

T H E
ECHO

DECEMBER 2019

C O N T E N T S



2

FROM THE EDITOR: DIRECTORY UPDATE



3 **Matt Greenberg**
Jay Shelfer

MVMCC • PAC • MVEST

MVMCC MANAGEMENT UPDATE

PAC LETTER TO RESIDENTS

MVEST—*What Is MVEST; FADR Training; Thank You*

4-5



6-7 **Kathleen Dargie**

MAR VAL

MESSAGE FROM MAR VAL—*Reservation Form:*

Mar Val Holiday Dinner, New Year's Eve Party

MARIN VALLEY LIBRARY NOTES

7



8 **Janie Crocker**

HOL

HOL MESSAGE

HOL COMMUNITY PRESENTATIONS

9 **Tara Plocher, et al.**

VILLAGE HOLIDAY CRAFT FAIR

Carol-Joy Harris

CAROLING PARTY

Janet Shouldis

LINE DANCING

Terry Patten

COMMUNITY DANCING

Suzie Lahr

ART IN THE PARK

10 **John Feld**

FILM NIGHT: *The Godfather, Forrest Gump*

Kim Holscher

BIOGRAPHY NIGHT: *David Gray, Anila Manning*—November 19

Maggie Siegfried, Deb McNeil—December 10



11 **Lorna Sass**

INTERVIEW: *Michael Hagerty*

12-13 **Meg Jordan**

OUTAGE: *The Spark That Solidifies Community*

13 **Nancy Warfield**

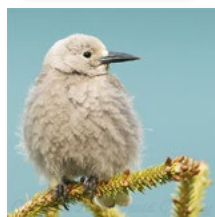
WHAT CAN I DO? *New Hope for Eliminating Plastic Waste*

14-15 **David Gray**

BIRD OF THE MONTH: *Clark's Nutcracker*

16

CALENDAR: *December 2019*



From the Editor

The end of the year and twelve more *Echos*.

So much gratitude to **Mary Barbosa**, copy editor par excellence, especially when she is in the field overseas using her phone to edit and proofread, and to **Carol-Joy Harris** and **Anila Manning**, who proofread and also always come through even at the last minute, when another scoop requires last-minute efforts to meet the publishing deadline.

Thank you to all the writers who keep their eye out for a story to share with the community, to let everyone know what's happening and what is on the horizon in the Park to put in their calendars, and to photographers who make the words come to life with their images. And a special thanks to all the walkers who deliver a copy every month to each person in the Park.

It has been over five years that I have been editing the *Echo*. If anyone would like to take it on, and give it a whole new look, you are most welcome and I would be delighted to give the opportunity to someone new.



Last call for you to check your names off in the new directory on the desk in the lobby by first name, last name, and street address and to make any corrections. You can use the name you prefer being called. It doesn't have to be your legal name.



Directory Update

New Residents

Julie Riedstra
Robert Shannon

40 Marin Valley Drive
ssfjulie50@gmail.com

While you are checking your name off for the new directory, be sure to study the Plant Palette Plan for the new demonstration garden displayed on easels in the lobby. It provides several examples of what to plant in your own garden for a variety of soil conditions and sun exposure. There will be a meeting soon to discuss it with the designers.

THE ECHO DECEMBER 2019

MARIN VALLEY MOBILE COUNTRY CLUB

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

EDITOR/DESIGNER Erma Wheatley

COPY EDITOR Mary Barbosa

PROOFREADING

Mary Barbosa, Carol-Joy Harris, Anila Manning

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

MARIN VALLEY

GENERAL MANAGER Matt Greenberg
gm.mvmcc@gmail.com

PAC BOARD

PRESIDENT Jay Shelfer 415-883-6945
VICE PRESIDENT John Hansen 415-847-7155
SECRETARY Carol-Joy Harris 415-883-2824
TREASURER Larry Cohen 415-883-7786
AT LARGE Stephen Plocher 415-302-9043

STANDING COMMITTEES

FINANCE Stephen Plocher
MV PROJECT PLANNING John Hansen, John Shelfer
MVEST John Hansen, Bill Davis, John Feld,
Carol-Joy Harris, Kevin Mulvany,
Stephen Plocher, Erma Wheatley

HOL BOARD

PRESIDENT Janie Crocker 281-414-3984
1ST VICE PRESIDENT Ed Collins 415-377-7696
2ND VICE PRESIDENT Yvonne Devine 415-747-7617
SECRETARY Kamala Allen 415-306-6865
TREASURER Tara Plocher 415-302-5992

MAR VAL BOARD

PRESIDENT Kathleen Dargie 415-884-2969
1ST VICE PRESIDENT Dan Sebastian 415-382-7738
2ND VICE PRESIDENT Pat Thurston 415-884-0740
SECRETARY Ducki Mathias 415-842-7185
TREASURER Sandee Duncan 415-883-3034
DIRECTOR EMERITUS Dee Schneider
DIRECTOR/BAR MANAGER Fred Dargie 884-2969
DIRECTOR/HOSPITALITY Larry Moore 883-0486
DIRECTOR/RESERVATIONS Carolyn Corry 370-6403

ECHO DEADLINE

Articles are 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 PAC

Management Update Letter to Residents

Happy Holidays, MVMCC!

Storm Drain & V-Ditch

Systems: The Parkwide drain inspection and cleaning is complete. Repairs have been finished on several sites, and these should perform accordingly during the upcoming rainstorms.

Sump Pump Systems:

Cleaning and maintenance is now underway and expected to reach completion within the first week of December. Please alert Park Management of any drains that become clogged or seem to drain slowly.

Retaining Wall Projects:

Complete for the season.

Pine Tree Pruning:

You will see various pines being pruned Parkwide. Please alert Management of any limbs or trees that cause concern for safety or potential property damage. We can have them inspected by an arborist and take any necessary steps for pruning or removal.

Pools: The swimming pool is closed, but the spa is 103 degrees.

Thank you,



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

Greetings from the PAC (Park Acquisition Corporation) Board,

Purpose: Under the PAC bylaws, one of our prime directives was the facilitation of the transfer of ownership of MVMCC from its titleholders to resident control. Currently, we cooperate with the present titleholder, the City of Novato, under the Delegation and Management Agreement, to help develop our operating budget and hire a professional management team to operate MVMCC.

Finances: Our finances are in order. The debt service coverage, year to date, on the bank loan that refinances the original bond issuance for the purchase of MVMCC, is 2.46. This was, at end of September 2019, well above the required 2.0. Our cash, plus medium- and long-term reserves, is over 5½ million dollars. As the budgeted projects start to kick in, this total will moderate. See Matt Greenberg's Management Update for progress on items in this year's budget.

Speeding: Residents are still challenged by speeders, including drivers who do not respect stop signs and who accelerate noisily upon leaving the Park. 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. We will soon have a 15-mph speed limit within the facility, enforced by the police. With a fine and possible licensing status review for the drivers they ticket, we suggest residents should moderate their speed and observe all traffic signs, especially stop signs.

Fire Season: The fire season is still with us. Please heed MVEST's recommendations for your and your neighbors' safety. A Town Hall meeting held on November 16 addressed what we learned and how we can improve on what

happens during the coming power outages. This information will be valuable for any future emergency activity here at MVMCC. We hope you were able to attend, and if not, an after-action report will be made available. Next month's *Echo* will indicate where you will be able to view it.

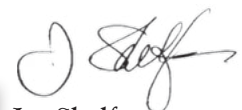
Public Works: John Hansen and I met with Novato's Public Works officials in October. This agency oversees large capital projects here in MVMCC and is responsible for overseeing many aspects of MVMCC interaction with the City of Novato. With personnel changes in the city government, we wanted to be assured that there was a continued awareness about and progress with activities that have been formulated and previously approved. We were satisfied and pleased with how the agency is attending to our needs.

Generators: The Board set up an ad hoc committee chaired by John Hansen to investigate and report on how solar, electrical, and/or gas/petrol/electrical generators may be established for individual homes that meet the requirements of HCD, Marin County, and the City of Novato. If you have input for this, contact John Hansen.

The board is always enriched by residents' participation in our monthly meetings. We encourage your participation with your observations and suggestions on how PAC can better serve the needs of our community.

The agendas for the coming PAC meetings are posted 72 hours before the meetings in the clubhouse. The next Board meeting will be **Tuesday, December 3 and not the 4th**.

In service,



Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com



What Is MVEST?

by JOHN FELD



The clubhouse open to residents with heat and electricity provided by the generator during the dark and cold evenings of the October PG&E electrical outage.

The initials M V E S T stand for Marin Valley Emergency Safety Team.

As the name implies, MVEST is here for emergencies.

What is an emergency? To some people, it's losing their car keys or having the washing machine leak and flood the floors. Yet others consider falling and breaking a bone an emergency. The list could go on forever. While it is possible to rightly consider any of these an emergency, they are not the kind of emergencies that MVEST was designed and set up to address.

MVEST's main focus is fire, earthquake, and flooding. When one or more of

these happen, MVEST will immediately spring into action and assist residents in managing the situation. MVEST has two main objectives:

- 1 Assist the community, individuals, and their pets when there is a life-threatening event.
- 2 Help people prepare for emergencies with their homes, getting to safety, and provide general emergency awareness, readiness, and vigilance.

This means setting up a system of dozens of volunteer Block Captains, Reserve Block Captains, Zone Chiefs, and the Incident Command team to step up and assist in very prescribed ways. They train and exercise for this, contributing their valuable time. They

are equipped with radios and other gear to aid in these endeavors and have a lot of learned expertise. These people, about 60 altogether, are residents and volunteers. Just like everyone else, they have lives to live and must also deal with any emergency situation that arises. They are NOT here to help people with maneuverability issues to get to and from the clubhouse, to go shopping for them, or even to look out for those who may have difficulties when the power goes out. Although certain tasks would be marvelous to undertake, the current MVEST volunteers have very different and just as important tasks to perform. There may be a need for a sister organization to manage nonemergency situations, but expecting MVEST

volunteers to contribute their time in this way—on top of their MVEST duties and when they are also dealing with their personal lives—is unrealistic.

The Buddy System organized by HOL and overseen by Matt, goes part of the way to fulfilling this need. If it were widely accepted and implemented, each person would look out for at least one other person. Of course, if you are a buddy to a disabled or housebound person, you will probably need to recruit a buddy to look out for you too. This system entails checking in with your buddies regularly. But still, it does not necessarily entail home care, making beds, cleaning, or doing the laundry. Some residents do go shopping for their neighbors or visit them to give them some company and be a listening friend. These people enhance our lives in immeasurable ways. But during a power outage, are you going to be available to drive your buddy to the clubhouse and stay with them until they want to go home? Of course, individuals may choose to help with this for friends, but this is above and beyond what the Buddy System is designed to do.

Remember that each volunteer at Marin Valley is just that, a volunteer. If your power goes out or you are shaken up by an earthquake, the chances are that everyone else is in the same situation. The volunteers are not your caretaker, driver, or handyman. They decide to volunteer because they think you and the community in general are worth the effort. If they choose to cook food or serve you a drink at Pub or Mar Val dinners, host discussion or craft groups, or be your Block Captain, they do it

as a contribution to the community. They do the best they can under the circumstances, and we should all be very thankful for what they have to offer.

If a resident needs regular in-home assistance, help with cooking, gardening, or even housecleaning, it is up to them as individuals to arrange for these services. Marin Valley is not and has never been set up as assisted living for anyone. There are social services, churches, and many nonprofits and charities that can lend assistance, and it may be that some residents living in Marin Valley have chosen to participate in these organizations. But if you get to the stage of life where you can no longer live without these additional aids and are unable to obtain them, as uncomfortable as it is to say it, maybe Marin Valley is no longer the place for you to live.

The recent power outage that went on for nearly 48 hours was not considered an emergency by MVEST. They did not mobilize the many volunteers. Certainly there were hardships, and some people got cold, lonely, and depressed due to the lack of power, but MVEST considered that a lack of electricity was not a danger to residents. If the power shutoff had continued for an extended period, then the situation would have been upgraded into an emergency and Block Captains would have been dispatched to check on their neighbors. There have been three recent *Echo* articles about emergency preparedness and what to do if and when the power goes out. People with CPAP machines and devices that make and pump oxygen were advised to find a battery backup for

their devices or to find a way to evacuate to a place where their machines would work. Some people did this, others did not, and some people camped out in the clubhouse overnight to utilize the power from our wonderful (if noisy) generator. But MVEST volunteers—like Mar Val, PAC, and HOL volunteers—were there to help things go as smoothly as possible, as were others who saw a need and filled it.

It was from the prodding of the original MVEST along with PAC that the purchase of a large, gas-powered generator was put into place to temporarily power the clubhouse in case of a power outage.

At this recent event, several MVEST people were located in and around the clubhouse for most of the time of the blackout. They quietly carried their radios and were there for whatever assistance they could offer, and most people remained unaware of their level of preparedness. Power strips had been assembled and put into place in the clubhouse early in the morning to accommodate a steady stream of residents needing to charge their mobile devices.

Without Marin Valley's wonderful volunteers, many aspects of living here would be less enjoyable, and for some less manageable. Whether it is hot food at Pub, a Just-One-Hour volunteer, a Block Captain knocking on your door, or someone who brings you a meal from a Mar Val dinner, please say thank you next time you get help from a fellow resident. They are doing it out of the goodness of their hearts. ■



Residents are invited and encouraged to attend the Marin Medical Preserve Corps First Aid for Disaster Response (FADR) emergency first-aid training in the ballroom **Saturday, December 7, 9 am–1 pm.**



MVEST wishes all residents good cheer and a safe new year and thanks all the MVEST volunteers who have dedicated their time and abilities throughout the year to help prepare and train residents for any emergency that could happen in the Park. We welcome any residents who would like to join us and participate in any and all of our efforts. Contact John Hansen at johnhansen.emt@gmail.com

Message from Mar Val

Dear Friends,

Now that we have well and truly entered the holiday season, Mar Val is happy to add to the excitement with details of two gala events planned for the month of December.

The Holiday Dinner

This party will take place on Saturday, December 14th. We are pleased to confirm that HOL will once again join Mar Val in hosting a complimentary

first drink to each attendee. As you will note from the reservation form, we are limited to a total of 140 guests and therefore must place a limit of two people per residence on reservations.

New Year's Eve

On Tuesday, December 31st, we will celebrate New Year's Eve in what has become Marin Valley's traditional fashion. The party begins at 6:30 pm and includes a buffet, dancing to the musical selections of our own

DJ, Charles Watson, and culminating with a champagne toast at 9 pm.

Please take note of the reservation cutoff dates for these parties and make plans to join your neighbors in the 2019 holiday celebrations.

With warmest regards,



Kathleen Dargie

Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com



Mar Val Holiday Party

December 14 • 5 pm Cocktails • 6 pm Dinner

M E N U

Pork Loin with Apples or Fettuccine Alfredo
Mixed Green Vegetables • Roasted Potatoes • Cheesecake

\$15 per person

One complimentary cocktail provided by HOL and Mar Val

Reservations are limited to two people per residence.

Reservation box will be on the counter December 1. Early reservations will not be accepted.

Reservation deadline is December 11 at 5 PM or when 140 reservations have been received.

Questions — call Carolyn Corry at 415-370-6403

HOLIDAY PARTY RESERVATION FORM

Please circle entrée choice

RESIDENT _____ Pork Loin Fettuccine

RESIDENT OR GUEST _____ Pork Loin Fettuccine

Checks only (payable to Mar Val—NO CASH, please) Number of attendees ____ at (\$15/person) TOTAL \$_____

TWO ATTENDEES PER RESIDENCE

Reservation deadline — December 11 at 5 PM or when 140 reservations have been received.

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



Marin Valley Library Notes

Daylight savings has passed. Long winter nights loom. Neither cable nor the major networks can fill those hours. Besides, how much TV should we watch? It's a good time to read books from our clubhouse library. Unlike the flickering tube, books do not mess with our synapses.

Alexander McCall Smith, of *The No. 1 Ladies' Detective Agency* series fame, repatriated to Great Britain and turned his wry wit on the natives of

the Brexit isles. His books can be found on the HB/QPB* shelves. Staying on the same turf, Dick Francis's mysteries spill the oats on English steeplechase racing (HB, QPB*).

For really long winter reads, one can't go wrong with Donna Tartt's *The Goldfinch****, Wally Lamb's *I Know This Much Is True***, or Herman Wouk's epics on Israel: *The Hope, The Glory*, and *Inside, Outside*. Celebrating the holiday season are a couple of romance

novels by Debbie Macomber (romance shelf) and Wally Lamb's *Wishin' and Hopin'* (HB).

Space, interests, and condition determine which books are kept. Your volunteer librarians need to know what you like, don't like, and what you think we should keep. We've put a suggestion box in the library. We need your input. Until then, we must reject most books published before 2010.

Sandee Duncan, Librarian
Mark Crocker, Assistant

* HB (hardback); QPB (quality paperback), PB (mass paperback)

** Currently in circulation; hopefully back on shelves soon



MAR VAL NEW YEAR'S EVE PARTY

December 31, 2019 ■ 6:30 – 9 PM

Buffet

Champagne Toast

Dancing

Charles Watson will again be the DJ!

\$15/person for residents \$20/person for guests — *Limit of two guests per residence*

Reservation deadline is December 28 at 5 PM or when 120 reservations have been received.

Questions — call Carolyn Corry at 415-370-6403

2019 NEW YEAR'S EVE PARTY RESERVATION FORM

RESIDENT _____ RESIDENT _____

GUEST _____ GUEST _____

Number of residents attending ____ at \$15 each: \$____ Number of guests attending ____ at \$20 each: \$____

Checks only (payable to Mar Val — NO CASH, please) TOTAL \$____

Reservation deadline—December 28 at 5 PM or when 120 reservations have been received.

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

Home Owners League Message



Computer and Printers: We are getting a new computer in the library and are working to make sure that you can print from it to the two printers. Thanks to **Ed Collins** and **Rene Prado**.

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.

WOW: Thanks to all for your participation in large turnouts for November's busy month of so many activities. Our events continue to be not only informative, but very personal, many being presented by our own residents.

Lost and Found: We will clean out the lost and found by the pool monthly, so be sure to check there if you are missing something.

Ladies' Locker Room: Almost complete. Waiting for benches for the anterooms to the showers.

Thanks! A lot of people volunteer to help HOL, and I can't thank you enough. A big SHOUT-OUT to the Craft and Chat group for rolling all those flyers. And for making it fun to do! You ladies participated without complaint, despite the fact that you are trying to learn new crafts and finish old projects. **Dee Dee Kausen, Dianne Romaine, Jeannine Freedom, Anita Flantz, Janet Bogardus,** and **Tara Plocher** were all there to lend a hand. **Shirley Forrest, Sally Benson,** and **Eddie Waller** helped me roll flyers during the power outage. Thanks to **Pat Thompson** for being a new flyer distributor for the entry part of Marin Valley Drive.

Another Thanks! To **Kathryn** and **Susan McMudie** for cleaning up and rerocking the corner succulent bed off the Panorama pathway to Fallen Leaf.



Our VILLAGE HOLIDAY CRAFT FAIR Sunday, December 8, 12-4 pm

It will feature handmade items from artists and craftsmen, collections, and other holiday retail items. All residents are welcome to Costco croissant sandwiches, chips, cookies, and a free lunch. Be looking for your meal ticket in the craft fair flyer that will be distributed a week before the event (limit two meals per residence). All nonresidents can have that meal for a \$5 donation. There will be holiday caroling and holiday decorations, along with baked items for sale—both individual servings and whole items. Also, this year we are featuring a **GIVEAWAY** table of the many miscellaneous donated items HOL receives all year. You can bring worthy items you no longer want and put them on the table too. Please come and shop for presents for grandkids, relatives, and friends. There will be cards, dolls, bags, baskets, hats, scarves, paintings, jewelry, and things for the home. We will be advertising outside the Park, so we are expecting a crowd.

Bake Sale: We would love to have you cook something for us; a signup to donate a baked item will be on the front desk. Also, if YOU want to sell baked goods, we will mark off a section of the bake sale table for YOU. You have to stay there with your



items; we will not be responsible for collecting money for you. This was quite profitable for me in the years past, but I won't be selling baked goods this year. (Though I WILL be doing hair sparkles.) You MUST have a reservation for the bake table if you decide to sell. Call **Janie** at 281-890-4545 and leave a message or email me at janieklimes1948@gmail.com. I can help you decide what to sell and how to package it.

Vendors: Fill out the vendor application form you received that is also available in the clubhouse lobby and leave it for **Tara Plocher** in the cubbyhole next to the HOL bulletin board. Or contact her at 415-302-5992 or taraplocher@gmail.com. Deadline for table reservation is **Dec. 6**. This year you may sell much more than just crafts. Note that it does not have to be something you made, but maybe things you collect or some nice holiday retail gifts.

WE NEED VOLUNTEERS to help set up, decorate, serve the meal, help manage the bake sale table, relieve the vendors for a break, and clean up afterward. There will be a signup sheet at the front desk. PLEASE COME and HELP. WE NEED YOU!

We welcome everyone's ideas about how to make this fair a fun and meaningful event for our entire village. If you do not want to buy anything, come up for your free food and influx of holiday energy.

NOTE: There is NO HOL MEETING in December! The next HOL meeting is **Wednesday, January 15, 2020 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

HOL COMMUNITY PRESENTATIONS



Marin Valley

Village Holiday Craft Fair

Sunday, December 8 • 12–4 pm

FREE LUNCH TO ALL RESIDENTS

To be a vendor, contact Tara at taraplocher@gmail.com or 415-302-5992



SING - ALONG

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.



LINE DANCING Mondays 10-11am

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

Line-dancing aerobics on Monday mornings from 10-11am in the ballroom. See Janet Shouldis for details

Terry Patten will DJ, with a playlist prioritizing danceable songs of JOY, PRAISE, GRATITUDE & CELEBRATION — old, new, familiar, and fun ;-). Please come, smile, shake your booty, and exercise your open heart!

ART IN THE PARK



by SUZIE LAHR

Once again, the Marin Valley artists are to be congratulated and commended for another beautiful Marin Valley Gallery exhibit and the celebration that followed at our opening reception. The reception, funded and produced by the artists themselves and sponsored by HOL, was enjoyed by 110 residents and guests and was a resounding success.

Just a reminder: the art is for sale and will make a beautiful gift for yourself or a friend or family member. Art purchases can be made by directly contacting the artist. A percentage of the sale goes toward our future endeavors.

Meeting—December 3

An artists meeting is scheduled for **Tuesday, December 3 at 4–5 pm** to review dates and exchange ideas and information for our 2020 Marin Valley Gallery exhibits and receptions. We hope all new, upcoming, and current Marin Valley artists will join us for this meeting. For questions and information, please contact me at SuzieLahr@aol.com or 415-884-9611.

Art Happenings Near the Park

Several Marin Valley artists have works in these exhibits. Check websites for information.

Bartolini Gallery – Civic Center Dr. (enter behind the Showcase Theater and Exhibit Hall)

“Food, Farms and Art;”

“Birds of a Feather”—Dec. 4–Jan. 30

Marin MOCA – 500 Palm Dr., Hamilton

“Winter Solstice;” “Uncovered;”

“Listening In”—Nov. 16–Dec. 22

Marin Community Foundation

Hangar 5 in Hamilton Landing

“Ensemble”—Oct. 30–Feb. 14

Petaluma Art Center – 230 Lakeville St.

(take SMART Train straight to the door)

“Afterburn”—Nov. 23–Jan. 18



FILM
NIGHT

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

The Godfather

Crime, Drama (1972) 2 hrs 55 min

Thursday • December 5 • 6 pm

Director Francis Ford Coppola

Starring Marlon Brando, Al Pacino, James Caan, Robert Duvall, Sterling Hayden, Diane Keaton

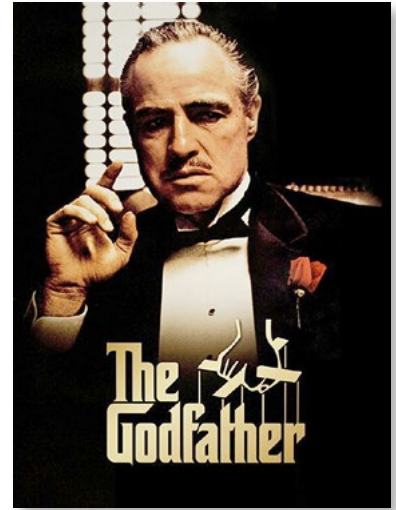
Oscars Best Picture; Actor, Marlon Brando; Adapted Screenplay, Mario Puzo, Francis Ford Coppola

Oscar Nominations Best Director; Supporting Actor—James Caan, Robert Duvall, Al Pacino; Costume Design; Film Editing; Sound; Original Dramatic Score

Golden Globes Best Motion Picture; Director; Actor, Marlon Brando; Screenplay, Mario Puzo, Francis Ford Coppola; Original Score, Nino Rota

27 Wins, 28 Nominations

Often cited as one of the best American films ever made, the multigenerational crime saga *The Godfather* is a reference point of modern cinema: one of the most widely imitated, quoted, and lampooned movies of all time. Marlon Brando and Al Pacino star as a Mafia boss and his youngest son.



Forrest Gump

Drama, Romance (1994) 2 hrs 22 min

Thursday • December 19 • 6 pm

Director Robert Zemeckis **Starring** Tom Hanks

Oscars Best Picture, Actor, Director, Visual Effects, Adapted Screenplay, Film Editing

Oscar Nominations Best Actor in a Supporting Role, Cinematography, Art Direction, Sound, Makeup, Music. **Golden Globes** Best Actor, Motion Picture Drama; Director.

“Stupid is as stupid does,” says Forrest Gump, discussing his relative level of intelligence with a stranger while waiting for a bus. Despite his subnormal IQ, Gump leads a charmed life, entirely without trying. Forrest teaches Elvis Presley to dance, becomes a football star, meets JFK, serves with honor in Vietnam, meets Lyndon Johnson, speaks at the Washington Monument, hangs out with the Yippies, defeats the Chinese national team in table tennis, meets Richard Nixon, discovers the break-in at the Watergate, becomes an original investor in Apple Computers, and runs back and forth across the country for several years. ■



David Gray



Anila Manning



Biography
Night



Deb McNeil



Maggie Siegfried

November

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

December

On **Tuesday, December 10** join Deb McNeil and Maggie Siegfried 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

Michael Hagerty

by LORNA SASS

Soon after I entered Michael Hagerty's beautiful hilltop home on View Ridge Drive, he motioned me over to his "personal history" wall. There I saw a framed cover of a special edition of a 2005 issue of *Time* magazine that focused on The Science of Happiness. "I've worked with a Nobel prizewinner in psychology and other top researchers in the world on this fascinating topic, and I was interviewed for this article," Michael told me with a broad smile.

When I saw this, I jumped at the chance to learn more. "Research proved that the three most important attributes of happiness are: 1) freedom to choose, 2) health, and 3) the support of family and friends," he told me. "Additional research revealed that meditation is an important skill for enhancing these attributes," he added. "Otherwise people are prisoners of their own thoughts and whatever programming they have had growing up. It's very hard to change unless you can get outside your mind, observe it, and start changing the patterns." It comes as no surprise that Michael does an hour of yoga and meditation daily.

Born 69 years ago in the small town of Galesburg, Illinois, neither Michael nor anyone else could have predicted that he would end up with a PhD in psychology with specialties in happiness and artificial intelligence.

Michael left home at the age of 13 to enter a Catholic seminary! His intention was to become a priest. "But after four years of praying five times per day, I had no personal experience of God. And as far as I could tell, the priest who taught me also didn't seem to have any connection with a higher power." He continued: "This was 1968, and there were so many temptations; I was eager

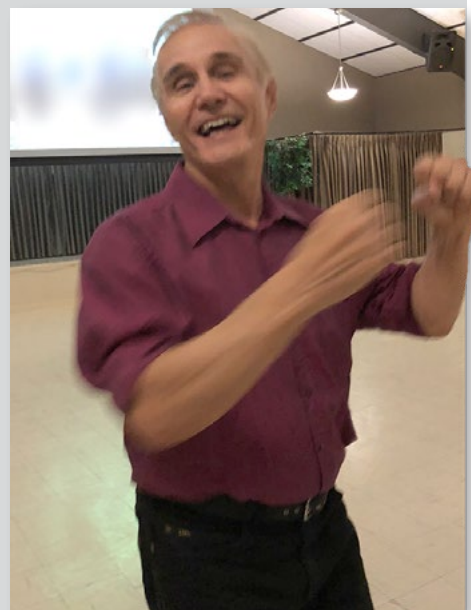
to discover something else and decided to explore all the wonderful things available on the outside." Fortunately, his parents were fine with this decision.

Michael won a full scholarship to attend Northwestern in Chicago and majored in psychology with a minor in computer science. His eyes lit up as he explained: "Within psychology my specialty was artificial intelligence. I knew the possibilities and was excited about making computers smarter, and now I'm especially excited about self-driving cars. It will be a great way for folks to get around when they can no longer drive themselves." (Michael believes there will be self-driving taxis within three to five years and that rides will cost half of the current price of Uber.)

One big interruption in his academic career was being drafted into the Army in 1972. Michael was stationed in Fort Bliss, Texas, and describes himself as "one of the happiest people there."

Happy in Fort Bliss? "When I found out I was about to be shipped to Korea, I began spreading the word that I was a college grad and solicited officers for an alternative assignment," he explained. "Fortunately, I was given the job of training officers in leadership skills. For this job I didn't need to wear a uniform and got to live off base," he said with a huge smile. "After my two years of service, I went on to use the GI Bill for graduate school and earned a PhD in Mathematical Psychology from the University of Illinois."

With this specialty, he understood how to model and project human behaviors and had a glorious pick of jobs at prestigious universities such as Columbia and UC Berkeley. "I always wanted to go to California, so I chose the latter and taught consumer psychology



at UC Berkeley for six years," he said. Michael then enjoyed a one-year stint as a guest lecturer at MIT, after which he landed a tenured track at UC Davis, where he taught for several decades until retirement.

With three major health challenges, the past year has been physically challenging for Michael. First, he required a stent to alleviate clogged arteries. Then, he developed neuropathy in his feet and chronic spinal pain, which have interfered with his great love of bike riding and dancing—though the accompanying picture taken at the November community dance reveals that he still has considerable swing in his step!

"All of these health challenges got me thinking about end-of-life issues," he told me. "How do we want to spend our last chapters?"

To address these questions, Michael has teamed up with Timo Navsky and me to offer programs to our community on such subjects as: **How to Gracefully Prepare for Death**, **How to Write a Living Will**, **How to Talk Honestly with Family and Friends**, and **Cremation vs. Green Burial**. To sign up for e-mail announcements of these programs and to express interest in specific topics, please send a request to Michael at MRHagerty@ucdavis.edu ■

OUTAGE: The Spark That Solidifies Community

by MEG JORDAN

How did you feel when the power went out? Outraged over the outage? Soothed by the silence? Bored beyond belief?

The outage triggered a primal memory of a near-forgotten era, a predigital, pre-cell phone, pre-Internet, preelectric world of space and time. It challenged us to seek each other out and think deeply about who we are as a community, where we came from, where we are going, and why we are here.

The three-and-a-half-days of being off the grid might have intensified feelings of isolation for those living alone. When PG&E shut off the juice, millions in California who were without generators experienced darkness, silence, and disconnection during that first night, and by the second night, things got downright chilly. Only the initial automated voice messages and text alerts punctuated the silence.

For those with partners, there was someone to talk with, but connections with family and friends outside the Park, Internet, TV, and radio, was limited. Some people reported being afraid to drive their cars, knowing they were low on fuel. Others tried to get to gas stations only to find yellow tape going up around the pumps in Novato.

“You can’t say we weren’t warned by our own MVEST and County Nixle alerts and even the City of Novato, along with PG&E,” said one block captain. But warnings did little to assuage the anger felt by many residents over a utilities monopoly whose power lines played a significant role in the most destructive wildfires in California history.

On that first power-less night, residents thought they were lucky that the lights were still on despite notices that everything

would shut down around 4 pm. However, around 8:30 pm on October 25, the promised shutdown came to pass at MVMCC, and people were switching on lanterns, lighting candles, and hoping batteries would last through an unknown number of days.

By day two of the shutdown, many were starting to wander up to the well-generated clubhouse to recharge cell phones,

But the unsettling question remains: why has the hyper-digitally connected technology of today been linked with more anxiety and depression? Instead of more life satisfaction and joy, researchers point to a rampant low-level depression and anxiety in general: dysthymia (persistent mild depression) is growing for teens, adults, and the elderly. So what created a sense of community and well-

being at Marin Valley when the rest of the unplugged world might have been coping with ennui and feeling a bit dysthymic?

Social Capital: We Got It.

As a Red Cross volunteer and Healthy People 2020 contributor, I’ve learned how communities that have invested in their social capital fare better during crises.

“Social capital,” a term used by economists and social scientists, refers to all those factors that keep a social group functioning effectively, such as a shared sense of identity or understanding, shared values, trust, cooperation, reciprocity, and strong interpersonal relationships. Good leadership also contributes to a shored-up social capital “bank” to draw from. I’m grateful for our leaders in PAC, MVEST, HOL, and Mar Val, as well as the expert management from Matt Greenberg.

Out of the 400+ people living in this Park, a little over a third regularly take part in the Mar Val community events such as monthly dinners or fundraisers. In November’s *Echo*, John Feld reported that an even smaller group winds up being the usual suspects volunteering for MVEST or Mar Val or HOL. That is really no

Experiences of the first night—

I actually enjoyed the quiet, without any EMF tower buzz.

Did you see the night sky? It was amazingly vivid ... so many stars.

I read a book by flashlight ... not too bad.

I can’t get my cell phone to work. That’s reason to have a landline, I guess.

Why don’t we just put up a bunch of solar panels in the field and get off the grid?

Welcome to our new normal, 10 years of this, every October. Can you imagine?

laptops, and even batteries. By evening, over 75 people made their way there, where groups were assembled in the lobby, hallways, and Fireside Room. The board games, courtesy of Ed Collins, were attracting lively crowds, as were the poker popcorn, and a pop-up potluck.

John Feld set up movies in the ballroom, one following another. People who never frequented events wandered in, flashlights in hand, asking, where’s the movie? Discussions were lively in the lobby and hallways. A clutch of residents gathered in the library, talking about the pre-digital device days when you couldn’t reach people unless they were home and answered a “wall phone.” Today our expectations are that we should be able to summon any connection in seconds with 24/7 access.

different from most communities; the burden of responsibility with connecting and securing our lives lies with a dedicated group. It's not that the rest are downright avoidant, but we tend to get estranged from others and hold ourselves back rather than embracing and risking connection.

In the aftermath, we have plenty to think about. One question posed on NextDoor.com: "If power outages were happening even once a week due to fire season, would you continue to live in Marin?" KQED aired a show on the wildfires, droughts, and earthquakes we live with here, asking, "Is living in California untenable?"

Getting Unstuck from Fear

Jungian analyst James Hollis cautions that fears like these can grip our souls at middle age and beyond because we're sort of locked into life choices and may be finding that things aren't going as we expected, leading to more distress. We can numb the internalized distress with excessive alone time or TV or wine or other distancing behaviors.

Coming together as a community when the power went out—that one mild crisis (mild compared to the true loss of life and property or evacuation that our northern neighbors underwent)—gave us an opportunity to flex our social connection muscles, deconditioned as they might be. Hollis says, "As we age, we can get stuck in isolating routines, and it requires a significant amount of energy to get unstuck," in his *Living an Examined Life: Wisdom for the Second Half of the Journey*.

A conference entitled Wisdom 2.0 spawned by the Bay Area's vibrant tech sector occurs every spring in San Francisco. Promotions for this year's theme, "The Power of Connection," stated: "Despite technology to support connection, we value and need in-person contact."

So when technology fails us, how difficult is the journey to reconnect? That's the true test of a community's resilience. At Marin Valley, we didn't have a long and difficult journey to reconnect—just a quick walk or short drive to the clubhouse—because we already had a community that invested in its social capital with marvelous Mar Val events, biography nights, salons, craft fairs, clubs, game nights, farmers market, potluck dinners, speaker events, fire safety networks, film nights, volunteer activities, exercise—in the pool, in the chair, and on the dance floor—and a whole host of other events that recognize the human condition and touch our lives with a celebratory spirit.

The success of communities, both modern and ancient, lies in their capacity to touch our hearts, our feelings, and our deep intuitive sense of connection to one another and to our sense of place. We are enhanced by the connections we share with one another. ■

What Can I Do?

New Hope for Eliminating Plastic Waste

by NANCY WARFIELD

Did you know that every piece of plastic ever made still exists, in some form of waste, on this earth? Plastic breaks down into tiny particles in the ocean and is ingested by fish, marine mammals, and birds that are part of our food chain. It doesn't have to be this way!

We have the power to restore our ecosystems, wildlife, oceans, and world to a healthy state. This is within reach of our generation if we act now.

Australian billionaire Andrew Forrest is donating 300 million dollars from his family foundation to support his new "Sea the Future" initiative. It will make producing, selling, and purchasing fossil fuel-based plastics less profitable and will level the playing field in favor of producing plastic from plastic—thereby keeping it out of our oceans, which is better for us and better for our environment.

How will it work? Andrew is asking for a voluntary contribution by businesses in the plastic supply chain—both producers and users—that will make fossil fuel-based plastics more expensive to produce and more valuable to collect, and will tip the scales in favor of reusing the plastics we already have. It will make it economical, particularly in poverty-stricken countries that are riddled with plastic waste, for individuals to pick it up and recycle it, helping them to earn a living. Plastic will go from a toxically omnipresent

waste and threat to human and animal life to a resource to help send kids to school.

Coca-Cola Co., Walmart, Tesco, Unilever, and Reliance Industries, the largest plastics group in India, are among the corporations that have already voiced support for the voluntary plan.

What can ordinary citizens do? **Sign the petition at noplasticwaste.org** to ask manufacturers, corporations, and retailers to support this initiative. Show them you care!

Statistics

- Of all the plastic ever made, only 9% has ever been recycled.
- Plastic waste costs society US \$2.2 trillion a year.
- There are as many as 51 trillion microplastic particles—500 times more than the stars in our galaxy—in our oceans and seas.
- Plastic is killing more than 1.1 million seabirds and other animals every year.
- The average person eats 70,000 microplastics each year.
- The average time a plastic bag is used is 12 minutes.
- Over the past 50 years, world plastic production has doubled.
- Tiny plastic nanoparticles are now passing through the blood-brain barrier in fish and are also linked to central nervous system degradation and depression in humans.

There is really no time to waste! Please **sign the petition at Poplasticwaste.org** ■

Clark's Nutcracker

Article and Photography

by DAVID GRAY

While the Clark's nutcracker (*Nucifraga columbiana*) is not a bird we find in our Park, it is nominally appropriate for the season :-)

A member of the corvid family, as are ravens and crows and jays and magpies, these striking birds are found in mountainous regions of the Western United States and up through the Canadian Rockies. I first saw them in the Willowa Mountains of Eastern Oregon and most recently saw a group of five or six in the Eastern Sierras on the Mount Whitney Portal Trail. In flight, their central black tail feathers are outlined with brilliant white feathers, and their black wing feathers are similarly accented by white trailing feathers extending from the body to about half the length of the wing. Their overall body is gray, with a long, strong, and sharp black bill and black legs.

The photograph of the Clark's nutcracker all fluffed up against the cold was taken in the Canadian Rockies along the Continental Divide north of Lake Louise, beside a lake filled with glacial melt; the blue color of the lake gives away its origin. The other photos show the plumage in profile near the same location.

The Clark's nutcracker eats pine seeds and pretty much nothing else. It uses its long bill to reach deep into pine cones for the seeds. Concentrating on pines with larger seeds such as the Jeffrey and white bark pines, it rips these seeds out of the cones and can keep up to 150 in its sublingual pouch at the base of its tongue(!). They eventually store the seeds by burying them at lower elevations in the surrounding area where they will nest. Like all corvids, these birds have an amazing memory and recall where they have buried most of the tens of thousands of seeds they stored in the fall. Some seeds they forget about (or they're way more clever than we humans give them credit for), and those seeds sprout and the cycle of new trees with new cones continues.












They nest at lower elevations in conifers in the vicinity of their seed caches and breed in the winter starting around February. The males share in the incubating of the eggs and have evolved to have an incubating patch of feathers on their breast, just like the females. They have anywhere from two to six eggs per clutch and have only one clutch per year. Incubation takes about three weeks. They feed their hatchlings from their storehouse of pine seeds, digging through several feet of snow to reach their seed caches.

The oldest known Clark's nutcracker to date was over 17 years of age, having been first netted and banded in 1952 and recaptured in 1969.

Happy holidays to all, and may dreams of Clark's nutcrackers fill your heads! ■

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1PM Mahjong <i>Fireside Rm</i>	6+AM Trash Pickup 9:30AM Low-Impact Exercise <i>Fireside Room</i> 10-11AM Line Dancing <i>Ballroom</i> 6PM MVEST Meeting <i>Fireside Room</i> 7:15 PM Poor Man's Poker <i>Card Room</i>	7-9:30AM Taiji <i>MacLam Clubhouse Deck</i> 10-11:30AM Chair Yoga <i>John Marin Fireside Room</i> 4-5PM ART PARK 6PM Art in the Park Meeting <i>Fireside Room</i> 6PM PAC Meeting	11AM-1PM Whistlestop <i>call Roberta 415-883-0843</i> 12-2PM Craft and Chat <i>Library</i>	7-9:30AM Taiji <i>MacLam/Deck</i> 9AM Commission on Aging 9:15AM QiGong <i>Dove/Fireside</i> 11AM-12PM The Rollin' Root <i>Clubhouse Parking Lot</i> 3-4:30PM DrawOn! <i>Bogardus/Bamboo</i> 6PM Film Night THE GODFATHER	4 PM Canasta <i>Fireside Room</i> 5PM Pub 7PM Game Night <i>Fireside Room</i>	 FADR First Aid TRAINING 9AM-1 PM <i>Ballroom</i>  COMMUNITY DANCE 7-9PM • Ballroom 5-9PM Private Event <i>Fireside Room</i>
 MARIN VALLEY VILLAGE HOLIDAY CRAFT FAIR 12-4 PM • Ballroom  CHRISTMAS CAROLS 6-9 PM • Fireside ECHO DEADLINE	6+AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Line Dancing 6PM MVEST Meeting 7:15 PM Poor Man's Poker	7AM Taiji 10AM Chair Yoga 6:30PM Biography Night <i>Maggie Siegfried</i> <i>Deb McNeil</i> <i>Fireside Room</i>	11AM Whistlestop 12PM Craft and Chat 5PM HOLIDAY DINNER RESERVATION DEADLINE <i>or after 140 reservations</i> 6PM MarVal Meeting  FULL MOON 9:12PM	7-9:30AM Taiji 9:15AM QiGong 11AM- The Rollin' Root 3PM Draw On! <i>Bogardus</i>	9-11:30AM FIRESafe Marin <i>Ballroom</i> 11:30AM-1PM FIRESafe Marin <i>Leaders/Fireside</i> 4PM Canasta 5PM Pub 7:15PM Bingo	 Mar Val Holiday Dinner 5 PM Cocktails 6 PM Dinner
1PM Mahjong 4PM Salon in the Park "Trust" <i>33 ClubView Dr.</i>	6+AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Line Dancing 6PM MVEST Meeting 7:15 PM Poor Man's Poker	7AM Taiji 10AM Chair Yoga 4-5:30PM Nonviolent Communication Study <i>Fireside Room</i>	11AM Whistlestop 11AM Bridge <i>Fireside Rm</i> 12PM Craft and Chat 2:45PM Readers' Theatre <i>415-506-1671</i>	7AM Taiji 9:15AM QiGong 11AM The Rollin' Root 3PM Draw On! 6PM Film Night FORREST GUMP	4PM Canasta 5PM Pub	
1PM Mahjong	6+AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Line Dancing 6PM MVEST Meeting 7:15 PM Poor Man's Poker	7AM Taiji 10AM Chair Yoga	CHRISTMAS	7AM Taiji 9:15AM QiGong 11AM The Rollin' Root 3PM Draw On!	4PM Canasta 5PM Pub 5PM NEW YEAR'S EVE PARTY RESERVATION DEADLINE <i>or after 120 reservations</i>	
29 1PM Mahjong	30 6+AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Line Dancing 6PM MVEST Meeting 7:15 PM Poor Man's Poker	31 NEW YEAR'S EVE  Mar Val New Year's Eve Party 6:30-9PM	January 1 2020 NEW YEAR'S DAY	2	3	4

DECEMBER 2019