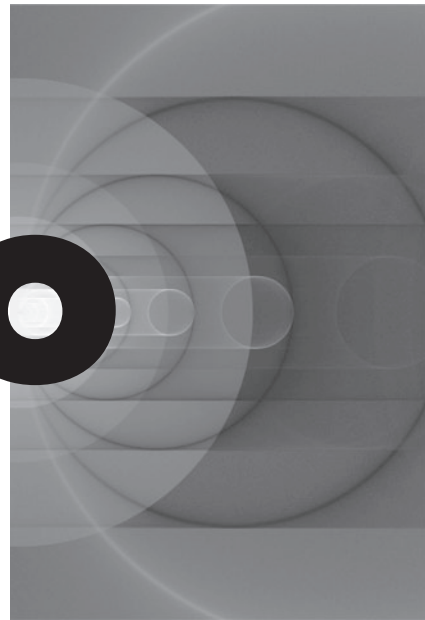


T H E **ECHO**

FEBRUARY 2015



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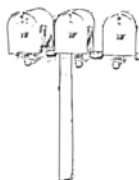
from the Editor

Thank you, MarVal and HOL, for sponsoring all the holiday festivities. The New Year's dance was again a fun, and effortless way to get in shape, keep all the parts moving, relax, and have a good time. We will be having more dances after pub night from time to time. So stay tuned and watch the front counter for notices about when to stay after pub and keep moving.

This month we welcome **Mike Krupp**, who will be pointing out major events happening in the sky each month to help us spot the celestial activity moving nonstop right over our heads. With a monthly column, he joins **Bill Noble**, who takes us on a magical journey through nature; **Michael Hagerty**, **Marianne York**, and **Suzie Lahr**, who keep us in perspective; **Mike Holland**, with his bi-monthly guide to the beautiful surroundings to explore; along with all the heads of organizations, **Jay Shelfer**, **Nancy Bingham**, **Kathleen Dargie**, **Matt Greenberg** and the MVEST team, who all keep us informed every month. Watch for interviews of park members starting next month with interviewers, **Zoe Walton**, **Serena Fisher**, **Marianne York** and **Pia Andersson**. What a great team! Want to join?

New Residents

Patricia Higgins
Richard Wilkerson
2 Fallen Leaf
415-751-5128



Mail



MISSING STATUE

On Wednesday, January 7, between 11:30am and 4:15pm this statue, sadly went missing from an area next to my front door!

I live at 8 View Ridge Drive and would appreciate any information that might help me to recover this statue, which is very special to me.

A blue car was seen in the area, and a woman was driving it, but that's about all we know at this point. She may have nothing to do with the loss, however.

A police report has been filed.

A reward will be given if the statue is returned, no questions asked.
415-827-9793

Thank you.

Michele Rivers



Dieter Domke
55 Club View Drive
January 6, 2015

MARIN VALLEY MOBILE COUNTRY CLUB
100 MARIN VALLEY DRIVE
NOVATO CA 94949
415-883-5911

EDITOR **Erma Wheatley**
COPY PROOFING **Carol-Joy Harris**
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mobillhomeboard.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
VICE PRESIDENT **Desiree Storch** 415-250-7297
SECRETARY **Mike Hagerty** *mrhagerty@ucdavis.edu*
TREASURER **Larry Cohen** 415-883-7786
AT LARGE **Tom Miller** 415-244-5413

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VICE PRESIDENT ACTIVITIES AND EVENTS **Carolyn Corry**
415-370-6403
RECORDING/CORRESPONDING SECRETARY
Miriam Dvorin-Spross 415-884-0607
TREASURER **Gwendolyn Morgan** 415-475-2629

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DIRECTOR **Dee Schneider** 415-883-4182
DIRECTOR/BAR MANAGER **Fred Dargie** 884-2649
DIRECTOR/RESERVATIONS **Carolyn Corry** 506-2335

Please email all articles to the editor, with the word "ECHO" as the first word of the subject line and a copy of the article in the body of the email to:

ermawheatley@gmail.com

Images and photographs should have a resolution of 300 ppi (pixels per inch.)

Everything is due the
10TH OF THE MONTH OR SOONER
for the following month's edition.

Letter to Residents

Dear Residents,

The finances of MVMCC continue as expected. The maintenance budgeted funds will be shifted to enable the installation of new shut-off valves before the gas meters at each home. This is scheduled for early this year with approval from the city council.

Matt Greenberg, our manager, is continuing the ongoing maintenance of the Park trees and shrubs. I hope you all have noticed the difference and appreciate his attention to this subject. In the past month a lot of attention has been paid to diverting the rains off the property by installing French drains and repairing retaining walls. As is often the case, there are ongoing issues with driveways, electrical lines, and clubhouse maintenance as this work continues, which Matt and staff are readily handling.

According to the city, there is progress on the clubhouse elevator, with final designs and budget issues to be resolved in the near future. When the designs are available and the budgeting of this increasingly expensive project firms up, we shall post them and ask for your comments. We are expecting to meet with city staff this month and get a more transparent view of expenses billed to MVMCC by the city.

We have in hand the revised clubhouse rental and the revised tree policies after review by the city's staff. These revised policies will be posted on PAC's bulletin board in

the clubhouse. HOL, MarVal, and PAC will review and pass them back to the city for city council acceptance, and then they will be properly noticed to residents.

Possible good news is the Mobile Home Park Utility Upgrade Program. This is a three-year pilot program for voluntary conversion of electric and natural gas master-metered service to mobile home parks and manufactured housing communities to direct service by electric and or gas corporations. This appears to mean that they would replace our aging gas and electric infrastructure at no cost to us. This is being closely looked at by management, PAC, and city staff.

The budget for next year is beginning to be prepared. Please advise members of the various boards, or mail or email the PAC office your suggestion. For questions you would like brought forward to the city staff, please contact us by phone or mail to the PAC office.

Please join us at the February meeting.

**Wednesday, February 4, 7:00 p.m.
Fireside Room**

Until next month—

In service,



Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com

Management Report

Welcome to 2015

Please be advised, multiple residents have received phone calls from individuals representing themselves as "IRS" "FBI". After their introduction and commentary, questions begin regarding private information and questions. This is a SCAM. We do not know what they want, but please contact the front desk prior to providing any information to callers so we can report this to the police.

Do you store an RV in one of our lots? Please do not store personal items or leave miscellaneous items under or around your RV.

Any questions or concerns with your PG&E services should be provided to our maintenance staff, not PG&E. We are our own utility company.

MVMCC management would like to extend a thank you to Lynn Wallace for arranging for the contribution of \$1950 towards the new standby generator. This money was used for permit fees and filling the propane tank as a secondary fuel source during an emergency.

Final draft of the new tree policy and clubhouse guidelines has been received from city staff for management review.

City staff is currently discussing the process for the revision of all Park rules and regulations. More information regarding these changes will come from the next PAC 2x2 meeting.

Thank you,



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

HOL

Message from Homeowners' League

We are on our way with this year! We are so lucky to live in such a wonderful environment with so many good friends around us. Be sure to check the activity calendar for all activities you can take advantage of and enjoy.

During this month a meeting of the Commission on Aging will be held in the clubhouse. Please check the ECHO for further details.

Along with MVEST, HOL is currently researching how many residents want and will attend CPR training. There will be a signup sheet on the front desk to give us an idea of how many are interested. This will be a longer class so that the residents taking it can be certified with the Red Cross. Please sign up for this important training.

We know that we are beginning to sound like a broken record (how many of you remember records?) But we all need to be responsible for our

individual spaces such as keeping our carports and porches clear of unnecessary junk. Management provides dumpsters for our use. Use this service to clear out junk or unused items. Yard waste such as rocks and gravel needs to be disposed of at the residents' cost.

The phone tree is active and well. HOL is looking into having an automatic activation under the control of park management to notify residents of immediate messages. This will save many hours of notifications.

During the holidays we have had complaints of children playing unsupervised during clubhouse gatherings. Please, if you are planning a gathering that may involve children under 18, make sure that the adults understand that children are to be under the supervision of the sponsoring resident.

We have many very important issues being brought to our attention this year. We need all of your support during the coming months. If you have a computer (or you can use the computer in the clubhouse library), log on to the park website (www.mvmcc.com) to check the HOL and PAC pages for the latest information.

**Wednesday, February 18, 7 p.m.
Fireside Room**

We look forward to having you attend. You will have an opportunity to express your concerns and suggestions. You will be heard.

Thank you,



Nancy Bingham
HOL PRESIDENT
nancybingham@msn.com
(415) 883-7879

MARVAL

Message from MarVal

Dear Friends,

Now that we have celebrated our first party of 2015 with the Scottish Night, we will pause to acknowledge Valentine's Day at Pub on Friday, February 13, and then proceed to honor the

Irish at our St. Patrick's Day Dinner, Saturday, March 14, 2015. The cut-off for St. Patrick's is Wednesday, March 11, or whenever we reach the 140 reservation maximum, whichever is first.

As we continue to state, MarVal is both dependent

on and extremely grateful to all of you who volunteer your services. I believe, therefore, it is appropriate to take this opportunity to again thank Edgar Furlong, who willingly offered his assistance when MarVal was in need of a chef for our Scottish Dinner.

We are indeed fortunate to belong to so generous a community.

With warmest regards,



Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com



Go Bag, Go!

by John Feld

By failing to prepare, you are preparing to fail. Benjamin Franklin

Preparing for an emergency is a way to confront head-on what could have been a catastrophe and turn it into, let's say, something workable. While the chance of a zombie apocalypse is improbable, a fire or earthquake is not. The hardest part of preparing is *starting*, especially when it takes relatively little effort to get things in order.

One of the most effective preparations is to make a "Go Bag." Parents of small children know this well. They never go out without all the necessary items, which they keep ready.

You won't need to pull around a U-Haul truck with all your gear or carry huge cases of stuff for an emergency. A Go Bag should be an easy-to-carry container such as a backpack or suitcase on wheels. It should be stored year-round in an easily accessible place in case you have to leave your home suddenly. (We have ours in the trunk of our car.)

Although everyone's needs are slightly different, here are some basics:

- **Copies** of important documents, (not the originals) such as **insurance cards, house deed, photo IDs, passport, bank information, physician, contact information, family contact information.** Best to keep these in a **waterproof container**
- Contact and meeting place information for your household
- Cash (\$50 to \$100, in **small bills**)

- An extra set of car and house **keys**



- An **LED flashlight** and spare **batteries**

- Lightweight, waterproof **blankets** or plastic **ponchos**

- **Matches** or **lighter**



- A **first aid kit** with a **list of medications** each member of your household takes and dosages.

Store extra **medication** in your Go Bag and refill it before it expires.



- Personal hygiene items such as **soap, toothbrush, and toilet paper.**

- Battery-powered or hand-crank **radio**



- **Whistle** to signal for help

- **Pocket knife**



- **Rain gear**



- **Dust masks,** to help filter contaminated air.



Plastic sheeting and duct tape to shelter-in-place

- **Moist towelettes, garbage bags and plastic ties** for personal sanitation

- **Cell phone charger**



- A **wrench or pliers** to turn off utilities

- A **can opener**



- A complete change of clothing, including a **long-sleeved shirt, long pants** and sturdy **gloves** and **shoes**

And, of course, **food** and **water.** The food in your Go Bag does not have to last for very long, but you should also have food and water stored in a shed or outside container in case we have to shelter in place (remain in the Park).



Most of us already have these in our home right now. And it can easily fit into a small carry-on style bag.

Food and water can be recycled each year by donating it to a charity and deducting the cost from your taxes.

This sounds like a lot, but it's better to have it and not need it than to need it, and not have it.



There are extensive and very informative to-do items for emergency preparedness on the MVMCC website (www.mvmcc.com/echo.htm) put together by the MVEST Personal Preparedness Group. Well worth the read.



by Suzie Lahr

Dear Artists,

I hope your holidays were filled with joy and you are enjoying the beginning of our 2015 new year!

The next Art In The Park meeting will be

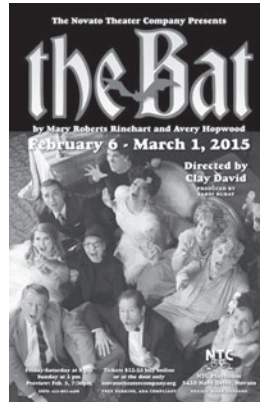
**Thursday, February 12 at 5 p.m.
in the Fireside Room.**

I have delayed our Art In The Park meeting from January until the beginning of February, and look forward to seeing all of you there. I also wanted to have this next meeting announced in the February *Echo* to attract any new artists that might have moved into the Park. Please bring any ideas you have, and please bring to the meeting any new resident artists you know who might join us this year.

I am really looking forward to joining you this year to give the gift of displaying your art and your talents to our fellow residents. Please don't hesitate to email me at suzielahr@aol.com or call me at 884-9611 if you have any questions, thoughts or ideas or just want to say hello!

Warm wishes,
Suzie

OUT & ABOUT



The Bat

Novato Theater Company
5420 Nave Drive

February 6 – March 3

PREVIEW (\$15):

Thursday • February 5 • 7:30 p.m.



Make a Book

**Sunday • February 9
12 – 3 p.m.**

Ms. Carly will demonstrate several different styles of bookbinding. Basic techniques and stitches will be taught. All supplies included. Create accordion-style, single-sheet book, and pamphlet stitch.

Studio 4 Art, 1133 Grant Street, Novato
Preregister: 415-596-5546, or email studio4artmarin@gmail.com, \$40

Living with Early Memory Loss for Persons with Early-Stage Dementia and Their Care Partners

Wednesday • February 11 • 1–3 p.m.

Alzheimer's Association
4340 Redwood Hwy, Conf. Rm. F-138
San Rafael

A simple phone screening and preregistration is required to attend.
415-472-4340. Free

Maximizing Your Memory

Saturday • February 21 • 1 – 2:30 p.m.

AlmaVia of San Rafael
515 Northgate Drive, San Rafael

Worried about your memory? This free informative program will focus on differences between normal memory loss and dementia, as well as tips and strategies for improving memory. For caregivers, family members, and those with early-stage memory loss.

Preregister: 415-472-4340



Legends of the Bay Area: Lawrence Ferlinghetti

February 28 – April 5

Opening Reception

Sunday • February 28 • 5 – 7 p.m.

MarinMOCA
Marin Museum of Contemporary Art,
500 Palm Drive, Novato

Notices

Zroom, Zroom, Zroom!!!

Residents leaving the park *early* in the morning:

PLEASE DRIVE QUIETLY
Motorcycles and cars going up and out Marin Valley Drive might ease back on the throttle and drive as quietly as possible. At this time, many folks are still sleeping, and that area amplifies engine sounds. The roadway seems to act as an amphitheater and focus these sounds down into nearby homes.

FOR SALE: Great work truck!
2003 Ford F150, V-8 SuperCab, green, 189,000 miles. Runs great. Full rack on rear, bed liner. Serviced at Novato Ford. Some dents and scratches/driver's seat rip. New smog, tags. \$3500—way under *Blue Book*. Contact John. 415-884-2675

The Starry Messenger

by Mike Krupp

The “Starry Messenger” is the title of the small book in which Galileo first described what he had seen through his telescope: things that no man had ever seen before, such as mountains and craters on the Moon, and Jupiter’s four bright, star-like moons.

This column won’t be quite as earth-shaking as Galileo, but if you enjoy following the motions of the planets, or seeing eclipses of the moon, I hope you will find it useful. It will give dates for interesting events involving the planets and the moon. All events can be seen by the naked eye, but a good pair of binoculars makes the experience richer.

The first half of 2015 will be rich in evening stars as Venus, Mars, Mercury, and even Jupiter shine in the Western sky. Every month the moon will pass near the bright planets; I think that the new moon next to brilliant Venus in the evening sky is very beautiful indeed. In June Venus will be coming closer to us and will be especially bright. Good binoculars can reveal her looking like a crescent moon that gets larger and thinner from night to night.

There will be two eclipses of the moon, in April and September. There will be five meteor showers appearing in dark skies that give a better chance of seeing a shooting star. There will be three “supermoons” late in the year when the full moon will be unusually large. There will be eclipses of the moon in April and September.



Galileo's *Sidereus Nuncius: Starry Messenger*

It's going to be a busy year.

February

Venus is an evening star through July; **Mars** is an evening star through April. **Mercury** is the morning star until late March.

Jupiter, which starts the month close to the full moon, is by far the brightest point of light in the night sky.

Feb 2-4: The full moon passes close to Jupiter and gives a spectacular show.

Feb 3: Full moon, called the Full Snow Moon or the Full Hunger Moon by early Native American tribes because deep snows made hunting difficult.

Feb 6: Jupiter at opposition: a line from the sun through the Earth would point straight at Jupiter. This is our closest approach to Jupiter this year and the big guy will be at his brightest. He will rise at sunset and set at sunrise and will be by far the brightest point of light in the sky.

Astronomical plum: the full moon can visit only the outer planets (Mars and Jupiter being the easiest to see) and then only when the planet is near opposition and therefore unusually bright.

Feb 11 through March 3: Venus and Mars will be very close together (in conjunction) in the Western sky near sunset.

Feb 19 to Feb 22: See if you can see “the old moon in the new moon’s arms.” This is another astronomical plum and is fairly common for the first few days of the new moon. The crescent of the new moon is brightly lit by the Sun, but if conditions are good you can see the dark side of the moon lit very faintly. But what illuminates the dark side of the moon? Sunlight reflected from the Earth, of course. The sunlit face of the Earth is effectively a full “moon” shining on the new moon.

Feb 20: The new moon passes close to evening stars Venus and Mars.

Feb 22 Venus and Mars are in conjunction: they appear especially close to each other, separated by about the width of the full moon.

Feb 23: Mercury is brightest as the morning star and rises the earliest.

“Live Long, Live Well”

Making Your Last Wishes Count

by Michael Hagerty, Suzie Lahr, and Marianne York

In recent months we wrote about how to protect yourself from falls, where to get the vial of life, a medical alert device, and how to fill out your health care proxy. These will keep you healthy as long as possible. But there comes a time when there is nothing more that medical science and healthy living can do for us, and we must think about planning a “good death” for ourselves and our loved ones.

Over 70% of Americans consider a “good death” as dying without pain, at home, surrounded by loved ones. We can’t always achieve all those things, but planning ahead will help tremendously, and having written instructions to your family and your proxy is essential.

The “Five Wishes” form, which has been featured in *Time* magazine is a good example of written instructions. You can cross out anything you don’t want, and write in any additional wishes you have.

Wish 3 clarifies that you do not want to be in pain.

Wish 4 states that you want to die at home if possible.

Wish 5 states that you want family and friends to remember you with love, and to make peace with each other.

(A copy of all the Five Wishes are available in the clubhouse library, where you can make copies for your personal use.)

The end of life can be a time to draw family and friends together and can help make a meaningful life. But it takes planning, making written instructions, and talking with your family about your last wishes.

In contrast, many Americans die in hospitals surrounded by strangers, with family unsure of what to do because you haven’t prepared them. Dr. Atul Guwande of Harvard Medical School warns that “we in medicine inflict deep gouges at the end of people’s lives” because hospitals don’t make sufficient room for family and meaning.

So plan to make yours a “good death”, use written instructions, and talk with your family.

Notable and popular books focused on ‘end of life’ issues and early onset dementia:



Still Alice

Lisa Genova

Gallery Books, 2014

Still Alice, now an award-winning 2014 film starring Julianne Moore, is a compelling

novel about a 50-year-old woman’s sudden descent into early onset

Alzheimer’s disease, written by first-time author Lisa Genova, who holds a PhD in neuroscience from Harvard University.

Alice Howland, happily married with three grown children and a house on the Cape, is a celebrated Harvard professor at the height of her career when she notices a forgetfulness creeping into her life. As confusion starts to cloud her thinking and her

memory begins to fail her, she receives a devastating diagnosis: early onset Alzheimer’s disease. Fiercely independent, Alice struggles to maintain her lifestyle and live in the moment, even as her sense of self is being stripped away. In turns heartbreaking, inspiring, and terrifying, *Still Alice* captures in remarkable detail what it’s like to literally lose your mind.

**Now on local and national
best seller lists**

Being Mortal
*Medicine and What
Matters in the End*

Atul Gawande, MD.
Metropolitan Books,
2014

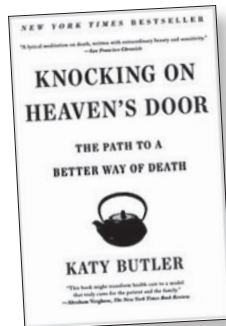
In *Being Mortal*,
bestselling author

Atul Gawande tackles the hardest
challenge of his profession: how
medicine can not only improve life
but also the process of its ending.

Medicine has triumphed in modern
times. But in the inevitability of aging
and death, the goals of medicine seem
too frequently to run counter to the
interest of the human spirit. Doctors,
committed to extending life, continue
to carry out devastating procedures
that in the end extend suffering.

Gawande, a practicing surgeon,
addresses his profession's limitation,
arguing that quality of life is the
desired goal for patients and families.
He offers examples of freer, more
socially fulfilling models for assisting
the infirm and dependent elderly,
and also explores varieties of hospice
care to demonstrate that a person's last
weeks or months may be rich
and dignified.

Full of eye-opening research and
riveting storytelling, *Being Mortal*
asserts that medicine can comfort and
enhance our experience even to the
end, providing not only a good life
but also a good end.



***Knocking on
Heaven's Door***

*The Path to a
Better Way to
Death*

Katy Butler,
Scribner, 2013

This bestselling
blend of memoir and investigative
reporting—hailed as a “triumph” and
a *New York Times* “Notable Book of the
Year” ponders the “Good Death” and
the forces that stand in its way as Butler
faces her parents’ lives and deaths.

She travelled thousands of miles to be
with her seventy-nine-year-old father
after he suffered a crippling stroke. She
saw his life of suffering prolonged by a
pacemaker, which kept his heart going
while he slid into dementia, near-
blindness, and misery. When he said, “I’m
living too long,” mother and daughter
faced wrenching moral questions. Where
is the line between saving a life and
prolonging dying? When do you say to
a doctor, “Let my loved one go?”

As doctors refused to disable the
pacemaker, subjecting her father to
a lingering death, Butler set out to
understand the cultural forces that
transform dying from a natural process
to an expensive and emotionally
draining ordeal. Her mother, faced with
her own grave illness, rebelled against
her doctors and met death head-on.

Part memoir, medical history, and
spiritual guide, it shows a broken
medical system, which creates more
suffering than it prevents. This visionary
memoir is inspiring passionate
conversations about lighting the
path to a better way of death.



Fall Prevention

P R E S E N T A T I O N

You are invited to a public
talk on Fall Prevention
Thursday • February 12

10-11:00 a.m. • Clubhouse Ballroom

presented by the Marin County
Commissioners on Aging. The
speakers, Ruth Ramsey and Novato
Fire District Battalion Chief Ted
Peterson, will discuss how to:

1. Identify typical characteristics of
older adult fallers who come into
contact with first responders.
2. Better understand the experiences
of older adult fallers who come into
contact with first responders, and of
first responders assisting older adults
who have fallen.
3. Consider strategies to help reduce
falls and fall risk in older adults,
and to improve encounters between
older adults and first responders.

The Marin County Commission on
Aging will be having their monthly
public meeting at our clubhouse.
Their business meeting follows
at 11:15 a.m. The commission, a
23-member federally mandated
advisory council to the Marin County
Board of Supervisors, works closely
with the Aging and Adult Services
on behalf of Marin's older adults.
Commissioners are appointed to
three-year terms. Last year one
of our residents, **Marianne York**,
was appointed by Judy Arnold to
represent District 5.

Commission meetings are
normally held at various locations
throughout Marin.



PHOTO: ERMA WHEATLEY

A Walk on the Winter Side

by Bill Noble

Up early to blue-crystal skies and shivery wind, with the intention of trekking the wild side . . . well, the wilder side . . . of our park. I hang binoculars around my neck, pull my wool toke down over my ears, and grab my walking poles. First stop, the frog ponds.

The sun slants across the hay fields; Mount Diablo's double peak looms eastward, across the Bay. From Sunrise Lane, I skirt the first pond on the SMART-track side and startle a Wilson's snipe out of the wet rushes at my feet. It zig-zags away, low and fast.

The teasel patch: not all its seed scattered over the summer, and now thousands of fresh green seedlings are sprouting, doomed, in the spiny seedheads. A flock of lesser goldfinches and pine siskins tips and dangles, ignoring me as they extract the last seeds.

At the rim of the second pond, the sharp chip of a skulking Lincoln's sparrow, annoyed, maybe, at my intrusion. Four emerald-topped mallards skitter overhead, northward over the marsh, then twisting away toward Las Gallinas. No egrets, no herons, but a female kestrel—a jay-sized falcon—its upright on the summit of a willow. Lots of fresh gopher earths scattered here and there on the soggy ground. Redwing blackbirds make their musical splutters, a jay complains, one of the clubhouse ravens spirals into the blue sky.

Next, I start up the pipeline at the breezy end of Fallen Leaf. Individual

leaves from the black oaks rocket along, wind-driven as birds. One of the redtailed hawk pair thinks for a moment about landing on the high-tension tower, but decides I'm too close, and soars on over the baylands.

On the ridge, I can just reach a sprig of mistletoe to bring home; I'll beg a kiss from my sweetie. A few steps on, I find the first wildflower of the season—a single, just-open white milkmaid. Spring is on the march!

As I plod up a steep dozer track from a years-ago fire, a second falcon: the young merlin who's been ghosting around the park, hunting sparrows. And then, by the big twin water tanks, the road is littered with big brown oak galls, washed down and bounced along the ruts after the storms of mid-December. These galls are hollow balls supported by internal struts; last summer they were the home of tiny insect larva who pirated the biochemistry of the trees to make a home for themselves.

On the brief stretch of asphalt by the tanks, where the sun hasn't reached, wet deer tracks (a doe and two of last-summer's children) and the dinosaurian tracks of a turkey herd.

Time for a delight: this sheltered south side of the hills is sunny and springlike. In the air, several dozen violet-green swallows scrawl morning messages across the sky, and down on the steep green grass under the oaks is a little snowstorm of yellow-rumped

warblers, bluebirds and juncos, flitting here and there. The bluebirds make soft, sweet sounds, while the juncos and warblers flash their white tail feathers—little flurries of birds every time a dozen or two of them move.

At the very tip-top of the ridge, a couple of hundred feet above the "pass" on Marin Valley Drive, fresh coyote scat.

Then I drop down the fire road, back toward civilization. Acorn woodpeckers. Superb views out over the Hamilton wetlands to the Napa hills. The great December flush of mushrooms is past; nothing much left besides sodden toppled towers. But the mosses and lichens! Forget traveling to the Amazon; take a visual plunge into the multicolored rainforest on the trunk of every single ancient tree on our hills—every imaginable shade of green from the mosses, and the fat winter lichens resplendent in blue-gray, ochre, sienna and a hundred other colors.

I stump down the hill toward home. Every car that passes waves. I chat with a neighbor who's walking a rescue greyhound for a housebound friend. I look for Jay Shelfer at the clubhouse, holding office on the garden bench, but I guess it's too cold and windy—no Jay. Everybody's smiling today, in and out of the clubhouse, along the streets, racing to exercise class.

Back home with my mistletoe. A three-mile hike, a whole lot of fresh air, and enough neighborly smiles to take me through the day!

February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1-4 PM Mahjong 5 PM Free Form Dance & Movement	6-8 AM Trash Pickup 9:30 AM Aerobics 7:20 PM Poor Man's Poker	5:45-6:45 PM Meditation 5:52 PM	10 AM-2 PM Craft Group 11 AM-1 PM Whistlestop 7 PM PAC MEETING	9:15-10:15 AM Qi Gong with Dove 6:30-7:10 PM Silent Meditation 7:20 PM Poor Man's Poker	4 PM Canasta 5-7 PM Pub Night	10 AM Pre-Tai Chi with Jay
8	6-8 AM Trash Pickup 9:30 AM Aerobics 7:20 PM Poor Man's Poker	5:45-6:45 PM Meditation	10 AM-2 PM Craft Group 11 AM-1 PM Whistlestop 7 PM MAR VAL MEETING	9:15-10:15 AM Qi Gong with Dove 10-11 AM Fall Prevention 5 PM Art in the Park Meeting	4 PM Canasta 5-7 PM Pub Night 7:15 PM Bingo	14
15	6-8 AM Trash Pickup 9:30 AM Aerobics 7:20 PM Poor Man's Poker	5:45-6:45 PM Meditation	10 AM-2 PM Craft Group 11 AM Ladies' Bridge 11 AM-1 PM Whistlestop 7 PM HOL MEETING	9:15-10:15 AM Qi Gong with Dove 6:30-7:10 PM Silent Meditation 7:20 PM Poor Man's Poker	4 PM Canasta 5-7 PM Pub Night	21
22	6-8 AM Trash Pickup 9:30 AM Aerobics 7:20 PM Poor Man's Poker	5:45-6:45 PM Meditation	10 AM-2 PM Craft Group 11 AM-1 PM Whistlestop	9:15-10:15 AM Qi Gong with Dove 6:30-7:10 PM Silent Meditation 7:20 PM Poor Man's Poker	4 PM Canasta 5-7 PM Pub Night	28