

T H E  
**ECHO**

**April 2020**

**C O N T E N T S**



**2 Erma Wheatley** FROM THE EDITOR, DIRECTORY UPDATE, BILL HARTWELL,  
LETTERS TO THE EDITOR

**MVMCC • PAC • MVEST**

**3 Matt Greenberg** MVMCC MANAGEMENT UPDATE  
**Jay Shelfer** PAC LETTER TO RESIDENTS  
**4 Larry Cohen** PAC ELECTIONS  
**4-5 John Feld** MVEST—*Facts and Fictions*

**MAR VAL**

**6-7 Kathleen Dargie** MESSAGE FROM MAR VAL—*Reservation Form: Volunteer  
Appreciation Dinner, Uno de Mayo*  
**7 Mark Crocker** LIBRARY NOTES

**HOL**

**8 Janie Crocker** HOL MESSAGE  
HOL COMMUNITY PRESENTATIONS  
**9 Kim Holscher** BIOGRAPHY NIGHT: *Elizabeth Lev, Lee Dunne—April 22*  
**Kamala Allen** HOL SHREDDING EVENT  
**Suzie Lahr** ART IN THE PARK  
**Charles Watson** COMMUNITY DANCING  
**10 Tara Plocher** SPRING ARTS AND CRAFTS AND COLLECTIBLES FAIR,  
ROLLIN' ROOT  
**Charlotte Kells** BILL HARTWELL IS COMING AGAIN TO MARIN VALLEY  
**11 Kamala Allen** GARDENING IN THE PARK

**David MacLam** POEM—*not much to say in this time of dire beauty*

**12-13 Lorna Sass** INTERVIEW: *Serena D'Arcy Fisher*

**13 Kim Holscher** CENSUS 2020

**14-15 David Gray** BIRD OF THE MONTH: *Green Heron*

## From the Editor

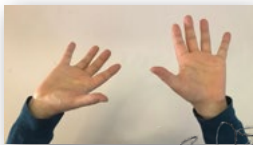
### All Park Group Activities Canceled Until Further Notice

This *Echo* seems as if it is a relic sitting between two worlds—what has been the “normal” with scheduled events and upcoming events—and where we are now, as we go to press, with all group activities in the Park CANCELED by the City, as well as in other places with older adults, until further notice. The patterns in our world keep changing throughout the day. Events here might, or might not take place, or might be online on *Zoom.com*. Stay tuned.

Stay informed. Information is also on our website homepage *marinvalley.net* and under *MVEST > Coronavirus Info*. Your suggestions are welcomed by emailing *marinvalley.net@gmail.com*.

On the frontline: HANDS. They announce our presence with a handshake, pick up presences on surfaces, and transmit traces of what has been touched—into us—by touching the openings on our face. The invisible elusive coronavirus—COVID-19—may be here, or may not be here. At this time, we don't know. But we can use caution. Watch how you use your hands. The humble warrior SOAP can protect us by helping to stop the flow of the virus in its tracks. Use it often.

In the meantime, stay active. Stay calm. Keeping an eye out to see if anyone needs help—while also maintaining social distancing—can help maintain a space of protection. Instead of reaching out with our hands, see how we are all connected. Say hello with the jazz hand.



### Directory Update

#### Correction

Judi Purdom  
415-453-3001



**Bill Hartwell** to perform at Marin Valley on April 26. See page 10.

## Letters to the Editor

### AARP Tax Services

I would like to thank HOL for bringing AARP Tax Services to the Park and also to thank Anita Flantz and the volunteers who gladly volunteered their time to be of assistance to the Marin Valley residents.

I can speak highly of their services. I have used AARP Tax Services for the last 15 years. It does take a little extra time, but for the free services it provides, it is worth it. The event was well organized and it was very convenient to have it on home ground. Thank you all again,

Pauline Hawkins

### Re-calculating Carbon Footprint

Regarding the March carbon footprint article by David Tetta: a very interesting and useful calculator. However, it is missing the biggest carbon footprint a person produces: a child.

After six generations (assuming two children each generation), that is pushing 128 offspring. So if interested in the ecology over the next century, please multiply your carbon footprint by 64 per child/century.

Richard C. Wilkerson

### Correction

The March '20 Decluttering article should read: aluminum cans go into the paper/bottles/can bin under the brown lid, dog poop goes into the trash bin, and soiled pizza boxes—the green bin (no need to wash them).

# THE ECHO

APRIL 2020

## MARIN VALLEY

MOBILE COUNTRY CLUB

100 MARIN VALLEY DRIVE  
NOVATO, CA 94949  
415-883-5911 / 415-883-1971 FAX  
[www.marinvalley.net](http://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/](http://www.mobilehomeboard.com/)

### MARIN VALLEY

GENERAL MANAGER Matt Greenberg  
[gm.mvmcc@gmail.com](mailto: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, Jay Shelfer  
MVEST John Hansen, Bill Davis, John Feld,  
Stephen Plocher, Carol-Joy Harris,  
Kevin Mulvany, Erma Wheatley

### HOL BOARD

PRESIDENT Janie Crocker 281-414-3984  
1<sup>ST</sup> VICE PRESIDENT Ed Collins 415-377-7696  
2<sup>ND</sup> 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  
1<sup>ST</sup> VICE PRESIDENT Dan Sebastian 415-382-7738  
2<sup>ND</sup> VICE PRESIDENT Pat Thurston 415-884-0740  
SECRETARY Ducki Mathias 415-842-7185  
TREASURER Sandee Duncan 415-883-3034  
DIRECTOR/BAR MANAGER Fred Dargie 884-2969  
DIRECTOR/HOSPITALITY Larry Moore 883-0486  
DIRECTOR/RESERVATIONS Carolyn Corry 370-6403  
DIRECTOR EMERITUS Dee Schneider

### 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](mailto:ermawheatley@gmail.com)

Images should be as large as possible to enable a 300 ppi resolution (*pixels/inch*).

### ECHO DEADLINE

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

# MVMCC PAC Management Update Letter to Residents

April 2020

Please refrain from flushing **hand wipes**—a constant problem for our sewer pump system.

Remember, Marin Valley is a **NO poison** community. There are many alternative methods to eliminate rats and gophers without the use of poisons. Owls and coyotes are harmed when they eat poisoned rodents.

**Park Rule #12 Carports:** Carports and porches are not to be used as storage facilities. Many residents need to be aware of this rule. It affects the Park and your neighbors' home value to have items stacked in your carport. Thanks for your anticipated cooperation with cleanup and removal of stored items.

**Park Rule 21.4 RV Storage:** RV parking is not to be used for vehicles that are inoperable or stored permanently without being used. Keep your RV space clean and devoid of garbage and stored items other than your RV.

**Park Rule 21.3 Repairs:** No repairing or servicing (whether major or minor in nature) of vehicles (including boats) will be permitted in driveways, carports, or streets.

Nonoperable vehicles stored in your carport are not permitted per **Rule #20** and are possibly dangerous. If you are currently storing a vehicle in your driveway, please make plans to have it removed.

**Register all pets.** You are required to have a signed pet agreement for your pet. See the front desk for any assistance.

Please drive **15 MPH** in MVMCC. This is now the posted speed limit.

Thank you for your 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 coverage, year to date, on the bank loan that refinances the original bond issuance for the purchase of MVMCC, is 1.95. This year-to-date accrued accounting is below the ratio of 2 we are accustomed to; this ratio is distorted by the rather large prepayment of the Park's yearly sewage expense. This was discussed in last month's letter and does not represent a problem. Our cash, plus medium- and long-term reserves and prepaid expenses, is over five-and-a-half million dollars.

**Clubhouse Roof Repairs** are being made due to damage from this winter's storms and the age of the roof. We are looking into its repair/replacement with the possibility of installing solar panels on the southeast side.

**Speeders—** Residents are still challenged by speeders, by drivers who do not respect stop signs, and by noisy accelerations leaving the Park. Some residents are driving more slowly, but be mindful that the Novato police are coming to check up and write tickets. The older one gets, the more difficult it is to be relicensed to drive, especially if one has a moving violation on one's record.

**Budget—** The PAC Board is beginning to anticipate the preparation of next year's budget for the Park. Should you have any input to this procedure, there will

be public meetings and an *ad hoc* committee working on this. You may contact me or Steve Plocher.

The **goats** will be back in late spring.

**2x2 Meeting—** PAC Board representatives met with the City's staff in March. The discussion items will be available on the PAC's bulletin boards and the results reported in the next PAC monthly meeting.

**Activities—** There are always ongoing PAC, MVEST, HOL, and Mar Val activities reported elsewhere in the *Echo*. I urge you to investigate and participate in these resident activities while being mindful of the contagious viruses that are around.

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's 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? See page 4.

The agendas for the coming PAC meetings are posted in the clubhouse 72 hours before the meetings. The next Board meeting will be **Tuesday, April 7** in the Fireside Room.



*Jay Shelfer*

**Jay Shelfer**  
PAC PRESIDENT  
jjshelfer@yahoo.com

## PAC Elections

by LARRY COHEN

The seats currently held by

Jay Shelfer

John Hansen

Carol-Joy Harris

are up for election.

Nominations accepted by election committee  
Saturday, May 9–  
Saturday, May 16

### If more than three nominations:

- **Election committee prepares and mails ballots** if more than three nominations  
Monday, May 18–  
Friday, May 22
- **Meet the Candidates**  
Tuesday, May 27  
6 pm  
Fireside Room
- **Ballots accepted**  
*at the clubhouse  
voting box in the lobby*  
Thursday, May 28 –  
Friday, June 5 (3 pm)
- **Votes counted**  
Friday, June 5 (4 pm)
- **PAC annual meeting results announced**  
*Elected PAC Board members introduced*  
Saturday, June 6

Contact

Larry Cohen  
(415-883-7786) for  
more information



# Facts and Fictions

by JOHN FELD

In our new information age, we are bombarded with lots of facts. And sometimes the sources of these facts are not quite as reliable as they may at first seem. It can be fairly easy to judge some of these “facts.” Generally, we can start with the source. Of course, many people have strong biases and tend to dismiss “news” from untrusted sources. Typical among these are news outlets that do not conform with our established prejudices. MSNBC, Fox News, the New York Post, Washington Examiner, Breitbart, etc. all have agendas, which possibly make their reporting occasionally suspect. If you often rely on these sorts of news sources, you tend to trust what they say. But remember, the people who present the news are often either TV personalities, journalists, or others who have an ulterior motive in what they say. In these dangerous times, we need to be doubly cautious about what we believe. It is easy to check *snopes.com* for information.

I, like so many others, have been consuming news of the COVID-19 virus from wherever I can find it. Each day on Facebook I get maybe five or six stories about what this virus is, how it spreads, and who is at risk. When they begin with something like:

*My uncle was at a meeting and he heard ...*

*I am a doctor specializing in lungs ...*

*It has been reported in Korea (or somewhere else) ...*

*Experts agree that ...*

they usually do not have references from medical experts in the field or reliable government sources.

I have received remedy information about herbal extracts, lists of Chinese herbs, and yoga practices that all claim to help build up our immune system. It usually includes phrases like “strengthening your immune system” because that makes the presented information sound more reliable. Some of the information is correct, some irrelevant and concerns other illnesses, and some is just plain wrong. One source even suggested solutions that were carcinogenic. The Chinese government is investigating using Chinese herbs as a supplement to its allopathic (mainstream medical) solutions. The literature on this is nearly all pre-COVID-19 and comes with significant warnings about the freshness of herbs, correct combinations and quantities, and relevance to other unstudied illnesses<sup>1,2</sup>.

But often when you check news outlets’ sources, they come from discredited practitioners, people who are not medical experts, or people with no experience in the field. I came upon one recently from an economist who, apart from doomsday financial prophecies, suggested physical actions we could take to prevent infection. Politicians are also prone to giving health advice. I am dubious of politicians who give me any advice, and even more so medical solutions, even if the speaker was once a doctor (of what, how long ago, and with what expertise?).

Also, in these stories, which nearly always arrive online, either through social media or from friends forwarding emails, etc., are quotes from doctors who claim to be experts. I generally check out who these doctors are. If they sell



ANYTHING, especially online, then I discount them immediately. I don't know if their information is correct or not, but I know they have an economic incentive for me to trust what they say. One such author, I discovered, had cheated suppliers out of money for the pills they sold. I do value that there are friends who are reaching out to one another trying to help, but this information is often not 100% accurate, or even relevant.

The European Academies Science Advisory Council urged Western medicine to be reticent about authorizing Traditional Chinese Medicines (TCM) without subjecting it to Western verification techniques: "One of the basic principles of TCM is that vital energy, qi, circulates through body channels, connected to organs and functions. Concepts of body and disease used in TCM have not been substantiated by conventional scientific investigation. This lack of a science base often makes TCM mechanisms and claims

neither verifiable nor falsifiable by scientific experimentation. In Europe, it is difficult to reconcile TCM with mainstream medicine and its frameworks for regulation."<sup>3</sup> This does not invalidate Chinese medicine; rather it asks that it be analyzed in the same manner as Western allopathic medicines.

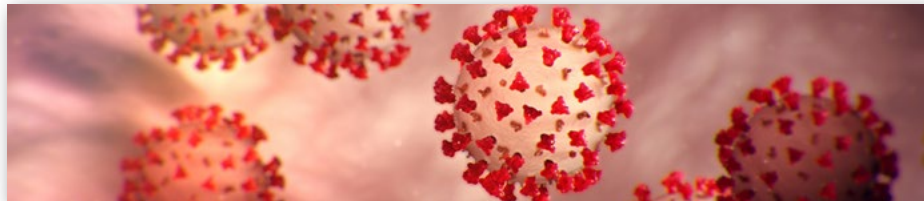
So who can we trust? A recent news story out of Australia doubts the validity of "facts" coming out of China. The Chinese have at times been reticent in telling the whole story of their devastating outbreak in Wuhan and elsewhere.

Most governments want to sound more prepared and better able to deal with emergencies. There are a few national, international, and even local sources of news that seem trustworthy. The ones I trust are the World Health Organization (WHO)<sup>4</sup>, the Center for Disease Control and Prevention (CDC)<sup>5</sup>, and more locally the Marin County Health and

Human Services (HHS).<sup>6</sup> The City of Novato is working closely with the County of Marin and Marin HHS to monitor and respond to COVID-19<sup>7</sup>.

The WHO was set up by the International Health Conference in 1946 and is respected throughout the world. The CDC is a U.S. government agency, which states that they increase the health security of our nation, save lives, and protect people from health threats. To accomplish this mission, the CDC conducts critical science, provides health information that protects our nation against expensive and dangerous health threats, and responds when these arise. As yet this agency seems to not be greatly influenced by politicians, although there have been attempts to influence the amount and accuracy of the information they provide.

So I suggest that you listen to the experts, check your sources and *snopes.com*, and keep washing your hands. ■



<sup>1</sup>[www.dw.com/en/coronavirus-can-traditional-chinese-medicine-help-fight-the-disease/a-52337292](http://www.dw.com/en/coronavirus-can-traditional-chinese-medicine-help-fight-the-disease/a-52337292)

<sup>2</sup>[www.medicinenet.com/script/main/art.asp?articlekey=228775](http://www.medicinenet.com/script/main/art.asp?articlekey=228775)  
This article recommends a soup made with ephedra, which can cause a quickened heartbeat and elevated blood pressure. Side effects include heart palpitations, nausea, and vomiting. More than 800 dangerous reactions have been reported with the use of the herb. These include heart attacks, strokes, seizures, and sudden deaths. The U.S. National Institutes of Health warn that not only are claimed treatment benefits inconclusive, but also some traditional Chinese medicine's herbal and supplement products may be adulterated with pesticides, industrial chemicals, prescription pharmaceuticals, or mislabeled herbs and other substances. "Studies of Chinese herbal products used in traditional Chinese medicine for a

range of medical conditions have had mixed results," states the NIH. "Because many studies have been of poor quality, no firm conclusions can be made about their effectiveness." Furthermore, public health experts for years have warned that the Chinese government's propaganda push to promote traditional Chinese medicine could make outbreaks worse. Those statements take on more urgency in light of COVID-19's spread across several continents.

<sup>3</sup>[https://easac.eu/fileadmin/PDF\\_s/reports\\_statements/Traditional\\_Chinese\\_Medicine/EASAC-FEAM\\_TCM\\_statement\\_final\\_Nov\\_2019.pdf](https://easac.eu/fileadmin/PDF_s/reports_statements/Traditional_Chinese_Medicine/EASAC-FEAM_TCM_statement_final_Nov_2019.pdf)

<sup>4</sup>[www.who.int/](http://www.who.int/)

<sup>5</sup>[www.cdc.gov/](http://www.cdc.gov/)

<sup>6</sup>[www.marinhhs.org/](http://www.marinhhs.org/)

<sup>7</sup>[www.novato.org/about-novato/hot-topics/coronavirus-covid-19](http://www.novato.org/about-novato/hot-topics/coronavirus-covid-19)

# Message from Mar Val

Dear Friends,

As most of you are aware, Mar Val has for many years set aside a Saturday evening in April to acknowledge those residents who have volunteered their time to our group in the preceding 12 months. In addition to Mar Val naming a Volunteer of the Year, HOL has for the past two years used this gathering as an opportunity to honor one of their volunteers with a similar

award. Clearly we are all indebted to those who so generously volunteer to all the Park organizations and invite you to join in honoring their work at the Volunteer Appreciation Dinner on Saturday, April 18. Please review the details included on the reservation form.

Cinco de Mayo falls on a Tuesday this year, so we will celebrate Uno de Mayo at Pub on Friday, May 1. Pub will open as usual at 5 pm and a Mexican dinner

costing \$5 per person will be served at approximately 5:30 pm. Reservations are required for this party in order to enable us to order sufficient food. Please plan on joining us for the Fiesta.

With warmest regards,



*Kathleen Dargie*

**Kathleen Dargie**  
MAR VAL PRESIDENT  
[kfdargie@aol.com](mailto:kfdargie@aol.com)

MAR VAL PRESENTS



## VOLUNTEER APPRECIATION DINNER

APRIL 18, 2020

5 PM COCKTAILS ■ 6 PM DINNER

*M e n u*

*Chicken Picata or Risotto with Spinach/Mushrooms*

*Fresh Steamed Asparagus ■ Green Salads*

*Apple Pie*

If you **have volunteered** for Mar Val between April 2019 and March 2020 and wish to attend the Appreciation Dinner, please complete the reservation form indicating your entrée choice and the committee for which you volunteered. Include a check for \$15 – when you check in at the event, your check will be returned to you. If you do not attend the event, this check will be cashed.

If you **did not volunteer** during this time, you are still most welcome to attend. Please complete the appropriate reservation form indicating your entrée choice and include a check for \$15. This check will **not** be returned to you.

**SEPARATE checks** are needed for **VOLUNTEERS** and **NON-VOLUNTEERS**. No cash, please.

Mar Val Volunteer Appreciation Dinner Reservation Form—**VOLUNTEERS**

RESIDENT \_\_\_\_\_ Chicken Risotto (Please CIRCLE entrée choice)  
RESIDENT \_\_\_\_\_ Chicken Risotto (Please CIRCLE entrée choice)

Volunteer Activities for Mar Val \_\_\_\_\_

# Volunteers attending \_\_\_@ \$15 each Check for \$\_\_\_\_\_ is enclosed (payable to Mar Val—NO CASH)

**Reservation deadline is April 15 at 5 pm or when 140 reservations have been received.**

**Your check WILL be returned to you when you check in at the dinner.**

Mar Val Volunteer Appreciation Dinner Reservation Form—**NON VOLUNTEERS**

RESIDENT \_\_\_\_\_ Chicken Risotto (Please CIRCLE entrée choice)

RESIDENT \_\_\_\_\_ Chicken Risotto (Please CIRCLE entrée choice)

GUEST \_\_\_\_\_ Chicken Risotto (Please CIRCLE entrée choice)

GUEST \_\_\_\_\_ Chicken Risotto (Please CIRCLE entrée choice)

# Residents/guests attending \_\_\_@ \$15 each Check for \$\_\_\_\_\_ is enclosed (payable to Mar Val—NO CASH)

**Reservation deadline is April 15 at 5 pm or when 140 reservations have been received.**

**Your check WILL NOT be returned to you when you check in at the dinner.**



## Library Notes

Be sure to practice CDC guidelines when using the library and HOL-provided computers. Washing hands before and after is a good start. If wipes are available, use them to wipe down surfaces you touch. And please, no food or drinks on the computer tables. In fact, we shouldn't use the room as a snack or coffee bar. Thanks for your cooperation.

The library features three authors this month. Ken Follett has two lengthy books that combine history and mystery to explore the Middle Ages: *Pillars of the Earth* and *World Without End*. Marilynne Robinson's Pulitzer winner *Gilead* delves into the mysteries of faith and family. Bill Bryson looks back at *One Summer: America, 1927*, which witnessed Lindbergh's flight across the Atlantic, Babe Ruth's home run record, the great Mississippi flood that changed American demographics, and more.

MAR VAL PRESENTS  
**UNO DE MAYO**

PUB EVENT

PUB AT 5 PM



MAY 1

DINNER SERVICE AT 5:30 PM

Tim Hart will once again be creating a Mexican feast for Mar Val's Uno de Mayo celebration at Pub.

**Reservations are required if you wish to enjoy this delicious dinner.**

Reservation deadline is April 28 at 5 PM or when 100 reservations have been received.

Questions, call Carolyn Corry at 415-370-6403.

**MAR VAL UNO DE MAYO RESERVATION FORM**

RESIDENT \_\_\_\_\_ Meat Veggie (Tamale choice)

RESIDENT \_\_\_\_\_ Meat Veggie (Tamale choice)

# Residents attending \_\_\_@ \$5 each Check for \$\_\_\_\_\_ is enclosed (payable to Mar Val—NO CASH)

**Reservation deadline is April 28 at 5 pm or when 100 reservations have been received.**

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

# Home Owners League Message

# HOL



## Arts, Crafts, and Collectibles Fair!!!

The date for this new event will be **Sunday, April 19 • 12-4 • Ballroom**. Because Mar Val is not hosting Black Cat this year, all types of items are acceptable, including jewelry. No large furniture or large appliances, please. The caveat is that whatever does not sell has to be taken back home with you. There is NO COST for a booth, but you must reserve your spot; contact Tara Plocher at [taraplocher@gmail.com](mailto:taraplocher@gmail.com). Setup will be that Sunday at 9 am-noon. Complimentary lunch will be provided.

## 2020 ACTIVITIES AND INTERESTS SURVEY RESULTS—

We had an enormous response! Over 100 replies that took some time getting through. The following have event planners and are already scheduled.

**REPEATED EVENTS** most popular are:

- Bill Hartwell**—April 26, 3-5 pm
- CBD presentation**—May 12, 5 pm
- Ice cream social**—July
- Vector control**—August
- Medicare enrollment**—October
- Nonviolent communication**—November
- December craft fair**—December
- Town hall meetings**—of various subjects of interest were requested to continue. The Park organizations will call for town hall meetings as the need to communicate important information as it arises. Look for a flyer at the front desk and/or in your mail tube and most likely a robocall.

**ONGOING WEEKLY AND MONTHLY EVENTS** will all continue.

**NEW EVENTS** scheduled include:

- Spring Arts, Crafts, and Collectibles Fair**—April 19, 12-4 pm
- Gardening Event**—April 27, 2-5 pm
- Pot Luck Lunches**—Summer

## SUGGESTED NEW EVENTS

that **need planners—**

There are quite a few suggestions that the five of us on the Board can't organize, but are able to help with. We need someone (YOU) to **STEP UP** and be the event planner for the following:

- **blood pressure clinic**
- **chamber music**
- **day trips with group rates**
- **Earth Day Marin cleanup**
- **open mic sing-alongs**
- **one-day drawing events**
- **safe driver course**
- **variety show**
- **various support/information groups**
- **vision boarding**
- **voter information before Nov. 3**

HOL can provide refreshments, but you will have to contact the organization, select and clear a date with Matt, then notify HOL what you want to do. This will include organizing setup and cleanup. We have AV equipment, which we can help set up, and we can help with advertising and making and passing out flyers. It's easy and only takes a little time and planning. These events sound **WONDERFUL** but won't happen without volunteer support. Contact me for help [janieklimes1948@gmail.com](mailto:janieklimes1948@gmail.com)

## Coming Up—

**Water Aerobics** resumes **April 6** in the pool on Mondays, Wednesdays, and Fridays, 10-11 am.

**Caribbean Zumba** will change to Tuesdays at 9-10 am on **April 7**.

**Spring Arts, Crafts, and Collectibles Fair, Sunday, April 19**, 12-4 pm in the ballroom, sponsored by Tara Plocher.

**Bill Hartwell, Sunday, April 26**, 3-5 pm in the ballroom, sponsored by Charlotte Kells and Lee Dunne.

**Gardening in the Park, Monday, April 27**, 2-5 pm in the Ballroom put together by Kamala Allen in response to the interest survey. See page 11.

**Shredding Event.** We had an enormous response for this upcoming event. We will be using a shredding service, who will come to the Park on June 15 from 1-2:30 pm. You must bring your bankers boxes or similar size to the clubhouse parking lot with a check for \$8 per box made out to "A&P". Anyone can bring boxes, whether you signed up or not. But, please contact Kamala Allen: [dr.allen108@gmail.com](mailto:dr.allen108@gmail.com), 415-306-6865, and leave a message by May 15 to let her know specifically how many boxes you will be bringing. You need to reserve your space in advance.

## Points of Interest—

- The white **Canon printer** bit the dust. HOL is looking into getting a new second printer.
- HOL is investigating getting a new **computer** to replace the older one.
- In the gym, look for a new **BOSU ball**. This is a tool to help you regain and build balance. Please refer to the wall chart for safe use and hold on to the bar till you get stable.
- There is not enough interest to act on **gutter bridges** yet, but Janie is still collecting information.

**NOTE:** The next HOL meeting is **Wednesday, April 15 at 6 pm** in the Fireside Room. Please join us.

*Janie Klimes-Crocker*



**Janie Klimes-Crocker**  
HOL PRESIDENT  
[janieklimes1948@gmail.com](mailto:janieklimes1948@gmail.com)  
281-414-3984 cell



## Biography Night



Lee Dunne



Elizabeth Lev



Wednesday, April 22 • 6:30 to 8 pm

by KIM HOLSCHER

**O**n Wednesday, April 22 come to the Fireside Room from 6:30 to 8 pm to hear Lee Dunne and Elizabeth Lev.

To speak about YOUR life for 20 minutes to an appreciative audience or to recommend someone, contact Kim Holscher, [kimholscher51@gmail.com](mailto:kimholscher51@gmail.com). **NOTE:** This event is fragrance free. ■

## HOL Shredding Event

by KAMALA ALLEN

**O**n June 15, from 1–2:30 pm, HOL will be sponsoring a shredding event. A&P Records

Management and Mobile Certified Shredding will park a truck in the space usually used by the Rollin' Root.

On that date, bring your boxes to the truck with a check for \$8 for each box made out to A&P. If you can't come on June 15, you can bring your

boxes (or bags if they hold the same amount as a bankers box size) in advance, to the storage shed, and they will be taken out for shredding on the scheduled date. However, you must bring your check before that date to Janie or Kamala in order to have your documents shredded.

Anyone can bring any number of boxes, whether you signed up or not, but please let me know specifically how many boxes you will be bringing.

Please contact me at: 415-306-6865, or at [dr.allen108@gmail.com](mailto:dr.allen108@gmail.com) and leave a message by May 15. ■

## ART IN THE PARK



by SUZIE LAHR

**T**he new Marin Valley Gallery installation will be in the month of May. All Marin Valley artists are invited to display a piece or two of their original artwork. If you have not joined us in the past, please plan to attend this upcoming meeting on **Sunday, May 3 at 4 pm**.

At this meeting with fellow artists you will get a quick instructional lesson on how our gallery system works so you know what needs to be done to prepare your piece to hang properly on our system. There will also be a discussion on where we are with future planning.

The actual gallery installation will take place on **Saturday, May 16**. On the morning of this day you should deliver your artwork and pick up any that are currently on display.

Please make sure you are on my email list to get any updates and reminders, by emailing me at [suzielahr@aol.com](mailto:suzielahr@aol.com). Thank you for your support and participation over the past seven years, and let's keep it going together as a creative team! ■



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

'70's and '80's popular dance music • R&B • funk • reggae • disco • rock...

with Charles Watson as DJ • on Saturday, April 4!

# Spring Arts and Crafts and Collectibles Fair

**Sunday, April 19 • Ballroom • 12 – 4 pm**

HOL is sponsoring a Spring Arts and Crafts and Collectibles Fair on Sunday, April 19 from 12 to 4 pm in the ballroom.

- All types of items are acceptable, including jewelry and what would have been donated to the Black Cat, which will not happen this year. You don't have to be the maker of the things. But please, no large furniture or large appliances.
- Set-up is from 9 am to noon. All tables are free, but you must reserve your spot. There is a two-table limit, with possible exceptions, if there is space.
- **You must take back whatever does not sell.**
- Complimentary free lunch from 12 to 2 pm.
- Contact Tara Plocher at [taraplocher@gmail.com](mailto:taraplocher@gmail.com) for questions and to sign up as a vendor. ■



## Rollin' Root

by **TARA PLOCHER**

**C**ome and buy local, organic veggies and fruit, at the Rollin' Root, on Thursdays, from 11 am to noon, right in front of our clubhouse.

There is no healthier food than food grown organically on local farms. Most prices are lower than at the big farmers market because there are grants that make this mobile farm market possible.

It is important that people not park in the four spaces to the left of the disabled spaces on Wednesday night and Thursday morning. That is where cones are placed to provide space for the Rollin' Root to park from approximately 10:30 am to 12:30 pm on Thursday mornings. ■

## Bill Hartwell Is Coming Again to Marin Valley

by **CHARLOTTE KELLS**



**Sunday, April 26 • 3–5 pm**

**W**e are delighted to bring back once again singer-songwriter Bill Hartwell. He has been playing and performing for over 30 years and has five CDs of original songs. Bill resides in San Diego and primarily performs in Southern California, but his gigs have taken him from coast to coast.

Bill is an old friend of residents **Charlotte Kells** and **Lee Dunne**. The last two years they sponsored this event, and it was a big success!

This year HOL will sponsor it as a free event for our community on Sunday, April 26, 3 to 5 pm in the clubhouse. Refreshments will be served.

Check out [www.billhartwell.com](http://www.billhartwell.com) ■



# Gardening in the Park

by **KAMALA ALLEN**

**Monday • April 27 • 2–5 pm • Ballroom**

**A**re you like me? I've always wanted to learn to garden, but in my working days never had the time or else the plot of land to experiment with. Now, I fumble around in the dark with my flower garden. Though I haven't killed off many of my plantings, a lot of my gardening knowledge is hit and miss or gleaned from forays onto the internet with specific questions to keep my flowers and shrubs from packing it in with "when are you going to fertilize me?" and the like.

On April 27, 2–5 pm in the ballroom, HOL is sponsoring a panel of Park gardening experts for folks who want

to learn to garden and for those experienced gardeners wanting tips and updates. Tables for exchanging cuttings, seeds, pots, decorations, and other gardening items will also be on display. On one table **Lorna Sass** will teach us how to make mini-gardens of succulents in small containers, such as coffee and tea mugs, shells, hand-sized pots, and any other creative small containers you have to bring (drainage holes not needed). If you bring the container, Lorna will provide the cuttings and HOL will provide the other needed supplies for your project.

The panel experts are:

**Pauline Hawkins** *Basic Gardening Skills*

**Janine Bradley** *Garden Planning*

**Kathryn McMudie** *Growing Vegetables and Flowers in Large Containers*

**Lorna Sass** *Growing Succulents in the Ground and in Containers*

**John Hansen** *Park-Friendly and Fire-Resistant Plants*

Bring your gardening queries for the question-and-answer period at the end of each presentation. We hope you'll join us for this event, and thanks in advance to all our presenters for sharing your knowledge with us. ■

not much to say in this time of dire beauty.

Like sail battens,

my thin bones are stitched into the sail canvas of a windblown life.

My ribcage may as well be a steel cage, holding my heart in a prison that keeps it from exploding with desire unfilled by love.

Ticking like a time-bomb, the contained beats in a rhythm unceasing in a life of scattered jigsaw puzzle pieces.

A tattered, fragmented picture of battered, broken bits, impossible to form into anything coherent

on this particular, short, warm Fall day, with its long illumination of Liquidambar trees.

The Fall's breeze is stripping leaves into a brilliant confetti of primary colors, backlit by the low sun.

The ripened leaves are fragrant, partially dry, scraping across the pavement and blown away in a hurry, like the last election.

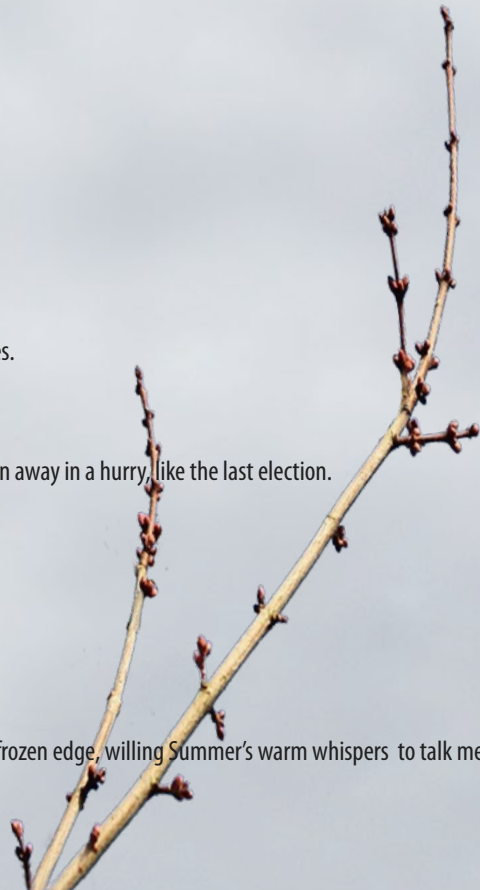
I try to soak-in the Sun's waning warmth, in vain hopes that this moment will sustain me through the predicted cold rains and through the absolute of Winter.

I try to weave these stark bones of vain hopes into some kind of logistical pathway that will shape itself, or can be shaped into something more, like a practical-mystical experience that will wrap around me and cloak me safely in the warm protection and golden moments of this Fall walk.

And I hope, hope will whisper to me at the height of bleak Winter, as I cope with the frozen edge, willing Summer's warm whispers to talk me down, and take my hand

and walk me down into Spring.

**David MacLam**





by LORNA SASS

“I have lived in 32 different houses during my lifetime,” Serena Fisher told me recently in her charming New Zealand/South African accent.

As a result of her dad’s peripatetic life and career as a pilot in the Royal Air Force in England and Kenya, and as a fighter pilot in the North American Aerospace

Defense Command, Serena became a citizen of the world from the get-go. Born in 1959 in Canada, she spent her childhood in Auckland, New Zealand, before the family moved to Johannesburg, South Africa.

“After a sojourn there, I joined my sister for some travels in India. My sister had trained as a conservator (restorer) of old paintings at Sotheby’s in London, so we traveled through India in a comfortable bubble thanks to her Indian friends, but still, the poverty was overwhelming,” she said.

Around this time, Serena’s brother was living in Marin and needed some help, so in 1992, at the age of 33, Serena stepped off an airplane in San Francisco and settled in Marin. She embarked on a study of complementary medicine with a specialty in kinesiology. During this period, Serena worked for Alternative Medicine Publishing and became involved in alternative health startups.

Gradually Serena transitioned into fundraising for nonprofit organizations, primarily those involved in the human potential movement. Esalen was her main client from 2001 to 2015. More recently, she worked on the capital campaign for building the spacious community hall at Spirit Rock, the Woodacre-based Buddhist Center. She also helped Whistlestop raise

“My father loved to go diving on the weekends, and there was such an abundance of seafood in New Zealand in the seventies, so that’s pretty much what we ate growing up:

eight-pound crayfish were common, and lots of fish. We did eat some lamb, but chicken was a rarity,” Serena reminisced.

Serena got an undergraduate degree in international relations at the University of Witwatersrand in Johannesburg and was hired by the government of South Africa to



## Serena D’Arcy Fisher

Serena’s family history is a rich tapestry that encompasses much of the globe and sounds a lot like a Hollywood adventure movie. Indeed, her father was actually born in Hollywood, where her grandfather worked in the film industry before the family moved back to England.



\$10M to build the projected Healthy Aging Center on Third St. in San Rafael. “The facility will be open to all older adults in Marin, and it will provide health services as well as a wide variety of programs to keep our minds sharp and stimulated so we age well.”

I commented that Serena’s work is very beautifully aligned with her values, and she responded: “It’s a blessing, I feel very fortunate. For me, it’s about being passionate about the mission. I always have to get my heart behind it. I’m very much about human potential—we are spiritual beings having a human experience.

“It’s a particular joy to work with philanthropists who understand what a joy it is to give. My passion is transformational philanthropy because when you can move someone from a place of *I don’t have enough* to knowing they can make a transformative gift, it’s such a heart-opening experience for all. Generosity is a fabulous gift both to the donor and to those who benefit,” she added.

Serena is a longtime student of Buddhism and for the past five years has been teaching mindfulness meditation at Villa Marin. “I love it,” she said with great enthusiasm. “The students are my teachers.”

Serena has been married to Alan Gump for 22 years. They met through a friend, and she was immediately taken with his humor, fine mind, and Southern accent. (Alan is from Tennessee.)

“We’ve been on a wonderful journey together. We are very fortunate. We share a regular meditation practice, and we have a regular weekly sitting group that’s been meeting for over 11 years. Mike Hagerty was

originally a part of that group, and he’s the one who introduced us to Marin Valley.

“We looked for six months, and finally when we stood on the deck of our place here on View Ridge and saw the view and how much gardening space I had to play with, we were sold. But it was a big change for us since the house we were renting in San Anselmo was made of solid concrete!”

Serena’s connection to the earth runs deep. “I love gardening and transforming a space,” she told me. “Creating beauty feeds my soul, and I find it very grounding.” This passion started in her teens when Serena began collecting rocks. “What I love about rocks is their intrinsic beauty, their colors, and their healing qualities.” Her vast collection is mostly in storage right now, but her aim is to have a large cabinet to display them soon.

I asked Serena where she felt most at home, and she responded, “I’m a global citizen really. There are parts of me in New Zealand and South Africa, and I recognize that this is my home now but it’s not my only home because I still have connections elsewhere.

“I still have family in South Africa, and I go back every couple of years. I’m passionate about protecting wildlife, so I do pro bono work helping organizations there raise funds to protect elephants, rhinos, and lions from profit-driven poachers who mutilate these poor animals to make use of their various parts.”

Alan will be retiring soon, and the couple looks forward to traveling and to doing long silent retreats.

Watch out, world! ■

# Census 2020

by KIM HOLSCHER

**T**he 2020 census is underway; here are some salient points you may not know:

## It’s Easy

There are only twelve questions, which are easy to answer.

- You can mail your answers, call, or GO ONLINE.
- For every person residing in California that is not counted in the 2020 Census, the State of California will lose up to \$1,950 every year for the next 10 years!

## Confidentiality

Census information is completely private and not shared with the IRS, ICE, law enforcement, or any other agency. (If you have renters or long-term guests in your unit who are counted, no one will be notified.) ■

**Editor’s Note**—According to United States Census 2020 from the [2020census.gov website](https://www.census.gov):

*Under Title 13, the Census Bureau cannot release any identifiable information about you, your home, or your business, even to law enforcement agencies. The law ensures that your private data is protected and that your answers cannot be used against you by any government agency or court.*

*The answers you provide are used only to produce statistics. You are kept anonymous: The Census Bureau is not permitted to publicly release your responses in any way that could identify you or anyone else in your home.*

# Green Heron

Article and Photography by DAVID GRAY

**T**he green heron (*Butorides virescens*) is the smallest heron in the heron family. About 18" in length and with a wingspan of a little over two feet, it is a stocky heron, compared with its more winsome brethren, such as the tricolored heron.

The green heron can be found across the United States and down into both the Caribbean and Pacific coasts of Mexico, and on down into South America. They prefer the treed banks of rivers, streams, and ponds. This one was photographed in San Jose del Cabo in Baja California Sur, Mexico, but I see them on occasion at the Las Gallinas ponds and out in the marshes at Point Reyes National Seashore.

They hunt for small minnows by standing motionless in the water, waiting for the fish to forget about their legs being legs. Lulled into a sense of complacency, the fish swim by, and the heron darts its beak into the water, more often than not returning with a minnow. They also eat snails, frogs, and small crabs, as well as insects.

Green herons nest in trees, choosing areas of dense foliage to conceal their nests. They readily blend into the trees with their coloring, making them hard to spot. The male starts the nest

structure, laying in larger branches and twigs, and then the rest of the nest construction is completed by the female. They typically lay one brood of eggs per year of about four eggs per brood. Weather/climate permitting, they might lay two broods. The incubation period is about three weeks, with the young staying in the nest after hatching for another two weeks. The parents teach the young how to hunt after they fledge, and off they go on another cycle of life!

I admit to being a little green (with envy) that this intrepid bird doesn't have to file taxes! But then again, minnow sushi for breakfast, lunch, and dinner... no. ■












Tricolored heron





# APRIL 2020

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
						<b>1</b> 10-11AM Water Aerobics <i>Pool</i> 11AM-1PM Whistlestop <i>call Roberta 415-883-0843</i> 12-2PM Craft and Chat <i>Library</i>		<b>2</b> 7-9:30AM Taiji <i>MacLam / Deck</i> 9:15AM QiGong <i>Dove / Fireside</i> 11AM The Rollin' Root <i>Clubhouse Parking Lot</i> 12PM Draw On! 3-4:30PM Draw On! <i>Bogardus/Bamboo Room</i>		<b>3</b> 10-11AM Water Aerobics <i>Pool</i> 4PM Canasta <i>Ballroom</i> 5PM Pub <i>Ballroom</i>		<b>4</b>  <b>COMMUNITY DANCE</b> 7-9PM • <i>Ballroom</i>	
<b>5</b> 1PM Mahjong <i>Fireside Room</i> 6:30PM Aging and Longevity Discussion Group <i>Fireside Room</i>		<b>6</b> 6AM Trash Pickup 9:30AM Low-Impact Exercise <i>Fireside Room</i> 10-11AM Water Aerobics <i>Pool</i> 6PM MVEST Meeting <i>Fireside Room</i> 7:15PM Poor Man's Poker <i>Fireside Room</i>		<b>7</b> 7-9:30AM Taiji / MacLam <i>Clubhouse Deck</i> 9AM Caribbean Zumba <i>Ballroom</i> 10-11:30AM Chair Yoga <i>John Marino Fireside Room</i> 6PM PAC Meeting  FULL MOON 7:35PM		<b>8</b> 10AM Water Aerobics 9AM-12PM Private Event <i>Fireside Room</i> 11AM Whistlestop 12PM Craft and Chat 6PM <b>MarVal Meeting</b>  <b>ECHO DEADLINE</b>		<b>9</b> 7AM Taiji 9:15AM QiGong 11AM The Rollin' Root 3PM Draw On!		<b>10</b> 9-11:30AM FIRESafe <i>Ballroom</i> 10AM Water Aerobics 4PM Canasta 5PM Pub		<b>11</b>	
<b>12</b> 1PM Mahjong		<b>13</b> 6AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Water Aerobics 6PM MVEST Meeting 7:15PM Poor Man's Poker		<b>14</b> 7AM Taiji 9AM Caribbean Zumba 10AM Chair Yoga		<b>15</b> 10AM Water Aerobics 11AM Whistlestop 11AM Bridge <i>Fireside Rm</i> 12PM Craft and Chat 2:45PM Readers' Theatre <i>call 415-506-1671</i> 5PM  <b>Volunteer Dinner</b> <i>Reservation Deadline</i> 6PM <b>HOL Meeting</b>		<b>16</b> 7AM Taiji 9:15AM QiGong 11AM The Rollin' Root 3PM Draw On!		<b>17</b> 11AM Water Aerobics 4PM Canasta <i>Fireside Room</i> 5PM Pub		<b>18</b>  <b>Mar Val presents</b> <b>Volunteer Dinner</b> 5pm Cocktails 6pm Dinner	
<b>19</b> 1PM Mahjong 12-4PM <b>Arts and Crafts and Collectibles Fair</b> 4PM Salon in the Park		<b>20</b> 6AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Water Aerobics 6PM MVEST Meeting 7:15PM Poor Man's Poker		<b>21</b> 7AM Taiji 9AM Caribbean Zumba 10AM Chair Yoga		<b>22</b> 10AM Water Aerobics 11AM Whistlestop 12PM Craft and Chat 4:30PM Book Group 6:30PM  <b>Biography Night</b> <i>Elizabeth Lev Lee Dunne</i>  <b>EARTH DAY</b>		<b>23</b> 7AM Taiji 9:15AM QiGong 11AM The Rollin' Root 3PM Draw On!		<b>24</b> 10AM Water Aerobics 4PM Canasta 5PM Pub		<b>25</b>	
<b>26</b> 1PM Mahjong  <b>Bill Hartwell Concert</b> 3-5PM • <i>Ballroom</i>		<b>27</b> 6AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Water Aerobics 6PM MVEST Meeting 2-5PM <b>Gardening in the Park</b> <i>Ballroom</i> 7:15PM Poor Man's Poker		<b>28</b> 7AM Taiji 9AM Caribbean Zumba 10AM Chair Yoga 5PM  <b>Uno de Mayo Pub Dinner</b> <i>Reservation Deadline</i>		<b>29</b> 10AM Water Aerobics 11AM Whistlestop 12PM Craft and Chat		<b>30</b> 7AM Taiji 9:15AM QiGong 11AM The Rollin' Root 3PM Draw On!		<b>MAY 1</b> 10AM Water Aerobics 4PM Canasta 5PM Pub 5:30PM  <b>Uno de Mayo Pub Dinner</b>		<b>2</b>  <b>COMMUNITY DANCE</b> 7-9PM • <i>Ballroom</i>	