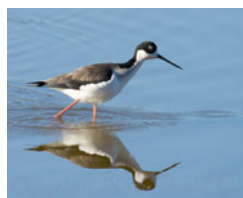


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ECHO

JANUARY 2018

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Did You Find Your Name?

Make Sure You Are Part of the Community!

Please 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

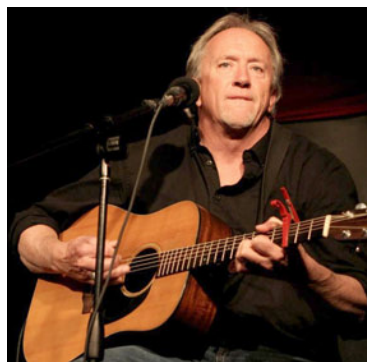
New Resident

Christiane Cohen
104 Sunrise Lane
415-518-3431
ccohenart@gmail.com

Mar Val Schedule 2018

Saturdays unless indicated

- January 20** *Scottish Night*
- February 10** *Mardi Gras*
- March 17** *St. Patrick's Dinner*
- April 21** *Volunteer Appreciation*
- May 4 (Friday)** *Cinco de May (Pub)*
- May 28 (Monday)** *Memorial Day BBQ*
- June 16** *Jazz Brunch*
- July 4 (Tuesday)** *BBQ*
- August 18** *Luau*
- September 3 (Monday)** *Labor Day*
- October 27** *Black Cat/Halloween*
- November 17** *Thanksgiving Dinner*
- December 15** *Holiday Party*
- December 31 (Sunday)** *New Year's Eve*



Bill Hartwell Performs Here at Marin Valley

**Sunday, January 28
3 - 5 pm • Clubhouse**

- Country-folk singer-songwriter Bill Hartwell primarily performs in Southern California, but his gigs have taken him from coast to coast. His performances over 30 years include original songs from his five CDs.
- Bill is an old friend of residents Charlotte Kells and Lee Dunne, who are sponsoring this free event for our community.
- Light refreshments will be served.
- Check him out at billhartwell.com

THE ECHO JANUARY 2018

MARIN VALLEY MOBILE COUNTRY CLUB

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NOVATO, CA 94949
415-883-5911 / 415-883-1971 FAX
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A PUBLICATION OF MHB Group Region 8
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MV PROJECT PLANNING	John Hansen, John Shelfer

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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

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

DEADLINE

Everything is due the 8th of the month or sooner for the following month's issue.

Letter to Residents

Greetings from the PAC Board.

Our finances are in order.

Marin Valley is operating within our anticipated budgeted capital, and anticipated maintenance issues are being dealt with.

Both Management and the PAC are focused, on developing a defensible living environment for our homes. The work on the slope behind the clubhouse above Club View has been slated now to begin in January. We are asking the City for that area to be winterized in the event of early or strong rainfalls in the interim.

Management is organizing repairs on other areas where drainage has caused problems. Funds have been appropriated, and work can be overseen internally.

ADA-compliance work on the area surrounding the clubhouse for city-owned buildings will begin next year.

In service,



Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com

Management Update

Happy New Year: 2018!

Winter weather advisory:

Clean out your rain gutters to provide clear drainage for your roof and downspouts.

Keep extra flashlight batteries in a kitchen drawer that you can easily get to.

Store your garden umbrellas, and secure any lightweight furniture and yard items that can be blown away or damaged from wind or rain.

Keep several bottles of clean drinking water on hand.

Register to be notified for emergency alerts at www.alertmarin.org and www.nixle.com

If the power is out, battery-operated radios are handy for weather updates.

Stock up on food and up-to-date meds.

Sandbags are free from the Novato Corporation yard (**550 Davidson Street**), although you need to fill them yourself.

Please remain vigilant regarding strangers or people whom you do not recognize in the Park. Keep a watchful eye, and report suspicious activity. Unattended packages delivered to your front porch are attractive to those who may want to steal them.

While you are walking your dog or just exercising at dusk or after dark, please wear reflective clothing so drivers are sure to see you.

The pool heater is off for the winter, but the spa is 103°.

Thank you,



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

Message from Mar Val

Dear Friends,

The Board of Mar Val joins in wishing all residents of Marin Valley a very happy and healthy 2018. Further, we wish to again thank you for the support you demonstrated in ensuring the success of our social events in the past year.

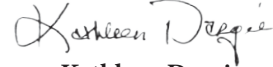
As is our tradition, we will begin the new year with **Scottish Night**,

scheduled for **Saturday, January 20, at 5 pm**. This is your opportunity to enjoy a delicious dinner while listening to a Scottish bagpiper and singing along to familiar Celtic tunes.

While full information will be included in next month's *Echo*, we are giving advance notice of our **Mardi Gras** celebration, which will take place on **Saturday, February 10**.

The cut-off date for reserving your place at the party is Wednesday, February 7. Please mark your calendar to make certain you do not miss this delightful event.

With warmest regards,



Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com

MAR VAL
presents
SCOTTISH NIGHT
January 20, 2018 ■ 5PM Cocktails ■ 6PM Dinner

Menu

Salmon or Vegetarian Lasagna
Roasted Potatoes
Salad
Dessert

Reservation deadline is January 17 at 5PM or when 140 reservations have been received.
For questions, please call Carolyn Corry at 415-370-6403.

SCOTTISH NIGHT RESERVATION FORM

Please circle entrée choice

RESIDENT _____	Salmon	Vegetarian
RESIDENT _____	Salmon	Vegetarian
GUEST _____	Salmon	Vegetarian
GUEST _____	Salmon	Vegetarian

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

Reservation deadline — January 17, 2018 at 5PM or when 140 reservations have been received.
For questions, please call Carolyn Corry at 415-370-6403



Be Prepared

by JOHN FELD

On a recent trip up to Santa Rosa to visit the burn areas from the Tubbs Fire, I heard of a homeowner who showed an insurance adjuster the burnt-out wreckage of his home. He said his car had been in the driveway at the time of the fire, but there was no charred chassis of his car. The insurance man told him he could not include the car if it was not there, and that perhaps he should report it stolen. Just then the ex-homeowner saw his car four lots away, facing nose-down in someone else's yard. The car had been carried there by the high winds generated by the intense heat of the fire.

There was much destruction everywhere, with bits of car doors and parts of homes stuck up high in remaining trees. The downtown Santa Rosa mobile home park, aptly called Journey's End, was mainly a collection of twisted I-beams from under homes and not much else but piles of ash.

There were people searching through these ashes looking for any surviving metal objects such as wedding rings and family heirlooms.



melted from the blaze. Cast iron is said to melt between 2,100° and 2,200°, a temperature that is difficult to imagine. We saw many instances of burnt cars with pooled molten engines.

The Santa Rosa Fire Station No. 5, recently rebuilt in Aug. 2015 — once the pride and joy of Santa Rosa and considered fireproof — was completely destroyed. Only frames of the new doors were still visible.

But most were unlucky, as the fire had consumed everything. I did see the remains of a cast iron pan that was partially

Damage estimates of \$6 billion don't begin to tell the tale of individual losses and heartbreaking anguish. Many, many people are without any possessions, having escaped with their lives with no time to collect anything of value as they rushed out of their burning homes and neighborhoods.

Each month MVEST produces an article for the *Echo* encouraging readers to prepare for emergencies. These tasks include making a plan, selecting what you need to save if your home were to be destroyed, and having enough food and water to tide you over until help arrives. You should have a “go-bag” of emergency supplies to quickly grab if you need to evacuate and an inventory of your valuables for insurance purposes (preferably with photos of models and serial numbers). This list should include your kitchen appliances,

PHOTOGRAPHS: JOHN FELD

ART IN THE PARK



by **SUZIE LAHR**

CALLING ALL ARTISTS

Our next Art in the Park meeting for all Marin Valley resident artists will be

Sunday, January 21 at 3:30 pm in the Fireside Room. This will be an opportunity to reconnect and, for new resident artists in our Park, to join us in our ongoing ventures. At this meeting we will be discussing when the current exhibit will come down and when the next exhibit will be hung, sometime in the spring. We will also begin planning for our next event. We have the clubhouse reserved in May 2018 to present our “5th Annual Art in the Park” event. I look forward to having all of you join our thriving art community.

The new year is here, and I have been reflecting on what we have created in this amazing village, thanks to the support of the resident artists and our other residents! When I first moved to Marin Valley in 2012 and began my daily walks, I kept meeting more and more artists and realized that we had the potential to create an art community for all to enjoy.

After many years of working with artists, both corporately and in my ongoing career as an art and events coordinator and gallery curator, I realized I could actually bring all of you together and make it happen! And so began our Art in the Park events in 2012, and we have continued to grow and blossom for the past five years.

washer and dryer, electronics and TVs, jewelry, art, etc. It is great if you can also include receipts. Additionally, you should have a list of phone numbers of family or friends out of the area to contact.

We encourage preparedness to try to mitigate the awful prospect of losing everything. I know that if given the time I would grab my family photos, important papers, and computers. But just in case, I have made videos and taken photos of everything I consider valuable. I also have scans of all our important papers (passports, insurance for car and home, birth and wedding certificates, etc.) on a thumb drive that is stored in a bank safety deposit box.

But even with all that, and even if my insurance covers all my listed belongings, there are so many other things I would sorely miss if I were to lose them. These losses would be beyond devastating, especially when added to being uprooted for months, as is the case with many survivors of the recent fires.

Don't put off preparing for a disaster. It can happen at any time, even today. Right now, as I write this, the same thing is happening in southern California, and it could return to our area at any time.

Be prepared, and if you have any spare time, consider joining MVEST to help us all help each other and ourselves. ■

From there we began to flourish in both number of artists involved and expanded talents, and we started to hang resident artist works on the clubhouse walls. I then approached Management and the various Park boards, recommending and requesting the installation of a professional gallery system, based on my knowledge from installing such systems as a curator both in restaurants and galleries. We were able to utilize funds from Art in the Park sales, private donations, and our boards to create our beautiful “Marin Valley Gallery.”

Entries in our gallery guest book show so much appreciation from residents and guests for the beautiful works on display. Thank you, artists, for your support and talents, and thank you to HOL for sponsoring our ongoing efforts to create a space for presenting visual beauty in this wonderful Marin Valley village!



ART AROUND THE PARK

Marin Community Foundation

Hangar #5, Hamilton
Jean-Marc Brugeilles
Supercosmos of Dreams
Through January 12, 2018
Mon. – Fri., 8 am – 5 pm

Marin MOCA

500 Palm Drive, Hamilton
Contemporary Landscape and
Small Treasures
Through January 7, 2018
Wed. – Sun., 11 am – 4 pm

Marin Civic Center Gallery

Variety of Visions: Through the Eyes of Marin County Employees
Through January 11, 2018

Home Owners League Message

HOL



HOL honors **Dee Schneider** for her years of volunteer service on Park Improvement, particularly her work to preserve the well-being of our beloved wildlife, including the installation of our species-preserving owl boxes!

We honor the one-and-only **Mr. Bill** with a plaque engraved “Mr. Bill’s Temporary Health Care Equipment Shed” to be installed on the door of the shed in the clubhouse breezeway. This equipment continues to be free to any resident for as long as is needed. Please note: Mr. Bill, at age 95, is still organizing and maintaining the ever-shifting equipment in the shed. (Please also see page 11.)

Change of HOL Board Formation

Your current HOL Board (due to a chance remark about getting our “ducks lined up”) have always referred to ourselves as ducks.

Note: Ducks flock in formation for protection and to reduce air resistance. When they lose a member, they quack loudly and clearly to signal coming together in a new formation.

Right now, because I’m dropping out (due to illness) of the lead position in the formation, the ducks are quacking up a reorganization plan.

My backup ducks have demonstrated several times already that they’re super capable of getting their tail feathers lined up in an orderly manner.

Remember, HOL exists to represent and respond to all residents as best we can. So please continue to support them as **Janie Klimes Crocker** keeps them wagging their tails for you!

Please remember: All of us are blessed to belong to the Marin Valley flock. If you don’t feel like you really belong, then get involved! One good place to start would be to attend the next HOL meeting. Then maybe sign up as a Just-1-Hour volunteer.

Quack Quack...

Joan Nelson **Janie Klimes Crocker**
HOL PRESIDENT jkkimes@swbell.net
415-506-4166/ cell 281-414-3984
415-595-6221 cell
figleafjoan@comcast.net

HOL COMMUNITY PRESENTATIONS

Give Your Heart a Jump Start into the New Year

Feeling like the winter doldrums are setting in?

Want to tune up or lose a couple of unwanted pounds?

by **VICKI WADELL**

If what you’re looking for is that extra nudge from like-minded friends to get started, then you’re welcome to join a new low-impact aerobics class taking place downstairs in the Bamboo Room in the clubhouse on **Mondays, Wednesdays, and Fridays from 10 to 11am.**

Thanks to funding provided by HOL and Management’s coordinating efforts, the Bamboo Room has recently been

outfitted with a new tv and DVD. Everyone is welcome to use this room at any time as long as the clubhouse is open, you have a key to the room, or the room has not been previously scheduled. There are some exercise discs in the drawer of the cabinet. If you use one, please put the disk back into its jacket and place it in the cabinet drawer. If you prefer to use your own disc and want to keep it in the drawer, it is suggested that you put your name and telephone number on the jacket. ■

Pressure Cooker Class

Wednesday, January 24 ■ 5 - 7:30 pm
Clubhouse Kitchen



Lorna Sass, a new member of our community, has had an illustrious career as a cookbook author and widely published food and travel writer. She is the author of 15 cookbooks (see www.LornaSass.com), and one of her specialties is pressure cooking.

In her demo, she will prepare

Vegan Curried Split Pea Soup (10 min.)

Fork-Tender Beef Short Ribs with Porcini
(35 min.)

**Vegetarian Sage-Scented Risotto with
Butternut Squash**
(4 min.)

Lorna's recipes are for stove-top pressure cookers but can be adapted for the Instant Pot. Everyone will get a chance to ask questions and will receive a taste of each dish.

Lorna will have an offering basket for donations. She will forward the proceeds to Sonoma Fire Victims.

For questions or to help with setup and cleanup, shopping for ingredients, etc., contact Lorna at:

lornasass@verizon.net. ■



Top to bottom: Lorna Sass during a pressure cooker demo; showing Mark Bittman how to use a pressure cooker for his feature on Lorna for the New York Times Magazine; and holding a champagne glass as the winner of The James Beard Foundation award.

Gosford Park

Thursday • January 4 • 7 pm

(2001) *Comedy, Drama, Mystery* 2 hrs 17 minutes

Director Robert Altman

Starring Maggie Smith, Ryan Phillippe, Michael Gambon, Kristin Scott Thomas, Alan Bates, Stephen Fry, Clive Owen

Oscar Original Screenplay, Julian Fellowes (*Downton Abbey*, *Young Victoria*)

7 Oscar Nominations Picture; Director; Supporting Actress, Helen Mirren, Maggie Smith; Art Direction-Set Decoration; and Costume Design



Film Night

First and Third Thursdays ■ Clubhouse ■ 7 pm

PLEASE, NO FOOD OR DRINK —

but feel free to bring your comfortable chair

Contact: johnmfeld@gmail.com



Filmmaker Robert Altman takes a witty and absorbing look at the foibles of the British class system in this intelligent murder mystery set in the early '30s with an all-star cast.

Wealthy British socialites Sir William and Lady Sylvia have invited a variety of friends, relatives, and acquaintances to their mansion in the country for a weekend of hunting and relaxation. Among the honored guests are well-known actors, a songwriter, and an American film producer. The servants are required to display a high level of decorum and to be passive observers who do not comment on what they see, though the gossip among them travels thick and fast once they retire to the servants' quarters downstairs--especially after Sir William turns up dead and everyone is ordered to stay at the mansion while the police investigate the killing.

One critic said, "A scintillating comedy-drama and one of Altman's most richly moving and entertaining pictures."



Festival Express

Thursday • January 18 • 7pm

(2003) *Music Documentary* 90 minutes

Director Bob Smeaton, Frank Cvitanovich

Starring Janis Joplin & The Full Tilt Boogie, Grateful Dead, The Band, Robbie Robertson, Buddy Guy Blues Band, Delaney & Bonnie, The Flying Burrito Brothers, and Sha Na Na.

This documentary covers a ribald chartered train journey through Canada in the summer of 1970 a year after Woodstock. Some of the world's greatest rock bands of all time rode and partied together for five days, stopping in major cities along the way to play live concerts. The musicians thought the train ride sounded like the party to end parties. The journey between cities ultimately became a combination of nonstop jam sessions and partying. ■

— a new column where residents can share with the community an activity that they have investigated in depth, which has brought fascination and enjoyment during their life. You are invited to share what has intrigued you.

Making Sense of Quantum Mechanics

by MIKE YORK

We humans are naturally curious about the nature of the world, and when new theories seem to defy common sense, we get particularly excited. When I tell people in the Park about my background in theoretical physics with an emphasis on quantum mechanics (QM), I am often met with a barrage of questions.

QM developed out of 19th-century deterministic physics (Newtonian mechanics), and it has taken a long and winding path through much weirdness, fantasy, and speculation before arriving at a modern understanding.

Unfortunately, many books written for the layperson — including many written by physicists of high repute — struggle to convey what we have learned about nature over the last 120 years to a population still thinking either mechanistically or metaphysically.

QM demands a new paradigm of science, one that is difficult to explain in a satisfactory way to those habituated to the older paradigm. Indeed, it cannot be explained only in terms of the old paradigm.

Thus we find books still peppered with nonsense about cats in boxes being alive and dead at the same time, or about an experimenter in one location instantly altering

the outcome of another distant experiment, or claims that consciousness determines matter.

What fascinates me is that in some ways an aspect of QM closely reflects the ideas of the ancient Greeks Zeno and Plato. Zeno struggled with the notions of position, time, and motion; he proposed a series of paradoxes that illustrated his struggle, centered around the experience of finite time intervals and finite changes in position.

When Newton in the 17th century employed his newly discovered calculus to propose the notion of an absolute and continuous time scale, scientists all over the world celebrated the powerful understanding of mechanics that flowed from this idea and gave no more thought to Zeno.

QM, however, contradicts this simple mathematical view by claiming that one cannot measure both the position and momentum (or speed) of a microscopic particle with arbitrary precision in the same instant. This is known as Heisenberg's Uncertainty Principle, which once again brings Zeno's time and motion paradoxes to the fore.

Plato's philosophy was embodied in the story of a man in a cave. He argued that we cannot know reality objectively; we can only see its shadow within the limited framework

we use to conceive of what we see. Newtonian mechanics, on the other hand, just as it had with Zeno, ignored Plato. And what's more, it seemed to work — right up until the moment when it no longer worked.

QM's theorists struggled with the idea that something might not be objectively real until it suddenly adopts the characteristics of a definite state the moment it is observed. Led by Bohr, scientists developed all manner of fantastical language to explain this phenomenon, such as wave-particle duality (is an electron a particle or a wave or both?) or an observer "collapsing" a wave function — a naïve attempt at assigning a mechanistic cause to a probabilistic outcome.

We now know that this phenomenon does not mean there is no objective reality, but only that it is a manifestation of our partial knowledge within a given observational framework. And when we change that framework to a new one, what was previously determined in that old framework suddenly becomes irrelevant in the new one, so that a new indeterminacy creeps in.

In the next few months I will expand on these ideas and take you on a journey where apparently strange things turn out to have very simple explanations — as long as you are willing to adopt the new paradigm. ■

Interview

You Might Want To Salute As You Pass “Mr. Bill’s Casa”

by JOAN NELSON

Veteran Noun:

Person with long experience in a particular field.
Old hand. Past master. Long-serving, seasoned warhorse.

No one is more entitled to the honorific “veteran” than “Mr. Bill” Crozier (age 95; 45 Marin Valley Drive). You might want to salute as you pass by the seasonally maintained and updated whimsy in front of Mr. Bill’s Casa.

Mr. Bill is the only surviving “veteran” of the original MVMCC residents, having lived here since 1972, before most of our homes were even put in place. With many years of service on PAC and other Park committees, he has written a three-page history of Marin Valley, which he is happy to share, while assuring you that he has “never had a beef” with Park management or residents.

True to form, Bill was a star storyteller at the November Veterans’ Day gathering in the Fireside Room. His is the saga of a U.S. Merchant Marine officer whose many medals include a combat bar representing the ordeal when his ship was sunk by German torpedoes in the middle of the Atlantic. After climbing down a knotted rope and swimming to an oar-propelled lifeboat, he and his fellow survivors watched their ship break in two and sink. For seven days, they navigated by the stars and endured a 30-hour storm with 50- to 60-foot waves before being rescued by a fisherman who saw their SOS flares.

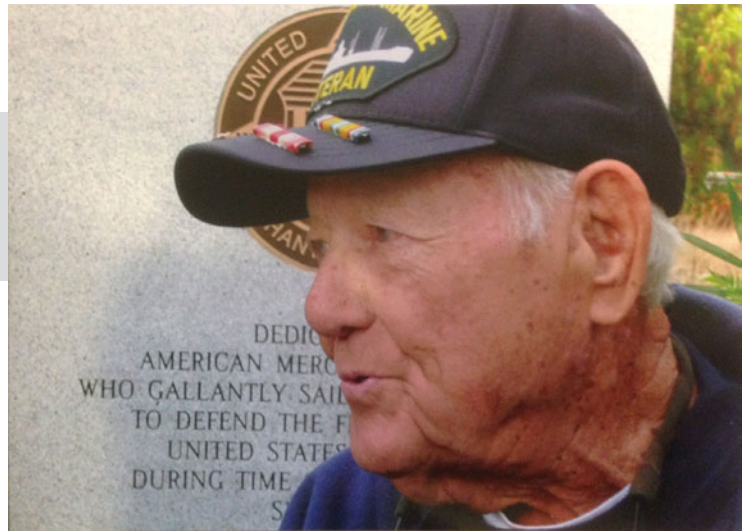
His war stories cover action in all three theaters of war: Atlantic, Pacific, and Far East.

How did he choose this dangerous career on the high seas? After graduating from high school in Chicago, he worked in the Civilian Conservation Corps as a forestry clerk in northern Wisconsin. The patriotic passion around World War II lured him into maritime service. The war ended, but his love for ships and the sea did not.

He remained in the Merchant Marines, retiring with 30 years of sea time from Chevron Shipping Company, where he became a boiler and machinery inspector. This took him to northern California where he obtained a U. S. Coast Guard license, captained a 100-ton fishing party boat, and delivered private yachts from Mexico to Canada.

As you might expect, he became proficient as a deep-sea saltwater fisherman, tracking down marlin and sailfish. Inside Mr. Bill’s Casa you can find many awards presented to Bill as a lifetime member of the International Game Fishing Association.

Also, be sure to check out the plaque recently placed by the HOL



committee on “Mr. Bill’s Shed” in the clubhouse breezeway, where he has maintained and made available medical equipment for Park residents for 20 years.

If you attended this year’s Black Cat event, you will recall that Bill won first place in the men’s costume category. He will admit that he doesn’t really understand the one-eyed character represented by the outlandish get-up that he ordered online. Your grandkid might recognize the faceless, nameless, one-eyed, goggle-wearing “minion” from the movie, *Despicable Me*, a super villain who wants to vanquish all who stand in his way.

The costume, with or without Bill in it, befits the whimsical spirit of the deservedly proud veteran who lives in Mr. Bill’s Casa.

Bill was married to his wife, Dorothy, for 67 years until she died in 2009. He has two daughters, two grandsons, and one great granddaughter.

If you don’t find him at home, you might want to check the Jacuzzi. ■

Take a Hike

by MIKE HOLLAND

Samuel P(hlat) Taylor State Park

Flat is rarely good, or desirable. We don't want to drink flat champagne or beer, listen to a flat affect in a conversation, endure a joke that falls flat, sing flat at a Pub Night birthday celebration, suffer a flat tire, run a business with flat sales that could eventually leave us flat broke, or, finally, (worse yet) produce a flat EEG brain wave.

Do we ever want flat? YES, when we're in the mood for an easy, beautiful, and enjoyable nature walk. And that's just what we can find on the bike path at Samuel P. Taylor State Park in West Marin.

Several years ago the local hiking and Dipsea historian Barry Spitz wrote a column about where runners could find a long, flat run in the hilly environs of Marin. Sam Taylor was at the top of his short list. It quickly became one of my favorite training runs because it extends 5.5 miles (11 miles round trip) from the outskirts of Lagunitas to Tocaloma. I'm not suggesting you do an 11-miler; confine yourselves to the three-mile bike path within the park to sample the best the surroundings have to offer.

There are two ways to access this hike; each is at one of the termini of this out-and-back bike path. You may enter at the Park Headquarters on Sir Francis Drake Highway (and pay \$7 to park your car), or you can do what most of us frugal types do and drive to the other end of the path and park for free off the road. Here's how you find it: Take Lucas Valley Road and go right on Nicasio Valley Road through Nicasio to the Petaluma/Pt. Reyes Road intersection. Turn left and proceed a few miles to the famous Platform Bridge. This is the bridge that the locals

like to paint in psychedelic colors. Proceed straight onto Platform Bridge Road. In two miles you will intersect with Sir Francis Drake Blvd. Park in the dirt pull-off just before that intersection. The bike path is a short walk over an old bridge. As the Donner Party was told, "You can't miss it."

The path takes you through several ecosystems. Fern groves of coast redwoods give way to grassy hillsides, where oak, fir, and madrone dominate. Papermill Creek, also known as Lagunitas Creek, is always on your left, and there are several spots where you can hike down to it. Salmon and steelhead run, and flowers usually abound near the water.



Closer to the campgrounds in the park are the sites of what used to be a bustling community on the creek. Camp Taylor was a resort popular with city folks, the town of Taylorville was populated with a few hundred locals, and the Taylor Paper Mill processed redwoods into newsprint for San Francisco newspapers

and finer papers for election ballots and official documents. There are plenty of historical markers to show the exact location of each.

Although flat, this hike should be invigorating because the air out here always seems to be crisp and clean. That means appetite producing. Bring your own grub and take advantage of many picnic spots, or start the drive home east on Sir Francis Drake and stop at the Two Bird Cafe in Forest Knolls or the bar at the San Geronimo Golf Course.

OK, then: flat, pretty, accessible, and fun. No excuses, let's get on out there! ■



Black-Necked Stilt

Article and Photography by DAVID GRAY

The black-necked stilt (*Himantopus mexicanus*) is a wading bird that is found most often in shallow, still waters. Its willowy shape and extremely long, slender red legs lend it its name. Its legs are as long as the length of its body. Only flamingos have a higher ratio of leg-to-body length.

Stilts are found here year-round at the Hamilton wetlands, the Las Gallinas ponds, and at Rush Creek, where I photographed this one as it hunted for minnows. They sometimes hunt in pairs and are known to herd small fish into shallow water for easier catching. They are always in motion, probing rapidly for crustaceans, tadpoles, or minnows in the water using their long, straight black bill.

In the family of shore birds, the black-necked stilt is considered large, weighing about six ounces on average. Their wingspan has been measured as wide as 28 inches, but it's their height that is most notable when they aren't wading in deep water — that and their bright red legs.



They nest on the ground, favoring small islands, where both of the mates work on nest preparation. They excavate a shallow depression and use some of the excavated material in lining their nest, tossing it over their backs as they work from the inside towards the edge of the nest. Groups of stilts tend to nest closely together to provide protection against predators. They are fierce in defending their nests and young.




The stilt's call is a repeating *wreek wreek wreek*, very clear and pretty loud.

The oldest measured stilt lifespan is over 12 years. U.S. mainland stilts are not a threatened species, but its Hawaiian counterpart is endangered: the ae'o is down to about 2,000 individual birds of breeding age due to hunting in the 1800s, and is currently impacted by habitat loss and

agricultural runoff from pesticides and selenium. The presence of the ae'o is used by biologists as an indication of a healthy aquatic environment.

Please remember to keep your dogs on leash when walking in areas where there are ground-nesting birds. And speaking of dogs, be aware of leptospirosis as the rainy season (hopefully) starts. ■



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>MAR VAL NEW YEAR'S EVE DINNER & DANCE 6:30 PM</p>	<p>6 AM Trash Pickup</p> <p>NEW YEAR'S DAY</p> <p> FULL MOON 5:11 PM</p>	<p>6:30-8:30 AM Tajji (McLam/Clubhouse Deck)</p>	<p>6:30-8:30 AM Tajji (McLam/Clubhouse Deck) Aerobics (Bamboo Rm)</p> <p>10-11 AM Whistlestop call Roberta 415-883-0843</p> <p>11 AM-1 PM Craft Group (Ballroom)</p> <p>11:15 AM-2 PM PAC MEETING</p>	<p>9:15 AM Qi Gong (Dove) (Bamboo Room)</p> <p>6:15 PM Silent Meditation</p> <p>7 PM Film Night GOSFORD PARK</p> <p>7:20 PM Poor Man's Poker</p>	<p>6:30-8:30 AM Tajji (McLam/Clubhouse Deck) Aerobics (Bamboo Rm) Canasta Pub Night (Ballroom)</p>	<p>6:30-8:30 AM Tajji (McLam/Clubhouse Deck) Aerobics (Bamboo Rm) Canasta Pub Night (Ballroom)</p>
<p>1-4 PM Mahjong (Fireside Room)</p>	<p>6-8 AM Trash Pickup</p> <p>6:30-8:30 AM Tajji (Clubhouse Deck)</p> <p>9:30 AM Low-Impact Exercise (Fireside Room)</p> <p>10-11 AM Aerobics (Bamboo Rm)</p> <p>6 PM INVEST MVEST Meeting (Fireside Room)</p> <p>7:20 PM Poor Man's Poker (Card Room)</p> <p>ECHO DEADLINE</p>	<p>6:30 AM Tajji</p>	<p>6:30 AM Tajji Aerobics Whistlestop Craft Group MAR VAL MEETING</p>	<p>9:15 AM Qi Gong</p> <p>6:15 PM Silent Meditation</p> <p>7:20 PM Poor Man's Poker</p>	<p>6:30 AM Tajji Aerobics Canasta Pub Night Bingo</p>	<p>1-4 PM Mahjong</p>
<p>1-4 PM Mahjong</p>	<p>6 AM Trash Pickup</p> <p>6:30 AM Tajji</p> <p>9:30 AM Low-Impact Exercise</p> <p>10-11 AM Aerobics</p> <p>6 PM INVEST MVEST Meeting</p> <p>7:20 PM Poor Man's Poker</p> <p>MARTIN LUTHER KING DAY</p>	<p>6:30 AM Tajji</p>	<p>6:30 AM Tajji Aerobics Whistlestop Bridge Craft Group Readers' Theatre HOL MEETING</p> <p>SCOTTISH NIGHT RESERVATION DEADLINE after 1:00 reservations</p>	<p>9:15 AM Qi Gong</p> <p>6:15 PM Silent Meditation</p> <p>7 PM Film Night FESTIVAL EXPRESS</p> <p>7:20 PM Poor Man's Poker</p>	<p>6:30 AM Tajji Aerobics Canasta Pub Night</p> <p>MAR VAL presents SCOTTISH NIGHT 5 pm Cocktails 6 pm Dinner</p>	<p>1-4 PM Mahjong</p>
<p>1-4 PM Mahjong</p> <p>ART PARK</p> <p>3:30 PM Art in the Park Meeting (Fireside Room)</p>	<p>6 AM Trash Pickup</p> <p>6:30 AM Tajji</p> <p>9:30 AM Low-Impact Exercise</p> <p>10-11 AM Aerobics</p> <p>6 PM INVEST MVEST Meeting</p> <p>7:20 PM Poor Man's Poker</p>	<p>6:30 AM Tajji</p>	<p>6:30 AM Tajji Aerobics Whistlestop Craft Group Pressure Cooker Class: Lorna Sass (Clubhouse Kitchen) Reservations: lornasass@verizon.net</p>	<p>9:15 AM Qi Gong</p> <p>6:15 PM Silent Meditation</p> <p>7:20 PM Poor Man's Poker</p>	<p>6:30 AM Tajji Aerobics Canasta Pub Night</p>	<p>1-4 PM Mahjong</p>
<p>1-4 PM Mahjong</p> <p>3-5 PM Bill Hartwell (Ballroom)</p>	<p>6 AM Trash Pickup</p> <p>6:30 AM Tajji</p> <p>9:30 AM Low-Impact Exercise</p> <p>10-11 AM Aerobics</p> <p>6 PM INVEST MVEST Meeting</p> <p>7:20 PM Poor Man's Poker</p>	<p>6:30 AM Tajji</p>	<p>6:30 AM Tajji Aerobics Whistlestop Craft Group  FULL MOON 6:12 PM</p>	<p>9:15 AM Qi Gong</p> <p>6:15 PM Silent Meditation</p> <p>7:20 PM Poor Man's Poker</p>	<p>6:30 AM Tajji Aerobics Canasta Pub Night</p>	<p>1-4 PM Mahjong</p>

JANUARY 2018