

T H E
ECHO

January 2021

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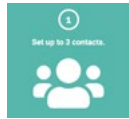


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Letter from the Editor

Sometimes things don't always go the way we expect them to. This has been especially true for 2020. As we welcome a new year I'd like to thank all the people who did, and seem to always, surpass expectations every month of the year to get this magazine out. Special thanks to copy editor **Mary Barbosa** for her clarity, proficiency, and attention to detail, along with the other proofreaders **Carol-Joy Harris, Anila Manning, and John Feld**, who all help to make the *Echo* communicable, understandable, and actually readable. I am also amazed at the level and quality of information that comes from the many talented and generous writers in our community and appreciate their ability and thoughtfulness to share their understanding with other residents. The artists, organizers, committee members, and the many people who contribute so much of their time and expertise to help make this community vibrant are also acknowledged. Thank you, **Carolyn Corry**, for making sure the calendar keeps us up to date. And with **Mark Crocker**, who is now carrying on **Doug Muhly's** organizing of the *Echo* distribution, along with all the deliverers, we have a new issue personally placed in our individual tubes at our homes. We are grateful that we can expect an *Echo* every month and actually get it. Thank you. Some things are still happening.



Letter to the Editor

Newspaper Plastic Bag Recycling

The newspaper bag recycling is a success! There is a box next to the battery recycling box in the clubhouse breezeway. Please leave dry and clean bags, folded in fourths. Our newspaper delivery man is happy to take them back and use them again! We have already recycled hundreds of them. Please spread the word.

Thanks, Inga Grace

IN MEMORIAM

Leslie Jacobs

July 27, 1927

December 3, 2020

Amazing Bloom



PHOTOGRAPH: LORNA SASS

Lorna Sass encourages everyone to send an image of some Amazing Bloom from their garden. Here is her garden's November miracle — a *Stapelia grandiflora*.

THE
ECHO
JANUARY 2021

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Email articles with "ECHO" as the subject line to Erma Wheatley: ermawheatley@gmail.com with a copy of the article in the body of the email. Images should be as large as possible.

ECHO DEADLINE
Everything is due the 8th of the month or sooner for the following month's issue.

MVMCC PAC Management Update Letter to Residents

Happy New Year, Marin Valley: 2021!

Winter weather is here:

Clean out **rain gutters** to provide clear drainage for your roof and downspouts.

Keep an extra **flashlight and batteries** in that kitchen drawer you can easily get to.

Store your **garden umbrellas**, and secure any **lightweight furniture** and yard items that can be blown away or damaged from wind or rain.

Several **bottles of clean drinking water** are good to have on hand.

Register with www.alertmarin.org for emergency alerts.

If the power is out, **battery-operated radios** are handy for weather updates.

Stocked food and up-to-date meds are also good to have handy.

Free sandbags/sand from the City of Novato Corp. Yard, 550 Davidson Ave. (Mon.–Fri., 7am – 4 pm, 415-899-8280) and at 555 Palm Dr. next to the Hamilton Theater, will be available “when the storm season hits” on a first-come, first-served basis, are limited to 10 bags per household, and you need to fill them yourself.

Please remain vigilant regarding strangers or people whom you do not recognize in the Park. **Unattended packages** delivered to your front porch are attractive to those who may want to steal them.

While you are walking your dog or just exercising at dusk or after dark, please wear **reflective clothing** so drivers are sure to see you.

Pool heater is off for the winter, but the spa is 103°.

Thank you,



Matt Greenberg
Matt Greenberg
GENERAL MANAGER
gm.mvmcc@gmail.com

415-883-5911 ■ 415-883-1971 Fax

Greetings from the Park Acquisition Corporation Board.

Our finances are in order. Our cash plus medium- and long-term reserves are in excess of \$6 million.

2x2 The 2x2 PAC committee has met with the City’s oversight group and will have a report for us at the next PAC monthly meeting in January.

Mobile Home Park Utility Conversion Program This program, suggested by California’s Public Utility Commission, upgrades and converts the billing of California mobile home parks’ existing gas and electric infrastructures to the utility companies operating in their areas. At the time of its inception (2014-15) this program was oversubscribed and MVMCC was not chosen. The City of Novato, as the titleholder of MVMCC, has now been approached again with the prospect of our joining the program. The application and details will be available in January. The PAC has been informed that the City intends to apply on our behalf. We will continue to follow up and advise residents of progress.

Video Cameras Management has installed video cameras near the laundry that have the capacity to record traffic moving in and out of MVMCC and to record license plates. This information is being shared with the Novato Police. This action should provide added security to the residents and potentially provide evidence for traffic violations. In the past month, it would seem that residents and visitors are slowing down. When you

stop at stop signs and observe the 15 mph speed limit, the cars behind you will get the message.

Management and the PAC are closely monitoring the County’s directives governing public assembly during the COVID-19 pandemic. When Management can safely open the clubhouse for residents’ use, it shall be considered with the safety of the residents in mind.

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 Zoom video presentations 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 and our website at www.marinvalley.net. There is a good likelihood that these meetings will continue to be broadcast on Comcast Channel 26. A recording of the December Board meeting is available on our website at <https://marinvalley.net/3444-2/pac-minutes-2020/> and [youtube.com/watch?v=H1jete_6cXI&feature=youtu.be](https://www.youtube.com/watch?v=H1jete_6cXI&feature=youtu.be)

In service,



Jay Shelfer
Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com



Resident Nips House Fire in the Bud

by KEVIN MULVANY

Quick thinking and a cool head saved the home of one of our neighbors recently. When the owner noticed flickering lights, followed by loud buzzing noises and then the complete loss of electricity, a quick survey of the home revealed that the running clothes dryer had burst into flames.

Prompt use of a nearby fire extinguisher killed the flames, followed by a quick call to 911. A Novato Fire District truck roared up minutes later to assure the situation was under control. Could you have handled this situation as well as our fortunate and well-prepared neighbor?

We all have to be especially careful regarding house fires due to the ages and close spacing of our homes.

Be Prepared

Here are some simple steps we can take to ensure we are ready to address a fire at home:

1. Smoke Alarms

Be sure to install smoke alarms throughout your home and test them regularly.

2. Fire Extinguishers

Purchase ABC-rated fire extinguishers to have ready to go in the event of a fire. Check

the gauges on the units regularly to ensure they are fully charged. Keeping extinguishers close to home exits facilitates a quick decision to either fight the fire or make your escape.

3. Unattended Appliances

Avoid leaving appliances running when you are not at home or when asleep at night. Even if you simply plan to be out of sight of your kitchen (gardening, for example) for an extended period, you might want to make sure the stove is off.

4. Know How to Shut Off Utilities

Learn how to quickly shut off your gas and water supplies at the main shutoffs located just outside each home, and the electricity at your breaker panel inside your home. It is really fast and simple to do, but be sure you haven't allowed garden vegetation or odds and ends to limit access.

5. Licensed Contractors

Use only licensed contractors to service and inspect your plumbing, electrical, heating, and air-conditioning systems.

6. Be Alert When Neighbors Are Away

Keep an eye on your neighbors' homes when they are away.

7. Handle Safety Concerns

To discuss any safety concerns about the Park or your home, contact our Park Manager, **Matt Greenberg**, at 415-883-5911.

8. Be Ready to Leave Quickly

Be prepared to quickly gather important documents and belongings, and head for the door in the event of a serious home/Park emergency.

9. Call 911

Novato Fire District is only minutes away, so call 911 at the first sign of fire or other serious emergencies.

Fast work and some simple prior preparation saved our neighbor's home, and possibly others. With over 300 closely spaced mobile homes surrounded by woodlands, it just makes sense to be one step ahead in emergencies, not one step behind. ■

Register for ALERT MARIN
to receive emergency alerts

from Marin County

www.alertmarin.org

415-473-6376

Power Strips

by **BILL DAVIS**

Power strips provide a wonderful system to plug in multiple low-amperage devices. However, they have current load limits that can easily be exceeded, whether in an older home or a new one. Exercise caution when plugging in devices to outlet extensions, called power strips.

The electrical circuit you plugged that handy power strip into to use your multiple devices can easily get overloaded, especially if the devices draw a lot of current. Examples of high-amperage devices are electrical space heaters and clothes irons. Plugging both of those into one power strip at once can overload the circuit and heat up the wires in the wall to the point of causing a fire. This would happen if a breaker in your main electrical panel does not trip and stop the electrical current. Such failures sometimes occur, especially in older homes.



We individually are responsible for how we use our electrical energy. It can be the best of friends on these cold winter nights, or it can be the worst of enemies if not used properly.

Over Connecting

Don't connect multiple extension cords together. Always plug power strips directly into the wall. It is OK to temporarily plug an extension cord into a power strip, but never a power strip into an extension cord.

Overloading

Never overload a power strip. If the power strip or extension cord feels hot, that is a sign that it is overloaded and may start a fire.



Signs of Overloading

Here are some basic signs that you might be overloading a circuit and generating too much heat in that circuit:

- Lights dim when you turn on an appliance or device
- Buzzing outlets or switches
- Outlets or switch covers that are warm to the touch
- Burning odor from outlets or switches
- Scorched plugs or outlets
- Power tools, appliances, or electronics seem to lack sufficient power.

Solution

If any of these occur, contact a licensed and bonded electrician to sort out the problem.

So please remember to be careful when plugging appliances into those convenient power strips. ■

Examples of items NOT to be used with power strips— basically anything that uses a lot of electricity:



Any heaters— especially space heaters

Refrigerators

Microwaves

Toasters or toaster ovens

Slow cookers

Hair curlers

Blow dryers

Coffee makers

Clothes irons

These need to be on individual circuits when in use.

EyeOn App

by ERMA WHEATLEY

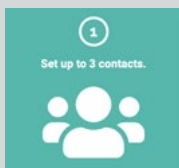
EyeOn App is an app that allows users to create check-ins on their smartphone or tablet, and it will signal for help if they don't respond.

The EyeOn App makes it easy for people living alone to maintain their independence by automating a call for help, and by reassuring selected friends/family that they will be notified if there is a potential problem. Individuals can set their own schedule for when their automated system will check on them (using a Push Notification). If they fail to respond to the message in the appropriate amount of

time, those friends/family are immediately alerted. This ensures that help is never far away for those in need. It's a simple and direct way to call for help that doesn't require any action by the person who needs it.

Feedback — MVEST is conducting a trial of the app by asking residents to give feedback to MVEST to help them decide whether the app should be widely recommended to Park residents. The app costs \$3 online. Residents should submit feedback to **John Hansen** at johnhansen.emt@gmail.com.

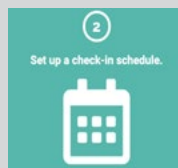
How EyeOn App Works



1

Set up to 3 contacts.

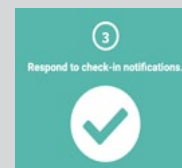
Set up to three contacts to be contacted in an emergency. EyeOn App can communicate with your contacts via email, text message, or both.



2

Set up a check-in schedule.

Setup your scheduled times for automated check-ins. Select every day, several times a day, just some days, or a different time for each check-in.



3

Respond to check-in notifications.

EyeOn App will send a check-in notification per your schedule. If you don't respond after 30 minutes, their system will notify your contacts to let them know you missed a check-in, providing the last known location and your phone battery level.

MAR VAL

Message from Mar Val

Dear Friends,

It goes without saying that the Christmas holidays of 2020 were the most unusual most of us have ever experienced, and yet the hopeful spirit of the season seems to permeate our community. Although Mar Val could not decorate the clubhouse or host the Christmas or New Year's dinners, the Park is resplendent with trees and decorations in individual home windows.

The Mar Val Board joins in wishing you and yours a wonderful new year, and we look forward to the promise of a happy and healthy 2021.

With warmest regards,



Kathleen Dargie

Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@aol.com

Home Owners League Message

HOL



It is with mixed emotions that I have decided to step down as President of HOL. Now, don't get upset; I'm not going anywhere, but I must devote more time to my family while COVID is still raging. I help my son's family by doing a lot of child care and teaching my grandson kindergarten on Zoom. It's been rough for them, and quite time-consuming and stressful for me. I will continue my involvement in HOL by heading a new committee we are calling "Activities and Events," something I was already doing as President; and I love doing it.

New President

More good news is that **John Feld** has offered to take over the duties as President. No one else on our board wanted the job, so John came to the rescue.

HOL Yearly Donation Drive

Thanks to all who have contributed to the yearly drive. As of the first of November, only 40% of residents had contributed. 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), **PLEASE DO NOT PUT IN HER MAILBOX!** Or you can put a stamp on it and mail it.

Information Table

HOL has established an information table in the clubhouse breezeway. Any and all important events and happenings will be posted there.

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

Janie Klimes-Crocker



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

So, it is with mixed emotions that I am joining HOL! When I volunteered to help out, I did not expect to be on the Board or to become President. But life certainly is full of surprises in these uncertain days. It is my intention to try and keep everything much the same as the winning formula that HOL has already established. The other Board members are a wonderful group of people doing extraordinary work on all our behalf.

It appears that there is a never-ending list of activities that we can be doing to make life more interesting and eventful here in Marin Valley. If you have ideas of things you feel would be beneficial to residents, please feel free to contact me or other HOL Board members and let us know about them. Also, you are always welcome to attend our meetings on Zoom. Just drop me a note, and I will place you on the list of possible attendees and send you an invite each month.

One of the wonderful new HOL activities of the past few months has been the Giving Bench in the clubhouse breezeway. Unfortunately, it has been abused in the last few weeks by people leaving broken Christmas ornaments and containers of dirty water and placing inappropriate items in the recycling bins. Remember, someone has to clean up your mess, so do it yourself please, and only donate things that people will actually use. Our thanks to **Tara Plocher**, who oversees the bench daily and to **Kevin Mulvaney**, who takes the leftover items to Goodwill weekly.

Check out this month's calendar, creative and kind people are still holding events for all of us, mainly on Zoom.

The next HOL meeting is Wednesday, January 6, at 6 pm via Zoom. If you have something you want to add to the agenda, let me know.

I am excited to see what the new year brings to Marin Valley and all the residents. Stay safe and healthy.

John Feld



John Feld
HOL PRESIDENT
johnmfeld@gmail.com
510-495-4138 cell



End of Life Fulfillment

The Best Three Months

with Aneesha Dillon

■
Wednesdays, 11 am – 12 noon
January 6 – February 17

A reminder for those interested in finding out more about the free six-part class, led by Aneesha Dillon, exploring “End of Life Fulfillment: The Best Three Months” —

There will be a Zoom meeting on Wednesday, January 6, from 11am to 12:30 pm for information about the content and timings of the weekly classes and to answer any question about the class.

Classes will meet for six weeks until February 17 at the same time: 11 am – 12:30 pm. The Zoom link will be sent to whoever writes or calls Aneesha at:

aneesha@oshopulsation.com
415-827-7137

She will also be glad to help with basic Zoom instructions. ■



Biography Night

JANUARY

Tuesday, January 12 at 6:30 pm

with

Lorna Sass Part 2

Wednesday, January 27 at 6:30 pm

with

John Feld Part 3

■
FEBRUARY

Tuesday, February 9 at 6:30 pm

with

Janet Bogardus Part 2

Contact **Kim Holscher** at *kimholscher51@gmail.com* for the link and to be notified of future Biography Nights. You can also check our website just before most Park events to get the links at *www.marinvalley.net* ■

Salon in the Park

Saturday, January 16 • 7 pm

***Aging as a
Spiritual Path***



For the Zoom link contact **Kim Holscher** at *kimholscher51@gmail.com*

Veterans Long-Term Benefits

by Vicki Waddell



Calling the VA directly to find out if you or your loved one qualifies for the A&A benefit can take up to a year. A quicker way is to call the American Veterans Aid 877-427-8065, Ext. 1.

Some of our friends and family members suffer from Mild Cognitive Disorder (MCD). To learn more about how best to care for our loved ones, I began to research various types of assisted living facilities here in Marin and on the Monterey Peninsula. My research led me to a little known benefit that, if one qualifies, can offset some of the high cost of caring for a loved one with dementia. This benefit is called the Veterans Aid & Attendance Pensions Benefit (hereinafter referred to as “A&A” benefit). Shockingly, only 5% of these assistance funds are even applied for, simply because people do not know about the program. For this reason, I wanted to share with you what I’ve learned about this well-earned long-term-care benefit.

Veterans Aid & Attendance Pensions Benefit – A&A

The A&A benefit provides up to \$1,794 per month to a veteran, \$1,153 to a surviving spouse, or \$2,127 to a couple. This money is tax free and can be used for in-home care or for a nursing home or assisted-living community. This is extremely helpful because, as you probably know, neither Medicare nor MediCal pay for long-term care.

Veteran or Spouse Qualifications

A veteran or spouse must meet certain qualifications before applying for this benefit, such as wartime experience, financial need, and required medical assistance. For instance, the veteran must

have served at least 90 days of active duty with at least one day during one of the specified wars (WWII, Korean, Vietnam). In addition, he or she must have had an honorary discharge. Financially, there is some wiggle room, but the acceptable asset limit generally does not exceed \$80,000 (excluding a home and a car); your monthly income, social security, pensions, and IRAs are taken into consideration – minus the costs of assisted living or in-home care. You must also demonstrate the need for assistance, i.e., eating, bathing, or dressing. You needn’t be incapacitated but might need someone standing by in case you need help.

Applying

Calling the VA directly to find out if you or your loved one qualifies for the A&A benefit can take up to a year to get a response. A quicker way is to call American Veterans Aid (877-427-8065, ext. 1). Their staff is highly knowledgeable and compassionate. They will ask you some preliminary questions, assist you with filling out the questionnaire, and give you a good idea in advance if you or your loved one would qualify and benefit from the program. The process takes time, but once your application is approved, the benefit is applied retroactively. The program database is huge. Just by my providing dates of birth, they found two veterans in my family who might have qualified if they were still living today. One of the spouses does qualify.

I hope you find this information helpful. ■

Bob Tanem

by LORNA SASS

Bob Tanem's life has been filled with delightful serendipity. He is also a man who takes chances!

After serving in the Army during the Korean War and then graduating from Cal Berkeley in 1953 with a specialty in political science and prelaw, one day Bob walked past a nursery in Santa Venetia that had a FOR SALE sign and knew that he was meant to buy it.

Mind you, Bob knew nothing about gardening at the time! After discussing his inspiration with his beloved wife Bev, they decided to sell their recently

purchased home to raise the funds needed for the purchase.

"It was quite naïve of me to sign those papers," Bob told me. "I didn't read the fine print and for complicated reasons ended up in a foreclosure situation. This was a very rough time because I had three young children and no assets — and my wife Bev wasn't employed."

Bob's eyes welled up with tears when he recalled that "a very kind man named Vince Myrtle, a retired printer, stepped up and came to my rescue.

Vince lent me the needed money to complete the transaction."

"I learned about gardening on the job," Bob told me proudly, "and what I didn't know I researched. I am lucky to have a good memory so what I read and learned stuck with me."



PHOTOGRAPHS: LORNA SASS

After about two years, the business really started to take off, so much so that he eventually opened a second nursery in Tiburon. "I was born in Placerville and grew up in Willits," he told me, "so I had a good feel for what would work in a small town."

One day Bob's crew installed a landscaping job he had designed in the front yard of a home in Marin. Word of the project got to Owen Spann, who did a talk show on gardening for WKGO. Bob was invited as a guest, and the rest is

history. His spots became so popular that Bob ended up with his own show on gardening.

And guess what? You can still tune in to Bob's gardening show on KSFO (560 AM) on Sundays from 9 to 10 a.m. and ask any questions you have

about your garden. Bob is now 90 years old and laments the fact that he can no longer drive, but the good news is that his show is broadcast right from his home here in Marin Valley!

In his "spare" time, Bob wrote several books, coauthored with Don Williamson,

including *Gardening Month by Month in Northern California*, *Perennials for Northern California*, and *Annuals for Northern California*. They are all still available on Amazon. He is currently working on a memoir and also a book featuring historical gardens of the California Missions.

When Bob sold his successful nurseries in 1999, he had owned the Santa Venetia garden center for 45 years and the Belvedere/Tiburon one for 25. "I love people," he told me, "and I didn't want to stop sharing my

knowledge, so I began volunteering at New Beginnings, a subdivision of Homeward Bound. I taught the formerly homeless how to garden.” This rewarding work earned Bob the Peter E. Haas Public Service Award, which recognizes alums of UC Berkeley who have made significant voluntary contributions to the betterment of society. This prestigious award came with a check for \$40 K. Bob, being the kind of service-oriented fellow he is, turned around and contributed half to New Beginnings and the remainder to Homeward Bound.

Bob and his wife Bev moved into Marin Valley in April of 2003. Alas, Bev died in 2017 at the age of 85. The couple had been married for 64 years! In addition to his three children, Bob has four grandsons and two great-grandsons.

When I asked Bob about a large and magnificent rattail cactus proudly hanging on his front deck, he told me that the plant was started from a cutting given to his mother by his grandmother, who started growing it in 1897. So the plant has even more longevity than its owner! ■



A twenty-five-year-old Rhipsalis, commonly known as a Christmas cactus.

Resilient Neighborhoods

Tuesdays, January 26 – March 23 • 4 – 6 pm &
Thursdays, January 21 – March 18 • 6:30 – 8:30 pm

by JOHN FELD

Resilient Neighborhoods is a Marin nonprofit



Team members undertake carbon-reducing actions that make a difference.

that helps locals to become aware of ways to do our part in reducing humanity’s carbon footprint, making the world safer and healthier. Apart from building resilience in the community, it also encourages people to become more prepared for emergencies and climate-related disruptions. Moreover, it helps neighbors get to know each other and support local business and farmers who assist in sustaining us.

Many of us don’t realize the far-reaching impacts that our small daily decisions can have on our community and the planet. Almost everyone wants to do what they can to preserve life on our planet, and Resilient Neighborhoods gives us the tools to make positive choices and teaches us new habits and responsible stewardship of our resources.

Starting in October 2020, the organization began conducting its courses of five biweekly meetings via Zoom for the first time since its inception ten years ago. Our group of twelve people was made up of residents of Marin Valley and Contempo Marin. During our meetings, we learned that 65% of local carbon pollution is affected by our household decisions. Our driving, home energy and water use, and household waste from our purchasing choices are the main contributors to this. We learned how to calculate the major components of our carbon footprint and had fun getting to know each other and finding ways to live more in tune with the environment.

About 1,000 people have participated in Resilient Neighborhoods over the last ten years, and as of June 1, 2020, groups in Marin have implemented its lessons to reduce more than 8 million pounds of CO₂ pollution, making the course one of the most effective drivers of climate-friendly behavior changes. In that time frame, 123 people and 55 households in Novato have participated. Collectively, they reduced their CO₂ consumption by 692,291 pounds, averaging 5,628 lbs. per person.

But it’s not all about carbon; the free course also taught us to build resilience by decreasing dependence on fossil fuels, conserving resources, fortifying the local economy, and supporting local agriculture.

One of the great resources it gave participants was access to the Resilient Neighborhoods “portal,” where a goldmine of information can be accessed to help us become more aware of our impact on the world. The course was taught by founder Tamara Peters along with Jennifer Hammond. Resilient Neighborhoods partners with many cities and organizations in Marin, including Marin Climate & Energy Partnership, County of Marin, California Energy Commission, City of Novato, Zero Waste Marin, Sustainable Novato, and Ready Marin.

If you would like to participate in a group, two new teams are starting at the dates and times noted above. Sign up at: www.resilientneighborhoods.org/sign-up-for-a-team.html ■

JANUARY 2021

| | | | | | FRIDAY | SATURDAY |
|--------|---|---|--|---|---|--|
| | | | | | 1 | 2 |
| | | | | | NEW YEAR'S DAY | |
| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | 8 | 9 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | 6 AM Trash Pickup 5-6 PM MVEST Meeting  Zoom / Contact John Hansen for link | 6 PM PAC Board Meeting Zoom / Contact Anila Manning for link |  11 AM- 12:30 PM End of Life Fulfillment, Care, & Planning with Aneesha Dillon Zoom / Contact Aneesha Dillon for link 6 PM HOL Board Meeting Zoom / Contact John Feld for link | 11 AM- 12 PM The Rollin' Root Clubhouse Parking Lot  | 1- 1:30 PM The Rollin' Root Clubhouse Parking Lot  ECHO DEADLINE | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | 6 AM Trash Pickup 5 PM MVEST Meeting  | 6:30 PM Biography Night Lorna Sass Pt. 2  Zoom / Contact Kim Holscher for link |  11 AM End of Life Fulfillment, Care, & Planning with Aneesha Dillon | 11 AM The Rollin' Root  | 1 PM The Rollin' Root  | 7 PM Salon in the Park Aging as a Spiritual Path Zoom / Contact Kim Holscher for link |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | 6 AM Trash Pickup 5 PM MVEST Meeting  MARIN LUTHER KING DAY | |  11 AM End of Life Fulfillment, Care, & Planning with Aneesha Dillon | 11 AM The Rollin' Root  | 1 PM The Rollin' Root  | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | 6 AM Trash Pickup 5 PM MVEST Meeting  | |  11 AM End of Life Fulfillment, Care, & Planning with Aneesha Dillon 6:30 PM Biography Night John Feld Pt. 3  Zoom / Contact Kim Holscher for link | 11 AM The Rollin' Root   FULL MOON 5:32 PM | 1 PM The Rollin' Root  | |
| 31 | | | | | | |