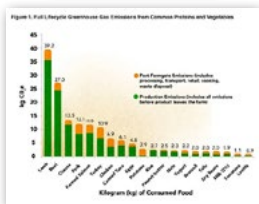


# T H E ECHO

August 2020

## C O N T E N T S



**2 Erma Wheatley** FROM THE EDITOR  
THE ROLLIN' ROOT ADDS FRIDAYS  
DIRECTORY UPDATE

**MVMCC • PAC • MVEST**

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

**4-5 John Feld** MVEST – EVACUATION EXERCISES  
**6 John Hansen** – WEBINAR: *Preparing for Wildfires*

**MAR VAL**

**7 Kathleen Dargie** MESSAGE FROM MAR VAL

**HOL**

**Janie Crocker** HOL MESSAGE  
HOL COMMUNITY PRESENTATIONS

**7-8 Kim Holscher** BIOGRAPHY NIGHT AND SALON IN THE PARK  
**Kim Holscher** – July 28  
**Valerie Barbour** – August 19  
**Joan Leopold** – August 25  
**Lee Dunne** – September 2

**8 David Tetta** IPAD MINI AND STAND AVAILABLE FOR RESIDENTS

**FEATURES**

**9 Suzie Lahr** ART IN THE PARK  
**10-11 John Feld** KINGSTON MEMORIAL LOOP TRAIL  
**12-13 Dave Tetta** REDUCING YOUR FOOD FOOTPRINT

**14** CALENDAR: *August 2020*

## From the Editor

The vision was to hand over the *Echo* to someone in the writing arts who could keep community communication alive and current. We are very grateful to **Ed Collins** for stepping up and giving it a valiant effort to keep it going.

The offer to be editor is always open, but since no one at this time sees it in their future, it still seems important to continue this communication interchange, especially while we are separated from each other and from the many events that brought us together.

Life as we knew it may return—if with fits and starts. If we think it's bad now, the virus is merely a foreshadowing of a world fraying on the edges. We've seen how things can suddenly come to a screeching halt. Climate change, ecological collapse, pandemics, mass extinctions, social breakdowns ... are not going away, but expose the ripping and tearing of the normalcy and stability we formerly relied on. What is now disruptive is showing signs of being catastrophic.

So how do we live with that? For one thing, we can pay attention to the moments we have now that give life joy and meaning (pg. 9). We can take steps to forestall what we can. Even given the megafires that consumed vast areas of California and Australia, we can do our part here in the Park to mitigate fire danger. See the MVEST articles showing how to prepare in case of an evacuation (pp. 4–5) and what we can do to prepare the space around our homes to halt the spread of flames (p. 6). Our last article asks us to notice how what we eat along with the costs of production affect our food footprint (pp. 12–13). Talking about these things and our lives is still happening here on Zoom (pp. 7–8). Let's all do what we can, and appreciate being able to do it, while we can.



## The Rollin' Root Adds Fridays

Starting July 17, The Rollin' Root added Fridays from 1 to 1:30 pm to their schedule for the Park. This is in addition to their regular service on Thursdays from 11 am to noon. You can use EBT, credit card, cash or bonus bucks—CalFresh doubled with market match. Note the time is for a half-hour on Fridays, and an hour on Thursdays. Wear a mask, observe the 6-foot marks, bring your own bag, and enjoy local farm fresh fruits and vegetables.

### Directory Update

#### Deborah Boyar

17 Marin Valley Drive  
deborah@deborahboyar.com

#### Christine Clayworth

191 Marin Valley Drive  
831-588-2301  
christineclayworth@gmail.com

#### Linda Marcelo

181 Marin Valley Drive  
858-344-1886  
marc4li@earthlink.net

#### Jackie McGowan

34 Club View Drive  
415-225-9291  
jbcmcgowan@gmail.com

#### Leah Thiebaut

127 Panorama Drive  
415-599-6070  
lcthiebaut@gmail.com

### Changes

#### Carol-Joy Harris

caroljoyharris@comcast.net

#### Kim Holscher

206-291-0972 not 201

THE  
**ECHO**  
AUGUST 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

PROOFREADERS  
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

### PAC BOARD

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

### 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, Pam Berkon

### 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 subject line with a copy of the article in the body of the email to Erma Wheatley at [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 Management Update

# PAC Letter to Residents

August 2020

**Water is precious**, and although we are not in a drought, please do not water your gardens between the hours of 8 am and 5 pm. Water only incrementally at night or very early in the morning. If you need help with setting your timer for your sprinkler system, please contact the front desk. We will set your timer.

Continue with all of your efforts to remove stored items from your carports. Many residents still have items not permitted in a carport.

Are any of your trash, recycle, or yard waste bins broken? We can order you a new one from Marin Sanitary; just email or call Matt 415-883-5911 or [gm.mvmcc@gmail.com](mailto:gm.mvmcc@gmail.com).

Defensible space cutback surrounding the Park is complete. Common areas in the Park are complete. Tree pruning and removal are under way.

Be careful not to BBQ near bushes or dry, overgrown grass.

**We are in fire season.**

Thank you,



*Matt Greenberg*  
**Matt Greenberg**  
GENERAL MANAGER  
[gm.mvmcc@gmail.com](mailto:gm.mvmcc@gmail.com)  
415-883-5911

Greetings from the Park Acquisition Corporation Board.

We are still being asked to shelter in place. Earlier efforts to resume normal activities resulted in a surge of new cases here in Marin, though not in the Park, thanks to your focus on social and personal distancing. Well done.

We are entering a very potent fire season. Management and MVEST are well aware of the dangers, and we are preparing to meet them with appropriate remedies. Marin's fire brigades are spring-loaded and on high alert. Please help them in their endeavors.

The pool is open under stringent protocols. See instructions at the entrance and on our website <https://marinvalley.net/resources/forms/>. Please shower before using the pool; a shower in the morning does not meet that requirement. Please comply.

The annual election to replace members of the PAC Board was interrupted and is in the process of being rebaloted. There are four individuals seeking three chairs, and a considerable effort is being made to make this election transparent and in accordance with the process as described in the election procedures adopted by previous PAC Boards. The upheaval inherent in rebaloting has brought out both the best in our community and a fair amount of disgruntlement, a series of emergency PAC meetings and the rescinding of same, and, finally, a new election committee (with over 10 volunteers) and the prospect of an open, transparent, and fair election. I emphasize that there was never a

question of impropriety on the part of the original election committee, only that proper procedures were not being followed. The new balloting should be completed and the new board seated at the annual PAC Board meeting August 1<sup>st</sup>.

Our finances are in order. The debt-service coverage ratio, year to date, on the bank loan is above the requirement stipulated in these loan documents. Our cash, plus medium- and long-term reserves, is close to \$6 million.

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

There are always ongoing activities reported on elsewhere in the *Echo*. I urge you to investigate and participate in these resident activities while being mindful of the very contagious virus that is around.

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

The agendas for the coming PAC meetings, indefinitely being held by videoconference, are posted 72 hours before the meetings. To be included, see the link provided on future agendas. To be added to the email list, please email [anilahere99@gmail.com](mailto:anilahere99@gmail.com).

In service,



*J Shelfer*

**Jay Shelfer**  
PAC PRESIDENT  
[jjshelfer@yahoo.com](mailto:jjshelfer@yahoo.com)



# Evacuation Exercises

by JOHN FELD



Imagine that someone came up to you last Thanksgiving and told you that within six months our country would be devastated by a global pandemic and we would all be confined to our homes for at least six months, have to wear face masks, and need to keep six feet away from everyone not in our immediate family. I certainly would have considered that person to be foolish, to say the least. Maybe if they mentioned the 1918 flu epidemic as well as SARS and Ebola, I might have admitted a very slight possibility of this happening, but I still would have been skeptical.

So now I am going to talk to you about the possibility of having to evacuate our homes in a hurry. I will not have to go back 100 years for a similar event or refer to Asia or Africa, but need only mention the 2015 Valley Fire in Lake County, the 2017 Tubbs Fire, and the 2018 Camp Fire in Paradise. Communities very similarly situated to our own were devastated, people died, many homes were destroyed, and the rebuilding is still happening years after the event. Many people had to start all over, without their possessions, pets, cars, or communities.

It could happen here tomorrow, or anytime in this year's already-started fire season.

The state's peak wildfire season typically runs from May through October, so we are well into it, and there have already been some fairly destructive fires in the state.

The National Weather Service states: "The combination of a very dry January and an even drier February resulted in one of the driest first two months of any calendar year on record. ... San Francisco, San Jose, Sacramento, and Redding, California, all had no rainfall for the entire month of February, breaking long-standing records. It was the first rain-free February for downtown San Francisco since 1864." Governor Newsom declared a state of emergency in March due to a "vast tree die-off throughout the state, which increased the risk of wildfires." The state got a slight reprieve, however, thanks to rains in late March and April. At least 17 fire incidents have occurred so far this year, with the largest being the Interstate 5 fire covering 2,060 acres. The AccuWeather summer forecast calls for a hot and dry summer in the West, which means an increased chance for offshore wind events – leading to days of high fire danger, according to AccuWeather meteorologists.

**The way we mitigate these catastrophes is to evacuate as quickly and as safely as possible.**

MVEST is taking these signs seriously and is planning a training evacuation for later this summer or early fall. It will be Park-wide and will involve getting ourselves together with our grab-and-go bags along with our important documents and prized possessions, including pets, and

leaving the Park just as far as the turnaround at the bottom of Marin Valley Drive, and then either returning to our home or elsewhere.

The Novato Fire District will likely also have a practice evacuation in the near future, in which we will evacuate to a location of their choosing. Previously it has been to the gymnasium on Nave Drive or the Margaret Todd Senior Center.

## Why Practice Evacuating

MVEST keeps publishing articles and practicing evacuations for at least three reasons:

- 1. So it becomes second nature,** so you can practically do it in your sleep, and if it happens in the night, you may be only half awake. In other words, building muscle memory.
- 2. So we have a packed grab-and-go bag always ready** to quickly pick up and take to our car. You really don't want to have to assemble it when you should be getting out, or even looking for it because you can't remember where you left it.
- 3. To discover things that we should include and to not include unnecessary items.**

## Red Flag Day

If you see there is a Red Flag Day from the red flags around the Park, you should be ready for such an emergency. And of course, signing up for Alert Marin ([www.alertmarin.com](http://www.alertmarin.com)) will ensure that you get a timely warning from the police.

The more we plan for such events, the better we prepare, and the more we practice, the more likely we will have a safe outcome if and when the real event occurs.

### **Echo Grab-and-Go Bag Articles**

Many people think they've got this under control, know what to do, and don't need any training or preparation. But check out the seven articles in past *Echos* that cover grab-and-go bags. They are worth reading if you are not 100% sure you have everything covered. See—

**2015—February, March, November  
2018—April and September  
2019—August and October**

You can also find them online at [www.marinvalley.net/echov2](http://www.marinvalley.net/echov2). When the clubhouse reopens copies of all the *Echos* from the past six or seven years can be found in the library.

### **Only Minutes to Assemble Your Things—HAVE A LIST READY and Keep It Where You'll Find It.**

Chances are that you will have 10–15 minutes to get all your stuff in a car and hit the road. It is unlikely you will have to leave in under a minute.

After having to leave in a hurry, will you have:

- all your insurance papers
- the deed to your home
- all your bank numbers and references
- your passport
- your will
- all your passwords, photographs, and whatever else you consider essential to reconstructing your life?

It is not a bad idea to take laptops, phones, tablets, chargers for these devices, and that memory stick with all the backups of your important papers, passwords, and photos. Remember that insurance will usually not pay for destroyed items unless you can prove you had them. After a disaster, documents can make all the difference in getting back to a semblance of what you had before. In the worst-case scenario, in a real evacuation you could return to nothing but a pile of ashes!

You should also have important clothes and medicines, eyeglasses, a first aid kit, some money and credit cards, and some food to tide you over until you can get replacements.

### **Pets**

Certainly, don't forget your pets. You will need to have a lockable carrier if you end up in a shelter even for one night. And of course, bring their food, medicines, toys, litter bags, etc. You should practice getting your pet used to getting into a carrier and being in such a close environment before the evacuation, and of course, all pets should be chipped in case they get lost.

### **Quick Practice**

As I stated before, the planned evacuation is just a quick practice. In a real emergency, it is more than possible that you will be directed to use the emergency exit on Meadow View Drive, or you may encounter fire and ambulance vehicles coming at you in the opposite direction. If you plan on taking a nondriving neighbor, try to make sure they, too, have everything they need.

### **No Need to Speed**

As in a real emergency, there is no need for excessive speeds. We don't want anybody hurt or cars damaged! When you go over the hill during the drill, you will find a couple of MVEST volunteers at the turnaround, who will sign you in, and that will be the end. MVEST wants you to have all this down so you can practically do it in your sleep. The more we prepare, the better our outcomes will be. This is for the benefit of all residents, to make sure we can get back on our feet as efficiently as possible after a disaster strikes.

If you would like to be involved with this exercise (or any MVEST events), or if you need anything explained, please let me know at [johnmfeld@gmail.com](mailto:johnmfeld@gmail.com) and I will contact you.

### **If You Hear Hi-Lo— It's Time to Go**



**NOTE:** The Novato Fire District and the Novato Police Department have new 2-tone Hi-Lo evacuation sirens on their vehicles that have a loud distinctive sound to inform communities when to leave their homes in an emergency. You can hear a sample of the new sirens on our website [marinvalley.net](http://marinvalley.net). Scroll down to the MVEST logo in the list of events. It's also at <https://youtu.be/ub5aqrOrwp0>



**Marin Valley Firewise Presents a Webinar**

# PREPARING FOR WILDFIRES

**Thursday, August 6**

**6–7 pm**

**If you are ordered to evacuate due to an approaching wildfire, what will you return to?**

Most homes lost to wildfires are due to outlying fires started by hot embers, which can travel for miles, not from the original fire itself.

Join us August 6<sup>th</sup> for a webinar presentation of two short videos, a panel discussion featuring resident experts **Bob Tanem** and **Michele Rivers**, and resident Q&A. Learn a few simple steps you can take now that can greatly increase your chances of returning to a home rather than a pile of ashes.

To familiarize yourself in advance with these videos (shown below), on our website at [marinvalley.net](http://marinvalley.net) scroll down to “WEBINAR ...” They are also available along with other videos at the FIRESafeMarin YouTube channel. [FIRESafeMarin.org](http://FIRESafeMarin.org) has a vast amount of information. Photos and fire-smart planting details at [firesafemarin.org/plants/fire-smart](http://firesafemarin.org/plants/fire-smart).



**Wildfire defensible Space: Zone Zero**  
[www.youtube.com/watch?v=bPILXb\\_MHuo](https://www.youtube.com/watch?v=bPILXb_MHuo)



**Fire-Smart Landscaping**  
<https://www.youtube.com/watch?v=kUI6hUY9Nq8>

# Message from Mar Val

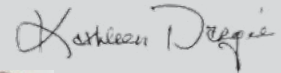
Dear Friends,

Although it has been five months since Mar Val hosted the Mardi Gras party in February, we remain positive that before too long we will once

again have the pleasure of gathering for Friday night Pub and the monthly themed dinners. In the meantime I am pleased to confirm that our Greeters continue to make personal contact with new residents

in the Park, providing them with information on our various organizations, explaining rules and regulations, and assisting in the familiarization process. With best wishes for everyone's continued good

health and a safe return to life as it was.



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

# Home Owners League Message



And the COVID-19 saga *still* continues ...

## Swimming Pool

We surely hope everyone is enjoying having new access to the pool. Thanks to **Serena Fisher, Alan Gump, Marianne York**, and others for making this happen. If you want to swim, swing by the pool and pick up the waiver that pool users are required to sign and leave it in the envelope marked for completed waivers. The sign-up sheet for swim times is also located on a clipboard on the fence

outside the pool. Also pick up a copy of the rules for using the pool. Both are also available on our website at [marinvalley.net/resources/forms/](http://marinvalley.net/resources/forms/)

Our plan was approved by Marin Recovers, the county agency overseeing pool openings, and was approved by the City. Needless to say, if we break the rules, we will lose the privilege, so be sure you know what is expected and to comply at all times. For questions or concerns, contact **Kamala Allen**, the HOL rep for the pool reopening.

## Delete My Phone Number

Janie's primary phone number in the Directory is no longer working. Please use my cell number, 281-414-3984, and leave a message if needed.

**Note:** The next HOL meeting is Wednesday, August 19 at 6 pm via Zoom. Please join us. Email Janie Klimes Crocker at [janieklimes1948@gmail.com](mailto:janieklimes1948@gmail.com) if you want to attend, and I will send you an invite.



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

## HOL COMMUNITY PRESENTATIONS

# Biography Night and Salon in the Park

**B**iography 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](mailto:kimholscher51@gmail.com) with your name and email

address. Check [NextDoor.com](http://NextDoor.com) and the homepage on our website at [marinvalley.net](http://marinvalley.net) for updates on these events. On [YouTube](http://YouTube) search for "Marin Valley Biography Night" to hear past Biography Night speakers. Upcoming speakers for:

# Biography Night



JULY

Kim Holscher – July 28

AUGUST

Valerie Barbour – August 19

Joan Leopold – August 25

SEPTEMBER

Lee Dunne – September 2

Biography Night, where speakers talk about their life for 20 minutes and then answer audience questions, has been happening in the Park since May 2019. Here are the people who have participated so far:

## 1919

May – John Feld and Ursula Pedersen

June – Mark Crocker and Lorna Sass

July – Kathleen Dargie and Carol-Joy Harris

August – Tenaya Asan and Jack Travis

September – Irv Katz and Gail Roberts

October – Karin Mortensen and Dick Park

November – David Gray and Anila Manning

December – Deb McNeil and Maggie Siegfried

## 2020

January – Carole Rosvold and Linda Steenman

February – Mike Holland and Meg Jordan

March – Terry Patten

April – Elizabeth Lev

May – Charlotte Kells

June – Ed Collins, John Feld (part 2)

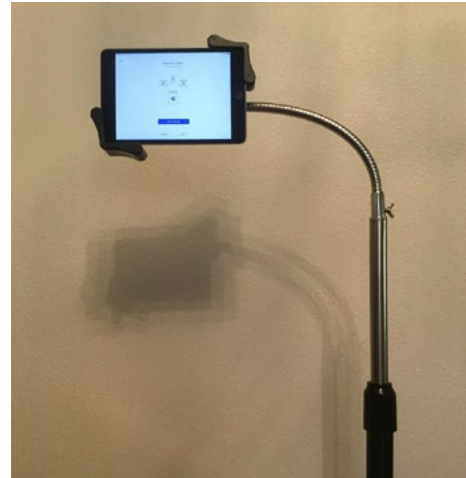
July – Ursula Pedersen (part 2)

See recordings of some of these on YouTube at:

<https://youtu.be/5v2JWMVP6G0> ■

# iPad Mini and Stand Available for Residents

by DAVID TETTA



**H**OL has purchased an iPad mini and a stand that residents can now use if they need to participate in Zoom meetings, but have audio visual problems with their own home computer set up. The equipment is currently being stored and managed at 16 Scenic Drive. Borrowers will be limited to using just the Zoom app when they are borrowing the equipment and are asked to return the equipment within 24 hours of when the Zoom meeting they are using it for is finished. You need to have wi-fi in your home.

If you are interested, please send an email to: [marinvalley.net@gmail.com](mailto:marinvalley.net@gmail.com), a day or two prior to when you need to use the equipment. The email should include the following information:

- In the subject line, please write “**Reservation for iPad mini.**”
- In the body of the email, please state the date and time when you want the iPad.
- Copy the following text into the body of the message:  
“I acknowledge that by borrowing this equipment, I am not guaranteed a certain level of video or audio quality during my Zoom meeting. I also assume responsibility for any loss, theft, or damage of this iPad mini up to \$250. I promise to return the equipment within 24 hours of when I borrow it.”
- At the end of the email please list your name, address, and phone number.
- You will then be contacted about how to arrange for picking up the equipment. ■



# ART IN THE PARK



by **SUZIE LAHR**

**I**n taking walks this summer I see that our gardens in Marin Valley have become an ongoing art exhibit for many of us! I have found much solitude and happiness in mine, digging, planting, and then sitting in it in the early evening realizing “silence is golden.”

This is what happened in a few hours of silence and stillness at 7 pm. Sitting in the garden looking at all the magnificent trees, flowers, and plants while eating dinner and then just being, it came alive with nature. Here come the quail for their dinner treat, strutting past me to get a few bites of the strawberries and take a drink in the birdbath. A redheaded woodpecker decides he wants a bite from the bird feeder and then flies up to the edge of the roof to watch the evening go by with me. A few bees pollinate the zucchini flowers that are open as a hummingbird comes over to look me in the eye, circle my head, and go zipping back and forth with his friend from the fuchsias to the tiny ice plants, taking a break on the privet and escallonia branches and then diving in again to store up food overnight for their high-burning metabolism and energy as the two cabbage white butterflies take one last flit around the garden. The new baby bunny can't miss out on this show, so he hops and skitters around to test out my rigged-up little fence around the newly planted lettuce and still cannot figure out how to get in there, so I put a few bites on the ground for him. The little redheaded finches and tiny wrens swoop around to sit on the oracle oak branches and get their fair share of dinner too. Two mourning doves peacefully sit in the camphor tree above my head cooing and cuddling together and then take their nighttime bath in the freshly cleaned birdbath.

When the almost-full moon shows its face after dusk, I decide it's time to go inside. No TV tonight, let's just end the evening with a night walk and then tea and a book in bed. This is a memory painting that will be with me forever, reminding me to sit in nature and relish it as much as we can. And what was I saying about silence is golden? ■



# Kingston Memorial Loop Trail

## Take a Hike (Redux)

by JOHN FELD

**T**hanks to the seemingly endless energy of our fellow resident, **Ed Collins**, we now have a brand-new hiking path in the marshland below Club View Drive.

Ed said, *When I first moved to Marin Valley, there was no SMART train. Many of us would walk the short trail from the end of Sunrise Lane out to the old tracks. We could walk up and down the rail bed. It was a perfect place to hike. However, with the building of the SMART train, we could no longer walk along the tracks. I noticed some people walking through the field along the tracks for short ways, creating a rudimentary trail. So I decided to create a better trail through the meadow.*

He said he was *tired of the risk of ticks and returning with an hour's worth of burrs to remove from my socks. So I borrowed my neighbor Tim (Hart)'s weed whacker and created a loop trail. I started at the end of the existing trail and weaved my way through the meadow and around the ponds at the northern end of the meadow.*

The path extends from the end of Sunrise Lane and follows the established path down toward the railway lines. Once there it turns to the left and follows close to the tracks

for a short while and soon starts to meander northward, then when it is level with the Bay Vista apartments it curls leftward in a southerly direction, running parallel to our community until it gets back to the starting point. The whole circuit is just 0.4 miles



and wanders through the thistle and close to dried-up ponds and the one vernal pond. It is a pleasant, almost completely flat walk with many plants and grasses and a plentiful population

of birds. The path is quite narrow, not always wide enough to walk two abreast—but very enjoyable.

Ed continues, *I enjoy Tim's dogs very much and respect him for his dedication to caring for them. So this year I decided to dedicate the trail to his dog Kingston, who was hit and killed by the SMART train some time ago.*

The meadow is an area that is inhabited by many hare, coyotes (mostly at night), and deer. On a recent circuit, we saw the remains of a coyote meal, a hind leg of a hare. If you walk quietly, you may well see the hovering white-tailed kites that spend much of each day hunting along the hedges growing near the tracks. Sometimes when it is not too hot you may also see an even rarer northern harrier also hunting in long, sweeping flights along the treetops in the same area. And, of course, the ubiquitous turkey vultures are also soaring overhead. Blackbirds, mockingbirds, wrens, and many sparrows are often seen along this walk too.

But when you walk our own private circuit, you are also walking through tick areas. So make sure you have sturdy walking shoes, long pants, tall socks, or some kind of repellent on. Summer is definitely tick season around here. ■



# Reducing Your Food Footprint

by DAVID TETTA

**U**nless you are a home gardener/food grower, it's easy to overlook the amount of energy that is used to grow the food we eat. A number of recent studies have shown that food production is responsible for 25–30% of the world's greenhouse gas emissions. In countries with higher population densities than the USA (less driving + smaller houses = fewer greenhouse gases), food production can be the #1 part of people's overall carbon footprint! Moreover, the push to meet our ever-expanding global appetite for meat is one of the leading drivers of tropical deforestation.

## Emissions

Many news articles that analyze this issue come to the same conclusion: Eat. Less. Meat. As this graphic from the Environmental Working Group shows, pound for pound, the amount of greenhouse gas emissions from consuming meats far outstrips that from other protein sources like milk or beans. Lamb and beef are by far the most greenhouse gas intense of all foods (bad news for my favorite Indian dish, lamb curry).

## Health

I've been forced to look at this from a personal health standpoint. In February 2019, I had a heart attack that resulted in significant cardiac damage. So I made a number of "lifestyle medicine" changes, including an Ornish-like diet that involves maybe 1/4 of the poultry/

fish I used to eat, and no red meat at home. I'm not a fanatic, and I do still enjoy an occasional lamb curry, but usually I follow Alzheimer researcher Dale Bredeesen's advice to treat meat (and poultry) like a condiment.

## Ethics

Compelling reasons abound to go even further than I do, by adopting a vegetarian/vegan lifestyle. For those in the Park, like **Tara Plocher** (vegetarian since 1967), **Susan Hoff** (vegetarian since 1990), and **Mary Barbosa** (vegetarian since 2005), it's an ethical no-brainer; the animal cruelty in the meat/poultry industry is a huge factor. Tara also enjoys that "we clean our kitchen a lot less and it hardly gets messed up at all and there's nothing toxic anywhere." Mary talks about personally feeling "a lighter conscience about not participating in those industries any longer as well as a closer connection to nature." Lorna Sass remembers how in 1992 she realized that "what's good for our health is also good for the planet ... and that inspired me to write *Recipes from an Ecological Kitchen*," her first vegan cookbook.

If you want to take the plunge into a vegetarian diet, there are some techniques that can make the transition easier. Lorna advises "having a pantry full of beans and grains, or cooked beans and grains, and wonderful seasonings make it easy to whip up a [meatless] dish." She is also a staunch advocate of the pressure cooker: "You can get a lentil soup in nine minutes." Susan started

by substituting meat with soy/tofu, combining grains, reading the science of nutrition, and experimenting. For Mary, the transition was fairly easy. One Thanksgiving Day she was at a steakhouse in Brazil. "I loaded up at the self-serve salad bar and then selected one slab of meat. But when I sat down, I couldn't eat it, just didn't want it anymore, and that was it."

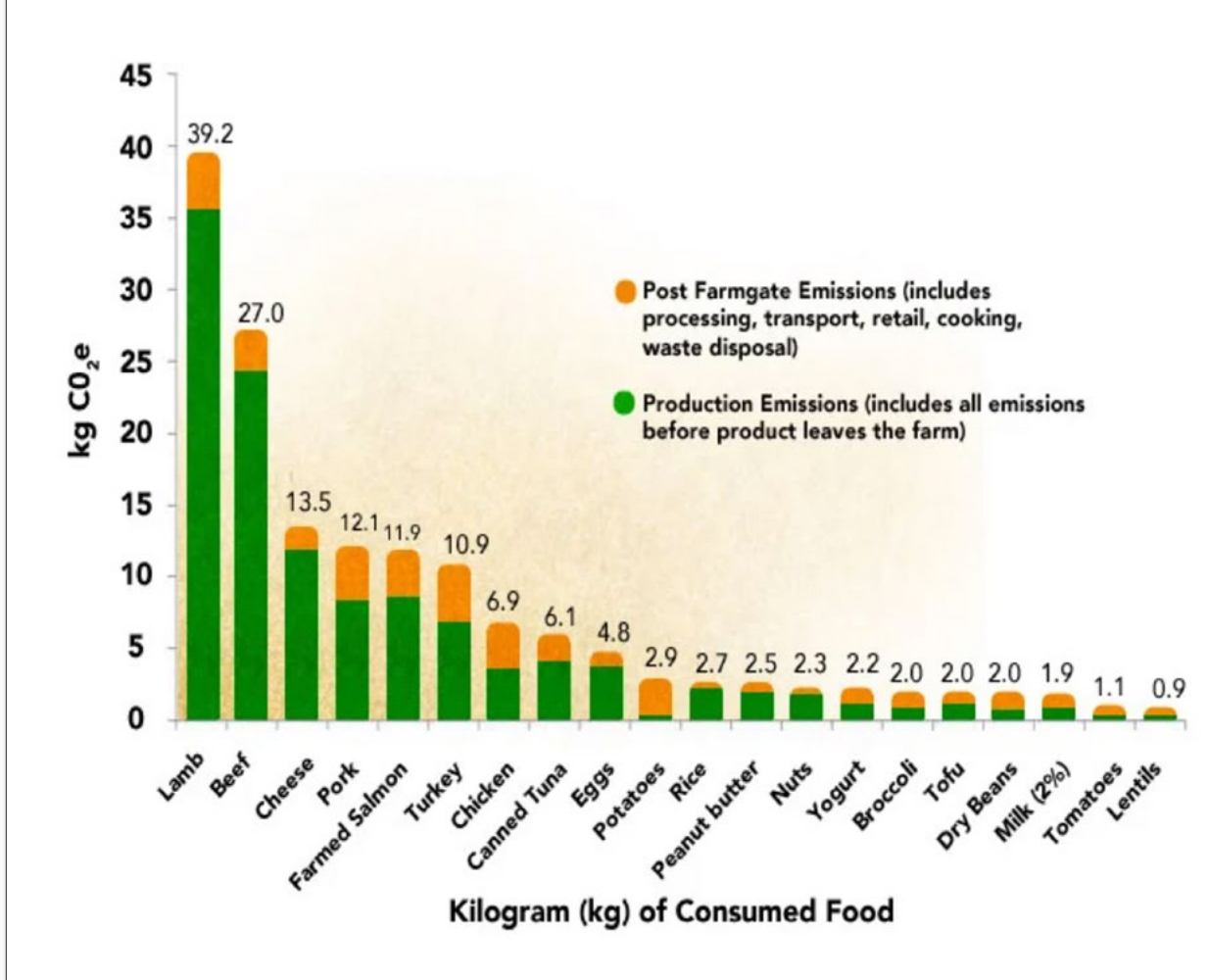
## Local Considerations

One interesting aspect of our food and carbon footprint involves local food and farmers markets. Buying at places like the Marin Farmers Market (or our friendly Rollin' Root) is an excellent choice for several reasons. You get fresh-picked produce at the height of its flavor. You support local farmers, who are a critical part of our food system. You are often exposed to a wider variety of fruits and vegetables than is available at the supermarket. But it probably has only a minor impact on your carbon footprint; your *choice* of food usually has more of an impact than whether it's local. A key exception to keep in mind is off-season fruits and vegetables that come from other countries via air. Most stores these days can tell you where your food originates, and except for a few items, like bananas (which come by ship), nearly all nondomestic produce comes via air, which has a huge carbon footprint.

## Waste

I would be remiss not to mention food waste, as that is a significant part of how food consumption affects

**Figure 1. Full Lifecycle Greenhouse Gas Emissions from Common Proteins and Vegetables**



*Environmental Working Group, 2011*

greenhouse-gas emissions. About 25% of the food produced in the US goes to waste, or about a pound per person per day. Of that amount, about 40% occurs in the home rather than the farm, grocery store, or restaurant. Some things you can do to help:

- ✓ Avoid buying supersized amounts of food at places like Costco.
- ✓ Find creative ways to use your leftovers.
- ✓ Use the Park compost bins for your food waste.

Food waste across the country makes up about 20% of the material in our landfills and produces methane (a very potent greenhouse gas), which is avoided when food is composted.

The takeaway? Like Lorna says ... a plant-based diet is healthy for you and healthy for the planet! And if, like me, you find that becoming a complete vegetarian just won't work for you, know that any amount you can reduce your meat consumption makes a difference. ■

# AUGUST 2020

|             |   | TUESDAY<br>JULY 28   | WEDNESDAY<br>29  | THURSDAY<br>30  | FRIDAY<br>31   | SATURDAY<br>1   |   |
|-------------|---|--|--|---|--|---|---|
|             |   | 6:30 PM <b>Biography Night</b><br>Kim Holscher<br>Zoom.us* |  | 11 AM-12 PM <b>The Rollin' Root</b><br>Clubhouse Parking Lot<br>  | 1-1:30 PM <b>The Rollin' Root</b><br>Clubhouse Parking Lot<br> | 11 AM <b>PAC Annual Meeting</b><br>Zoom.us**  |   |
| SUNDAY<br>2 | MONDAY<br>3   |  |  |   |  |   |   |
|             | 6 AM Trash Pickup<br>5-6 PM MVEST Meeting<br>Zoom.us***<br> |  |  | 11 AM <b>The Rollin' Root</b><br>Clubhouse Parking Lot<br><br>6-7 PM <b>Preparing for Wildfires Webinar</b><br>Zoom.us***<br> | 1 PM <b>The Rollin' Root</b><br>Clubhouse Parking Lot<br>      | <b>ECHO DEADLINE</b>  |   |
| 9           | 10  | 11   | 12   | 13  | 14   | 15  |   |
|             | 6 AM Trash Pickup<br>5 PM MVEST Meeting<br>Zoom.us***<br>   |  | 6 PM <b>HOL Board Meeting</b><br>Zoom.us<br>contact Janie Crocker for link | 11 AM <b>The Rollin' Root</b><br>Clubhouse Parking Lot<br>  | 1 PM <b>The Rollin' Root</b><br>Clubhouse Parking Lot<br>      |   |   |
| 16          | 17  | 18   | 19   | 20  | 21   | 22  |   |
|             | 6 AM Trash Pickup<br>5 PM MVEST Meeting<br>Zoom.us***<br>   | <br>FULL MOON 7:41 PM                                      | 6:30 PM <b>Biography Night</b><br>Valerie Barbour<br>Zoom.us*              | 11 AM <b>The Rollin' Root</b><br>Clubhouse Parking Lot<br>  | 1 PM <b>The Rollin' Root</b><br>Clubhouse Parking Lot<br>      | 4:30 PM <b>Salon in the Park</b><br>"Phoenix Rising from the Ashes"<br>Zoom.us*                       |   |
| 23          | 24  | 25   | 26   | 27  | 28   | 29  |   |
|             | 6 AM Trash Pickup<br>5 PM MVEST Meeting<br>Zoom.us***<br>   | 6:30 PM <b>Biography Night</b><br>Joan Leopold<br>Zoom.us* |  | 11 AM <b>The Rollin' Root</b><br>Clubhouse Parking Lot<br>  | 1 PM <b>The Rollin' Root</b><br>Clubhouse Parking Lot<br>      |   |   |
| 30          | 31  | SEPTEMBER 1  |  | 2   | 3  | 4   | 5 |
|             | 6 AM Trash Pickup<br>5 PM MVEST Meeting<br>Zoom.us***<br>   | 6 PM <b>PAC Board Meeting</b><br>Zoom.us**                 | 6:30 PM <b>Biography Night</b><br>Lee Dunne<br>Zoom.us*                    | 11 AM <b>The Rollin' Root</b><br>Clubhouse Parking Lot<br>  | 1 PM <b>The Rollin' Root</b><br>Clubhouse Parking Lot<br>      | *contact Kim Holscher for link<br>**contact Anila Manning for link<br>***contact John Hansen for link |   |