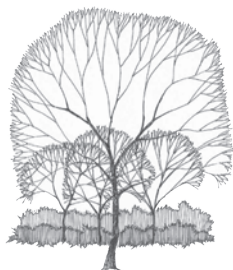


T H E  
**ECHO**

**JUNE 2017**

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# Letters to the Editor



## THE EVENT ON SATURDAY

was a great success. While we may always desire a stronger turnout you should both be very proud of the response that you drew. You had residents from your two communities and residents across Novato attend. The feedback I heard that day was remarkable and made others jealous of your results.

I wish to extend an apology for the fact that nobody from the City of Novato governance attended. While my agency is not attached to the City I was embarrassed by the fact that nobody from the City attended.

I see this event getting bigger and better every year and I'm happy to support your continued efforts.

Great job!

### Mark Heine

*Fire Chief*

Novato Fire Protection District  
415-878-2690

[mheine@novatofire.org](mailto:mheine@novatofire.org)

## IT WAS A VERY IMPRESSIVE

event on Saturday, extremely well-organized and well-attended (we will always wish for more!). Thanks to our Novato Fire Protection District for their expert advice on how to prepare and protect our homes and community from wildfires. We enjoyed free homemade chili for lunch and there was a raffle where many of our neighbors won plants and gift cards to local businesses.

I particularly liked the exhibit about the dangers of very flammable plants including bamboo, juniper and pampas grass that grow in many of our gardens and how they can be replaced with safe, beautiful plants. The fire we had last fall made me extra aware of how vulnerable we are to wildfires and how we can work together as a community to protect everyone.

It was nice to see the folks from Pacheco Valle there, it made me truly grateful for the organization and infrastructure that we have in the Park. Wonderful that we could host the event! Thanks to John Hansen and MVEST for their hard work.

### Nancy Warfield

**WE ARE TRULY BLESSED TO** live in a real community, a village where neighbors look out for each other. It's not just a friendly and beautiful place to live. It's a community in a sense that has disappeared across much of the country, and which is almost unknown here in beautiful Marin.

The Wildfire Community Preparedness Day on May 6 was a beautiful expression of what's great about our community. A terrible fire could engulf big sections of our beautiful village, destroying our homes. The only way we can protect ourselves is to work together. And we are!

The day was conceived and created by MVEST, an all-volunteer team, led by John Hansen. We heard from the folks who protect us from fires, who offered us guidance about how to prepare and protect our homes

# THE ECHO

JUNE 2017

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### 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 edition.**

# PAC *Letter to Residents*

and community from wildfires. We enjoyed free homemade chili and talked with each other about what and how to protect ourselves better in the future.

The Firewise Day was pretty well attended (I counted 90 people in the room). Still, more of us did not show up than did. If you weren't there, I encourage you to come next time, and to pay attention to MVEST and Firewise information in the meantime.

I was startled to learn how much we depend on each other. Very flammable plants (which are all around the Park, especially juniper) create a hazard to our own homes, but also to those who live nearby. Lots have been removed, but we're less than halfway through that project. We have qualified for grants to assist homeowners in removing more.

So we are all in this together. We have a community project if we are going to minimize our vulnerability to fires. What's great is that we are beginning to work together as a community to protect each other. Not too many people have what we have.

I am grateful to my neighbors who have stepped forward in leadership here. We're lucky to be one of the first Firewise communities in Marin, but that's just a start. There's a lot more we can and should do. There's a healthy community spirit here in Marin Valley, and I'm grateful to be part of it.

**Terry Patten**

Greetings from the PAC,

Our finances are in order.

## **Wildfire Community Preparedness**

On May 6, Marin Valley hosted a successful "Wildfire Community Preparedness Day." The co-sponsors MVEST and Pacheco Valle Firewise Committees presented a very informative outline of why and how our respective communities need to keep our awareness up and how to make preparations to prevent devastating wildfires.

## **Funds Available for Residents**

The PAC board approved making available funds from the PAC Humanitarian Fund and the Marin Valley Care program, to be combined and administered by the Park manager, Matt Greenberg. These funds are available for residents who may need short-term assistance. The Hello Housing rent assistance program is still in the developmental stages, and all residents will be notified by mail of how to apply for it when it becomes available.

## **Annual PAC Meeting**

The annual PAC meeting for residents and the seating of the new Board of Directors will happen on June 3, at 11 am. Aside from the refreshments that will be served, it is important that you attend. Currently, to properly seat the new board or to make changes to the PAC by-laws, we need a proper quorum of 10% of residents, or approximately 42 residents. Every resident is automatically a member of the PAC and represents one vote.

## ANNUAL PAC MEETING

**Saturday • June 3 • 11 am**

**QUORUM NEEDED**

**Please attend**

## **Election Handbook**

In 2008 the PAC board unanimously approved the MVMCC *Election Handbook*. This handbook (available for viewing in the library and on our web page [mvmcc.com/pac.htm](http://mvmcc.com/pac.htm)) has regulated all subsequent elections of the Board of Directors. While describing the procedure of elections that has been followed, the rules currently also allow the election of directors without a formal written ballot if the number of candidates equals the number of seats available. It would now be valuable to formally adopt this handbook into the PAC by-laws in order to propose and vote on changes to any election procedure. Any change to your by-laws — yours, as you are voting members — can only happen at the annual meeting. Changing the by-laws is significant and requires a vote by a quorum of the members.

## **By-law Changes**

Aside from the adoption of the MVMCC *Election Handbook*, I am proposing lowering this quorum from 10% to 5%. This will bring past attendance at these annual meetings into agreement with the by-laws. I feel that lowering the quorum does not present a potential problem, as any changes to the by-laws, such as the ones I am proposing, must be noted, agendaized, and posted, and if there is

CONTINUED ON **PAGE 4**

a controversial item to be voted on at the annual meeting, you will have the opportunity to have your voice and vote counted then.

The exact proposed changes to the *Handbook* will be on the agenda for the June 3rd meeting, which will be posted in the clubhouse and on the website and emailed to interested residents (let [anilahere99@gmail.com](mailto:anilahere99@gmail.com) know if you want to be on the list) two weeks before the meeting. See you there!

In service,

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

## MVMCC Rules and Regulations Update

by PEGGY HILL

The PAC Rules and Regulations Committee continues to review the existing R&R's for revision suggestions. In April we discussed the current Item 4 on page 2:

“ 4. “ CONDUCT: Homeowner/ Resident/Guest(s) are required to conduct themselves within the Park in such a way as to not constitute a substantial annoyance to other Homeowner/Resident/Guest(s). Quiet hours are between 10:00 P.M. and 8:00 A.M. Noise volume from radios, televisions, etc. must be low enough so as not to disturb neighbors. Contractors (and contractor-like activity) must be limited to Monday through Saturday between the hours of 7 A.M. and 7 P.M.”

See Rules CONTINUED ON PAGE 11

# MVMCC Management Update

### Be Fire Safe

Warm weather and dry conditions are here. Please be fire safe. Park Maintenance will continue trimming the dry grass and thick vegetation for defensible space surrounding your homes' common area to maintain 30–50 feet minimum setback per Novato Fire Protection District. Please do your part and trim or remove fire-prone plants on your rental space.

### Maintenance Help

Remember, if you are experiencing any issues with your gas system, please call the front desk first before calling PG&E. MVMCC is your gas company. Maintenance personnel have received training to help with many problems. Jarsco Utilities has provided comprehensive training and testing to maintain your gas system to be in compliance.

### Carports

**Rule #12 Carports:** Keep up the good work and continue with your cleanup of stored items in your carport. Per mobile home residency law, you are permitted only certain items in your carport. BBQs and manufactured patio furniture are among several accepted items. With the number of resident vehicles here at MVMCC, parking is paramount. Please be considerate by cleaning out your carports and parking your vehicles under them.

### HCD Permits

Prior to any projects at your home, stop by the front desk to apply for any needed approvals or HCD permits.

We can help you with this and guide you through the process.

### Motorcycles

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

### Clubhouse Repair

Park Management will be continuing the exterior repair of the clubhouse. The third phase of exterior repair is ending, and the lower deck is being replaced for the safety and convenience of our residents.

### Mosquito Alert

A breeding ground for MOSQUITOES is **standing water**. Please look around your home to determine if you may have any standing water. If so, pour it out to prevent larva from hatching. (See page 11)

### Front Counter

This summer the front counter has temporary oversight for phone calls and general office work. **Carolyn Corry** and **Katie Pierce** will be at the desk until September 1 when I return from medical leave.

Thank you,

  
Matt Greenberg  
GENERAL MANAGER  
[gm.mvmcc@gmail.com](mailto:gm.mvmcc@gmail.com)  
415-883-5911, Fax 415-883-1971



# HOL Home Owners League Message

Many thanks to **John Feld** for his “Driving, Walking, Parking” article in the May 2017 *Echo*. Here are some additional thoughts to keep us all safe:

## CORNERS

Imagine turning from Marin Valley Dr. onto Panorama Dr. to unexpectedly find a car parked right at the corner. “Parking is ... not allowed at anytime within 20 feet of a street intersection” (*Park Rules and Regulations*). A car parked in the wrong place can cause serious injury or even worse.

## STOP SIGNS

Willing to risk a ticket for running a stop sign? Not only is this a danger to walkers, drivers, and wildlife, but you may also find yourself paying the price when the Novato Police “write” you. Traffic school, anyone?

## Splish Splash


Many thanks to the HOL Pool Rules committee, spearheaded by HOL Board members **Joanne Woodward** and **Marianne York**, for their efforts to clarify our pool use guidelines. Please shower before getting into our hot tub and luxuriously heated

kind-to-your-skin swimming pool. It could be worse: You could be swimming in Iceland where you have to shower totally “in the buff” (they have “shower guards” to make sure you do!) before you get into their pristine geothermal pools. Who knew we had it so easy?

## Notables

Please join me in thanking these movers and shakers who have given so generously of their time, effort, and expertise to enrich our lives: **Tara Plocher** and the Crafters for the Holiday and Spring Craft Fairs; **Jessa Gabriel** and **Michael Hagerty** for serving on the HOL Nominating Committee; **Gwendolyn Morgan** and **Gail Chadbourne** for chairing Clean Up the Park, Earth Day Clean Up, and Bark in the Park; **Suzie Lahr**, Art in the Park chair, for our wonderful clubhouse art exhibits; **Joan Nelson**, Community Connections chair, for her always ready, willing, and able attitude.

Regards,

  
**Miriam Dvorin Spross**  
HOL PRESIDENT

## Marin Valley Care Program Expands

Previously, some Park residents have donated money during the holiday season, and Matt has assisted with providing these financial donations to select residents as a gift. PAC is expanding the program to cover the whole year, with donated funds. Folks in need will receive gift cards. If you or someone you know need a bit extra for basics, contact Matt at 415-883-5911. Your request will be kept confidential.

## Are You Turning 90 This Year?

HOL and MarVal would like to honor you and put your name on our plaque in the clubhouse, titled “Live Long and Live Well: Marin Valley Role Models.” We will also treat you to one of the wonderful dinners that Mar Val sponsors this summer. We have a dozen names on the plaque so far, and we want more! Please call Michael Hagerty at 415-382-1345, or tell Matt at the desk.

## Notices

### Water Aerobics — Now Three Days a Week

**Mondays, Wednesdays, Fridays 10-11 am** in our warm, wonderful saline pool. Gentle, fun, and effective for maintaining healthy bones and joints, maintaining weight, and toning muscles. Easy to learn and great for all fitness levels. Even if you're new, come and join anytime for any or all of the ongoing weekly classes. Go at your own pace. We'd love to have you!



### Want Back Support?

Bring your aches and pains to the **Bamboo Room • Monday, June 26, 7 - 8 pm.**

*Questions? Suggestions?  
More information?*

Contact Joan Nelson, 415-506-4166 [figleafjoan@comcast.net](mailto:figleafjoan@comcast.net)

## 457-INFO

Got a problem, or know a friend who has one? The county has set up a hotline to help with the many problems that seniors face: finding in-home health services, refitting a house with grab bars and safety equipment, protection from elder abuse, housing help, transportation options for those who don't want to drive, and others. It is 457-INFO (415-457-4636), Mon.-Fri. 8:30 am – 5 pm. When you aren't sure where to seek help, this is the FIRST place to turn.

# Message from Mar Val



## Lee Waterman Trio • JAZZ BRUNCH • Under the Ragtop June 17, 2017 • 11 AM

M E N U

QUICHE LORRAINE (BACON) OR QUICHE FLORENTINE (SPINACH)

SWEET ROLLS/MUFFINS • BAGELS WITH SALMON/CREAM CHEESE • FRUIT SALAD

\$12 PER PERSON BLOOD ORANGE MIMOSAS \$5

Reservation deadline is **June 14 at 5 pm** or when 120 reservations have been received.

For questions call Carolyn Corry at 415-370-6403

## Lee Waterman Trio • JAZZ BRUNCH • Under the Ragtop June 17, 2017 • 11 AM

RESIDENT \_\_\_\_\_

RESIDENT \_\_\_\_\_

GUEST \_\_\_\_\_

GUEST \_\_\_\_\_

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

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

Reservation deadline is **June 14 at 5 pm** or when 120 reservations have been received.

For questions call Carolyn Corry at 415-370-6403.

Dear Friends,

On April 22, Mar Val held its annual dinner celebrating those residents who, in the previous 12 months, volunteered on specific Mar Val committees or assisted with our sponsored functions. While we are grateful to all who volunteer their time, each year we honor one individual for their outstanding service.

Please join us in congratulating this year's **Volunteer of the Year, Jessa Gabriel.**



In last month's *Echo* we alerted you to the fact that the **Jazz Brunch** will be held on **Saturday, June 17, 2017**. This marks our third year of staging this event, which has understandably become a major highlight on our social calendar. The bar will open at 11 am and brunch will be served at noon.

Further, we are delighted to confirm the **Lee Waterman Trio** will again be providing their outstanding musical entertainment.

Since the July *Echo* will be available less than a week before our July 4<sup>th</sup> celebration, the necessary reservation form is included in this month's issue. To avoid confusion, please do not submit both reservations (Jazz Brunch and July 4<sup>th</sup>) together but wait until mid-June when the reservation box reappears at the office before completing and submitting July 4<sup>th</sup> reservations.

With warmest regards,

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

# 4<sup>TH</sup> OF JULY DINNER

5 PM Cocktails    6 PM Dinner

Music by "The Tempos"  
featuring our own  
Brynda Foster



### M E N U

BBQ CHICKEN BREAST    OR    VEGETABLE KABOB

MACARONI SALAD • GREEN SALAD • ROLLS

APPLE PIE

\$12 per person

Reservation deadline is **June 28 at 5 pm** or when 120 reservations have been received.

For questions call Carolyn Corry at 415-370-6403.

## JULY 4<sup>TH</sup> DINNER RESERVATION FORM

Please circle entrée choice

RESIDENT \_\_\_\_\_

Chicken    Vegetarian Kabob

RESIDENT \_\_\_\_\_

Chicken    Vegetarian Kabob

GUEST \_\_\_\_\_

Chicken    Vegetarian Kabob

GUEST \_\_\_\_\_

Chicken    Vegetarian Kabob

# Residents attending \_\_\_\_\_ @ \$12 each

**Check for \$ \_\_\_\_\_ is enclosed. (NO CASH please)**

# Guests attending \_\_\_\_\_ @ \$12 each

Make checks payable to Mar Val.

Reservation deadline is **June 28 at 5 pm** or when 120 reservations have been received.

For questions call Carolyn Corry at 415-370-6403.







**M**VEST would like to thank all of those who attended the Wildfire Preparedness Day on May 6 at the clubhouse.

MVEST provided a free lunch and the Wildfire sub-committee worked with the Pacheco Valle community to put on a day of talks and information panels, with many useful displays to explain the dangers of wildfires and solutions for living with this ever-present threat. We invited other Novato communities who are also in what is called a Wildfire Urban Interface (WUI) — such as Indian Valley, Atherton, San Marin, Cherry Hill, Loma Verde, and Ignacio Valley — and which are or soon will be working toward establishing their own Firewise communities. This was our and Pacheco Valle's first Firewise Day, as we have just achieved this status.

MVEST leader John Hansen and ex-mayor Jeanne MacLeamy who lives in Pacheco Valle hosted the event. Speakers represented Novato Fire Protection District, Marin County Fire Department, and FireSafe Marin and included District 5 Supervisor, Judy Arnold. Shown at the event were attractive large panels of firesafe plants and exhibits by CERT, Get Ready

Marin, and Armstrong Nurseries. Contributions by Pini Ace Hardware and Safeway were included in the free raffle of gift cards and 24 different fire-resistant plants. FireSafe Marin has recently posted an updated and list of attractive firesafe plants that can be found at [www.firesafemarin.org/plants/fire-resistant](http://www.firesafemarin.org/plants/fire-resistant) along with a comprehensive list of fire-prone plants. Please do check out these lists if you plan to purchase new plants for your garden. MVEST is hoping to display these panels in the future at the clubhouse.

MVEST also wishes to thank the many community members who contributed their time and energy to the event. About 120 people attended, which is considered a large turnout for such occasions. The national organization of Firewise requires that we put on at least one event each year. The other Firewise communities in Marin (so far, three in Mill Valley) usually put on chipper days to get rid of unwanted dry brush and fire-prone plants by reducing them into chips.

If you value Marin Valley and would like to help make it safer, please consider joining MVEST in some capacity by emailing [johnhansen.emt@gmail.com](mailto:johnhansen.emt@gmail.com) ■



# Defensible

by JOHN FELD

**M**obile homes are a special category of dwellings. While only a small fraction of the U.S. population lives in mobile homes, they have had a severe problem in terms of fire fatalities in the past, double the fatality rate per fire compared to other homes.

U.S. Fire Administration

*A small fire next to aluminum siding [caused it to melt] after 10 minutes of flame contact, T-111 took just over three minutes to ignite. It took 90 seconds for vinyl siding to ignite.*

National Institute of Standards and Technology study

With the high heat from a burning shrub, bush, or tree, these times fell dramatically. Although the most common fires in mobile homes are caused by electrical wiring, the fires caused by heat from burning vegetation inevitably cause considerably more damage.

**Defensible space** is a natural and/or landscaped area around a structure that has been designed and maintained to reduce fire danger.

Creating defensible space is essential to improve your home's chance of surviving a wildfire. It is the buffer you create between a building on your property and the grass, trees, shrubs, or any wildland area that surround it. This space is needed to slow or stop the spread of wildfire, and it protects your home from catching fire — from either direct flame contact or radiant heat. Defensible space is also important for the protection of the firefighters defending your home.



# Space

## The four parts to creating a defensible space

**1. Reduce Fuel** First and probably most important is the removal or reduction of “fuel” or flammable vegetation around our homes. Ideally, this should be extended for at least 100 feet in all directions. Here in Marin Valley with the closeness of our homes, this is not usually possible without help from numerous neighbors.

**2. Plant Selection** Second is selecting plants that are non-flammable or non-pyrophytic as well as removing the plants that burn easily and quickly, such as juniper, pampas grass, and bamboo.

**3. Thinning** Third is having all plants selectively thinned and pruned to reduce the combustible fuel mass of the remaining plants. The goal is to break up the more continuous and dense uninterrupted layer of vegetation and thus stop the spread of fire as it approaches your home.

**4. Fuel Ladder Control** Fourth is “fuel ladder” management. Like rungs on a ladder, vegetation is present at varying heights from ground covers to trees. Ground fuel such as dried grasses can transmit fire to shrubs, which then transmit it up tree branches into the tree canopy. A burning tree produces embers that can blow to new areas, spreading and thus making it more difficult to control a wildland fire.

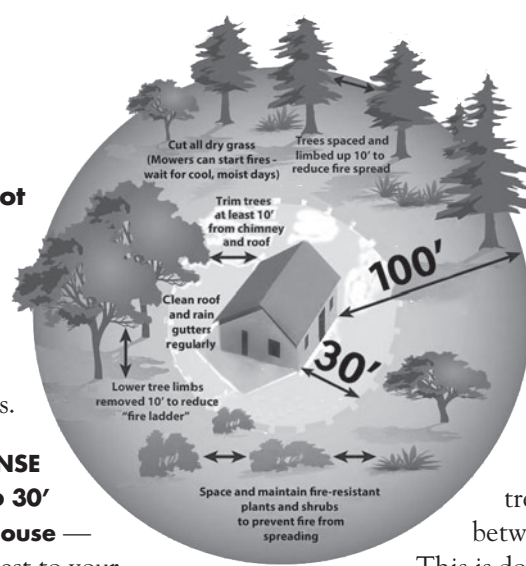
## The 100-foot clearance

from your home can be subdivided into two parts.

## HOME DEFENSE ZONE: up to 30' from your house —

the area closest to your house, including plants, decks, outdoor furniture, walls, and coverings. The first 10 feet is the most vulnerable and should be maintained aggressively for fire resistance.

- **Remove** any combustible outdoor furniture, all fire-prone plants, and tree limbs extending into this zone. Fire-prone trees should be heavily pruned or removed.
- **Remove** all dead plants, grass, weeds, and leaves and needles from your yard, roof, and rain gutters;
- **Remove** branches hanging over roofs, and keep dead branches away from chimneys; remove vegetation and items that could catch fire near and under decks.
- **Prune or remove** flammable plants and shrubs near windows.
- **Clean** all fallen leaves and needles regularly and often during fire season.
- **Replace** jute or fiber door mats and ALL fire-prone plants with fire-resistant ones. Irrigate plants often.
- **Provide** adequate spacing between all plants.
- **Do not store** firewood, lumber or combustibles in this area, or items especially under decks or overhangs.
- **Move** stored combustibles inside or at least 30' away from structures.
- **Use** only fire-resistant mulches.
- **Trim** trees, keeping branches a minimum of 10' from other trees.
- **Separate** trees, shrubs, and items that could catch fire, such as patio furniture, wood piles, swing sets, etc.



## REDUCED FUEL ZONE: extending up to 100'

- **Cut** or mow annual grass to a minimum 3".
- **Remove** fallen leaves, needles, twigs, cones, bark, and small branches.
- **Create** horizontal spacing between shrubs and trees and vertical spacing between grass, shrubs, and trees.

This is done by thinning, pruning, and removal of selected vegetation, by “limbing up” trees (removing lower branches from the ground up to six to ten feet) from lower vegetation, and by separating tree canopies. Ideally, tree canopies should be lower than the gutters or should not extend past their height.

Now, we do not have 100 feet of space around our homes, so we are dependent on our neighbors and Park Management to assist us in maintaining this defensible space. The 30-foot radius around our homes almost certainly includes from three to ten nearby houses. We badly need to work together. One holdout can endanger the lives of many people.



For mobile homes, the most dangerous part of a nearby wildland fire is the “rain” of embers that are carried in the wind. These can travel up to 2½ miles and still catch a building on fire. So a fire on the other side of the freeway can ignite a fire here at Marin Valley. Often these embers land in gutters filled with dry leaves or on plants that are close to the side of a home, immediately catching the house on fire.

The City has allocated \$90,000 for our wildfire urban interface in the next fiscal year, starting in July, so please place your requests for plant and tree removal with Matt Greenberg as soon as possible. ■

# Live Long, Live Well: Conquering Chronic Pain

by MICHAEL HAGERTY, Marin Commissioner on Aging

I suffered from the worst bout of chronic pain in my life a year ago — pain in my spine that was grinding and wouldn't give me peace, even when I lay down. I was in my bed for days. Every morning I woke and I hoped the pain would be less. Some mornings, the pain did diminish, only to rush back later and mock my hope. Each day this happened, I felt my life was more out of my control, and I got depressed. And each day I stayed in bed, my muscles grew weaker and I lost my self-image as a strong and vibrant man, in control of my life.

Finally, I told myself I didn't want to live with this pain for the rest of my life. I had always been careful to spend my money wisely, but what was the point of saving money so I could live longer with this miserable condition? I needed to take whatever actions would bring me relief. Opioid pills? Marijuana? Zero-gravity chairs? Spinal surgery? A home health aide?

My first step was to see my doctor. Physicians can spot problems like tumors, and sometimes they can actually alleviate or cure pain. But too often, modern medicine fails to cure chronic pain, as in my case. After X-rays, MRI, and a consult with a spine specialist, she told me I had two compressed disks that allow the vertebrae to grind against each other and the nerves, and that neither surgery nor injections would help in my case. But she did give me valuable advice.

**First**, she told me that ibuprofen works better than the Tylenol I had been taking to relieve back pain.

**Second**, I should NOT wait to take meds until the pain was already severe. Being a man, I wanted to “tough it out” when possible and take pain meds only when the pain was really bad. She said that is dumb, that I need to “stay ahead” of the pain and take meds before it starts, in the morning. It is much harder to stop pain once it starts.

**Third**, she told me that the MOST EFFECTIVE cure for back pain is not surgery or opioid pills, but gentle exercise. The American College of Physicians backed her up in February, saying that “the first line of defense should be non-drug and non-surgery.” In fact, a survey of 3,000 back pain sufferers revealed that 89% rated yoga or Tai Chi as helpful, but only 65% rated surgeons as helpful. Eighty-four percent rated massage therapy or a chiropractor as helpful, but only 67% said a neurosurgeon helped. And a recent review of 7,300 patients in the *Journal of the American Medical Association* found that opioids, often with dangerous side effects of severe constipation and addiction, fail to effectively provide relief for back pain.

So I took her advice, got back on my bike for gentle exercise, and am taking Pilates to help strengthen my muscles and improve my posture. After a month of this (and ibuprofen when I need it), my severe pain is rare and I feel in control of my life again.

Everyone's pain is different, but your best chance of conquering your pain is to follow the best evidence we have.

**First**, if you haven't seen a doctor about your chronic pain recently, you should go to get the latest advice.

**Second**, get gentle exercise for at least 15 minutes per day, every day. Not only is it proven to reduce chronic pain, it also stimulates “feel-good” endorphins in the body and increases strength in aging muscles.

**Third**, check out massage, chiropractors, and acupuncture. Fourth, try out inexpensive home remedies that have been shown to help: heating pads and rub-on creams that contain capsaicin (found in chili-peppers), which stimulate heat and blood flow in the muscles. Finally, try meditation to reduce stress, to relax muscles that have tightened up from the pain, and to foster a gentle attitude toward our aging bodies.

## Gentle Exercise at the Clubhouse

Our community is aware of the big benefits of gentle exercise, and we make it easy by offering eight classes right here in the clubhouse, many of them free. Check the calendar for times, and BRING A FRIEND — we all need exercise, and it is more fun and less intimidating with a friend!

**Monday:** Low-impact exercise, water aerobics in our heated pool

**Wednesday:** Water aerobics

**Thursday:** Qi-Gong in the morning, meditation in the evening

**Friday:** Morning — water aerobics, afternoon — movement meditation

**Saturday:** Tai Chi

**First Saturdays:** Community dancing

**Monthly:** Chronic back pain support group ■

# Rules and Regulations

CONTINUED FROM PAGE 4

Our committee discussed suggestions for an ideal world at Marin Valley — one that respects neighbors, the environment, the golden rule, and the etiquette of cluster living. Following are some ideas/suggestions that could be/might be incorporated into our R&Rs:

**1. NOISE POLLUTION:** Of course normal noise is to be expected (friends talking, people laughing, soft music, etc.), but — because of living in close proximity to each other — it is important to be aware of your loud radios, televisions, music (amplified bass waves can easily travel through walls), excessive wind chimes, and

loud motorcycles, cars, and trucks. When in doubt, ask your neighbor if a particular noise is a problem.

**2. NIGHT TIME LIGHT POLLUTION:** Many of our neighbors enjoy looking at the stars and the night sky as well as sleeping without artificial lights. Try to be cognizant of your outdoor lighting — that your porch lights, motion detector lights, etc., don't ruin the joy of an amateur astronomer, and that placement of your lighting is away from your neighbors' bedrooms.

**3. AIR POLLUTION:** Within a few years MVMCC will probably become a smoke-free community. In the meantime, please be aware that your secondhand smoke should not be an annoyance to your neighbors.

Smoking is not permitted on any trails or in most common spaces in Marin Valley. Moreover, many residents are bothered by perfumed dryer sheets and wood-burning fireplace smoke.

**4. THE ETIQUETTE OF CLUSTER LIVING:** Talk to your neighbor; ask if your bright night lights are a problem, if your TV volume is too loud, if running your air conditioner, washing machine, dryer, etc. at a particular time is a problem, if smoking underneath a neighbor's window is an issue, etc.

Please forward your ideas and thoughts for R&Rs to committee members **John Hansen, Connie Marelich, or Peggy Hill.** To join us at a meeting, please watch for a date/time notice on the PAC bulletin board. ■

## How to Raise Mosquitoes

**B**ackyards are the #1 source for mosquito production. Anything that can hold water for more than 5 – 7 days has the ability to produce mosquitoes. Instead, if you'd rather get rid of mosquitoes, all you have to do is to maintain, manage, or eliminate all types of **STANDING WATER** on a regular basis. Mosquitoes need as little as a 1/2 inch of water to complete their life cycle, therefore some areas may not be as obvious as others.

### To minimize mosquito production, check:

- **Trash bins:** Keep lids shut tight and remove any water that may have accumulated inside.
- **Fountains and bird baths:** Clean or hose out weekly.
- **Rain gutters:** Keep clear of leaves and other debris.
- **Potted plant saucers:** Don't over water. Flush out saucers with a hose or drill holes in the bottom to allow for better drainage.

- **Tires:** Recycle used tires or store in a covered area.
- **Water bowls for pets:** Rinse and fill with fresh water 1 – 2 times a week.
- **Water troughs:** Stock with mosquitofish.
- **Leaky hoses:** Replace damaged hoses and fix leaky faucets and pipes.
- **Low areas:** Do not overwater lawns or gardens.
- **Ponds:** Stock ornamental ponds with mosquitofish. Keep ponds free and clear of excess vegetation.
- **Containers:** Store containers upside down, cover, or place in a shelter.
- **Rain barrels:** Cover tightly with a fine-mesh screen.
- **Chain link fence:** Cover hollow chain link fence posts with metal or plastic caps.
- **Drains:** Make sure that drains are flowing freely.
- **Screens:** Install and maintain tight-fitting window and door screens.
- **Flat roofs:** Water may puddle on flat roofs during the rainy season. Inspect regularly; remove any standing water.
- **Lighting:** Check garden lights and eliminate water from tops of fixtures and from inside floodlights.
- **Sculptures:** Check for water that may collect in yard ornaments. Drain or flush out weekly.
- **Rot holes in trees:** Be aware that water can collect in rot holes, crotches, and dead tree stumps. Check with an arborist for best way to manage water or fill cavities.
- **Water under home:** Use a sump pump to remove water.

**Fresh out of mosquitofish?** Just call 1-800-231-3236 — the Marin/Sonoma Mosquito & Vector Control District will deliver them to your door and/or even personally stock them for you. Their services are supported by property taxes and are provided free of charge to Marin/Sonoma residents. ■

From the Marin/Sonoma Mosquito & Vector Control District



# Protecting Our Trees from Sudden Oak Death

by YVONNE DEVINE

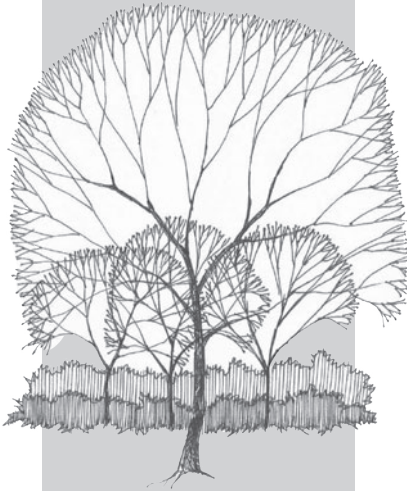


ILLUSTRATION: GRANT CANFIELD

**T**his alarming disease of our beloved oaks is on the rise. The rate of Sudden Oak Death (SOD) infection in Marin has risen from 7.9% in 2015 to 10.2% of the 14,000 trees surveyed in 2016. *Phytophthora ramorum* is the scientific name of this killer, which is related to the same pathogen that caused the horrific Irish Potato Famine. The increased rate of infection is likely related to the increased rainfall we've experienced.

Oak trees are vital to a wide range of environments and are considered to be a keystone species. Not only would a massive die-off affect numerous animal habitats, food sources, and shelter, but it would also increase wildfire probability.

If you see red sap oozing from the trunk of the most commonly infected oaks, which includes coast live oak, California black oak, Shreve oak, Canyon live oak, and tan oaks, it is too late for the tree. SOD has girdled it, and since the tree can no longer get water or nutrients, it dies suddenly. SOD has killed more than one million California oak trees and infected more than 100 species of plants.

Information in this article was derived from an *Marin Independent Journal* article by Anne Marie Walker, "Keeping SOD at Bay", dated 4-15-17.

What do scientists believe is causing this devastation? Likely the introduction of imported, infected plants such as rhododendrons and camellias. California bay laurels have also become infected, and the pathogen is transferred to nearby oaks via spores traveling by wind and rain. In years with increased rainfall and warmer temperatures, SOD infection rates go up. The California Oak Mortality Task Force suggests looking for bay laurel trees that are close to oaks in our neighborhoods.

To prevent the spread of SOD, they advise keeping grounds near the oaks cleared. Also, they recommend yearly spraying of a phosphonate fungicide from the base of the tree up to ten feet on the trunk, and applying three to five pounds of granular gypsum (calcium) every two years as a soil amendment, three feet out from the trunk.

Perhaps some of us can organize getting this done in the Park. I'll post a call for volunteers on the MVMCC private group on *NextDoor.com*. ■

EDITOR'S NOTE: Manager Matt Greenberg notes that raising awareness of this issue is important and that an arborist report is required prior to any work performed.



## Movie Night

**First and Third Thursdays  
7 pm • Clubhouse**

During World War II in the Pacific Fleet, a small ship's captain is removed from command by his executive officer and crew in an apparent act of mutiny. Later, as the trial of the mutineers unfold, it is learned that the captain of the



**Thursday • June 1 • 7 pm**

### **The Caine Mutiny**

(1954) Drama 124 minutes

**Director** Edward Dmytryk

**Starring** Humphrey Bogart, José Ferrer, Van Johnson, Fred MacMurray

ship was perhaps even insane. The Navy must decide if the Caine Mutiny was a criminal act, or an act of courage to save a ship from destruction at the hands of her captain.



# ART IN THE PARK



by **SUZIE LAHR**



Orchid in Orange by SUZIE LAHR

**O**ur Marin Valley Gallery is bursting with spring colors with the beautiful work of 19 talented watercolor artists. The artists include Marin Valley resident artists as well as local artists from my Larkspur painting group, several of whom participate in the Sausalito Art Festival, Marin Open Studios, and the Marin County Fair. On May 21st we had a delightful reception for our residents to meet the artists. We hope you visit the clubhouse to enjoy this exhibit during the months of May and June before it comes down.

This summer we will be hanging a photography exhibit, and we invite all resident photographers to join us. And in the Fall through the winter holiday season we will be hanging a resident exhibit open to all art mediums.

## Next Meeting

All resident artists are invited to join us in these endeavors, so please **come to our next meeting Tuesday, June 13 at 5 pm** to meet other artists and discover how you can become part of this creative group.

How many of you remember **Dorallen Davis's** exquisite oil painting *The Chef* that hung in our last Gallery exhibit? It was one of my favorites and just sold at the Marin Open Studio Gallery in May. Congratulations to Dorallen, one of our Marin Valley Park resident artists who has been very proactive and supportive of our group.

We will be having signage made to hang in the clubhouse lobby for our "Marin Valley Gallery" and are

asking for donations to supplement our Art in the Park HOL budget to achieve this. If you are interested in making a donation toward the sign and our other endeavors, please call Suzie Lahr at 415-884-9611 to find out how you can be part of this.

We did not have enough participating artists to present our annual "Art in the Park" event this year and are looking forward

to presenting it once again next year. So all you talented artists, this is your time and opportunity to get those creative juices flowing so you can join us in the Spring of 2018!

We hope you are all enjoying our efforts and invite you to sign our guestbook in the Fireside Room to show your support and appreciation. ■



Resident **Janet Bogardus** — Solo show "In Xanadu" through June 24. Manna Gallery, 473 25th St Oakland, Fri-Sat 12-5 pm.

Resident **Dorallen Davis** — "New Images" through June 23. Falkirk Cultural Ctr, Mission Ave at E St, San Rafael, Tues-Fri 1-5 pm, Sat 10 am-1 pm.

**Thursday • June 15 • 7 pm**

## Blow-Up

(1966) Drama 111 minutes

**Director** Michelangelo Antonioni

**Starring** David Hemmings, Vanessa Redgrave, Sarah Miles, the Yardbirds

A successful London photographer feels his life is boring and despairing. He photographs a newly met beauty and notices something suspicious on one of his photographs. The fact that he may have photographed a



murder does not occur to him until he studies and then blows up his negatives, uncovering details, blowing up smaller and smaller elements, and finally putting the puzzle together.

Please, no food or drink. Feel free to bring your comfortable chair. Movies for Movie Night

are selected from community suggestion. Contact [johnmfeld@gmail.com](mailto:johnmfeld@gmail.com) ■

# Chestnut-backed Chickadee

Article and Photography by DAVID GRAY



**T**he chestnut-backed chickadee is a West-coast bird with a narrow coastal habitat that stretches from northern California up through Alaska as far as Anchorage, coming inland in the northern Sierras and Rocky Mountains.

While they are obviously recognizable as chickadees, the chestnut-backed chickadee has a deep rusty-brown back that extends around its shoulders and below its wings. It is this beautiful color that makes it readily distinguishable from the black-capped

chickadee that also can be found here in the Park. The mountain chickadee is more rare in these lowlands, and it has a clear “eyebrow” face mask that neither the chestnut-backed nor the black-capped chickadees have.

These industrious and energetic little birds are nesting now, having cleaned out their old nests of last year’s detritus. They are cavity dwellers, nesting in hollows in trees. It is the female who builds the nest, using animal fur in the top layers and weaving in coyote, deer, rabbit, or

other fur with the more common bark and moss. Animal fur comprises as much as half the volume of the entire nest.

I watched one out at Point Reyes making maybe ten trips into the hollowed end of a branch, and coming out with wads of junk that it then discarded after a brief flight. Smart bird, not dropping the stuff below its nest where a predator might notice! With patience, I was able to catch it on camera just before it went back into its nest for another load.

They never seem to stay still. At most they will sit for about half a second. Like other small birds, their metabolisms are high. There is seldom enough time to get one in focus before it flies off.

They are another of the rare species of birds who don't seem to care which way is up; like the nuthatch, they are just as comfortable being upside down as right-side up. They eat mostly insects but also eat berries, including poison oak berries.

They are tiny; adults weigh about one-third of an ounce. They are the smallest of all the species of chickadees, and they can live as long as nine years.



So get to know a chickadee, or host one in a nest box; you might be lucky enough to be adopted by a pair. If they decide to adopt you, you will likely be rewarded with years of new

chickadee chicks, which have to be the cutest birds ever. We've missed the current nesting season, so mark your calendars for next winter to put up a nest box. ■





# JUNE 2017

SUNDAY 4	MONDAY 5	TUESDAY 6	WEDNESDAY 7	THURSDAY 1	FRIDAY 2	SATURDAY 3
<b>1-4 PM Mahjong</b>	<b>6-8 AM</b> Trash Pickup <b>9:30 AM</b> Low-Impact Exercise <b>10 AM</b> Water Aerobics <b>7 PM</b> MVEST Meeting <b>7:20 PM</b> Poor Man's Poker	<b>10 AM</b> Water Aerobics <b>11 AM-1 PM</b> Whistlestop <i>call Roberta</i> <b>415-883-0843</b> <b>11:15 AM-2 PM</b> Craft Group <b>6 PM</b> PAC MEETING	<b>9:15 AM</b> Qi Gong (Dove) <b>6:15 PM</b> Silent Meditation <b>7 PM</b> Movie Night <b>THE CAINE MUTINY</b> <b>7:20 PM</b> Poor Man's Poker	<b>10 AM</b> Water Aerobics <b>4 PM</b> Canasta <b>4-5 PM</b> Movement Meditation <b>5-7 PM</b> Pub Night	<b>11 AM</b> PAC ANNUAL MEETING <b>QUORUM NEEDED</b> <b>PLEASE COME</b>	<b>7-9 PM</b> COMMUNITY DANCE
<b>1-4 PM Mahjong</b>	<b>6-8 AM</b> Trash Pickup <b>9:30 AM</b> Low-Impact Exercise <b>10 AM</b> Water Aerobics <b>6 PM</b> Firewise Meeting <b>7 PM</b> MVEST Meeting <b>7:20 PM</b> Poor Man's Poker	<b>10 AM</b> Water Aerobics <b>11 AM-1 PM</b> Whistlestop <i>call Roberta</i> <b>415-883-0843</b> <b>11:15 AM-2 PM</b> Craft Group <b>6 PM</b> MAR VAL MEETING	<b>9:15 AM</b> Qi Gong (Dove) <b>6:15 PM</b> Silent Meditation <b>7 PM</b> Movie Night <b>BLOW-UP</b> <b>7:20 PM</b> Poor Man's Poker	<b>10 AM</b> Water Aerobics <b>4 PM</b> Canasta <b>4-5 PM</b> Movement Meditation <b>5-7 PM</b> Pub Night	<b>10 AM</b> Water Aerobics <b>4 PM</b> Canasta <b>4-5 PM</b> Movement Meditation <b>5-7 PM</b> Pub Night <b>FULL MOON</b>	<b>11 AM</b> Bar Opens <b>12 PM</b> Brunch <b>LIVE JAZZ</b> <b>BRUNCH BARBQ</b>
<b>1-4 PM Mahjong</b>	<b>6-8 AM</b> Trash Pickup <b>9:30 AM</b> Low-Impact Exercise <b>10 AM</b> Water Aerobics <b>7 PM</b> MVEST Meeting <b>7:20 PM</b> Poor Man's Poker	<b>10 AM</b> Water Aerobics <b>11 AM-1 PM</b> Whistlestop <i>call Roberta</i> <b>415-883-0843</b> <b>11:15 AM-2 PM</b> Craft Group <b>2 PM</b> Readers' Theatre Group <b>7 PM</b> HOL MEETING	<b>9:15 AM</b> Qi Gong (Dove) <b>6:15 PM</b> Silent Meditation <b>7:20 PM</b> Poor Man's Poker	<b>10 AM</b> Water Aerobics <b>4 PM</b> Canasta <b>4-5 PM</b> Movement Meditation <b>5-7 PM</b> Pub Night	<b>10 AM</b> Water Aerobics <b>4 PM</b> Canasta <b>4-5 PM</b> Movement Meditation <b>5-7 PM</b> Pub Night	<b>7-9 PM</b> COMMUNITY DANCE
<b>FATHER'S DAY</b>	<b>6-8 AM</b> Trash Pickup <b>9:30 AM</b> Low-Impact Exercise <b>10 AM</b> Water Aerobics <b>6 PM</b> Firewise Meeting <b>7 PM</b> MVEST Meeting <b>7-8 PM</b> Want BackSupport? (Bamboo Room) <b>7:20 PM</b> Poor Man's Poker	<b>10 AM</b> Water Aerobics <b>11 AM-1 PM</b> Whistlestop <i>call Roberta</i> <b>415-883-0843</b> <b>11:15 AM-2 PM</b> Craft Group	<b>9:15 AM</b> Qi Gong (Dove) <b>6:15 PM</b> Silent Meditation <b>7:20 PM</b> Poor Man's Poker	<b>10 AM</b> Water Aerobics <b>4 PM</b> Canasta <b>4-5 PM</b> Movement Meditation <b>5-7 PM</b> Pub Night	<b>10 AM</b> Water Aerobics <b>4 PM</b> Canasta <b>4-5 PM</b> Movement Meditation <b>5-7 PM</b> Pub Night	<b>7-9 PM</b> COMMUNITY DANCE