

# THE ECHO

**MAY 2016  
CONTENTS**

**2**

Meditation Class  
Rotary Home Help

**3**

**Jay Shelfer** Letter  
**Larry Cohen** Elections

**4**

**Carolyn Corry**  
Message

**5**

**Kathleen Dargie**  
Memorial Day Dinner

**6**

**Matt Greenberg**  
Update

**Mail  
Directory**



HOL



MVMCC

**7**

**MVEST Team**  
Vial of Life

**8**

**Suzie Lahr** Art  
**Joan Nelson** CCC

**9**

**Anila Manning**  
TPL

**10**

**John Feld**  
Water

**11**

**David MacLam**  
My Tai Chi Story



**12**

**Mike Holland**  
Take a Hike: *Hidden Lake – Mount Burdell*

**13**

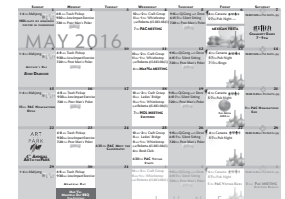
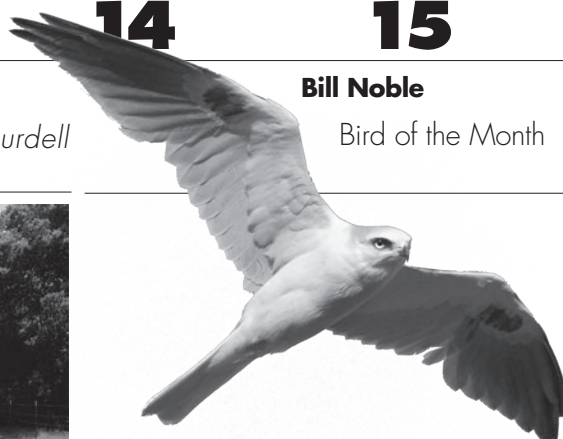
**14**

**Bill Noble**  
Bird of the Month

**15**

**16**

**Calendar**  
May 2016



# Free Light Home Maintenance for Novato Seniors

## Rotary Home Team Work Day

**Saturday – May 21**  
9 AM – 1 PM

**T**he Rotary Home Team offers a free service for Novato seniors and people with disabilities who may have financial or physical challenges in performing small, basic household repairs.

Teams of Rotarians will replace light bulbs, install new CO<sub>2</sub>/smoke detectors, replace batteries in smoke alarms, unclog most drains, fix leaky faucets, silence squeaky doors, reset blown fuses, and perform other small repairs.

### Appointment Required

To arrange a Rotary Home Team visit or for more information, please contact them no later than **Friday, May 13.**

415-899-8296 or 415-899-8295

#### Home Team Partners:

Novato Independent Elders Program / Episcopal Senior Communities

Rotary Club of Ignacio

#### IN MEMORIAM

**John Barkus**  
May 31, 1949 – March 14, 2016

# Mail

## John Barkus, 1949-2016

Joan thanks all of us for our good wishes during John's illness. Joan and John often joined us at meditation when they could, and they always had courage and grace together.

*Michael Hagerty*

## Bill McInroy, February 16, 2016

Bill passed on at 8:29 this morning. Our son Kirk and I were by his side, and he went peacefully.

Thank you to all the wonderful, caring, kind people of this community. You made this journey bearable. May you all be as blessed. Lots of love to all!

*Charly & Kirk McInroy*

## Meditation Group to Resume in September

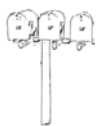
After the last meeting of the Tuesday Meditation Group on April 26, **Michael Hagerty** is retiring from leading meetings for over three years.

But **Joan Nelson** will lead a new group on Mondays at 5 PM starting in September. Anyone interested should contact her at [figleafjoan@comcast.net](mailto:figleafjoan@comcast.net).

## 2016-17 Directory Update

### Rick Kennedy

51 Marin Valley Drive:  
415-883-7644  
415-806-3127 cell  
[rkennedy301@gmail.com](mailto:rkennedy301@gmail.com)



### New Residents

**Stephen and Tara Plocher**

51 Club View

# THE ECHO

MAY 2016

## MARIN VALLEY MOBILE COUNTRY CLUB

100 MARIN VALLEY DRIVE  
NOVATO, CA 94949  
415-883-5911  
[novatofinancing@att.net](mailto:novatofinancing@att.net)  
[WWW.MVMCC.COM](http://WWW.MVMCC.COM)

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[www.mobilehomeboard.com/](http://www.mobilehomeboard.com/)

MARIN VALLEY MOBILE COUNTRY CLUB

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

### PAC BOARD

PRESIDENT Jay Shelfer 415-883-6945  
VICE PRESIDENT Peggy Hill 415-382-0185  
SECRETARY Mike Hagerty [mrhagerty@ucdavis.edu](mailto:mrhagerty@ucdavis.edu)  
TREASURER Larry Cohen 415-883-7786  
AT LARGE Jim Olson 415-382-6292

### MVEST STEERING COMMITTEE

LEAD Serena D'Arcy-Fisher 415-506-4235  
John Hansen, Bill Davis, John Feld, Alan Gump

### HOL BOARD

PRESIDENT Carolyn Corry 415-370-6403  
VICE PRESIDENT, ACTIVITIES Cheryl Rebuschung 415-883-4090  
RECORDING/CORRESPONDING SECRETARY Miriam Dvorin-Spross 415-884-0607  
TREASURER Gwendolyn Morgan 415-475-2629

### MAR VAL BOARD

PRESIDENT Kathleen Dargie 415-884-2649  
1ST VICE PRESIDENT Dan Sebastian 415-382-7738  
2ND VICE PRESIDENT Pat Thurston 415-884-0740  
SECRETARY Carole Gathman 415-884-2720  
TREASURER Sandee Duncan 415-883-3034  
DIRECTOR Dee Schneider 415-883-4182  
DIRECTOR/BAR MANAGER Fred Dargie 884-2649  
DIRECTOR/HOSPITALITY Larry Moore 883-0486  
DIRECTOR/RESERVATIONS Carolyn Corry 370-6403

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

[ermawheatley@gmail.com](mailto:ermawheatley@gmail.com)

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

*Everything is due the*

**8<sup>TH</sup> of the month or sooner**

*for the following month's edition.*

# PAC *Letter to Residents*

*Greetings from the PAC Board,*

Our finances are in order. Peggy Hill reports that our debt service coverage ratio is currently 2.84, well in compliance with the 2.0 required by the bank loan.

## **PAC Board Elections**

Larry Cohen is managing the PAC board election in May. Available and competent applicants are encouraged to contact him.

## **Pool and Spa**

As you have noticed, spring is here, and we are at work preparing for summer. The pool and spa have reached the limits of their lives — and Matt, the City's engineering group, the county health board, and the PAC are working out the final details for the renovation. Work should be complete by the end of May and will give us a first-class facility with many carefree years ahead for our enjoyment.

## **Ballroom Air-Conditioning**

There are plans afoot to install air-conditioning in the ballroom by summer.

## **Annual Budget**

The annual budget has been prepared by Al Frei's management team. We have included our input and will be finalizing it with a conference with City staff later this month. Reports have it that the City Council will meet here

in June to approve the budget and attend to other MVMCC affairs. You are encouraged to attend that meeting, as it most likely will not be televised.

## **Parking**

Parking for residents and guests in the upper area of the Park is under pressure again. When possible, please use the parking in front of the clubhouse for overflow or additional vehicles. Park management is looking at alternatives for providing additional parking, since many of us live some distance from the clubhouse. The only available space is now being used for recreational vehicles, so this area is being considered to revert to general parking. Should you be using the RV parking anywhere in the Park simply for storage, it would be helpful to the community if you dispose of unnecessary, little-used vehicles and equipment.

## **Landscape Presentation**

The PAC's next monthly meeting will be **May 4** at **7 PM**. The landscape architect and city engineer will be submitting the latest revision to the ADA plans for the clubhouse area. Hope to see you there. Please come early.

In service,



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

# *PAC Board Elections*

**by Larry Cohen**

**T**he PAC Board consists of five members, who each serve two-year terms. Of the four board members whose terms are ending this June, **Peggy Hill** and **Jay Shelfer** have decided to run; Jim Olson and Mike Hagerty have decided not to run. Our MVMCC community needs nominees for the PAC Board who are interested in representing the interests of the residents to the City of Novato, planning and overseeing the MVMCC budget, and working collaboratively with the Novato City Council and Novato City Staff.

- **Nominations** will be accepted from **10 AM, Sunday, May 15 until 5 PM, Saturday, May 21**. Please contact **Larry Cohen**, 415-883-7786, or email [anila2@earthlink.net](mailto:anila2@earthlink.net) to nominate yourself or another resident. (If you nominate another resident, please make sure he or she is willing to be a PAC Board member and to serve a two-year term.) Nominees must be homeowners and/or residents of record at MVMCC.
- **Ballots** will be prepared and **mailed** to residents during the **week of May 23**.
- A **Meet the Candidates** evening will be held on **Tuesday, May 24** at **6:30 PM** in the clubhouse.
- **Completed ballots** will be accepted **May 25 – June 3**.
- Election **results** will be announced on **Saturday, June 4** at the PAC annual meeting.
- If the election is **uncontested**, the “white ballot” procedure will be followed and no formal election will be held.

# HOL Home Owners League Message

Dear Fellow Residents,

## **HOL is the Voice of Residents at MVMCC**

As we approach the election of the Board of Directors of HOL, it is a good time to take a moment to reflect on the purpose and mission of HOL as a review for all residents, particularly some of the newer folks in the Park. HOL is the oldest organization in MVMCC and is blessed to have longtime residents who have given generously of their time and talents serving in various capacities to create and support HOL as a strong voice of the residents to Park management. These former officers/committee chairs/volunteers are treasure chests filled with years of experience, wisdom, and commitment to the goal of making MVMCC a safe, healthy, and happy environment while providing and sponsoring educational and recreational activities that promote the general welfare of all residents.

HOL was formed 44 years ago and continues to contribute innovative ideas that maintain and support the fabric and foundation of our Park.

## **Activities**

Just in the past year, bylaws were rewritten and adopted, a piano was purchased for the clubhouse, and a museum-quality “hanging system” was purchased to allow for displays by resident artists. HOL sponsors many activities: Art in the Park, Book Club, Shredding Project, Buddy Program, Community Dancing, and Meet the Candidates Night are just a few.

HOL maintains an excellent resource book in the library with information about residents’ experiences with various handymen/contractors/gardeners, rated from “excellent” to “do not hire.” A directory is published every two years listing phone numbers and email addresses (with resident approval) and including a detailed map of the Park. The Wildlife Committee keeps tabs on our owls, coyotes, and turkeys and helps to ensure that the Park is a pesticide-free zone. The Just-1-Hour group and the Death Forum are merging into the newly formed Community Connections Committee. Please look for the article in this issue by **Joan Nelson** (pg. 8) regarding the new committee and some of its

forward-thinking programs. Please also check the clubhouse counter for sign-up sheets for new classes and activities.

## **HOL Elections May 18**

On May 1, the nominating committee, **KC Casey** and **Owen Haxton**, will post the slate of nominees in the clubhouse and on May 18, will present the slate at the HOL meeting. Nominations from the floor will be accepted at this time, and those residents attending the meeting will cast their votes. The new board will take office on July 1.

HOL has a rich and varied history and plays a vital part in residents’ enjoyment of the Park. Please come to the meeting on May 18 and be a part of the process that elects the officers for the coming year — be a participant, and ensure that your voice is heard.

Hope to see you at the next HOL meeting on **May 18 at 7 PM** in the **Fireside Room**. Please come and vote!



**Carolyn K. Corry**  
HOL PRESIDENT  
ckorry@comcast.net  
415-370-6403

## Free Water Exercise Class

**Starting June 7** — (please take a look at page 6 — then check before you go)

**Tuesdays and Thursdays 10 – 11 AM** in the **Park pool**

**Kamala Allen** will lead the class to the *Wet Water Workout* — a gentle, fun exercise routine for all ages. Step it up to the music or take it easy at your own pace. Enjoy the company of friends while you get your exercise in the warm water of our wonderful, heated pool. For further information call Kamala 415-306-6865.

A signup sheet is on the clubhouse lobby counter.

**Kamala Allen, PhD**  
415-306-6865

# Message from Mar Val

Dear Friends,

## Mexican Fiesta

You may recall that the *Echo's* April issue included advance details regarding Mar Val's annual Mexican Fiesta. Well, the wait is almost over, and the party will take place at Pub on Friday, Seis de Mayo. In place of the usual \$2 buffet at Pub, we will be offering a delicious Mexican meal at \$5 per person.

## Memorial Day Dinner

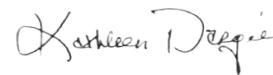
As far as Mar Val is concerned, summer officially begins on Memorial Day, Monday, May 30, with our first outdoor event (if indeed the weather allows). Please refer to the reservation form below for complete details.

## June Jazz Brunch

Just 12 short days following Memorial Day we will be celebrating the 2nd annual Jazz Brunch Saturday, on June

11. Although full details will be in next month's *Echo*, we believe anyone who attended last year's party will rush to mark their calendars as well as alert their friends and neighbors of this outstanding gala.

With warmest regards,



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

## Memorial Day Celebration

MONDAY, MAY 30, 2016

COCKTAILS 5 PM    DINNER 6 PM

HAMBURGERS *or* HOT DOGS *or* VEGGIE BURGERS

POTATO SALAD

BAKED BEANS

ICE CREAM BARS



Reservation Deadline: May 25 at 5:00 PM or when 140 reservations have been received.  
\$10/per person — Checks only — No cash — Please make checks payable to Mar Val.  
Questions: Call Carolyn Corry at 415-370-6403.

### MEMORIAL DAY RESERVATION FORM

Please circle entrée choice

RESIDENT _____	Hamburger	Hot Dog	Vegetarian
RESIDENT _____	Hamburger	Hot Dog	Vegetarian
GUEST _____	Hamburger	Hot Dog	Vegetarian
GUEST _____	Hamburger	Hot Dog	Vegetarian

# Residents \_\_\_\_\_ @ \$10 each    Check for \$ \_\_\_\_\_ is enclosed. (NO CASH)

# Guests \_\_\_\_\_ @ \$10 each    Make checks payable to Mar Val.

Reservation Deadline is May 25 at 5:00 pm or when 140 reservations have been received.  
For questions call Carolyn Corry at 415-370-6403.



# Management Update

## Parking

Parking any vehicle that is not in use due to inoperable conditions or being unregistered is prohibited here at Marin Valley, even in your carport. Some residents own multiple cars they do not drive and need a place to store them. Parked for many months without use, possibly leaking fluid, or turning into a home for mice all are reasons to sell or donate. We do not have enough room for all, so please refrain from leaving these inoperable vehicles in guest parking or RV storage. Your neighbors who view these vehicles in your carports prefer not to look at them each day.

## Deliveries

Residents, please be aware of packages that may be delivered by UPS or FedEx. Some residents have reported packages disappearing after they are delivered to their front entrance.

## Spring Cleaning

Many residents have started spring cleaning in their carports and are doing a great job. Carports are not storage areas per our Park rules. Take advantage of our quarterly Dumpsters to get rid of unused items you may have. Thanks for the effort.

## After Hours

For any after-hours emergency or maintenance issue, please call the answering service, and they will page either Mark or Greg to help with your concern.

## Pool Renovation

Many have asked, when will the pool work be completed? We want to swim and use the spa! We are coming to the finished product ... our newly renovated pool will have a new plaster finish and a new coping surround with belly-band and trim tile (nonskid on steps). Equipment

amenities include variable speed filtration pumps that are more energy efficient, and new pool and spa heaters. The main news is the installation of a saline, commercial salt chlorine generator for cleaner, softer-feeling water. Over time, many have had concerns over irritations experienced from allergies to chlorine. This new type of system should prevent these symptoms.

## Spa

Environmental Health still recommends standard chlorination for the spa due to higher temperatures.

Thank you.

Sincerely,



**Matt Greenberg**

GENERAL MANAGER

[gm.mvmcc@gmail.com](mailto:gm.mvmcc@gmail.com)

415-883-5911, Fax 415-883-1971



PHOTOGRAPHS BY JOHN FIELD



# Vial of Life

**O**n Saturday, April 30, Erin Rhoades, a paramedic and firefighter with the Novato Fire District and the point person for Vial of Life in the district, will come to the MVMCC clubhouse from 10:00 a.m. to 12:00 noon to explain the free, life-saving Vial of Life program. Erin is one of the firefighter/paramedics who work at our local fire station, Station 65, on Bolling Drive. She is very passionate about this program and its impressive, ongoing success in many communities across the country.

Vial of Life is a program run by fire departments throughout the country based on a simple concept. Each home keeps a plastic, pill-like medicine bottle in the refrigerator with a sheet that contains vital medical information about each person in the home, such as the medications you take and any allergies. Advanced directives and your doctor's details can also be listed, as well as a list of the next of kin whom you wish to have contacted in an emergency. It should be kept updated when your medicines or situation changes.

## How Your Vital Medical Information Is Quickly Found

The Vial of Life comes with two stickers, one to be placed in your entryway and the other outside your fridge door. When an EMT paramedic unit or caregiver arrives at your home in an emergency, they immediately know where to find all your important medical details if you are severely compromised. In the flurry of a crisis, you might be unable to tell paramedics about your ongoing medical situation.

You might even be incoherent, unconscious, or unable to talk.

This rapid access to relevant medical information has saved many lives in the last 30 years. The Lifesaving Information For Emergencies (LIFE) program is part of a nationwide effort to make emergency responders more efficient and perhaps save your life. The Vial of Life has been in existence since the early 1980s, and now when first responders see the sticker in a doorway, they know they can immediately get the critical information about a patient.

MVEST (Marin Valley Emergency Services Team), working with the fire district, has acquired these vials and paperwork for MVMCC, and they will be provided at the presentation.

## Free Distribution April 30

Please come to the Fireside Room on April 30 at 10:00 a.m., and bring along a couple of your neighbors. You can take the vial home with you and fill in the one-page form later, or if you think you would like help filling it in at the event, please bring details of your insurance, your doctor's contact info, and a list of all your medications. The presentation will not take long, so there will be time afterwards for Erin and MVEST volunteers to help you fill out your form. It could save your life!

## Upcoming classes:

### CERT Training Nicasio

Saturday, May 14 and 21

To register — 415-485-3409

Marin County Corporation Yard, 5600 Nicasio Valley Rd., Nicasio

## SAVE THE DATE!

**Saturday, April 30**

**10 AM — 12 noon**

**Clubhouse**

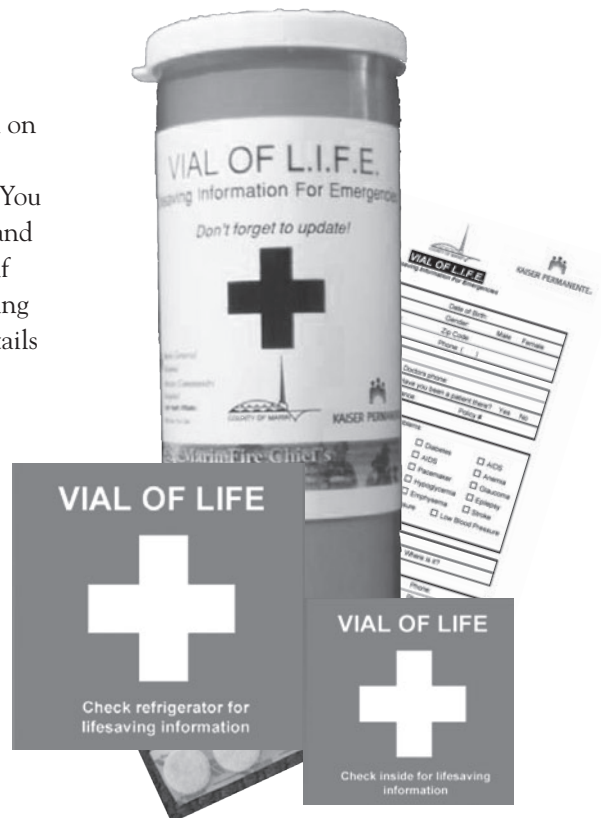
**Please join us for a presentation on the**

**Vial of Life**

**by Erin Rhoades**

**Paramedic and Firefighter**

**Novato Fire District**



# ART IN THE PARK



by Suzie Lahr

**M**ark your calendar! It's that time of year when creativity abounds! And it's happening right here in our glorious Park as our 20+ artists will bring you the

## 4<sup>th</sup> Annual Art in the Park

**Sunday, May 22 • 1 – 4 PM • Clubhouse**

Please join us for an afternoon of artistic delights, demonstrations, tasty tidbits, and a special short onstage dance performance.

This year you will have the added delight of being able to purchase the artists' works as part of a fundraiser for our very own Home Owners League. We hope to see you there to support our local art community!



### **Dorallen Davis Exhibit** (MVMCC Resident)

6 Exceptional Artists – Marin Open Studio  
Falkirk Mansion

1408 Mission Avenue, San Rafael

May 7–May 14 • Reception May 6, 6–8 PM

### **Madrigal Winery Tasting Salon Gallery**

819 Bridgeway, Sausalito

April 20–May 7 • Reception April 29, 6–8 PM

### **Janet Bogardus Exhibit** (MVMCC Resident)

Salon at the Triton

1505 Warburton Avenue, Santa Clara

April 16–May 29

### **Marin MOCA**

500 Palm Drive—Hamilton

Altered Book Art Exhibition

April 23–June 4

### **Marin Open Studios 2016**

Preview Gallery

Bon Air Center #302, Greenbrae

April 23–May 15

# Community Connections Committee

by Joan Nelson

**T**he Park's new Community Connections Committee (formerly Death Forum and Just-1-Hour) is updating the various community resource files in the clubhouse library to provide easy access to services regarding health, legal, emergency, food, housing, money, transit, etc.

## Resources

Two primary resources can be found on the internet:

- Online Community Resource Guide, [www.marinhhs.org/community-resource-guide](http://www.marinhhs.org/community-resource-guide).

This information is also available by phone at 415-457-INFO (4636).

- The city of Novato has lots of programs; check out <http://novato.org/government/parks-recreation-community-services/margaret-todd-senior-center/novato-independent-elders-program>.

You can find a link to this website on the opening screen on the MVMCC library computer. Information is also available by phone at 415-889-8296.

## Telephone Reassurance Program

One potentially life-saving service is the Telephone Reassurance Program, a free telephone check-in service that makes calls three times per week to make sure seniors are OK. Call 415-456-9062 (ext. 132) to register.

## Just-1-Hour

Also, be sure to check the Just-1-Hour box on the wall near the clubhouse stairway to learn of residents who are ready and willing to donate an hour of their time for small tasks or errands. Or you can become a Just-1-Hour volunteer by contacting **Joan Nelson** at 415-506-4166, c: 415-595-6221.

## It Takes a Village

**Sunday, June 12, 3:00 – 5:00 PM  
Fireside Room • Frank Keenan**

of Novato Village will introduce us to our local version of the concept, "It Takes a Village."

The first such village was founded by a group of residents of the Beacon Hill neighborhood of Boston in 2001. Today, there are at least 89 villages (one of which is Novato) in 36 states. Frank will show us how we can be involved as volunteers and/or as recipients of volunteer services.

## Got a Buddy?

Who's your buddy? If you haven't already found a buddy and told Matt who it is, please talk with a neighbor (perhaps give your neighbor a door key). Your buddy can be on the lookout for signs that you might be in distress, and you can do the same for your buddy.

Joan Nelson  
415-506-4166  
415-595-6221 cell



# Trust for Public Lands (TPL) Protected

by Anila Manning

**T**he beautiful hillsides that surround us will stay green and gold parkland forever! With three years of work, the Novato City staff and Scott Ward, Director of Hamilton Base Reuse, have negotiated a land exchange with the National Park Service that would remove the restrictive deed covenants on three sites that remain undeveloped within Hamilton — the Bachelor Officers Quarters, the Commissary, and the Hamilton Theater — and place similar restrictions onto the City-owned land surrounding us. This transfer would permanently protect approximately 93 acres of undeveloped land, including several designated wetlands, from future development and would allow for private investment in those Hamilton parcels to facilitate their rehabilitation and revitalization.

You can watch the Novato City Council meeting at: [http://novato.granicus.com/MediaPlayer.php?view\\_id=4&clip\\_id=1148](http://novato.granicus.com/MediaPlayer.php?view_id=4&clip_id=1148). Our part is about 39 minutes in; click on Item 4 in the list below the photograph, and wait for it to load. The PowerPoint presentation was informative, and Mayor Eklund was eloquent!

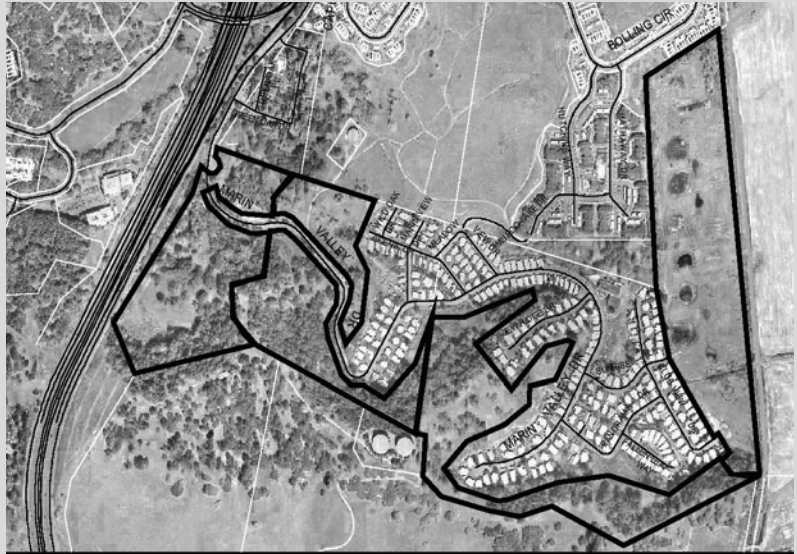
This has nothing to do with the proposed Hamilton Sports Complex; that's a separate deal between the developers, the Army, and the City Council.

See some of the formal language on the right.

If you'd like to see the entire PDF that includes the Calif. Environmental Quality Act findings (pretty fascinating in a geeky sort of way), let me know and I'll send it over. Here's an article in the Marin Independent Journal [www.marinij.com/business/20160321/novato-opens-hamilton-parcels-for-development-protects-open-space](http://www.marinij.com/business/20160321/novato-opens-hamilton-parcels-for-development-protects-open-space).

So, friends, relax and enjoy the peace, quiet, deer, coyotes, hawks ...! ■

## Program of Utilization (POU) for the Proposed Replacement Parcels



**TRUST FOR PUBLIC LAND PARCELS**  
**90-ACRES**  
**GENERAL PLAN LAND USE DESIGNATION – LOW DENSITY RESIDENTIAL (R1)**  
**ZONING CLASSIFICATION – PLANNED DISTRICT (PD)**

A POU was developed in order to identify key geographic, environmental, and cultural features and appropriate recreational uses. The City will manage the property for passive, neighborhood-based recreation activities while protecting the natural character of the land. The activities planned include walking, hiking, bird watching, wildlife viewing, flower and plant identification, and photography. They do not involve fire (camping or barbequing), buildings, or permanent structures. The POU requires that minor improvements be installed, including non-obtrusive signage at access points, drainage features (minor digging with hand tools), and brush clearing (subject to nesting bird surveys and bat avoidance). Preliminary estimates indicate that the cost of this work will be approximately \$5,000. No new trails are proposed. The City of Novato would perform appropriate environmental evaluation and review of future improvements. The POU also requires that the City solicit public feedback to determine the need for additional signage and/or parking one year after the final approval of the proposed exchange.

# Water, Water Everywhere (You Store It)

by John Feld

**S**eems like we've had a fair amount of rain this season, but not enough to end the drought.

There is enough water to drink, and if we save it correctly, we should be all right for emergencies. So do you have enough to last through an emergency, for days or even a week or more?

FEMA and other government bodies suggest that we have at least one gallon of water for each person each day of an emergency. Ready Marin (*readymarin.org*) suggests having food and water for 5–7 days. FEMA recommends keeping a two-week supply of food and water for emergencies (28 gallons for two people, which is a lot of water).

## Commercially Bottled Water

When storing drinking water, it is best to use commercially bottled water, ensuring the right kind of plastic containers. Some bottles made for liquids other than water can leach unpleasant chemicals that will possibly contaminate your water; also, you may not be able to wash out the previous liquid completely, leaving behind sugars and residue that can spoil the water over time.

Commercially bottled water should be good indefinitely.



## Self-Bottled Water

If you are going to bottle your own water, make sure you thoroughly clean all containers with dishwashing soap and clean water, then rinse completely so there is no residual soap. For plastic soft drink bottles, sanitize the bottles by adding a solution of one teaspoon of nonscented liquid household chlorine bleach to a quart (1/4 gallon) of water. Swish the sanitizing solution in the bottle so that it touches all surfaces. After sanitizing the bottle, thoroughly rinse out the sanitizing solution with clean water.

Fill the container to the top with regular tap water. Tightly close the container using its original cap. Be careful not to contaminate the cap by touching the inside of it with your fingers. Write the date clearly with a waterproof marker on the outside of the container so that you know when you filled it. Store all containers in a cool, dark place.

## Replace the water every six months if you're not using commercially packaged water.

If you buy your water from a reputable company, the FDA states, "Bottled water is considered to have an indefinite safe shelf life if it is produced in accordance with CGMP (an FDA standard that all commercial bottling companies must adhere to) and quality standard regulations and is stored in an unopened, properly sealed container." The FDA does not require an expiration date for bottled water. They do state, "Long-term storage of bottled water may result in aesthetic defects, such as off-odor and taste."

Avoid any water that has flavorings in it, or added vitamins, etc. Know that

50% of the water sold in bottles in the U.S. is from regular tap water.

Labels of many bottled water suggest they're special. Some show mountains or polar bears or glaciers. You have to look at the fine print to find out Everest Water is not from Mount Everest. It's from Corpus Christi, Texas. Glacier Clear Water is not from a glacier in Alaska. Its source is tap water from Greeneville, Tennessee.

Big-selling Dasani and Aquafina are also just reprocessed tap water. One of Aquafina's sources is the Detroit River! At least the popular and expensive French waters, Evian and Perrier, do come from France. Fuji water does come from Fuji in huge container ships, consequently disturbing some environmentalists concerned with the carbon emission and the contamination caused by boats. It also has had traces of arsenic, which is not commonly found in U.S. city water.



## 55-Gallon Water Container

Another option is to purchase a 55-gallon water container. It will also need a pump to get the water out, as well as purification tablets. Make sure it is food-grade plastic, and set it on a firm, flat area before you fill it. After it

is filled, it will be too heavy to move (more than 450 pounds). The barrel will cost about \$70 from a hardware store. The pump starts at about \$15, and five-year purification tablets will run about \$12.

Of course, you should keep your water (and food) outside your home, in a shed or some other storage, as you may not be able to get into your home.



Hot water heater faucet

### Hot Water Tank Water

Additionally, there is a potential store of water in your hot water tank. But this depends on several factors: Is your home still standing? Is the tank safely strapped down? Many strapping systems have the heater strapped to a very thin internal wall which probably will not contain a heavy water heater during a severe quake. Also, do you have a faucet on your tank? Most water heaters do, but not all. ■

# My Tai Chi Story

by David MacLam

**M**y Tai Chi Ch'uan story began in 1974 in rural Vermont. Master T.T. Liang's *Tai Chi Ch'uan Philosophy and Practice* was in the local bookstore. It promoted a radical departure from the force-against-force model I was learning in my karate class, and I was sold.

I wanted to learn this sublime art that was a meditation in motion, a health and fitness practice, and a powerful martial art. However, I could not find a teacher.

After moving from Vermont, I found several tai chi teachers who knew very little of the philosophy and little to none of the martial arts applications and practice sets.

When I moved to California, I found Master Liang's senior student and began to study the tai chi I always knew was out there but had not found. I also discovered Shaolin kung fu, and between the two I attended classes six days a week.

2013 – July 17 – 10:30 AM — everything changed in an instant.

After two operations and a year of physical therapy, they handed me a pair of canes and a Permanently Disabled placard for my automobile.

No way was I going to let two terrible seconds define the character of the rest of my life, but I felt like my leg had been reassembled with broken glass. It was time to go to work and find out if tai chi could live up to its promises.

I gradually shifted my stance through endless repetitions, and a year later I could hold my balance on my damaged leg for 15 seconds but would still often need canes (especially for hills and stairs).

The reunion with my kung fu club and my old tai chi mates was very joyful. There is nothing like being loved and missed.

I started my practice over from the very beginning steps and worked well past where I had left off. I already knew and experienced the power of tai chi as a combat system, but now the efficacy of tai chi as a healing modality was no longer an existential question. tai chi ch'uan lived up to its promises. ■

## On the Move at MVMCC

**Community Dancing**  
**Saturday, May 7**  
**1st Saturday of the Month**  
**7-9 PM Free Event!**

- LOW-IMPACT EXERCISE** — Mondays 9:30 AM
- TAI CHI WITH DAVID** — Monday-Saturday 7 AM
- WATER EXERCISE WITH KAMALA** — Tuesday & Thursday 10-11 AM STARTING JUNE 7
- QIGONG WITH DOVE** — Thursdays 9:15 AM
- DARTS WITH MIKE YORK** — Thursday 7 PM (+INSTRUCTIONS!)
- PRE-TAI CHI WITH JAY** — Saturdays 10:30 AM
- COMMUNITY DANCING** — 1st Saturday 7 PM
- POOL & PING PONG** — Daily 9 AM – 9 PM
- POOL & SPA** — Daily 9 AM – 9 PM
- GYM** — Daily (IDEALLY) 9 AM – 9 PM

# *Take a Hike*

by Mike Holland



PHOTOGRAPHS BY ERMA WHEATLEY



PHOTOGRAPHS BY JOHN FELD

## Hidden Lake

When a geographic site has “hidden” in its title, it usually means it may be hard to find, or it may take careful scanning to discern it, or even that it looks like something other than what it is supposed to be. This month’s hike location is none of the above. Hidden Lake is “hidden” because it exists for only a few months of the year, i.e. when the rains pool enough to stay above ground. NOW is the time to see it; by early summer it may disappear.

**Hidden Lake** is secreted halfway up 1551-foot Mt. Burdell in northern Novato. Despite its name, it is easy to drive and hike to. Exit Highway 101 at San Marin Drive/Atherton Avenue and drive west about one mile to San Andreas Drive (there’s a shopping center on the right). Turn right on San Andreas, and go up the hill for half a mile. You’ll see a large open space gate just where the road makes a sharp bend to the left. Street parking is plentiful and unrestricted.

**Mt. Burdell** has miles of hiking trails and fire roads, but the one we want is about a three-mile round trip, all in a clockwise direction. In other words, every turn is a right turn. Start by going up the San Andreas fire road. Turn right onto

the Middle Burdell fire road. In a few minutes you’ll come to Hidden Lake. With the ample rain we’ve had, there may be lots of water birds. Before we finish the hike let me alert you to what else you will likely encounter — cows. The nearby ranches lease grazing time all over the mountain, and the cows love the lush greenery in the many meadows that make up Burdell. Meadows also mean wildflowers and giant oaks. They abound.

After moving past Hidden Lake, proceed to the San Carlos fire road. Turn right, and start the descent down the slope. Another right onto the Michako Trail will take you back to the starting point. Remember the clockwise instruction, but don’t forget to absorb the ever-present, magnificent views almost every step of the way.

If you’re curious why we have this great resource, it’s due to the generosity of a San Francisco dentist named Burdell who owned much of the land in the late 1800s. Ranching and land preservation have kept it as open space since then. There is civilization nearby, of course. The aforementioned shopping center has a Starbucks and one of the ubiquitous Mary’s Pizza Shacks in it. You might just be hungry enough for either. ■



# White-Tailed Kite

by Bill Noble



**H**ere's a creature of the air ethereal enough to make you believe in other realms. Its slender wings, long tail, and lovely whiteness make it easy to spot, flying over the marsh, rowing upward toward our ridges, or perched at the tip-top of a tree. A kite's flight is buoyant enough to give a sense of weightlessness, but then you're likely to see its forward motion interrupted by the hunting strategy that gives kites their name — the sudden hold in midair, body at a 45-degree angle to the ground, waiting motionless high above some hapless mouse, gopher, or fat grasshopper for the moment to strike.

If you get close for a good look (they're not terribly shy), here's what you'll see: a feathered creature about 15 inches long, snowy white underneath, pale pearl-gray above with black "shoulders," a spiffy black eye-patch, and delicate, hooked black beak. If you're close enough, you'll be startled by its jewel-like garnet eye, and if it then takes flight, you'll be startled again by the black undersides of its flight feathers and a big black dot at the wrist of the wing.

A pair of kites almost always nests around the Park, either somewhere along the SMART tracks or on the middle ridge in an oak overlooking grassy slopes. From March on through early summer, you might see our nesting pair showing two courtship flight patterns: In "flutter-flight" the wings nearly tremble with quick, short strokes. A few weeks ago, I saw one of our birds leave its mate in a big willow to flutter-fly away. But rather than exhibiting a short display, this bird fluttered out over the agricultural fields, found a thermal — an invisible rising column of warmer air — and still aflutter, began to circle upward. He, or she, climbed higher and higher until it became little more than a speck in the sky, and then glided on stilled wings south toward Las Gallinas.

The other flight pattern to watch for is a "V-flutter," also done with

super-rapid wingbeats, but with the wings held high in a narrow V and the legs extended downward. This seems to be mostly male behavior, often aimed from above at intruding nonresidents.

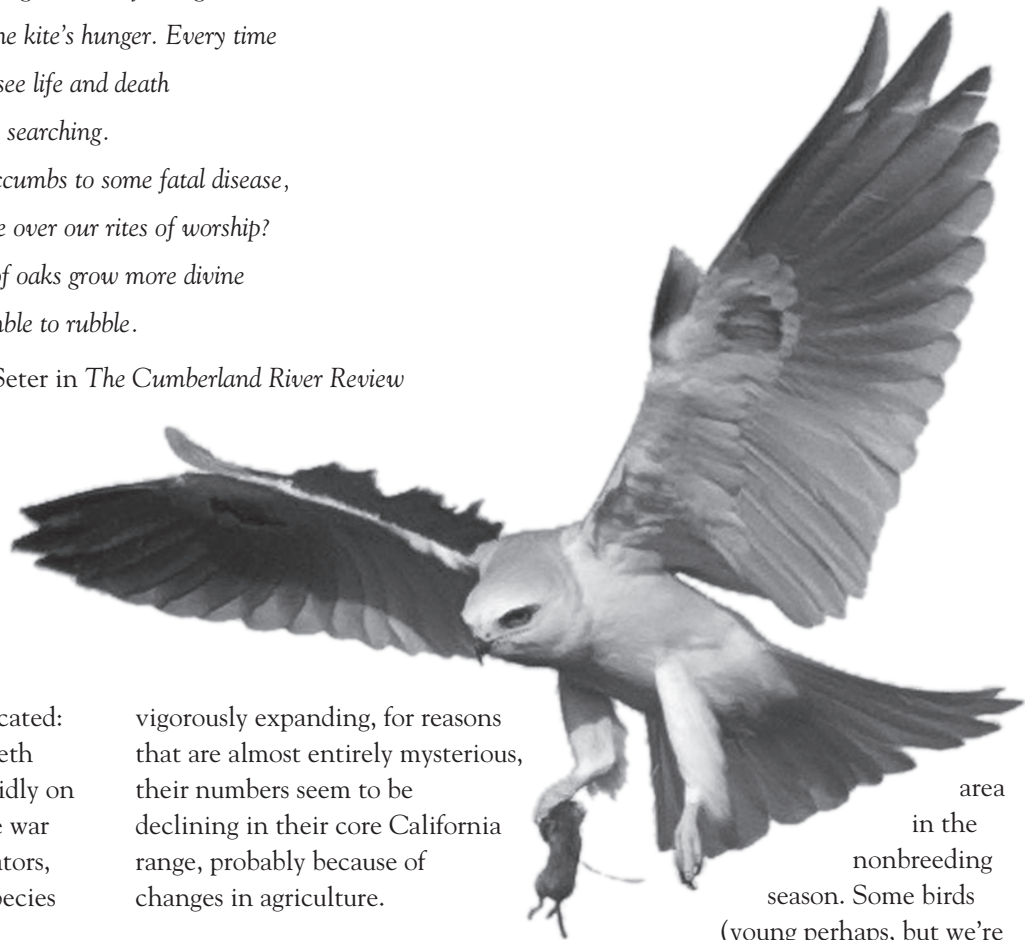
The most common sounds from white-tails are high, mellow whistles, dropping in pitch toward the end, and sometimes thin yelps or aggressive, grating calls.

In the U.S., kites are a bit of a California specialty. They range a little south into Baja and north along the coast and the river valleys to the southern end of Puget Sound. They just make it into south Texas and the southern tip of Florida, but are found all the way to Argentina and Chile. Their last century or so

## White-Tailed Kite

*I suppose it depends on your frame of mind  
whether a raptor rowing the air above pasture  
resembles a child's toy or a white-robed savior.  
Hunting rodents, the white-tailed kite creates  
its own currents. Its wings flicker with purpose  
like flame. Wildfire sometimes hunts this hillside,  
these grasses, during seasons of drought. But weather  
will never deter the kite's hunger. Every time  
I climb this hill I see life and death  
and the same kite searching.  
If humankind succumbs to some fatal disease,  
who better to take over our rites of worship?  
The high beams of oaks grow more divine  
while words crumble to rubble.*

— Dave Seter in *The Cumberland River Review*



in California has been complicated: In the early part of the twentieth century, they looked to be rapidly on their way to extinction; in the war against hawks and other predators, they were one of the easiest species to slaughter. But when those pressures were removed, something surprising happened — not only did they rebound, but they began to expand into brand new areas north and east, a process that's still ongoing. But again, a puzzle: Even as their range is

vigorously expanding, for reasons that are almost entirely mysterious, their numbers seem to be declining in their core California range, probably because of changes in agriculture.

Are our kites migratory? Ornithologists don't really know. Pairs tend to be long-lasting, but may range out from their nesting

area in the nonbreeding season. Some birds (young perhaps, but we're not sure) can gang together into winter roosts of a hundred or more birds. Winter before last, six spent the winter on our middle ridge. Did that include the resident pair? We don't know. ■

PHOTOGRAPHS BY DAVID GRAY

# MAY 2016

SATURDAY 30

10 AM-12 PM VIAL OF LIFE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1-4 PM Mahjong 	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 	10 AM-2 PM Craft Group 11 AM-1 PM Whistlestop (call Roberta 415-883-0843) 7 PM PAC MEETING WITH LANDSCAPE ARCHITECT AND CITY ENGINEER	9:15 AM QiGong with Dove 6:15-7 PM Silent Sitting 7 PM Darts 7:20 PM Poor Man's Poker 	4 PM Canasta 5-7 PM Pub Night — MEXICAN FIESTA 	10:30-11:45 AM Pre-TaiChi-Jay  COMMUNITY DANCE 7-9 PM 
HOL SLATE OF NOMINEES POSTED IN CLUBHOUSE						
1-4 PM Mahjong  MOTHER'S DAY ECHO DEADLINE	8-10 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 	9-10 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 	10 AM-2 PM Craft Group 11 AM-1 PM Whistlestop (call Roberta 415-883-0843) 6 PM MAR VAL MEETING	9:15 AM QiGong with Dove 6:15-7 PM Silent Sitting 7 PM Darts 7:20 PM Poor Man's Poker 	4 PM Canasta 5-7 PM Pub Night 7:15 PM Bingo	10:30-11:45 AM Pre-TaiChi-Jay 
1-4 PM Mahjong  10 AM PAC NOMINATIONS OPEN	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 	10 AM-2 PM Craft Group 11 AM Ladies' Bridge 11 AM-1 PM Whistlestop (call Roberta 415-883-0843) 7 PM HOL MEETING ELECTIONS	9:15 AM QiGong with Dove 6:15-7 PM Silent Sitting 7 PM Darts 7:20 PM Poor Man's Poker 	4 PM Canasta 5-7 PM Pub Night FULL MOON 4:02 AM 	10:30-11:45 AM Pre-TaiChi-Jay 9 AM-1 PM Rotary Home Tean Work Day 5 PM PAC NOMINATIONS END
ART IN THE PARK 4 <sup>TH</sup> ANNUAL ART IN THE PARK 1-4 PM 	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise 7:20 PM Poor Man's Poker 	10 AM-2 PM Craft Group 11 AM Ladies' Bridge 11 AM-1 PM Whistlestop (call Roberta 415-883-0843) 4 PM Book Club 6:30 PM PAC VOTING STARTS	9:15 AM QiGong with Dove 6:15-7 PM Silent Sitting 7 PM Darts 7:20 PM Poor Man's Poker 	4 PM Canasta 5-7 PM Pub Night	10:30-11:45 AM Pre-TaiChi-Jay 
1-4 PM Mahjong 	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise MEMORIAL DAY MAR VAL MEMORIAL DAY BBQ 5 PM COCKTAILS 6 PM DINNER 	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise MEMORIAL DAY MAR VAL MEMORIAL DAY BBQ 5 PM COCKTAILS 6 PM DINNER 	10 AM-2 PM Craft Group 11 AM-1 PM Whistlestop (call Roberta 415-883-0843) J U N	9:15 AM QiGong with Dove 6:15-7 PM Silent Sitting 7 PM Darts 7:20 PM Poor Man's Poker 	4 PM Canasta 5-7 PM Pub Night 5 PM PAC VOTING ENDS E N	10:30-11:45 AM Pre-TaiChi-Jay  11 AM PAC MEETING ELECTION RESULTS