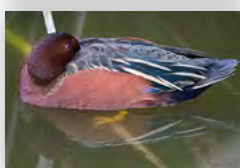


T H E
ECHO

MARCH 2020

C O N T E N T S



2 Erma Wheatley FROM THE EDITOR, MARIN VALLEY DIRECTORY; GOODBYE, BILL;
Barbara Brown LETTER TO THE EDITOR

MVMCC • PAC • MVEST

3 Matt Greenberg MVMCC MANAGEMENT UPDATE
Jay Shelfer PAC LETTER TO RESIDENTS

MAR VAL

4 Kathleen Dargie MESSAGE FROM MAR VAL—*Reservation Form: St. Patrick's Day*

HOL

5 Janie Crocker HOL MESSAGE
HOL COMMUNITY PRESENTATIONS

6 John Feld FILM NIGHT
Kim Holscher BIOGRAPHY NIGHT: *Terry Patten, Ed Collins—March 25*
Kamala Allen HOL SHREDDING EVENT
Suzie Lahr ART IN THE PARK
Michael Hagerty COMMUNITY DANCING

7 Anita Flantz WHAT'S BITING ME?

8-9 Vicki Waddell DECLUTTERING WITH AN ENVIRONMENTAL BENT

10-11 David Tetra USING A FOOTPRINT CALCULATOR TO HELP SAVE THE PLANET

11 Merrit Malloy EPITAPH

12-13 Lorna Sass INTERVIEW: *David and Pakaratt Krasnor*

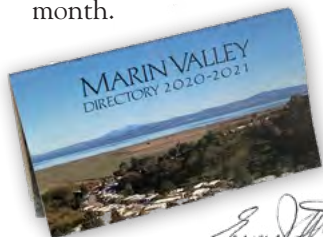
14-15 David Gray BIRD OF THE MONTH: *Cinnamon Teal*

16 CALENDAR: *March 2020*

From the Editor

The new 2020-21 Directory should be available by the time you receive this *Echo*. Some additional copies are available for households that need more than one. Please come by the lobby and ask Matt for your copy.

The "Directory Update" information that usually is printed on this page most months keeps the directory current. Write these changes in your directory to keep it up to date. It's easier to write them in one at a time than to not have a record of them. There are often only zero to two changes per month.



Letter to the Editor

Scam Alert

I want to warn residents of a possible scam. I received recent editions of two magazines—*Harper's Bazaar* and *Better Homes & Gardens*—which I did not subscribe to. In both cases the subscriptions were made by Neighborhood Periodical Club. I was able to have both magazines stop sending issues to me but was unable to cancel the subscriptions because I did not order them. I was given a phone number (same one both times) for Neighborhood Periodical Club, but the number is not in service. What the intention of this company is I am not sure, but I think the plan is to bill the recipients when the current subscriptions are expiring.

Goodbye, Bill



At Pub on Friday, January 24, 2020, **Bill Crozier** gave his farewell to Marin Valley. Bill and his late wife moved to the Park in March 1973 when Bill was 50 years old. Bill will celebrate his 98th birthday on May 10. He has lived here for 48 years with the longest residency in the Park.

On our website at marinvalley.net see "About—History" for Bill's "Memories of the Park," or search for "Bill Crozier," and under "Living Here—*Echo* Magazine," find an interview with Bill that appeared on pg. 8 of the January 2018 *Echo*.

I did some research online and found some information on NPC at Edumacation.com on the Consumer Reports website and on the Better Business Bureau website. I reported this to the BBB in Oakland and to the Marin County District Attorney's office by letter. This is just to give residents of the Park a heads up.

Barbara Brown

THE ECHO

MARCH 2020

MARIN VALLEY

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SUBMITTING ARTICLES

Email articles with "ECHO" as the first word of the subject line with 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*).

ECHO DEADLINE

Everything is due the 8th of the month or sooner for the following month's issue.

MVMCC Management Update

PAC Letter to Residents

March 2020

Management has been made aware of multiple unauthorized solicitations from outside organizations trying to convince residents they need insurance for their utility lines. This is false and should not be purchased. Please alert the front desk if solicitors knock at your door. We will contact the service provider and ask them to stop soliciting in the Park. Please do not let a stranger into your home even if they seem friendly and with good intentions. Call the front desk for assistance.

Management has recently contracted for the repair of several damaged underground electric utility sites. All damage was caused by digging to set fence and deck posts. Prior to any digging, please alert Management so we may do a thorough utility location inspection. This inspection can prevent costly repairs to underground wire and pipe. It will also prevent residents from losing power or gas during a repair.

We have added WiFi to the ballroom and gym.
MVMCC Guest / No password required

Residents have alerted Management of a coyote eating cat food in their yard. Please keep your cats safe and indoors per Park rules. The quail population is dwindling partly due to cats hunting baby quail.

Per Park Rule #12, carports are not to be used for storage. People who can't park in their respective carports impact others by parking in guest spaces.

Thank you for your continued cooperation.



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

Greetings from the Park Acquisition Corporation Board.

Finances Our finances are in order. The debt service ratio (DSR), year to date, on the bank loan, which refinances the original bond issue for the purchase of MVMCC, is 1.71. This ratio was derived at the end of December 2019 with the accounting practices carried forward from the Al Frei Management Co. Steve Plocher will elucidate his understanding of the accounting practices that establish this ratio and give feedback to the City and to the Helsing Group. The main factor that caused the ratio to drop below the required 2.0 was reported to be the prepayment of the full year's sewage bill in one lump sum. Actually, the accrued prepayment is carried on the balance sheet as an asset called "MVMCC accounts payable." If one takes that into consideration, our year-to-date DSR would be 2.82. The requirement for the bank loan is that the accumulated DSR should be 2.0 at the end of the fiscal year. These monthly notices are for information only and do not put us in default. Our cash, plus medium- and long-term reserves and prepaid expenses, is over five-and-a-half million dollars.

Budget The PAC Board is beginning to anticipate the preparation of next year's budget for the Park. Should you have any input for this procedure there will be public meetings and an ad hoc committee working on this. You may contact Steve Plocher or me.

Speeders Residents are still challenged by speeders, by drivers who do not respect stop signs, and by noisy accelerations upon leaving the Park. The Novato Police Department will be coming.

Goats The goats are coming back in late spring.

2x2 Meeting The PAC Board representatives meet with the City's staff in March. The discussion items are available on the PAC's bulletin boards. Feel free to suggest your own.

Activities I urge you to investigate and participate in the ongoing MVEST, HOL, and Mar Val resident activities reported on elsewhere in the *Echo*.

The PAC's Board meetings are enriched by residents' participation. Your observations and suggestions on how Marin Valley can better serve your and the community interests are always welcomed. Come to the meeting or email us. Three seats on your PAC Board will be elected this spring. Want to participate?

The agendas for the coming PAC meetings are posted 72 hours before the meetings in the clubhouse. The next Board meeting will be **Wednesday, March 4.**

In service,



Jay Shelfer
Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com

MAR VAL *Message from Mar Val*

Dear Friends,

The month of March not only heralds the start of daylight savings time on the 8th and the always welcome start of spring on the 19th but also the much anticipated Mar Val celebration of St. Patrick's Day. Let's face it; things don't get much better.

Having celebrated the Scots at our dinner in January and the French at the Mardi Gras gala in February, it is clearly time to grant the Irish center stage at our traditional corned beef and cabbage dinner on Saturday, March 14, 2020. An important attraction at this event is the once-a-

year appearance of the Mar Val baristas who prepare the memorable Irish coffee for our aficionados.

With warmest regards,



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



MAR VAL PRESENTS

ST. PATRICK'S DAY

MARCH 14, 2020

5 PM COCKTAILS ■ 6 PM DINNER

M e n u

Corned Beef/Cabbage or Vegetarian Shepherd's Pie

Potatoes ■ Carrots ■ Rolls

Dessert

Reservation deadline is March 11, 2020 at 5 PM or when 140 reservations have been received.

Please make checks payable to Mar Val – NO cash please – \$15 each.

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

ST. PATRICK'S DAY DINNER RESERVATION FORM

(Please CIRCLE entrée choice)

RESIDENT _____ Corned Beef/Cabbage Vegetarian Shepherd's Pie

RESIDENT _____ Corned Beef/Cabbage Vegetarian Shepherd's Pie

GUEST _____ Corned Beef/Cabbage Vegetarian Shepherd's Pi

GUEST _____ Corned Beef/Cabbage Vegetarian Shepherd's Pie

residents attending _____ @ \$15/each. Check for _____ enclosed.

guests attending _____ @ \$15/each. NO CASH – checks payable to MarVal

Reservation deadline — March 11, 2020 at 5 PM or when 140 reservations have been received.

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

HOL *Home Owners League Message*



Free Tax Preparation

Service sponsored by Anita Flantz and AARP in February is still available to you if you were unable to make the event. Contact Anita at 415-497-8669.

Shredding HOL is considering sponsoring a “shredding event” in the Park and would like to know if anyone is interested. Look for a sign-up sheet on the front desk. HOL would cover most of the cost and will probably ask for a small donation.

What to Do? We are having an excellent response from the Activities and Interest

surveys—there’s a lot of information to digest! Thanks to everyone for the praise of HOL’s hard-working volunteers. There is still time to turn yours in. The results should be posted in the April *Echo*. Turn yours in at the cubbyholes by the HOL bulletin board or to Matt.

Turned 90? Email me janieklimes1948@gmail.com if you know of someone who turned 90 last year.

Medical Resources Be looking in the Library for a Medical Resources binder created by Betty Cianciarulo. It will be close

to the Handyperson binder and have information about different doctors and facilities in the local area.

COMING UP

Hamilton Field Talk HOL is sponsoring a presentation by Ray Dwelly from Hamilton Field—Thursday, March 26, 6–7:30 pm in the Ballroom. The topic is “The History of Hamilton Air Base.” The air base was active from 1930 to 1970. He will also talk about the life of the field after its decommissioning. Refreshments will be served.

Spring Craft Fair Our Craft and Chat group is putting

together a spring Craft Fair. Look for more information next month. Contact **Tara Plocher** if you want a booth.

Bill Hartwell and his guitar are coming back on Sunday, April 26. Save the date—more on this later.

NOTE: The next HOL meeting is Wednesday, March 18 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



Ray Dwelly from Hamilton Field will give a presentation “The History of Hamilton Air Base”

Thursday • March 26 • 6–7:30 pm



FILM NIGHT

HOL COMMUNITY PRESENTATIONS

We were very saddened to hear that we have to cancel the film night in Marin Valley after more than three years. Due to licesing requirements, if we wish to show movies in the clubhouse we will have to purchase a license for about \$750 a year. As we have shown two films a month, this amounts to over \$30 a film.

While we have shown a great collection of titles over the past years, there have seldom been more than 10 people to show up for a film, and on three occasions no one came. Spending that amount of money on so few people seems excessive, so we are discontinuing showing films.

I wish to thank all those who attended, made suggestions for future films, and supported Film Night.

Best wishes,
John Feld

Biography Night



Ed Collins



Terry Patten

Wednesday, March 25 • 6:30 to 8 pm

On Wednesday, March 25 come to the Fireside Room from 6:30 to 8 pm to hear **Ed Collins** and **Terry Patten**. To speak about YOUR life for 20 minutes to an appreciative audience or to recommend someone, contact Kim Holscher, kimholscher51@gmail.com.

NOTE: This event is fragrance free.

HOL Shredding Event

by **KAMALA ALLEN**

If there is enough interest, HOL will sponsor a shredding event in which residents may shred their backlog of paper.

We will rent a large shredder for this purpose on a specific day. There may be a small fee of \$5 to participate. If you are interested in participating, please sign the sign-up sheet in the clubhouse by February 28. The date of the event will then be announced in a future *Echo*. ■



by **SUZIE LAHR**

Art in the Park will reconvene in May. Suzie will be contacting the resident artists with newly scheduled TBD dates. Contact Suzie at suzielar@aol.com to put your name on the email list with the subject line "New Marin Valley Artists." ■



COMMUNITY DANCING
First Saturday of the Month
7 - 8:30 pm

SWING THE NIGHT AWAY

Saturday March 7, 7-8:30 pm

in the clubhouse. It is '60s style swing, featuring songs from Motown, Buddy Holly, the Temptations, and more.

Come to dance, or come to listen and watch as some of the best swing dancers in Marin demonstrate their twists, spins, swims, and dips. And they are happy to dance with you too. **Michael Hagerty** will be DJing.

What's Biting Me?

by ANITA FLANTZ

I am sensitive to flea and small fly bites. My latest battle started in April last year with large red welts that itched for two or three days. I thought they might be flea bites from working outside. I resisted scratching them and took antihistamines. It was a relief to leave here for my summer home in Wisconsin. In Wisconsin there were no new bites.

In August I returned for the birth of my second granddaughter and there were new bites. This time I did not work outside.

In October when I returned to California for the winter, more itchy welts appeared and I was determined to find out what was biting me. After living here for ten years without bites, there must be a cause.

Could it be bedbugs? I paid for a canine inspection. The dog happily sniffed around and found nothing. His handler told me that over a period of six months there would have been a visible bedbug infestation.

Next, the pest control company inspected and set sticky traps by all of the no-longer-used cold air return

registers. It took a few days, and then I saw what looked like a speck of dust. Through a magnifying glass, it was clear that the spec of dust had legs. There were mites from some animal living under my home. They could be mice or rats, and there were openings for them to get in. The recommendation was to treat the house for mites and close the points of entry.



Seeking a way to seal off the entry points, I called a company that would seal off the crawl space. This inspection showed a large gash in the plastic barrier beneath the unit and insulation pulled out plus dirty paw prints on the plastic. A raccoon. Unfortunately, this company could not seal off the crawl space because there is no wood foundation to which the barrier could be secured.



I have since found someone who put new insulation and a plastic barrier under my home where there was not just one but many gashes. There was also solid evidence that raccoons had been there. Perhaps that explains the odor that sometimes came through the vents.

The next steps were to seal off the vents, replace the flooring and pay a pest control company for regular visits.



I have since heard many stories from residents of problems with rodents. If you think you have mosquito bites in winter, I suggest checking more closely. ■



More than cute

Decluttering with an Environmental Bent

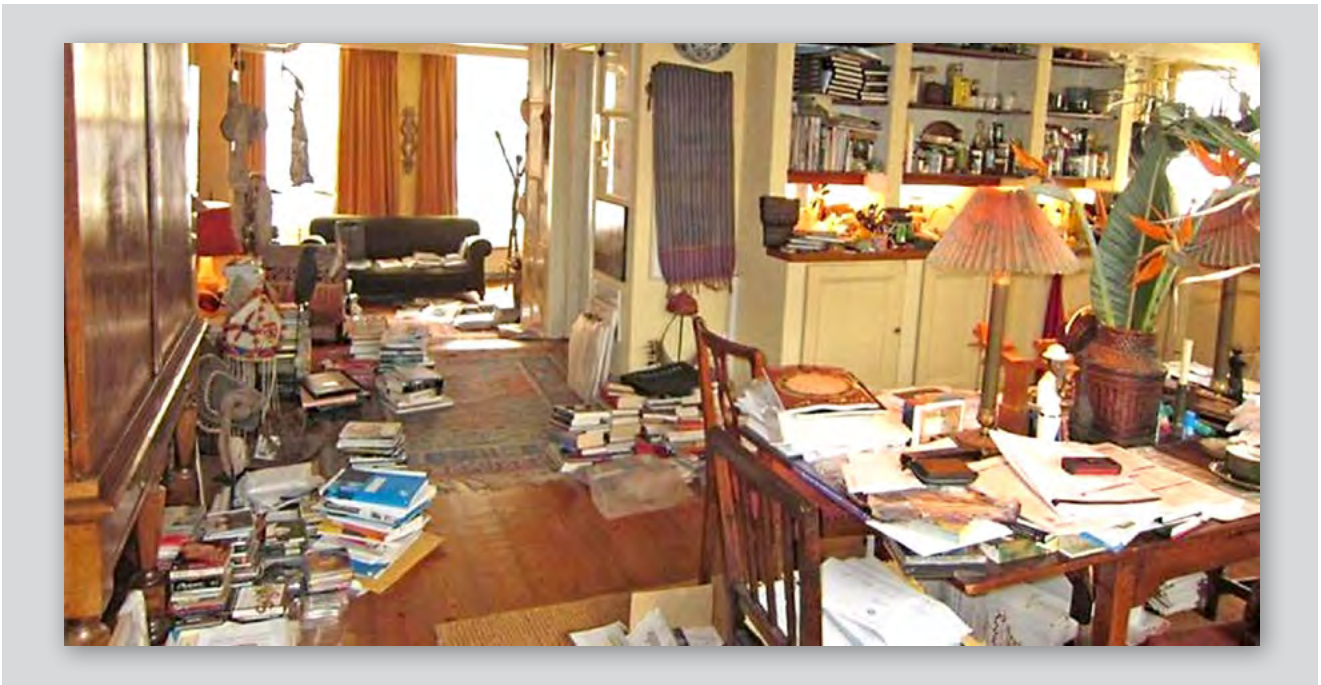
by VICKI WADDELL

This past year several of us have put on our “green capes” and shared information about what we can do to reduce waste, especially plastic, in our lives. This is just a beginning, as there’s much more we can do to help the environment.

This is the time of year when we think about resolutions for the New Year or how we’re going to tackle spring cleaning. When you moved to Marin Valley, you probably had to do some downsizing. Have you noticed as the years go by that the “hunter/gatherer” instinct inherent in all of us is once again causing your home to bulge at the seams? If so, remove the frown from your forehead, sit back in your easy chair, and think about what would motivate you to recycle your unwanted. Mine is very simple: I want less to clean!

Here are some ideas on how to get started:

- **Approach the subject of recycling in a positive manner**, just as in Japan, Book Off shops have successfully done in recent years. Japan is reeducating its citizens to believe that almost everything can be either reused or recycled because there’s always someone who wants your stuff.
- **Buy more durable stuff.** Quality products lasts longer and are more likely to be reused when the time comes to move them along.
- **When buying new merchandise, check out the life cycle** recommended by the manufacturer. Short-lived products may be cute but can break too soon and quickly end up in the landfill.
- **Mend what you can.** Think vintage—it’s the “in thing” today!
- **Find another use for an item**, such as turning your old yoga mat into knee pads to be used in the garden.
- **When considering recyclers, look for R2 certification.** You can trust that these organizations will not throw stuff into the landfill.
- **Haulers are pretty good about taking hazardous material to where it should go, for an extra charge.** Before signing a contract, however, you might want to ask what they do with the nonhazardous items. I was told by one hauler that 80% goes to the dump!
- **Buy natural fibers** as often as you can because synthetic fibers are difficult to recycle.
- **Consider searching out independent repair shops**, or go online to *iFixit.com*, which offers repair manuals and tutorials on how to fix things yourself.



- **Thrift stores are OK, but if they can't sell the stuff, it often ends up in the landfill.**

It's hard to ignore all the hype about consuming more in order to be happier. Joshua Becker, who offers courses on how to find more from life by owning fewer possessions, suggests we rethink what constitutes happiness. He thinks that by owning less we can save money, feel calmer and more peaceful, travel more, and spend less time maintaining possessions.

Happiness notwithstanding, taking that first step to getting rid of our stuff can meet a variety of obstacles.

UPS— Pacheco Plaza will take

- **peanuts**
- **Styrofoam**
- **bubble wrap**
- **and boxes in decent condition**

Some Great Sources

Buy Nothing Project

This is a local Facebook group that allows people to post anything they want to give away, lend, or share with their neighbors. See <https://buynothingproject.org/> and the *Echo*, January 2010 pg. 8.

Stuff You Don't Want.com

An amazing site where you can find a home for just about anything imaginable spanning the entire alphabet from Afghans to Tools!

The Bra Recyclers

This might be a good cause for local craft groups. You can jazz the bras up and donate them to "Bras for the Cause" for auction at their annual gala.

The Oral Care Brigade

Did you know that it takes 400 years to break down a toothbrush and that people generally replace them every three months?! Contact Colgate, as they recycle toothbrushes/tubes and floss.

The Salvation Army

Underwear takes 25 to 40 years to break down. Even if an item is not in good condition, the Salvation Army will send it to facilities that shred and upcycle it as stuffing for furniture, pillows, and car upholstery.

UPS at Pacheco Plaza

will take peanuts, Styrofoam, bubble wrap, and boxes in decent condition.

As much as I've read on this subject, I'm still amazed at what I don't know. For example, uncrushed aluminum cans (with tabs attached) go into the paper bin; dog poop and washed pizza boxes go into the green bin; nail polish and perfume go to hazardous waste. There's just no end to the subject of recycling; you merely need a starting point. And your motivation may be as simple as Marie Kondo* suggests by keeping only what you dearly love. Happy decluttering 2020! ■

*Marie Kondo, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*.

Here are Some Common Reasons and Misconceptions

It will be worth more later.

Statistics indicate that this is highly unlikely, but if you're convinced an item is worth something, then the best way to find out is to have it appraised.

My children may want it after I'm gone.

Today's millennials are minimalists. They are more interested in doing, saving, and getting ahead than owning 12-piece place settings.

I might need it someday.

But when? Reminds me of my high school wraparound pleated tartan skirt that is stitched down from the waist and still hangs in the back of my closet. Let's face it—no way is my tummy ever going to be that flat again!

I found one report that said the average household has around 300,000 things in it! According to Adam Minter, author of *Secondhand Travels*, we discard 100 billion pounds of unwanted stuff (electronics, textiles, and furniture) each year, whereas demand is shrinking for these products. Mr. Minter is the son of a junk man just like Red Foxx in "Sanford and Son." Unfortunately, industries encourage us to "buy new" by unnecessarily applying expiration dates on products. So how do we get rid of all our unwanted stuff?

Using a Footprint Calculator To Help Save the Planet!

by David Tetta

On January 29 Tamra Peters from the Resilient Neighborhoods program gave us an inspiring presentation on how to minimize our carbon footprint and develop neighborhoods capable of adapting to climate change threats such as wildfires. It got me thinking about additional steps I can take to lower my own carbon footprint. One of the best ways of starting this process is to work through an online footprint calculator. There are several good ones from groups such as the Nature Conservancy and *carbonfootprint.org*.

Cool Climate Calculator

The best one I've found has been developed right in our own backyard. UC Berkeley's Cool Climate Calculator (<https://coolclimate.org/calculator>) is a wonderfully engaging tool for people interested in lowering their footprint. What I like most about it is how you can dynamically see how your footprint changes as you enter data or adjust settings for various aspects of your life, such as travel, home, and food. It also shows, each time you adjust the settings, how your footprint compares to national averages. This organization does great work!

Before you start you may want to have your gas and electric bills for the past year; I got mine from Matt, and he says he can provide a report for others who want it. You'll also want some record of your general shopping purchases. If you don't have these, it's not a problem; the calculator will just use national averages for those categories. It took me less than five minutes to go through the calculator once I had my gas, electric, and shopping expenses. What I learned really helped me focus on the main things I can do to further minimize my global warming impacts.

Another feature about this calculator that I like is that you can create an account in order to keep a record of your footprint and track it over time as you make changes in your lifestyle, which I plan to do. You can also share your results with others so as to make this work more of a community-building experience.

For me the pleasant surprises were that my gas and electric use are lower than average, and the fact that

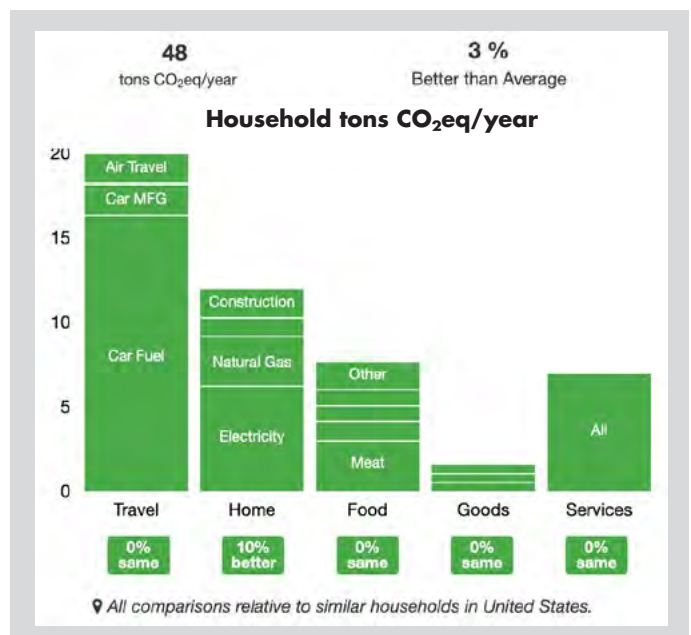
living in a mobile home (with less square footage than an average house) gives me a lower footprint. I've also worked to reduce the amount of meat in my diet, and that shows up as a significantly lower footprint in the food category. But it's pretty clear that for me, and for most of us in the Park, the main challenge will be how to reduce our car/travel-related footprint. This is especially true when living in low-density areas like South Novato/Marin, where more driving and long commutes are a common feature of day-to-day living. One option I'd like to explore is looking at ways of encouraging carpooling from the Park when we're going on simple errands or shopping in San Rafael or Novato.

Conservation International

A couple of other calculators have some interesting options. For instance, Conservation International's calculator allows you to figure out the footprint of a specific event you're hosting, like a wedding or family reunion.

Feel free to email me (dtetta@gmail.com) if you have questions about using the Cool Climate Calculator or other aspects of lowering your carbon footprint. ■

Sample Calculators from Cool Climate Calculator



How Much Do You Use in Your Home?

Electricity

1,260 \$ / yr

Percent purchased from a clean energy program: 0 %



Natural Gas

600 \$ / yr

Heating Oil & Other Fuels

220 \$ / yr

Living space area

1,850 ft²

How Much Does the Average Person in Your Household Eat?

Simple Advanced

Meat, fish, eggs

2.4 daily servings per person



Grains & baked goods

4.1 daily servings per person



Dairy

2.2 daily servings per person



Fruits and vegetables

3.5 daily servings per person



Snacks, drinks, etc...

3.4 daily servings per person



Epitaph

By Merrit Malloy

When I die
Give what's left of me away
To children
And old men that wait to die.

And if you need to cry,
Cry for your brother
Walking the street beside you.
And when you need me,
Put your arms
Around anyone
And give them
What you need to give to me.

I want to leave you something,
Something better
Than words
Or sounds.

Look for me
In the people I've known
Or loved,
And if you cannot give me away,
At least let me live on in your eyes
And not your mind.

You can love me most
By letting
Hands touch hands,
By letting bodies touch bodies,
And by letting go
Of children
That need to be free.

Love doesn't die,
People do.
So, when all that's left of me
Is love,

Give me away.

Submitted by Pauline Hawkins

David and Pakaratt Krasnor

by LORNA SASS

When I asked David Krasnor where the best spot would be for taking his photo, he led me to his office, where I immediately saw a wall lined with indigenous masks. When I inquired about them, he casually said, *Oh, I bought them in the sixties on a trip to Mexico, Guatemala, and Belize.*



David Krasnor

The masks give only a small hint of the adventures that have punctuated David's life. Born in 1942 in a town near Boston, both the neighborhood and his family were challenging for him, and he couldn't wait to escape. He joined the Marine Corps in 1959 and got to spend 13 months learning the streets of Okinawa as a bus driver. (Yes, it's true; that was his assignment!)

Once released from the Marines in 1963, he moved to New York City and began studying photography. Never one to play it safe, he took the subway up to Harlem the night MLK was assassinated and shot a photo of NYC Mayor John Lindsay assessing the riots from atop an open flatbed truck. *We were the only two white men in Harlem that night, and my camera equipment was smashed and ruined, but it was worth it since the photo I took was published in LIFE magazine,* he said proudly.

Despite this remarkable entrée into the world of magazine publishing, by 1969 David was dreaming of being in California. So when a friend who was driving a VW bus across the country offered him the passenger seat, David quit his job and took off within a half day of receiving the invitation. *I invited my girlfriend to come along, and she immediately said YES and offered to make some sandwiches for the ride,* he reported with obvious glee. They married and settled in Woodacre where David's first son, Caleb, was born in the living room in 1974. Caleb has three sons and lives nearby in San Rafael.

After his first marriage ended in divorce, David found himself living in Walnut Creek and working as a car salesman. He began noticing an attractive young Asian woman walking past the dealership daily and began engaging her in conversation. This woman turned out to be Pakaratt (Pak for short), who had recently arrived from her home in Bangkok, Thailand, to attend Heald Business College. The two hit it off and have been married for 34 years, spending most of their married life in a home in Berkeley (or as David calls it: The Democratic People's Republic of Berkeley). They are the proud parents of two boys, Daniel, 31, who teaches fifth grade in Berkeley, and Michael, 28, who is a lieutenant in the Navy and is also working on his MBA.

Since moving to the Park in 2012, the couple has been to Paris and on a cruise to Alaska. *I've always loved to travel,* David told me. *Often I say things to Pak like, "Let's get a boat and sail around the world." She almost always looks up at me and shakes her head with a firm NO, but when I recently asked her if she wanted to go skydiving, she really surprised me with a strong YES.*



Pakaratt Krasnor with guide

So skydiving the two of them went about a month ago, taking off with four other people and one guide per person on a small plane that took to the skies from Gnoson Field Airport in Novato.

The couple described sitting on the floor of the plane until it was time to dive. Then they strapped up, each participant with an instructor. Pak was the first person to jump out of the plane!

It takes 30 seconds for the parachute to open, but somehow the freefall feels gentle, David explained. At this point Pak, who is somewhat shy, piped up and told me that skydiving was a fabulous experience for her and a highlight of her life.

While David retired a few years ago, Pak is still working 30 hours a week as a dental assistant. All of her family still lives in Thailand, but she hasn't seen them since the couple visited there seven years ago.

When I was growing up in Bangkok, it was before the city was very developed, and we always had lots of animals, including chickens, dogs, and monkeys, she told me. *I can't live without animals,* she said, looking fondly at their sweet, gentle 11-year-old Golden Retriever named Raku. *We rescued him two years ago after his owner moved and left him at a shelter,* she said quietly and with reverence.

What adventure is next? Maybe Scandinavia ... stay tuned ... ■



Pakaratt Krasnor with guide



David Krasnor with guide

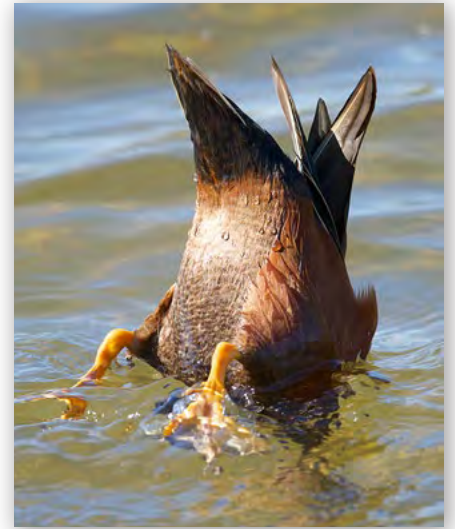
Cinnamon Teal

Article and Photography by DAVID GRAY

The cinnamon teal (*Anas cyanoptera*) is a small dabbling duck. The gander (male) has spectacular plumage coloration, from which its name is derived. The goose (female) is much more muted in her overall coloring to provide a natural camouflage for her while she is sitting on her nest. In flight, both the male and female have blue shoulder patches and a brilliant teal-green speculum on the

trailing edge of the wing. A small patch of the speculum is often visible when the wing is folded, as can be seen in some of these photographs. The gander has a bright red eye, while the goose's eye is brown. I am so grateful that the *Echo* is now printed in color so that you, too, can enjoy the radiance of this elegant bird.

The cinnamon teal weighs about one-quarter as much as the more common



Cinnamon teal gander dabbling



Cinnamon teal goose

mallard. Dabbling ducks differ in some clear ways from their diving duck brethren. The diving ducks ride low in the water due to their lower buoyancy, while dabbling ducks can be easily distinguished by their somewhat inelegant feeding position: heads underwater and tails in the air. Like all dabbling ducks, they feed



Cinnamon teal gander



Cinnamon teals


on algae in the shallows of freshwater and brackish bodies of water.

Their range includes the ponds at Las Gallinas, and I have seen them up and down the California coast and in Baja California Sur. These photographs were taken in February 2016 at Oso Flaco Lake State Park near Pismo Beach, while the males were in their extra-vibrant mating plumage.

One of the reasons that the cinnamon teal likes Oso Flaco Lake so much is the abundance of reeds on the shore, combined with a lack of trails on the shore. The lack of shoreline trails is due to the boardwalk that crosses the lake, so the nests remain undisturbed by people. When selecting a nesting site, the female picks out a tunnel through the reeds, and her ideal spot is concealed from all sides and from above by matted dead reeds.

Like many ducks, when resting they fold their necks so that their head is pointing backwards with their bill nestled under their wing. In this way they can keep a watchful eye out for any predators and take off quickly in the opposite direction.

I hope that you enjoy seeing these beautiful ducks as much as I enjoyed photographing them! ■

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|--|---|---|
| 1 PM Mahjong Fireside Room | 6 AM Trash Pickup 9:30 AM Low-Impact Exercise Fireside Room 10-11 AM Caribbean Zumba Ballroom 6 PM MVEST Meeting Fireside Room 7:15 PM Poor Man's Poker Fireside Room | 7 AM-8 PM Presidential Election Ballroom 7-9:30 AM Taiji/MacLam Clubhouse Deck 10-11:30 AM Chair Yoga John Marino Fireside Room VOTING | 11 AM-1 PM Whistlestop call Roberta 415-883-0843 12-2 PM Craft and Chat Library 6 PM PAC Meeting | 7-9:30 AM Taiji MacLam/Deck 9:15 AM QiGong Dove/Fireside Clubhouse Parking Lot 11 AM The Rollin' Root 12 PM Clubhouse 3-4:30 PM Draw On! Bogardus/ Bamboo Room | 4 PM Canasta Pub Ballroom 5 PM Game Night Fireside Room | 7-9 PM COMMUNITY DANCE Ballroom |
| 8 Mahjong  TURN CLOCKS AHEAD FULL MOON 5:12 PM ECHO DEADLINE | 6 AM Trash Pickup 9:30 AM Low-Impact Exercise 10 AM Caribbean Zumba 6 PM MVEST Meeting 7:15 PM Poor Man's Poker | 7 AM Chair Yoga 10 AM Tape of John Marino | 9 AM-12 PM Private Event Fireside Room 11 AM Whistlestop 12 PM Craft and Chat 5 PM ST. PATRICK'S RESERVATION DEADLINE 6 PM MarVal Meeting | 7 AM Taiji 9:15 AM QiGong 11 AM-3 PM The Rollin' Root Draw On! | 9-11:30 AM FIRE Safe Marin Ballroom 4 PM Canasta 5 PM Pub 7:15 PM Bingo |  MAR VAL presents ST. PATRICK'S DAY DINNER 5 pm Cocktails 6 pm Dinner |
| 15 Mahjong 4 PM Salon in the Park "The Importance of Art" 15 View Ridge Dr. | 6 AM Trash Pickup 9:30 AM Low-Impact Exercise 10 AM Caribbean Zumba 6 PM MVEST Meeting 7:15 PM Poor Man's Poker | 7 AM Chair Yoga 10 AM Tape of John Marino | 11 AM Whistlestop 11 AM Bridge/Fireside Rm 12 PM Craft and Chat 2-4:5 PM Readers' Theatre call 415-506-1671 6 PM HOL Meeting | 7 AM Taiji 9:15 AM QiGong 11 AM The Rollin' Root 3 PM Draw On! | 4 PM Canasta 5 PM Pub | |
| 22 Mahjong | 6 AM Trash Pickup 9:30 AM Low-Impact Exercise 10 AM Caribbean Zumba 6 PM MVEST Meeting 7:15 PM Poor Man's Poker | 7 AM Chair Yoga 10 AM Tape of John Marino | 11 AM Whistlestop 12 PM Craft and Chat 4:30 PM Book Group 6:30 PM Biography Night Ed Collins Terry Patten Fireside | 7 AM Taiji 9:15 AM QiGong 11 AM The Rollin' Root 3 PM Draw On! 6-7:30 PM History of Hamilton Air Base Ballroom | 4 PM Canasta 5 PM Pub | |
| 29 Mahjong | 6 AM Trash Pickup 9:30 AM Low-Impact Exercise 10 AM Caribbean Zumba 6 PM MVEST Meeting 7:15 PM Poor Man's Poker | 7 AM Chair Yoga 10 AM Tape of John Marino | 11 AM Whistlestop 12 PM Craft and Chat | 7 AM Taiji 9:15 AM QiGong 11 AM The Rollin' Root 3 PM Draw On! | 4 PM Canasta 5 PM Pub | |

MARCH 2020

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