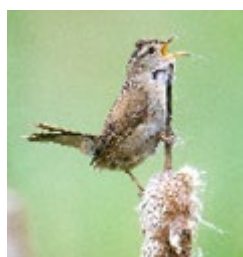
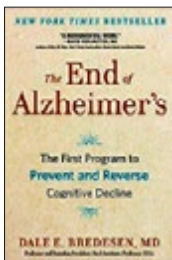
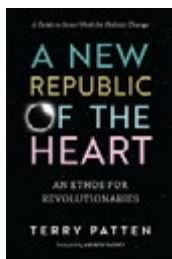


T H E
ECHO

MARCH 2018

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Letter from the Editor

Echo Update—A color digital version of the latest *Echo* can be emailed to you prior to receiving the printed copy if you send your email address with the words **Email Echo** as the subject line to ermawheatley@gmail.com. It takes almost two weeks to receive the printed black and white issues from the printer. The color digital version will be available online once our new website is ready.

MVEST Update—You can also receive current minutes of the weekly MVEST meetings if you email johnmfeld@gmail.com with **MVEST Minutes** as the subject line.

Dog Fatality

While swerving to avoid one dog, another dog was hit on one of our streets. We've been asked to remind everyone not to let your pets run free.



Talk on Aging

Thursday, March 1 • 10-11 am
Margaret Todd Senior Center
1560 Hill Road, Novato

The Marin County Commission on Aging and Novato Age Friendly invite the community to their March presentation: "The Encore Movement: Using the Experience of Older Adults to Create a Better Future for Future Generations" with Jim Emerman, VP, *Encore.org*. A representative of Marin Experience Corps will join Jim to share their experiences on pathways to purpose.

Encore.org is a San Francisco-based non-profit working for nearly two decades to change perceptions about the capacity and contributions of those in the second half of life, and to encourage individuals to pursue purpose-oriented encore careers in the post-midlife period.



Marin/Sonoma Mosquito & Vector Control District representative spraying the ponds off Club View Drive.

Marin/Sonoma Mosquito & Vector Control District Services

Not only does the Marin/Sonoma Mosquito & Vector Control District manage mosquito populations and prevent the spread of vector-borne diseases, they also provide free rodent inspections to residents of Marin and Sonoma counties. "They do not trap, poison, remove dead rodents, or do exclusion work, but during inspections, District staff attempt to locate rodent entry points to structures, identify sources of harborage, identify the rodent species that are present, and provide recommendations to residents about how to make their property less attractive to rodents. Residents may call 800-231-3236 for advice about rodent issues or to schedule a free inspection of your residence," according to www.msosquito.com/.

Directory Update

New Resident

Anne Lakota
8 Scenic Drive

THE ECHO

MARCH 2018

MARIN VALLEY

MOBILE COUNTRY CLUB

100 MARIN VALLEY DRIVE
NOVATO, CA 94949
415-883-5911 / 415-883-1971 FAX
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A PUBLICATION OF MHB Group Region 8
www.mobilehomeboard.com/

MARIN VALLEY

GENERAL MANAGER Matt Greenberg
gm.mvmcc@gmail.com

PAC BOARD

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Stephen Plocher, Larry Cohen, Carol-Joy Harris,
Ron Romaine, Susan Meyer, Kevin Mulvany
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DIRECTOR EMERITUS Dee Schneider
DIRECTOR/BAR MANAGER Fred Dargie 884-2969
DIRECTOR/HOSPITALITY Larry Moore 883-0486
DIRECTOR/RESERVATIONS Carolyn Corry 370-6403

SUBMITTING ARTICLES

Email articles with "ECHO" as the first word of the subject line and a copy of the article in the body of the email to [Erma Wheatley: erma@wheatley@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 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. The debt service is 2.45, well above the required 2.0. Our cash, plus short-, medium-, and long-term reserves is in excess of \$4.5 million.

The midyear budget review indicates that the budget has anticipated our needs. The unexpected expenses related to the electric power outage and last winter's rains came out of our reserves. With the support of Novato's staff, the plans for beginning the ADA updates for the clubhouse will begin when a contractor is hired. The shoring up of our hillsides is in process; the retaining structure behind the clubhouse and above Club View will happen as soon as the hill dries out.

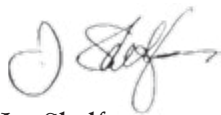
MVEST has been active in focusing our attention on the safety issues around our community. For further information, see their report in this *Echo* (p. 5-6).

PAC's subcommittee on Rules and Regulations is correlating information gathered from residents to be reviewed by Management. This committee will advise you when they are meeting should you wish to be part of this process.

Larry Cohen and Jay Shelfer met with City staff (the so-called 2X2 meetings), and the details were discussed at the February PAC meeting. The minutes will be posted in the clubhouse and on the website when available.

The next PAC meeting will be at 6 pm, Wednesday, March 7. The agenda is posted in the clubhouse before each meeting, or we will email it to you. Come and contribute with your presence and your opinions.

In service,



Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com

Management Update

Management update for March 1, 2018.

Remember to ask Management about any permit-related questions such as upgrades to your electrical subpanel. These types of repairs or upgrades require a building permit. We can assist with your application.

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, water, or gas during the investigation and repair.

Residents have alerted Management that a coyote has been seen roaming the streets. Please keep your cats and small dogs safe and indoors per Park rules.

Park rule #12: Carports are not storage areas.

People who can't park in their carports due to stored items impact others by parking in guest spaces or out in the street.

Unauthorized solicitation from outside organizations trying to sell vacuum cleaners, frozen food, and/or home services—all have at times been reported to the front desk. A knock on the door can at times be unnerving, and against Park policy, so please alert the front desk if you have been solicited so we may contact the service provider. Please do not let a stranger into your home even if they seem friendly and with good intention. Call the front desk for assistance.

MVMCC's Tree and Shrub policy is in place to protect residents' privacy and to also protect our trees from unlawful removal or pruning, especially oaks, as they are protected. Ask the front desk for any assistance. We are here to help.

Thank you for your continued cooperation.



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

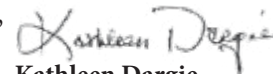
MAR VAL *Message from Mar Val*

Dear Friends,

Having had our recognition of the Scots in January of this year, it is only appropriate to now focus on the Irish with our **St. Patrick's Day Dinner** on Saturday, March 17, 2018, starting at 5 pm. While it is understandable that our guests don't always have a kilt or a clan tartan to wear for the Scottish Night, it is far more likely most of us will be able to don something green in order to enter the spirit of the St. Patrick's event. Please refer to the reservation form for details pertaining to the dinner menu and cutoff date.

In addition to March 17 being St. Patrick's Day, it is also the birthday of **Patrick Wheatley**, who has for many years been both a devoted volunteer as well as a generous benefactor to Mar Val. Please join us at Pub on Friday, March 16th to honor Patrick on his birthday.

With warmest regards,



Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com



MAR VAL PRESENTS

ST. PATRICK'S DAY

MARCH 17, 2018

5 PM COCKTAILS ■ 6 PM DINNER

M e n u

Corned Beef/Cabbage or Vegetarian Rice Pilaf

Potatoes ■ Carrots ■ Rolls

Fruit Crumble

Reservation deadline is March 14, 2018 at 5 PM or when 140 reservations have been received.

Please make checks payable to Mar Val – NO cash please – \$12 each.

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

ST. PATRICK'S DAY DINNER 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 of attendees ____ at (\$12/person) TOTAL \$_____

Reservation deadline — March 14, 2018 at 5 PM or when 140 reservations have been received.

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



Fire at “Mr. Bill” Crozier’s

by **BILL DAVIS** and **RON ROMAINE**

How did he get out alive? What caused the fire?* **Why did his home seem to ignite so rapidly? Why did his neighbors’ not catch fire?**

Bill Crozier is not only the oldest resident in the Park, he was also one of the first to move into the Park some 40 years ago and was featured in last month’s *Echo*. Mr. Bill is one smart 96-year-old WWII veteran. He lived through being on a tanker that was sunk by a Nazi U-boat and was adrift in the Atlantic Ocean for weeks. He’s a sailor, an engineer, and fisherman. He has “the right stuff,” as Tom Wolfe would say. I talked to him right after the fire and a few days afterwards. His spirits are high. “I got a new set of clothes. Now I need to get a set of wheels and get started again,” he said with a laugh. He said he plans to move back in, to a new unit.

So what happened that night of the fire? He had come home after a ten-day fishing trip and turned up the furnace. He had been home about two hours and was sitting in front of his computer when he smelled smoke. He investigated and saw a small fire in his laundry room area that was developing quickly. He grabbed his immediate valuables that were in a drawer (go-bag) and raced out his front door. He immediately ran around and turned off the gas at his meter. Then he attempted to put out the fire with his garden hose while a neighbor called 911. The fire roared through his house and blew out the windows, causing minor burns on his face and hands.

Later he was treated at the Kaiser ER and observed for four hours, then discharged to stay with his daughter and son-in-law in Petaluma. “Bill’s Truck” was also consumed by the fire. His insurance is up to date.

Very soon after Mr. Bill’s home ignited into flames, the Novato Fire and Police responded. They first secured the area to protect the spreading of the fire to other homes and flammable vegetation. The fire’s containment was their highest priority. Then they began suppression. They are good at this and did a great job. The aggressive fire never spread to other units or up the hill behind his home. There were five engine companies here, poised to make sure the fire did not spread and to attack it immediately if it did. The fire could have easily spread, and if this had occurred several months ago—with the surrounding dry vegetation and without the removal of the junipers—there certainly could have been a much different outcome.

Once a fire engine arrives at a fire, the fire department immediately takes over all management of our Park. Police arrive to support and protect the firefighters, secure the areas close by, stop looters, and maintain calm. They can and will use appropriate force for all directives. Fire and police are in control, and we are subject to their orders. Our job as residents and MVEST members is to step back, to

keep out of the way, and not to spread panic. The Incident Commander of the fire, Battalion Chief Jeff Willet, wanted everyone to stay inside their units. Our compliance as Park residents was excellent. Several MVEST volunteers even assisted police by rerouting traffic away from the area.

The job done by the firefighters and police was outstanding. The fire department stayed on the scene all night long and put out the fire as it reignited several times during the night. The rest of our Park was well protected from that hungry and aggressive fire.

From the viewpoint of residents, what is the best way to manage a fire? Simple: Don’t have one. Prevention is the key. We all enjoy a warm, well-lit house with warm water, but this all hinges on proper management. There is a responsibility, a price to pay, and not just your PG&E bill. The price is the proper management and maintenance of these systems, especially in our older units. It is prevention, prevention, and prevention.

Prevent unwanted ignition, have early warning devices (smoke alarms, carbon monoxide alarms), and keep fire extinguishers handy in the kitchen (the most common source of home fires). Most of us have 40-year-old homes with walls that ignite quickly and wiring in need of inspection for

CONTINUED ON **PAGE 6**

* The cause of his fire is under investigation. The amount of debris and burn in the area of ignition make a definitive determination unlikely, but it appears to have originated near his furnace and electrical panel next to his washer and dryer.

Still have junipers around your or your next-door neighbor's house? Pruned or not—"you have gas cans for landscape plants."

integrity. Some of our plumbing and gas supplies are old and frail. Given the 315-plus structures in this Park and the age of these structures, one could argue that ongoing maintenance and regular inspections are critical to the future of our homes. Do you know the current status of your home's gas and electrical systems? Better the devil you know than the one you do not know.

Bill Crozier is a smart and resilient man. He knew what to do, was ready, and sprang into action. He had seconds to escape and made it because he was ready. He is a model for the rest of us in many ways. Are you prepared and ready to escape in seconds from a fire inside your home or from your neighbor's home spreading to yours?

If you are one of the few people in the Park who still has junipers around your or your next-door neighbor's house—pruned or not—"you have gas cans for landscape plants" as a San Rafael firefighter told me and the HOA in Peacock Gap a few years ago. Peacock Gap has no more junipers. ■

HOL *Home Owners League Message*



Next to the HOL Bulletin Board is a group of **cubbyholes** currently being used for various things. HOL is using some of these for you to have a place to voice your opinion or make suggestions in case you can't make it to the meetings.

The HOL Board has completed a "**Procedure and Rules for Hosting an HOL-Sponsored Event.**" A copy is posted on the HOL bulletin board, so if you have an event you would like HOL to host, please refer to that document.



For those of you who couldn't attend the **Pressure Cooker class**, you missed out on quite an event. About 30 people in the kitchen watched new resident **Lorna Sass** make curried split pea soup, short ribs that fell off the bone, and the most amazing butternut squash risotto. Delicious and so quick! Thanks, Lorna. Hope you can do another class soon.



Ed Collins' Board Game Night will continue on the first Friday of the month in the

Fireside Room after Pub. Bingo is on the second Friday. Some months these events may switch, so pay attention to the

monthly calendar. All are welcome to attend and bring your favorite board games.



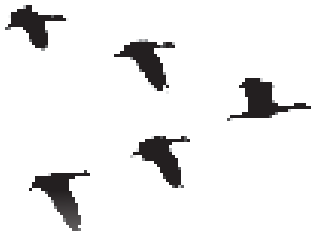
The **Chair Yoga** class taught by John Marino is a HUGE success. He promises to keep "our

elders" stretched out and educated about the importance of maintaining flexibility and ease of movement for those of us with limitations due to age, disabling illness, accident, or stress. It's every Tuesday from 10 to 11:30 am in the Fireside Room.

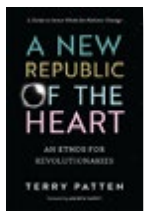
HOL is busy as usual. There are two requests for **additions to the gym**, one for a second Nu-Step machine and another for a rowing machine. The problem is that there is no room to add anything in the gym, and to get something new, something old has to go. We did a survey in February and will let you know the results. If you have any suggestions or opinions, write them up and put them in the appropriate cubbyhole next to the bulletin board.

Please note a new plaque above the door for **Mr. Bill's shed for temporary health care equipment**. Mr. Bill Crozier lost his home to fire last month on the same day I had the plaque made. I am happy to say that he will be returning to the Park with a new home and will be managing the shed at that time. In the meantime, Management is taking over. We miss you, Mr. Bill!

Nancy Bingham, in charge of the **Contractor/Handyman binder** in the library, continues to keep the book updated. However, if you don't provide input, there is not much she can do. Please, when you have someone do work on your home, good or bad, please fill out one of



the forms in the front of the binder or from the “Contractor/Handyman” cubbyhole in the HOL hallway. You can add your information to the binder, or put it in the “Suggestions” cubbyhole and we will do it for you. We will ALL thank you for that information.



Mark your calendar Thursday, March 8, from 7 to 9 pm. Resident **Terry Patten**, will talk about his new book *A New Republic of the Heart*. See page 8.

David Gray has volunteered to head up HOL's Wildlife Committee. Thanks, David! We are looking forward to his expertise and participation.

Again, we will be participating in the **Earth Day anti-litter campaign**. Earth Day is April 22, so get ready to pick up litter along Marin Valley Drive. **Peggy Hill** has volunteered to coordinate our efforts.

Management is removing the Scotch broom from the fence by the clubhouse parking lot. Someone absconded with the “No Parking” signs at the top of the hill. The City knows about it, and hopefully the signs will be replaced. Work on the roots of the removed junipers and on the big slide under the clubhouse will start on March 1.

Quack Quack,

Janie Klimes Crocker

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

HOL COMMUNITY PRESENTATIONS

ART IN THE PARK



by **SUZIE LAHR**

We had a wonderful meeting Sunday, February 21st, with 17 artists reconnecting and welcoming several new artists in our midst! Thank you to all who made this meeting a success!

New Marin Valley Gallery Exhibit

On Saturday, March 10, we will hang a new Marin Valley Gallery exhibit. Please let me know if you plan to exhibit. All Marin Valley artists are welcome. Artwork must be wired on the back 1/3 down from the top of the frame and labeled on the back with your name, medium, title, and price. Please call me at 415-884-9611 with any questions you might have. All artistic media are welcome as are all levels of skills, so please join us in displaying your work!

On Saturday, March 10, all artwork in our current exhibit should be picked up between 9 and 11 am. Artists who want to exhibit must also drop off new artwork at the same time between 9 and 11 am and sign a release when you arrive. If you cannot do this, please arrange to have a friend do it for you. David Gray and I will promptly begin hanging the new exhibit at 11 am on March 10. The new exhibit will be a preview for our May 2018 Art in the Park event, which will also serve as a resident reception for all the artists involved in the gallery and the event.

This exhibit will remain up through August 2018. Due to the complexity of collecting artwork and hanging the exhibit, our Marin Valley Gallery will be changed every six months.

Our next meeting will be on Sunday, March 25, at 2:30 pm to discuss the logistics of our Art in the Park event on May 10, and I encourage all of you to join in the meeting and in this popular resident event.

Once again, I thank you for your creations and HOL for supporting our passion around the beauty of art. I am in awe of the talents that exist right here in our little village! Keep creating beauty. It is a gift of peace to yourself, to our residents, and to all in our present chaotic world.



ART AROUND TOWN

Marin Cancer Center

1350 South Eliseo Drive, Greenbrae
Flourishing Flowers in Watercolor —
Cara Brown. Through April 6.

Marin MOCA

500 Palm Drive – Hamilton
Nathan Oliveria—The Figure Over Time
March 3–April 22
Wed.–Sun., 11 am–4 pm
Opening reception March 3, 5–7 pm

Marin Civic Center

Bartolini Gallery: *Found in Our Own Back Yard—Art Assemblages of Found Objects*. Through April 13.
Redwood Foyer Gallery: *Patrick Maloney—Looking Forward Looking Back*. Through June.

Petaluma Arts Center

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

Creating a New Republic of the Heart

Book Release Talk and Experiential Exercises

By **RESIDENT TERRY PATTEN** ■ **March 8, 2018** ■ **7-9 PM** ■ **Fireside Room**

Terry Patten has woven together strands from evolutionary neuroscience, deep ecology, integral theory, and spiritual wisdom to offer a practical path forward out of humanity's current morass. Written with great gusto and clarity, this book shows us how to integrate personal and political practice, transforming both our lives and our world.

Rick Hanson, Ph.D., author, *Buddha's Brain, Hardwiring Happiness*

Profound. What we have here is possibly the finest example of the making of the possible human and with this, the development of a possible world.

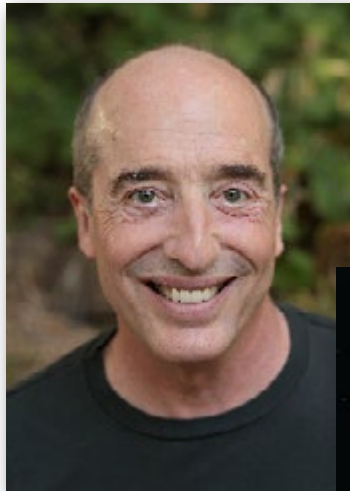
Jean Houston, Ph.D., Chancellor, Meridian University, author, *A Passion for the Possible*

Superb, exciting, sane, and enlightening—a social activism that is also personal, emotional, spiritual, ecological, relational, and that stems from, and points toward, the very leading edge of evolution itself.

Ken Wilber, author, *The Integral Vision, The Religion of the Future*

A stunning marriage of wild heart and cool mind. This is a major work of pioneering originality accomplished with great intellectual grace and profound sacred passion.

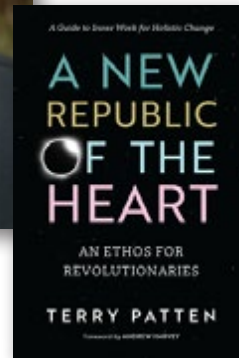
Andrew Harvey, author, *The Hope—A Guide to Sacred Activism*



Terry Patten

Our global crisis—environmental, economic, political, and cultural—has reached a tipping point that challenges us, collectively and personally, to grow and change—to awaken the heroic goodness that resides in one's heart.

Marin Valley resident Terry Patten has a coherent response in his new book, *A New Republic of the Heart: An Ethos for Revolutionaries*, which he has been incubating for two decades.



In it he helps show that people can recognize an untapped reservoir of latent inner and outer nobility that they contain, and challenges all—no matter what happens in the years ahead—to allow ourselves to come, truly and deeply, face to face with ourselves and with one another.

The book illustrates how inner and outer transformation are entirely interdependent, and that the future of our very life-support system is utterly dependent on the quality, intelligence, tenderness, and courage that each of us can cultivate in ourselves

and with each other. The book lays out the difficult, necessary, creative, and ultimately rewarding work each must engage in to meaningfully address our most “wicked” problems.

Author, teacher, and (r)evolutionary, Terry will speak about his new book, which envisions specifics of what we can do and how we can be in order to create a heart-based republic. He will also lead brief experiential exercises that will give a taste of “mutual” (as contrasted to solo) spiritual practice. ■

Copies of Terry's new book will be available.



COMMUNITY DANCE

Saturday, March 3 • 7-9 pm

Come dance to Brynda Foster and the Tempos the first hour and the DJ dance stylings of Michael Hagerty the second hour.



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

The Mask Thursday • March 1 • 7pm

(1994) Comedy, Fantasy 1hr 41min

Director Chuck Russell **Starring** Jim Carrey, Cameron Diaz

Oscar nomination: Best Effects and Visual Effects

Golden Globes nomination: Best Performance, Actor: Jim Carrey

When a mild-mannered banker discovers an ancient mask that transforms him into a zany prankster with superhuman powers, hyperactive mayhem ensues. Jim Carrey plays Stanley Ipkiss, a decent but socially awkward guy who one night finds a strange mask. Carrey's trademark energy reveals itself after Stanley puts on the mask and the banker

transforms into a green-skinned, zoot-suited fireball with the courage to do the wild, fun things that Stanley fears, including romancing Tina Carlyle (Cameron Diaz) and being an unconventional superhero in search of justice and a good time, too, in a city with pollution and gangsters. The film became a surprise hit and established Carrey's status as a comedy superstar.



The Straight Story Thursday • March 15 • 7pm

(1999) Biography, Drama 1hr 52 minutes

Director David Lynch **Starring** Richard Farnsworth, Sissy Spacek, and Harry Dean Stanton

Oscar nomination: Best Actor, Richard Farnsworth; **Golden Globes nominations:** Best Actor in a Motion Picture, Richard Farnsworth; Best Original Motion Picture Score: Angelo Badalamenti; **Cannes Film Festival nomination:** Palme d'Or, David Lynch

David Lynch's lyrical portrait chronicles the true story of an elderly WWII veteran's 1994 journey across America's heartland on a lawn mower. When he hears that his estranged brother has suffered a stroke, Alvin Straight makes up his mind to visit him and hopefully make amends before he dies. Alvin, too impaired to get a driver's license, hitches a trailer to his 30-year-old John Deere lawn tractor, having a maximum speed of about 5 miles per hour, and sets off on the 240-mile journey. By sharing his life's wisdom

through simple stories, Alvin has a profound impact on the characters he meets along the way who color his pilgrimage. *The Straight Story* is a multilevel exploration of the goodness and beauty of America—on one level a slow walk through the heartland, its kind inhabitants, and amber grain, and on another level about growing old and remembering what is important (and actively forgetting what isn't). David Lynch gives us time in this movie to show how much can be said with silence—a remarkable movie that will rest gently for some time to come. ■

A New Paradigm for Probability

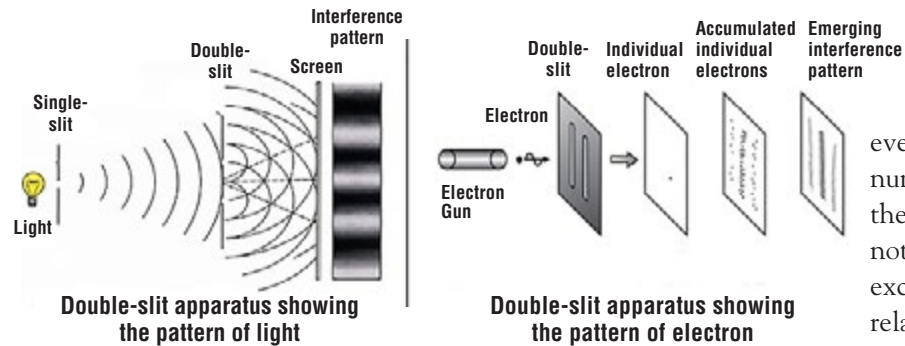
Quantum Mechanics Demystified: #3

by MIKE YORK

Classical physicists assumed that the two physical models to represent energy in motion—one, a particle (an entity with a definite location) and the other, a wave (an entity with a definite momentum)—were mutually exclusive. They must be either one or the other.

It wasn't until observations about 100 years ago showed that light, previously thought to be a wave, sometimes behaves like particles (e.g., Planck's explanation of the black-body spectrum and Einstein's explanation of the photoelectric effect) and that particles sometimes behave like waves (e.g., double-slit diffraction of electrons). It became known as the "wave-particle duality."

What we now know is that physical systems are no longer waves (which require something to wave, like sound is a wave of air pressure) or particles (which must be localized in both space-time and energy-momentum). Rather, QM tells us that we have probabilities of determining something with certain properties called "quantum numbers", which include location, momentum, spin, charge, and so on, although some of these properties cannot be simultaneously determined for the same thing. For example, as previously described, we can inquire as to their spatial location or their momentum, but not both at the same instant.



But here is what is really interesting about QM. *The probabilities do not behave like the statistical notion of probability we are all used to!* It is these quantum probabilities that generate the wave-like behavior of *interference*.

Statistical probability is synonymous with relative frequency. If we repeat an experiment with three possible outcomes, A, B, and C, many times and find that A occurs 10% of the time, B occurs 40% of the time, and C occurs 50% of the time, we then say that the probabilities of outcomes A, B, and C are 10%, 40%, and 50%, respectively. Note that here these probabilities are all non-negative numbers in the range 0–100. If we inquire into the probability of *either* A or B occurring then we simply add their probabilities and get 50%. The key point here is that the probability of "A or B" is bigger than the probability of each by itself.

And this is where quantum probabilities behave differently. First of all, they can sometimes be negative! Technically they are called *probability amplitudes* so that they are not confused with the usual statistical definition of probability (and they can

even be complex numbers). But their sign does not matter except in relation to other probabilities,

because an actual relative frequency is obtained by *squaring* them—which creates an appropriately non-negative number. But now we get to the important bit: If you ask for the probability amplitude of getting either A or B, then you add the amplitudes, not the relative frequencies. You then square the result and discover that the probability of getting either A or B *may be less than either of the individual probabilities!* In a double-slit experiment the frequency with which electrons arrive at the screen gives the diffraction pattern and must be computed by adding the amplitudes (which sometimes reinforce and sometimes cancel) before squaring to give the frequency, which then exhibits the wave-like property known as interference.

The reason why these probability amplitudes can have opposite signs lies in the way QM tells us to project the physical state into a particular choice of context-dependent Plato's cave, which I discussed in the previous two months. Next month I'll explain the very simple logic behind how this projection is done and how it relates to the concepts of *entanglement* and *non-locality*. ■

Add Years to Your Life and Life to Your Years! There's A Cure for Dementia

by JOHN HANSEN

Put very simply, the cause of cognitive decline is a chronic imbalance in the brain between the creation of new neural connections (synapses) and the removal of old unused, unneeded, or poisoned ones.

Everything you eat, everything you do, and everything you are exposed to every day influence this balance.

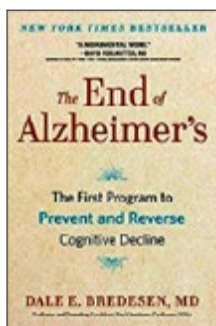
It's well documented and well demonstrated, and it's lurking in some very familiar—and very confusing—places. Our everyday lives—our diets, activities (or lack of), and lifestyles—provide us with both the causes and cures for our growing epidemic of the diseases of cognitive decline in its numerous forms, including various dementias, Alzheimer's, Parkinson's, depression, and a host of other neurodegenerative diagnoses.

So why the confusion? Ask a simple question to three experts of differing medical disciplines, and you most assuredly will get three different answers. They're probably all right answers but will differ because the perspectives are too narrow to overlap one another. Modern medicine includes many different specialists who don't talk with one another enough.

*When you carry a hammer,
you look for nails.*

How many diet plans are out there? There are many, many narrow-perspective diets to lose weight, or gain energy, or support a workout regimen, or who knows what—all one-size-fits-all from some narrow perspective. You will be hard-pressed to find a plan with the flexibility to fit your individual needs. It has become so convoluted that most of us are confused about what those individual needs actually are, and they're usually not what you've been led to believe they are.

*There's a light at the end of the
alimentary tunnel.*



So here's the good news: I have been casually following the field of "functional medicine" for decades, but not closely enough to connect all the dots. Then a few weeks ago a book caught my eye: *The End of Alzheimer's* by Dale Bredesen, MD—yes, the same Dale Bredesen who was the founding Director of the Buck Institute, on the north end of Novato.

Dr. Bredesen, along with hundreds of other functional medicine physicians have now shown that the brain is not irreversibly doomed to degenerate over time, but is "neuroplastic," meaning it has the capacity to recover from many years of neglect, abuse, and all manner of toxins and poisons that it has been subjected to by everyday life in our modern world.

Amyloid Buildup

Put very simply, the cause of cognitive decline is a chronic imbalance in the brain between the creation of new neural connections (synapses) and the removal of old unused, unneeded, or poisoned ones. Everything you eat, everything you do, and everything you are exposed to every day influence this balance. Things like smoking, drinking, poor food choices, and exposure to environmental toxins, or just a sedentary lifestyle, insufficient

sleep, poor hygiene, and a bad attitude, all add up to inhibit formation of new synapses (synaptogenesis) and shift the balance toward synaptic decline. Over time, the brain shrinks, and a sticky stuff called amyloid builds up in the brain.

Reverse Cognitive Decline

In order to either prevent or reverse cognitive decline, chip away at the amyloid, rebuild your brain, and shift the synaptic balance toward synaptogenesis, Dr. Bredesen provides a road map that everyone can follow toward their own personal destination.

- **Step one** is to firmly decide to get on board with the program!
- **Step two** is to stop abusing, poisoning, and starving your brain.
- **Step three** is to begin protecting, nurturing, and exercising your newly regenerated noggin.

Getting Started

It's not brain surgery, but these steps do involve a bit of a learning curve and the discipline to follow through, and there are many resources to assist you. I suggest you start by reading Dr. Bredesen's book. If there's enough interest in the community—and why wouldn't there be?—**forming a local brain-growing support group may be in order.**

Your individualized program may cost you a few dollars, but it's nothing compared to living for even a single month in an assisted-living facility—sans soundness of mind. ■

Take a Hike

by MIKE HOLLAND

Raise your hand if you know where San Francisco Boulevard is. If you answered San Francisco, go to the back of the class and take two days' detention. It's actually in San Anselmo and is the most un-boulevard-like road you may ever encounter. We'll come back to it in a moment.

Let's continue with our primer on public thoroughfares. Can you describe the differences among avenues, boulevards, courts, drives, highways, lanes, roads, and ways? In the same order they are defined as: a wide street, a broad street, a short street, any road, a main road, an open public way, and a path.

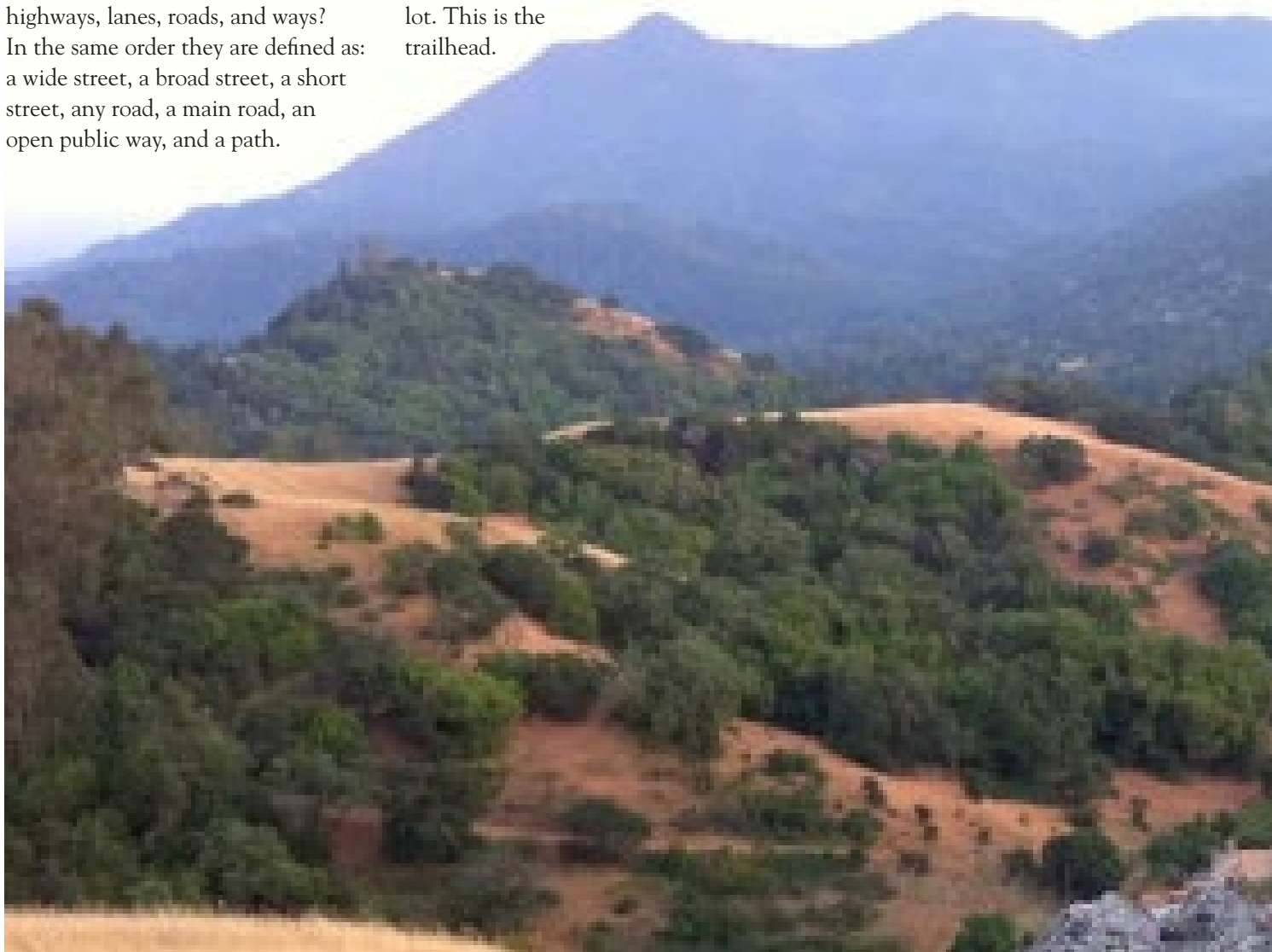
And, all of them are generically referred to as "streets."

Gosh, wasn't that helpful!? The belabored point of all this is that we need to travel along the seemingly misnamed San Francisco Boulevard to arrive at the start for this month's hike at Sorich Park. To drive there, take Sir Francis Drake Boulevard west until you are just past the Red Hill Shopping Center. Turn right onto San Francisco Boulevard (there's a signal light) and go $\frac{3}{4}$ of a mile until it dead-ends in a dirt parking lot. This is the trailhead.

Drive carefully because this "boulevard" is narrow and full of pot-holes, and the pavement eventually disappears.

The hike itself is three miles out and back. It starts on a single-track trail that follows switchbacks through a beautiful eucalyptus grove up the hill to the ridge. About halfway up you'll see a tempting fire road with a "no trespassing" sign off to the right. This leads down and through the cemetery and exits in Sun Valley in San Rafael.

Sorich Park —



San Anselmo

Back in the day, many runners (I wonder who?) used to avail themselves of this shortcut. The Memorial Park management politely requested that they stop running through the graveyard.

At the ridgetop, turn left and follow the broad fire road for $\frac{3}{4}$ of a mile until you reach a large dirt intersection. This is a good spot to turn back. The ridge is a section of the Terra Linda/Sleepy Hollow Ridge, and it offers spectacular views of the

North Bay, East Bay, and parts of the City. You also have a great perspective to see why the Ross Valley is truly a valley. You can follow its winding path through Kentfield, Ross, San Anselmo, and Fairfax.

While driving back on San Francisco Boulevard, you'll see a sign for Memorial Park. This quick jog to the left brings you to one of the most unique buildings in Marin—the Log Cabin Dugout Bar. The Dugout is the lower half of the American Legion

Meeting Hall, and it is a genuine log cabin. The bar is open Wednesday through Saturday from 6 pm until late. As you might expect, this ain't no snooty cocktail lounge.

More pedestrian post-hike fare can be found at Red Hill. There's a Peet's for coffee and an intriguing—but not cheap—gourmet burger joint.

Extra credit: What do we call the streets in Marin Valley? ■



Marsh Wren

Article and Photography by DAVID GRAY

The marsh wren (*Cistothorus palustris*) is a small brown bird with a cocky attitude. Described as being a secretive bird, it hardly stays still for very long, even when singing for a mate. My experience with them is that they are incredibly difficult to photograph, given their propensity to hide out deep in the reeds of local marshes (hence their name). To me, their call evokes a



vision of babbling water. Most frequently I hear them but never see them beyond a brief flash of wingbeats. Sometimes I get lucky, as seen with these photos.

Wrens are one of the rare birds who carry their tails pointed almost straight up. Their tails are pretty stubby, as is their body, so it gives them a jaunty or comic air. They eat insects mostly from above the water's surface, but also underwater, where they catch the larvae of mosquitos and other aquatic insects.

The cover provided by the dense reeds in marshes gives them a safer habitat, and they build their nests from grasses lashed to shrubs. Males build up to 20 or more nests in their territory that often are never used for raising young but are said to be sometimes used for sleeping. A female will pick one of the nests, which then gets lined with cattail fluff. It is obvious that the marsh wren I photographed singing on the cattail along the Muddy



Hollow Trail in Point Reyes National Seashore has been gathering cattail fluff, given that it's sticking to his beak. The female lays clutches of three to six eggs, pale brown with dark brown speckles. After the brood hatches, both parents feed the nestlings, and they fledge after about two weeks.

The marsh wren is an all-season resident of our area; the one photographed singing on the bent reed was photographed at the Las Gallinas ponds. They range across North America, Mexico, and into Canada and are not rare or endangered, but they sure are cute! ■

MARCH 2018

SUNDAY 4		MONDAY 5		TUESDAY 6		WEDNESDAY 7		THURSDAY 1		FRIDAY 2		SATURDAY 3	
6:30- Taiji McLam/ 9:30AM Clubhouse Deck 1-4 PM Mahjong Fireside Room	6-8+AM 9:30AM 10-11AM 6PM 7:20PM	Trash Pickup Low-Impact Exercise Fireside Room Aerobics Bamboo Rm MVEST Meeting Fireside Room Poor Man's Poker Card Room	6:30- Taiji McLam/ 9:30AM Clubhouse Deck 10:00- Chair Yoga 11:30AM John Marino/ Fireside Room	6:30- Taiji (McLam/ 9:30AM Clubhouse Deck 10-11AM Aerobics Bamboo Rm 11AM-1PM Whistlestop call Roberta 415-883-0843 11:15AM- 2:00 PM Craft and Chat Ballroom 6 PM PAC MEETING	6:30- Taiji McLam/ 9:30AM Clubhouse Deck 6 PM 7-9 PM 7:20 PM	Taiji Clubhouse Deck Aerobics Bamboo Room Film Night THE MASK Poor Man's Poker FULL MOON 6 PM	9:15 AM QiGong 6 PM 7-9 PM 7:15 PM	10-11AM 4 PM 5 PM 7:15 PM	Aerobics Bamboo Room Canasta Pub Night Ballroom Board Game Night Fireside Room	7-9 PM COMMUNITY DANCE	 7-9 PM COMMUNITY DANCE		
6:30- Taiji 9:30AM 1-4 PM Mahjong	6 AM 9:30AM 10-11AM 6PM 7:20PM	Trash Pickup Low-Impact Exercise Aerobics MVEST Meeting Poor Man's Poker	6:30- Taiji 9:30AM 10:00- Chair Yoga 11:30AM	6:30AM Taiji 10-11AM Aerobics 11AM-1PM Whistlestop 11:15AM Craft and Chat 6 PM MAR VAL MEETING	9:15 AM QiGong 6 PM 7PM 7:20 PM	Taiji Aerobics Whistlestop Craft and Chat MAR VAL MEETING	10-11AM 4 PM 5 PM	10-11AM 4 PM 5 PM	Aerobics Canasta Pub Night	 MAR VAL <i>St. Patrick's Day Dinner</i> 5 PM COCKTAILS • 6 PM DINNER			
6:30- Taiji 9:30AM 1-4 PM Mahjong	6 AM 9:30AM 10-11AM 6PM 7:20PM	Trash Pickup Low-Impact Exercise Aerobics MVEST Meeting Poor Man's Poker	6:30- Taiji 9:30AM 10:00- Chair Yoga 11:30AM	6:30AM Taiji 10-11AM Aerobics 11AM-1PM Whistlestop 11 AM Bridge 11:15AM Craft and Chat 2:30 PM Readers' Theatre 6 PM HOL MEETING	9:15 AM QiGong 6 PM 7:20PM	Taiji Aerobics Whistlestop Bridge Craft and Chat Readers' Theatre HOL MEETING	10-11AM 4 PM 5 PM	10-11AM 4 PM 5 PM	Aerobics Canasta Pub Night				
6:30- Taiji 9:30AM 1-4 PM Mahjong ART PARK 2:30PM Art in the Park Meeting Fireside Room	6 AM 9:30AM 10-11AM 6PM 7:20PM	Trash Pickup Low-Impact Exercise Aerobics MVEST Meeting Poor Man's Poker	6:30- Taiji 9:30AM 10:00- Chair Yoga 11:30AM	6:30AM Taiji 10-11AM Aerobics 11AM-1PM Whistlestop 11:15AM Craft and Chat 4:30AM Book Club—My Life on the Road —Gloria Steinem Fireside Room	9:15 AM QiGong 6 PM 7:20 PM	Taiji Aerobics Whistlestop Craft and Chat Book Club—My Life on the Road —Gloria Steinem Fireside Room	10-11AM 4 PM 5 PM	10-11AM 4 PM 5 PM	Aerobics Canasta Pub Night	 FULL MOON 8 PM			

TURN CLOCKS BACK

ECHO DEADLINE

ST. PATRICK'S DINNER
Reservation deadline
or after 140 reservations

MAR VAL
St. Patrick's Day Dinner
5 PM COCKTAILS • 6 PM DINNER