bridge 11 AM-1 PM Whistlestop (call Roberta 415-883-0843)	23 9:15 AM QiGong <i>with Dove</i> 6:30-7:10 PM Silent Meditation 7:20 PM Poor Man's Poker	24 4 PM PAC Voting Ends 4 PM Canasta  5-7 PM Pub Night	25 10:30-11:45 AM Jay's Pre-TaiChi  Resident Dumpster
26 1-4 PM Mahjong  6-8 AM Trash Pickup 9:30 AM Low Impact Exercise 7:20 PM Poor Man's Poker	27 6-8 AM Trash Pickup 9:30 AM Low Impact Exercise 7:20 PM Poor Man's Poker	28 5:45-6:45 PM Meditation	29 10 AM-2 PM Craft Group 11 AM Ladies' Bridge 11 AM-1 PM Whistlestop (call Roberta 415-883-0843)	30 9:15 AM QiGong <i>with Dove</i> 6:30-7:10 PM Silent Meditation 7:20 PM Poor Man's Poker	31 4 PM Canasta  5-7 PM Pub Night 