

T H E
ECHO

MARCH 2017

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Notices

PHOTOGRAPH: LOUISE ERWIN



Celebration of Life for our sweet Junie Pose

**March 12 • 1-3:30 pm
Clubhouse**

Bring stories to share.
Dessert and beverages
will be served.

Hosted by close friends
Roberta, Marsha, & Miller

AARP Driver Safety Course

**February 28 / March 2
9:30 am – 1:30 pm**

AARP members, \$15/day;
non-members, \$20/day.
Residents sign up in lobby.

Directory Update

New Residents

Jackie Leo
130 Panorama Avenue

Michael Sudheer
99 Panorama Avenue
415-686-9236 cell
sudheer1@aol.com

IN MEMORIAM

William Fryer
Dee Dee Meyerson
January 2017
Lynn Carman
1927-February 11, 2017

Louise Erwin's February 3, 2017 photograph captures a double rainbow over the clubhouse and the City's temporary protection for the hillside mudslide. Core samples that will be taken of the hillside geological structure will help determine the appropriate solutions.

Crafts Faire

Marin Valley will be having another crafts faire. It will be on **Saturday, April 1, from 11 am to 4 pm**, in the ballroom. Besides crafts of all kinds and lots of homemade cookies, there will also be a vintage doll collection and belly dance items. To participate, please contact **Tara Plocher** at taraplocher@gmail.com.

Hurting? In a financial bind? Low income? Help is here.

Had an accident, an illness, an unexpected expense? You can apply to Matt in the office, and he can help with your application for once-yearly aid, totally confidentially. The Marie Dugan-Weissensee Humanitarian Fund was created with donations from residents (notably Marv Weissensee, who has donated a percentage of his commissions from real estate sales in the Park for years) to help residents. This backs up the fund set aside in our annual budget for such emergencies. It's not charity, and you don't need to feel ashamed to get a helping hand; it's just neighbors helping neighbors. We're all in this together!

THE ECHO

MARCH 2017

MARIN VALLEY MOBILE COUNTRY CLUB

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David Gray, Carol-Joy Harris
MVMCC PROJECT PLANNING J. Hansen, J. Shelfer

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DIRECTOR/BAR MANAGER Fred Dargie 884-2649
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 edition.

Letter to Residents

Greetings from the PAC Board, Our finances are in order. The debt service coverage ratio (DSCR) to date on the bank loan financing the purchase of Marin Valley is 2.73 as of December 31, 2016, well above the required 2.0. This does not account for items on the budget which have been expensed but not billed back to our accounts. This brings the DSCR closer to 2.4+. Our cash position plus short, medium, and long-term reserves as of that date total a tad more than 4.4 million.

The City of Novato has been quite busy filling empty staff positions. The city's staff should be complete later this year.

A word of thanks for all City workers who have so diligently supported MVMCC in the past months. The fire and the rains have posed unique problems that have been met with expertise and professionalism. One only has to recall the flooding of the streets and water runoff damaging our homes in the past. Management has been very attentive in solving immediate needs as well as focusing on ways to deal with the long-term problems posed by these naturally recurring events (rains and potential wildfires). This work is not complete.

Senior citizens are particularly vulnerable to confidence plots designed to separate you from your security and funds. Be vigilant. Anyone soliciting in the Park has to have been vetted and permitted by Management. Any question about this should be referred immediately to the front desk. Also, with the

advent of the internet and the ability of hackers to enter your computer from anywhere in the world, you have to be very careful about telephone scams or internet solicitations. Simply do not open any attachments that you have not solicited or expect. The PAC and Management and concerned residents are exploring ways to make Marin Valley a safer place — as you should, as well.

This May there will be a PAC Board election. See Peggy Hill's article, next. If you have an interest in serving on the board or if you can help with the election, please volunteer to aid Peggy. Details of the preparation and the election itself will be noticed in the *Echo* as well as on the bulletin boards, at the clubhouse, and website.

On February 14 the City Council met here to consider several issues of importance. It will be worthwhile to search out the agenda and results of this meeting on both the City's and MVMCC websites. This information will also be available on the bulletin boards at the clubhouse.

Please note that the PAC monthly meetings are held at 6 pm the first Wednesday of each month. The agendas for these meetings are posted on the website and at the clubhouse. Come and make a contribution with your presence and your opinions.

In service,



Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com

PAC Elections Rules and Regs

by PEGGY HILL

Two items of interest to many residents will be on the agenda at our next PAC meeting **Wednesday, March 1, 6 pm.**

PAC Elections

The annual election for the PAC Board will be held during May. This year, the seats currently held by Larry Cohen and David King are up for election. If you are interested in being part of the election committee to help run the election, please contact me or come to the March meeting. Also, if you are interested in "throwing your hat in the ring," the committee will be accepting nominations in May. Dates for the election will be published in the April and May *Echoes*.

R and R's

Marin Valley is a wonderful place to live—one of the best spots in Marin County. But even MVMCC can benefit from change and improvement, and revising our Park Rules and Regulations is a goal for 2017. Some of the current rules are unenforceable, some are irrelevant, and some new ones are needed—and because of this we plan to form a Rules and Regulations Committee with the understanding that Management is the most important resource for this change and for the committee. If you have an idea or two about this revision, please write your comments and submit them either via a resident input form to the front desk or to a PAC Board member.

Thank you,
Peggy Hill
peggyhill@yahoo.com

MVMCC *Management Update*

Solicitations — Management has been aware of multiple unauthorized solicitations from outside organizations trying to convince residents they need insurance for their utility lines. This is false, and it should not be purchased. A cold call and knock on the door can at times be unnerving for some residents. Please alert the front desk if you are approached so we may contact the service provider and ask them to stop soliciting in the Park. Please do not let a stranger into your home even if they seem friendly and with good intentions. Call the front desk for assistance.

Before Digging — Management has recently contracted for the repair of two damaged underground electric utility

sites. All damage was caused by digging to set fence and deck posts. Prior to any digging, please alert Management so we may do a thorough utility location inspection. This inspection can prevent costly repairs to underground wire and pipe. It will also prevent residents from losing power or gas during the investigation and repair.

Debris Box, March 25 — Save the date. Management will be supplying a debris box for personal garbage and home cleanup debris at the Club View lower turnaround. No construction material or cardboard will be accepted.

Coyotes and Cats — Residents have alerted Management that a coyote may have been responsible for the

disappearance of several cats that wandered out of their homes. Please keep your cats safe and indoors per Park rules. The quail population is dwindling partly due to cats hunting baby quail.

Per Park Rule #12 — Carports are not to be used for storage. People who can't park in their respective carports impact others by parking in guest spaces.

Thank you for your continued cooperation,


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

HOL *Home Owners League Message*

It was a dark and stormy night for the January HOL meeting. But that did not deter the hardy souls who came out to assist the HOL Board to plan some exciting events for this spring.

Craft Faire

Saturday, April 1 • Ballroom

No April Fool's jokes! Just a panoply of items expressing the imagination, ingenuity, and individuality of our Marin Valley crafters. Look for jewelry, apparel, dolls, purses, homemade cookies, and more. A portion of the proceeds will go to HOL.

Green and Clean Day

Saturday, April 22 • Meet-up TBA

We will team up with the City of Novato on Earth Day to clean up lower Marin Valley Drive. We will

begin at the circle at the entrance to the Park and pick up trash on both sides of Marin Valley Drive down to Bolling Drive, including the walkway to Nave Drive. The City will provide receptacles and supplement our supply of gloves, grabbers, and other cleanup gear as needed.

Bark in the Park

Saturday, May 20 • Location TBA

We have a date for our first-ever event designed especially for our resident canine companions. There will be treats, contests, presentations — and we might even have something for the humans too! Experienced dog trainer and groomer Gail Chadbourne has kindly agreed to be "Pack Leader" for this event. Woof woof!

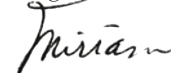
Art in the Park

Sunday, May 21 • Ballroom

From the same folks who bedeck our clubhouse with amazing eye candy comes this banner event. Please join us for this spectacular showing by our resident artists including painting, collage, photography, and sculpture. Susie Lahr, our "Artist in Chief," will be working with a stellar team again this year.

Our meetings are always the third Wednesday of the month at 7 pm, and you are always welcome to join us.

Regards,


Miriam Dvorin Spross
HOL PRESIDENT

MAR VAL Message from Mar Val

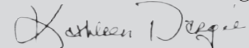
Dear Friends,

Mar Val is delighted to confirm its 2017 social program is off to an impressive start with the success of the Scottish dinner as well as the Mardi Gras gala. We believe the month of March provides a unique opportunity to continue the celebrations, now with a decided emphasis on all things Irish.

The **St. Patrick's Day Dinner** will take place on **Saturday, March 18**. As you will note from the details on the reservation form, your opportunity to savor a meal of corned beef and cabbage has arrived. I also hasten to add the Mar Val baristas will make their annual appearance in order to serve Irish coffee to the aficionados among us.

You may have noticed a hint in last month's *Echo* indicating pub on Friday, March 17, would include a birthday tribute for a special resident. Please join Mar Val at the St. Patrick's Day pub to honor Patrick Wheatley.

With warmest regards,



Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com

MAR VAL
presents

ST PATRICK'S DAY DINNER

MARCH 18, 2017 ■ 5 PM COCKTAILS ■ 6 PM DINNER

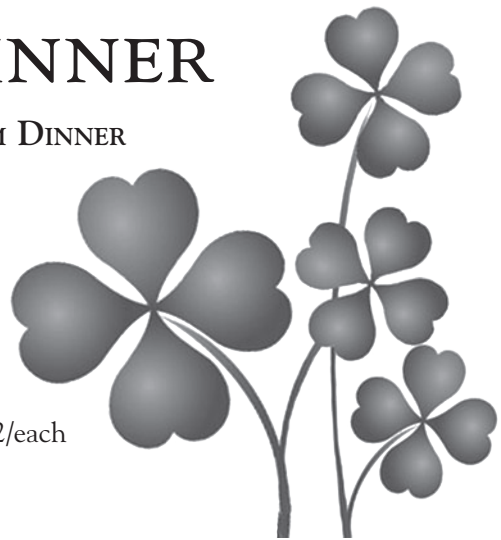
M E N U

Corned Beef and Cabbage or Vegetarian Rice Pilaf
Potatoes • Carrots • Rolls
Cheesecake

Checks only (payable to Mar Val—NO CASH, please) \$12/each

**Reservation deadline — March 15 at 5 PM
or when 140 reservations have been received.**

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



ST PATRICK'S DAY RESERVATION FORM

Please (circle) Entrée choice

RESIDENT _____	Corned Beef/Cabbage	Vegetarian Rice Pilaf
RESIDENT _____	Corned Beef/Cabbage	Vegetarian Rice Pilaf
GUEST _____	Corned Beef/Cabbage	Vegetarian Rice Pilaf
GUEST _____	Corned Beef/Cabbage	Vegetarian Rice Pilaf

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

Reservation deadline — March 15 at 5 PM or when 140 reservations have been received.

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



Marin Valley — Now Nationally

by **BILL DAVIS**

The best way to stop a fire is to prevent one.

A Little History

Early last spring the Marin Valley Emergency Safety Team (MVEST) was discussing our fire threat situation, particularly because of numerous *Marin Independent Journal* articles about nearby Pacheco Valle and the tall flammable grass at the entrance to their community. That swath of grass was in the news almost daily, with multiple people complaining about the fire threat it presented to them. Finally the Fire Marshal and the Fire Chief called them all down to City Hall and made a presentation about the real threat from a fire suppression point of view. I was there. There were a lot of wide eyes on shocked faces when they realized that the threats included the dry fuel many residents had around their homes, the pyrophitic vegetation that was essentially explosive, plus a canopy of dry pine trees. They had a lot of work to do for themselves. The tall grass at the entrance was not their biggest problem. Pacheco Valle organized and became the first Firewise Community in Novato.

Does this all sound familiar? That's right. At the same time, our own MVEST was also moving in the same direction to become a Firewise Community, meeting with MVMCC's manager, Matt Greenberg, and Novato Fire Marshal Bill Tyler.

If one person makes a complaint, people politely listen. If two people in harmony make a complaint, something might



be done. But if three or more make a complaint, then the people in power think it might be an organization and the work usually gets done.

Five of us MVEST members organized with dreams of becoming a Firewise Community. We needed a liaison with the City, and Matt Greenberg was the perfect person. We needed direction from our fire district. Fire Marshal Bill Tyler was our man. Finally, we needed a point person within the City staff, and the Finance Director, Brian Cochran, was perfect. The plan was to have our committee meet, funnel our concerns through Matt Greenberg, and have him work with the other two principals to resolve the issues. Sound good? We had effectively established a team of residents, established a supportive relationship and oversight by the Fire Marshal, and established a financial component with Brian Cochran — all of this to get the proper fire prevention work underway. We all know we have to get the explosive fuel threats prioritized and eliminated, especially after the rude wake-up call of the September 2016 fire that was so threatening to our community. Now we at Marin Valley have a Firewise committee dedicated to this end.



Recognized as a Firewise Community



Our first goal was to receive the Firewise Community designation.

What is the purpose, and what are the qualifications to become a Firewise Community?

Purpose

- Provide an effective management approach for preserving wild land living aesthetics (especially important in this Park) and ensure us maximum protection from wild land fire.
- Assess and prioritize the fire threats and relative potentials both outside the Park and within.
- Partnership with Park Management, the Fire Marshal, and the City Finance Manager to develop appropriate action plans, funding, and elimination of the most threatening fire potentials on an ongoing basis.

Qualifications

- Form a committee to maintain the National Firewise Community program.
- Enlist a wild land/urban interface specialist to complete an assessment and create a plan to identify actual solutions.
- Invest \$2.00 a year per capita in Firewise Community (volunteer work counts).
- Provide a yearly spring Firewise Community project.

- Submit an annual report of continued participation to Firewise Communities/USA.

We did all of that and submitted our application to the state organization, which sent it on to the federal government. We met all the qualifications and instead of having to wait months, we were certified almost immediately. So the wonderful news is that after much work, we recently successfully gained this national designation. We are the second Firewise Community recognized in Novato.

Advantages

So what does all of this mean? "Where's the beef?" Why all the hard work? With the Firewise Community recognition, we are now eligible to apply for state and federal grants for fire prevention. We have an organization to represent us for support of education and prevention efforts. Finally, we have a communication system and voice to move forward. ■

**MVEST Block Captains/
Zone Chiefs Meeting**
Saturday March 4
9:30 am – 1 pm
Clubhouse

Stream

The stream we share
with all flowing things strums
the sky and rattles the air

drums jungles

while deserts sigh

shakes forests

as lakes leap up

and deep oceans fly.

Tides turn and terns reel
seasons roll round our wheel.

Leaves green down

to gold and brown

in silent currents

that crash and sing

the elements of everywhere

and every rippling thing.

Jim Gronvold

Marin Valley Drive

from *Oak Bones: Poems*
by *Jim Gronvold*, Oak Ink
Press, 2015

Marin Valley Gallery New Exhibit

by **SUZIE LAHR**

ART IN THE PARK

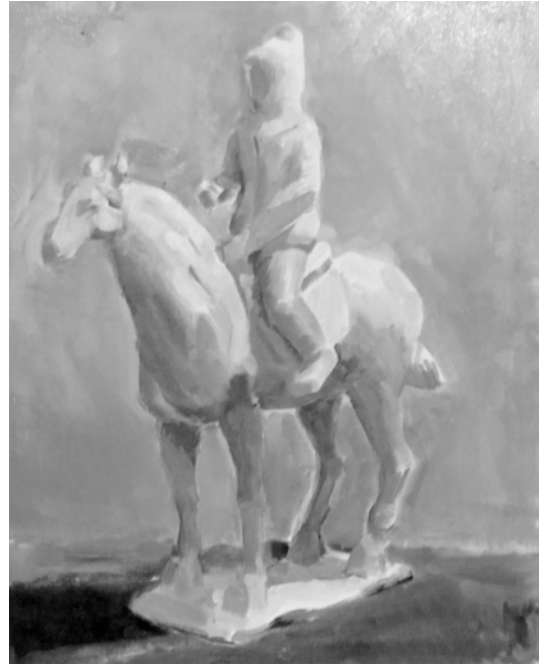


shows the works of **Dorallen Davis** and **Jane Heaphy**. This exhibit will remain up for three months for your pleasure and enjoyment. Dorallen is the owner and director of Marin Art School in Bel Marin Keys, and she and Jane are oil painters of primarily natural landscapes. If you attended our 2014 Art in the Park, you will remember Dorallen and Jane demonstrating their oil painting techniques with a live model in the clubhouse lobby. You can view Dorallen's work at www.dorallendavis.com and Jane's at www.heaphy.com.

Thank you to all the artists for your participation in past exhibits. We have had many compliments on the talent that resides in this community. Do visit the clubhouse to view the new Marin Valley Gallery exhibit.

Thank you to all artists who attended our first meeting of 2017 to reconnect and keep the art community thriving at Marin Valley. Our next meeting will take place on Tuesday, March 21 at 5-6 pm. We invite all residents interested in the arts to join us.

We will now be presenting three to four gallery exhibits each year for the enjoyment and pleasure of our residents who frequent the clubhouse. The first exhibit, hung on Sunday, February 19



Our 5th Annual Art in the Park will take place on Sunday, May 21 at 12 – 5 pm, so mark your calendars for this ever-popular event.



At local gallery exhibits in the neighborhood, I highly recommend visiting **Marin MOCA** on Palm Drive during March to see over 50 works of Raymond Saunders's, "This Is for You." Also visit the **Marin Community Foundation** at 5 Hamilton Landing in Hanger 5, Suite 200, to view "Sourcing Color" by a group of artists I worked with in the San Geronimo Valley. Connie Smith Siegel, one of these artists, is the author of several art books and a master pastel artist.

Thank you all for your support and enthusiasm of the arts, a much-needed enjoyment and pleasure in this day and age! ■

LEFT, Bell Marin landscape by Dorallen Davis 12x16. ABOVE, Life Statue by Jane Heaphy 24x18. Both painted in oil from life.





Movie Night

Come Watch Movies in the Clubhouse!

by **JOHN FELD**

Have you noticed we have a brand new projector and screen in the clubhouse ballroom? We are going to have a biweekly movie night.

The films will be selected from your suggestions (see the following instructions), and they will usually be on **Thursday evenings** starting promptly at **7 pm**. There are no restrictions on the type or age of the movie, and selections will be based on popularity and availability (online or DVD from the library or from someone's collection). If you really love

a very unusual film, it will help if you can provide the DVD.

We are asking you to select five or six (or more if you like) of your most favorite films that you would like to see again. The most popular films will be selected. The names of the upcoming films will be posted beforehand in the lobby, as well as in the *Echo* and calendar.

The new projector illuminates the screen from behind and above the stage, so there is nothing hanging from the ceiling and no obstruction cluttering up the floor. You may want

to bring your favorite folding chair or beanbag to sit on.

Movie Selections

Either email me (johnmfeld@gmail.com) with your picks or write them on a piece of paper and give them to me. The list will be ongoing, so you can always add more titles later.

One movie will be screened at each movie night. Please be aware that food and drink is not permitted, and remember to turn off your cell phone! Movie night is free to Park residents and their guests. See you at the movies.



Thursday March 9 • 7 pm For the first film let's start with one of the all-time greats — the 1943 classic **Casablanca** starring Humphrey Bogart, Ingrid Bergman, and Claude Rains. Set during World War II, it focuses on an American expatriate who has to choose between his love for a woman and helping her Czech Resistance leader husband escape the Vichy-controlled city of Casablanca to continue his fight against the Nazis. *Casablanca* received nine Oscar nominations and won three, including best film and best director (Michael Curtiz).

Thursday March 23 • 7 pm Two weeks later the next showing will be **The French Lieutenant's Woman** (1981), starring Meryl Streep and Jeremy Irons, based upon an award-winning 1969 John Fowles novel of the same name set in 19th century England. It's about a biologist who's engaged to be married but who falls in love with a former governess and independent woman whose melancholy makes her leave him after a short but passionate affair. In 1982 *The French Lieutenant's Woman* received four Oscar nominations, including best actress, but did not win any. Meryl Streep lost the best actress award to Katherine Hepburn for *On Golden Pond*. ■



Take a Hike

by MIKE HOLLAND



STAFFORD LAKE TRAIL

Does a center have a top? Does it have an infinite number of tops depending on how it is oriented? Is a center actually the center of something? What happens if the “something” continues to grow? Is the center then a different thing, replaced by another center?

There’s a reason for these questions, because for our next hike I need you to drive to the TOP of CENTER Road (Blvd.) in Novato to reach the trailhead of the Stafford Lake Trail. Most people know where Center Road is as soon as you mention the small shopping center where Pini Ace Hardware is located. Center Road goes west through a residential neighborhood for a few miles until it dead-ends at the top of a hill.

The most important thing to remember about the Stafford Lake Trail is that it never travels along or goes around Stafford Lake. What? That is correct. It does, however, overlook Stafford Lake for much of the hike; that’s what makes it such a pretty and worthwhile walk. Stafford Lake is the main water storage reservoir for our North Marin Water District. It was originally built to hold enough supply for 11,000 people. We have five times that many now, so we also rely on pumped-in water from the Russian River. That is why we hurrah when the storms dump rain upstate.

The trail itself is a fairly easy 1.5-mile hike, south from the Center Road start to the Vineyard Avenue terminus. Retrace your walk for the full three-mile workout. It’s all single track and can be a bit muddy in the winter, but the footing is good the entire way. The views are terrific. Besides the lake, you’ll also see Stafford Lake County Park and the Indian Valley golf course. At Vineyard Avenue you have the option to wander down to the horse stables where the trailhead for the Big Trees Trail begins. That’s a hike for another day because it’s a six-mile round trip and climbs to a 1,600-foot elevation. Indian Tree and Ship Mast are at the peak in a beautiful clump of redwoods.

The Stafford Lake Trail hike, being only three miles, begs you to do something fun after your walk. There’s a Starbucks next to the Harvest Market near San Marin High School. It’s usually full of teenagers actually doing their homework. Picnickers can enjoy the Stafford Lake Park, BUT they charge ten bucks to get in (Boo!) — five during the winter. The Indian Valley Golf Club has a cafe for heartier fare, with the most spectacular view, inside or out, of any restaurant in Novato. My preference would be to go to Ghiringhelli’s Bar next to Pini Hardware for a beer or an Irish coffee. Doesn’t that sound like a great way to TOP off a blustery day? ■



PHOTOGRAPH: JOHN FELD

Tick Facts

by MARTINA KOECKRITZ

Imagine, there are about 900 different types of ticks in the world. They belong to the arachnid family. These hitchhiking ticks are parasites, as they live off other living things. When ticks suck blood, they can pass on diseases.

Ticks are made up of many hard plates connected by a stretchy membrane, which lets the tick bend and move and expand while feeding. Its capitulum looks like a tiny head but is really mouth parts.

Most ticks have eight legs, and they can smell a host nearby because they have an organ called Haller's Organ on the first pair of legs. In this tiny creature's mouth parts are sensors helping to find a host's skin. It also has a pair of small, clawlike parts with teeth along the edges to cut open skin. Under these parts is a needlelike part that, together with the clawlike parts, forms a sucking tube. From the salivary gland, saliva and digestive juices pour into the wound site during a blood meal.



Soft — Blacklegged deer tick
can spread Lyme Disease



There are two main kinds of ticks:

SOFT TICKS
(such as deer ticks and ticks carrying Tick-borne Relapsing Fever —TBRF) with soft and leathery bodies, and

HARD TICKS (such as the American dog tick or wood tick) with hard, shield-like plates called “scutum.”

Only the hard ticks stay on their host when mating, and the males die after mating. The female dies only after laying a batch of hundreds to thousands of eggs. Soft ticks leave their host to mate and do so a number of times before dying. Those females lay smaller batches of 20 to 50 eggs.

A soft tick can swell as big as its unfolding skin allows and can increase its body weight five to ten times. A female hard tick can suck in a lot of blood. After feeding, a female dog tick has increased its weight nearly 600 times!

IMPORTANT FACTS

Some of the chemicals in the tick's saliva numb the bite site. Now the host is less likely to feel a



Hard — American dog/wood tick
can spread Rocky Mtn. Spotted Fever



feeding tick and try to remove it. A tick swells only at the end of its meal, so it is less likely to be noticed and picked off before it has finished feeding.

Hosts are not easy to come by, and some ticks use only one host, such as the cattle tick. It stays on for its entire life, and only the females — when ready to lay eggs — drop off. Other ticks have two or more hosts, such as a rabbit followed by a squirrel and a dog.

When a tick feeds on a host that is sick, it may pick up microbes and pass on these microbes to another host, which will feed on the blood pouring into the gut and multiply quickly. Many microbes then spill out of the gut and circulate through the tick's body, some ending up in the salivary gland and passing on through it to a host by way of even a tiny wound.

Three tick-related diseases have the greatest impact on people:

1) LYME DISEASE

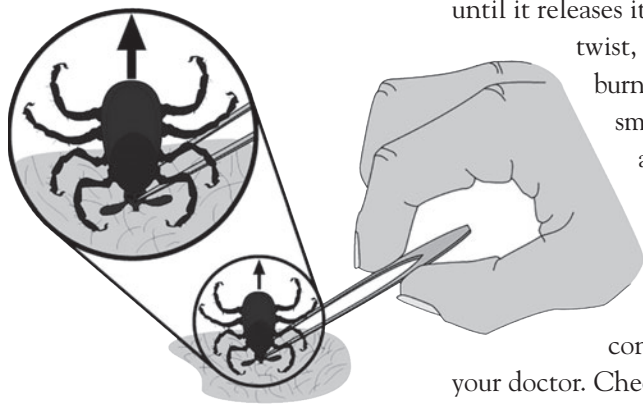
In the United States more than 20,000 people each year get lyme disease as a result of tick bites. The microbe causing it is called *Borrelia*, and there are several kinds found in North America, Europe, and Asia. Symptoms: circular rash, flu-like symptoms; later, joint pain, nerve tingling, and difficulty with focus. Treatment: antibiotics.

2) ROCKY MOUNTAIN SPOTTED FEVER

This is caused by the microbe, *rickettsia bacteria*. American dog ticks and Rocky Mountain wood ticks living throughout the Americas carry it. Symptoms: fever, muscle pains, flu-like symptoms, and rash. Treatment: antibiotics.

3) TICK-BORNE ENCEPHALITIS

The carriers are hard ticks, including sheep ticks that live in Europe and Asia. Symptoms: fever, flu-like symptoms, headache; later, trouble staying awake, confusion, and muscle spasms. If traveling to these parts, a vaccine is available, as well as medicines that prevent this microbe from multiplying.



PROTECTION

The best protection against bites is to prevent ticks from getting onto the body in the first place. There are now several lines of clothing made to protect against ticks and other insects — (one is *Buzz Off* insect-repellent apparel).

Avoid sitting on those attractive leaf litters — where the tick larvae may be.

Socks, long-sleeved jackets, long pants, and securing cuffs tightly at wrists and ankles help — but who is perfect?

Check for insect repellent that contains a chemical called PERMETHRIN.

REMOVAL

If a tick is embedded in skin, immediately use tweezers to remove it gently but firmly. Try to grab it where the mouthparts pierce the skin. Place the ends of the tweezers around the base of the mouthparts and while applying gentle pressure pull the tick up slowly and steadily until it releases its hold. DO NOT

twist, poke, squash, or burn the tick. DO NOT smother it with any substance.

Treat the wound afterward with an antiseptic.

Put it in a sealed container to take to your doctor. Check with your physician whether an antibiotic specific to your incident is advised.

For sources and for more information see:

www.cdc.gov/Features/StopTicks/

www.tickencounter.org

Sandra Markle, *Ticks: Dangerous Hitchhikers* (Marin Library Children's Section) ■

Got Backache? Want Support?

by **JOAN NELSON**

Save **Monday, March 20, 7–8 pm** (Fireside Room) for an assessment — not a clinical assessment, just a back-friendly look at the pain-relieving possibilities of a Marin Valley back support group. Bring your pains, questions, and suggestions to this first exploratory session.

The meeting will include a video and at least one back exercise that can be done anywhere, at any time.

If enough people are interested, various back specialists might be invited here to speak, demonstrate, and guide us through some relieving movements and postures.

For this first meeting, yoga mats will not be necessary. However, there are mats in the Bamboo Room downstairs in the clubhouse if enough people want to be led in floor exercises. One of the issues to be addressed at the first meeting is whether there are people who want to do group floor exercises who can't walk downstairs comfortably. There is a solution for this.

And there just might be a solution for your pain that you never would have thought of by yourself or with your doctor. ■

Questions? Suggestions? More information?

Contact **Michael Hagerty**
mrhagerty@ucdavis.edu 415-382-1345

or **Joan Nelson**
figleafjoan@comcast.net 415-506-4166

Northern

**Article and Photography
by DAVID GRAY**

The telltale white patch on its lower back is often all we can see of a northern flicker as it flies away from us. We are fortunate to have at least one nesting pair of flickers in our Park. These members of the woodpecker family are quite skittish around humans, so it takes some patience to see them. I usually hear them first; they have a distinctive high-pitched *keew* call.

They are quite striking birds, mostly light brown and having two varieties: red-shafted (primarily in the West) and yellow-shafted (Eastern U.S.). The flicker photo(s) for this article show red-shafted flickers. The males (even young ones) have a red patch on their cheeks, which is easy to see through binoculars. When in flight, you can see that the underside of their wings are orange-red (red-shafted) or yellow (yellow-shafted). Both the male and female have a black bib across their chests, beautifully spotted breast and belly, and barred wings.

Most woodpeckers eat insects that burrow into trees. Flickers prefer to hunt ants and beetles on the ground. They also eat nuts, seeds, and berries (including poison oak!), and occasionally catch insects in midair. Like most woodpeckers, their tongues have

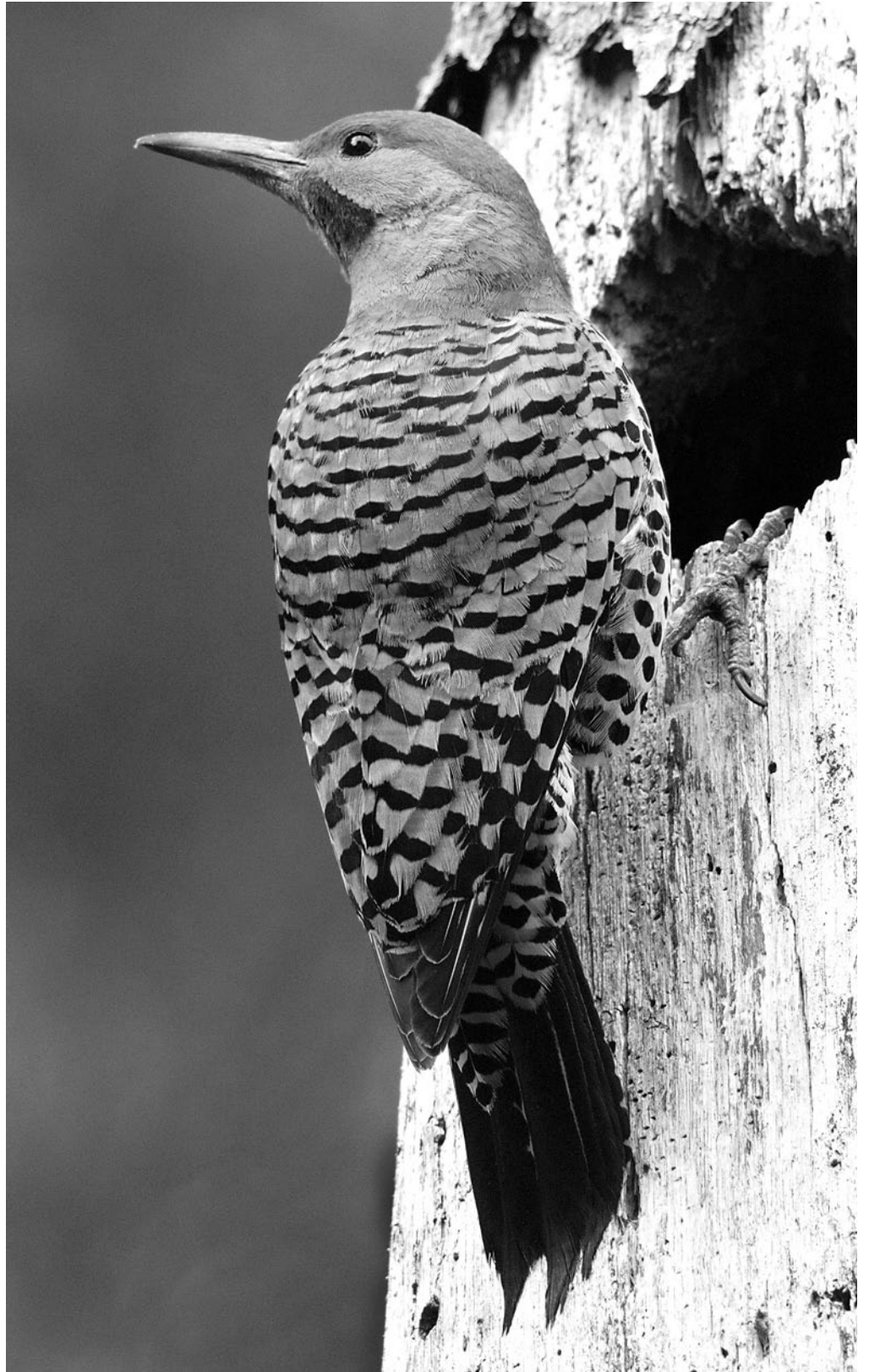


Flicker

































quite a reach, lashing out some two inches beyond the tip of their bills. Unlike human tongues, which are primarily muscular, woodpecker tongues are supported by a bone and cartilage skeleton known as the hyoid apparatus. This odd apparatus is very long in the flicker, and wraps under its lower mandible, around the back of its head, and over the head to its nasal cavity. See www.talkorigins.org/faqs/woodpecker/woodpecker.html

Flickers are cavity dwellers, as are most woodpeckers. They make their homes in tree trunks or sometimes even in the sides of buildings (an example of which is a photo of mine of a flicker fledgling in the last exhibit in the clubhouse main hallway). Both adults help to construct the nest with their large beaks. It takes them a couple of weeks to create a new nest in a tree. The entrance is typically three inches in diameter, with the interior being about 15 inches deep. They usually have a clutch of six to eight eggs. Both adults feed the chicks and clean out the nest from time to time.

They live up to nine years, a respectable amount of time for our fine-feathered friend with the exceedingly long tongue. ■



MARCH 2017

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1-4 PM Mahjong </p> <p>6-8 AM Trash Pickup</p> <p>9:30 AM Low-Impact Exercise</p> <p>7:20 PM Poor Man's Poker </p>	<p>6-8 AM Trash Pickup</p> <p>9:30 AM Low-Impact Exercise</p> <p>7:20 PM Poor Man's Poker </p>		<p>10 AM -2 PM Craft Group</p> <p>11 AM -1 PM Whistlestop (call Roberta 415-883-0843)</p> <p>6 PM PAC MEETING</p>	<p>9:15 AM QiGong (Dove)</p> <p>9:30 AM AARP Driver Safety Course </p> <p>6:15 PM Silent Meditation</p> <p>7:20 PM Poor Man's Poker </p>	<p>4 PM Canasta </p> <p>4-5 PM Movement Meditation </p> <p>5-7 PM Pub Night</p>	<p> WEST</p> <p>9:30 AM Block Captain/ Zone Chief Mtg -1 PM</p> <p>7-9 PM COMMUNITY DANCE </p>
	<p>12</p> <p>1-3:30 PM Celebration of Life for June Pose </p> <p>6:43 PM Full Moon </p> <p>TURN CLOCKS AHEAD </p>	<p>6-8 AM Trash Pickup</p> <p>9:30 AM Low-Impact Exercise</p> <p>7:20 PM Poor Man's Poker </p>	<p>10 AM -2 PM Craft Group</p> <p>11 AM Ladies' Bridge</p> <p>11 AM -1 PM Whistlestop (call Roberta 415-883-0843)</p> <p>2-4 PM Readers Theatre Group </p> <p>7 PM HOL MEETING</p>	<p>9:15 AM QiGong (Dove)</p> <p>6:15 PM Silent Meditation</p> <p>7:20 PM Poor Man's Poker </p>	<p>4 PM Canasta </p> <p>4-5 PM Movement Meditation </p> <p>5-7 PM Pub Night</p>	<p>5 PM MAR VAL</p> <p>ST. PATRICK'S DAY DINNER</p> <p>5 PM COCKTAILS</p> <p>6 PM DINNER</p>	
	<p>19</p> <p>1-4 PM Mahjong </p>	<p>6-8 AM Trash Pickup</p> <p>9:30 AM Low-Impact Exercise</p> <p>7-8 PM Back Support Mtg </p> <p>7:20 PM Poor Man's Poker </p> <p>SPRING EQUINOX</p>	<p>5 PM Art in the Park Mtg. ART IN THE PARK </p> <p>10 AM -2 PM Craft Group</p> <p>11 AM -1 PM Whistlestop (call Roberta 415-883-0843)</p>	<p>9:15 AM QiGong (Dove)</p> <p>6:15 PM Silent Meditation</p> <p>7:00 PM Movie Night "The French Lieutenant's Woman" </p> <p>7:20 PM Poor Man's Poker </p>	<p>4 PM Canasta </p> <p>4-5 PM Movement Meditation </p> <p>5-7 PM Pub Night</p>	<p>DUMPFSTER </p>	
	<p>26</p> <p>1-4 PM Mahjong </p>	<p>6-8 AM Trash Pickup</p> <p>9:30 AM Low-Impact Exercise</p> <p>7:20 PM Poor Man's Poker </p>	<p>10 AM -2 PM Craft Group</p> <p>11 AM -1 PM Whistlestop (call Roberta 415-883-0843)</p>	<p>9:15 AM QiGong (Dove)</p> <p>6:15 PM Silent Meditation</p> <p>7:20 PM Poor Man's Poker </p>	<p>4 PM Canasta </p> <p>4-5 PM Movement Meditation </p> <p>5-7 PM Pub Night</p>	<p>APRIL 1</p> <p>11 AM -4 PM Craft Faire </p> <p>7-9 PM COMMUNITY DANCE</p>	