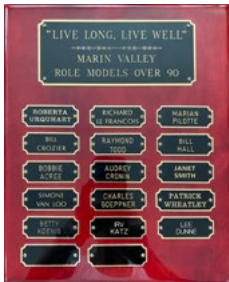
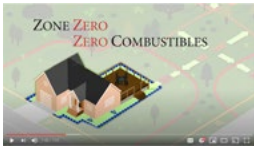


T H E  
**ECHO**

**September 2020**

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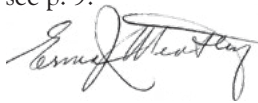
**14** CALENDAR: *September 2020*

## From the Editor

If you missed the MVEST August webinar on fire prevention utilizing landscaping and the Zero Zone, or want to refer back to it, highlights are on pp. 4-5. The recording of the event is on our website at [marinvalley.net](http://marinvalley.net) on the home page and also under MVEST Webinars.

COVID-19 ground-zero is the nose, which has rich receptors the virus uses to get into our cells. New research shows that aerosols remain in the air longer than previously thought; persist in contagious clouds, especially in poorly ventilated indoor areas; and can travel much farther than six feet. Being vigilant in protecting our nose and mouth properly is shown on pp. 6-7.

And, there have been zero opportunities to make any announcements at a large event for residents since mid-March. Instead, for this year's HOL surprise announcement, see p. 9.



## Letters to the Editor

Please make sure to fill out the 2020 Census online, by mail, or by phone **before September 30<sup>th</sup>**. Since August 11<sup>th</sup>, census takers are going door to door to households that have not responded. For more information or to fill it out, visit [www.2020census.gov](http://www.2020census.gov) or call 844-330-2020 for English and 844-468-2020 for Spanish.

### Wesley Fink

Intern for Novato City  
Councilwoman Amy Peele  
to Raise Awareness for the  
2020 Census

As a member of the League of Women Voters, I encourage everyone to register to vote. Also, the following state website is an easy way to register, change our registration, or just check our registration status:

[voterstatus.sos.ca.gov](http://voterstatus.sos.ca.gov)

Janine Bradley

### Extra Echos

If a distributor is short any copies of the *Echo* or a resident would like an extra one, please call/text **Mark Crocker** at cell phone 281-757-4456.

### Register to Vote

[voterstatus.sos.ca.gov](http://voterstatus.sos.ca.gov)

### Census Form Deadline

September 30 at  
[www.2020census.gov](http://www.2020census.gov)

### IN MEMORIAM

#### Iva Young

July 31, 2020

**Iva Young** passed away peacefully in her sleep on Friday, 7-31-20. Iva and her partner Betty Grimes moved into the Park in 2008. They lived at 119 Panorama. During the time Iva lived in the Park, she was the reservation person along with Betty for Mar Val. After Betty passed away, Iva was the Chairperson for the Mar Val Greeter Committee for two years. Iva was quite the character.

Sandee Duncan

### Directory Update

#### Gail Patterson

104 Sunrise Lane  
415-246-6519

[sanrafaelgail@yahoo.com](mailto:sanrafaelgail@yahoo.com)

# THE ECHO

SEPTEMBER 2020

## MARIN VALLEY

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[www.mobilehomeboard.com/](http://www.mobilehomeboard.com/)

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AT LARGE

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### 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.

# Management Update

# Letter to Residents

September 2020

**Cats**—Please keep all pets indoors unless on a leash out for a walk. Several cats have been reported as outside and/or unattended. Remember, the young quail are vulnerable to cats.

**Dogs**—Please go the extra mile to keep your dogs quiet, especially at night. People need their sleep and quiet time. Please do not leave your dog unattended or tied up outside. They will bark for their owner. Please recall that all residents with pets must have a signed pet agreement.

**Trees**—Tree pruning and removal of potentially dangerous trees is ongoing.

**Driving**—People still drive too fast in the Park. 15 MPH is the speed limit. This is a safety concern, so please do your part. Remember, if walking and especially at night, wear a vest or reflective clothing so drivers can see you.

**Cigarette Butts**—We encourage all smokers to put out your cigarettes before entering the Park and to not toss butts out the window. This is a continuous complaint we hear.

Management appreciates your cooperation for all Park rules and cautious driving in your community.



*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 asked to continue sheltering in place. Well done; keep up the focus. Be mindful to restrict visitors and workers who enter Marin Valley. This could be the way the virus enters. Let's not play Russian roulette with this event.

We are entering a very potent fire season. There was a fire on an island off China Camp in early August. A Firewise MVEST member called it in, and San Rafael Fire put it out. The good news was there was no wind, hence no wind-borne embers to bring the fire to us. When a seemingly uninhabited island in San Pablo Bay erupts in fire just a few miles away, this underscores the potential danger to us.

The PAC Board election is over. The incumbents were reelected. John Hansen, Carol-Joy Harris, and I will continue on the Board for two years. There will be an election next year for two of the seats. With the interest provoked by this year's election, we hope several new residents will aspire to sit on the board. Stephen Plocher was elected to be the new PAC treasurer and he has accepted. Thank you, Stephen. The Board is calling for a volunteer to fill the vacancy created by Larry Cohen's resignation. We are regretful about Larry's decision not to complete his term and truly thank him for his years of service to the PAC and Marin Valley. If you are interested, contact a board member with a short bio, your work experience, and your interest in becoming a Board member.

Our finances are in order. The debt service coverage on the bank loan is well over the requirement stipulated in these loan documents. Our cash, plus medium- and long-term reserves, is in the area of \$6 million.

We were notified by the City that work on the sewage lift station at the end of Club View Drive should be starting in the near future.

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

I urge you to investigate and participate in ongoing resident activities while being ever 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 video presentations or email us.

The agendas for the coming PAC meetings are posted 72 hours before the meetings. They are also available to those on the mailing list. Contact Anila Manning at [anilahere99@gmail.com](mailto:anilahere99@gmail.com) to be added to this notification of events at Marin Valley. We have been videoconferencing; to be included, see the links provided on the future agendas. There is a good likelihood that these meetings will be broadcast on Comcast Channel 26 as well.

In service,



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



# Easy Steps to Wildfire-Resistant Mobile Homes

by JOHN HANSEN

**P**ark Manager Matt Greenberg continues to accomplish the annual chore of creating an excellent defensible space around the Park. A fire like our very close call in 2016 will not be nearly as threatening in the future.

## Embers

But an approaching wildfire is still a major threat to us even if it doesn't come close. The reason, as recent research reveals, is that most homes that succumb to wildfires are ignited by a storm of tiny, windblown embers, not by contact with the fire itself.

MVEST, with assistance from Marin Valley residents **Michele Rivers** and **Bob Tanem**, presented a webinar in early August that focused on the measures you can take to make your home resistant to ignition by embers—home-hardening and defensible space.

Our aluminum-clad homes and even the vinyl-sided ones are inherently ember-resistant. What makes them fire hazards is what we do or don't do. It's the flammable materials and attention-starved vegetation we allow to accumulate around our homes, porches, and decks that are our greatest risks.

## Zone Zero

As described in one of two videos aired during the webinar, the laser-focused issue is called “**Zone Zero**”—the first 3–5 feet out from your home is of utmost importance. This is where you want **ZERO** combustibles. Even the ground should be “hardscaped,” devoid of flammables, even plants.

There are many sorts of decorative gravels, river rock, pavers, combinations of these, and much more that provide creative visual appeal along with protection from ember ignition.



## Fire-Smart Landscaping

This is especially true when combined with a compatible gardenscape.

This was the message of a second video incorporated into the webinar—“**Fire-Smart Landscaping.**”



The simple take-homes here include:

### 1. Placement

Put the right plant in the right place: smaller plants closer to your home, and larger plants farther away.

### 2. Maintenance

Keep dead material pruned up and cleaned up, trees limbed up, and soil mulched with large-bark mulch.

### 3. Hydration

A well-hydrated plant is much more fire resistant than a water-starved one of the same species. To be more water-wise, select natives and other drought-tolerant plants that require less water—another perspective on the right plant in the right place.

## Make a Plan

If you're at a bit of a loss as to where to start, there's plenty of help available from Marin Master Gardeners. They can help you take the biggest step—**make a plan!**

## Simple Start with Small Steps

Start with the simpler, less expensive steps; then budget more expensive steps for the future. Accomplishing even the smallest amount each day adds up quickly. It doesn't all need to be done right away; making continual improvement is more important. You can explore Master Gardeners online at [marinmg.ucanr.edu](http://marinmg.ucanr.edu). Marin is also endowed with a grand selection of landscape designers—truly garden artists.

I'm very sorry if you missed the webinar—but wait—you can still see it on Marin Valley's YouTube channel. Link [www.youtube.com/watch?v=mKnW0spINIE8](http://www.youtube.com/watch?v=mKnW0spINIE8)

Happy Gardening! ■

## Following are Some Highlights from the Videos



EMBERS can travel long distances and tend to collect near the base of a home's exterior walls and will ignite anything that burns.



Start by removing plants in front of windows and doors and remove any wood mulch.



Minimize anything within the critical 5 feet of your home including wood mulch and plants and moving items like firewood, lumber, patio furniture, and garbage cans.



Next focus on taller plants under eaves and vines climbing on your house.



Low-growing or ground-hugging plants are less likely to cause a problem.



INTERRUPT the path of a fire by creating horizontal and vertical spacing between plants.



Create HORIZONTAL space by adding stepping stones, paths, patios or low stone walls. Any noncombustible surface between plantings helps stop the path of a fire.



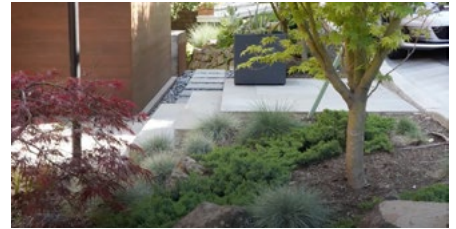
Think of your planting beds as CLUMPS or ISLANDS with noncombustible surfaces providing separation to keep a fire from spreading along the ground.

DENSITY of plantings is how a fire could travel through your garden. Have breathing space in your garden.

Consider breaking up hedges and large swaths of interrupted plantings to stop fire in its tracks.



VERTICAL spacing is about stopping FIRE LADDERS—when fire from lower plants spreads to nearby taller plants.



Limb up trees and keep shrubs pruned to interrupt a fire's path. RULE of THUMB—keep lower-growing plants close to the house and taller plants away from the house.



REDUCE GARDEN FUEL LOAD. Anything that burns is fuel for a fire: diseased, dried, and overgrown trees and shrubs have more fuel than well-pruned trees and shrubs. So do weeds, leaves, pine needles, roof gutters, and debris.



UNDER DECKS keep things cleaned up to starve fires of fuel. Don't be "fuelish"!

# Stay Safe

by JOHN FELD

**F**irst, overall, we have been very vigilant in our community in practicing social distancing and wearing masks outside. We have had no reported COVID-19-related illness in our Park. Thank you, everyone.

These days, masks have become a standard part of most people's lives. We wear them to protect those around us from getting any infection from us and to provide some protection to ourselves from breathing in contaminated air. Mainly we wear them to protect others from us, and others do the same to protect us from them. Also, masks make it more difficult for us to touch our faces, thus less likely to contaminate ourselves.

If you decide not to wear one, you put not only your life at risk, but also the lives of everyone you come near, be they family, friends, or strangers. The best way to counter the seemingly relentless spread of COVID-19 is to wear a mask. There are several other things you should do, but we will get to those later.

## How to Wear a Mask

You will see many people wearing masks incorrectly. They **MUST** cover your chin, mouth, and also your nose all the way to the bridge. If the mask is just covering the nostrils it is almost useless.

There are several kinds of masks, and within each category many alternatives.

## N95 Respirators

These are specialized masks that are in short supply and should be reserved

for medical professionals. Every time you purchase one, you are depriving a doctor or nurse, etc., from having one to keep them safer in their work.

Some N95 masks are specifically for protection from pollution in the air. These are masks with exhalation valves. The valve makes it easier to breathe out, but it also releases unfiltered air, so it doesn't protect others if you're contagious. And protecting others is the primary reason to wear a mask.

Many of these were bought during the worst of the fire season. They have a small "valve" on the front. This valve is actually just a flap. It allows air to escape unfiltered but stops unfiltered air from getting in. If you put one on in front of a mirror, you will see the small flap open as you breathe out, and then close. These are useless for stopping cross-contamination as your breath is released into the air around you.

Other N95 masks have small filters on the front of the mask. Again, in front of a mirror you will see nothing moving, as the small shape actually contains a filter. Still others have no filter, and air only enters through the material of the mask. Both of these types are used by doctors and nurses.

## Surgical Masks

These come in a wide variety of types. They are worn by nurses and doctors in hospitals and especially in surgery. The CDC cites research that says the main use of these masks in a hospital environment is to stop contaminated substances from reaching the wearer's nose or mouth. Medical practitioners usually dispose of these after each use.

These masks are much less efficient than many others in keeping the virus at bay. Their efficiency is dependent on two main qualities:

### a. The material they are made of

Basically, the thicker the material, the less will get through but may make breathing somewhat more difficult. Some are two-ply or even three-, or four-ply. The more plies, the better the protection.

### b. The snugness of the fit

If the fit is not snug against the chin, cheeks, and around the nose, they become only a baffle to contaminants and are almost useless. Make sure you have no gaps along your cheeks.

Also, make sure your mask has a nose clip and press it snugly around the bridge of your nose.

People who wear glasses will also find that the correct use of the metal strip stops their glasses from misting up.

Many masks come with one side colored. The color always goes on the outside.

These masks are inexpensive and should be disposed of if the wearer sneezes into the mask, or if they get dirty. Some people throw them away daily.

Surgical masks are sometimes available in supermarkets and hardware stores and are often much less expensive online. They average about 35¢ each. If you don't go out too often, they can easily last a week or two.

### Purchased or Homemade Cloth Masks

These are by now the most common masks that one sees. The homemade ones are often decorative or even have slogans on them. Again, the quality depends on the materials they are made of. Some have several layers and even have an area to insert an additional layer of filtering. Snugness is very important. This is mainly controlled by the tightness of the loops that go around the ears or ties for the back of the head to keep the mask on. If these loops are slack, then it is not good. If they are too tight, they can pull the ear forward and are very uncomfortable. Masks that tie around the back of the head can rest around the neck when not in use. Some purchased masks can get very pricey costing \$30 or more. Several

people in the Park are making them; these are often efficient, attractive, and can be customized to fit different head sizes.

### Bandannas

These are really not effective at all. The CDC recommends you do not use a bandanna in place of a mask. They basically let contaminated air in and out. Although better than no mask at all, these are not good.

### Face Shields

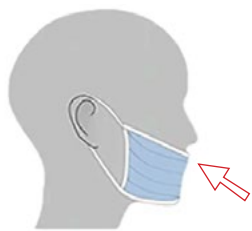
Face shields do not stop contaminated particles from reaching or leaving your body. They do make it a little more difficult for viruses, etc., to enter but are even less of a barrier than a bandanna. They are excellent, however, as an additional safety measure when worn in conjunction with a mask.

People who exercise vigorously such as running or bicycling needn't wear masks but should stay well away from others.

Maintain social distancing, staying at least six feet away from others. Also, continue to wash your hands every time you come in from outside, even if you have not been in contact with anything, and carry a handkerchief or tissue to cover your nose if you have to remove your mask to sneeze. And don't share cutlery, glasses, or china with anyone.

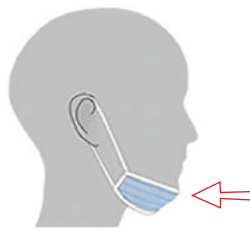
So wear a mask whenever you go out, and keep it on in the vicinity of others. That way we will not potentially kill someone or ourselves!

Stay safe. We can all get through this together. And thanks again. ■



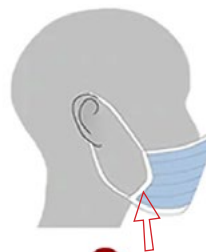
**DON'T**

wear your mask below your nose



**DON'T**

wear your mask under your chin or temporarily remove it in public



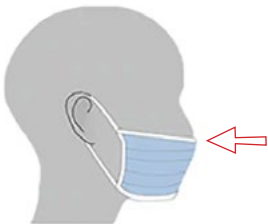
**DON'T**

let your mask hang loosely with gaps around your face



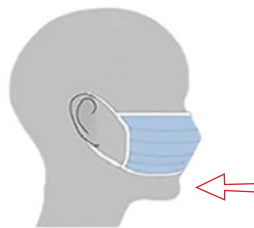
**DO**

wear your mask up to the top of your nose and under your chin; snug and without gaps



**DON'T**

wear your mask low on your nose



**DON'T**

leave your chin exposed

# Message from Mar Val

Dear Friends,

I am delighted to confirm that at its July 8<sup>th</sup> meeting, Mar Val unanimously voted **Larry Cohen** to the position of Director of Logistics on its Board. This appointment recognizes the years of support Larry and his team have devoted to the success of our events.

## Black Cat

Many of you are aware that for over four decades Mar Val has sponsored the Black Cat, which is both a communitywide rummage sale as well as a Halloween costume party. The Black Cat was established as a fundraiser to offset the expense of the annual

liquor license as well as the quarterly installments of liquor sales taxes. Unfortunately, a review of the past four years makes it evident that proceeds from the rummage sale have declined each year despite the profitability of the bakery. It has therefore been determined that while Mar Val will continue to

hold a Halloween dinner and costume contest, we will no longer sponsor the rummage sale. We are grateful to all who have so generously participated in Black Cat in the past.



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

# Home Owners League Message



And the COVID-19 saga still continues ... but we are still surviving!

## Communitywide Giveaway Saturday, Sept 19 • 9 am – 4 pm

I am SO happy to announce that this month there will be another HOL-sponsored “Communitywide Giveaway”! The first one was very successful and also succeeded in raising our spirits a bit. It will be on Saturday, September 19, from 9 am till 4 pm. Your stuff can be in boxes or on tables, just not in the street. You needn’t stay with your items; you can wander and look at other people’s free stuff. No money changes hands because it is all giveaway. By 4 pm you must remove everything from your driveway.



## RULES OF PARTICIPATION

1. Email your name AND STREET ADDRESS to either Janie ([janieklimes1948@gmail.com](mailto:janieklimes1948@gmail.com)) or Tara ([taraplocher@gmail.com](mailto:taraplocher@gmail.com)) by 5 pm Thursday, September 17, to be added to a list of participants. The list will be available in the clubhouse breezeway the day before and the morning of the event.
2. Don’t leave a mess when you go through things.
3. Wear a mask and maintain social distancing.

You might want to provide hand cleaner at your site, and/or bring some with you when you go looking.

At the end of the day, HOL will give away ice cream sandwiches and cold drinks at the clubhouse breezeway. First come, first served, beginning from 3:30 till 4:30 pm. Again, masks

and social distancing are required. Look for a flyer reminder soon.

## HOL Yearly Donation Drive

It is past time for our annual HOL donation drive. I was considering foregoing the whole thing, but most people I talked to said, no, you should do it. This is NOT a mandatory donation! Feel free to give as much or as little as you wish. Last year the suggested donation was \$20. Look for the donation letter and return envelope along with the Communitywide Giveaway flyer. You will be asked to return your donation in the enclosed envelope and either

1. Mail it.
2. Put it in the box in the clubhouse breezeway designated “Waivers.”
3. Put it in a box on Tara Plocher’s front deck.

Instructions will be in the flyer.



## New HOL-Sponsored Community Activity: Exercise Class

Please feel free to join Personal Trainer Rich Frye for 45-minute exercise classes on Saturday mornings at 9 am and Thursday evenings at 6:30 pm in the meadow at the end of Sunrise. Rich is the son of Lucie Frye, a Park resident. He provides easy-to-moderate strengthening and balance exercises using hand weights and exercise bands that he provides. All are welcome. Suggested donation is \$10/session. Masks are required along with social distancing.

## Other Events

It has been extremely frustrating for us on the HOL Board to provide activities among all the COVID restrictions. If you have any ideas you think would work given our restrictions, please let us know.

My primary phone number in the Park directory is no longer operative. If you need to call me, please use my cell number, 281-414-3984, where you may leave a voice message.

**NOTE:** The next HOL meeting is Wednesday, September 16 at 6 pm via Zoom. Please join us. Email Janie Klimes Crocker [janieklimes1948@gmail.com](mailto:janieklimes1948@gmail.com) for an invite.

## Nonagenarians

Congratulations to **Lee Dunne** and **Irv Katz** for turning 90 years young in 2019. Your names have been added to our “Live Long, Live Well” plaque found in the main hallway of the clubhouse, across from the front desk.



If you know other Park residents who will be turning 90 in 2020, please let me know: [janieklimes1948@gmail.com](mailto:janieklimes1948@gmail.com)

## HOL Volunteer of the Year 2019 – JOHN FELD

We of the HOL Board made a unanimous decision back in February, before COVID, expecting to announce our Volunteer of the Year winner at the April Mar Val Volunteer Appreciation dinner. Well, since no dinners appear to be happening in the near future, we can wait no longer — **John Feld**.

We had plenty of events in 2019. Every presentation that required a computer, a viewing screen for video, or an audio connection was preceded by this phone call: “John, is there any way you have the time right now to come and set up the AV for this? I just can’t figure it out!” John was always available, eager to help, kind, and useful. When I started asking him ahead of time, he was always there on time to do the setting up. If I needed chairs put out, John volunteered. And it wasn’t just for HOL; it was for anyone who needed assistance, including helping to produce and show Mar Val video events, putting away tables and chairs, even distributing birthday cake to the tables at Pub.

John Feld instigated and held the first Town Hall meeting to evaluate what we learned from the power outage. Whenever a Biography Night was held in the Fireside Room, he set up the presentation platform and monitored the event. Did you know he also started Marin Valley’s “Film Night”? My, how we enjoyed those events!

He participated and how! John has entered many drawings in Art in the Park. We laughed and cried during his own two bios. He has contributed

numerous topical and informative articles on all sorts of subjects for our *Echo* in almost every issue including starting a Volunteer series. As a member of the MVEST Steering Committee, he is the organizer for our Community Emergency Response Team (CERT) and Block Captain trainings and is heavily active in leading many

MVEST community presentations and fairs, such as initiating, organizing, and presenting the MVEST Insurance Fair, which brought leading professionals here to inform us.

John investigated and set up Marin Valley to become part of the Resiliency Program,

which had been on track to start this fall before COVID came to town. He also introduced the “Extra Food” organization to the Park. Recently, someone from that program now donates to the Park the extra bounty from his fruit trees. Each time he calls, John drives to pick up the fruit, emails and puts notices on *Nextdoor.com* to inform the community, and puts out the boxes of fruit for all the residents.

John has helped our community become what it is, and we are forever grateful. He is the one I call when I don’t know the history of something, can’t understand something, or need help organizing an event. His input is spot-on. We love and depend on his tireless willingness, energy, and commitment. Congratulations, John, for being named “HOL Volunteer of the Year 2019.”

*Janie Klimes-Crocker*  
**Janie Klimes-Crocker**  
HOL PRESIDENT  
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## Aneesha Dillon

by LORNA SASS

**A**neesha Dillon dances to her own drummer.

Born in 1949 in Long Beach, New Jersey, Aneesha knew intuitively from early on that she was “in heart and spirit” a California girl.

Although she received her BA from Boston U., Aneesha spent junior year at San Francisco State with the intention of checking out the California hippie scene up close and personal. “We’re talking 1970,” she told me, “and everyone wanted to be here and experience the hippie lifestyle.” During her sojourn at SF State, Aneesha met Bill, the man who would become her husband. Though the marriage lasted only a few years, their lives remained intertwined, and they are still the best of friends.

For as long as she can remember, Aneesha has been on a search for personal freedom.

This quest led her to become an ardent student of the human potential movement. While still in her twenties, she moved to LA to study at the Radix Institute with Charles

Kelley, a philosopher and explorer of the dynamics of emotions. Kelley’s work was based on the earlier work of Wilhelm Reich, the Austrian psychoanalyst who had been a student of Freud’s.



Aneesha soon decided to dig deeper and study the work of Reich directly, focusing on sexuality from both physical and psychological standpoints.

“The presupposition of Reichian therapy is that as we are growing up and shaped by social conditioning, we learn many rules—I should do this and not that,” Aneesha explained. “Most of us are guided by well-meaning parents, but to be compliant and get our parents’ approval we often have to repress our authentic feelings. When not expressed, the energy of our repressed emotions creates tension in the body and we develop a kind of muscular armoring.

“To put it another way,” she continued, “this type of repression deadens our system energetically—more akin to a stagnant pool than a bubbling stream—so anyone who wants to become a bubbling stream might want to explore Reichian work!”

For most of her professional life, Aneesha has traveled the world to offer

Reichian therapy sessions and workshops. “We start with gentle movement and breathwork,” she explained, “usually with the person lying down. I use many different

techniques for working with the muscular body, encouraging it to loosen and relax. I watch very closely with a trained eye and invite deeper breathing into stuck areas, and this encourages a release of old, repressed feelings. I then invite the expression of those feelings,” she added.

**“And what are the results of these sessions?”**

“Sometimes people who are depressed are packing in something held deeply inside the body, an effort to not break down and give in,” she explained. “If they allow the waves of feeling to come through, at the end of that wave the body is more relaxed and the issues/memories/pictures are seen more clearly and there is more understanding of the repressed feelings.

“Many people walk around with a lot of unexpressed feeling,” she observed. “Once they come in touch with the rage and injustice, the energy that was repressed is expanded and it feels like there is more internal space. People get to experience an energetic lightness they may not have felt since early childhood. Physical and mental relaxation result.”

Once her Reichian studies ended, Aneesha was drawn to be with the spiritual master Osho and lived in his communities in Poona, India, and in Oregon from 1976 to 2004. She then spent a few years with the Osho community in Denmark before coming back to California in 2007. During this time she traveled throughout the world—usually two weeks per month—to teach Reichian workshops.

However, during this period Aneesha was also deeply devoted to learning and practicing meditation. In fact, “when a really nice man at the ashram expressed interest in having a relationship with me, I told him that I didn’t want to be distracted from my spiritual path,” she said. This dedication also resulted in Aneesha’s decision to not have children, and to avoid any unwanted pregnancy she opted for sterilization. “When I woke up from the operation that clipped and cauterized my Fallopian tubes, I felt pain around my belly button, but as soon as I turned over on my side, I felt utterly in bliss,” she recalled.

“Now I am free,” I said to myself. “Now no one and nothing can hold me back. I really experienced my freedom in that moment. My highest value in life is freedom.”

**“What does freedom look and feel like?”**

“To me, it’s the freedom to not be so engaged out there and just be engaged with myself,” she replied. “I went to be with Osho to learn meditation but with all that traveling to do workshops, I’ve never had the time to meditate without interruption in an intensive and focused way. I want to be free to do that; that’s what I’m working to make happen right now during the pandemic.”

**“Is there anything you are worried about?”**

“Not really,” she quickly replied, almost surprised by the question. “The pandemic has been a very productive time for me. It’s been very worry-free. I’ve noticed that I’m much happier

staying put than I am when I travel. I have peak experiences when I’m doing workshops, but I’m not sleeping in my own bed for months at a time and that is unsettling for me.”

**“Any regrets?”**

“Honestly, no, and that’s a form of freedom, too,” she said. “I’ve done with my life what I wanted to do, every step of the way. What I feel more and more is that there is a kind of intention about it—to flow with life where life takes me.”

Aneesha moved into Marin Valley in May 2015. She loves the community atmosphere and enjoys the neighborhood happy hour and movie night on her street—with social distancing in place—of course!

“After this experience of staying in place for a while, I’m wanting to stop traveling,” she told me. “To that end, I am taking a six-month course at the Celebrant Institute, training to be an officiant at life transitions, ceremonies and rituals like weddings, birthdays, funerals. I’m loving it,” she told me with a glowing smile. “That’s one of the things I’m planning to do when I definitely step back from offering Reichian workshops around the world.

“I’ve also been wanting to work with dying people for a long time,” she added. “A few years ago, I studied to be a death doula at the Conscious Dying Institute in Boulder.”

In February 2017 Aneesha offered Park residents a workshop called *The Forest Years: Transformational Aging*. With a little luck, we can get her to offer it again. She is truly qualified! ■

# Band-Tailed Pigeon

Article and Photography by DAVID GRAY

**T**he band-tailed pigeon (*Patagioenas fasciata*) is a large, dove-like bird that we occasionally see in the Park. What draws my attention to them is the very loud sound of flapping wings and their very deep cooing call. Their call is deeper and less melodious than a mourning dove, and my first thought when hearing them is usually, “Is that an owl?”

Distinguishing characteristics are a gray-purplish-rose coloration to their body, gray wings, a dark band across the tail, a yellow bill with a dark tip, a white band across the back of the neck above a patch of darker iridescent feathers, and pink-hued eyes. To me, their facial expression looks a bit goofy. They tend to flock together, like all pigeons. I counted ten in one flock in the Prairie

Creek Redwoods State Park, where these photos were taken in early August 2020.

The band-tailed pigeon is the largest pigeon in North America and is almost as big as a crow. They prefer a wetter habitat than we have in the Park, and their range extends from coastal British Columbia, Washington, Oregon, California, and into Mexico, with their breeding territory including the southern Rocky Mountains.

Their diet consists of berries (as you can see from the photo) and nuts, seeds, and insects. They nest in coniferous trees, building simple nests of sticks and twigs. They lay two to three broods per year of usually two eggs, which explains their conservation status of “Least Concern”; they are prolific monogamists.




















Thanks to Alan Gump for bringing these birds to my attention; it's always nice to learn about another local avian! ■





# SEPTEMBER 2020

		TUESDAY 1	WEDNESDAY 2	THURSDAY 3	FRIDAY 4	SATURDAY 5
		6 PM <b>PAC Board Meeting</b> <i>Zoom.us Contact Anila Manning for link</i>   FULL MOON 10:22PM	6:30 PM <b>Biography Night with Joan Leopold</b>  <i>Zoom.us Contact Kim Holscher for link</i>	11 AM-12 PM <b>The Rollin' Root</b> <i>Clubhouse Parking Lot</i>   6:30-7:15 PM <b>Exercise Class with Rich Frye</b> <i>Club View Marsh</i>	1-1:30 PM <b>The Rollin' Root</b> <i>Clubhouse Parking Lot</i> 	9-9:45 AM <b>Exercise Class with Rich Frye</b> <i>Club View Marsh</i>
SUNDAY 6	MONDAY 7	8	9	10	11	12
	<b>LABOR DAY</b>  6 AM Trash Pickup 5-6 PM MVEST Meeting <i>Zoom.us*</i> 	<b>ECHO DEADLINE</b>		11 AM <b>The Rollin' Root</b>   6:30 PM <b>Exercise Class with Rich Frye</b>	1 PM <b>The Rollin' Root</b> 	9 AM <b>Exercise Class with Rich Frye</b>
13	14	15	16	17	18	19
	6 AM Trash Pickup 5 PM MVEST Meeting <i>Zoom.us*</i> 		6 PM <b>HOL Board Meeting</b> <i>Zoom.us Contact Janie Crocker for link</i>	11 AM <b>The Rollin' Root</b>   6:30 PM <b>Exercise Class with Rich Frye</b>	1 PM <b>The Rollin' Root</b> 	9 AM <b>Exercise Class with Rich Frye</b>  9 AM-4 PM <b>HOL Park Walking Give-Away</b>  3:30-4:30 PM <b>Ice Cream/Soda</b> <i>Clubhouse Breezeway</i> 
20	21	22	23	24	25	26
	6 AM Trash Pickup 5 PM MVEST Meeting <i>Zoom.us*</i> 			11 AM <b>The Rollin' Root</b>   6:30 PM <b>Exercise Class with Rich Frye</b>	1 PM <b>The Rollin' Root</b> 	9 AM <b>Exercise Class with Rich Frye</b>  4:30 PM <b>Salon in the Park</b> <i>What Matters Most</i> <i>Zoom.us Contact Kim Holscher for link</i>
27	28	29	30	Oct 1	2	3
	6 AM Trash Pickup 5 PM MVEST Meeting <i>Zoom.us*</i>   <i>* Contact John Hansen for link</i>			11 AM <b>The Rollin' Root</b>   6:30 PM <b>Exercise Class with Rich Frye</b>	1 PM <b>The Rollin' Root</b> 	9 AM <b>Exercise Class with Rich Frye</b>