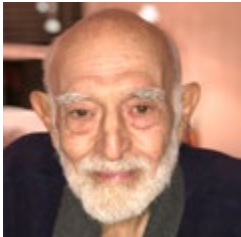


# T H E ECHO

**FEBRUARY 2018**

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## Letter from the Editor

### Who, What, Where, When

Be sure to take a look at HOL's new bulletin board in the clubhouse lobby to keep abreast of all the HOL activities and new events taking place at the Park. It replaces the miscellaneous information that used to be there, which is now accessible at all times in a new larger bulletin board in the clubhouse breezeway. This new bulletin board will also offer information about resident skills and services and items for sale.

### Novato Fire District

A big thank you to retired Novato Fire District Fire Chief Mark Heine for his outstanding service to all of us, and congratulations to former Fire Marshall Bill Tyler, now appointed Fire Chief. Congratulations also to resident **Bill Davis**, who was appointed to the Board of Directors in October 2015 to fill an open Director position and has recently been voted President.

### Electricity

The Park uses the PG&E time-of-use rates for mobile home parks. The cost of electricity will vary based on the amount used, time of day, and season. Energy rates are lower when energy demand is low. You can reduce your expenses by using off-peak hours of the day (before 3 pm and after 8 pm Mon. – Fri., plus all hours on weekends, and most holidays. Rates (Nov. – April) are lower than summer (May – Oct.) See Matt's update. And see Matt to apply for PG&E's saving program. According to their website: "For those who qualify — save 20% or more with California Alternate Rates for Energy program (CARE). CARE offers qualified households major savings on energy costs. Applying is confidential, easy to complete, and no proof of income is required."



## Last Chance

*The directory notebook on the front desk will be taken down at the end of this month. Please make sure your information is correct.*

**P**lease check your name on the folder on the clubhouse counter and let us know you checked it by putting a **✓** or an **X**.

If you don't check your information, and if necessary correct it, your entry in the new directory could be incorrect.

## Thank you for checking.

### Directory Update

#### New Resident

**John D. Flynn**  
1 Scenic Drive

THE  
**ECHO**  
FEBRUARY 2018

### MARIN VALLEY MOBILE COUNTRY CLUB

100 MARIN VALLEY DRIVE  
NOVATO, CA 94949  
415-883-5911 / 415-883-1971 FAX  
WWW.MVMCC.COM

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Mary Barbosa, Carol-Joy Harris, Anila Manning

A PUBLICATION OF MHB Group Region 8  
[www.mobilehomeboard.com/](http://www.mobilehomeboard.com/)

### MARIN VALLEY

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[gm.mvmcc@gmail.com](mailto:gm.mvmcc@gmail.com)

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TREASURER Larry Cohen 415-883-7786  
AT LARGE Stephen Plocher 415-302-9043

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FINANCE Stephen Plocher  
MVEST John Hansen, Bill Davis, John Feld,  
Larry Cohen, Carol-Joy Harris,  
Susan Meyer, Kevin Mulvany  
MV PROJECT PLANNING John Hansen, John Shelfer

### HOL BOARD

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2<sup>ND</sup> VICE PRESIDENT Linda Steenman 415-272-7233  
SECRETARY Joanne Woodward 415-506-4568  
TREASURER Tara Plocher 415-302-5992

### MAR VAL BOARD

PRESIDENT Kathleen Dargie 415-884-2969  
1<sup>ST</sup> VICE PRESIDENT Dan Sebastian 415-382-7738  
2<sup>ND</sup> VICE PRESIDENT Pat Thurston 415-884-0740  
SECRETARY Carole Gathman 415-884-2720  
TREASURER Sandee Duncan 415-883-3034  
DIRECTOR EMERITUS Dee Schneider  
DIRECTOR/BAR MANAGER Fred Dargie 884-2969  
DIRECTOR/HOSPITALITY Larry Moore 883-0486  
DIRECTOR/RESERVATIONS Carolyn Corry 370-6403

### SUBMITTING ARTICLES

Email articles with "ECHO" as the first word of the subject line and a copy of the article in the body of the email to Erma Wheatley:  
[ermawheatley@gmail.com](mailto:ermawheatley@gmail.com)

Images should be as large as possible to enable a 300 ppi resolution (*pixels/inch*).

### DEADLINE

**Everything is due the 8<sup>th</sup> of the month or sooner for the following month's issue.**

# Letter to Residents

Greetings from the PAC Board.

Our finances are in order. Management, following the anticipated needs of the community outlined in the 2017–18 budget, is on track to complete these goals.

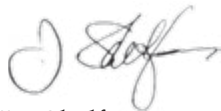
We are fortunate to have Matt Greenberg, with the support of Al Frei, to have anticipated and dealt with the many issues that arose over this past year. Novato's Public Works Department and engineering staff have been extremely helpful meeting anticipated and emergency situations that materialized over the year as well.

Thinking ahead to next year's budget, PAC's able Marin Valley Emergency Safety Team subcommittee is brainstorming ways to make this community a safer, integrated group of senior citizens. You can hear about their ideas at MVEST meetings and in the *Echo*. If you have input, please come and join in these discussions and/or attend the monthly PAC and weekly MVEST meetings.

The PAC, through Management, has begun passing out grants from the Humanitarian Fund, created by generous donors. These grants of food store gift cards and home maintenance help have been welcomed by several residents, who greatly appreciate the gesture. Should you feel able to contribute to this fund either anonymously or openly, this can be accomplished by giving through the PAC or directly to Matt at the front desk.

Please note that the PAC monthly meetings are held at 6 pm the first Wednesday of each month. The agendas for these meetings are posted on the PAC bulletin board in the lobby. Contact [anilahere99@gmail.com](mailto:anilahere99@gmail.com) to be added to the email list for the monthly agenda.

In service,



Jay Shelfer  
PAC PRESIDENT  
[jjshelfer@yahoo.com](mailto:jjshelfer@yahoo.com)

# Management Update

February usually means rain and/or strong winds. Are your rain gutters clogged with leaves or pine needles? Trapped rainwater is heavy and can cause your carport supports to buckle or collapse. This is an avoidable problem but expensive for replacement. Keep your gutters clean with some preventive maintenance.

## Check Carport Supports

When you (or your maintenance person) checks the rain gutters, take a few minutes to check the connection of your carport supports where they connect to the driveway so you can verify they are stable. Strong wind in the past have lifted several carports and awnings, which can be dangerous when they become flying debris. They are also expensive to repair or replace.

## Tree Needing Pruning?

If you have a tree you feel may have been overlooked this year that looks dangerous or is in need of pruning, please call the office. We will have an arborist report prepared.

## Less Expensive Electricity

Did you know that your utility use is less expensive during off-peak hours? Try doing your laundry after 8 pm and save some \$\$.

## Clear Utility Meter Access

Please be advised of an important and usually overlooked item. Park maintenance needs a clear path to access and read your utility meters. Professionals called for repairs also need this access to provide service to the gas and/or electric utilities and pedestal. Below is the Title 25 description for this mandatory access.

### Title 25 Chapter 2 page 46: 1183. Access to Electrical Equipment.

All park or lot service equipment shall be accessible by an unobstructed entrance or passageway not less than twenty four (24) inches in width and seventy eight (78) inches high and shall have a working space not less than thirty (30) inches wide and thirty six (36) inches deep in front of any panel opening on the service equipment used for examination, servicing, adjustment, or maintenance. The lot service equipment shall be located and maintained not less than twelve (12) inches nor more than seventy eight (78) inches above the stabilizing pad. EXCEPTION: parks constructed prior to July 1, 1979, shall have a working space not less than thirty (30) inches wide and thirty (30) inches deep in front of and centered on the service equipment.

Thank you,



Matt Greenberg  
GENERAL MANAGER  
[gm.mvmcc@gmail.com](mailto:gm.mvmcc@gmail.com)

415-883-5911 ■ 415-883-1971 Fax

# MAR VAL Message from Mar Val

Dear Friends,

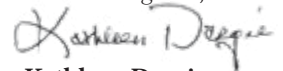
Having begun 2018 with the always successful Scottish Night, Mar Val is now looking forward to the return of the exciting Mardi Gras celebration on Saturday, February 10, 2018. This gala provides an opportunity to don our beads and masks,

swing to the toe-tapping music of a Dixieland trio, and enjoy a fantastic Cajun-inspired meal. Please be aware the cutoff date for submitting reservations for Mardi Gras is Wednesday, February 7, the first Wednesday of the month. While we highlight one of our themed dinner parties

in the *Echo* each month, Mar Val also sponsors Friday Night Pub. This weekly get-together is intended as a venue for residents to gather in a strictly social setting to enjoy each other's company. Pub hours are from 5 to 7 pm with a buffet (\$3 per person) beginning at 5:15 pm and both

alcoholic (\$5) and soft drinks (\$1). We thank all of you who attend Pub on a regular basis and cordially invite all others to join us on a Friday.

With warmest regards,



**Kathleen Dargie**  
MAR VAL PRESIDENT  
kfdargie@aol.com

MAR VAL PRESENTS  
*Laissez le bon temps rouler*  
**MARDI GRAS**  
FEBRUARY 10, 2018

Featuring jazz music by  
Carl Lunsford, Virginia Tichenor, and Marty Eggers  
5 PM COCKTAILS / MUSIC ■ 6 PM DINNER

M e n u  
**Jambalaya or Vegetarian Red Beans and Rice**  
**Corn Casserole and Salad ■ Fruit Crisp**



Mar Val is once again happy to welcome to Mardi Gras Night the dynamic trio of Virginia Tichenor, Marty Eggers, and Carl Lunsford. Virginia, daughter of renowned ragtime pianist Trevor Tichenor, studied as a classical pianist and now plays ragtime piano and drums. Virginia's husband Marty plays the string bass, tuba, and piano. The infamous Carl Lunsford, who played with Turk Murphy for many years, plays the banjo and guitar. This terrific trio can be seen on the second Wednesday of every month at the Belrose Theater in San Rafael. **Don your Mardi Gras beads and mask, and come enjoy the fabulous, toe-tapping sounds of this musical trio.**

MARDI GRAS RESERVATION FORM

Please circle entrée choice

RESIDENT _____	Jambalaya	Red Beans/Rice/Vegetarian
RESIDENT _____	Jambalaya	Red Beans/Rice/Vegetarian
GUEST _____	Jambalaya	Red Beans/Rice/Vegetarian
GUEST _____	Jambalaya	Red Beans/Rice/Vegetarian

Checks only (payable to Mar Val—NO CASH, please) Number of attendees \_\_\_\_ at (\$12/person) TOTAL \$\_\_\_\_\_

**Reservation deadline — February 7, 2018 at 5 PM or when 140 reservations have been received.**

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



# Water, Water, Wherefore Art Thou?

by KEVIN MULVANY

**T**here is nothing quite like a cool glass of water on a hot summer's day. It's small wonder we feel this way as 60 percent of our bodies are made up of water and every living cell needs water to function properly. In the event of a Park emergency, however, we may all be faced with the prospect of having little or no fresh water available for several days, even a week or more.

## Survival Without Water

A healthy individual may be able to survive up to three weeks without food. On the other hand, without water, eight to ten days is the most anyone can expect to survive, with many being in serious medical jeopardy in just three to four days. It just makes good sense to plan ahead, so that having something to drink is the least of our concerns in an emergency.

## Recommended Quantities

The Federal Emergency Management Agency (FEMA) recommends having at least a three-day supply of drinking water available for emergencies. As some events, such as a major earthquake, might disrupt services throughout the Bay Area for millions of residents, a two-week supply of water is recommended to be on the safe side.

The Centers for Disease Control (CDC) recommends a gallon of drinking water per person per day, with an additional one to two gallons of water for bathing, laundry, and general sanitation purposes. Fortunately, there is a simple, inexpensive source of the water you need to survive. It is bottled water purchased at your local supermarket.

## Shelf Life

The bottled water you can purchase for a dollar or so per gallon at the supermarket has a shelf life of one year typically, though it can be used safely for bathing, laundry, and general sanitation for a longer period of time. You need only purchase the water, mark the bottles with the purchase date, and store in a cool, dark location in your home to be ready to go in a crisis.

## Other Sources

There are actually some other sources of water about the Park that may come to mind, especially if you haven't planned ahead. Your water heater may contain 30 or more gallons of water that may be used in an emergency, though you should consult Mr. Google for the proper way to drain your water heater without damaging it.

Another source of course is our big, juicy swimming pool. The water can in fact be used for bathing, laundry, and general sanitation, but not necessarily for drinking. The CDC and FEMA both discourage drinking pool water in large quantities (that is, the gallon a day you may need to survive) as it is full of chemicals that may be difficult to safely remove and, of course, whatever virus or bacteria wash off any swimmers' (Forget to take a shower, did we?) bodies.

At this time, the Park cannot guarantee that water will be available for you to drink in the event of a serious widespread crisis such as an earthquake. It just makes sense to go down to your favorite market and stock up on drinking water today.

For more information about preparing for emergencies, you might want to Google the following websites: *fema.org*, *cdc.gov*, *redcross.org*, and *ready.gov*. ■

## News from MVEST

■ MVEST and Management are actively investigating alternate water sources for emergencies and a third possible exit route in case of a major emergency.

■ FIRESafe Marin will hold a countywide meeting here in February to invite other communities to learn about becoming a Firewise community, just as we are.

■ The Novato Fire District is planning a Marin Valley **evacuation exercise** in May. The NFD is scheduling four Novato communities to evacuate consecutively on the same day, Saturday, May 5. We will let everyone know when plans are finalized. This is *not* an MVEST organized event, but MVEST Zone Chiefs, Block Captains, and traffic people will be assisting in getting the event to happen without mishap. MVEST is planning another traffic control training with the Novato Police Department, prior to the evacuation. We urge all residents to participate in the evacuation.

■ To participate in the traffic training, or become involved in any MVEST activities, please contact John Feld ([johnmfeld@gmail.com](mailto:johnmfeld@gmail.com)).

■ **CERT** training in Novato will be on Feb. 13, 20, and 24. Reserve a space at <https://readymarin.org/calendar/>. Click on the calendar to February then click on the course to register.

# Home Owners League Message

# HOL



**HOL is busy in making Marin Valley an active, healthy, and happy environment.**

That being said, take the time to look and see some of our activities. We are dedicated to preserving our wildlife in the Park, maintaining a binder in the library where you can find out an appropriate handyman or contractor for work you want done, sponsoring Art in the Park, the Park directory, our “Just One Hour” program for those needing help, Community Dancing, Taiji, Aerobics, Low-Impact Exercise, Poor Man’s Poker, Mahjong, Film Night, Readers’ Theatre, Book Club, Silent Meditation, and see the next two pages for two new events starting in February — Yoga for Seniors with a local Yoga teacher John Marino and Ed Collins is promoting a Board Game Night and possibly a monthly poker night.

In addition, if you have a speaker or programs you are interested in, come to us to help bring them to the Park.

And now we have an additional way to communicate these events. Most of the time, an event will have a flyer put on the counter in the office. Now we have our new

bulletin board located on the wall just past Matt’s desk. This bulletin board used to be for miscellaneous

by our Craft and Chat Group, which meets every Wednesday from 11:15am–2 pm. Check it out!



*HOL bulletin board in the clubhouse lobby*

items, but it is now dedicated to HOL activities. The items that used to be there can be found in the breezeway bulletin boards. You can find out what HOL-sponsored events are happening and when, decorations from our craft group, a copy of the last meeting minutes, and other items of interest. The bulletin board is being maintained

New events coming this spring include our yearly partnership with Clean Marin, a local antilitter coalition which has a yearly cleanup drive. We don yellow T-shirts and pick up litter all the way down Marin Valley Drive.

We will also be putting renewed energy into our “Just One Hour” program, so be thinking of sharing some time to sit with, shop, read to, or run errands for that neighbor you know who just can’t get out much anymore. Sign-up sheets are in the hallway next to the bulletin board.

Join us at our next meeting, Wednesday, February 21 at 6 pm in the Fireside Room. We would love to have you! All of us are blessed to belong to our Marin Valley village. Part of staying healthy is to

stay active and social, and HOL is the perfect format for that. We are a very low-key but interesting and energetic group. Check us out, and bring us your ideas!

*Janie Klimes Crocker*  
**Janie Klimes Crocker**  
HOL PRESIDENT  
jkkimes@subell.net  
281-414-3984 cell

# ART IN THE PARK



by **SUZIE LAHR**

**W**e now have a collective of 50 artists who reside in the Park, all of whom are on my current email list, including three new resident artists who have joined us! In the March *Echo* I will announce the next meeting date as well as when our next gallery exhibit will be hung. All artists will receive an email from me in advance.

I continue to be active in the art world, taking weekly watercolor classes with Cara Brown, whose artwork I find inspiring and whose watercolors I assisted hanging at her exhibit at the Marin Cancer Center in Greenbrae. I hope that you stop by that facility to see this exhibit. See the following local art listings.

Please contact me at [suzielahr@aol.com](mailto:suzielahr@aol.com) or call me at (415) 884-9611 if you would like to join us. Not all of us are professional artists; however, we all enjoy creating art and spreading the joy of beauty and light to everyone in today's chaotic world!



ART AROUND TOWN

### Marin Cancer Center

1350 South Eliseo Drive, Greenbrae  
*Flourishing Flowers in Watercolor* —  
Cara Brown

Through April 6. Opening  
reception February 9, 5:30 – 7:30pm

### Marin MOCA

500 Palm Drive – Hamilton  
*Innerscapes Artists of Marin MOCA*

Through February 25  
Wed. – Sun., 11 am – 4 pm

### Hands-On Rauschenberg!

Two-part workshop inspired  
by Robert Rauschenberg with  
instructor resident **Janet Bogardus**  
February 9, 6 – 8:30 pm and  
February 10, 10 am – 4 pm  
Register at [www.marinmoca.org](http://www.marinmoca.org).

### Marin Civic Center

Bartolini Gallery  
*Found in Our Own Back Yard –  
Art Assemblages of Found Objects*  
February 8 – April 13  
Redwood Foyer Gallery  
*Patrick Maloney – Looking Forward*  
*Looking Back*  
Through June

### Petaluma Arts Center

230 Lakeville Street, Petaluma  
*Power of 10: Scaling Up*  
Through March 24

### Legion of Honor

100 34<sup>th</sup> Avenue, San Francisco  
*Casanova – The Seduction of Europe*  
February 10 – May 28



## COMMUNITY DANCE

Saturday, February 3 • 7–9 pm

Come dance to DJ Brodie Auld's  
(Pia's dancing partner)  
riveting music selections!

# New Events

by **ED COLLINS**

## Board Game Night



**I**want to start up a monthly board game night. If interested let's meet at 7 PM Feb 2 in the Fireside Room after Pub night.

I will bring a variety of word games, strategy (Euro) games, party games, and some cards. Bring your favorite game(s). We can meet monthly at the clubhouse or take turns hosting.

Contact: **Ed Collins**, 135 Sunrise Lane  
415-377-7696, [mretc@hotmail.com](mailto:mretc@hotmail.com)

## Monthly Poker Night

**A**re you interested in a monthly poker night beyond "Poor Man's Poker" that happens Monday and Thursday nights? I am imagining a mix of cash games with dealers choice or Texas Hold'em. We could also choose to do a tournament format. Format and buy-in's would be chosen by those attending. If interested, let me know, and I will contact everyone as soon as there are enough to play.

Contact: **Ed Collins**, 415-377-7696  
[mretc@hotmail.com](mailto:mretc@hotmail.com)

CONTINUED ON PAGE 8

New Events CONTINUED FROM PAGE 7

# New Yoga Class: CHAIR Yoga

## Moving the Body with Grace and Ease



**B**eginning **Tuesday, February 6 at 10 am** in the clubhouse, **John Marino** will provide a weekly yoga class at Marin Valley. Classes are on a donation basis. Contact: [ermawheatley@gmail.com](mailto:ermawheatley@gmail.com)

**John Marino** began the study and practice of yoga and massage in 1975. He started teaching seniors and others in 1992. His popular “chair yoga” classes are designed specifically for those who have movement challenges due to age, disabling illness, accident, or stress. His students quickly report greater flexibility and ease of movement.



## Marinoyoga

by **JOHN MARINO**

**W**hile the perfection of complicated yoga postures is admirable, the practical goal of hatha yoga is to grow toward a steady and easy posture in daily life. I

have determined that rather than teaching asanas (yoga postures) to people, it is far more productive to teach people how to approach each posture to the limits of their ability while maintaining the integrity of the torso and particularly, the spine. In my classes, traditional yoga postures are examined to gain a better understanding of the mechanics of

movement. When appropriate, the student is encouraged to move beyond limitations with integrity and without fear of injury. Bodywork techniques are frequently applied in partnered or teacher-assisted work to accelerate ease and familiarity in the asanas. I “nudge” the body in the right direction while assigning responsibility for the outcome to the individual.





**First & Third Thursdays ■ Clubhouse  
7 pm ■ Please, No Food or Drink**  
Feel free to bring a comfortable chair

## Door to Door Thursday • February 1 • 7 pm

(2002) Drama, TV Movie 90 minutes

**Director** Steven Schachter **Starring** William H. Macy, Kyra Sedgwick, Kathy Baker, Helen Mirren.

**Golden Globes nominations:** William H. Macy, best performance by an actor in a miniseries or movie. **6 Emmys:** William H. Macy, outstanding lead actor in a miniseries or a movie; outstanding made for television movie; outstanding awards for a miniseries, movie or a dramatic special — for writing, for casting, for cinematography, and for single camera picture editing.

**W**illiam H. Macy (who co-wrote the script) stars as Bill Porter, who was born with severe disability but refused to let his cerebral palsy get in the way of his life's goal. Despite his nearly uncontrolled walk and oddly shaped countenance, Bill intends to succeed in life on ability rather than on pity. In 1955, he manages to land a job as a door-to-door brush salesman. At first, Bill meets with nothing but

slammed doors, hostile dogs, and unashamed hostility from “normal” people, but after making his first sale to a reclusive alcoholic there is literally no stopping him. For the next 40 years, he walks some eight to ten miles per day on his sales route, plying his trade, winning one “salesman of the year” award after another, and a place in his customers’ hearts. This Turner Network television film is based on a true story.



## The Magnificent Seven Thursday • February 21 • 7pm

(1960) Action, Adventure, Western 128 minutes

**Director** John Sturges

**Musical Score** Elmer Bernstein

**Starring** Charles Bronson, James Coburn, Steve McQueen, Yul Brynner, Eli Wallach, Robert Vaughn, Horst Buchholz, Brad Dexter.

**T**his classic Western saga is based on the Japanese film *Seven Samurai*, which served as a blueprint. Seven American gunfighters are hired to protect a Mexican village being terrorized by a band of outlaws. The group trains the townsfolk in shooting and defense. The

bandits suffer casualties after a raid, but they regroup to capture and then release the seven gunmen. Our heroes return, and an epic battle ensues. (Selected by the Library of Congress for preservation in the U.S. National Film Registry as “culturally, historically, or aesthetically significant.”) ■

# The Importance of Context

## Quantum Mechanics De-mystified

by MIKE YORK

Last month I discussed the relevance of the insights of two ancient Greeks to quantum mechanics (QM). This month I explain how those two insights are related so we can grasp the physical significance of QM.

The key issue here is that in Newtonian mechanics, all observable physical phenomena take place within a single spatial frame of reference chosen by an observer.<sup>1</sup> Any object moving through space follows a unique path, where its location at any instant is a continuous function of time, and the rate at which it changes with time gives its speed. But Zeno puzzled over how an object could have both a location and be moving at the same instant.

The Uncertainty Principle of QM reminds us that Zeno was right and Newton was wrong. Rather, we have to decide whether we are looking at location (position in space) or speed (or momentum). Whichever *context* we choose, the other has an essential indeterminacy. The observer, in making their choice, constrains the possible outcomes of the observation

and therefore sees not objective reality itself but, as Plato told us, its shadow on the walls of their contextual cave. The observer's context is always a choice of which cave they sit in.

In other words, the frame of reference in which we measure location is a different frame of reference from that in which we measure speed. This differs from classical physics where we talk about *the* frame of reference as if the space-time frame is the only frame we need to discuss whatever we choose to measure, be it location or speed. Along with the QM revolution that took place at the beginning of the 20<sup>th</sup> century, there was also the *relativity* revolution. In relativity theory, just as with Newton, all dynamics are described within a space-time frame. To consider the possibility that a speed (or, better, momentum) frame is distinguishable from a spatial frame requires a review and modification of relativity theory.<sup>2</sup> And in my opinion this is why it has been so difficult to construct QM in a way that is compatible with Einstein's theory of gravity.

As an example, consider the notion, common in physics, of a "rest" frame. In prequantum times this would mean a frame of reference in which the object was both at a fixed location (e.g., the spatial origin) and had no motion. This means that both location and momentum (zero) are determined. But in QM this is impossible because of the Uncertainty Principle! Rather, the absence of motion *demand*s that the object has no location and therefore it is not possible to specify an appropriate spatial frame. Instead, the observational context must be momentum, and the condition of vanishing momentum requires that the object is at the origin of a momentum frame, not a spatial frame. To talk about an object at rest means we have chosen to sit in a cave in which reality is observed as shadows on a wall that displays momentum, not position.

Next month I'll talk about how quantum probability theory differs from statistical probability theory. ■

<sup>1</sup> A frame of reference is like a map that enables you to specify the meaning of any variables you use to describe what you are seeing. For example, my spatial frame of reference might be a map of my surroundings, with my home at the center (the "origin") as this would enable me to give a meaning to the coordinates of any object in my surroundings, such as where I parked my car. Your frame of reference might put your home at the center of your map instead, and then in your frame, my car would have different coordinates.

<sup>2</sup> A speed or momentum frame is a map in which the coordinates of an object give its speed or momentum instead of its position.

# Electrifying the Park

## Let's Get More Electric Cars in the Park

by STEVE PLOCHER

PHOTOGRAPHS: JOHN FELD



The six all-electric cars of the nine electric and electric-hybrid cars in the Park.

I drive a 2017 Chevrolet Bolt, an electric car that has a range of over 230 miles. It is the best car I have ever owned. All three of my sons also drive electric cars. Why drive an electric car? They are very quiet, drive really smoothly, you don't have to shift gears as there is only one gear for all speeds, you never have to stop at gas stations again, no tune-ups, no oil changes, and best of all, you are being part of a solution to the problem of climate change and finite supplies of fossil fuels.

Some people may ask, "What about charging up, and what if you run out of charge?" When you get an electric car, a charger comes with it. This charger plugs into a regular 120V outlet at your home. It's called a Level One charger. Most folks will leave their car plugged in all night and they get about 2-3 miles per hour of charging; so that's about 25-35 miles each night. Of course, if you don't go anywhere that day, you can leave it plugged in until it's fully charged. If you only take local trips, that will usually be sufficient.

A good economical car for this would be a used Nissan Leaf, with a range of

about 75 miles. You can get them for under \$8,000. The little Fiat 600 is another one like that. There is one of each of these in our Park.

If you regularly take longer trips or want to use your electric car for a vacation trip, you will probably want a car with a good long range like my Chevy Bolt. I also have a Level Two charger at my home. It will give me the full 240 miles of charge in about 8 hours, but I'm never that low, so it usually takes 5-6 hours to get up to full charge. That charger uses 240V. I purchased it on the internet and had an electrician install it. I do mostly local driving and charge about once every two weeks.

But what if you travel? There is a network of chargers all across the country and up and down California, with phone apps to help you find them. They are usually Level Three chargers (using 440V), and they can provide 90 miles of charge in just 30 minutes. You pay with a credit card and get a snack, take a walk, or read a book while waiting. Not quite as fast or convenient as stopping at a gas station every 250 miles, but things are rapidly getting better, way better.

In another five years we will see electric cars that have ranges of over 400 miles and can get a full charge in less than 15 minutes. In another 10 years those cars will cost the same or less than gasoline cars. This is not just a possibility that may or may not happen. This is inevitable and is happening right now. All the major car companies including GM, Ford, Chrysler, Volkswagen, Toyota, Nissan, Honda, Mercedes, etc., are all planning new models of electric cars. China has more electric cars than any other country, and they are even planning on outlawing the production of gasoline cars in another 20 years or so. This idea has also been discussed in California.

You can learn a lot about electric cars from the website [www.insideevs.com](http://www.insideevs.com). Every day there are 5-10 articles about new electric cars, battery charging, trends in the industry, etc. It is the go-to place to keep up with the world of EVs (electric vehicles). You will also learn about electric buses, electric garbage trucks, electric motorcycles, planes, boats, etc.

Things are charging ahead. ■

# Interview

## Dr. IRV KATZ: Wise Guy

by JOAN NELSON

**H**ave you ever been surprised to recognize another Marin Valley resident as someone you knew long ago and maybe far away? It usually goes, “I knew you from somewhere, just can’t remember where or when.”

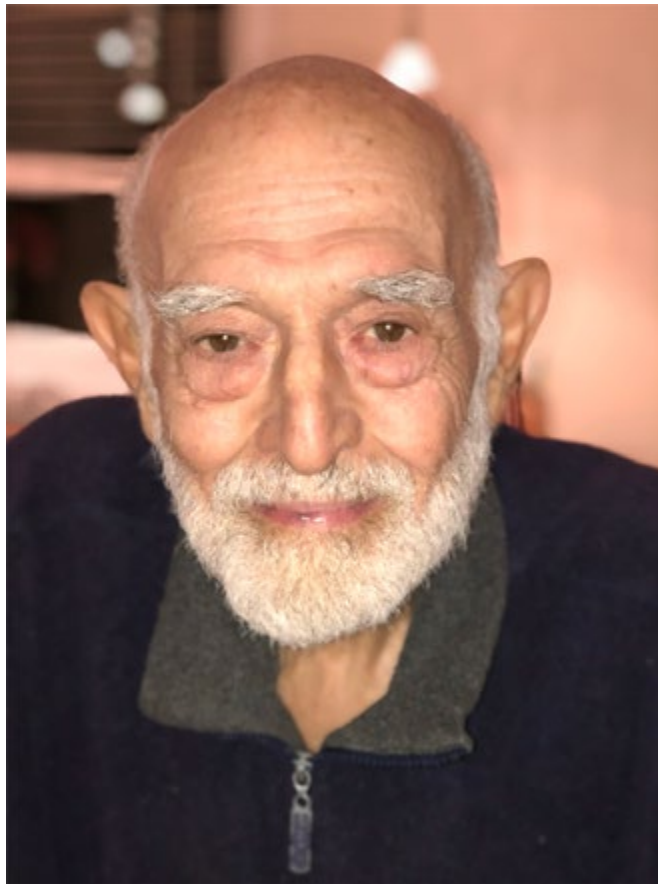
It happened to me when I first saw Irv Katz walking the neighborhood. As we exchanged pleasantries, I kept thinking I knew this guru/gnome-like “wise guy” from somewhere. I walked him home and continued to my own little “tin-can- alley” house, where it came to me: This was the same (yes, wise) guy who was my clinical psychology and hypnosis professor in Antioch University’s graduate program.

At that time, he already had a lengthy academic CV: B.A. (magnum cum laude) M.S., Ph.D. and a long list of honors as a scholar, faculty member, researcher, consultant, department director.

Lest you think of him as a stuffy academic, he has long been recognized as a major player in what started out as the “humanistic, new age, human potential movement.” (Think Carl Rogers, Fritz Perls, Milton Erickson’s hypnosis model and EMDR *Eye Movement Desensitization and Reprocessing*: a form of psychotherapy commonly used for

the treatment of post traumatic stress and other disorders).

Although he has lost or discarded many of his certificates of accomplishment, a long list remains. He is presently Chancellor



PHOTOGRAPH BY RON CITROEN

of the International University of Professional Studies in Maui, Hawaii ([www.iups.edu](http://www.iups.edu)). His super-supportive wife Inula is the Academic Dean. The university’s mission is to provide students with a mentor-based, individualized, nonresident, and self-paced alternative learning system, with a primary goal to produce competent professionals rooted in

deep self-awareness, sensitive to multicultural and global issues, and committed to serving humanity. The programs include customized degrees in Consciousness Studies, Counseling Psychology, Transpersonal

Psychology, and holistic and general health sciences. Canadian and US. students — mostly mid-career professionals working on masters and doctorate degrees — are spreading the awareness in Singapore, Africa, China, Europe, Mexico, Canada, and the U.S.

Fundamental to all this work is the philosophy of “changing the world by understanding and working with the individual and collective universal truth that we are all ‘One’.”

This understanding of “Oneness” was exemplified by a continuing education class that Irv taught recently in multi-cultural Hawaii, to a group of psychologists. After

articulating the differences between the Japanese, native Hawaiians, Caucasians, et al., he told the group to forget what he had just taught them. Why?

Because he wanted the therapists not to treat the patient as a “Japanese” individual, but rather as a whole person (Oneness) having a cultural background.

# Invasive Beetle Destroying California Oaks

This “Wise Guy” is acutely aware that if humanity is ever to get along with itself, we must “get-it” about the fact that we are One. When you stop to think about it, we, Irv’s neighbors here in our one-of-a-kind village, are in a perfect laboratory to experience oneness. We build community by knowing and helping our neighbors.

Our “Wise Guy” has come a long way since he started out in the South Bronx ghetto, October 7, 1929, just 22 days before the Wall Street crash. His mother was from Russia, his father from Poland. Along the way, his university trajectory included Michigan State University and a full, tenured professorship and Chair of the Psych Department at the University of Nevada, which he gave up because he wanted to move beyond the limited (now dated) scope of psychotherapy models. People advised him not to come to here because there were already too many psychotherapists. So he came to the Bay Area and became the therapists’ therapist, using holistic healing, hypnotherapy, and transpersonal psychology.

Six years ago, he and Inula discovered our over-the-hill enclave, where they relish the culture provided by the interesting and friendly members of the community, the management team, and the many fascinating committees that serve us so well. You might find him enjoying his garden, walking the relatively peaceful streets of the Park, playing ping-pong with Larry Cohen, or in the Jacuzzi, a warm, wet, wonderful place to meet your neighbor!

**W**hile California’s oak populations are under a new threat from an invasive beetle that is causing significant oak mortality in southern California, recent studies show the goldspotted oak borer (GSOB) is capable of surviving throughout the state, with about 13 million acres of oak forest at risk in California and beyond. Susceptible oak species are found throughout much of the state.

Researchers estimate more than 100,000 native oaks have died in San Diego county alone, since the beetle was first detected in 2008. This invasive pest has no natural predators in California.

GSOB attacks only oaks and prefers those in the red oak group mainly including coast live oak, *Quercus agrifolia*, and the California black oak, *Q. kelloggii*, which we have in the Park. It prefers mature oak trees but occasionally attacks smaller oaks. Typical damage associated with GSOB-infested trees includes crown thinning and dieback, bark staining on the main stem, bark injury from woodpecker foraging, and D-shaped emergence holes on the main stem and larger branches of the tree. After

several years of repeated bouts of larval feeding, tree health declines, and trees eventually die.

A large team of experts from federal, state and county agencies, as well as the University of California, are working on ways to contain and eradicate the pest. According to the CAL FIRE Southern California Invasive Pest Coordinator, “GSOB can easily be transported on infested firewood to much of California in a day’s drive,” adding “we’re not aware of any weather or climate conditions yet that would impair the borer’s ability to become established elsewhere. We’re greatly concerned.”

Experts think the beetle was introduced to California on firewood brought from its native habitat along the Arizona-Mexico border, and said it could have been in the state five to 10 years before detection. Natural spread rate at the edge of an infestation seems to be slow. The coordinator said “That’s the good news. The bad news is it has leapfrogged over long distances of susceptible oaks to get to other areas.”

The spread, aided by transporting infested wood around the state, continues.



*Adult goldspotted oak borer*

Taken from *Forestland Steward*, Fall 2017. For monitoring and treatment see [www.fs.usda.gov/Internet/FSE\\_DOCUMENTS/stelprd3833276.pdf](http://www.fs.usda.gov/Internet/FSE_DOCUMENTS/stelprd3833276.pdf).

# Peregrine Falcon

Article and Photography by DAVID GRAY

**T**he peregrine falcon (*Falco peregrinus anatum*) is a large and sleek falcon. The anatum subspecies is the one found in California; there are 19 total different subspecies of peregrines (also known as duck hawks) worldwide.

The peregrine is the fastest animal on Earth, having been recorded while stooping (diving) at 242 miles per hour in 2005. Their speed is so fast that their bodies are specifically adapted to allow for such extremes: their nostril tubercles are believed to be shaped to minimize the airflow at speed, which pressure would otherwise damage their lungs. Their nictitating membranes that serve as third eyelids allow tears to keep their eyes lubricated during their stoops.

The female is noticeably bigger than the male, by about 30 percent. Adult males can weigh as much as 2.2 pounds, but the female can weigh as much as 3.3 pounds.

The close-up of the falcon here is the female of a pair on the Sonoma Coast, south of Bodega Bay. Her mate landed on another outcrop nearby, and he was definitely smaller, and unfortunately, a bit blurrier. The photo of the peregrine overhead is from Point Reyes, and the peregrine launching into flight from a cliff



is from Oregon.

They live on cliff faces and on buildings (such as the PG&E building in downtown San Francisco). The female will scrape out a shallow hollow on a cliff ledge in which she will lay her eggs, but she uses no added nesting material other than whatever

sand or dirt or brush in which the nest is made. She lays a dark mottled-brown clutch of three to five eggs that are incubated primarily by the female for about a month. Peregrines become sexually mature at age one to three years, and they mate for life. They can live as long as 15 to 16 years.



They hunt other birds for food, mostly medium-sized birds such as pigeons and doves. The female pictured was eating a bird when my friend and I spotted her. I couldn't say what kind of bird was the prey; the peregrines count over 100 species of bird as their possible next meal,





including other birds of prey. In their stoop, they hit their prey with a foot clenched into a fist, either killing it or stunning it. They then quickly change course to catch the prey in midair.



Saved by UCSC biologists who recognized in 1975 the threat from the pesticide DDT in their prey, which had led to a thinning of their eggshells (thank you, Rachel Carson, author of *Silent Spring*), the peregrine has recovered to the point where it has been removed from the endangered species listing. ■

# FEBRUARY 2018

FULL MOON  
6:04 PM

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
4		5		6		7		8		9		10	
1-4 PM Mahjong <i>(Fireside Room)</i>	6-8+AM 6:30-8:30AM 9:30AM 10-11AM 6 PM 7:20PM	Trash Pickup Taiji <i>(Clubhouse Deck)</i> Low-Impact Exercise <i>(Fireside Room)</i> Aerobics <i>(Bamboo Rm)</i> MVEST Meeting <i>(Fireside Room)</i> Poor Man's Poker <i>(Card Room)</i>	6:30-8:30AM 10-11AM 11:15AM-2:00 PM 6 PM	Taiji <i>(McLam / Clubhouse Deck)</i> CHAIR Yoga <i>(John Marino / Fireside Room)</i> Craft and Chat <i>(Ballroom)</i> PAC MEETING MARDI GRAS <i>reservation deadline or after 140 reservations</i>	6:30-10-11AM 11 AM-1 PM 11:15AM-2:00 PM 6 PM	Taiji <i>(McLam / Bamboo Rm)</i> Whistlestop call <i>Roberta 415-883-0843</i> Craft and Chat <i>(Ballroom)</i> PAC MEETING MARDI GRAS <i>reservation deadline or after 140 reservations</i>	9:15 AM 6:15 PM 7:20 PM	QiGong <i>(Dove)</i> Silent Meditation <i>(Bamboo Room)</i> Film Night <b>DOOR TO DOOR</b>  Poor Man's Poker	6:30-8:30 AM 10-11AM 4 PM 5-7PM 7 PM 7:15 PM	Taiji <i>(McLam / Clubhouse Deck)</i> Aerobics <i>(Bamboo Room)</i> Canasta Pub Night <i>(Ballroom)</i> Board Game Night <i>(Fireside)</i> Bingo	7-9 PM COMMUNITY DANCE 		
11		12		13		14		15		16		17	
1-4 PM Mahjong	6 AM 6:30 AM 9:30 AM 10-11 AM 6 PM 7:20 PM	Trash Pickup Taiji Low-Impact Exercise Aerobics MVEST Meeting Poor Man's Poker	6:30 AM 10-11 AM	Taiji CHAIR Yoga	6:30 AM 10-11 AM 11 AM-1 PM 11:15 AM 6 PM	Taiji Aerobics Whistlestop Craft and Chat MAR VAL MEETING	9:15 AM 6:15 PM 7 PM	QiGong Silent Meditation Film Night <b>MAGNIFICENT SEVEN</b>  Poor Man's Poker	6:30 AM 10-11 AM 4 PM 5 PM	Taiji Aerobics Canasta Pub Night	MAR VAL MARDI GRAS 5 PM COCKTAILS/MUSIC 6 PM DINNER 		
18		19		20		21		22		23		24	
1-4 PM Mahjong	6 AM 6:30 AM 9:30 AM 10-11 AM 6 PM 7:20 PM	Trash Pickup Taiji Low-Impact Exercise Aerobics MVEST Meeting Poor Man's Poker  PRESIDENTS' DAY	6:30 AM 10-11 AM	Taiji CHAIR Yoga	6:30 AM 10-11 AM 11 AM-1 PM 11 AM 11:15 AM 3 PM 6 PM	Taiji Aerobics Whistlestop Bridge Craft and Chat Readers' Theatre HOL MEETING	9:15 AM 6:15 PM 7:20 PM	QiGong Silent Meditation Poor Man's Poker	6:30 AM 10-11 AM 4 PM 5 PM	Taiji Aerobics Canasta Pub Night			
25		26		27		28		March 1		2		3	
1-4 PM Mahjong	6 AM 6:30 AM 9:30 AM 10-11 AM 6 PM 7:20 PM	Trash Pickup Taiji Low-Impact Exercise Aerobics MVEST Meeting Poor Man's Poker	6:30 AM 10-11 AM	Taiji CHAIR Yoga	6:30 AM 10-11 AM 11 AM-1 PM 11:15 AM 4:30 AM	Taiji Aerobics Whistlestop Craft and Chat Book Club — <i>Amor Towles' A Gentleman in Moscow, 122 Sunrise Lane</i>	9:15 AM 6:15 PM 7 PM 7:20 PM	QiGong Silent Meditation Film Night <b>THE MASK</b> Poor Man's Poker  FULL MOON 6:12 PM	6:30 AM 10-11 AM 4 PM 5 PM	Taiji Aerobics Canasta Pub Night	7-9 PM COMMUNITY DANCE 