

T H E
ECHO

NOVEMBER 2019

C O N T E N T S



2

Tom Bowlin

FROM THE EDITOR: DIRECTORY UPDATE
EXTINCT SPECIES



3

Matt Greenberg
Jay Shelfer

MVMCC • PAC • MVEST
MVMCC MANAGEMENT UPDATE
PAC LETTER TO RESIDENTS



4

5

Pam Berkon

DEMO GARDEN: *Preliminary Plans*
MVEST—*How It All Works*
—*Grab-and-Go Bag*
—*Emergency Evacuation Drill*



6-7 **Kathleen Dargie**

MAR VAL
MESSAGE FROM MAR VAL—*Reservation Form:*
Mar Val Thanksgiving Dinner



7

Mark Crocker

MARIN VALLEY LIBRARY NOTES



9-10 **John Feld**

HOL
HOL MESSAGE
HOL COMMUNITY PRESENTATIONS

FILM NIGHT: *Election, The Dam Busters*

BIOGRAPHY NIGHT: *Karin Mortensen, Dick Park—October 23*

David Gray, Anila Manning—November 19

10 **Suzie Lahr**

ART IN THE PARK: *Fall "Creative Conceptions" Reception and Selections*

11 **Dr. Kamala Allen**

NONVIOLENT COMMUNICATION: *For Good Neighbor Relations*

12 **Jack Travis**

HEALTH INSURANCE, LONG-TERM-CARE EXPLAINED

Marshall Krause

THE U.S. SUPREME COURT: *Its Place in Current Issues and Government*

John W. Travis

DEEP WELLNESS: *Exploring Controversial Cultural Health Beliefs*

Carol-Joy Harris

SAVE THE DATE: *Caroling Party*

13 **Lorna Sass**

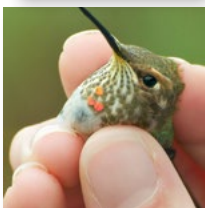
COOKING UNDER PRESSURE

Janet Shouldis

LINE DANCING

Stephen Plocher

COMMUNITY DANCING



14-15 **David Gray**

CLASSIFIEDS

BIRD OF THE MONTH: *Immature Male Rufous Hummingbird*

16

CALENDAR: *November 2019*

From the Editor

MarinValley Website *MarinValley.net*

1. The Marin Valley Google Calendar is now on our website —



If you are planning an event in the Park for yourself or for the community, it is now possible to see if a day has already been reserved and what days are open before consulting with Matt to make a reservation. A “Marin Valley” Google calendar shows the listings for the full year of all Park events with their name, date, time, and location. When a room is reserved for a personal activity the calendar is marked “Private Event.” After seeing if your preferred day is free, you should talk to Matt to secure the date, and

sign the necessary paperwork for private events. You can find the Marin Valley Google calendar on our website www.marinvalley.net. It is the first calendar shown on the right on the home page. Many thanks to **David Tetta**, who has been helping with the website and has provided instructions for getting the calendar or specific events appear on your personal calendar. Click on the calendar post under *News and Events* on the home page to see how.

2. Echo Back Issues — All issues of the *Echo* from late 2014 to the present are now accessible on the Marin Valley website marinvalley.net. Click *Echo Magazine* under *Resources* at the top or <http://marinvalley.net/echo/>

3. Demo Garden — Also on the Marin Valley website is a copy of the first draft of the recommendations for the Demo Garden. It includes lists and color images of plants for various planting sites. An example is on p. 4 of this issue.

Marin Valley Directory 2020-2021



A copy of the existing directory with additions, deletions, and corrections will be available on the front desk for you to verify your entry for the new edition. Please make any corrections as soon as possible. The new directory should be available in January 2020.

Directory Update

New Residents

Pauline Clucas

6 Marin View Drive
415-250-9883

paulineclucas3@gmail.com

Lucinda Daly

41 Marin Valley Drive
415-599-9748 (cell)

mldaly@comcast.net

Extinct Species

Just
Think

You get
To see

All these
Extinct species

While they're
Still alive

© Tom Bowlin 2019

THE ECHO NOVEMBER 2019

MARIN VALLEY MOBILE COUNTRY CLUB

100 MARIN VALLEY DRIVE
NOVATO, CA 94949
415-883-5911 / 415-883-1971 FAX
www.marinvalley.net

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COPY EDITOR Mary Barbosa
PROOFREADING

Mary Barbosa, Carol-Joy Harris, Anila Manning

A PUBLICATION OF MHB Group Region 8
www.mobilehomeboard.com

MARIN VALLEY

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gm.mvmcc@gmail.com

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FINANCE Stephen Plocher
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Carol-Joy Harris, Kevin Mulvany,
Stephen Plocher, Erma Wheatley

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DIRECTOR/HOSPITALITY Larry Moore 883-0486
DIRECTOR/RESERVATIONS Carolyn Corry 370-6403

ECHO DEADLINE

Articles due — the 8th of the month or
sooner for the following month's issue.

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*).

MVMCC Management Update

PAC Letter to Residents

November, 2019

Welcome to fall.

Spa: Management will be keeping the spa area open until **10:00 pm** moving forward for the next several months as a test. Many regular spa users have asked to extend the hours of use. Remember, please: residents on Marin Valley Drive enjoy quiet time at night, so please respect their right to quiet enjoyment.

Retaining Walls: Several have been finished this season. We are not looking at any other wall replacements until June 2020.

Drainage: Several French drains and tracks to evacuate standing water have been completed this season.

Laundry Room Project Is Complete: New exterior siding and paint to match the clubhouse, new windows, and new interior paint. We plan on floor replacement next year.

Winter Preparation Projects: Management is busy directing projects prior to winter weather, which include finishing fire-prone plant removal and Park-wide tree maintenance and preventive pruning care. You will see workers cleaning the V ditch for drainage as well as other preparations for wet weather.

Defensible Space: We had a full season of tree pruning and brush removal. We plan on lobbying for added funds in the next budget to accomplish more cutback for defensible space.

Holiday Season: Packages are delivered with more frequency. Stay vigilant so your packages are not targeted by thieves and then stolen.

Thank you,



Matt Greenberg

Matt Greenberg
GENERAL MANAGER
gm.mvmcc@gmail.com

415-883-5911 ■ 415-883-1971 Fax

Greetings from the PAC Board.

Finances: Our finances are in order. The debt service coverage on the bank loan that refinances the original bond issuance for the purchase of MVMCC is 2.59. This was, at the end of August, well above the required 2.0. Our cash, plus medium- and long-term reserves, is over 5 ½ million dollars. As the budgeted projects start to kick in, this will moderate.

Spa: We are going to keep the spa open to **10:00 pm** rather than 9:00. Enjoy.

Speeding: Residents are still challenged by speeders—residents and others who do not respect stop signs and accelerate noisily when leaving MVMCC. Please be more attentive to these basic rules and neighborly considerations. We live in a lovely, peaceful oasis here in Novato. By necessity, our homes are closely sited. Let's not spoil it with self-centered attitudes and actions.

Fire Season: The fire season is still with us. Please heed MVEST's recommendations for your and your neighbors' safety. John Feld organized an Insurance Fair October 5 at the clubhouse. It was very informative and not only provided participants with legal and insurance details but also revealed a need to update our policies to cover the current value of our homes. Many costs—or rather, every cost—of replacement and repair has increased, and our insurance coverage should reflect this.

Upcoming Activities: There are always ongoing activities concerning PAC's MVEST, your HOL, and MAR VAL reported on elsewhere in the *Echo*. I urge you to investigate and participate in these resident activities.

The agendas for the PAC Board meetings are posted 72 hours before the meetings in the clubhouse. If you'd like to get them via email, please contact Anila, anilahere99@gmail.com. The next Board meeting will be November 6.

In service,



J Shelfer

Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com

Clubhouse Demo Garden

The plant palette plan for the Marin Valley Demonstration Garden by GSM Landscape Architect, Inc. is available on the home page of our website at www.marinvalley.net.

It is a five-page PDF guide with examples of what to plant for:

1. "Full sun planting areas"
2. "Full to part shade planting areas"
3. "Hardscape materials"

Plans are under way to make large posters of the palette pages for display in the lobby.

Below are examples of what is included:

Tree Understory - Part Sun

- Berberis repens - Creeping Barberry *
- Bouteloua gracilis - Blue Gramma Grass
- Carex diuturna - Barkley Sedge
- Chlorophora collingbakeri - Violet Trumpet Vine
- Cornus 'Dinky Bell' - Red Australian Fuchsia
- Ferulica glauca 'Elgin Blue' - Elgin Blue Fescue
- Hydrangea macrophylla - Oak Leaf Hydrangea
- Ilia douglasiana - 'Is' *
- Lilippe mucronata 'Silver Sunspot' - Silver Sunspot Lily *
- Mimulus aurantiacus - Sticky Monkey Flower *
- Myoporum parviflorum - Creeping Myoporum *
- Phormium tenax - Amazing Red - Amazing Red New Zealand Flax
- Rhamnus 'Mount San Bruno' - San Bruno Coffeeberry *
- Rhamnus obtusifolia - Variegated Buckhorn *
- Solanum elaeagnifolium - Yucca Buena *
- Sedum 'Angelina' - Angelina Stonecrop *
- Senecio villoso - Blue Chalk Fingers *
- Sesuvium portulacastrum - Autumn Moor Grass

Clubhouse Entrance - Part Sun

- Achillea millefolium - Yarrow *
- Carex diuturna - Barkley Sedge
- Ferulica glauca 'Elgin Blue' - Elgin Blue Fescue
- Ilia douglasiana 'Silver Sunspot' - Silver Sunspot Lily *
- Mimulus aurantiacus - Sticky Monkey Flower *
- Polypodium californicum - California Ground Fern
- Sedum 'Chocolate Blob' - Chocolate Blob Sedum *
- Tubifragia violacea - Society Garlic *
- Woodwardia imbricata - Giant Chain Fern

Street Appeal - Full Sun

- Achillea millefolium - Yarrow *
- Agave attenuata - Fossil Agave *
- Agave 'Blue Glow' - Blue Glow Agave *
- Agave parryi - Arriochoke Agave *
- Arbutus menziesii - Madroña Madroña *
- Bouteloua gracilis - Blue Gramma Grass
- Carex diuturna - Barkley Sedge
- Callitriche 'Tansley Point' - Tansley Point Callitriche *
- Chitalpa tashkentensis 'Pink Dawn' - Pink Dwarf Desert Willow *
- Cornus 'Dinky Bell' - Red Australian Fuchsia
- Echeveria colorata - Mexican Glory *
- Echeveria 'Imbricata' - Hens and Chicks *
- Epilobium septentrionale - California Tuckermint *
- Ferulica glauca 'Elgin Blue' - Elgin Blue Fescue
- Hebe pinnatifida - Red Tucco *
- Leontodon autumnalis - Leontodon *
- Leucodendron 'Safari Sunset' - Safari Sunset Leucodendron *
- Mimulus aurantiacus - Sticky Monkey Flower *
- Myoporum parviflorum - Creeping Myoporum *
- Phormium tenax - Amazing Red - Amazing Red New Zealand Flax
- Sida spaldingii - Autumn Sage *
- Sedum 'Chocolate Blob' - Chocolate Blob Sedum *
- Sedum 'Angelina' - Angelina Stonecrop *
- Senecio villoso - Blue Chalk Fingers *
- Sesuvium portulacastrum - Autumn Moor Grass
- Verbena bicolor 'Che La Minda' - Purple Candles Island Verbena *

Main Garden - Part Sun to Full Sun

- Achillea millefolium - Yarrow *
- Agave attenuata - Fossil Agave *
- Agave 'Blue Glow' - Blue Glow Agave *
- Agave parryi - Arriochoke Agave *
- Bouteloua gracilis - Blue Gramma Grass
- Carex diuturna - Barkley Sedge
- Callitriche 'Tansley Point' - Tansley Point Callitriche *
- Cercis occidentalis - Western Redbud *
- Chytalpa collingbakeri - Violet Trumpet Vine
- Cornus 'Dinky Bell' - Red Australian Fuchsia
- Echeveria 'Imbricata' - Hens and Chicks *
- Epilobium septentrionale - California Tuckermint *
- Ferulica glauca 'Elgin Blue' - Elgin Blue Fescue
- Hesperis matronalis - Red Tucco *
- Ilia douglasiana - 'Is' *
- Leontodon autumnalis - Leontodon *
- Mimulus aurantiacus - Sticky Monkey Flower *
- Myoporum parviflorum - Creeping Myoporum *
- Phormium tenax - Amazing Red - Amazing Red New Zealand Flax
- Rhamnus obtusifolia - Variegated Buckhorn *
- Rhamnus 'Mount San Bruno' - San Bruno Coffeeberry *
- Sida spaldingii - Autumn Sage *
- Solanum elaeagnifolium - Yucca Buena *
- Senecio villoso - Blue Chalk Fingers *
- Sedum 'Angelina' - Angelina Stonecrop *
- Tubifragia violacea - Society Garlic *
- Verbena bicolor 'Che La Minda' - Purple Candles Island Verbena *

Pine Tree Understory - Part Sun

- Berberis repens - Creeping Barberry *
- Bouteloua gracilis - Blue Gramma Grass
- Carex diuturna - Barkley Sedge
- Hydrangea macrophylla - Oak Leaf Hydrangea
- Ilia douglasiana - 'Is' *
- Leucodendron 'Safari Sunset' - Safari Sunset Leucodendron *
- Lilippe mucronata 'Silver Sunspot' - Silver Sunspot Lily *
- Mimulus aurantiacus - Sticky Monkey Flower *
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- Senecio villoso - Blue Chalk Fingers *
- Sesuvium portulacastrum - Autumn Moor Grass
- Woodwardia imbricata - Giant Chain Fern

Safe Main Guidelines

- * In FileSafe Marin Plant List
- 5' Buffer from Building - No Plant Zone
- 10' Buffer from Building - No Shrub or Tree Zone

PLANT PALETTE PLAN
SEPTEMBER 4, 2019

GSM
landscape architects, inc.

**MARIN VALLEY MOBILE COUNTRY CLUB
DEMONSTRATION GARDEN
NOVATO, CALIFORNIA 94949**





How It All Works

by JOHN FELD

"We make a living by what we get, but we make a life by what we give."

— *Winston Churchill*

The social life in Marin Valley is based almost solely on volunteering. When you visit the clubhouse, you walk past a garden that is planted and maintained by volunteers. When you attend a dinner at the clubhouse, it is only made possible by the efforts of volunteers. If you have a drink or a meal at Pub, dance with your neighbors at the community dances, play games on game night, take the tai chi or chair yoga classes, attend biography night, call on Just One Hour, work out at water or low-impact aerobics, play poker or bingo at the clubhouse, attend a wine and cheese reception for our artists, or just feel safe because of our emergency preparedness in our homes, at the clubhouse, or elsewhere in the Park—it is all made possible by volunteers. Nearly one in eight of Marin Valley residents volunteer for the community in some way.

Most Park activities can be assisted, further enabled, or made more effective by volunteering. Everything accomplished by the volunteer members of HOL, Mar Val, PAC, and MVEST is made better by those who help.

Specifically, MVEST is always looking for more help. People tell us they do not have time to volunteer, but with MVEST, help is needed on very rare occasions. People who have full social lives and/or work schedules can step up during a fire or earthquake. (How many of those do we experience in a normal year?) But when—and not if—it happens we will all rely on volunteers. These people will have trained for the event and will be available to assist others because they previously stepped up to offer a little of their time to prepare to help us all.

MVEST needs people to be block captains; that involves assisting people in about eight to ten houses when an emergency happens. That assistance may be to help save a life, help someone who has mobility

issues into a car, or help the Rotary Club install fire and smoke alarms in our houses. MVEST can use assistance with numerous tasks, such as first aid, basic search and rescue when houses are damaged, unlocking gates at the emergency exit, and hoisting a red flag. None of these takes more than one or two hours every two or three months, but we all rely on the service, even if we are not aware of how or when our service will be needed. MVEST always needs such help, to make our community safer and more resilient.

Of course, other groups can use volunteers too; usually this involves participating in something you love to do: drawing, keeping fit, reading, or gardening.

You decide where your interest lies, and jump in. It will make you feel great, even if it is just a teeny thing.

"If you think you are too small to be effective, try sleeping in a room with a mosquito."

— *Betty Reese*

Grab-and-Go Bag

by PAM BERKON

I figured out how to have pills in my grab-and-go bag and in my bathroom at the same time. I set up a two-week supply of pills for my bathroom and stored the rest of the pills in my grab-and-go bag in a zip-lock bag along with a list of the pills I take and my name. This includes prescription medicines, over-the-counter pills, vitamins, etc.

Emergency Evacuation Drill

Saturday, November 16 • 11:00 am

Find out firsthand. Go through the motions. Get a body memory of what it's like, what you need, how fast you can act, and what you can learn.

Message from Mar Val

Dear Friends,

The 2019 holiday season has well and truly arrived when we can announce the date of the annual Thanksgiving dinner scheduled for **Saturday, November 23.**

Roasters

Following our tradition of many years, Mar Val relies on interested residents to step forward to roast the turkeys that are served at the dinner. These "roasters" are compensated when their check for \$15 is returned to them on the day of the event. This year we are in need of 14 people to volunteer their services; should you be interested, please contact Sandee Duncan at 415-883-3034 no later than Monday, November 11.

Roasters, Please Note:

- 1) The turkey, roasting pan, onion, and celery will be delivered to your home along with roasting instructions.
- 2) The roasted turkey will be picked up from your home on the afternoon of Saturday, November 23 and delivered to the clubhouse.

Carvers

We are also in need of five people to carve the turkeys at



the clubhouse. The volunteer carvers will be compensated with a complimentary drink ticket. Those interested should also contact Sandee Duncan by November 11.

Maximum Two Reservations

Thanksgiving has always been our most well-attended event, and in an effort to accommodate as many residents as possible we must limit reservations to a maximum of two persons per home.

Please make your reservation EARLY.

We look forward to sharing the joys of this holiday with you.

With warmest regards,



Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com

Mar Val Thanksgiving Dinner Reservation Form

RESIDENT _____

RESIDENT/GUEST _____

\$15 per person. Check payable to Mar Val for \$ _____ NO CASH

Deadline is November 20, 2019 at 5 pm OR when 140 reservations have been received.

The reservation box will be on the counter in the clubhouse on November 1.

Reservations will NOT be accepted prior to November 1.



MAR VAL THANKSGIVING DINNER

November 23, 2019 • 5 pm Cocktails • 6 pm Dinner

M E N U

Turkey, Dressing
Sweet Potatoes
Green Bean Casserole
Mashed Potatoes with Gravy
Cranberry Sauce
Rolls
Pumpkin Pie

NOTE: There is NO separate vegetarian entrée for this dinner.

Limit of 2 persons per home

Reservation deadline is November 20 at 5 pm

or when 140 reservations have been received.

Checks only – make payable to Mar Val.

\$15 per person

Even if you have generously volunteered to
roast/carve a turkey, sell tickets, or volunteer in any capacity

YOU MUST STILL MAKE A RESERVATION PRIOR TO THE DEADLINE.

Reservation box will be on the counter at 9 am on November 1.

Reservations will NOT be accepted prior to November 1.

Questions: Call Carolyn Corry @ 415-370-6403

Marin Valley Library Notes

by **MARK CROCKER**

There are great books and great reads on our library shelves.

We will highlight a few in each *Echo*. We have books by three excellent contemporary writers of crime fiction: John Sandford (Minnesota), Michael Connelly (Los Angeles), and John Lescroart (San Francisco). Each leaves you with a vivid impression of time and place and a sense that their characters are real. In nonfiction, we just acquired medical-related *Bellevue* by David Oshinsky and David Adam's *The Man Who Couldn't Stop: OCD and the True Story of a Life Lost in Thought*.

If we have books you would like to recommend to others, contact amarkcroc@swbell.net. Take out no more books than you can read in a few weeks and return them ASAP. A reminder: we are tight on shelf space and do not accept books published before 2010. Please take older titles to Book Place on Grant Street in Novato or to Goodwill. Leave newer titles on the book return coffee table.

Happy Reading!
Sande Duncan, Librarian
Mark Crocker, Assistant

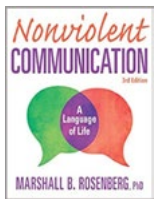
Home Owners League Message



**Deep Wellness—
Exploring Controversial
Cultural Health Beliefs:**
Following last month's look at how cultural blinders are generated is this month's focus on specific beliefs/behaviors that affect our health, such as the food pyramid, saturated fat, fluoride, and artificial sweeteners. Explore and discuss on **Tuesday, November 5, 7-8:30 pm in the Fireside Room.**



Film Night: Please note the new start time of **6 pm** instead of 7 pm.



NVC: Non-violent communication is a conflict resolution communication model. At this event presented by

Dr. Kamala Allen, our very own HOL secretary, you will have the chance to learn how to accomplish and also practice NVC with fellow attendees. **Tuesday, November 12 at 3-5 pm in the Fireside Room.**

HICAP: Don't pass this one by! HICAP (Health Insurance Counseling and Advocacy Program) from the State of California Department of Aging will be here to educate us on Medicare, long-term-care insurance, other health insurance-related issues, and planning ahead. HICAP also provides legal assistance and legal referrals in dealing with Medicare or issues related to long-term-care insurance. They can help you understand the complex insurance options best fit for you in

Medi-Cal and Medicare. HICAP does not endorse, recommend, or sell health insurance plans; they merely provide counseling and education. Join us **Monday, November 4 from 11 am to 1 pm in the ballroom** and meet Johanna Calkins with HICAP. Thanks to **Elizabeth Lev** for being the event planner on this program.



"The US Supreme Court: Its Place in Current Issues and Government":

Come hear **Marshall Krause** talk to us about his experiences and share his wisdom. **Thursday, November 14, 7-9 pm in the Fireside Room.**

Lost and Found: ONE OF OUR LOST AND FOUND BOXES IS MISSING! Management decided the best place to put one box was inside Mr. Bill's shed in the breezeway. It was marked with a large "Lost and Found" label, yet the contents were removed from the box and left in the shed. The security camera backup did not help. Meanwhile, the second box is out by the pool and has lots in it. Be sure to check it for your belongings because we will clean it out monthly.

COMPUTER: Ed Collins and Rene Prado are working together to have a new computer in soon.

HOL Donation Drive: The donation drive continues. It is never too late to drop your check off with Matt or in the HOL cubbyholes next to the HOL bulletin board.

Locker Rooms: In the ladies' locker room, look for smaller safety mats in front of the toilets, two new benches, and a bench for each anteroom to the shower stalls. In both locker rooms and the gym, several hooks have been added. Progress!

Gym Improvement: Thanks to **Janet Shouldis** for contributing exercise posters in the gym. No more excuses!

Whistlestop: Remember to complete your questionnaire regarding Whistlestop and to drop it in the box at the front desk.

SAVE THE DATE

Our VILLAGE HOLIDAY CRAFT FAIR is Sunday, December 8



Please contact **Tara Plocher** with any questions. Sign up for your booth now to ensure your spot at the festivities. The crafts you sell do not need to be made by you. There will be a "free" table for items that were not appropriate for Black Cat and that people have donated over time, which we have been storing in the HOL shed. You can add your donated items to this table also. More to come on this fun time.

NOTE: Next HOL meeting is Wednesday, November 20 at 6 pm in the Fireside Room. Please join us.

Janie Klimes-Crocker



Janie Klimes-Crocker
HOL PRESIDENT
janieklimes1948@gmail.com
281-414-3984 cell



FILM
NIGHT

HOL COMMUNITY PRESENTATIONS

1st and 3rd Thursdays • Clubhouse • 6 pm Please, no food or drink • Feel free to bring a chair

6

Election

Comedy, Drama, Romance (1999) 1 hr 43 min

Thursday • November 7 • 6 pm

6



Director Alexander Payne

Starring Matthew Broderick, Reese Witherspoon, Chris Klein

Oscar Nominee Best Writing

Golden Globes Best Performance by an Actress, Reese Witherspoon

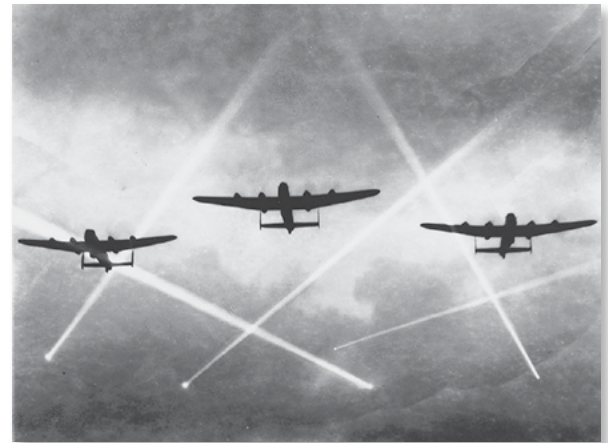
A laugh-outloud political satire comedy by the director of *Sideways* and *About Schmidt* with outstanding performances by Matthew Broderick, Reese Witherspoon, and Chris Klein is smart, funny, and biting with an incredible pace and flair. Here a high school class presidential election is used as an opportunity to lampoon what's taxing about American politics. Sharp, intelligent insights expose the underbelly of American values where qualification or popularity is no match for the person willing to play the dirtiest.

The Dam Busters

Drama, History, War (1955) 1 hr 45 min

Thursday • November 21 • 6 pm

6



Director Michael Anderson

Starring Richard Todd, Michael Redgrave

Oscar Nominee: Best Special Effects

Based on real events, the British are desperate to shorten the length of World War II and propose a daring raid to smash Germany's industrial heart. The objective looks impossible until a British scientist invents an ingenious weapon capable of destroying the planned target. ■



Karin Mortensen

Dick Park



Biography Night



David Gray

Anila Manning

October

On **Tuesday, October 23** hear Karin Mortensen and Dick Park in the Fireside Room from 6:30 to 8 pm.

November

On **Tuesday, November 19** join David Gray and Anila Manning in the Fireside Room from 6:30 to 8 pm.

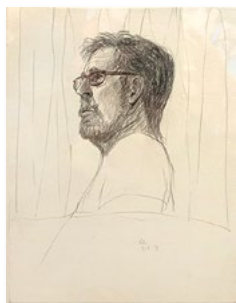
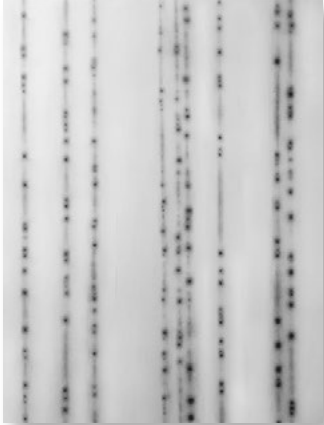
Speak about YOUR life for 20 minutes to an appreciative audience. Contact Kim Holscher, kimholscher51@gmail.com

NOTE: This event is FRAGRANCE FREE

ART
IN THE
PARK



Creative Conceptions
Gallery Exhibit Reception
October 13, 2019



CLOCKWISE FROM TOP: *Big Trees*, Nan Buel; *Untitled*, Alan Gump; new gallery exhibit *Creative Conceptions* reception with Michele Rivers congratulating exhibit director, Suzie Lahr, center; *Standing Nude*, Dorallen Davis; *Ignacio*, Jae Tillinghast; *Man with Glasses*, Gail Camhi; *Give Us This Day Our Daily Bread*, Ursula Pedersen; *Materia #17*, Dianne Romaine; *My Blue Vase*, Kamala Allen.

Nonviolent Communication for Good Neighbor Relations

by DR. KAMALA ALLEN • Tuesday, November 12 • 3-5 pm

Most of us have really never been taught that our needs are good and can be welcomed by others. Even though our needs are universal and are very human, they've often been misjudged, rejected, or ignored, so most people end up feeling that they're a nuisance or won't get what they want if they ask for something. However, when we feel defensive, unsure, or militant about our needs, we almost always end up asking for things in ways that guarantee we won't get them.

Our feelings are directly related to our needs. When our needs are met, we feel happy, satisfied, or excited. When they aren't, we feel sad, scared, or angry, so negative feelings point to unmet needs. When we're under increased stress, feel depressed, have painful emotions, or when we resort to violence or to damaging our relationships, we can bet our needs are not being met.

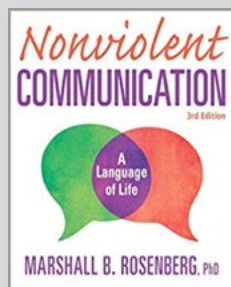
But how do we get our needs met?

How do we clearly identify them? Then, how do we ask for what we want in ways others will want to provide it to us if they can? And how do we make sure that others are getting their needs met as well?

In my forty-six years as a psychotherapist specializing in relationships of all kinds, I never ran across a more effective approach to human communication

NVC rests on some basic principles

1. Moralistic judgments such as right/wrong, good/bad, should/deserve and static thinking such as: "those people are..." block human connection and create violence.
2. All actions people take are intended to meet their needs.
3. The actions/utterances of others may stimulate our feelings but are not the cause of them.
4. My needs include others' needs because of the connection we share; my intention when communicating is to create a quality of connection that supports everyone's needs being met, rather than solely getting what I want.
5. Expressing needs is a reflection of freely giving and openly receiving from the heart.
6. Using force is never justified unless to prevent injury, not to punish.
7. We only strategize ways to meet needs and make requests after everyone's needs are clear.
8. Our feelings tell us whether or not a stimulus or strategy is meeting our needs.



inconflict than the Nonviolent Communication model (NVC) developed by psychologist Marshall Rosenberg. This deceptively simple but powerful system covers all the most basic and necessary principles of human relating, synthesizing them into four one-line expressions we can learn to master when talking with others. These are composed of **observations, feelings, needs, and requests**.

Surprisingly, these four lines work at all levels of conflict. In fact, Dr. Rosenberg and trainers have successfully used NVC to defuse violence between Middle Eastern tribal factions and other

worldwide hotspot conflicts. Today, NVC is considered a new language of relationships, and study groups for learning this compassionate communication flourish worldwide.

Listening and expressing in NVC goes back and forth like a dance, creating mutual trust, respect, and understanding that can open doors for new behaviors and attitudes within the participants. This is at the heart of resolving and transforming conflict. Yet it is easier said than done. To successfully speak NVC, like any new language, it

must be learned and practiced. Once mastered, however, it becomes a useful, lifelong skill that brings significant rewards in all our relationships. On a societal level, when the principles of NVC are used, peace and connection is cultivated between groups of people no matter their race, religion, or status.

I think learning NVC is a worthwhile endeavor, which brings harmony to any relationship or community. It can make the difference between stress-free living or ongoing conflict among family, friends, or neighbors. I'll be teaching a mostly interactive class with lots of practice on **Tuesday, November 12 from 3-5 pm in the Fireside Room**.

NVC has greatly benefited my life. I invite you to see if it can benefit yours! ■

Health Insurance, Long-Term Care Explained

Monday, November 4 • 11 am–1 pm • Fireside Room

HICAP (Health Insurance Counseling and Advocacy Program) from the State of California Department of Aging will be here to educate us on Medicare, long-term-care insurance, other health insurance-related issues, and planning ahead. Among their services are free, confidential one-on-one counseling, education, and assistance with:

- Wondering how to sign up for Medicare now that you are almost 65?
- Confusion about all the different Medicare parts—do you need A, B, C, D?
- Questions on prescription drug coverage, co-pays, or eligibility rules?

- Help filing an appeal or challenging a denial?

HICAP also provides legal assistance and legal referrals in dealing with Medicare or issues related to long-term-care insurance. They can help you understand the complex insurance options best fit for you in Medi-Cal and Medicare.

HICAP does not endorse, recommend, or sell health insurance plans; they provide counseling and education. Join us **Monday, November 4 from 11 am to 1 pm in the ballroom** and meet Johanna Calkins with HICAP. Thanks to **Elizabeth Lev** for being the event planner on this program.

The U.S. Supreme Court: Its Place in Current Issues and Government

with **MARSHALL KRAUSE** • Thursday, November 14 • 7–8:30 pm



Marshall Krause, who has taught about the U.S. Supreme Court at various universities for over 10 years, will speak about the Court and answer questions in the

Fireside Room Thursday, November 14, at 7 pm.

Marshall has briefed and argued numerous cases before the Court, including four landmark cases which he will discuss during the talk.

Marshall has also been Chief Attorney for the American Civil Liberties Union of Northern California and the legal reporter on KQED's "Newsroom" from 1968 to 1974. ■

Deep Wellness: Exploring Controversial Cultural Health Beliefs

with **JOHN W. TRAVIS, MD**

**Tuesday, November 5
7-8:30 pm • Fireside Room**



Last month we studied some of our cultural blinders and how they are generated.

This month the focus is on specific beliefs/behaviors that affect our health, such as: Is the SAD (standard American diet) and the food pyramid healthy? Is saturated fat really bad? Does fluoride in water really prevent tooth decay? Are artificial sweeteners nontoxic and helpful in losing weight? These and other controversial concepts will be discussed in an interactive dialog. Bring your favorite concerns to the **Fireside Room, Tuesday, November 5 from 7 to 8:30 pm.**



SAVE THE DATE

Caroling Party

Please join Carol-Joy Harris in singing Christmas carols in the Fireside Room

Sunday, December 8 • 6–9 pm

It doesn't matter if you can't carry a tune—we'll help you carry it.

Classifieds

Help with Public Speaking

Are you in need of voice work, practice on a speech, or public speaking without anxiety? I am an ASHA-certified speech/voice pathologist, acting coach, and director.

Help with Gardening

Are you in need of gardening, weeding, or clearing out debris?

If you are in need of any of the above, I enjoy doing these tasks. (In January I can also provide DOG CARE) I will work by the hour up to 10 hours per week or, if need be, even up to 16 hours a week.

Please contact me.

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Cooking Under Pressure

by LORNA SASS • Wednesday, November 13 • 5:30-8 pm • Kitchen



Lorna Sass teaching her pressure cooking class at Marin Valley last year.

Lorna Sass will be once again be offering her popular pressure cooker class on **Wednesday, November 13, 5:30-8 pm in the kitchen.** An award-winning cookbook author and Marin Valley resident, Lorna is the author of 15 cookbooks and winner of the prestigious James Beard Award. Together with John Feld as sous chef, Lorna will explain the ins and outs of pressure cooking and why it's such a great way to produce 2-hour flavor in 20 minutes or

less. She will use both stove-top cookers and the InstaPot to create several recipes, including a 5-minute Butternut Squash Risotto, Moroccan Lentil Soup with Spinach (10 minutes!), Meatloaf with Smashed Potatoes (10 minutes!) and bone broth in under an hour. Tastings of each dish will be offered. \$10 suggested donation to cover cost of ingredients.

Please sign up on the class list in the lobby and feel free to bring your old cooker if you want Lorna to check it out.



Here Lorna is demonstrating pressure cooking to Mark Bittman of the *NYTimes* for a feature he did on her in the *NYTimes* magazine. To see the videos accompanying the story, go to www.LornaSass.com.



LINE DANCING Mondays 10-11am

New line-dancing aerobics on Monday mornings from 10-11am in the ballroom beginning November 11. See Janet Shouldis for details.

COMMUNITY DANCING First Saturday of the Month • 7-9 pm

November's Community Dance will start with about 30 minutes of video-instructed line dancing, followed by the usual popular tunes and free dance. Steve Plocher will be playing a wild mix of Beatles, Stones, Creedence, Santana, Tom Petty, Cher, ABBA, Steely Dan, Def Leppard, and others. Fast-moving fun.

Immature Male Rufous Hummingbird at Point Blue

Article and Photography

by DAVID GRAY

The Point Blue Conservation Science (formerly the Point Reyes Bird Observatory) in Bolinas is a local wonder. Founded over 50 years ago, they have been scientifically tracking bird populations as our environment has changed and measuring the effects on those populations.

I was fortunate enough to get a chance to follow the Point Blue ornithologists as they caught, counted, measured, and banded birds in their mist nets near Bolinas. One of the birds that they caught was this immature male rufous hummingbird. Part of Point Blue's mission is to educate, so when the curious one (me!) asked how they knew the age of the bird, they were happy to respond with the three things indicating that this was an immature hummingbird:

1. The presence of only a few of the iridescent orange-red feathers on the bird's gorget (throat). Mature males have a full complement of red-orange feathers covering the gorget.
2. The size of the bird: adults weigh about 3 grams. This little guy weighed 1.9 grams, well under 1/10 of an ounce.
3. The smoothness of the bill. As hummingbirds age, lengthwise striations appear on their beaks, starting near the mouth and extending further toward the tip as the years pass; this one had a smooth beak.



The ornithologist was incredibly careful while handling this tiny bird. Birds often get banded, but immature hummingbirds do not; the bands are just too big and heavy, even when downsized to hummingbird size. Every bird gets weighed, sexed, and measured for length, wingspan, and wing and tail feather length and width. Feathers are blown back off their stomachs to see the bare belly/chest in order to gauge the fat level and find out how well fed the birds are.



















Most birds are released immediately after the work is completed. The metabolism of the hummingbird is so fast that they literally cannot fly after not eating for the five minutes it takes for the measurements to be taken and recorded; their blood sugar levels get too low to run their wing muscles. So the ornithologists feed them sugar water from an eyedropper for about a minute to give them enough energy, then let them sit in an open palm while the sugar water worked its way into their bloodstream. I took a lot of photos of the bird sitting in the ornithologist's hand. After about 30 seconds, *poof*, they fly off.



It should be noted that the female ornithologist who was handling this hummingbird was herself quite small. The pen point in one of the photos gives a clearer idea of the size of this tiny bird. One can also see the translucence of the tail feathers against the lighter background.

We live in an amazing place out here on the coast of California! ■

NOVEMBER 2019

| SUNDAY | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | SATURDAY | | |
|---|--|--|--|--|--|--|--|--|--|--|----------|--|--|
| 3 1PM Mahjong <i>Library</i>  TURN CLOCKS BACK | | 4 5:30AM Trash Pickup 9:30AM Low-Impact Exercise <i>Fireside Room</i> 11AM-1PM HICAP—Medicare, Medical, Long-Term Care, Health issues Explained  6PM MVEST Meeting <i>Fireside Room</i> 7:15PM Poor Man's Poker | | 5 7AM-8PM Election Day <i>Ballroom</i> 7-9:30AM Taiji <i>MacLam Clubhouse Deck</i> 10-11:30AM Chair Yoga <i>John Marino Fireside Room</i> 7-8:30PM Deep Wellness Jack Travis <i>Fireside Room</i> | | 6 11AM-1PM Whistlestop <i>call Roberta 415-883-0843</i> 12-2PM Craft and Chat <i>Library</i> 6PM PAC Meeting | | 7 7-9:30AM Taiji <i>MacLam/Deck</i> 9:15AM QiGong <i>Dove/Fireside</i> 11AM-12PM The Rollin' Root <i>Clubhouse Parking Lot</i> 3PM Draw On! <i>Bamboo Room</i> 6PM  Film Night ELECTION  | | 8 9-11:30AM FIRESafe Marin Mtg. <i>Ballroom</i> 4PM  Canasta 5PM Pub ECHO DEADLINE | | 9  COMMUNITY DANCE 7-7:30PM Line Dancing 7:30-9PM Dance <i>Ballroom</i> | |
| 10 1PM Mahjong | | 11 5:30AM Trash Pickup 9:30AM Low-Impact Exercise 10-11AM Line Dancing <i>Ballroom</i> 6PM MVEST Meeting 7:15PM Poor Man's Poker VETERANS DAY | | 12 7AM Taiji 10AM Chair Yoga 3-5PM Nonviolent Communication Dr. Kamala Allen <i>Fireside Room</i>  FULL MOON 5:34AM | | 13 11AM Whistlestop 12PM Craft and Chat 5:30-9PM Cooking Under Pressure Lorna Sass <i>Kitchen</i>  6PM MarVal Meeting | | 14 7AM Taiji 9:15AM QiGong 11AM The Rollin' Root Draw On! 7-8:30PM The Supreme Court Marshall Krause  | | 15 4PM  Canasta 5PM Pub 7:15PM Bingo | | 16  11AM MVEST Evacuation Drill | |
| 17 1PM Mahjong <i>Fireside Room</i> 4PM Salon in the Park "Letting Go" <i>12 View Ridge Dr</i> | | 18 6-8+AM Trash Pickup 9:30AM Low-Impact Exercise 10-11AM Line Dancing 6PM MVEST Meeting 7:15PM Poor Man's Poker | | 19 7AM Taiji 10AM Chair Yoga 6:30-8PM Biography Night Anila Manning David Gray <i>Fireside Room</i>  | | 20 11AM Whistlestop 11AM Bridge/ <i>Fireside Room</i> 12PM Craft and Chat 2:45PM Readers' Theatre <i>415-506-1671</i> 5PM  Thanksgiving Dinner Reservation Deadline 6PM HOL Meeting | | 21 7AM Taiji 9:15AM QiGong 11AM The Rollin' Root Draw On! 6PM  Film Night THE DAM BUSTERS  | | 22 4PM  Canasta 5PM Pub | | 23  Mar Val Thanksgiving Dinner 5PM Bar 6PM Dinner | |
| 24 1PM Mahjong | | 25 6-8+AM Trash Pickup 9:30AM Low-Impact Exercise 10-11AM Line Dancing 6PM MVEST Meeting 7:15PM Poor Man's Poker | | 26 7AM Taiji 10AM Chair Yoga | | 27 11AM The Rollin' Root 11AM Whistlestop 12PM Craft and Chat 4:30PM Book Club <i>call Julia 415-883-7823</i> | | 28 THANKSGIVING | | 29 4PM  Canasta 5PM Pub | | 30 | |