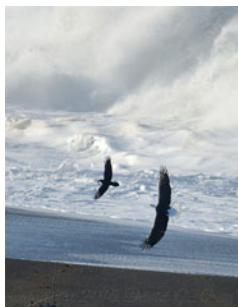


T H E
ECHO

OCTOBER 2017

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Letter from the Editor

The Never-ending Dance with Dirt

We are very fortunate to live with inspiring views of nature and the bay. However, for many, views include an expanse of rooftops, many of which show a long history of dirt, particulate matter from seasonal tilling, even weeds pursuing their skyward journey from gutters. We may not see our own roofs, but living so close together, they are visible daily to others. Just as a shirt is changed, or a floor is cleaned when it gets dirty, rooftops and home exteriors need tidying as well.

Economic Benefits

Beyond uplifting aesthetic appreciation, building cleanliness provides personal economic and global solar benefits. When sunlight falls on a white roof much of it is reflected and passes back through the atmosphere into space. Reflecting the visible, infrared, and ultraviolet wavelengths of the sun, reduces heat transfer to our homes and increases the ability to radiate absorbed, or non-reflected solar energy. But when sunlight falls on a dark roof most of the heat is absorbed. As a roof becomes dirty from pollution, wind-deposited debris, mold, or algae growth, its reflectiveness decreases, leading to higher temperatures, as well as increased costs for repairs due to deferred maintenance.

Just as wearing light-colored clothing is cooling on a hot day, light roofs reflect more sunlight and absorb less heat. A white roof reflects around 85% of the sunlight that hits it – at least when it's clean – and heats to just a few degrees warmer than the outside air temperature. Dark roofs can reach temperatures of 150°–175°F or more in the summer sun. A light roof under the same conditions could stay more than 50°F cooler and save energy and money by using less air conditioning. Increasing a roof's reflectivity from 10 – 20% to around 60% can cut cooling costs by a large percentage. Decreasing air conditioning needs reduces energy bills.

Elastomeric Roof Coating

Now that there is a break in the drought, with subsided heat, this is a good time to prepare for the pounding rains that are most likely in store with a good powerwash, followed by two coats of reflective coating similar to white paint, such as Henry elastomeric coating. Powerwashing our rooftops and homes is a courtesy that keeps on giving to others and to oneself. Maintenance cuts the costs of deterioration. Since it can cost a few hundred dollars, perhaps we can get together to share costs. PAC has been discussing the possibility of using some of the Humanitarian funds through Matt for those with financial difficulties to maintain their house and for land upkeep. There is always a way.



DIRECTORY UPDATE

New Residents

Valerie Renwick
107 Panorama

Lorna Sass
55 Club View Drive
415-299-3964
lornasass@verizon.net

THE ECHO

OCTOBER 2017

MARIN VALLEY

MOBILE COUNTRY CLUB

100 MARIN VALLEY DRIVE
NOVATO, CA 94949
415-883-5911 / 415-883-1971 FAX
WWW.MVMCC.COM

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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 issue.

Letter to Residents

Greetings from the PAC,

Our finances are in order.

Electricity

The failure of the transformers, most likely caused by power surges when Lucas Valley's power went down, has been dealt with. Everything is back up and running. We have learned several things as a result and have taken and will be taking remedial action to lessen and deal with the eventual recurrence of failures in the aging electrical infrastructure. A stitch in time saves nine, so to speak. The cost of the repair was managed with our reserves.

Rules & Regs

A committee within the PAC continues to do terrific work in compiling useful information to suggest changes to the existing MVMCC rules and regulations.

Dumpster

Alas, the quarterly Dumpster program remains canceled. Until residents and their contract workers can find a way to adhere to the necessary regulations of this program, it will remain so.

Fire-Prone Plants

MVEST is closing in on the fire-prone plants in Marin Valley and working closely with residents and Management for their removal. As of the September PAC meeting over 84 people have applied to have their juniper and fire-prone plants removed by the Park at no charge.

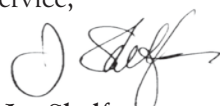
2x2 Meetings

The PAC will resume meeting on a regular basis with Novato City Staff to discuss future plans and needs. The Staff and Council have been very helpful, and we appreciate and welcome their expertise. The agendas for these meetings as well as a report of the outcomes are posted on the PAC bulletin board and discussed at PAC Board meetings. Remember, if you have suggestions in this regard, please put them in the PAC Board's mailbox in the clubhouse or email us.

October Meeting

Come at **6 pm, Wednesday, October 4.**

In service,



Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com

Management Update

Fire-Prone Plant Removal Program

Fire abatement work is ongoing to remove fire-prone plant material in common areas and on resident lots. If you have not sent in your authorization page for the Fire-Prone Plant Removal Program, there is still time to do so. Any questions? Just call the front desk.

This is at no cost to the resident. Help make Marin Valley fire safe.

Tree Pruning

All palm trees have been pruned or are in process of pruning to remove dry or dead palm fronds. Please fill out a resident input form if you have trees with branches touching or very close to your home or shed.

Pets

Please keep all pets indoors unless on a leash while out for a walk.

Please, do not leave your dog unattended as he or she will bark or cry for you and disturb your neighbors.

WiFi

MVMCC is the WiFi signal in the clubhouse and needs no password to login.

The deck replacement project outside the lower clubhouse billiard rooms is complete.

Swimming Pool and Spa

29.2 No food or glassware. No bottles and no alcoholic beverages of any kind are allowed in the pool area.

29.3 Children and persons under the age of eighteen (with permission from Park Management and accompanied by the responsible Homeowner/Resident) may use the pool between 10 am and 1 pm. No child who is not toilet-trained is permitted in the pool. The Homeowner/Resident is responsible for the appropriate conduct of the children or guest they bring to the pool.

29.5 Spa, sauna, and exercise room are restricted to the Homeowner/Resident and adult guests only. No children are permitted in the spa at any time.

Thank you.



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

Message from Mar Val



Dear Friends,

Hopefully you all enjoyed a wonderful summer and are now looking forward to an equally pleasant fall season. Mar Val has two events scheduled in October that we believe will be welcome additions to your social calendar.

Oktoberfest

On **Friday, October 13**, we will hold our first Oktoberfest, which will take place in conjunction with Pub and will feature specialty beers in addition to the usual full bar. Please refer to the reservation form below for details of the Oktoberfest meal. In order to plan sufficient food for

this event, the meal will be available only to those guests who complete and submit the reservation form by the cutoff date.

While on the subject of Pub, please be aware there will **NOT be a Pub on Friday, October 27**, since the ballroom will be closed for Black Cat setup.

Black Cat

Black Cat will take place **Saturday, October 28**, beginning at 5 pm. In addition to the thrill of being able to purchase fabulous treasures at astoundingly low prices, the event is also a Halloween party; therefore, you are strongly encouraged to wear



MAR VAL PUB

OCTOBER 13 ■ 5 PM

BRATS, SAUERKRAUT, GERMAN POTATO SALAD

OKTOBERFEST DESSERT

\$5.00

You must have a reservation for this event.

Registration deadline is October 11 or when 120 reservations have been received.

For questions call Cheryl Rebuschung @ 415-883-4040.

OKTOBERFEST RESERVATION FORM

FRIDAY, OCTOBER 13, 2017 • 5 PM

RESIDENT _____ RESIDENT _____

GUEST _____ GUEST _____

Residents attending _____ @ \$5 each

Check for \$ _____ is enclosed. (NO CASH please)

Guests attending _____ @ \$5 each

Make checks payable to Mar Val.

Reservation deadline is October 11 at 5 pm or when 120 reservations have been received.

For questions call Cheryl Rebuschung @ 415-883-4090.

your most imaginative costume in order to join in the contest to decide best male, best female, and best couple — prizes to be announced at a later date. As you might recall, one of the highlights of Black Cat is always the bakery. Delicious sweets are available either in single portions to be enjoyed with the dinner or in larger quantities to be taken home. Once again Cherrie Dougherty will chair the bakery booth, which will feature a speciality table of treats to be raffled at the event. In mid-October, a signup sheet will be

available at the office enabling our talented bakers to list the items they will be donating. Should you have questions in this regard, Cherrie can be reached at 415-506-4123.

Finally, there will be a second signup sheet available at the office for those residents interested in volunteering to serve as either salespeople or cashiers at Black Cat.

With warmest regards,

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



MAR VAL
presents
BLACK CAT

OCTOBER 28 ■ 5 PM

LASAGNA WITH MEAT OR VEGETARIAN

SALAD

GARLIC BREAD

DESSERTS MAY BE PURCHASED FROM
 THE FAMOUS BAKERY BOUTIQUE

\$12 per person

**Reservation deadline October 25 at 5 pm
 or when 100 reservations have been received.**

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

HALLOWEEN PARTY
MAR VAL

**Annual
 BLACK CAT
 Fundraiser & Dinner**

Saturday ■ October 28 ■ 5 pm

Your opportunity to clean out cabinets and closets as well as recycle your treasures!

**Donations accepted starting
 Sunday, October 1**

Please place donated items — which should be clean and in good repair — on tables in the ballroom. *Unfortunately, we CANNOT accept:*

- furniture
- shoes
- clothes
- candles
- cookbooks
- cosmetics
- electronic items (TVs, printers, computers, or monitors, etc.)
- anything with an expiration date

Dust off your Halloween costume and join the fun. This is your chance to discover a treasure you have always wanted.

VOLUNTEERS

We always need volunteers for this fun event. We have volunteer openings for **bakers** and for two shifts as **salespersons** and **cashiers**.

Shift 1: 5 – 6 pm

Shift 2: 6 – 7:15 pm

Many thanks from the Mar Val Board!

MAR VAL BLACK CAT DINNER RESERVATION FORM

Please circle entrée choice

RESIDENT _____ Meat Lasagna Veggie Lasagna

RESIDENT _____ Meat Lasagna Veggie Lasagna

GUEST _____ Meat Lasagna Veggie Lasagna

GUEST _____ Meat Lasagna Veggie Lasagna

Residents attending _____ @ \$12 each **Check for \$ _____ is enclosed. (NO CASH please)**

Guests attending _____ @ \$12 each Make checks payable to Mar Val.

Reservation deadline is October 25 at 5 pm or when 100 reservations have been received.

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

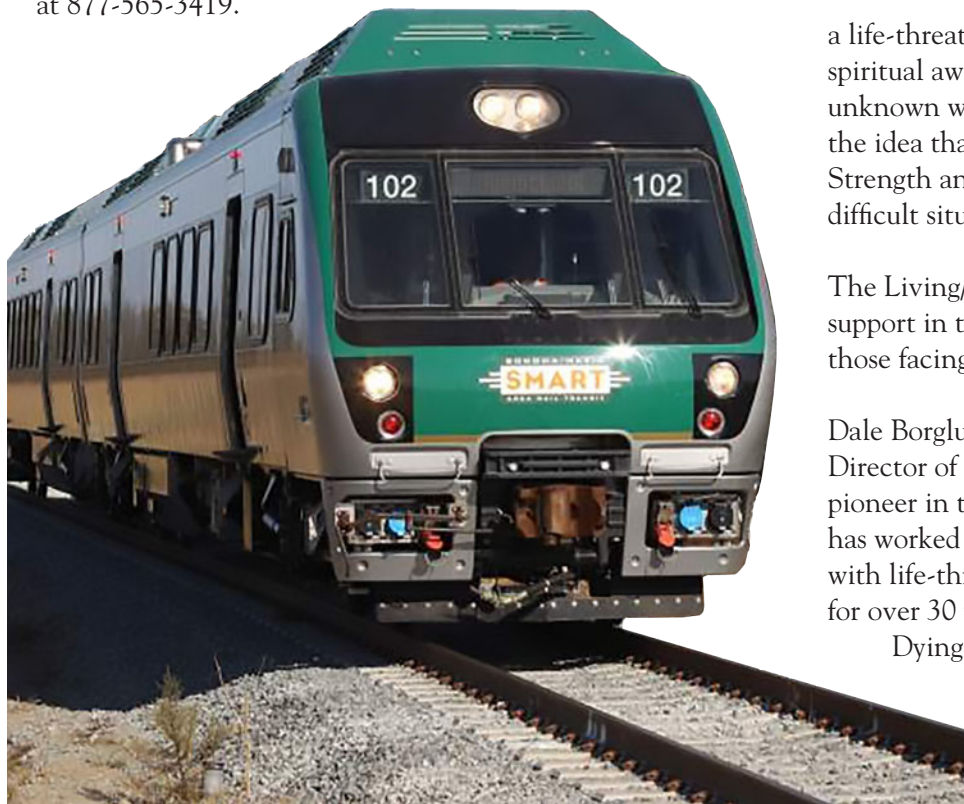
HOL *Home Owners League Message*

This year's HOL Membership Drive is just about over. And it's still not too late to support us by getting your donation (suggested \$20 — more is always welcome) to the clubhouse. You, the residents, are HOL's sole contributors. The money will be used for things you have requested.

Speaking of which, we've been studying the returns from the Activities & Interests Surveys that you recently returned.

Highest on the list was the desire for a Marin Valley SMART train field trip to Santa Rosa. Therefore, on **Monday, October 16, we will carpool from the clubhouse at 9:30 am to drive to the Hamilton station for the train leaving at 10:11 am.** We will return from Santa Rosa Downtown on the 4:31 pm train.

SMART takes no cash. It uses Clipper, the Bay Area's all-in-one transit card, for payment. Fees from Hamilton to Santa Rosa are only \$3.75 one way for seniors. Apply for the senior discount to avoid paying full fare: www.clippercard.com/ClipperWeb/discounts/senior or phone Clipper customer service at 877-565-3419.



HOL Sponsors Two Stimulating Presentations in October



#1 LIVING/ DYING PROJECT

Sunday ■ October 1
4 - 6 pm

Imagine facing death without fear. Imagine using a life-threatening illness as an opportunity for spiritual awakening. Imagine approaching the unknown with an open heart. We often resist the idea that change is a natural part of life. Strength and healing can be found in life's most difficult situations.

The Living/Dying Project offers compassionate support in the spirit of mutual exploration to those facing life-threatening illness.

Dale Borglum is the founder and Executive Director of Living/Dying Project. He is a pioneer in the conscious-dying movement and has worked directly with thousands of people with life-threatening illness and their families for over 30 years. In 1981, Dale founded The Dying Center, the first residential facility in the United States for people who wished to die consciously.

#2

MARIN WILDCARE

Tuesday ■ October 17 ■ 5 pm ■ Fireside

As human habitation continues to expand into the wild places that surround us, people and wildlife increasingly find themselves calling the same places home. This was particularly evident with the recent sighting of another bobcat on Marin Valley Drive.

WildCare Marin works to make sure all species can coexist — not just by treating sick or injured animals (nearly 4,000 of them a year), but also by teaching children and adults to understand and appreciate wildlife, by sharing knowledge and instruction on how to live peacefully with the animals among us, and by advocating for better protection of wildlife and our remaining open spaces.

They have a full cycle of programs all working together to make the world better for wildlife and for people.

We here in one of Mother Nature's most bountiful locations are unhappy with some of the natural fauna in our midst (think rats, etc.) and are blessed with others (think quail, etc.). Come to "Marin WildCare" for a lively discussion of the organization's work in environmental education and wildlife medicine, and learn how to live well with wildlife!

Speakers will be Alison Hermance, Director of Communications, and Kelle Kacmarcik, Director of Wildlife Solutions and Advocacy.



**Both presentations will be in the Fireside Room.
Light refreshments will be served.**

The next HOL meeting will be **Wednesday, October 18 at 6 pm** in the Fireside Room.

Joan Nelson
HOL PRESIDENT
figleafjoan@comcast.net
415-506-4166, 415-595-6221 cell

Community Connections

by JOAN NELSON



Saturday ■ October 7 ■ 7 – 9 pm ■ Ballroom

COMMUNITY DANCING

Guest DJ **Michael Hagerty** will continue the oldies celebration, with tunes from the Rolling Stones, Beatles, Creedence Clearwater Revival, Procul Harum, Cream, Fleetwood Mac, BeeGee's, Sam Cooke, and the great Elvis Presley. We'll also teach the line dance from *Saturday Night Fever*.

Wednesday ■ October 18 ■ 2:15 pm

READERS' THEATRE GROUP

will meet at the home of **Maria Schulz**, 61 Marin Valley Drive. All are invited.

Thursday ■ October 19 ■ 7 pm

FILM NIGHT

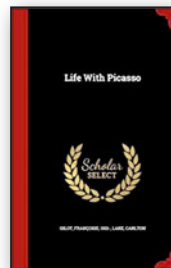


will show *Danny Deckchair* in the ballroom. PLEASE NOTE, there will not be the usual first-Thursday-of-the-month film on October 5 (see page 13).

Wednesday ■ October 25 ■ 4:30 pm

BOOK GROUP

will meet in the Fireside Room to discuss *Life with Picasso* by Françoise Gilot. Everyone is welcome.



High on the Activities & Interests Survey were requests for small, **AT-HOME POTLUCK DINNERS**. If you want to open your home to host a dinner (no need to have matching china, glassware, etc.), contact **Janie Crocker** (281-890-4545).



What Happens When You Call 911? PART II

A Step-by-Step Rehearsal Call to 911

by JOHN HANSEN

Last month (*Echo*, September 2017) we provided some information about the 911/e911 system. Hopefully that information will improve your odds of connecting with the right 911 operator when you really need to. So what happens next?

Chances are that very few of you have ever had to call 911, so you will not have the benefit of practice or rehearsal. But here's a preview of that conversation we hope we never have to have.

First off, you will likely be experiencing an elevated level of anxiety, which tends to cloud your memory of even the most familiar things — perhaps even your address or name. So it is important to quickly dispel your anxiety, and luckily there's a simple technique that does just that. Just slowly inhale and release a deep breath, preferably two or even three times. You'll be amazed how quickly you can take control of your emotions, gather your wits, and have an informative conversation with the 911 operator.

When the 911 operator (also called a dispatcher) answers your call, the first question she or he will ask is about the nature of the emergency. This is the time to be succinct — think: fire, heart attack, burglar, chemical spill, vehicle collision,

or some other specific kind of emergency. These simple descriptors tell the dispatcher what agency to immediately alert to your emergency — fire department, paramedics, police, and/or another agency.

The ability to respond to a few simple questions can make a big difference in the effectiveness of an emergency response.

The dispatcher's second question will be about the specific location of the incident. Start with the address: street and house/building number. Then provide more specific information if applicable, such as floor number and room number. The dispatcher may also ask for other helpful information such as nearest side street or intersection.

Now that the appropriate first responders have been dispatched, the next request will likely be for your name and the number of the phone on which you are calling. If your call

gets dropped, if there are problems finding the incident, or if further questions arise, the dispatcher may need to call you back.

Then the dispatcher will ask you for some indication of the magnitude or scale of the emergency: How many victims are involved? Do you see flames? How many structures are involved? Are any victims bleeding or not breathing? This information can provide the first responders with an early indication of how much assistance they may need.

This pretty much covers the basics, but depending on the situation and the nature of the incident, there may be more questions the dispatcher may have for you.

As you can tell by now, your ability to respond to a few simple questions can make a big difference in the effectiveness of an emergency response. Feel any pressure? Right now might be a good time to practice your anti-anxiety drill — it's as simple as 1-2-3: inhale, exhale, repeat. ■

This is the second in a series of Echo articles intended to demystify emergency communication and to empower you to both provide and receive timely emergency information here in Marin Valley.

County-wide CERT Communications Workshop at Marin Valley Clubhouse

by **JOHN FELD**



On October 21 the Marin CERT (Community Emergency Response Team) will hold a county-wide CERT communications training here at Marin Valley.

This class is for any Marin resident already certified as a CERT.

There are only 40 places, so register now if you would like to attend. Contact Maggie Lang at coordinator@marincountycert.org or call her at 415-279-6529.

The October CERT classes in Novato are full.

Available upcoming CERT classes, (8:30 am to 5:30 pm — \$45):

Nicasio — October 14 & 21

Mill Valley — October 28 & Nov. 4

San Rafael — November 4 & 11

Kentfield — November 11 & 12

More details can be found at:
<http://readymarin.org/calendar/>

ART IN THE PARK



by **SUZIE LAHR**

Get yourself up to the Marin Valley clubhouse since you only have a few more weeks to enjoy the beautiful photography in our Marin Valley gallery. In mid-October we will be installing a new exhibit displaying the many different mediums of our Marin Valley resident artists. The new exhibit will remain up after October 15 through the holidays for all our fall and winter celebrations!

This is a call to all resident artists to contact me and be part of this upcoming exhibit. We want you and we need you to make this the best exhibit yet of the four years that just keep getting better and better! Contact **Susan Lahr**, 415 884-9611, suzielahr@aol.com for information about preparing your piece to hang on the new system.



Some local exhibits to enjoy featuring our Marin Valley residents:

Druids Hall, Nicasio

Glimpse of Nicasio, Secret Places, Quiet Lands

Exhibition and sale of works by

Dorallen Davis to benefit the Nicasio Historical Society

Oct. 14–15, 11 am – 5 pm.

Reception: Friday, Oct. 13, 5–8pm

Artists Within – A Cedars Gallery

Students of **Edgar Furlong** and the Cedars Textile Art Collaborative

603 San Anselmo Ave., San Anselmo

Oct. 13 Grand Re-opening 5–7 pm

Open thereafter Sunday, 11 am – 5 pm

Monday – Saturday, 10 am – 5 pm

Olson Realty

Janet Bogardus

New Work — through Oct. 16

920 1st Street #101

Benicia, CA 94510

TAKE TIME TO ENJOY THE PEACE AND BEAUTY OF ART IN TODAY'S CHAOTIC WORLD!

No resident artists right now, but always an excellent exhibit:

Marin MOCA

500 Palm Drive, Hamilton

Wednesday–Sunday, 11am – 4 pm

Emerging Artists of Northern California
Through Oct. 8

AbstrAction

Oct. 1 – Nov. 19

Reception October 14, 5–7 pm

Gallery Route One

Point Reyes Station

11am – 5 pm every day

The Box Show

Final bidding, live auction, and party

Sept. 24 — begins at 3 pm.

New shows: September 29 –

November 5

Take the SMART train and visit this exhibit right next door to the station!

Petaluma Art Center

230 Lakeville Highway in Petaluma

Tidal Response: Coastal Marine

Environments for Above and Below

Through Oct. 21

Tuesday – Saturday, 11 am – 5 pm

Join Junk Robocall Resistance

by VICKI WADDELL

Our household gets an average of 15–18 junk robocalls morning, noon, and night, holidays included, on our two landlines and cell phones! I wish I could credit this to our tremendous popularity, but nobody in their right mind would want this amount of notoriety. These annoying calls come from all over the U.S. and beyond. They are not only a nuisance, but they invade our privacy, harass us continuously, and rip off all of us financially an estimated \$350,000 a year, as noted in *Consumer Reports*.

Do Not Call Registry

Because the Do Not Call Registry (commonly referred to as DNCR) no longer works as effectively as it used to, we no longer answer our phones until we recognize who is calling. When we do answer, we then get: “What took you so long?” So we explain to our friends the reason for the delay, and we all have a chuckle. There are times, though, when the delay in answering a call is not so funny, especially when you’re waiting for an emergency call about the well-being of a loved one from the hospital.

According to *Consumer Reports* this epidemic is getting worse because, due to new technology, it’s now easier for swindlers to trick us into answering by “spoofing a phone number so a robocall shows up on a caller ID masked as a legitimate number in our area code.”

We were running out of ideas on how to re-trick these swindlers until we read about the End Robocalls campaign in the October issue of *Consumer Reports*. This campaign is trying to stop these spoof calls and redefine the definition of what is considered to be an illegal robocall with the FCC. Without the DNCR we need specific reliable tools to block robocalls.

End Robocalls

Should you wish to join this movement, all that is needed is your signature, and if you wish, you can tell your story.

**End
Robocalls**
Sign the petition

To: Phone Company CEOs
I demand that you provide free tools to block unwanted robocalls before they reach my phone.

Go to:
www.EndRobocalls.org

Please join this grassroots movement to PUSH THEM AWAY for good. The more we push, the sooner we can out-trick these swindlers.

Phone companies can block these calls before they reach you, yet the companies aren’t doing it. There’s a lot they could do to stop these calls, but they’ve been slow to adopt technologies that are already in use elsewhere.

Thanks for your consideration. Join me. It will only take a moment. The phone companies need to hear that customers and potential customers want them to help stop the unwanted robocalls. ■



Trash

by
PAULINE
HAWKINS

When walking early morning, especially Mondays, I see a lot of the black cans turned over and food spilled all over.

I wonder if residents are aware that you can put so much more in your green (for some brown) can and what all those things are.

I wrap my stuff in newspaper. I line the bottom with yard waste and go from there, no smells or problems.

If you ever wonder what goes in which bin, Marin Sanitary Service will gladly answer any question. As they say, *Conservation — Our Earth, Our Mission, Our Job*. Visit them at www.marinsanitaryservice.com or call 415-456-2601. ■

OK FOR THE GREEN CART FOOD SCRAPS

✓ If you can eat it, it can go in the green cart!

✓ Meat & poultry

✓ Dairy products

✓ Cooking oils & grease

✓ Fats

✓ Fruit

✓ Vegetables

✓ Fish & shellfish

✓ Egg shells

✓ Coffee grounds

✓ Tea bags

✓ Soiled pizza boxes

✓ Paper plates

✓ Napkins

✓ Waxed paper

✓ Paper towels

✓ Yardwaste



OK FOR THE GRAY CART GARBAGE

✓ Ceramic dishware

✓ Diapers

✓ Foil/plastic-backed paper

✓ Glass mirrors & windows

✓ Light bulbs (not CFLs)*

✓ Carbon paper

✓ All styrofoam products

✓ Juice/soup/soy/milk boxes & cartons

✓ Cat litter & animal waste

✓ Non-recyclable plastic & rubber

✓ All compostable plastics.

* All CFLs (compact fluorescent lights) and tubes, batteries, paint and pesticides must go to the Marin Household Hazardous Waste Facility.



OK FOR THE SPLIT CART RECYCLABLES

BLUE SIDE

BROWN SIDE

✓ Office paper (white and colored)

✓ Newspaper

✓ Magazines & catalogs

✓ Paperboard (like cereal and shoe boxes)

✓ Junk mail & envelopes (plastic window ok)

✓ Paperboard tubes (toilet paper, paper towel, & wrapping paper rolls)

✓ Paper egg cartons

✓ Paperback & phone books

✓ Glass bottles & jars

✓ Tin and bi-metal food cans

✓ Aluminum cans

✓ Aluminum foil and food trays

✓ Plastic bottles and containers clearly labeled with #1-7 in the triangular arrows (things like drink bottles, shampoo, laundry soap, cleaning supplies, food containers and trays)

Large cardboard pieces tied & bundled outside cart



Helping Others by Helping Yourself

by JOHN FELD

According to the 2010 census, seniors 60 and older make up 18.5% of the U.S. population. In California it is 17%, but in Marin, it is 25%. Here in Marin Valley, it is nearly 100%. Like it or not, we continue to age, and with this older age comes more risk of isolation, depression, and age-related illnesses, many of which are apparently brought on by inactivity and loneliness.

So what can we do if we want to find a way to get up off our backside and take charge of our mental and physical well-being?

Participate and volunteer!

Participating

Participation can mean joining organized activities at the clubhouse such as the Book Club, doing the Monday Low-Impact Exercises or Water Aerobics, creating something beautiful or doing your mending at the Craft Group, practicing Chi Gong, or talking and meeting people at Pub and the monthly dinners.

Volunteering

But volunteering is even healthier. Volunteering can provide older people with a sense of purpose, which can help sustain a healthier lifestyle that includes increased physical, mental, and social activity.

Health Benefits

Volunteering can provide a sense of well-being, which in turn can offer huge health benefits. Getting physically and intellectually active, and connecting in a meaningful way in the community, has many health benefits and can combat isolation and loneliness.

Emotional Benefits

Nearly all say that volunteering improves their physical health. Research confirms “giving back” pays special dividends in increased activity, which often results in improved health. Ninety-eight percent report feeling better emotionally. It gives them a sense of purpose. Along with making a difference, a sense of purpose was the most reported benefit.

Volunteering may pay special dividends for seniors who have chronic health conditions such as arthritis, diabetes, depression, high blood pressure, dementia, or Alzheimer’s disease. Three-quarters of seniors in the U.S. say that staying active through volunteering helps them manage these conditions, according to research conducted by the Home Instead Senior Care network.

Apparently, the emotional benefits of volunteering are particularly relevant for seniors with chronic conditions. Giving back serves as an important stress reliever and distraction for

seniors suffering from these conditions. Seventy-seven percent of seniors with chronic conditions say an important reason they volunteer is to overcome feeling depressed. Most people who volunteer want to make a difference. This is true no matter what the volunteering opportunity.

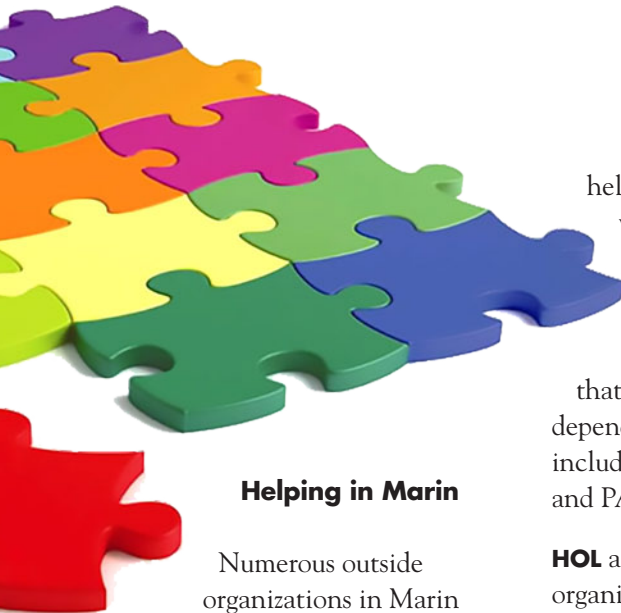
Sharing Talents Defuses Depression

Volunteering is an opportunity to share talents, skills, and experience. Many of us have spent years in careers or many hours refining our domestic and creative skills. Sharing these talents can be very rewarding as well as stimulating.

If nothing else, volunteering gives many of us a reason to walk out the door each morning. This in turn enables us to overcome feeling depressed. Depression can be among the biggest challenges facing people living alone.

Among those aged 65 to 75, females tend to volunteer more; however, over the age of 75, males are more likely to volunteer and volunteer more hours per year.





Helping in Marin

Numerous outside organizations in Marin would love to have your help, such as the Margaret Todd Senior Center, Whistlestop, CERT, WildCare, many local schools, a host of other institutions, and charities. You do not have to be very fit or athletic — even those with movement issues can make valuable contributions. Senior adults sometimes experience challenges and barriers to volunteering related to transportation and out-of-pocket expenses. If you are unable to keep an appointment or just need to stay in bed a little longer, a quick phone call will usually suffice.

At Marin Valley

Transportation is not an issue at Marin Valley, as the volunteering opportunities are nearly always in or around the clubhouse. And if you find it difficult to get there, it is not hard to find many people who will be happy to give lifts or push wheelchairs.

Gardening can take a lot of time; there are ample opportunities to

help out around the Park, when your own yard leaves you some spare time.

In our community, we have several organizations that are 100% volunteer and dependent on volunteers. These include HOL, Mar Val, MVEST, and PAC.

HOL always can use people to organize and oversee existing activities, create new events, and help out with their many programs. And, of course, there is the wonderful Just-One-Hour, and the Buddy program.

Mar Val depends on people to sell tickets, set up for and put away after events, decorate, serve, even cook.

MVEST also is wholly dependent on residents offering their time. This can be as little as a couple of hours a year or up to an hour or so a week — all of which serves the whole community and helps make us all more prepared and so much safer.

PAC committees can always use research, skills, and help.

So, we see that sharing your spare time and expertise can be beneficial for our community and your self-confidence, and can help you stay or get fit, and have a good time while doing it. It is a great cure for loneliness. Even if you don't seem lonely, exploring your world and changing the channels in your mind sometimes brings unimaginable rewards. ■



Film Night

First and Third Thursdays
Clubhouse ■ 7 pm

PLEASE, NO FOOD OR DRINK—
but feel free to bring
your comfortable chair
Contact: johnmfeld@gmail.com

NOTE: No Film
will be shown on the
first Thursday of October
There will be only one film in
October — the 19th —
the third Thursday.



Danny Deckchair

Thursday • October 19 • 7 pm
(2003) *Comedy, Romance* 100 minutes
Director Jeff Balmeyer
Starring Rhys Ifans, Miranda Otto,
Justine Clarke

A hilarious, delightful romantic comedy based on a true story — Danny, a cement truck driver, unhappy with his life, manages to escape his suburban Australian life, ascend into the skies in a chair tied to helium balloons, become a national sensation, and completely reinvent himself. Well, almost.

Bald Eagle

Article and Photography by DAVID GRAY



Bald eagles are not actually bald. Their name derives from an older meaning of the word, “white-headed.” One of our country’s largest raptors, outsized slightly by the golden eagle, bald eagles are supreme hunters and scavengers, and our national bird, symbolizing wilderness, power, and freedom.

The adult is mainly brown with a white head and tail. The beak is large and hooked. The sexes are identical in plumage, but females are about 25 percent larger than males. These birds are huge, weighing almost ten to fourteen pounds as adults, about four times as much as a red-tailed hawk. Any critter smaller than about half their size is fair game, from fish to small animals to other raptors. Ravens seem to enjoy taunting the bald eagles, but then again, ravens seem to enjoy taunting, period.

Bald eagles are found near large bodies of open water with an abundant food supply and old-growth trees for nesting. They are somewhat rare in our area and are noteworthy when spotted. There are at least a couple of nesting pairs out on the coast, one near Point Reyes National Seashore, and one near Jenner and the mouth of the Russian River. ■

LEFT: Soaring over the Point Reyes National Seashore, this bald eagle adult is one of a pair sighted near Chimney Rocks.

RIGHT: Against a background of crashing waves at the mouth of the Russian River in Jenner, an adult bald eagle chases a raven carrying a bit of dead seal pup flesh.

OCTOBER



SUNDAY 1	MONDAY 2	TUESDAY 3	WEDNESDAY 4	THURSDAY 5	FRIDAY 6	SATURDAY 7
1-4 PM Mahjong 4-6 PM Living/Dying Project	6-8 AM Trash Pickup 9:30 AM Low-Impact Exercise (Fireside Room) 10 AM Water Aerobics 6 PM MVEST Meeting (Fireside Room) 7:20 PM Poor Man's Poker (Card Room)	10:30 AM Ukulele Class FULL MOON 7:15 PM	10 AM Water Aerobics 11 AM-1 PM Whistlestop call Roberta 415-883-0843 11:15 AM-2 PM Craft Group (Ballroom) 6 PM PAC MEETING	9:15 AM QiGong (Dove) 6:15 PM Silent Meditation (Bamboo Room) 7 PM NO Film Night 7:20 PM Poor Man's Poker (Card Room)	10 AM Water Aerobics 4 PM Canasta 4-5 PM Movement (Bamboo Room) 5-7 PM Pub Night (Ballroom)	CELEBRATION OF LIFE William Wieboldt-Hoxie "WIM" Clubhouse Ballroom 1-5 PM 7-9 PM COMMUNITY DANCE
8 Mahjong ECHO DEADLINE	9 Trash Pickup 6-8 AM Low-Impact Exercise (Fireside Room) 10 AM Water Aerobics 6 PM MVEST Meeting (Fireside Room) 7:20 PM Poor Man's Poker (Card Room) COLUMBUS DAY	10:30 AM Ukulele Class FULL MOON 7:15 PM	10 AM Water Aerobics 11 AM-1 PM Whistlestop call Roberta 11:15 AM-2 PM Craft Group (Ballroom) 5 PM OKTOBERFEST RESERVATION DEADLINE or after 120 reservations 6 PM MAR VAL MEETING	9:15 AM QiGong (Dove) 6:15 PM Silent Meditation (Bamboo Room) 7:20 PM Poor Man's Poker (Card Room)	10 AM Water Aerobics 4 PM Canasta 4-5 PM Movement 5-7 PM Oktoberfest Pub Night 7:15 PM Bingo	14
15 Mahjong ART IN THE PARK New Resident Exhibition Marin Valley Gallery	16 Trash Pickup 6-8 AM Low-Impact Exercise 9:30 AM HOL SMART Train to Santa Rosa 10 AM Water Aerobics 6 PM MVEST Meeting (Fireside Room) 7:20 PM Poor Man's Poker (Card Room)	17 WildCare (Fireside Room)	10 AM Water Aerobics 11 AM-1 PM Bridge 11 AM-1 PM Whistlestop call Roberta 11:15 AM-2 PM Craft Group (Ballroom) 2:15 PM Readers' Theatre Group 6 PM HOL MEETING	9:15 AM QiGong (Dove) 6:15 PM Silent Meditation 7 PM Film Night DANNY DECKCHAIR 7:20 PM Poor Man's Poker	10 AM Water Aerobics 4 PM Canasta 4-5 PM Movement (Bamboo Room) 5-7 PM Pub Night (Ballroom)	21 9 AM-12:30 PM County-wide CERT Communication Workshop (Ballroom)
22 Mahjong	23 Trash Pickup 6-8 AM Low-Impact Exercise (Fireside Room) 9:30 AM Water Aerobics 6 PM MVEST Meeting (Fireside Room) 7:20 PM Poor Man's Poker (Card Room)	24 Ukulele Class	10 AM Water Aerobics 11 AM-1 PM Whistlestop call Roberta 11:15 AM-2 PM Craft Group (Ballroom) 4:30 PM Book Group (Fireside Room) 5 PM BLACK CAT DINNER RESERVATION DEADLINE or after 100 reservations	9:15 AM QiGong (Dove) 6:15 PM Silent Meditation (Bamboo Room) 7:20 PM Poor Man's Poker (Card Room)	10 AM Water Aerobics 4 PM Canasta 4-5 PM Movement (Bamboo Room) 5-7 PM NO Pub-Night	28 BLACK CAT DINNER AND HALLOWEEN PARTY 5 PM
29 Mahjong	30 Trash Pickup 6-8 AM Low-Impact Exercise (Fireside Room) 9:30 AM Water Aerobics 6 PM MVEST Meeting (Fireside Room) 7-8 PM Want Back Support? (Bamboo Room) 7:20 PM Poor Man's Poker (Card Room)	31 HALLOWEEN				



OCTOBER 2017