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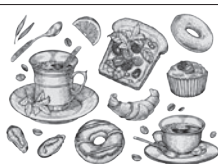
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Technical Studies for Hamilton Sports Fields Proposal

Three technical studies were prepared for the City as part of the legally-mandated application review process.

The studies were funded by the applicants, and the City hired the consultants and directed their work. Three of the studies: Fields Needs Assessment, Visitation Projections, and the Economic Analysis, are based upon anticipated revisions to the original application cited by the applicants, which include a reduction in the tournament baseball field from 1,000 to 500 seats, the elimination of field lighting, and the addition of another soccer field. A fourth study — a preliminary traffic analysis posted on the *Novato.org* website in early 2015 — was based on the applicant's original submittal and will need to be updated based on the revisions, during the preparation of an environmental impact report. **TO DATE, THE CITY HAS NOT RECEIVED THE REVISED APPLICATION.**

These studies are all available at novato.org/hamiltonfields.

Summer Community Meeting

The City plans to host a community meeting this summer to have the technical studies presented by the consultants who prepared them and to answer questions. All community meetings on this project will be posted on *novato.org*. Please sign-up to get an e-notification. Send questions or comments to planning@novato.org.

Letter

from the Editor

All submissions for the next issue (July ECHO) should be sent to John Hansen johnhansen.emt@gmail.com Please give him a break and —send everything in EARLY— before the 8th of June.

Many thanks, 



Community Dancing

Saturday, June 4
1st Saturday of the Month
7-9 PM Free Event!

Home Delivered Grocery Program

If an illness, injury, or loss of driver's license has made it difficult for you or a loved one to shop for groceries, the Home Delivered Grocery Program has trained volunteers who will shop and deliver groceries once a week. You pay only for your groceries, the shopping and delivery are free. The program is a partnership with the Novato Independent Elders Program (NIEP) and the Novato Safeway. To sign up or learn more call ESC/NIEP at 415-899-8296.

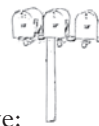
*Carol Ann Moore, Director
 Marin Senior Resources/NIEP
 Episcopal Senior Communities
 Margaret Todd Senior Center
 1560 Hill Road, 415-899-8296*

2016-17 Directory Update

New Residents

Cynthia M. Smith

176 Marin Valley Drive:



THE ECHO

JUNE 2016

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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www.mobilehomeboard.com/

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
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 SECRETARY Mike Hagerty mrhagerty@ucdavis.edu
 TREASURER Larry Cohen 415-883-7786
 AT LARGE Jim Olson 415-382-6292

MVEST STEERING COMMITTEE

LEAD Serena D'Arcy-Fisher 415-506-4235
 John Hansen, Bill Davis, John Feld, Alan Gump

HOL BOARD

PRESIDENT Carolyn Corry 415-370-6403
 VICE PRESIDENT, ACTIVITIES
 Cheryl Rebuschung 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/HOSPITALITY Larry Moore 883-0486
 DIRECTOR/RESERVATIONS Carolyn Corry 370-6403

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 from the PAC Board,

Our finances are in order. The debt service coverage ratio is currently 2.91.

2016/17 Budget

Peggy Hill, Larry Cohen, and Dave King (our AD HOC finance committee) have been reviewing our financial condition and the impact of next year's budget. Al Frei's group recommended an increase in rent of 1.5%. The ad hoc finance committee reported their judgment for the PAC to accept the budget as proposed but to recommend no rent increase. The PAC board voted to accept this recommendation and will so advise the City Council. We as yet have not been advised as to the City's staff recommendation.

June Novato City Council Meeting at MVMCC

The Novato City Council will be here, **Tuesday, June 7 at 6:30 p.m. in the clubhouse ballroom** to hear residents' concerns and to vote on the new budget. The agenda for this meeting has yet to be posted.

Landscape Plan

The Preliminary design of the Landscape Plan for the clubhouse was presented and met with approval of residents present and the entire PAC board. It is available for viewing at the front desk. (See pg 12-13)

PAC Board Nominations

The nominations for next year's PAC board will be completed in late May. If there are more candidates running for the board than the number of board positions available, an election will be held along with a Meet the Candidates event. The meeting is now scheduled for **Tuesday, May 24 at 6:30 p.m. in the Fireside Room**. Ballots will be mailed to all residents during the week of May 23. Completed ballots will be accepted **May 25 - June 3 at 5:00 p.m.**

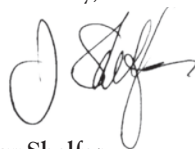
Spring Preparations

Matt Greenberg and Greg and Mark Pierce have been busy preparing for Spring. Check out the Management Update for the latest and the update on the pool renovation.

Annual PAC Board Meeting

The next PAC board meeting is also the Annual Meeting and will meet on **Saturday, June 4 at 11:00 a.m. in the Fireside Room** instead of the usual Wednesday evening meeting. The new PAC board will be announced.

Sincerely,



Jay Shelfer

PAC PRESIDENT
jjshelfer@yahoo.com

The Novato City Council June Meeting

will be held at

MVMCC

in the

Ballroom

Tuesday, June 7

6:30 p.m.

•

**Residents are
encouraged
to attend**

Message from Mar Val

Dear Friends,

Mar Val's long-standing commitment to MVMCC has at its core our resolve to provide quality social events at affordable prices.

As we are all aware, the cost of food, liquor, and services has steadily escalated in recent years, and as a result our dinner parties over the

last 18 months have operated at a financial loss.

Dinner Cost Increase

Four years ago the Mar Val Board voted to increase the cost of dinners from \$8 to \$10 per person. Effective with the Jazz Brunch on Saturday, June 11, the cost of meals will increase by \$2 from the current \$10 to \$12 per person.

Pub Cost Increase

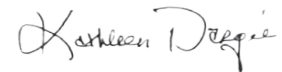
Additionally, effective at Pub on Friday, June 17, the cost of a meal will increase by \$1 from the current \$2 to \$3, and drink tickets will increase by \$1 to \$5 for liquor, wine, and beer. Soft drinks will remain at \$1.

We believe the foregoing adjustments will allow us to maintain the number and

quality of our social events while ensuring a small profit.

Thank you for your understanding and your continued support of Mar Val.

With warmest regards,



Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com



Lee Waterman Trio • **JAZZ BRUNCH** • Under The Ragtop
June 11, 2016 • 11:00 AM

QUICHE LORRAINE (BACON) OR QUICHE FLORENTINE (SPINACH) • SWEET ROLLS/MUFFINS
BAGELS WITH SALMON/CREAM CHEESE • FRUIT SALAD
\$12 PER PERSON BLOOD ORANGE MIMOSAS \$5

Reservation deadline is **June 8 at 5:00 p.m.** or when 140 reservations have been received.

For questions call Carolyn Corry at 415-370-6403

4th of July Dinner

5:00 PM Cocktails 6:00 PM Dinner

Music by "The Tempos"
featuring our own
Brynda Foster



M E N U

BBQ CHICKEN BREAST OR VEGETABLE KABOBS
MACARONI SALAD • GREEN SALAD • ROLLS
APPLE PIE

\$12 per person

Reservation deadline is **June 29 @ 5:00 p.m.** or when 140 reservations have been received.
For questions call Carolyn Corry at 415-370-6403

JULY 4TH DINNER RESERVATION FORM

Please circle entrée choice

RESIDENT _____	Chicken	Vegetarian Kabob
RESIDENT _____	Chicken	Vegetarian Kabob
GUEST _____	Chicken	Vegetarian Kabob
GUEST _____	Chicken	Vegetarian Kabob

Residents attending _____ @ \$12 each **Check for \$ _____ is enclosed. (NO CASH please)**

Guests attending _____ @ \$12 each Make checks payable to Mar Val.

Reservation Deadline is **June 29 at 5:00 p.m.** or when 140 reservations have been received.
For questions call Carolyn Corry at 415-370-6403.



Lee Waterman Trio • **JAZZ BRUNCH** • Under The Ragtop

June 11, 2016 • 11:00 AM

Please circle entrée choice

RESIDENT _____	Quiche Lorraine (Bacon)	Quiche Florentine (Spinach)
RESIDENT _____	Quiche Lorraine (Bacon)	Quiche Florentine (Spinach)
GUEST _____	Quiche Lorraine (Bacon)	Quiche Florentine (Spinach)
GUEST _____	Quiche Lorraine (Bacon)	Quiche Florentine (Spinach)

Residents attending _____ @ \$12 each **Check for \$ _____ is enclosed. (NO CASH please)**

Guests attending _____ @ \$12 each Make checks payable to Mar Val.

Reservation Deadline is **June 8 at 5:00 p.m.** or when 140 reservations have been received.
For questions call Carolyn Corry at 415-370-6403.



HOL Home Owners League Message

Dear Fellow Residents,

This article is being written in early May, and by the time you are reading this *Echo*, HOL will have a new Board of Directors. I hope you attended the meeting and were a participant in the process, thereby assuring that your voice was heard. PAC elections are in process NOW. Please be sure to vote.

HOL Volunteer of the Year

It was my honor to announce at the Volunteer Appreciation Event that **Nancy Bingham** is the HOL Volunteer of the Year. When the new Board takes office July 1, for the first time in some ten years Nancy will not be sitting at the officers' table. Nancy has served the Park in many capacities and roles — Treasurer, Committee Chair of the Handyman/Contractor Binder, and President for three years. She professionally saw the Board through some turbulent years, and her primary focus was and will continue to be "What is best for the residents of the Park." I'm sure you will join me in thanking Nancy for many years of dedicated service to our community, and while she will no longer be on the Board, I have no doubt that she will continue to be a voice for residents, as

she has been for so many years. Please stop by the library and see the new plaque honoring the HOL Volunteer of the Year.

Water Exercise Class

The response to the announcement of **Kamala Allen's** water exercise class* is tremendous ... as of this writing some 20 residents have indicated an interest in the class. The pool is currently scheduled to be opened June 1. If you have not signed up, now is the time. Come out and enjoy the renovated pool while exercising with fellow residents and Kamala. The signup sheet is in the office.

Book Club

Julia Mathews, Chairperson of the Book Club, happily reports that they are meeting regularly, with a growing number of participants. Julia can be contacted at 415-883-7823.

Julia and Kamala are perfect examples of how to get the activities you enjoy incorporated into the life of the Park. They each have a vocation/avocation they love and were generous enough to offer their time and talents to make that activity available to fellow residents. End result — many

happy residents. Any other residents with hobbies/vocations/avocations you would like to share? Please let me know, HOL would be happy to assist in getting your special program launched.

Proposed 2016/2017 Budget

The proposed Al Frei 2017 budget for 2016/2017 includes a 1.5 % rent increase. At this time, the City Staff has not made a recommendation to the City Council to increase or not to increase rents — whatever their recommendation, the City Council will be voting on the matter at the June 7 meeting that will be held in MVMCC. Come to the meeting **Tuesday, June 7 at 6:30 p.m.** and let your thoughts be heard.

Hope to see you at the next HOL meeting on **June 15 at 7 p.m.** in the Fireside Room.



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

*EDITOR'S NOTE: Please check to see if the pool is ready for the June 7 class.

ART IN THE PARK



by **Suzie Lahr**

Stay tuned for the July *Echo* for a review of our 4TH Annual Art in the Park event with photographs of the stunning exhibits where our resident artists displayed their diverse creative talents.

Local Art Happenings

Marin MOCA
500 Palm Drive — Hamilton
Summer National Juried Exhibition
June 11 – July 16

Marin Community Foundation
Hanger 5 Hamilton Landing #200
Tony King – 50 Years of Painting
Through September 25 as part of
Black Artists Exhibit Series

Marin Society of Artists
1515 3rd Street – San Rafael
Splash Splash: May 14 – June 11
Relationships: June 16 – July 9

Petaluma Art Center
230 Lakeville Highway
The Zeitgeist Exhibition
May 14 – July 10

MVMCC *Management Update*

Repair and Dry Grass Trimming

Warm weather and dry conditions are coming. Please be fire safe. Park maintenance will be trimming the dry grass for defensible space surrounding your home's common area.

The exterior repair of the clubhouse will continue for the next few months.

Mosquitoes

Standing water is a breeding ground for MOSQUITOES. Please look around your home to determine if you may have any standing water. If so, pour it out to prevent larvae from hatching.

For Gas Issues—Call MVMCC First

Remember, if you are experiencing any issues with your gas system, please call the front desk first before calling

PG&E. MVMCC is your gas company. Maintenance personnel have received training to help with any problems. Jarsco Utilities is close to completing the gas valve replacement project.

Permits

Prior to initiating any projects at your home, stop by the front desk to apply for any needed approvals or HCD permits. We can help you with this and guide you through the process.

Morning Motorcycles

If you ride a motorcycle, especially in the morning hours, please refrain from racing up the hill and causing noise for others to experience and wake up to. Abide by our 20 mph speed limit, and please stop at all stop signs for the safety and consideration of others.

Carports

Rule #12, Carports: Keep up the good work and continue with your cleanup of stored items in your carport. Per Mobile Home Residency law, you are permitted only certain items in your carport. BBQ equipment and manufactured patio furniture are among several accepted items. With the number of resident vehicles here at MVMCC, parking is paramount. Please be considerate by cleaning out your carports to park your vehicles.

Thank you,



Matt Greenberg

GENERAL MANAGER

gm.mvmcc@gmail.com

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

Caring Community

by Joan Nelson

MVCC's own *Caring Community* provides volunteer support for our residents in need of neighborly deeds requiring *just-one-hour*.

Participants who want to go beyond the one-hour agreement are free to do so on their own. But please don't expect more than one hour of your "one-hour" volunteer's time.

Village Movement

And there is a larger caring community —

On June 12, from 3–5 p.m. in the Fireside Room, you will learn about the Village Movement, an idea whose time has come. And none too soon. The speaker will be

Frank Keenan of Novato Village, one of 89 such volunteer organizations designed to help those of us who are "chronologically advanced" remain in our homes."

Got a Buddy?

Who's your Buddy? If you haven't already found a Buddy and told Matt who it is, please talk with a neighbor (perhaps give your neighbor a door key). Your Buddy can be on the lookout for signs that you might be in distress. You can do the same for your Buddy.

Joan Nelson

415-506-4166

415-595-6221 cell ■

The Caring Community

presents

Frank Keenan

speaking on

The Village Movement



Sunday, June 12

3:00 – 5:00 PM

Fireside Room



Being Prepared

by John Feld

Vial of Life

Recently we had the fire people from Novato Fire District Fire Station 65 on Bolling Drive come and make a presentation about the Vial of Life. Unfortunately not many residents attended the very informative presentation. So MVEST will continue to distribute these kits when requested.

Every Second Saves Lives

The Vial of Life is a simple one-page form that is placed in a recognizable pill bottle and visibly stored on a shelf in your refrigerator door. On this page are details about yourself, your doctor, your insurance policy, a list of all your medications and any end-of-life directives that you may have. Along with this pill bottle comes a small sticker to place near your front door. Every fire and ambulance driver knows to look for it. If you ever need a paramedic to come to your home, and you are unconscious, unable to speak, or maybe a little confused by the situation, the fire people know to go straight to your fridge and look for the information that may help them save your life. They told us that often a few saved seconds could make a huge difference.

Fire people say they hope to be at your home within four or five minutes from your call, and every second they can save in getting your treatment started is good news for you. This is especially important if you take special medications or have critical allergies.

More than 80% of Los Robles Mobile Home Park residents have these in their refrigerators as a result of a presentation at one of their dinners. We, and the Fire District, would love to have the same coverage here.

MVEST has Vial of Life kits available for no cost. To receive one, just call Serena at 415-506-4235 and someone will deliver it to you.

City Preparedness Exercise

The City of Novato Public Works Dept., Novato Police Dept., Novato Fire District, SMART Trains, Marin and Sonoma County Offices of



CLOCKWISE LEFT TO RIGHT: Novato Fire District fire engine and turntable ladder; SMART train exterior; SMART train interior; MVEST volunteer Joe DeAvila escorted across turntable ladder by Novato fire fighter.

Emergency Services, all participated in training exercises in Novato.

An earthquake and a train derailment under an overpass on Franklin Street near De Long Ave were simulated. A train was pulled up under the bridge and volunteers from MVEST and Marin College Registered Nursing Program, and along with a few SMART train drivers and conductors, all played victims. Four different teams arrived throughout the day, saved the victims from a variety of imagined injuries, and escorted them safely off the train to waiting ambulances.

This was the first opportunity for all these agencies to practice with a real SMART train and real people. As the trains are complicated and potentially dangerous if crashed or derailed, it was an important training for these people to have.

Another exercise at Novato Fire Station #2 on Atherton Ave. simulated a building collapse with volunteers from other Novato districts. It was good to see all these different organizations working so smoothly in a coordinated manner. Everyone learned a lot.

Fire season

Despite the continuing rainy spells, the hills are already starting to turn brown and fire danger in Marin remains high. Fire officials throughout the county are asking residents to

prepare now for the coming dry season. Marin County Fire Chief Jason Weber said fire such as last year's Valley Fire could easily happen here.

Recently five acres burnt up in Tomales and authorities have already responded to nearly 700 wildfires since the beginning of the year. The peak wild land fire season starts on June 1st.

It is a very good idea to keep the area around your home weeded and clear of fire hazards. This not only includes weeds, shrubs, and other growth, but also BBQ propane tanks, flammable liquids, wood etc.

New trainings

Although reduced during the summer, MVEST is planning a fairly active training schedule for the rest of the year. Included will be a Block Captain orientation and recap for those who have been doing this for awhile; another Incident Command training for anyone who would like to become involved; a search-and-rescue exercise; more radio training; and First Aid for Disaster Response training. This last class will be useful for all residents of MVMCC. More information as the summer progresses. ■

Upcoming CERT classes:

Novato: Thursday/Friday, July 28/29. To register — call Maggie Lang, Marin County CERT Coordinator at 415 485-3409.



INVITATION

TO ALL

Marin Valley Emergency Services Team
(MVEST) Volunteers

Current and Prospective MVEST Members

Welcome!

You're invited to come together for a brief update on MVEST, including roles, activities, and opportunities, followed by an MVEST-hosted brunch on the patio.

•
WHEN: **June 4, 9:00 – 10:30 AM**
(just before the Annual PAC Meeting)

WHERE: **Meeting in the Fireside Room
Brunch on the patio**

R S V P

Serena D'Arcy-Fisher (415) 302-4575
serenafisher@comcast.net
or

John Hansen (415) 847-7155
johnhansen.emt@gmail.com



**Creating a Safer
More Resilient Community**

ICE Vial of Life for Your Smart Phone

by Peter Dyke and John Feld (Mac)

I enjoyed the simplicity of the Vial of Life concept very much. Providing first responders with an immediately accessible source of data that could perhaps help them save my life, even if I'm incapacitated, seems like a no-brainer. I have gladly spent the 10 minutes to set this up for myself and a friend.

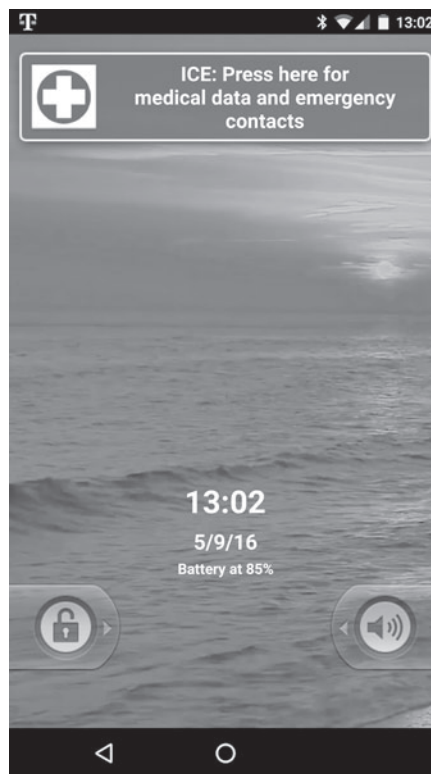
And it got me to thinking — what if I'm out and about somewhere? I always have my smartphone with me, and I had even implemented what police departments have been suggesting for a while, creating a contact entry of ICE — In Case of Emergency — for the person I would want them to call. But now that most smartphones have a lockscreen on them, how would they even get to that entry? Even the FBI had trouble getting into a terrorist's iPhone; you probably saw all the fuss and lawsuits. So there had to be a way around this.

ICE for the Android

Turns out there is. I have an Android phone, so the following information is from my experience; keep reading for a similar app for IOs. I went to the Play Store and searched for ICE and found an app by Appventive, <https://play.google.com/store/apps/details?id=com.appventive.ice>. (There is a free and a paid version of this app. The free one is useless, because it does not do the magic of appearing outside of the lockscreen. So I shelled out the \$4.99 for the paid one — in my view a small investment for the potential life saving.)

I entered what medical and contact information I would want the first responder to be able to access in the app on my phone. That information does not go anywhere, it's only on the phone. Then I had to explicitly enable the feature of the app that makes this available on the lockscreen by going to Settings in the app and clicking on "Show on Lockscreen." There is also a delay I could set to have the ICE option appear on the lockscreen only after so many seconds, in case it annoys me to see it every time :-)

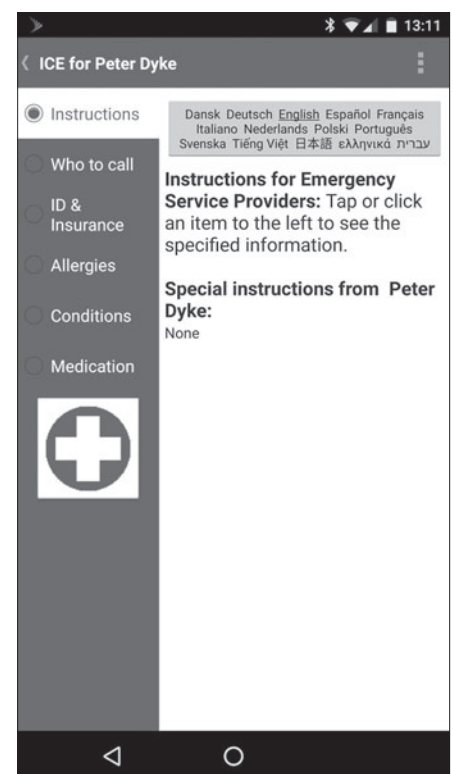
Now when the phone screen is enabled — but before entering any passcode — the following screen appears:



A First Responder is thus alerted to the fact that there is emergency

information on my phone; they touch the ICE icon to see what I have entered in the app. (Or if I want to continue to my normal lockscreen, I can touch the Home button or slide the unlock icon.)

They will then see something like this:



They can now choose the relevant information from the menu.

The beauty of this system is that first responders know to look for contact and medical information under the ICE heading; it's standard protocol. The phone shows them only the information I choose to provide, quickly and easily, even if I'm incapacitated, without them having to have access into my phone.

ICE for the iPhone

The iPhone versions are similar, but are not made by the same company.

ICE Standard ER with Smart911

There are several to choose from, but the best (without paying any money) seems to be ICE Standard ER with Smart911. The app is free from the App Store application that comes with each iPhone. Open the App Store; at the bottom of the screen, click on the magnifying glass above the word SEARCH, and type in ICE. Scroll down to find this app, download by pressing GET, and press INSTALL. It will first ask you for your personal information along with your emergency contacts and their phone numbers. Then enter your medical information. This takes a few minutes. It has space for any conditions that you have, asks for a list of your medications and allergies, and then requests your insurer's name and your member and group number. That's it.

In Case of Emergency Standard Edit

Alfred Hyde White
High risk
MVMCC Marin Valley Drive
Novato CA 94949
Blood: B- DOB: 12/11/55 Sex: M

EMERGENCY CONTACTS
My Cousin Vinny (415) 555-1245

HEALTH CONDITIONS
Arthritic hip, Asthma, Heart murmurs

MEDICATION
Warfain 20mg, Levatol 50mg, Toradol 80mg 2 a day, Aspirin 10mg

ALLERGIES
Penicillin

INSURANCE INFO
Insurer Kaiser
Member number 888888
Group number Not entered

ICE Auto Smart911™ Wallpaper About

To place the information on your lock screen, open the application and verify that your information is displayed correctly. Then tap the clearly labeled

Wallpaper tab at the bottom of the screen and “Create lock screen image,” and follow the instructions to create and save the image.

At this stage you can choose what information you want on the lock screen, then tap “Generate Image.” Finally, hit the Save button. It will ask you if you want to place the screen image in your Photos Gallery.

Then open the image in Photos and tap on the left-hand-side square icon with an arrow coming out of the top. Slide the options at the bottom to “Use as Wallpaper.” Click the “Set” option and choose “Set Lock Screen.”

Now turn off your iPhone and turn it back on, and your information will appear on your startup screen each time you turn on your phone.

No one will have to go to Apple, to court, or to the FBI, to see your important information. ■

Prescription Discount Program

Novato residents can now save on prescription medication costs not covered by their insurance plan.

As a new participant in the National League of Cities and League of California Cities “My Healthy Hometown” Prescription Discount Program, the City of Novato can now offer its residents the opportunity to save money with discounts on everyday prescription medicine costs.

Free Discount Cards

The “My Healthy Hometown” Prescription Discount Program is

free to all residents of Novato with discount cards, which can be obtained at no cost at **Novato’s Administrative Offices, Margaret Todd Senior Center, Novato Gymnastics Center, Novato and South Novato Libraries, Marin Community Clinic, Novato Youth Center, and the Novato Human Needs Center.**

They also can be **downloaded** online at www.nlc.org/resident-discount or by calling (888) 620-1749.

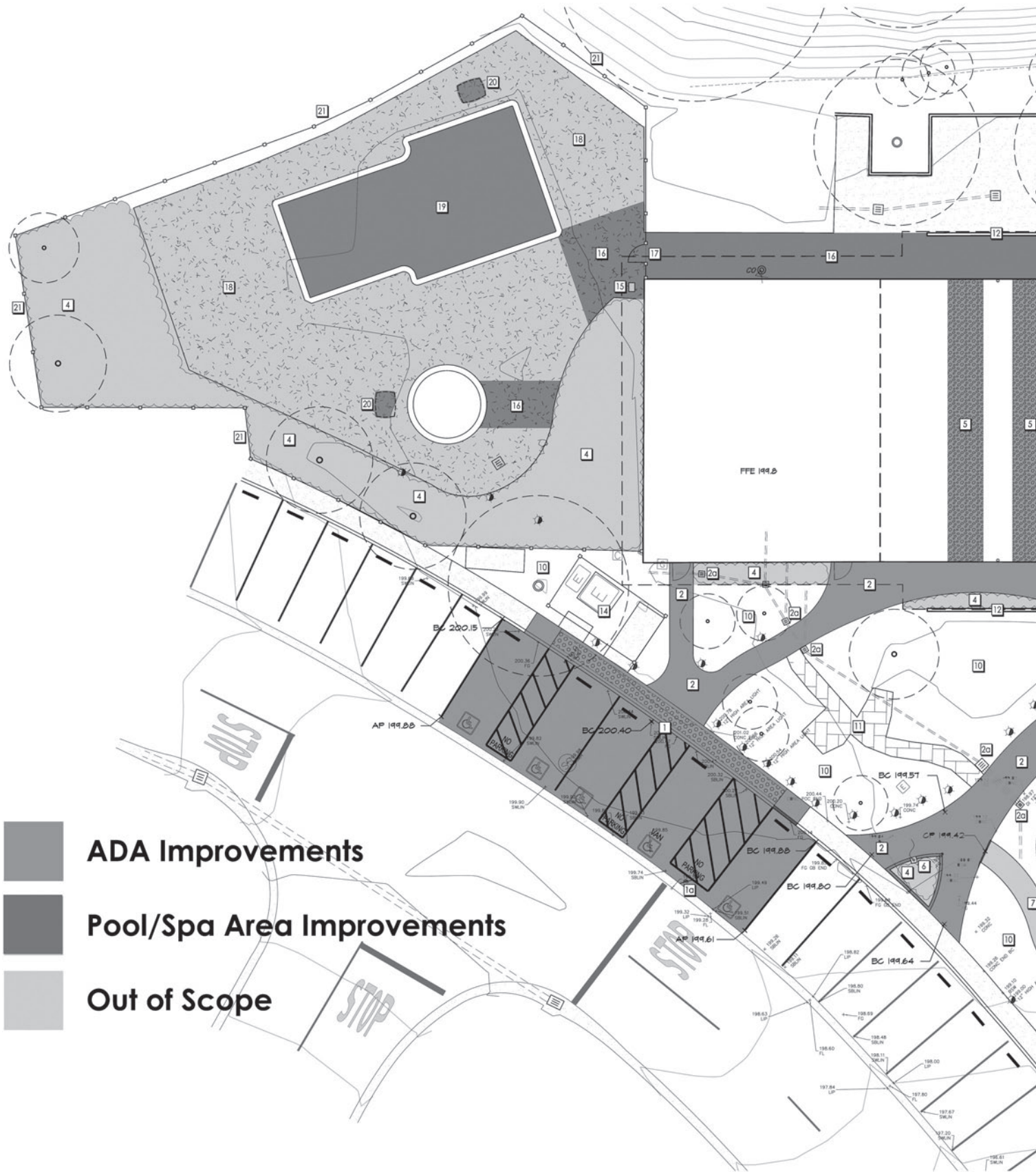
Participating Pharmacies

Residents who show a Novato Prescription Discount Card at a participating retail pharmacy can save

an average of 24% off the retail price of prescription medicine not covered by insurance. Over 68,000 pharmacies nationally are participating in this program, including in Novato: **CVS, Rite Aid, Pharmaca Integrative Pharmacy, MCC Pharmacy, Target, Costco, and Safeway (on Nave Dr.)**

The cost of the program is absorbed by pharmacies that participate in the national discount network. There is no cost to the City. Participating pharmacies feel they can benefit by creating customer loyalty and increasing store traffic.

CONTINUED ON PAGE 15



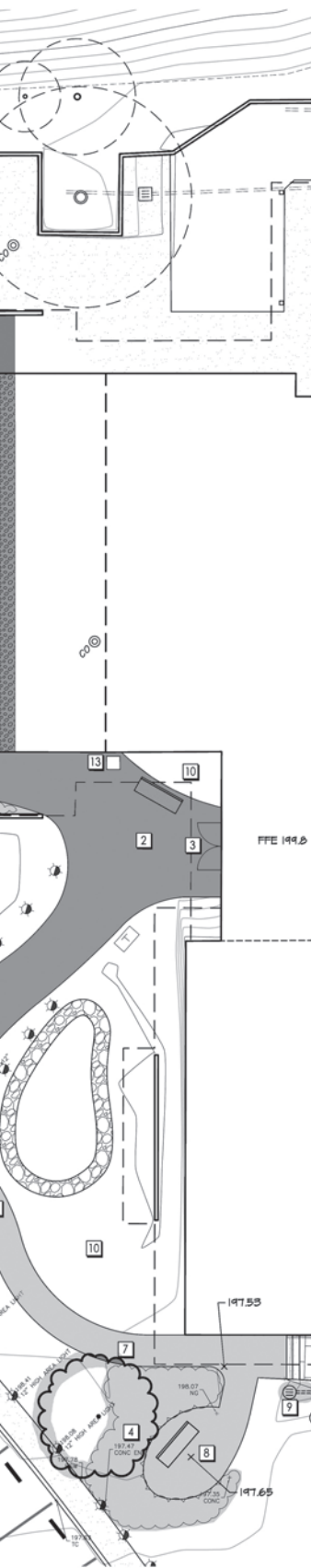
- ADA Improvements**
- Pool/Spa Area Improvements**
- Out of Scope**



landscape
architects, inc.

LANDSCAPE MASTER PLAN

April 6, 2016



KEY NOTES

		ADA Barrier Removal*	MVMCC/CIP Budget Item**	Out of Scope
1	New accessible parking spots and landing zones with truncated domes (<1.5% slope)	x	x	
1a	Relocated stop sign	x	x	
2	New accessible paving to building entry, men's/women's locker rooms and weight room	x	x***	
2a	Existing drain inlet rim elevations may require adjustment	x	x	
3	Main Entry	x		x
4	New/added water efficient small trees, shrubs, grasses, groundcover and boulders			x
5	Sandblasted concrete court areas for accessibility (non-slip)	x		
6	New curbed planter area and accessible location for flagpole with lighting	x		x
7	New accessible path to seating area	x		x
8	New accessible seating area	x		x
9	Relocated drain inlet	x		
10	Existing landscape areas and features			
11	Existing stone and decomposed granite path, benches and path lights			
12	Existing wood screen			
13	Existing mailbox			
14	Existing utility area			
15	New accessible drinking fountain	x	x	
16	Replacement concrete pavement	x	x	
17	New pool entrance gate	x	x	
18	Top coating/sealing on concrete pavement	x	x	
19	New plaster at pool		x	
20	Area for pool/spa accessible lift	x	x	
21	Existing 5' high pool/spa area fencing			

*ADA Barriers identified in the 2012 ADA Study

**Current F/Y 15/16 approved budget, item 11 and 32

***A portion of the new concrete is within the budget

MARIN VALLEY MOBILE COUNTRY CLUB CLUBHOUSE

Novato, California

Our MVMCC Communications and the *NextDoor.com* Connection

by John W. Travis (Jack)

Almost 100 Park residents are already members of *Nextdoor.com*, an online social networking service specifically for neighborhoods. Over a year ago Pauline Hawkins helped set up the Park as part of a Nextdoor Neighborhood that includes the Hamilton Woods Apartments down the hill from us — hence the name of our Neighborhood.

On signup, you're automatically connected with 12 other nearby neighborhoods — great if you want to find items for sale locally; ask questions about housekeepers, mechanics, etc.; or post an announcement of an event of local interest.

Because the default of 13 neighborhoods you are connected with when you join covers such a wide area, the largest being Lucas Valley with over 2000 members, postings can be overwhelming.

Special Needs as a Community

Last year, John Feld created a private subgroup within the Hamilton Woods neighborhood named "MVMCC", which only we Park residents can join.

Since the October 2015 *Echo* article introducing NextDoor.com and our Park subgroup, membership in the MVMCC subgroup now includes about 60 residents of the nearly 100 Park members of our larger Neighborhood. It's possible that the remaining 40 resident members don't realize that the MVMCC subgroup exists, or how much potential it offers

us to be better connected with each other for exclusive Park concerns — hence the reason for this article.

This MVMCC group is a place to post announcements about Park events, ask questions about, or offer goods or services specific to Park members, or who knows what? I'm sure many more uses will emerge.

Additional subgroups can easily be formed around special interests, such as the Caring Community, game nights, people involved in remodeling, or what-have-you. Park committees could also form their own groups for easier communication.



Confusion

For many of us seniors, figuring all this out can be challenging. I struggled with it before getting a passable understanding of *NextDoor.com*'s many features. Fortunately, they have a responsive tech support team if you're stymied.

How to Join

At *Nextdoor.com*, enter your name, address and email. They will then verify that it's you by either:

- 1) *calling your home or mobile phone*
- 2) *verifying your credit/debit card billing address (without storing your number)*
- 3) *mailing you a postcard with a code number (takes longer).*

Once in, explore features such as Classifieds, Crime and Safety, Free Items, General, Lost & Found, and Recommendations (service companies mechanics, plumbers, etc).

MVMCC Private Group

Then select the MVMCC private group in the lower left menu and request to join it. John will then verify you. You can also create a subgroup for sharing your interests and announce it to the MVMCC group.

Depending on your interests, you may want to turn off postings to/from the 12 surrounding neighborhoods to limit access to only our neighborhood.

If you haven't already, I hope you'll give it a try and see what new kinds of interconnections we can weave among ourselves. Encouraging neighbors to join who don't know about NextDoor could easily double our membership and begin to make the MVMCC group a useful means of connection among Park members.

My summary of my 40+ years in the field of wellness is, "The currency of wellness is connection." I'm excited by the potential of this new form of connection. ■

CVS Caremark administers the program, but does not receive a financial benefit for doing so.

For Prescriptions Not Covered by Insurance

The Prescription Discount Card can only be used on prescriptions that are not covered by insurance. Discounts cannot supplement insurance benefits.

There are no annual limits placed on use, no need to complete any forms, no waiting periods, no age or income requirements, and no medical condition restrictions.

For the Family and Pets

Prescription discounts can be used for the whole family, and can also be used towards the cost of pet prescriptions.

Novato is currently the only city in Marin County that is participating in the My Healthy Hometown Prescription Discount Program.

For more information, please visit www.nlc.org, and click on Prescription Discount Program under "Find City Solutions" or call (888) 620-1749. ■

Novato SMART Train Quiet Zone

Follow the upcoming Summer report on establishing Novato as a SMART Train Quiet Zone and also receive the latest City info delivered directly to your inbox by signing up for the City e-mail notification system at <http://novato.org/community/connect-with-us>. ■

May 9TH Mountain Lion Sighting

by Pauline Hawkins



My kitchen looks out to the wonderful hillside across from my home, where I get the pleasure of seeing deer, coyotes, rabbits, and many of the small creatures that exist in our Park. Not to forget our cheerful quail; daily they come off the hill and into my yard where they find much pleasure making large holes to take dust baths.

Lately, I am happy to say, I have seen more deer: a beautiful buck with a large rack, and a small female. When I first came here there were many more deer. Once Hamilton housing went up, we had fewer and fewer. Recently, I have seen around eight deer near the marshes.















But today, I had the best treat of all. Around 7:45 a.m. while cooking my breakfast, I looked across the road to the hill opposite 160 Marin Drive and saw movement in the grasses.

At first I thought it was a coyote, but then I saw a very long tail drifting along. I looked again and saw a huge mountain lion. He was strolling very relaxed across the ridge. He came down around the pine tree and back up. I nearly broke my neck to get my camera — alas I was too late. I lost him in the tall grasses. I would say he was between five to six feet long and very beautiful.

I then noticed that many of the quail had actually flown up into the pine tree's lower branches, which they never do. Panicked, when a coyote is near, they usually only fly to the top of the coyote bushes. I also heard their strident high-pitched call, a seeming urgent warning unlike anything in their usual repertoire.

This is only the second sighting of a mountain lion in 16 years. The first was many years ago at the top of Marin Valley Drive. ■

JUNE 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1-4 PM Mahjong  3-5 PM CARING COMMUNITY Frank Keenan • Fireside Room	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 	10-11 AM Water Exercise 6:30 PM NOVATO CITY COUNCIL MEETING • Ballroom	10 AM-2 PM Craft Group 11 AM-1 PM Whistlestop (call Roberta 415-883-0843) 6 PM MAR VAL MEETING ECHO DEADLINE	9:15 AM QiGong <i>with Dove</i> 6:15-7 PM Silent Meditation 7:20 PM Poor Man's Poker 	4 PM Canasta  5-7 PM Pub Night	9-10:30 AM MYEST UPDATE & PATIO BRUNCH 11 AM PAC ANNUAL MEETING  7-9 PM COMMUNITY DANCE
1-4 PM Mahjong  3-5 PM FATHER'S DAY	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 	10-11 AM Water Exercise	10 AM-2 PM Craft Group 11 AM Ladies' Bridge 11 AM-1 PM Whistlestop (call Roberta 415-883-0843) 6 PM HOL MEETING	9:15 AM QiGong <i>with Dove</i> 10-11 AM Water Exercise 6:15-7 PM Silent Meditation 7:20 PM Poor Man's Poker 	4 PM Canasta  5-7 PM Pub Night	10:30-11:45 AM Pre-TaiChi-Jay 
1-4 PM Mahjong 	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 	10-11 AM Water Exercise	10 AM-2 PM Craft Group 11 AM-1 PM Whistlestop (call Roberta 415-883-0843)	9:15 AM QiGong <i>with Dove</i> 10-11 AM Water Exercise 6:15-7 PM Silent Meditation 7:20 PM Poor Man's Poker 	4 PM Canasta  5-7 PM Pub Night	7-9 PM COMMUNITY DANCE 