

T H E
ECHO

June 2020

C O N T E N T S



2 Larry Cohen PAC ELECTIONS
Erma Wheatley FROM THE EDITOR
Ray Schneider LETTER TO THE EDITOR

MVMCC • PAC • MVEST
3 Matt Greenberg MVMCC MANAGEMENT UPDATE
Jay Shelfer PAC LETTER TO RESIDENTS
4-5 John Feld MVEST—*Fire Season and Evacuating*

MAR VAL
5 Kathleen Dargie MESSAGE FROM MAR VAL

HOL
6 Janie Crocker HOL MESSAGE
HOL COMMUNITY PRESENTATIONS
Kim Holscher BIOGRAPHY NIGHT: *Ed Collins – June 3*
Suzie Lahr ART IN THE PARK

NO SMOKING

PARK MAILBOX

KEEPING THE ECHO: Announcement of New Editor

7-9 Erma Wheatley WHAT WE ARE LEARNING

9 RESIDENT MARIANNE YORK PUBLISHES LIFELONG WORK

10-11 David Gray BIRD OF THE MONTH: *American Coot*

12 CALENDAR: *June 2020*

PAC Elections

by LARRY COHEN

Three seats held by Jay Shelfer, John Hansen, and Carol-Joy Harris are up for election.

As we go to press all are running for reelection along with Judi Purdom.

With more than three nominations, balloting is required. The election is postponed until June and possibly beyond.

Below are the new tentative dates:

WITH MORE THAN THREE NOMINATIONS:

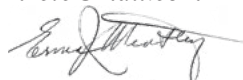
- **Ballots mailed**
Monday, June 22 –
Friday, June 26
- **Meet the Candidates Forum**
Saturday, June 27
(11 am)
- **Voting**
Monday, June 29 –
Monday, July 6 (4 pm)
- **Votes Counted**
Monday, July 6 (4 pm)
- **Results announced at PAC Annual Meeting**
Elected PAC Board members introduced
Tuesday, July 7 (6 pm)

Contact

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

From the Editor

Even though announcing May as my last issue as editor, with no one coming forward and no *Echo*, it seemed necessary to not miss at least this issue alerting residents to important information, since some of us don't have access to computers. Please see the article on pg. 4 about evacuating during the upcoming fire season; and elsewhere the City no-smoking policy; the change of PAC Board election dates; research to be aware of as we venture out more into public places; and to tell you to send *Echo* information at least temporarily for the July issue (and hopefully many more) to Ed Collins at mretc@mail.com.



Letter to the Editor

To expand a bit on a portion of John Feld's article in the May *Echo*, "Be Prepared" (pages 4-5), in which he mentions that "what you will want most of all are shoes," that is good advice. May I add that you will also want sturdy leather gloves, a flashlight, and socks.

Put all of that in a box under the bed, and tie the box to a leg of the bed. This is applicable to also being prepared for an earthquake. You may even want a crowbar in case you have to lift something out of the way after an earthquake.

And one other thing—which may sound funny—wear socks to bed. That way, you can put on the shoes that are under the bed without having to take the time to put on socks.

John also mentions to "pick up your grab-and-go bag on the way out." Again, good advice. And while you are thinking about all of this, be sure that the expiration dates on any "medications and ... snacks" you have in the grab-and-go bag have not expired.

One other thing: if you have a Vial of Life in the fridge, now is a good time to be sure the info in the Vial is up to date.

Ray Schneider

IN MEMORIAM

Doug Muhly

November 20, 1948 – April 26, 2020

Mike Krupp

December 1, 1942 – May 5, 2020

THE
ECHO
JUNE 2020

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, 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
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/BAR MANAGER Fred Dargie 884-2969
DIRECTOR/HOSPITALITY Larry Moore 883-0486
DIRECTOR/RESERVATIONS Carolyn Corry 370-6403
DIRECTOR EMERITUS Dee Schneider

SUBMITTING ARTICLES

For now, email articles with "ECHO" as the subject line with a copy of the article in the body of the email to ED COLLINS at mretc@hotmail.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.

June 2020

Warm weather and dry conditions are coming. Please be fire safe. Park maintenance will be trimming the dry grass for defensible space surrounding the Park's common areas.

Remember, if you are experiencing any issues with your gas system, please call the front desk first before calling PG&E. MVMCC is your gas company. Maintenance personnel have received training to help with any problems. Jarsco Utilities is close to completing the gas valve replacement project.

Rule #12 Carports: Per Mobile Home Residency law, you are permitted to store only certain items in your carport. BBQs and manufactured patio furniture are among several accepted items. Parking is paramount with the number of resident vehicles here at MVMCC. Please be considerate by cleaning out your carports and parking your vehicles under them.

Prior to any projects at your home, please stop by the front desk or call me to apply for any needed approvals or HCD permits. We can help you with this and guide you through the process.

If you ride a **motorcycle**, especially in the morning hours, please refrain from racing up the hill and causing noise for others to experience and wake up to. Abide by our 15-mph speed limit, and stop at all stop signs for the safety and consideration of others.

Standing water is a breeding ground for **MOSQUITOES**. Please look around your home to determine if you have any standing water. If so, pour it out to prevent larvae from hatching.

Thank you,



Matt Greenberg
GENERAL MANAGER, MVMCC
100 MARIN VALLEY DRIVE
NOVATO, CA 94949
415-883-5911
gm.mvmcc@gmail.com
marinvalley.net



Greetings from the Park Acquisition Corporation Board.

Sheltering We are sheltering in place. It would appear that decisive action taken by HOL, Mar Val, and the PAC has helped to mitigate the possibility of our residents coming down with COVID-19. But before patting ourselves on the back, be reminded that the threat is still very real. We collectively are the most vulnerable age group and are likely to have the worst reactions in contracting COVID-19. Until we can be assured that we are no longer able to transmit it to others, we need to wear masks and practice social distancing.

Fire season We are entering a very potent fire season. Management and MVEST are well aware of the dangers from fire, and they are preparing to meet them with appropriate remedies. With the clubhouse shut down, we will be working with the City to develop a protocol for its use if PG&E shuts off our electricity for fire prevention purposes.

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 approximately 2.3. Our cash, plus medium- and long-term reserves and prepaid expenses, is over five-and-a-half million dollars.

Sewage Lift Stations The Public Works Dept. of Novato, which is overseeing the renewal of the Park's sewage lift stations, is confident that this work will begin this fall. With the coronavirus slowing all activities, only essential work such as this is contemplated for the coming budget year.

Budget The PAC and Management have reviewed the coming year's budget for MVMCC. It anticipates our needs and gives enough flexibility to provide for residents' additional needs that might arise. We are expecting the City of Novato to approve this budget later this month. The PAC and Management will host a Zoom video meeting to get your input before voting on its approval.

Traffic Please continue to slow down and obey all traffic signs in the Park.

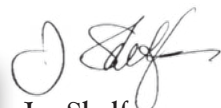
Goats Watch for them in early June.

Activities I urge you to attend ongoing PAC, MVEST, and HOL meetings via Zoom and participate in resident activities, while being mindful of the contagious virus that is around.

PAC The PAC's Board meetings are enriched by residents' participation. Your observations and suggestions on how MVMCC can better serve your and the community's interests are always welcomed. Come to the Zoom video meetings or email us.

The **election** of the three open seats on the PAC Board has been postponed until June or possibly July. The agendas for the coming PAC meetings are posted 72 hours before the meetings. We have been videoconferencing; to be included, please see the links provided on future agendas. The next Board meeting will be on Zoom, on Wednesday, June 2 at 6 pm. Contact Anila Manning (anilahere99@gmail.com) to receive PAC's notices and links.

In service,



Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com



Fire Season and Evacuating

by JOHN FELD



Once again we are in fire season with another MVEST plea for preparedness. It is for your safety.

Half the Rainfall This Year

This winter we had much less rainfall than usual. While the rainy season usually lasts about five months, from November to March, with a yearly average of about 56", as of this writing (early May), we have received under 33"—compared to nearly 67" last year. It is easy to realize why the Novato Fire District and the whole county are apprehensive about the coming summer.

I know this is a familiar story for Marin Valley residents, but this is not the time to dismiss warnings as scare tactics. Although we are not surrounded by forests like people in Paradise and elsewhere, we are in a rural area with many trees and long grasses and shrubs that are becoming highly flammable.

So please regularly check the weather forecasts in the local media.

Evacuation Orders

Evacuation orders will often get broadcast on TV and radio, and if you have signed up for alerts, you will receive them on your phone (cell and home). You can sign up at Alert Marin <https://tinyurl.com/marinvalley>. These alerts are very specific and will be sent only for emergencies in your area. If you have not signed up yet, please do so NOW. Evacuation warnings also may come from the police using bullhorns or from MVEST block captains, or even from you, if you see smoke or fire in the vicinity.

Please do take these alerts seriously, people who don't, often don't make it out alive.

Preparedness

Of course, readiness should start long before we are asked to leave. You should have a grab-and-go bag ready containing needed supplies of clothing, batteries, chargers, money (ATMs may be out of order or out of cash), food, and copies of ALL important papers (or have scans of these documents stored securely in the cloud or on a thumb drive in a safety deposit box). Also, you should have an evacuation plan for you and your family, including a preselected destination, crucial telephone numbers, and ideally a tankful of gas. Many firefighters keep their fuel tanks at least half full for the entire fire season.

Pets

You should have carrying cages or crates for your pets. The animal(s) should be trained to get into cages, and these should be close at hand and clean. You should also have spare pet food and medications on hand, and the telephone number of your veterinarian.

Evacuating

If an evacuation order is imminent, stay inside until you are ready to

leave and stay tuned to the radio or local TV news.

- Close all windows and make sure all doors and windows are UNLOCKED
- Keep car keys, cell phone, ID, and a flashlight with you
- Collect important information
- Get your pets into their carrying crates
- Make any needed phone calls, particularly to neighbors, or knock on their doors to make sure they are aware of the situation
- Keep an eye out of your windows
- If someone is unable to get out on their own, be prepared to help or even drive them away with you.

The five P's of evacuation are:

- people**
- prescriptions**
- papers**
- personal needs**
- priceless items**

Obviously, people are the most important factor to consider. Make sure you have enough medications and copies of your prescriptions. Some evacuees are not able to return to their homes, if they are still standing, for extended periods. Make sure you take easily transportable valuables. This is not the time to be trying to load your grandmother's armchair into the car!

Many people tend to put off an evacuation until the last moment, assuming the “fire will not come to my area.” When these folks eventually do evacuate, they are often caught in extensive traffic issues and are sometimes met by rapidly advancing firestorms. Their planned routes may no longer be available, and they then have to deal with their own and others’ panic. Thus, leave early if you have the opportunity. Evacuations can be voluntary or mandatory.

Once the evacuation order comes—LEAVE. Try your very best to use the voluntary evacuation as your guide. Don’t wait for an evacuation order if you feel unsafe or if conditions change; leave early if unsure.

Stay Calm

When leaving, don’t speed, and do drive defensively! We tend to think that we have to leave in a great hurry, but for everyone’s safety, please observe posted speed limits and road signs. We don’t want to hurt ourselves or others. In the Paradise fire, those who lost their lives in cars did so either from crashing into trees or other cars or by driving off the road due to excessive speed. In your car, turn on headlights, close windows, turn on inside air and AC, and tune to local radio. Head for the freeway if possible, although you may not have an option as to which direction you can travel. If you cannot get to where you feel safe, remember that you are much safer in your car than outside of it. Don’t hope to escape to Safeway or Alameda del Prado; try to find a large empty parking lot or perhaps a playing field. Don’t use fire roads; you may get stuck, lost, or impede firefighters, and your chances are generally better in a public place than secreted away from civilization. Evacuate on foot only as a last resort.

And, although it is easier to say than do, remain calm—panic can be deadly. ■

MAR VAL Message from Mar Val

Dear Friends,

Ordinarily this month’s issue would provide details of the Jazz Brunch and the 4th of July celebration. The reality is that we are in an unprecedented period, and as a result, we are unable to predict when we might resume our social activities. In the meantime we very much appreciate those residents who advise

us they miss our events, and we too are looking forward to that time when we can gather while maintaining any and all health regulations.

With warmest regards,



Kathleen Dargie

Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com

HOL Home Owners League Message

And the COVID-19 saga continues ...

Other than Biography Night and the Salon, both on Zoom, all HOL-sponsored events are currently on hold until we get the all clear to open again. We will then reschedule all upcoming events. For now, the only other event not on hold is the paper shredding on June 15, but I am thinking it may be canceled as well. If we have to notify you pertaining to any event, it will be by flyer distribution in your tubes.

IF YOU NEED A MASK, please contact **Tara Plocher**, **Janie Klimes**, or **Jeannine Freedom**. And many, many thanks for their HOL support in mask making.

IN THE MEANTIME, if you have errands to be run or groceries or other essentials to be picked up, or any other needs from our volunteers, please

contact **Ray Schneider**, who is in charge of our Just One Hour Program. This program is very active right now, and Ray will do his best to match you with someone who can help you. Call Ray at 415-883-4182 or email at ray@delannaray.com.

If you do not receive an *Echo*, please call **Mark Crocker** at 281-757-4456. We are grateful to **Doug Muhly** for his many years overseeing its delivery.

NOTE: Please join us for the next HOL meeting Wednesday, June 17 via ZOOM. Email **Janie Klimes-Crocker** janieklimes1948@gmail.com if you want to attend, and I will send you an invite.



Janie Klimes-Crocker

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

Biography Night

Ed Collins • Wednesday, June 3 • 6:30 pm

by KIM HOLSCHER

Biography Night and Salon in the Park continue temporarily via Zoom. To participate and be notified of dates and times, email Kim Holscher at kimholscher51@gmail.com with your name and email address. Check *NextDoor.com* and our website homepage at marinvalley.net for updates on these events. On *YouTube* search for “Marin Valley Biography Night” to view past biography speakers. ■



“Elephant” by Susan McMudie

ART IN THE PARK



by SUZIE LAHR

With sheltering in place extended and the clubhouse not opening for a while, we have more time to create new pieces for the next gallery installation when the clubhouse does open again. When that happens, I will pull us all back together again with an artist meeting.

On that note, I have been thinking of changing the next exhibit title to something more upbeat rather than my original

ideas. Now I am considering “Bright Beginning” or “Rays of Sunshine” or something in that mode! All ideas and thoughts are appreciated.

I would love for you to email me any of your images so I can see what you have been creating to inspire us all! I am enjoying having time to actually paint in my home outside of my weekly classes, which are not back in session yet.

To be put on the Art in the Park mailing list, contact me at suzielahr@aol.com ■

No Smoking

Tell all your gardeners, contractors, service, or any other people—please, there is **NO SMOKING** here in the Park on City streets and public places.

A number of cigarette butts have been found on the streets in the Park.



“Novato Smoke-Free Air and Health Protection Ordinance.” (Ord. No. 1616, § II, 1-24-2017) 7-3 (k) “Public places”

Park Mailbox

The new Park mailbox outside the clubhouse between the blue U.S. mailbox and the bench is for U.S. mail delivered to the Park by the postal system. For any outgoing mail including rent checks in stamped envelopes use official mailboxes such as the blue U.S. mailbox shown here.



Keeping the Echo

ED Collins will be the new editor of the *Echo*, at least for the next July issue, but hopefully many more to come. Please send all information for the next issue to him at mretc@hotmail.com. This announcement is being made the hour before we go to press. Thank you, Ed.

What We Are Learning

Four factors to consider in enclosed spaces: 1) volume, 2) air flow, 3) number of people, 4) duration

compiled by ERMA WHEATLEY

Although much is still unknown about the coronavirus, what has been learned about exposure and how to avoid infection of COVID-19 can help guide us while sheltering gradually loosens. Even though the *Echo* is published monthly and new information is discovered daily, it still seems important to cover at least some of what research is already showing.

Below are summaries and excerpts from the work primarily of Dr. Erin Bromage, who has been researching and reporting COVID-19 since early January with increasing international recognition. His work is continually updated.

As a respiratory virus, COVID-19's principal mode of spread is via:

1) breathing in viral particles

suspended within small liquid droplets that are expelled from infected individuals; such droplets are generated by breathing, speaking, coughing, and sneezing (listed in increasing order of the number of viral particles contained).

2) touching viral particles that have been deposited on surfaces (of objects and people/animals), followed by transfer of such particles to the mucous membranes of the eyes, nose, and mouth usually by touch.

The number of viral particles required to trigger an infection remains uncertain, thus the goal of each of us should be to minimize the number of viral particles we come into contact with. Risk of viral exposure increases with the number of people you come into contact with, the length of time you are in their presence, and your proximity to them. This risk is heightened by activities that encourage droplet spread (talking, heavy breathing, singing, shouting) and mitigated (but not completely eliminated) by the use of masks and the flow of fresh (uncontaminated) air—putting confined

interior spaces with poor fresh-air circulation at one extreme and outdoor spaces at the other.

An epidemic curve has a relatively predictable upslope and once the peak is reached, the back slope can also be predicted. As states reopen, and we give the virus more fuel, the goal here is to try to guide people away from situations of high risk.

Where Are People Getting Sick?

We know most people get infected in their own home. A household member contracts the virus in the community and brings it into the house where sustained contact between household members leads to infection.

But where are people contracting the infection in the community?

In order to get infected you need to be exposed to an infectious dose of the virus; the estimate is that it takes about 1,000 viral particles for an infection to take hold, but this still needs to be determined experimentally. That could be 1,000 viral particles you receive in one breath or from one eye rub, or 100 viral particles inhaled with each breath over 10 breaths, or 10 viral particles with 100 breaths. Each of these situations can lead to an infection.

How Much Virus Is Released?

A bathroom: Bathrooms have a lot of high-touch surfaces—door handles, faucets, stall doors. So contaminated surface transfer risk in this environment can be high. We still do not know whether a person releases infectious material in feces or just fragmented virus, but we do know that toilet flushing does aerosolize many droplets. Treat public bathrooms (surface and air) with extra caution until we know more about the risk.

A cough: A single cough releases about 3,000 droplets, which travel at around 50 mph. Most droplets are large and fall

quickly (by gravity), but many stay in the air and can travel across a room in a few seconds.

A sneeze: A single sneeze releases about 30,000 droplets, with droplets traveling at up to 200 mph. Most droplets are small and travel great distances (easily across a room). If a person is infected, the droplets in a single cough or sneeze may contain as many as 200 million virus particles.

A breath: A single breath releases 50–5,000 droplets. Most of these are low velocity and fall to the ground quickly. Even fewer droplets are released through nose breathing. Importantly, due to the lack of exhalation force with a breath, viral particles from the lower respiratory areas are not expelled.

Unlike sneezing and coughing, which release huge amounts of viral material, the respiratory droplets released from an infected person by breathing contain only low levels of virus. We don't have a number for COVID-19 yet, but we can use influenza as a guide. Studies show that a person infected with influenza releases up to 33 infectious viral particles per minute.

If a person coughs or sneezes, some of those 200 million viral particles hang in the air, some fall onto surfaces, and most fall to the ground. So if you are face to face with a person, having a conversation, and that person sneezes or coughs straight at you, it's easy to see how it is possible to inhale at least 1,000 virus particles and become infected.

But even if that cough or sneeze was not directed at you, some infected droplets—the smallest of small—can hang in the air for a few minutes, filling every corner of a modest-sized room with infectious viral particles. All you have to do is enter that room within a few minutes of the cough or sneeze and take a few breaths and you

have potentially received enough virus to establish an infection. But with general breathing expelling 20 copies per minute into the environment, even if every virus droplet ended up in your lungs, you would need 50 minutes to achieve a dose of 1,000 copies.

Speaking increases the release of respiratory droplets about tenfold; ~200 copies of virus per minute. Again, assuming every virus droplet is inhaled, it would take ~5 minutes of speaking face to face to receive the required dose.

Exposure to virus x Time formula is the basis of contact tracing

Spending greater than 10 minutes with an infected person in a face-to-face situation is a potential for infection. Sharing a space (say an office) for an extended period with even one infected person is a potential for infection. This is why it is critical for people who are symptomatic to stay home. Sneezes and coughs expel so much virus that they can infect a whole room of people.

What is the role of asymptomatic people in spreading the virus?

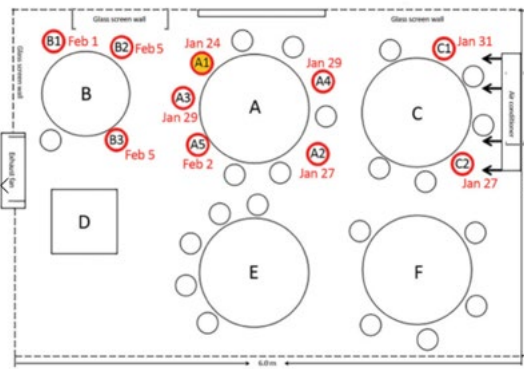
At least 44% of all infections—and the majority of community-acquired transmissions—are thought to occur from people without any symptoms. You can be shedding the virus into the environment for up to five days before symptoms begin.

Infectious people shed different amounts of virus, which changes over the course of infection and also varies from person to person. Viral load generally builds up to the point where the person finally becomes symptomatic. So just prior to showing symptoms, you are releasing the most virus into the environment. Interestingly, the data show that just 20% of infected people are responsible for releasing 99% of all the virus into the environment.

Where are the personal dangers from reopening?

Any environment that is enclosed, with poor air circulation and high density of people, spells trouble.

Business networking: Face-to-face business conferences.



Restaurants: The effect of a single asymptomatic carrier in a restaurant environment (see illustration above): The infected person (A1) sat at a table and had dinner with 9 friends. Dinner took about 1 to 1.5 hours. During this meal, the asymptomatic carrier released low levels of virus into the air from their breathing. Airflow (from the restaurant’s various airflow vents) was from right to left. Approximately 50% of the people at the infected person’s table became sick over the next 7 days. Of the people on the adjacent downwind table, 75% became infected. And even 2 of the 7 people on the upwind table were infected (believed to have happened by turbulent airflow). No one at tables E or F became infected, as they were out of the main airflow from the air conditioner on the right to the exhaust fan on the left of the room.

Workplaces: Being in an enclosed space and sharing the same air for a prolonged period increases your chances of exposure and infection. The estimates were that 94% of infections were from respiratory droplets/respiratory exposure, and roughly 6% from fomite² (door handles, water coolers, switches, etc.).

Choir: Singing, to a greater degree than talking, aerosolizes respiratory droplets extraordinarily well. Deep breathing while singing facilitated respiratory droplets getting deep into the lungs. Two and half hours ensured the necessary exposure to enough virus for infection to take place.

Public gatherings: The spread of the virus into the community through funerals, birthday celebrations, and church gatherings is believed to be responsible for the broader transmission of COVID-19 along with supersaturated environments (large events).

Commonality of outbreaks

The commonality of outbreaks of COVID-19 were indoor events, with people closely spaced and ample talking, singing, or yelling. The home, workplace, public transport, social gatherings, and restaurants account for 90% of all transmission events. In contrast, infections while shopping appear to be responsible for just 3–5% of infections

Indoor spaces, with limited air exchange or recycled air and lots of people, are also concerning. We know that 60 people in a volleyball court-sized room results in massive infections, as did the restaurant in the example above. Social distancing guidelines don’t work in indoor spaces where you spend extended time.

In all these cases, people were exposed to the virus in the air for a prolonged period (hours). Even at 50 feet away (as in a choir or call center), a low dose of the virus in the air over a sustained period was enough to cause infection and in some cases, death.

Follow social distancing rules during brief exposures or outdoor exposures

When you are standing six feet apart or where wind and the infinite outdoor space increases viral dilution, there is not enough time to achieve the infectious viral load. The effects of sunlight, heat, and humidity on viral survival all serve to minimize the risk to everyone when outside.

When assessing the risk of infection (via respiration) at a grocery store or mall, consider the volume of the air space (very large), the number of people (restricted), how long people are spending in the store (workers—all day; customers—up to an hour). For a person shopping, the low density, high air volume of the store, along with the restricted time spent there, means that the opportunity to receive an infectious dose is low. But, for the store worker, the extended time spent in the store provides a greater opportunity to receive an infectious dose, making the job risky.

REMEMBER THE FORMULA:

Infection = Exposure to Virus x Time

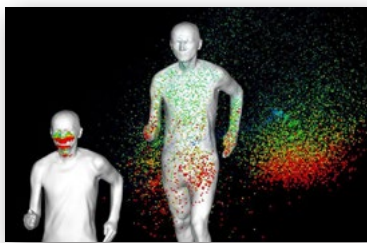
As we start to venture out more, we need to look at our environment and make judgments. How many people are here, how much airflow is there around me, and how long will I be in this environment? If you are in an open-floor plan office or in a job that requires face-to-face talking or even worse, yelling, you need to critically assess the risk (volume, people, and airflow).

If you are sitting in a well-ventilated space, with few people, the risk is low.

If you are outside and you walk past someone, remember that “dose and time” are needed for infection. You would have to be in their airstream for 5+ minutes for a chance of infection. While joggers may be releasing more virus droplets due to deep breathing, remember the exposure time is also less due to their speed.

While the focus is on respiratory exposure here, please don't forget surfaces. Those infected respiratory droplets land somewhere. Wash your hands often and stop touching your face!

In another study, Jurgen Thoelen warns that during outdoor activities in COVID-19 times, it is important to avoid each other's slipstream.³ When walking, running, or biking the typical social distancing rule of six feet should be increased. During a run, when someone breathes, sneezes, or coughs, those particles stay behind in the air. The person running behind you in your so-called slipstream goes through this cloud of droplets. Animations and visuals of test results show the cloud of droplets left behind. Sneezing and coughing spread droplets with a bigger force, but merely breathing will also cause particles to be left behind. The red dots on the image represent the biggest



particles. These create the highest chance of contamination but also drop faster to the ground. But when someone runs through that cloud, those droplets can land on their clothing. Simulations show that, in a low-wind environment, social distancing plays less of a role for two people running/walking side by side, as the droplets land behind the duo, and becomes more necessary in a single-file scenario, when people are in each other's slipstream.

On the basis of these results Thoelen advises that, for walking, the distance of people moving in the same direction in single file should be at least 13–16 feet, for running and slow biking it should be 32 feet, and for hard biking at least 65 feet. Also, when passing someone it is advised to already be in a different lane at a considerable distance, e.g., 65 feet for biking.

This helps put in perspective the closing of busy parks, etc. Perhaps it is best just to run in the street on your own, or at least with sufficient distance when accompanied.

Bromage recommends that “as we are allowed to move around our communities more freely and be in contact with more people in more places more regularly, the risks to ourselves and our family are significant. Even if you are gung-ho for reopening and resuming business as usual, do your part and wear a mask to reduce what you release into the environment. It will help everyone.”

Good health is also a critical factor in guarding against the effects of the virus.

Stay well. Stay safe. ■

Resident Marianne York Publishes Lifelong Work

Visions on Aging **Reflections Through the Lens** **1971 – 2020**

*A Memoir in Words and Photographs
of Photographer/Gerontologist*

Marianne Gontarz York



Visions on Aging is now available for preview and for sale at **Blurb.com**
Arts and Photography Division
www.blurb.com/b/10051023-visions-of-aging

¹ Bromage, Erin (May 6, 2020). “The Risks – Know Them – Avoid Them.” https://www.erinbromage.com/post/the-risks-know-them-avoid-them?fbclid=IwAR1Gfez7gFpiUq9xq5PeFwx4s_nLmepAdM8zgfWNxbriL0KR6KNgp8X5wNA

² A fomite is any inanimate object that, when contaminated with or exposed to infectious agents (such as pathogenic bacteria, viruses), can transfer disease to a new host.

³ Thoelen, Jergen (April 7, 2020). “Belgian-Dutch Study: Why in times of COVID-19 you should not walk/run/bike/close behind each other.” <https://medium.com/@jurgenthoele/belgian-dutch-study-why-in-times-of-covid-19-you-can-not-walk-run-bike-close-to-each-other-a5df19c77d08>.

American Coot

Article and Photography by DAVID GRAY

The American coot (*Fulica americana*) is a small, duck-like aquatic bird from the Rallidae family, the same family that includes rails (see my article in the April 2019 *Echo* on the Virginia rail). Coots are ubiquitous in marshy lands and ponds; they can frequently be seen from the Hamilton levee and the Las Gallinas ponds. They are quite readily recognized due to their white bill against a black head and very dark-gray body. When they are out on land, their walk distinguishes them from the usual waddle of a duck.

Their range is vast, from southern Alaska across the Western Canadian provinces, covering the entire



continental United States except New England, and down into Mexico. In Florida and the southern coastal

states and Baja, their territories merge with two other species in the Rallidae family: the gallinule (aka the Common moorhen) and the purple gallinule (which has to be about the cutest waterfowl ever).

When I upgraded from a 500 mm to an 800 mm lens, I was able to get a closer view, and I was surprised to see more of their facial features. From afar, they are bobbing flocks of chortling clownish creatures. Up close, the red patch on top of the male's bill where it joins the head and the bright red eyes give it a devilish appearance.

Coots eat mostly algae that they dive to pull up, as well as eating grasses on shore. They will also eat insects and small amphibians, but are mostly vegetarian. They build their nests in floating rafts of dried reeds near the shore, and prefer the





camouflage of a reedy shoreline for additional protection. They lay large clutches averaging ten eggs, and up to two broods per year. This explains why there are SO many of them; their species status is one of “least concern” with regard to population.







So if you get to go visit the Las Gallinas ponds, I can almost guarantee that you will see groups of cute coots. Dare I say that they’re a hoot?

But like the coots, you ought to keep your eye out for the otter. ■



Copyright 2020 David G. Gray

JUNE 2020

	MONDAY 1	TUESDAY 2	WEDNESDAY 3	THURSDAY 4	FRIDAY 5	SATURDAY 6
	6 AM Trash Pickup 6-7 PM MVEST Meeting <i>Zoom.us</i> 	6 PM PAC Meeting <i>Zoom.us</i>	6:30 PM  Biography Night Ed Collins <i>Zoom.us</i>	11 AM-12 PM The Rollin' Root Clubhouse Parking Lot 		 FULL MOON 6:40 PM
SUNDAY 7	6 AM Trash Pickup 6-7 PM MVEST Meeting <i>Zoom.us</i>  ECHO DEADLINE			11 AM-12 PM The Rollin' Root Clubhouse Parking Lot 		
	6 AM Trash Pickup 6-7 PM MVEST Meeting <i>Zoom.us</i> 		6 PM HOL Meeting <i>Zoom.us</i>	11 AM-12 PM The Rollin' Root Clubhouse Parking Lot 		
	4:30 PM Salon in the Park <i>Zoom.us</i>	6 AM Trash Pickup 6-7 PM MVEST Meeting <i>Zoom.us</i> 	PAC BALLOTS MAILED JUNE 22-26		11 AM-12 PM The Rollin' Root Clubhouse Parking Lot 	PAC Meet the Candidates Forum 11 AM
	6 AM Trash Pickup 6-7 PM MVEST Meeting <i>Zoom.us</i> 		PAC BOARD VOTING JUNE 29 - JULY 6 (4 PM)		11 AM-12 PM The Rollin' Root Clubhouse Parking Lot 	INDEPENDENCE DAY OBSERVED
	BALLOTS COUNTED JULY 6 (4 PM)		PAC ANNUAL MTG JULY 7 (6 PM)			