

T H E
ECHO

MAY 2017

C O N T E N T S



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Michael Hagerty Appointed Commissioner to the Marin County Commission on Aging

Resident **Michael Hagerty** was sworn in on April 5 as a Marin County Commissioner on Aging. The Marin County Commission on Aging is a 23-member federally mandated advisory council to the Marin County Board of Supervisors. The Commission works closely with Aging and Adult Services on behalf of Marin's older adults and monitors

the welfare of Marin's 50,000 seniors. Michael joins another resident commissioner, **Marianne York**, who has advanced degrees in social work and geriatric care. Michael and Marianne will be writing occasional articles for the *Echo* on how residents here can best use county and state resources to make our lives easier, safer, and more fulfilling.

Wet Water Workout
Wednesdays & Fridays 10 – 11 am

Firewise Day
Saturday, May 6 • 10 am – 2:30 pm

Community Dancing
Saturday May 6 • 7–9 pm

BARK IN THE PARK
Saturday, May 20 • 10 am–1 pm

Back Support Group
Monday, May 22 • 7–8 pm

Directory Update

New Resident

Helen Smith
41 Marin Valley Drive
415-883-3866



The Forest Years: Transformational Aging

*Gathering Wisdom from
Our Forest Years*

Saturday, May 27 • 10 am – 1 pm
Clubhouse Fireside Room

We will look more deeply into this time in our lives to clarify and envision, in greater depth, what might support us to find fulfillment, understanding, and a deeper sense of purpose in our forest years.

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David Gray, Carol-Joy Harris, Larry
Cohen, Peter Dyke, Lee Pochapin
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.

PAC *Letter to Residents*

Greetings from the PAC.

Our finances are in order.

Grounds Upkeep

The fire, flooding, and landslides recently have illustrated a number of areas that require attention. The City Council has, at our request, allocated specific funds out of Marin Valley's reserves to begin dealing with these needs. Matt has started the process of clearing out our side of the creek that runs along the northern boundary of the Park below the clubhouse and — along with City Staff, Park Management, MVEST, the PAC, and residents — is carefully considering a long-term plan to reduce potential dangers.

Rent-Subsidy Program

Marin Valley is awaiting our rent-subsidy program overseen by Hello Housing and City Staff. When the documentation preparation is complete in a few months, all residents will be notified by mail about the program and how to apply. Keep in mind that funds for those in need are currently available from the Humanitarian Fund, distributed by our Management. If you are in need now, do not hesitate to contact Management here at Marin Valley.

Dumpster Program Terminated

We have terminated the present Dumpster program at Marin Valley due to continued abuse of this service. MVEST will be working with Management and residents to develop a program that will function as it is meant to, giving us a way to get rid

of our home cleanup debris. We look forward to a workable program that does not put strains on Management, the environment, or the residents.

2017-18 Budget

We have received the proposed 2017-18 budget from Frei Real Estate Services. Al Frei's group is not proposing any rent increase. Frei Real Estate Services, representatives of the PAC, and City Staff will meet to review the budget, and then it goes to the City Council for approval. The budget then passes back to the PAC for its (required) approval and comments. This proposed budget is consistent with historical patterns and includes provisions for anticipated medium- and long-term reserves.

Residential Requests for Budget

Various thoughtful requests for funding needs of residents, HOL, and Mar Val were discussed at the April PAC Board meeting. Several requests from residents were approved, along with those from the Mar Val Board. Absent a pressing need, the request by HOL for an electronic door for the clubhouse was put off, as it may come up along with the ADA work to be done there. We approved updating the software program for the *Echo* and the creation of a new website for Marin Valley that will be easier to update. We approved new ventilation systems for the exercise room that will provide better air flow during the fall and winter as

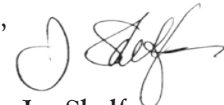
well as condition the air in the summer. Pending items will be dealt with in the near future. For further details of the requests, see the minutes of the PAC Board meetings at www.mvmcc.com and posted on the PAC bulletin board in the clubhouse, usually available toward the end of each month.

PAC Elections

Two seats are becoming vacant on the PAC Board in May. Details of the election can be found in Peggy Hill's notice below.

Community participation is so welcome here at Marin Valley. Please participate wherever you are able.

In service,



Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com

PAC Election Information

The seats held by Larry Cohen and David King are up for election.

• Sunday, May 7 – Saturday, May 13

Nominations accepted by the nominating committee. To nominate yourself or another resident (please check with that person beforehand), please contact Erma Wheatley or John Feld (415-884-2675), johnfeld@gmail.com or ermawheatley@gmail.com. A candidate must be willing to serve on the PAC board for two years and be a registered resident at Marin Valley.

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- **Sunday, May 14 – Saturday, May 20**
Ballots prepared by election committee.
Candidates must submit a half-page bio to be included in the election packet.
- **Tuesday, May 23 (6 pm) Fireside Room**
Meet the Candidates program.
- **Tuesday, May 23 (7:30 pm) – Friday, June 2 (3 pm)**
Ballots accepted at the clubhouse voting box in the lobby. Votes counted at 4 pm on Friday, June 2.
- **Saturday, June 3, (11 am) Fireside Room**
New board members announced at PAC annual meeting.

MVMCC Rules and Regulations

Our rules and regulations are being reviewed and updated. Management, residents, and Novato City Staff are all involved in this process.

According to Matt Greenberg and the Rules and Regulations Committee (**John Hansen, Peggy Hill, Connie Marelich**), the major issues/complaints by residents are: speeding vehicles, vehicles not stopping at stop signs, and vehicles being stored (not used for weeks or even years) on streets and in carports and RV lots, as well as quality-of-life issues: loud music, TVs, and air-conditioners; dogs barking; bright lights at night; smoking, etc.

The Rules and Regulations Committee meets monthly. Meeting times and location will be posted on the PAC info board. Please join us or submit ideas for R&R changes to any committee member or to Matt Greenberg.

The objective of the R&Rs is to make sure our Park continues to be a safe, quiet, clean, attractive, 55-plus senior community—that we understand that because our homes are in close proximity to each other, the rules and regulations help keep our wonderful Park beautiful and serene, with the understanding that residents value neighborliness, friendliness, and the enjoyment and protection of our surrounding natural environment.

Thank you,

Peggy Hill
peggyhill@yahoo.com

MVMCC Management Update

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. They are parked for many months without use, possibly leaking fluid or turning into a home for mice. All these are reasons to sell or donate. Please refrain from leaving these inoperable vehicles in guest parking or RV storage.

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

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, once a way is developed to prevent this service from being abused. Your suggestions will be heard. Thanks for the effort.

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

Many have asked, “When will the pool be open for the season? We want to swim and use the spa!” Our newly renovated pool with saline system is now open for resident use. Over time, many have had concerns over irritations experienced from allergies to chlorine. This new type of system should prevent these symptoms. Environmental Health still recommends standard chlorination for the spa due to higher temperatures.

Please drive slowly while in Marin Valley and follow all road rules, including the stop signs. Management has had multiple reports regarding erratic driving and residents running the different stop signs. Drive safely, please.

Thank you,


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

HOL Home Owners League Message

Did you know that the Home Owners League of Marin Valley Mobile Country Club is the oldest organization in MVMCC? HOL was established over 45 years ago to be the voice of residents to Park Management. It continues in this vital role, as well as organizing and sponsoring classes, activities, and events to enhance the dynamic lifestyle we enjoy in the Park.

Serving on the HOL Board is both a great privilege and a solemn responsibility. **Board elections will take place at the Wednesday, May 17, general meeting.** Look for a slate of candidates on the easel in the clubhouse lobby on May 1. Please come and show your support at the May meeting for those who have stepped forward to continue HOL's legacy of service to our community.

Community Connections

Buddies

Do you have to love the neighbors on both sides?

No. You don't even have to like them.

But in a close-by community

such as ours, *Do I have to love the neighbors on both sides?* you really should care about them.

If you and your near neighbors haven't yet agreed to be emergency "buddies," please have that conversation soon. Your life might depend on it.



*Do your little bit of good where you are;
it's those little bits of good put together
that overwhelm the world.*

Desmond Tutu

Just-1-Hour

Need help with a brief task...errand... chore...job? Check out the list of volunteers in the *Just-1-Hour* box near the top of the clubhouse stairs. Better yet: add your name to the list.



Want Back Support?

Bring your aches and pains to the **Fireside Room • Monday, May 22, 7 - 8 pm.**

Questions? Suggestions?

More information?

Contact Joan Nelson, 415-506-4166
figleafjoan@comcast.net

BARK IN THE PARK

Saturday, May 20 • 10 am - 1 pm

Come out and discover your neighbors and their dogs. Meet at the doggie bag dispenser beside the clubhouse. (If rain, meet under the breezeway beside the clubhouse.)

Fashion Walkabout and Tricks Contest

- Prizes for best costume and best trick
 - Water and dog treats provided
- Sign-up sheet is at the desk in the clubhouse. Contact: Gail Chadbourne gailchadbourne@gmail.com 415-228-8973.

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

Regards,

Miriam
Miriam Dvorin Spross
HOL PRESIDENT

ART IN THE PARK



by **SUZIE LAHR**

Our annual "Art in the Park" scheduled for May will be postponed until the Spring of 2018 to give our resident artists time to produce new creations for your enjoyment next year. In the meantime, visit the "Marin Valley Gallery" at the clubhouse to see our current exhibits.



Local art exhibits you can also enjoy are taking place at the following:

Marin MOCA

Palm Drive, Hamilton

Altered Book Show

April 15–May 20

This is one you won't want to miss — what you can do to alter or create a piece of art from books and artistic findings!

Falkirk Cultural Center in San Rafael

Dorallen Davis • May 13–June 25
Marin Open Studio artists and our very own talented resident artist

Marin Open Studio Weekends

May 6–7: Southern / Central Marin
May 13–14: Northern / West Marin
May: Various locations and

110 and 286 Bon Air Center

Marin Community Foundation at Hangar 5 in Hamilton

Sourcing Color • May–June 9
with eight West Marin Artists ■

Message from Mar Val

Dear Friends,

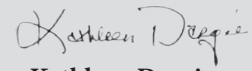
May is a month of exciting activity on the Mar Val social agenda. For the first time in a number of years, **Cinco de Mayo** falls on a Friday and will therefore be celebrated with a gala fiesta at Pub. Instead of our customary \$3.00 buffet, we will be serving a delicious Mexican meal at a cost of \$5.00 per person. Although reservations are not required for the dinner, we suggest you arrive by **5:30 pm**, at which time food service will begin.

Summer officially begins for Mar Val with the **Memorial Day Bar-B-Q** on **Monday, May 29**. This is the first outdoor event of 2017 and heralds the start of five months of parties on the

deck. Please refer to the reservation form for details regarding both the menu and the cutoff date for reservations.

On the subject of outdoor events, I am delighted to confirm that the very popular **June Jazz Brunch** will take place on **Saturday, June 17**. Please look for complete details in the next issue of the *Echo*.

With warmest regards,



Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com

Mar Val Memorial Day Bar-B-Q Dinner

MONDAY MAY 29, 2017 ■ 5 PM COCKTAILS ■ 6 PM DINNER

M E N U



Hamburgers or Hot Dogs or Veggie Burgers

Potato Salad

Baked Beans

Ice Cream Bars

Reservation deadline is May 24 at 5 pm or when 120 reservations have been received.

\$12/per person Checks only Please make checks payable to Mar Val. No Cash

Questions? Call Carolyn Corry 415-370-6403

MAR VAL 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 attending _____ @ \$12 each Check payable to Mar Val for \$_____ is enclosed. (NO CASH)

Guests attending _____ @ \$12 each

Reservation deadline — May 24 at 5 pm, or when 120 reservations have been received.

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



Firewise Day—Saturday, May 6

We Hope Everyone Can Stop by, Listen to Presentations, Visit Booths, Speak with Guests, and Have Some Lunch.

by JOHN FELD

Firewise Day will begin at **10 am on Saturday, May 6** at the clubhouse.

Protecting Against Wildland Fires

The theme of this day is protecting our community against wildland fires. This is the goal of MVEST's new Firewise committee. Firewise is a national program designed to address the dangers to urban areas of fires from neighboring wildlands. As you know, we are surrounded by wildlands, and many dangers to our homes can arise from fires that originate in our beautiful surroundings.

Other Wildland Communities

This is also true of many Novato neighborhoods. We are presenting this information day in conjunction with Pacheco Valle across the freeway. As yet, Pacheco Valle and Marin Valley are the only Firewise communities in Novato. We have also invited many other Novato communities that are in a similar situation to our own.

Guest Speakers

This event is made possible by a grant we received, as well as by much assistance from the Novato Fire District, specifically Chief Mark Heine and Fire Marshal Bill Tyler. Both these gentlemen will be making presentations in the morning, and other members of the NFD will also be in attendance.

Booths • Samples of Safe Plants

There will be booths of local organizations and much information about the dangers of bamboo, juniper, and pampas grass, and about our plans to get these plants removed from our gardens and replaced with plants that are fire-safe. We will have samples of twenty safe and beautiful plants that can replace the dangerous plants surrounding some of our homes. The Marin Valley plan to make firebreaks around the perimeter of the Park will also be discussed.

Speak with City Council and Staff

We have invited members of the Novato City Council, the new City Manager, and several staff members. This is your opportunity to have questions answered and to contribute to discussions about protecting our wonderful environment. In the afternoon there will be breakout sessions dealing with the different communities.

Lunch, Free Raffle, and Prizes!

The day starts at 10 am and winds up around 2:30 pm. Lunch will be served. There will also be a free raffle and many prizes.

Volunteers Appreciated

We are still seeking volunteers to help with setting up and running the event and would appreciate your assistance.

We hope everyone can come. ■



DON'T MISS

FIREWISE DAY

May 6

10 am – 2:30 pm

Learn about protecting our beautiful community against wildland fires.

•

Hear from Novato Fire District Chief and Fire Marshal.

•

Speak with guests invited from City Council, City Staff, and from other wildland-interfacing areas.

•

Discover plant dangers. See samples of twenty safe plants and maybe win one!

•

Free raffle, prizes, and lunch!

Invasion of the Thistle

The Bad, the Good, and the Dangerous

by JOHN FELD



Family name: *Asteraceae*.

Notice how many fast-growing thistles have popped up in and around your yard? They tend to grow in sunny areas where other plants have been recently cut or dug under, and thrive in high-fertility soils and moist areas such as riverbeds and pastures — and our yards — especially after a sustained wet period, like this year.

The milk thistle originates in the Mediterranean and North African areas and is invasive to the United States, especially in the western states. Milk thistle gets its name from the milky white veins on the leaves. It can cover whole fields with huge mounds of spiny leaves. By spreading in meadows and pastures in our area, milk thistle quickly replaces grasses and other plants that are good food for animals.

The purple to fuchsia-pink flowers are surrounded by long spines. Its shiny green leaves have distinctive white veins, which give them a mottled appearance, and the wavy leaf edges are covered in short, soft spines. These largish leaves shade out competing plants.

The roots of a single plant can spread up to 12 feet in a single season and it can grow up to six feet tall. The seed heads (6,000 per plant each year) mature quickly. The airborne seeds are viable in the soil for more than nine years, where the plant overtakes native species and spreads rapidly. Thistle seeds have tiny tufts of hair (like dandelion seeds) that aid in wind dispersal. They can be spread

accidentally in cattle feed, water, mud, vehicles, machinery, and erosion, and by animals such as dogs, raccoons, deer, and opossums. Milk thistle is toxic to cows and sheep.

Managing the milk thistle spread is done by eradicating small populations before seeds develop. As the seeds remain viable for up to nine years, monitoring is required on treated sites. Small quantities of the plants can be pulled or excavated by hand or a shovel before seeds develop. Dense stands have to be cleared with brush cutters or loppers; these steps should be accomplished before the heads go to seed.

An organic alternative to spraying with herbicides is to spray the aerial parts with vinegar and then dig the roots.

There are several other thistles and thistle-like plants to be found around Marin Valley — musk thistle; Scotch thistle; Canada thistle; bull thistle; tall thistle; and the tall, rapidly spreading cutleaf teasel to be found all over the wetlands between our community and the railroad tracks.

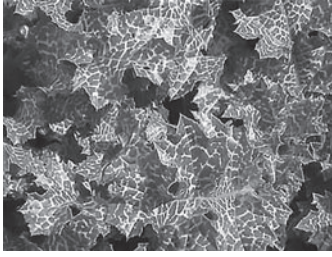
All of these should be removed before they go to seed, as they are all invasive, spread rapidly, and inhibit other plants from growing.

An old English rhyme instructs:

Cut thistles in May, they'll grow in a day.

Cut them in June, that is too soon.

Cut them in July, then they will die.



But here in the U.S., the cutting time is probably earlier, best just before the seeds are produced, or extract the whole plant by digging out the long roots — easier from freshly rain-soaked soil.

Milk thistle heads are sometimes eaten raw in salads or cooked as a vegetable like an artichoke. The young leaves can be used like spinach. If the stems are soaked for a time (at least four hours), they can be used like fresh asparagus.

Milk thistle contains antioxidants that are known to help protect the liver from toxins, including the effects of alcohol. It is also an antioxidant used in liver detoxification and may help to regenerate liver cells.

The American Botanical Council suggests that milk thistle is potentially beneficial in treating or preventing various cancers, including prostate cancer cells; inhibiting growth; and stimulating regression of skin tumors with topical application.

While milk thistle as a supplement is also known to help cleanse the liver from toxins in dogs, the thistles themselves can be problematic and dangerous for dogs. The thistle heads get entangled in dog fur and can take hours to remove, sometimes necessitating shaving the fur. The spikes can enter into the skin, causing great pain, and should be removed immediately. The longer they stay, the deeper they sink in and the harder to get out. Salves and ointments applied over the affected area may aid in drawing the spike to the surface. Treatments are severe, painful, often require shaving animals, and are nearly always expensive.

If you remove, throw away, or ingest thistle, watch out for the tiny slivers that can feel very large once inside the skin. ■

California Gold

by MARTINA KOECKRITZ

Off at work, my memory leads me to a vision of driving along Marin Valley Drive and viewing all the beautiful daffodils. This instills joy and such a full feeling of hope and light, even if it happens to be a rainy day. Here they are, dependably popping up every year and seeming to multiply, too.

Rumor has it that we have the California Gold Rush to thank for daffs being introduced to California. Space was tight on the old ships sailing around the Horn to California's goldfields, and immigrants were advised to travel light.

A man named Peter Denzer made room among his mining tools for a few daffodil bulbs from his native Holland. The Dutchman never found gold but planted the daffodil bulbs on his eventual homestead south of Sacramento. A new form of gold grew. Old Pete shared extra bulbs with neighbors, and the rest is history. ■

Thank you to Pauline Hawkins, Fred Dargie, and all the HOL volunteers who started planting daffodils and sowing poppies on our hillsides 15 years ago and haven't stopped.



PHOTOGRAPH: ERMA WHEATLEY

Driving, Walking, Parking

by JOHN FELD

Driving

As we get older, driving usually becomes a little more automatic and we pay less attention to what is around us. Our eyesight is not what it once was. Probably, many years ago, we had to start using eyeglasses to read and maybe to see long distances. Usually this is a process that started in our forties. But the deterioration of our eyes was not limited to near- or far-sightedness. As we age we also become less proficient at:

- **seeing well at dusk or at night**
- **clearly seeing road signs**
- **judging distances and speed**
- **adapting to bright sunlight or glare from headlights**

We also sometimes experience a loss of side or peripheral vision.

As drivers, we should start to take extra caution at intersections, looking carefully in all directions before proceeding. If seeing pedestrians and animals at night becomes a problem, reduce your speed overall or maybe even limit yourself to daytime driving. This is especially true if you find yourself blinded by the headlights of oncoming traffic.

Also, take a senior driving class (provided occasionally by HOL at the clubhouse) and have your eyes checked at least once a year. You might not notice your changing vision, but it inevitably is happening.

Walking

Recently a driver told me that I should not walk around the Park at night without reflective clothing, as he could not see me on the roadside. Legally, it is your responsibility to see everyone

and everything around you. The California DMV states :

“Driving safely at night requires seeing well not only under low illumination, it also requires one to see low contrast objects.”

If you drive slowly and still cannot see people walking, then you should not be driving at night. It is your responsibility to drive safely; others are not going to take responsibility for your failing vision.

It is the driver’s responsibility to see people walking at night, not the pedestrian’s.

Of course, it’s always good for pedestrians to wear reflective clothing and maybe carry a flashlight to illuminate their path. Another safety tip is to always walk on the side of the road facing oncoming traffic. This is especially true if you are walking a dog. Sometimes small dogs are especially hard to see at the best of times. Ideally they should always be between you and the curb; never allow them to walk in the road.

Parking

Another danger of driving in the Park, and wherever there are no sidewalks, is parked cars.

First, Park rules strictly state that there is NO parking on roads from dusk to dawn. Our roads are not always wide enough for large fire engines to get past parked cars, which often makes turning very difficult for emergency vehicles. If they need to get through in an emergency, your car or other vehicle will simply be shoved off the road, and your insurance will not cover any of the resulting damages, which will be significant. A parked car can delay emergency medical help by minutes,

when minutes are not always available. So apart from losing your car, you may end up being responsible for the death of a neighbor. We have plenty of parking available, so please use it. During the fire last fall, the Novato Fire District had difficulty maneuvering around several parked cars. If the police come by and see your vehicle parked on the road at night, they will almost certainly have it towed, and you will receive a ticket.

A few other parking issues: Never park in front of a fire hydrant or fire lane (which technically our streets are). This comes with a heavy fine of \$80. In the absence of colored curbs, as in Marin Valley, it is illegal to park within 15 feet of a hydrant.

The same \$80 fine will be levied on cars parked in an intersection or a crosswalk, or within 20 feet of one. Do not park on bends in the road. Doing so can cause serious accidents and will result in stiff penalties. Placing cones around your car never makes it OK to park where you should not. Someone told me they parked their RV outside their house to get ready for a trip, and that it would be gone tomorrow. This is still very irresponsible and a crime.

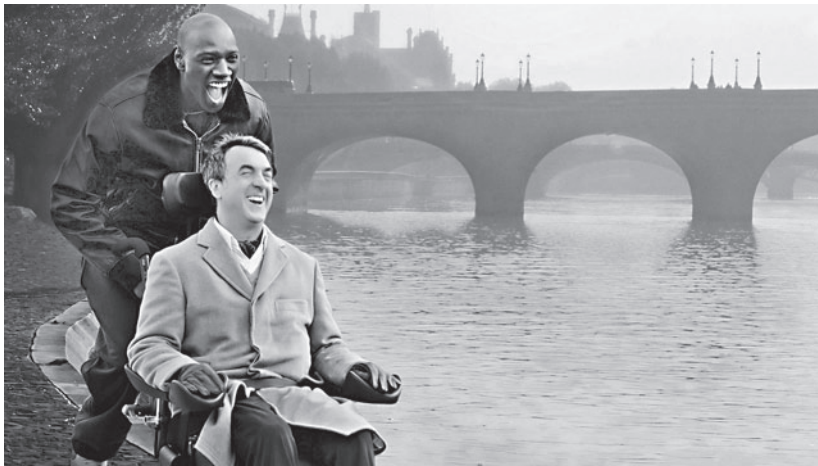
In our Park we have many service trucks breaking these rules almost every day. Please take a moment to inform gardeners and delivery people of their inappropriate parking and ask them to move.

Last and by no means least, if you see a friend walking in the street, do not stop in the middle of the road to talk to them even if it is just to say hello. Pull over, or better yet park somewhere safe and talk to them without endangering the rest of us. ■



Movie Night

First and Third Thursdays • 7 PM • Clubhouse



Thursday • May 4 • 7 pm

The Intouchables

(2012) Comedy

English subtitles 112 minutes

Directors Olivier Nakache, Eric Toledano

Starring François Cluzet, Omar Sy

In Paris, the aristocratic and intellectual Philippe is a quadriplegic millionaire who is interviewing candidates to be his caregiver. Out of the blue, the rude African Driss cuts the line of candidates and asks Philippe to sign a document from the Social Security to prove he is seeking

a job position and thus enable him to receive his unemployment benefit. Philippe challenges him with a trial period of one month of helping him, after which Driss can decide whether or not he would like to stay. Driss accepts the challenge and moves into Philippe's mansion, changing everyone's lives.

An irreverent, uplifting comedy about friendship, trust, and human possibility, *The Intouchables* has broken records in its native France and around the world. Based on a true story of friendship between a handicapped millionaire and his street-smart caretaker, *The Intouchables* depicts an unlikely camaraderie rooted in honesty and humor between two individuals who, on the surface, would seem to have nothing in common.

Thursday • May 18 • 7 pm

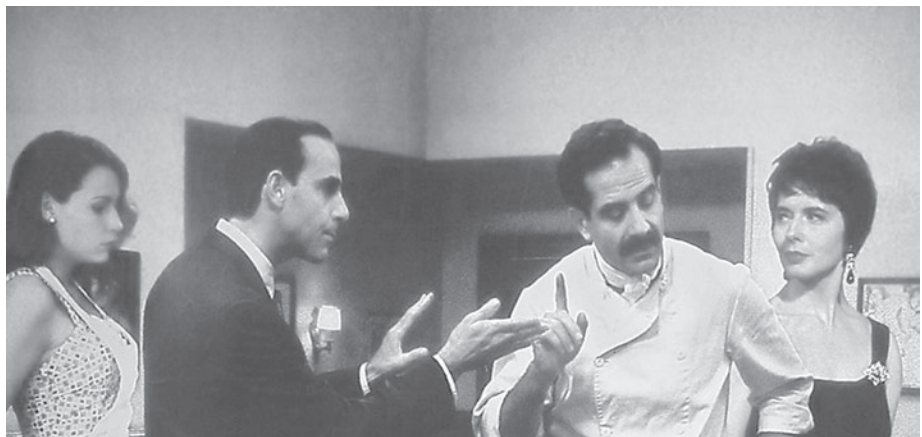
Big Night

(1996) 109 minutes

Directors Stanley Tucci, Campbell Scott

Starring Marc Anthony, Stanley Tucci, Isabella Rossellini, Minnie Driver

Italian brothers Primo and Secondo have come to America in hopes of running an authentic Italian restaurant in 1950s-era New Jersey. They are surprised their new Paradise Restaurant is not flooded with customers. The one customer they do have is unable to appreciate Primo's exquisitely prepared risotto because there is no spaghetti and meatballs on the side. Things do not improve for the brothers and they go so



deeply into debt that they are about to lose their business. Their friend Pascal offers to help and arranges for his friend Louis Prima, a famous bandleader, to hold a dinner party at the Paradise. If the brothers can pull the dinner off without a hitch perhaps they will succeed. But things start to go wrong...

Please, no food or drink. Feel free to bring your comfortable chair.

Movies for Movie Night are selected from community suggestion. Contact johnmfeld@gmail.com ■

Take a Hike

by MIKE HOLLAND

APOCRYPHA — *writings of questionable authenticity.*

Someone once said you should never let the facts get in the way of a good story. Some of our best urban legends are apocrypha. And even though apocryphal writing probably shouldn't be included in any Echo article, I can't seem to avoid it in talking about our next hiking location — Strawberry Point.

Strawberry Point

Doubtful story #1

claims that John Lennon was traveling through Watsonville in Santa Cruz County where he eyed vast fields of strawberries; thus the provenance of "Strawberry Fields Forever." Maybe.

Doubtful story #2

relates that during the 1970s and '80s large numbers of Persians emigrated from Iran to the United States to escape the repressive regimes of the Shah, and then the ayatollahs after the Islamic Revolution. Many settled in the Strawberry Spit area of Mill Valley and had influence on the architecture of the large and beautiful houses that line the waterfront. Possibly.

What is absolutely true is that Strawberry Point and the almost one-mile path along it is one of the most beautiful urban spots in Marin County. This out-and-back walk has sweeping views of Belvedere Island, San Francisco, and Alcatraz. The best way to complete this walk is to start at the Point and walk north along the paved path by the water. The Aramburu Island Preserve is at the end, but you probably won't be able to access it unless the tide is very low. I recommend that you return via the residential street (Heron Drive). This allows you to see the impressive Mediterranean-style houses from the front.

Finding Strawberry Point is not hard, but it takes concentration.



Exit Highway 101 at Tiburon Blvd. and head east. Turn right onto Strawberry Drive. Go about two miles to Weatherly Drive and turn left. Take a right on Heron Drive and go to the end of the street to park. This is the actual Point.



PHOTOGRAPH: JOHN FELD

And after your walk? The path has several spots with benches. Pick a warm day, plop yourself down, and refresh yourself with BYO everything. If indoor dining is your preference, the Harbor Point Tennis Club has a public bar and restaurant. (You

passed it on your way in.) Their hours vary during the week.

This is such a simple walk, but it's the quintessential Marin experience that captures so much of what we love here. ■



Great Horned Owl

Article and Photography by DAVID GRAY

The great horned owl is a magnificent and powerful hunter and is primarily nocturnal. This is the classical owl of children's books, with its ear tufts and curious call.

Getting daytime photos of one is challenging; I have been lucky to spot them here in the Park, in Point Reyes on a few occasions, even catching one in-flight and others nesting in apparently inhospitable places such

as the Fiery Furnace area of Arches National Park in Utah.

We have as many as four nesting pairs of great horned owls in the Park, and with mating season upon us, they can be heard at night making their classic who-who, who-who call. If you listen closely, you may hear the male and female call back and forth to each other: the male voice is lower than the female by an interval of as much as a musical minor third.

Here in the Park I have seen a great horned owl at dusk atop the evergreen near the pool and have seen a few silhouetted against the night sky on the oaks atop the ridges as well as in-flight at night on two occasions. They may be inhabiting some of the owl boxes located around the Park, but I give them their privacy so as not to disturb their nesting.

The great horned owl's range is very broad, covering all of the Continental

US, Mexico, most of Canada and Alaska up past the Arctic Circle, and extending to South America as well.

They are very stealthy hunters; their wingbeats are nearly silent so that their prey is unaware of their approach. Their large and light-sensitive eyes are adapted to concentrating the moonlight or starlight to spot movement from perches in trees. They can silently swivel their heads to see behind themselves, giving them a full circle of visibility without moving any other part of their body. Their feathers allow them to blend into tree bark and be effectively invisible, and their sharp talons and strong



grip ensure a successful hunt. Their gripping strength has been measured at just under 30 pounds of force.

They eat mostly small rodents and amphibians but can take other birds and small animals as big as they are, up to 5-1/2 pounds (including hares, skunks, geese, and other raptors). Biologists dissect the regurgitated pellets of indigestible bones and skins to determine the great horned owl's diet; presence of pellets on the ground under trees is one way to know whether an owl lives nearby.

Kudos to our owls for keeping the rodent population down without using poisons. ■



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

MAY 2017

6-8 AM Trash Pickup
9:30 AM Low-Impact Exercise
7:20 PM Poor Man's Poker

HOL SLATE OF NOMINEES POSTED IN CLUBHOUSE

6-8 AM Trash Pickup
9:30 AM Low-Impact Exercise
7:20 PM Poor Man's Poker

PAC NOMINATIONS OPEN

ECHO DEADLINE

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
7-8 PM WANT BACK SUPPORT?
7:20 PM Poor Man's Poker

6-8 AM Trash Pickup
9:30 AM Low-Impact Exercise
MEMORIAL DAY BBQ
5 PM COCKTAILS
6 PM DINNER
MEMORIAL DAY

1-4 PM Mahjong

8

9

10

11

12

13

10 AM Wet Water Workout
11 AM-1 PM Whistlestop/call Roberta 415-883-0843
11:15 AM-2 PM Craft Group
6 PM **MAR VAL MEETING**



10 AM QiGong (Dove)
6:15 PM Silent Meditation
7:20 PM Poor Man's Poker
9:15 AM QiGong (Dove)
6:15 PM Silent Meditation
7:20 PM Poor Man's Poker

PAC NOMINATIONS CLOSE

14

1-4 PM Mahjong

15

16

17

18

19

20

10 AM Wet Water Workout
11 AM Bridge
11 AM-1 PM Whistlestop/call Roberta 415-883-0843
11:15 AM-2 PM Craft Group
2 PM Readers' Theatre Group
7 PM **HOL MEETING AND ELECTIONS**

10 AM QiGong (Dove)
6:15 PM Silent Meditation
7 PM Movie Night
7:20 PM Poor Man's Poker
9:15 AM QiGong (Dove)
6:15 PM Silent Meditation
7 PM Movie Night
7:20 PM Poor Man's Poker

10 AM **BARK IN THE PARK**
-1 PM

21

1-4 PM Mahjong

22

23

24

25

26

27

10 AM Wet Water Workout
11 AM-1 PM Whistlestop/call Roberta 415-883-0843
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7:20 PM Poor Man's Poker
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6:15 PM Silent Meditation
7:20 PM Poor Man's Poker

10 AM **THE FOREST YEARS:**
-1 PM TRANSFORMATIONAL AGING

28

1-4 PM Mahjong

29

30

31

JUNE 1

2

3

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7:20 PM Poor Man's Poker

10 AM **PAC ANNUAL MEETING**
11 AM
7-9 PM **COMMUNITY DANCE**

10 AM Wet Water Workout
4 PM Canasta
4-5 PM Movement Meditation
5-7 PM Pub Night
CINCO DE MAYO

10 AM **INVEST**
10 AM - **MVEST**
2:30 PM **Firewise Day**
7-9 PM **COMMUNITY DANCE**



1-4 PM Mahjong

7

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12

13

10 AM Wet Water Workout
4 PM Canasta
4-5 PM Movement Meditation
5-7 PM Pub Night
7:15 PM Bingo

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10 AM Wet Water Workout
3 PM **PAC VOTING CLOSES**
4 PM Canasta
4-5 PM Movement Meditation
5-7 PM Pub Night

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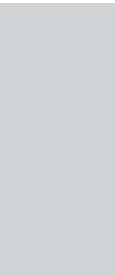
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3 PM **PAC VOTING CLOSES**
4 PM Canasta
4-5 PM Movement Meditation
5-7 PM Pub Night



MEMORIAL DAY BBQ
5 PM COCKTAILS
6 PM DINNER



7-9 PM **COMMUNITY DANCE**