

T H E
ECHO

OCTOBER 2020

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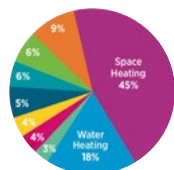
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From the Editor



We may get another free chipper day to clear out more of the dead branches along the Club View sewer service road to help eliminate a potential fire threat. John Hansen, FIRESafe Marin's chipper program director says about 20-30 people at other communities enjoyed coming together to clear their hazardous wood. Here—only he, John Feld, and Mary Barbosa joined me to clear the branches. Kevin Mulvany and Steve Plocher helped prepare. Granted it was a smoky day, but with another chance, we could finish it quickly with more hands. It's fun doing it together and helps rid us of risk.

FIRESafe Marin forms are on pp. 6-7 to ACTUALLY fill out to help during this fire season already tragically begun (info p. 4-5). Our **practice evacuation** is **11 am, Sat, Oct 10**.

Understanding our home carbon footprint can inform us and also help prepare us for Resilient Neighborhoods—starting in October (pp. 10-11). We need 12 people to start.

Directory Update

New Residents

Judy Rejebian
303-868-4503 cell
wovenalchemistry@gmail.com
and **Tom Weeden**
415-819-9685 cell
tgweeden@gmail.com
122 Marin Valley Drive

Add

415-479-0318 Home
415-246-6519 Cell
Gail Patterson
104 Sunrise Lane
sanrafaelgail@yahoo.com

Need Someone to Talk To?

Friendship Line (800) 971-0016

Call the Institute on Aging's Friendship Line (in SF). The lines are fully staffed 7 am-9 pm every day of the year. From 9 pm-7 am there is just one person, which usually means a bit of a wait.



Marin Valley HOL presents
**2020 State Ballot Propositions
Pros & Cons**
**Thursday, October 8 •
5-6:30 pm • via Zoom**

PLEASE REGISTER IN ADVANCE FOR THE EVENT:
[https://zoom.us/webinar/register/
N_24Z7xLAERlipo4gjY2Jvow](https://zoom.us/webinar/register/N_24Z7xLAERlipo4gjY2Jvow) (p. 9)

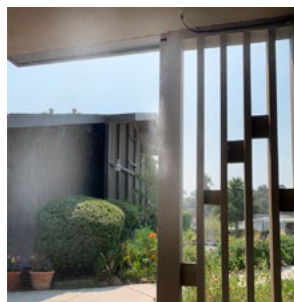


2020 Election

Marin Valley will NOT be a polling or ballot drop-off location. We are asked to VOTE BY MAIL and to VOTE EARLY. For in-person and other voter information: www.marinvotes.org

Register to Vote
voterstatus.sos.ca.gov
Census Form
www.2020census.gov

Misters in Breezeway



To help cool off on hot days, MVEST has added misters that spray a fine mist of water along the clubhouse breezeway walkway. When turned on with the dial mounted on the wall near the notice boards, they will automatically turn off at the end of the selected time.

Register for ALERT MARIN
to receive emergency alerts
from Marin County
www.alertmarin.org
415-473-6376

THE ECHO

OCTOBER 2020

MARIN VALLEY MOBILE COUNTRY CLUB

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Stephen Plocher, Carol-Joy Harris,
Kevin Mulvany, Erma Wheatley, Pam Berkon

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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

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.

Management Update Letter to Residents

October 2020

Pets

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

Barking 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.

Maintenance

Recent projects completed Parkwide: tree pruning, including all palms; replacement of three retaining walls; street work to repair potholes and provide better drainage on Scenic Drive and Marin View Drive; and asphalt sealing and fire abatement work in all common areas and Park perimeter.

Power Shutoff

Be prepared for any PG&E public safety power shutoffs (PSPS).

Carports

During the September 1st PAC meeting, we heard from residents concerned about people storing items in their carports. Carport upkeep will be enforced when the new Park rules are completed. Take the time now to clean all stored items out of your carports and avoid the problem. Your neighbors don't like looking at your stored items.

Management appreciates your cooperation.



Matt Greenberg

Matt Greenberg
GENERAL MANAGER
gm.mvmcc@gmail.com

415-883-5911 ■ 415-883-1971 Fax

Greetings from the Park Acquisition Corporation Board.

Board Vacancy

The PAC Board agreed to fill the Board vacancy by appointing **Serena Fisher**, who has volunteered to serve. Serena jumped into the mix by volunteering along with **Carol-Joy Harris** to take over the 2X2 dialogues with City Staff.

Finances

Our finances are in order. Our cash, including medium- and long-term reserves, is approximately \$6 million.

Traffic

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

Participation

I urge you to investigate and participate in ongoing activities concerning HOL, Mar Val, and PAC's MVEST, reported on elsewhere in the *Echo*, while being mindful of the contagious viruses that are around.

The PAC's Board meetings are enriched by resident participation. Your observations and suggestions on how Marin Valley can better serve your and the community's interests are always welcomed. Come to the presentations on Zoom by computer or phone, or email us.

The agendas for the coming PAC meetings are posted 72 hours prior to the meetings and are also available to those on the mailing list. Contact **Anila Manning** at anilahere99@gmail.com to be added to this list. To be included in the videoconferences, see the links provided on the agendas. There is a good likelihood that these meetings will also be broadcast on Comcast channel 26. A recording of the September Board meeting is available at <https://youtu.be/GCazil5CcNY>.

In service,



J Shelfer

Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com



Backup Batteries

by **PAM BERKON**

A backup battery can be used to power devices such as a CPAP. It can be charged by plugging it into a wall outlet and can take several hours to fully recharge. Each brand of battery has a different storage capacity and a different maximum wattage for appliances that can be run from it.

Storage capacity is measured in watt-hours (Wh). A 100Wh battery can power a 10-watt device for 10 hours or a 100-watt device for one hour, etc.

Some appliances get a “kick-start” of power—for example, a refrigerator that runs on an average of 250W but requires 400W for a couple of seconds when it is turned on. In this case, the WattFun brand with 300W maximum cannot power it. (We tried it.)

Here are two different batteries I have.

Portable Outlet

155W

Max wattage = 100W

Storage capacity = 155Wh

On my BPAP it lasts for about 10 hours.

www.portableoutlet.com/



WattFun

Max wattage = 300W

This one lasted three nights for me, about 30 hours, without being recharged.

Storage capacity = 500Wh

www.walmart.com/ip/Portable-Power-Station-500Wh-WattFun-Solar-Generator-Camping-Backup-Lithium-Battery-Dual-110V-AC-Outlet-Wireless-Charging-Type-C-Port-4-USB-Ports-Out/477543259



Another, more powerful (500Wh), backup battery is “Jackery” – more expensive than WattFun but seems to be more popular. ■

Evacuation Exercise

Saturday, October 10 • 11 am

by **JOHN FELD**

We are probably all rather fed up with the smoky conditions and poor quality of the air; I know I am. The smoke, of course, comes from fires in the area, some up in Napa and Lake counties, as well as Marin. Wherever it comes from, it is probably the best warning we can have of the potential risk we face here in Marin Valley. In Napa, the Spanish Flats Mobile Home Park burned very rapidly this summer; many homes were lost, and thankfully there were no fatalities. Some people in the area got at least an hour’s evacuation warning from a text alert; others got none. Many went to sleep with the fire still quite far from their community, yet woke up to see the glow surrounding their home and managed to escape barefoot in their pajamas. Several people reported trying to get information on the fire’s location, but the websites were overloaded.

This could easily happen here

Some of us feel invincible, while others are easily frightened. Either way, we must all be ready to get out quickly if needed. And the very best way to do this is to be prepared. The *Echo* has printed frequent articles about getting our lives in order to make a quick getaway, but it seems that the number of residents who are actually ready and organized is relatively small.

On October 10, the Park will stage a short evacuation drill, during which we will gather all our stuff, put it in our cars, and drive to the turnaround at the bottom of the hill leaving the Park. After checking in with an MVEST volunteer, you will be free to go. The idea is to become used to getting our “stuff” into the car and being ready to leave in a minimal amount of time. Once we have done this a few times, we will be practiced enough to do it when a real emergency happens.

Police and fire departments may issue various evacuation notices, and these can escalate rapidly if the emergency calls for it.

EVACUATION ORDER:

Leave now! Evacuate immediately. Do not delay to gather valuables or prepare your home. Follow any directions given in the evacuation order.

EVACUATION WARNING:

Evacuate as soon as possible. A short delay to gather your go-bag and prepare your home may be okay. Leave if you feel unsafe or conditions change.

SHELTER IN PLACE:

Stay in your current location or the safest nearby building or unburnable area. This may be required when evacuation is impossible, too dangerous, or unnecessary.

If an evacuation warning is announced, seriously consider leaving before it becomes urgent.

There will be less traffic to contend with, and fewer drivers will be panicked or scared.

Remember that not everyone has a car or a license; some people are bedridden or have delicate conditions. If this is the situation of your neighbor, reach out and see if you can help with any evacuations. (Perhaps talk to them in advance of the practice evacuations to find out if they want to participate.)

Preparedness can and should start now. Don't wait for the evacuation order to be announced to start preparing. The sooner we get ready, the better the outcome will be. Start by inventorying everything in your home. If you have valuable possessions, you may want to talk with your insurance provider to make sure your policy covers these expensive items. As with most things, it's better to be safe than sorry.

Once you have a record of your possessions, make a digital copy and email it to your cloud storage account. Then make copies of ALL your important papers and send them to your online storage. Next, decide what you will take with you if you have several days' warning, an hour's warning, or five minutes to get out of your house. If you have no warning, you should only worry about making sure you are safe.

Included on the next two pages are FIREsafe Marin checklists to use to prepare according to the amount of time you have. But you should always keep two lists ready: One for all your family to know where to go, whom to call, safe telephone numbers to call, your exit routes, etc., and another for what to take and how to prepare your home for the best possible outcome according to the time you have.

Emergency Meeting Location

The first list should include a designated emergency meeting location outside the fire or hazard area. This is critical for determining who has safely evacuated the affected area. This location should be many miles from here, as we may have no way of telling if a fire is local to our Marin Valley community or presents a danger to all of east Marin. Consider your escape routes. If the emergency exit off Meadow View Drive is locked, we will be forced to drive over the hill to get out of here, despite recommendations to always go downhill rather than uphill. Once out onto the city streets, try to stay as much as possible on either the freeway or on the valley floor. Generally, fire travels uphill, so the lower you are, usually, the safer you will be. Also, have an evacuation plan for your pets.

Communication Plan

It's good to have a Family Communication Plan that designates an out-of-area friend or relative as a point of contact to act as a single source of communication among family members in case of separation. (It is easier to call or message one person out of the region and let them contact others than to try and call everyone when the phone, cell, and internet systems can be overloaded or limited during a disaster.)

So, get yourself organized: Start with a go-bag—actually, two are better than one. One is for straightforward emergency supplies, such as food and water for at least three days, cash, change of clothes, a blanket, medicines, first aid, flashlights, house keys, pet supplies, and so forth—stuff you will need to survive if you must leave in a hurry. Don't forget your important documents such as your will, insurance policies, contracts, deeds to your home, passports, social security cards, immunization

records, and the like. Also, bank account numbers, credit card account numbers, and family records (birth, marriage, death certificates). In preparation, scan valuable documents and store them securely online so they can't be ruined in a disaster. It may be helpful to have copies of key items (like insurance cards, social security numbers, passwords, and insurance policies) in your bag as well.

The second bag is for when you have a little more time to evacuate. This one includes more clothes, precious items, an extra laptop if you have one, chargers for your devices, spare shoes, batteries, weather radio (get one that is USB powered), gloves, ziplock bags, paper towels, toothbrush and other toiletries, soap and towel, toilet paper, plastic garbage bags and ties, plastic bucket with a tight lid, and supplies for pet waste. You could also include a wrench to turn off gas and water lines as well as cups, plates, and utensils (raid your camping gear to save money—just don't forget to replace them after each camping trip), a solar light (to eliminate the need for batteries), manual can opener or utility knife, small fire extinguisher, duct tape, lighter or matches in a waterproof container, and a plastic storage container to keep everything in one place.

Also, you will need to always have a full or nearly full tank of gasoline. Before an emergency occurs, take short videos for insurance purposes to catalog valuables in your home such as vehicles, computers, furniture, and artwork. These will be a great help when dealing with insurance companies if you lose your home. Based on other mobile home park fires, ultimately, few people die, but many homes get destroyed.

If you can afford it, a laptop loaded with all your information is a great way to restart your new evacuated life. ■

WILDFIRE EVACUATION CHECKLIST



If evacuation is anticipated and time allows, follow this checklist to give your family and home the best chance of survival. Complete the Emergency Communication Plan on the next page and keep in your wildfire and emergency go-bag(s). Learn more at www.firesafemarin.org/preparedness/evacuation

EVACUATION NOTIFICATIONS & INFORMATION

Register for Alert Marin and Nixle to receive evacuation and fire information notices!

ALERT MARIN www.alertmarin.org

Used when emergency action is needed at a specific address: wildfires, imminent flooding, evacuations, or other public safety incidents where lives may be at risk; critical information about evacuation routes, hazards, and shelters.

Online registration required!

NIXLE www.nixle.com

Used to provide incident information for a specific zip code: road closures, general updates, issues affecting larger areas; post-disaster information about shelters, transportation, or supplies; police activity and general public safety information.

SOCIAL MEDIA, RADIO, TV

Used to provide less critical and low-level frequent updates intended for larger populations: traffic updates, road closures, incident updates, and contact information; safety announcement, power outages, minor issues; disaster recovery resources.

EVACUATION ORDER: Leave now! Evacuate immediately. Do not delay to gather valuables or prepare your home. Follow any directions given in the evacuation order.

EVACUATION WARNING: Evacuate as soon as possible. A short delay to gather your go-bag and prepare your home may be OK. Leave if you feel unsafe or conditions change.

SHELTER IN PLACE: Stay in your current location or the safest nearby building or unburnable area. May be required when evacuation is impossible, too dangerous, or unnecessary.

ALWAYS

COMMUNICATIONS

- Keep your cell phone fully charged.
- Notify an out-of-area contact of your phone number, location and status. Update regularly.
- Leave a note with your contact info and out-of-area contact taped to fridge or inside a front window.
- Check on or call neighbors to alert them to prepare at first sign of fire.

ON YOUR PERSON

- Dress all family members in long sleeves and long pants; heavy cotton or wool is best, no matter how hot.
- Wear full coverage goggles, leather gloves, head protection.
- Cover faces with a dry cotton or wool bandanna or scarf over an N95 or other mask. Tie long hair back.
- Carry a headlamp and flashlight (even during the day).
- Carry car keys, wallet, ID, cell phone, and spare battery.
- Drink plenty of water, stay hydrated.
- Put go-bags in your vehicle.

PETS & ANIMALS

- Locate your pets and place in carriers NOW. You won't be able to catch them when the fire approaches.
- Be sure your pets wear tags and are registered with microchips.
- Place carriers (with your pets in them) near the front door, with fresh water and extra food.

IF TIME ALLOWS

INSIDE THE HOUSE

- Shut all windows and doors (interior too) and leave them unlocked.
- Remove combustible window shades and curtains.
- Move furniture to the center of the room, away from windows.
- Leave indoor and outdoor lights on.
- Shut off HVAC and ceiling fans.

OUTSIDE & IN NEIGHBORHOOD

- Place combustible outdoor items (patio furniture, doormats, trash cans, etc.) in sheds/carports away from home.
- Shut off gas at the meter.
- Connect garden hoses with squeeze-grip nozzles to outdoor spigots for use by firefighters.
- Fill water buckets and place around outside of house, especially near decks and fences.
- Clean your gutters and blow leaves away from house.
- Back your car into driveway, loaded, with doors and windows closed.
- Place ladder(s) at the corner(s) of structures for firefighters.
- Seal roof and ground vents with precut plywood or metal covers (even duct tape will protect from ember entry) if time allows.

WHEN YOU LEAVE

- Leave immediately if ordered.
- Don't wait for an evacuation order if you feel unsafe or conditions change; leave early if unsure.
- Assist elderly or disabled neighbors.
- Carpool with neighbors to reduce traffic.
- Take only essential vehicles with adequate fuel.
- In your car, turn on headlights, close windows, turn on inside air and AC, tune to local radio.
- Drive slowly and defensively; be observant.
- The best evacuation route is usually the one you know best.
- Proceed downhill, away from the fire if possible. Know at least two routes.
- If roads are impassable or you are trapped: take shelter in a building, car, or an open area; park in an outside turn if trapped on a hillside; stay far from vegetation; look for wide roads, or parking lots, etc.
- If trapped, you are better protected inside a building or vehicle.
- Don't abandon your car in the road if passage is impossible. If you must leave your car, park it off the road and consider other options for shelter.
- Evacuate on foot only as a last resort.
- Don't evacuate uphill (except from the Park) or into open-space areas with unburned vegetation.
- Remain calm—panic is deadly.

from FIRE Safe MARIN | www.firesafemarin.org



Family Emergency Communications Plan

Your Family's Name/s

HOUSEHOLD INFORMATION

ADDRESS

PHONE

EMAIL

NAME

MOBILE

EMAIL

OTHER # or SOCIAL MEDIA

NAME

MOBILE

EMAIL

OTHER # or SOCIAL MEDIA

NAME

MOBILE

EMAIL

OTHER # or SOCIAL MEDIA

CAREGIVER, WORKPLACE CONTACTS

NAME

ADDRESS

PHONE

EMAIL

WEB

EMERGENCY PLAN/PICKUP

NAME

ADDRESS

PHONE

EMAIL

WEB

EMERGENCY PLAN/PICKUP

NAME

ADDRESS

PHONE

EMAIL

WEB

EMERGENCY PLAN/PICKUP

LOCAL CONTACTS

NAME

ADDRESS

PHONE

EMAIL

NAME

ADDRESS

PHONE

EMAIL

NAME

ADDRESS

PHONE

EMAIL

OUT-OF-AREA CONTACTS

NAME

ADDRESS

PHONE

EMAIL

NAME

ADDRESS

PHONE

EMAIL

EMERGENCY MEETING LOCATIONS

LOCATION 1

INSTRUCTIONS

LOCATION 2

INSTRUCTIONS

LOCATION 3

INSTRUCTIONS

IMPORTANT NUMBERS & INFORMATION

Fire & Medical Emergencies in Marin 911 or 415-472-0911

Police, Sheriff Emergencies in Marin 911 or 415-472-0911

Marin Fire Information Hotline 415-473-7191

Poison Control in Marin Or Ca 800-222-1222

Social Media, Fire Info @marinsheriff, @marincountyfire

Your Local Agencies (Social Media)

Local Radio AM 740, AM 810, FM 106.9, FM 88.5;

West Marin: FM 90.5 Point Reyes, FM 89.9 Bolinas

PHYSICIAN

SPECIALIST

VETERINARIAN

INSURANCE

HOMEOWNER POLICY

AUTO POLICY

MEDICAL POLICY 1

MEDICAL POLICY 2

WILDFIRE & EMERGENCY GO-BAG

Put together an emergency supply bag in advance for each person and keep it easily accessible. Plan to be away from your home for an extended period of time. **Each person should have their own go-bag. Store bags in backpacks.**

- Bandanna, N95 respirator, goggles, leather gloves, long shirt and pants (cotton or wool), boots, hat
- Flashlight and headlamp with spare batteries
- Extra car keys, credit cards, cash

- Map marked with evacuation routes (if possible)
- Prescription medications
- Extra eyeglasses or contact lenses
- First-aid kit
- Battery-powered radio and extra batteries
- Copies of important docs (birth certificates, passports, insurance policies, etc.)
- Pet food and water, leashes, pet supplies and medications

- Water bottles and food
- Sanitation supplies
- Change of clothing
- Spare chargers for cell phones, laptops, etc.

Items to take only if time allows:

- Easily carried valuables
- Family photos, small heirlooms, and other irreplaceable items
- Personal computer data and digital information backups on hard drives and/or disks

from FIRESafe MARIN | www.firesafemarin.org

Message from Mar Val

Dear Friends,

Interestingly enough, I am writing this message on Labor Day, which marks the unofficial end of summer. Although it has now been six months since we last gathered for a Mar Val social event, the network of neighbors

and friends fostered by our gatherings has remained vibrant during the lockdown.

Clearly, while there is no way of knowing when we will be able to resume our activities, Mar Val is heartened by the efforts made by all organizations in the

Park to ensure we remain in full compliance with the appropriate regulations promoting our safety and welfare.

Finally, be assured Mar Val stands fully prepared to schedule Halloween, Thanksgiving, Christmas,

New Year's Eve, or any other holiday once the quarantine has been lifted.

With warmest regards,



Kathleen Dargie

Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com

Home Owners League Message



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

HOL Meetings Now 1st Wednesdays

The first order of business is that the weekly meeting of HOL will be the **FIRST Wednesday of the month** instead of the third Wednesday. Hope to see you then.

HOL Yearly Donation Drive

Thanks to all who have contributed to the yearly drive. Please remember to put your donations in the "Waivers" box in the breezeway or in **Tara Plocher's** bright purple basket hanging on the edge of her steps (51 Club View Drive)—NOT IN HER MAILBOX! Or you can put a stamp on it and mail it.

Giving Bench

Have you seen the breezeway and its "Giving Bench" with its collection of giveaway items? Stop by frequently; the merchandise changes often. Bring your own bags to put your goodies in, or use the bags that are provided there. PLEASE DO NOT take any of the bins! They are there to keep the area neat and organized. Tara cleans it up at least once a day. If you

have ideas about organizing the items on the bench, please contact her at taraplocher@gmail.com. Thanks to you, **Tara Plocher**, for your endless stream of great ideas!

Rollin' Root Coupons

Pending imminent approval from The Rollin' Root administrators, HOL will be distributing \$5-off ROLLIN' ROOT COUPONS for the Rollin' Root fresh produce truck good for **Thursday, October 8: 11 am-noon or Friday, October 9: 1-1:30 pm**. If approved, look for one coupon per household to appear in your tube the week before. Eat FRESH, stay HEALTHY!

Waterers Needed

Our community gardener, **Pauline Hawkins**, could use some help watering plants. The large flower pots by the mailboxes as you enter the clubhouse are not on a sprinkler system and are often dry. Also, the long row of plants across from the pond and down the front sidewalk is ALWAYS thirsty. Water receptacles are available for anyone to use to water the plants when they look dry—one near the breezeway bench under a water tap, and

another to the right of the clubhouse door, also under a water tap. The bush there is often thirsty. If you can help out on a more permanent basis, contact Pauline at dundeesmom@aol.com or 415-884-0494.

New Recycle Bins



HOL purchased new recycle bins for the breezeway. We are **LOOKING FOR ONE DIFFERENT VOLUNTEER** each month to take the recyclables to the Novato Recycle Center. Mark and Greg will no longer be taking them. If you would be willing to donate a couple of hours A YEAR, please contact **Yvonne Devine** at goddessydevine2@gmail.com or 415-747-7617. She is setting up a schedule for the year. What is involved? Remove the recyclables from the bin and place them in separate bags. **DO NOT REMOVE THE BINS**. Take the BAGS to the DRIVE-THRU at the Novato Recycle Center at 7576 Redwood Blvd. Hours are Tuesday through Sunday, 10 am-4 pm. 415-897-4177.

HOL COMMUNITY PRESENTATIONS

League of Women Voters

LWV 2020 State Ballot Propositions PROS & CONS

Thursday, October 8 • 5–6:30 pm

Mark your calendars! HOL is sponsoring a ZOOM webinar given by the Marin County League of Women Voters:

“2020 State Ballot Propositions Pros and Cons.”

Thursday, October 8 at 5–6:30 pm. You must

REGISTER IN ADVANCE at: https://zoom.us/webinar/register/N_24Z7xLAERlipo4gjY2Jvow

After registering, you will receive a confirmation email with information about joining the event. This is going to be important and informative, so please sign up. It will also be aired on Channel 26 (thank you **David Tetta**). You will receive a flyer in your tube a week before the event.

Exercise Classes

Please feel free to join Personal Trainer Rich Frye’s HOL-sponsored 45-minute exercise classes—Saturday mornings at 9 am and Thursday evenings at 6:30 pm in the meadow at the end of Sunrise Drive. 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. Social distancing and masks are mandatory. Suggested donation is \$10/session. These classes are not held on “spare the air” days.

Holiday Craft Fair

Looking ahead, put your thinking caps on and help us plan our Holiday Craft Fair in November. It would have to be at each individual’s carport while maintaining social distancing and wearing masks. Let **Tara Plocher** at taraplocher@gmail.com know if you are interested in participating.

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 the **FIRST Wednesday, October 7 at 6 pm** via Zoom. Email **Janie Klimes Crocker** janieklimes1948@gmail.com for an invite.



Janie Klimes-Crocker

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



by **SUZIE LAHR**

What is creativity, and what can we do when we have a creative block – along with the current daily environmental and functional challenges of COVID, wildfires, searing heatwaves, and circumstances we have rarely if ever had to encounter, and now all at the same time?

Silence has remained golden cloistered inside, at times with total artistic or writer’s block, so here is a shot in the dark with an attempt to open a new door, since it cannot be the front door due to heat and smoke!

Let us try project-based, logistical, and practical creativity.

Head clearing, house clearing, and air clearing! Let’s meditate

for peace and quiet, and make space by tossing what we really don’t need and filling that space with green, healthy plants and other pleasantries. Find those odds and ends in your fridge to make something amazingly tasty. Confront those projects you manage to always put off. Dabble with your budget to achieve the best possible way to save for a rainy day (soon, we hope). Read books late into the night. Jump out of bed early morning to walk before anyone else is up, or run to the store when you can whiz through when they first open the doors in the morning.

Our worlds have changed so much in eight months and will undoubtedly change again soon with no return to what we once perceived as normal. Let’s adjust to the new abnormal state of being and see if it circles back to artistic creativity for those of us who are stuck in a creative block. And let’s look forward to a brave new world!

And below—here’s to one of our artists who has remained amazingly creative! ■



Lake Louise Dreams by **Meg Jordan**

Resilient Neighborhoods

by JOHN FELD

It's not all about carbon. This free program shows how to build resilience by:

- Decreasing dependence on fossil fuels
- Conserving resources
- Fortifying the local economy
- Supporting local agriculture
- Planning ahead for emergencies

Sixty-five percent of local carbon pollution is affected by our household decisions such as driving, home energy and water use, and household waste from our purchasing choices. Resilient Neighborhoods Climate Action Teams undertake carbon-reducing actions that make a difference.

For the last ten years, Resilient Neighborhoods has been helping Marin residents lessen their carbon footprint. Its members have been responsible for preventing the release of more than 8 million pounds of CO₂ pollution each year, making Resilient Neighborhoods one of the most effective plans for driving climate-friendly behavior changes.

Each household that joins a Resilient Neighborhoods team runs some simple calculations to measure their carbon footprint. They then attend a free, five-session Zoom workshop and learn how taking simple steps like reducing energy and waste, conserving water, and making better transportation choices can cut carbon emissions and save money. After the five meetings, each household measures the impact of changes they made during the program.

Resilient Neighborhoods and Marin Valley are starting a small team here in October, and if enough people wish to join in, perhaps another one will be added a month or two later.

By joining you will see the positive results of your actions and help build a stronger and safer community. Almost 1,500 Marin residents have annually eliminated 8.4 million pounds of CO₂ pollution through Resilient Neighborhoods. All you need to participate is a computer, access to your utility bills, and a desire to join with other community members to create a better future. ■

Wednesdays, 6:30-8:30 pm

October 14, 28;

November 11, 24;

(24th instead of Wednesday—Thanksgiving Eve)

December 9.

Contact Jennifer Hammond: rnoutreachassociate@gmail.com



Reducing Your Home's Carbon Footprint

by DAVID TETTA

This is the third in a four-part series devoted to understanding how to reduce our carbon footprint. Here we focus on reducing overall energy use in the home. A common thread in this series is that you can do good for yourself by doing good for the planet. It's the same in this instance; investing in a more energy-efficient home will save you money in the long run, make you more comfortable, and of course, help lower your footprint. While most of the ideas here have been around since the '80s, the one exception is the new emphasis on decarbonizing home energy use to get rid of the natural gas component.

Next to your driving and food consumption, energy use in the home is the next-largest source of greenhouse gas emissions for most households, clocking in at about 10 tons per year for the average Novato household, according to the CoolClimate folks. Older unmodified mobile homes, like many of those in the Park, have a very high carbon footprint. A study by Environmental and Energy Study Institute (EESI) has found that mobile homes built before 1980 typically have a 50% higher footprint compared to the rest of the US housing stock. Almost half of this energy use is for space heating; water heating is around 20%, and the A/C takes up around 10%. The rest is appliances, lighting, and digital devices. With all of the advice that's out there, it can be a bit daunting figuring out how to start approaching home energy conservation. That's why a Home Energy Audit is a good first step. You can call the Bay Area Renewable Energy Network's Home Energy Advisor program at 866-878-6008 to get started. "Audits usually cost around \$400, and rebates may be possible in limited circumstances.

You can also just follow guides available on many websites (EnergySage.com, Energy.gov) to get started. Links to these sites, as well as more detailed information on home energy ideas, is available on our marinvalley.net "Green Living" page (Home page>Living Here>Green Living>Home: Energy & Water). For me, a helpful framework is to focus on two categories: 1) things you should invest in (both to reduce your energy use and to "decarbonize" it), and 2) lifestyle changes you should make.

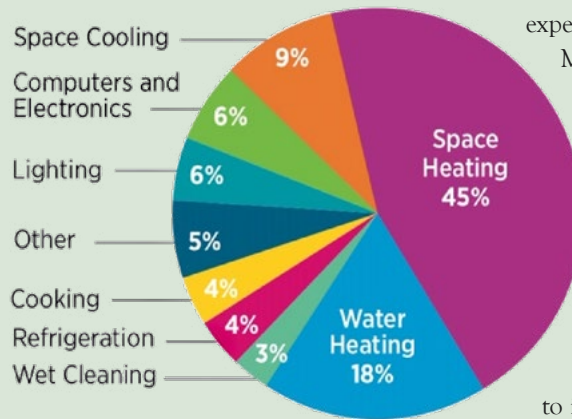
Changing Habits

One of the behavior changes that can make the biggest difference is turning down the setting on your thermostat in the winter and using your air conditioner less in the summer. A programmable thermostat can help you automatically do this. Most of you probably have these in your homes, but some of the newer types (like the Nest) have additional features that can help you fine-tune this even further. Similarly, you can lower the temperature on your water heater thermostat (recommended often is 120°F) for additional energy savings.

Another habit to develop involves turning off lights and digital devices. “Phantom loads,” or the electricity used by electronics when they are turned off or in standby mode, are a major source of energy waste. You can buy power strips for your devices and just turn them off at night. Smart power strips, also known as advanced power strips, go even further by shutting off the power to electronics when they are not in use.

Investing in a Greener Home

For home investments, some low-hanging fruit includes installing LED lighting, which uses about one-fifth of the energy of traditional lighting for the same brightness. Look for a bulb with a temperature rating of 2,700 to 3,000K to approximate the warmth of traditional incandescent lighting. Putting a weather blanket on an old water heater and maintaining your existing gas furnace are also helpful steps that don’t cost a lot. Weatherizing and insulating your home should also be a priority. The most common sources of air leaks into your home are vents, windows, and doors. You can use a variety of techniques, such as caulking and weather stripping, to seal these areas. To reap the full amount of savings from weatherization, you should consider fully insulating your home. The recommended depth of insulation, or “R-value,” for your insulation depends on the area of your house. The four main



areas to consider adding insulation to are the attic, walls, floors, and crawl space.

Installing double-pane windows can also make a major difference to your comfort and energy usage, but these have a longer payback period, often 10–15 years.

Some more expensive projects, like a new roof in our case, can show a good return on your investment and make your home more comfortable. Since Kim and I put a new, better-insulated roof on our home, we’ve hardly had to use our air conditioner at all this summer. And we used our heating a lot less last winter; the house stayed much warmer overnight without the heater on. I haven’t kept exact track, but I would imagine we save about half the money we used to spend on heating and cooling our home each year.

Decarbonizing the rest of your energy usage is another major step you can take. We live in a relatively warm climate, and this makes heat pumps an effective and economical alternative for heating your home. According to a 2019 Natural Resources Defense Council study of California homes, over its lifetime a new heat pump can reduce greenhouse gas emissions by about 50 percent compared to natural gas alternatives. Replacing your water heater with a water heat pump would have a similar result. This can vary depending on the details of how your heating system works. As the percentage of renewable energy in our power mix goes up, these numbers (and savings) will continue to get even better.

Fortunately, significant rebates are available for some of these more

expensive investments. Electrify Marin offers rebates for heat pumps, heat pump water heaters, induction stoves, and electric panel upgrades.

Rebates are even higher if you are income qualified. In addition, San Francisco - Peninsula Energy Services offers free home insulation upgrades (as well as energy audits) to income qualified residents. These links are all on our [Green Living](#) page.

Buying Green Energy

One last aspect of your home’s carbon footprint worth mentioning is the idea of buying “green energy.” As of 2019 PG&E had about 40% renewable energy in its power mix throughout the state. In our county, Marin Clean Energy (MCE, one of several organizations in the state with a mission of providing renewable energy) has gone even further, via programs such as “Light Green,” which Park residents are currently subscribed to. We are looking into enrolling in MCE Deep Green, which enables MCE to put renewable energy onto the PG&E grid in proportion to our usage. Investing in these programs is a great way to support renewable energy efforts in Marin and throughout California, and to help spur long-term changes that enable a higher percentage of renewable energy in our mix. But keep in mind that even though, compared to the “average” PG&E customer, programs like “Light Green” and “Deep Green” significantly reduce the footprint associated with your electricity consumption, they don’t eliminate it. So energy-efficiency measures are still a critical step to take if you want to reduce your home’s carbon footprint.

If you are interested in learning even more, John Feld has helped bring a program to the Park called Resilient Neighborhoods. This program takes you through a wide range of footprint-reducing activities as a group, which can be a great way of maintaining your focus on making meaningful changes. It will start up in October (see p. 10). ■

Janet Bogardus

By LORNA SASS

That Janet Bogardus lives on Panorama Drive is a fascinating synchronicity because that street name perfectly describes the wide arc of her life.

Born in Montreal to American parents in 1943, Janet was on the move right from the start due to the fact that her father worked for the State Department. At the age of two she was in Prague when the Soviets took over. Her family was forced to pack up and leave very quickly. She recalls a prophetic moment when her panicked mother ordered Janet to remain very still: “Don’t stop coloring!” she commanded, and somehow Janet has been coloring on and off ever since.

After Prague, the family spent time in Algiers. “I remember we drove into the Kasbah and I saw all the little kids running around naked. I wondered why they weren’t wearing any clothes, and it’s only as I grew

older that I realized what a huge gap there was between the rich and the poor.

“We lived in a beautiful French Colonial building with high ceilings next to a tangerine orchard. A Berber woman cleaned our house, and once when we went next door to the Hotel St. George, my mother pointed out Simone de Beauvoir enjoying a drink. (No, Sartre wasn’t with her!)”

As far back as she can remember, Janet was a tomboy and loved being physically active. She remembers fishing octopus out of the Mediterranean, and once when the family was back in Canada for a spell, she spent lots of time in the woods building forts. In the basement of her home, she created a saloon and a jail cell where she spent many hours reading comic books. Among her favorite heroes were Hopalong Cassidy, the Lone Ranger, and Superman.

Janet felt devastated when her dad was transferred to Hamburg and she had to leave her friends and safe hideouts behind. “This was the early ’50s, and parts of Hamburg were still bombed out,” she recalled. “I did have a great time in the British Army school I went to, but we only lasted a few years there before my dad was transferred to Washington, D.C. It was there that her mom—a frustrated artist herself—encouraged Janet to take up oil painting. But before long, her dad was transferred to Saigon. After spending two years in Vietnam, Janet entered a boarding school for girls in Springfield, MA. “I felt like an exile there,” she told me, but the boarding school ended up being a springboard for her to attend the prestigious women’s college, Wellesley. “Wellesley was a great experience for me,” Janet recalled, “and I am still in touch with the good friends I made there.”

Fast forward and Janet marries a Yale graduate who ends up being a Wall Street lawyer. During her time in Manhattan, she began a doctoral program in English literature at Rutgers University. Before long, her husband decided to drop out of law to pursue a history degree at Stanford, and Janet reluctantly followed him to California. Once here, she entered a challenging period of discovery. “In the marriage, I constantly felt like a second-class citizen,” she said, “and before long I found myself falling in love with a closeted lesbian.”

This was the late ’60s and like so many during that time Janet found solace in drinking. As her marriage slowly dissolved, she moved to Berkeley and continued exploring the lesbian lifestyle while completing her doctoral dissertation on D.H. Lawrence. By this time Janet was in her early thirties and,



as no good job in academia presented itself, she worked as a secretary at UCSF and even waitressed for a while.

As she sobered up with the help of AA, Janet recognized more and more that she was meant to be an artist. She joined a lesbian artists' group and began studying art history at SF State. "This was a time of great blossoming for me," she recalled. "I studied the history of modern art and did a major survey of women artists through the centuries. Before long I got into printmaking, designing books, and experimenting with abstract art."

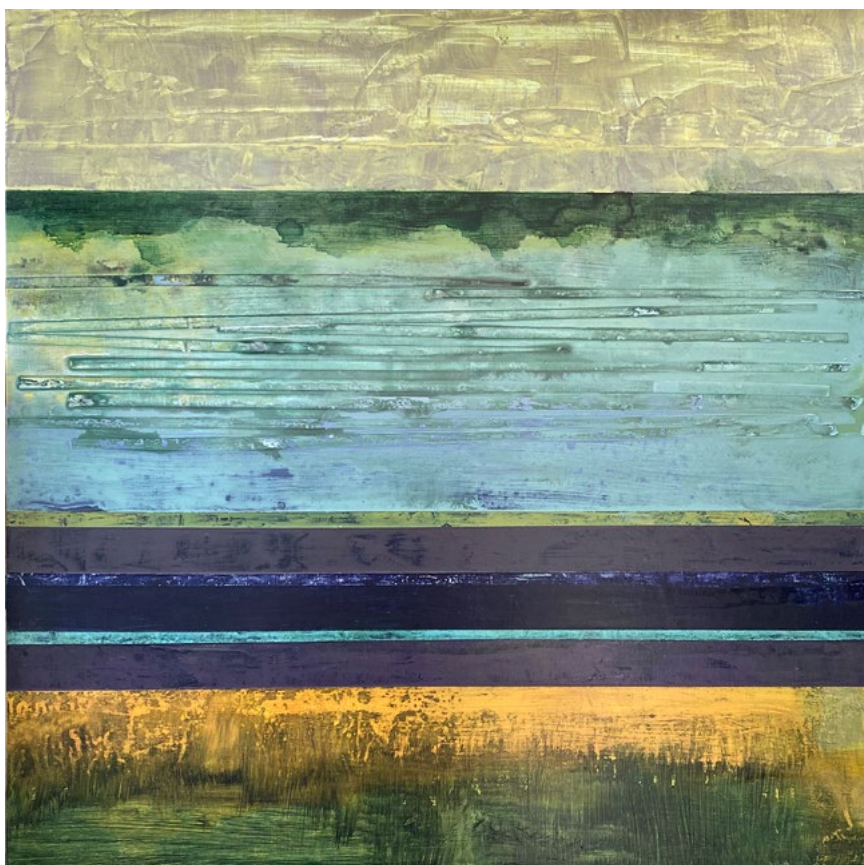
Janet achieved her MFA in 1990. For the next decade she taught watercolor, drawing, and color theory at numerous locales, including New College in SF, Columbia College on Treasure Island, and the women's prison in Dublin, CA—her favorite.

Janet moved into the Park with her wife Marilyn McKenna in 2007. "It was quite a welcome change from our time living in Hunters Point," she recalled, "but I so love the quiet and feeling of safety here—and it's wonderful being surrounded by nature."

Janet has an art studio at Marin MOCA, where her current passion is "to explore the paradoxical nature of cities in prosperous countries like ours. They are radiant cities, offering beauty, creativity, entertainment, and opportunity," she reflected, "but they also emit blight and waste into the environment. And around the foundations of glittering office spaces, ever-expanding art museums, and luxury dwellings lie the tents, shopping carts, trash bags, and castoff clothing of homeless people.

"These cities are emblems of some of humanity's deepest current problems. I would like viewers of my paintings to be drawn in by beauty to contemplate what is appealing and disquieting within."

We are very fortunate that Janet offers a weekly art class here that requires no prior experience. She is currently on a sabbatical. If you'd like to try it out, email Janet at bothornton3@gmail.com ■



Recent acrylic paintings by Janet Bogardus. From top, "Immersed" and "The Verge."

Great Egret Revisited

Article and Photography by DAVID GRAY

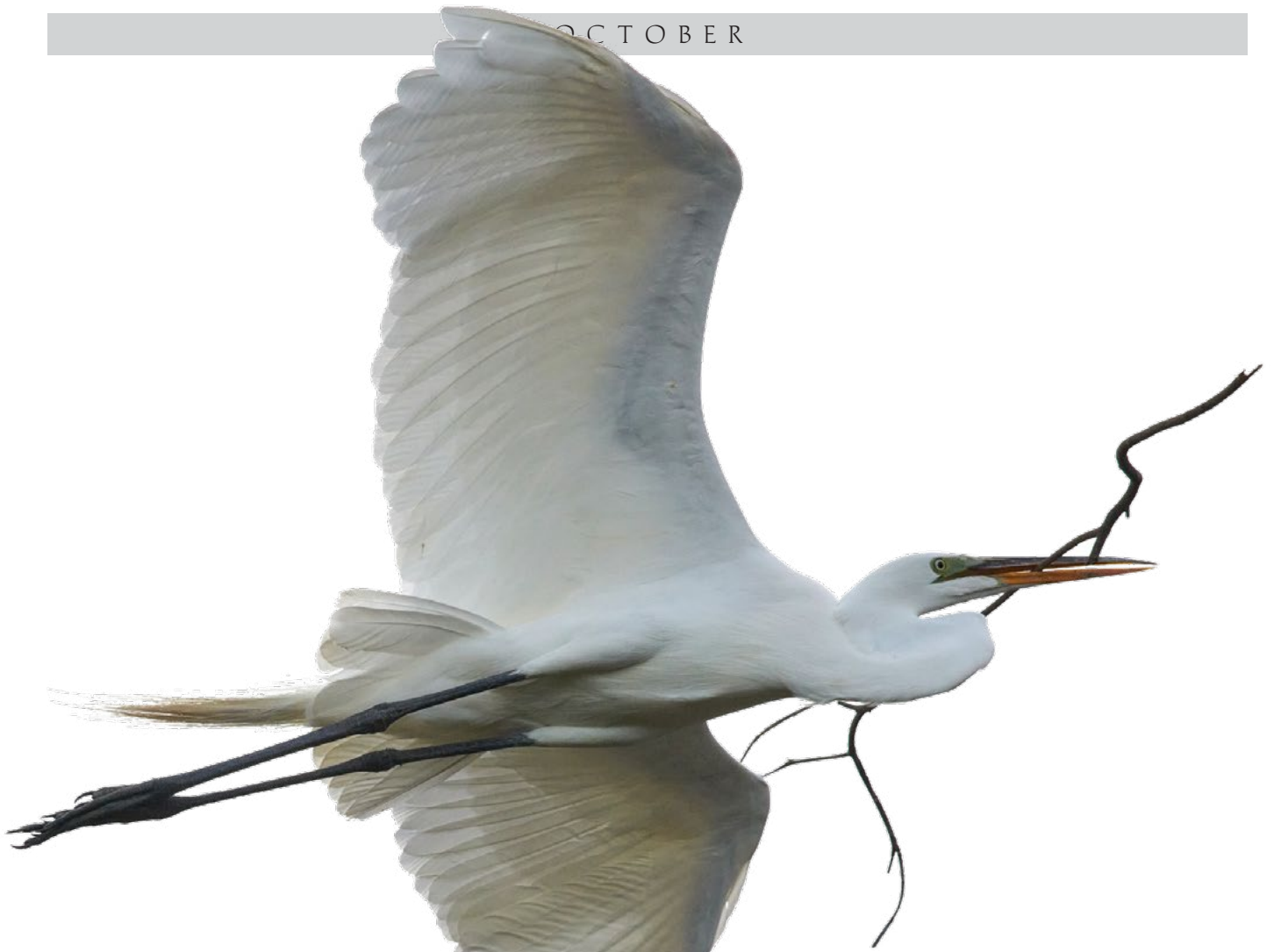
It has been four years since the October 2016 great egret article in the *Echo*, written by the wonderful Bill Noble, and I thought I'd share some newer photographs from this summer.

The great egret (*Ardea alba*) is a magnificent bird, one who comes to visit our Park after the



rains have come and the frogs eggs laid the previous year have hatched. A great egret rookery can be found in the gigantic eucalyptus trees in Bel Marin Keys where they build their nests, lay their eggs, and raise their hatchlings until they fledge and can find food for themselves.

I took several photographs of great egrets bringing sticks back to different rookeries for nest building.



The image above, taken at Bel Marin Keys, highlights some wonderful details of the bone structure in the front of the wings, as well as the ripples visible in the left wing, caused by the flow of air. The profile photograph with the blue sky background was taken at the Humboldt Bay National Wildlife Refuge. Those were some really big branches, yet somehow the egrets were able to fly while carrying them either under or over their wings.

While out walking in our Park at dusk, I often see one of these wonderful birds flying high overhead, heading back to its rookery. Keep looking up! ■

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OCTOBER 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4	5	6	7	1	2	3
	6 AM Trash Pickup 5-6 PM MVEST Meeting <i>Zoom.us</i> Contact <i>John Hansen</i> for link 	6 PM PAC Board Meeting <i>Zoom.us</i> Contact <i>Anila Manning</i> for link	6 PM HOL Board Meeting <i>Zoom.us</i> Contact <i>Janie Crocker</i> for link	11 AM-12 PM The Rollin' Root <i>Clubhouse Parking Lot</i>  6:30-7:15 PM Exercise Class with Rich Frye <i>Club View Meadow</i>  FULL MOON 7:14 PM	1-1:30 PM The Rollin' Root <i>Clubhouse Parking Lot</i> 	9-9:45 AM Exercise Class with Rich Frye <i>Club View Meadow</i>
11	12	13	14	8	9	10
	6 AM Trash Pickup 5 PM MVEST Meeting <i>Zoom.us</i>  COLUMBUS DAY		 6:30-8:30 PM Resilient Neighborhoods	11 AM The Rollin' Root  6:30 PM Exercise Class	1 PM The Rollin' Root 	9 AM Exercise Class  Community Evacuation Exercise 11 AM
18	19	20	21	15	16	17
	6 AM Trash Pickup 5 PM MVEST Meeting <i>Zoom.us</i> 			11 AM The Rollin' Root  6:30 PM Exercise Class	1 PM The Rollin' Root 	9 AM NO Exercise Class
25	26	27	28	22	23	24
	6 AM Trash Pickup 5 PM MVEST Meeting <i>Zoom.us</i> 		 6:30-8:30 PM Resilient Neighborhoods	11 AM The Rollin' Root  6:30 PM Exercise Class	1 PM The Rollin' Root 	9 AM Exercise Class 4:30 PM Salon in the Park <i>Gifts of Life</i> <i>Zoom.us</i> Contact <i>Kim Holscher</i> for link
				29	30	31
				11 AM The Rollin' Root  6:30 PM Exercise Class	1 PM The Rollin' Root 	9 AM Exercise Class  FULL MOON 6:35 PM HALLOWEEN