

T H E  
**ECHO**

**October 2021**

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## Letter to the Editor

I would like to apprise the community of an incident that has taken place at 59 Marin Valley Drive, the home of Mr. and Mrs. Bob Wilson.

Mr. Wilson, the owner, decided to repaint the exterior of his home. This seems to have created quite a stir among some of the residents.

Granted, the correct thing to have done would have been for Mr. Wilson to consult with the Management Office to be sure the color of choice was acceptable. However, how many residents would have thought of that first?

The first color of choice was a strong “dayglow yellow.” This brought many cries of disapproval. The second color of choice, more to the green tone, continued to bring cries of disapproval that included verbal threats. This is not hearsay or rumors/gossip; this is information I personally ascertained from Mr. Wilson on Sunday afternoon (9/5/21).

I am appalled at the behavior of certain individuals who feel they have some type of authority over everything and everyone in this Park. At this stage of life, being well over 55 y/o, one would think an “adult” would and could find a more suitable and mature way of expressing their opinion instead of acting like a bully. Take a moment and think how you would like to be treated if your very favorite color turned out to spark criticism.

Is not our country in enough turmoil at this time? Bad behavior only perpetuates more bad behavior. As the old saying goes, it takes a village, and working together with my fellow neighbors pleases me greatly.

*Respectfully submitted,*

*Judi Purdom*

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## THE ECHO 2021

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Email articles with “ECHO” as the subject to  
**Anila Manning: [anilahere99@gmail.com](mailto:anilahere99@gmail.com)**  
with a copy of the article in the body of the  
email. Images should be as large as possible.

### ECHO DEADLINE

**The 8<sup>th</sup> of the month or sooner  
for the following month's issue**

# Management Update

Management has had seven retaining walls built.

We have remained busy with deep cleaning of the Fallen Leaf path. Years of dry material have been removed.

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

Also remember that your dog barks when unattended, so please keep your dogs with you. Your neighbors will thank you for that.

**Water is precious** and we are facing a serious drought, so please irrigate with micro-emitters and only water very early in the morning or late at night.

**Park Rule 8.1: Park Management must give written approval for house color, siding material, roof type, color and landscape choice prior to any installation or changes.**

**15 MPH is our Park speed limit.**

Wear reflective clothing or a reflective vest when walking at dusk or at night so drivers can see you.

You may see a giant sewer vacuum truck in the Park. We are selectively taking video of storm drains to verify they are in good working order.

We have had our fourth week of tree service for Park safety and fire prevention.



*Matt Greenberg*  
**Matt Greenberg**

GENERAL MANAGER

[gm.mvmcc@gmail.com](mailto:gm.mvmcc@gmail.com)

415-883-5911 ■ 415-883-1971 Fax

# Letter to Residents

Greetings from the Park Acquisition Corporation Board,

Our finances are in order. Our cash plus medium- and long-term reserves is at more than \$6.5 million.

The PAC Board has approved a draft of the Rules and Regulations concerning living in this community and passed them on to the reviewing agencies. After review by the Helsing Group and the City's staff and legal team, the R&Rs will return for abridgement by residents and undergo another round of legal review before being presented to Management and residents in their final form.

Management is completing the installation of automatic resident-triggered locks on the pool gate, bathrooms, and gym. This will enable residents to safely access these facilities with overview by management. The gate at Meadow View Drive is still under review.

With the possibility of extended drought conditions, we urge you to be mindful of your water usage. The PAC Board, Management, water department and City are looking into repairing and better monitoring water usage at the Park with the hope of meeting the urgent need to conserve water. As our system is aged, there may be underground leaks, so if you hear water running at odd times, please contact Management or me by email or note.

I urge you to investigate and participate in ongoing activities concerning PAC's MVEST, your HOL, and Mar Val reported on elsewhere in the *Echo*. The PAC 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 board meetings or email us.

The agendas for the coming PAC Board meetings are posted 72 hours prior to the meetings and are also available to those on the mailing list. Contact Carol-Joy Harris at [caroljoyharris@comcast.net](mailto:caroljoyharris@comcast.net) to be added to this list. There is a good likelihood that these meetings will continue to be broadcast on

Comcast Channel 26. A recording of the September board meeting is available at [https://youtu.be/dnup8IRPE\\_Y](https://youtu.be/dnup8IRPE_Y).

In service,



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

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# Broken Garbage Can? No Problem

by **KEVIN MULVANY**

Can we talk?

Are you embarrassed to be seen going out with your garbage can?

Do you face icy stares as you drag what's left of your can out to the curb on Sunday nights?

Have the raccoons stopped tipping your can, preferring to just reach into that gaping hole in the side for some tasty morsel?

Did you plow into your can on your new electric bicycle after a wild Friday night at Pub ... again?

Have friends and family stopped dropping by?

**NO PROBLEM!** The Marin Sanitary Service knows your

cans don't last forever. Heck, you wouldn't either if you were regularly grabbed by a pair of giant metal claws, swung up higher than your rooftop, flipped upside down, given a few good shakes, and then dumped back down on the ground. OUCH!

To replace a broken can, just contact our general manager, Matt Greenberg, and he will arrange for

you to get a new can ... **FREE.** Why not contact Matt today and make those raccoons work a little harder for that day-old bagel? Seriously, some of them look like they need to exercise a little more often.

(Please note: Contact Matt only to replace broken cans, not smelly or dirty ones. Those you can clean up yourselves.)



*Thank you to the selfless residents who gave up their valuable time to illustrate this dilemma.*



# Heat Exhaustion vs. Heat Stroke

by **BILL DAVIS, RN**

It is easier than you thought to become overheated and, as a senior citizen (defined here as 55 and over), likely in hot weather. You can be fooled into thinking you are OK and then pass out. It sneaks up on you without a warning unless you are prepared, vigilant, and aware of the weather situation you are in despite being preoccupied with exciting distractions such as having a lot of fun in the hot sun.

We live in a rare, Mediterranean climate that occasionally gets hot. When the late summer heats come, and it does get hot, extreme caution in the consumption of coffee, food, and alcoholic beverages must be observed. You can very quickly become dehydrated without even suspecting it. If your body mass index (BMI = your weight divided by the square of your height - just Google a chart) is greater than 25 - which is 70% of the adult US population these days - you can easily feel hungry instead of thirsty.

Other contributory factors in hot weather also need to be considered. One cup of coffee will put out two cups of urine. A bowl of breakfast cereal needs body fluids to start the digestion process properly.

Alcohol dehydrates you. Sweat cools you, but it also dehydrates you in the process. These fluid losses have to be replaced. For instance, if you drink a cup of coffee, you should also drink about two cups of water.

Hot weather means you must drink more water. But what is enough water? Well, when it gets hot, your water intake is best measured by your water output. You should be voiding every two to three hours. You need the water even if you feel cool in a comfortable breeze on a hot day in the shade. This can be easily forgotten in the day's activities, and this is when heat exhaustion unexpectedly grabs you. You might not recognize its insidious symptoms until you pass out.

## **Heat Exhaustion Signs and Symptoms**

- Nausea
- Headache
- Muscle cramps
- Heavy sweating
- Dizziness
- Weak or rapid pulse

## **What should you do if this happens to you?**

- Drink one to two quarts of water.

- Cool off with a fan, air conditioner, or cold shower.
- Rest for 20 to 30 minutes.

You might need even more water, so wait until you feel much better and have voided.

*Heat stroke* will follow your *heat exhaustion* if you are not careful. This is a major medical emergency, especially for us senior citizens. Now is the time to call 9-1-1 for the paramedics and to get the person into the shade with cooling measures until the Novato Fire District engine arrives. This is a critical patient in desperate need of proper and immediate skilled medical intervention.

## **Heat Stroke Signs and Symptoms**

- Rapid pulse
- Flushed skin
- Altered level of consciousness
- Temperature of 103 degrees or higher
- Nausea and vomiting

*Bill is a retired ER nurse of 36 years who currently serves on the Board of Directors of the Novato Fire District.*

*Source for this article was the Mayo Clinic website.*

# Our Marin Valley Block Captains

by **JOHN FELD**

To better monitor Marin Valley with manageable areas, MVEST has divided up the community into six “zones.” Each of these zones has a “zone chief.” Under each of these zones is a further subdivision of “blocks” comprised of 5 to 14 homes. Each house in Marin Valley belongs to a block, and each block has, or should have, a “block captain.”

To help during an emergency, block captains will be present in their assigned blocks with helpful information about the situation. They will be in touch with MVEST by two-way radios and can request emergency aid, give directions, or just keep you informed of what is happening.

It is important for you to know who is assigned to your block, and for them to be familiar with you. You should easily be able to identify your block captain from the list here, and no doubt they will be reaching out to you, too.

First locate your home on the map, then locate your block number. Using this information, you will be able to identify your block captain. Please be aware that occasionally block captains may change, and it is quite possible that during an emergency they may be out of the Park, so we have a list of backup block captains.

All of these people are listed in our Park directory, so you can easily find them.

You will see that some blocks are unassigned, and there are several vacancies on our backup list too, so if you or someone you know would like to volunteer, please call John Feld at any time (415-884-2675). The unassigned blocks are due to people resigning for a variety of reasons, but as far as I know, never from having MVEST take too much of their time.

Questions? Please ask.

## **Zone 1**

Block 11 **Cindy Smith**  
Block 12 **Unassigned**  
Block 13 **Charlotte Kells**  
Block 14 **Anila Manning**  
Block 15 **Sandy Zeichner**  
Block 16 **Jeanne Skybrook**

## **Zone 2**

Block 21 **Suzann Osborne**  
Block 22 **Zoe Hansen**  
Block 23 **Pam Berkon**  
Block 24 **Tenaya Asan**  
Block 25 **Jae Tillinghast**  
Block 26 **Anne Lakota**

## **Zone 3**

Block 31 **Nancy Warfield**  
Block 32 **Juliette MacLam**  
Block 33 **Michele Rivers**  
Block 34 **Mary Barbosa**

## **Zone 4**

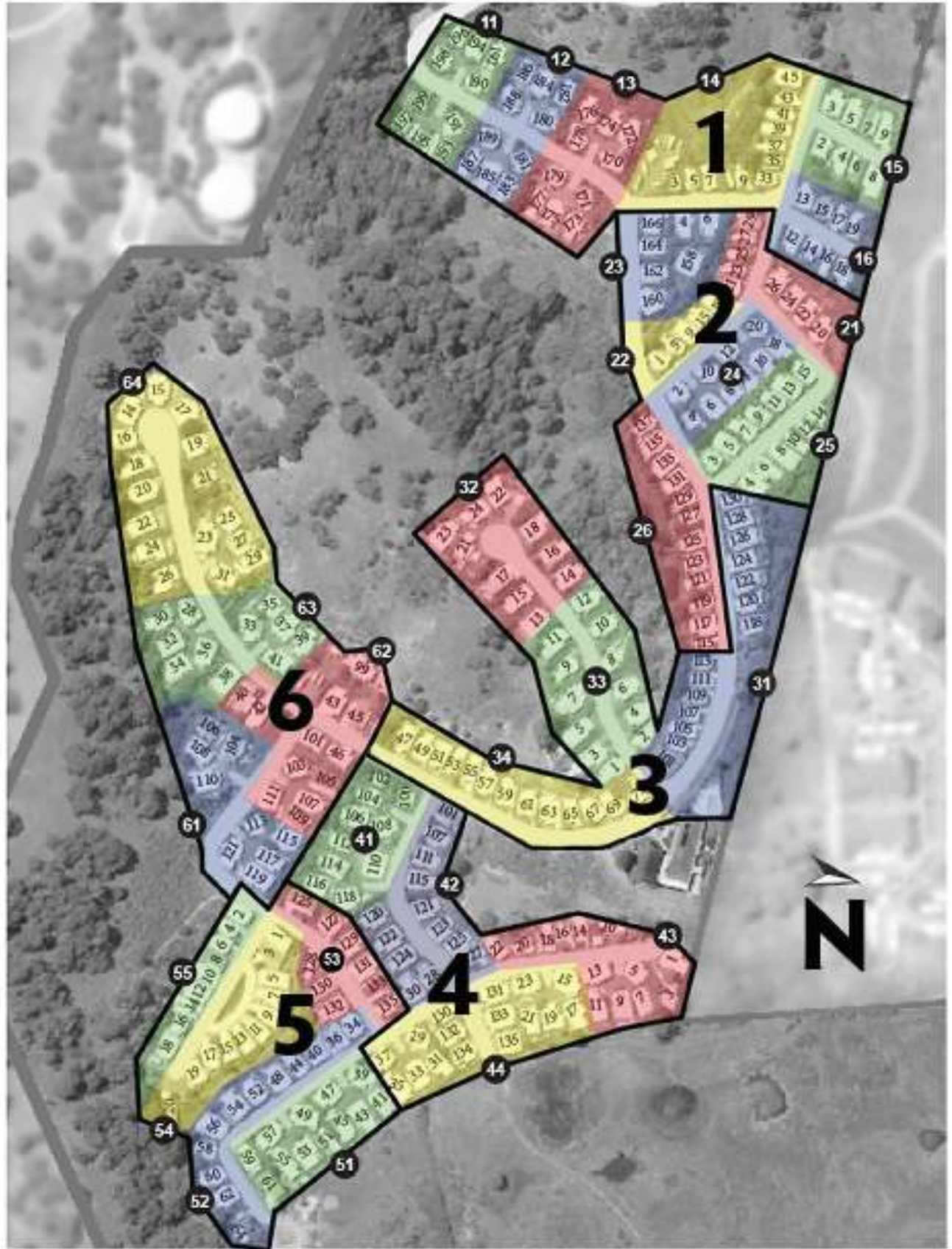
Block 41 **Mark Crocker**  
Block 42 **Janie Klimes**  
Block 43 **Ed Collins**  
Block 44 **Vicki Waddell**

## **Zone 5**

Block 51 **Steve Plocher**  
Block 52 **Ed Johnson**  
Block 53 **Unassigned**  
Block 54 **Rene Prado**  
Block 55 **David Krasnor**

## **Zone 6**

Block 61 **Susan Meyer**  
Block 62 **Kevin Mulvany**  
Block 63 **Judy Lane**  
Block 64 **Meg Jordan**  
Block 65 **Lisa Jackler**



# Fire Safe Marin's New *Wildfire Watch*



— Available On-Demand

Fire Safe Marin's new "TV" series *Wildfire Watch* brings together leading experts on wildfire, emergency planning, and fire preparation to offer realistic solutions that will make a difference. It aims to keep Marin County residents aware of current fire activity.

The first episode *Ember Storms + When the Power Goes Out* premiered on September 16 on their website [firesafemarin.org/programs/wildfire-watch/](https://firesafemarin.org/programs/wildfire-watch/) and on Channel 30. Subsequent new episodes will be shown on the third Thursday of the month at 6 pm on Fire Safe Marin's website, their YouTube Channel, Comcast Channel 30, and Facebook, and

can also be streamed afterwards on-demand on their YouTube Channel. Provisions to watch this series at various times on Comcast Channel 30 are in process.

Featured stories will take you to the front lines of wildfire defense, behind the scenes of Marin's alert system, and prepare you for power outages.

*DIY* segments show you home fixes for the most common fire hazards. *Fire Beat* offers a fast-paced look at wildfire prevention projects happening around the county, and *Voices of Marin* taps into the questions and concerns of Marin residents.

**WILDFIRE WATCH • 6 pm • Fire Safe Marin YouTube Channel • Channel 30 • Facebook**  
**3<sup>rd</sup> Thursday each month and subsequently on-demand:**

September 16 — *Episode 1: Ember Storms + When the Power Goes Out*

October 21 — *Episode 2: Evacuation: Marin Has a Plan! + The Problem with Bamboo*

November 18 — *Episode 3: Let's Talk about Trees + Fire Resistant Decks and Fences*

IF YOU  
**SEE**  
SOMETHING  
**SAY**  
SOMETHING

Residents should call **9-1-1** to report all crimes in progress, and contact **Matt** to report suspicious circumstances or individuals noted in the Park by calling **415-883-5911** any time day or night. All relevant data such as time, date, location, and a description of the activity or stolen property will help such investigation as reviewing camera footage of that day from the Park's cameras.



# PG&E Reaches Out to Us

## *Public Safety Power Shutoff (PSPS) Preparedness*

by **DAVID GRAY**

On August 3, 2021, PG&E presented to the California Public Utilities Commission (CPUC) their plan for Public Safety Power Shutoffs (PSPS) for 2021. There are numerous improvements that PG&E says they are making, and three areas that are pertinent to us at Marin Valley are:

- **Address** alerts for customers served by a master meter, especially mobile home parks, such as MVMCC. Prior to 2021, only customers with an address registered with PG&E could get a report on specific upcoming PSPS outages. This excluded many people living in mobile home parks, including MVMCC. PG&E says as of 2021, all addresses covered by a master meter are now eligible to get an online, on-demand PSPS report and outage alerts. You **HAVE TO REGISTER** for an online account to sign up for outage alerts at [https://www.pge.com/en\\_US/residential/outages/public-safety-power-shutoff/learn-about-psps.page](https://www.pge.com/en_US/residential/outages/public-safety-power-shutoff/learn-about-psps.page)
- **“Medical Baseline Program”** allows customers to **self-certify as vulnerable** to get additional support to operate critical equipment during a PSPS, such as oxygen concentrators and insulin refrigerators. This support includes rolling a truck to the address if needed to ensure the notification to be positively confirmed. Must be low income **and** vulnerable to qualify. [www.pge.com/en\\_US/residential/save-energy-money/help-paying-your-bill/longer-term-assistance/medical-condition-related/medical-baseline-allowance/medical-baseline-allowance.page](http://www.pge.com/en_US/residential/save-energy-money/help-paying-your-bill/longer-term-assistance/medical-condition-related/medical-baseline-allowance/medical-baseline-allowance.page)
- **Generator and battery loan program.** This was initially conceived for people relying on well water, and the program has been expanded. **Targeting all low-income, Medical Baseline Program customers.** 7,500 battery units were deployed in 2020, expanded in 2021 to 15,090 loaner units. A range of battery sizes is available; if none meets the requirement of the resident, relocation to hotel/motel (voucher) and transportation services (if signed up) are available. There is approximately a two-week turnaround time

from medically required customer equipment power demand evaluation to receipt of battery. Having experienced more than two PSPS events qualifies.

- The customer has to reach out to PG&E to let them know that they have medically necessary equipment, and PG&E calculates the size of battery required to run it for the nominal PSPS outage duration. They provide training to the customer on operating the equipment at time of delivery, and support (including replacement) if there is a problem, even during the PSPS.
- If the PSPS exceeds the run-time of the PG&E-provided battery, PG&E will provide a voucher for hotel/motel accommodations outside the PSPS area and transportation if needed.
- PG&E indicated that they provide educational training on battery operation, including length of battery operation during a PSPS, and instruct residents to not connect any additional equipment to their battery unit. PG&E says that they will replace a non-functioning battery unit during regular business hours; weekends and holidays are not serviced. This is done via a Community-Based Organization.
- Generator rebate program. Available to people who have experienced two or more PSPS events. The amount of the rebate varies from \$300–\$1,000 depending on the price of the generator. It takes about 21 days to get the rebate for a generator.

Another positive note is that the automated Interactive Voice Response (IVR) PSPS message has been significantly shortened in 2021, from four minutes to under a minute.

Additional battery sources are available at the **Marin Center for Independent Living**, see [www.marincil.org](http://www.marincil.org) or call 415-459-6245 ext. 10. Ask for Maurice.

# The Dryer Vent You Don't Know

by **BILL DAVIS, RN**

Last month there was a dryer vent fire in a house in Novato that the Novato Fire District firefighters had to put out. I do not know how much damage the fire did to the house, not to mention smoke damage. However, I do know that it could have been avoided if the vent had been properly cleaned. Each year, nearly 3,000 clothes dryer fires occur in the US, with an

average of five deaths and 100 injuries, costing more than \$35 million in property loss.

How clean and safe is your dryer vent? When was the last time it was cleaned? What type of vent do you have? How long is your vent? Is it easy to access and clean? Can you do the job, or do you need a knowledgeable handyman? I ask these questions because a

little prevention might very well be worth your effort. And a final fact you should consider is that a clean dryer vent makes for a much more efficient dryer that will cost you less money to operate.

The national cost to clean a dryer vent is between \$100 and \$220, with most people paying \$145.

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## *Message from Mar Val*

Dear Friends,

Given the limited number of events in the recent past, it is indeed a pleasure to confirm there will be not only one but two spectacular parties in October.

The first celebration is Marin Valley's 50th birthday party, which will take place on Saturday, October 16th and is co-hosted by HOL and Mar Val. The bar will open at 5 pm; there will be dancing for those wishing to demonstrate their skills, and the pleasure of watching the scene for those who prefer to just toe-tap. This will be followed by a buffet dinner, birthday cake and champagne, and will culminate with a variety show at 7 pm.

The second gathering will be the Black Cat/Halloween dinner on Saturday, October 30th. Naturally everyone is encouraged to wear their Halloween costume since there will be cash prizes for the outstanding man, woman, and couple. We are of course delighted to confirm that Cherrie Dougherty will be re-creating the very popular Bakery Boutique, where not only can desserts be purchased but specialty baked items also will be raffled. Cherrie is requesting that residents interested in donating their fabulous baked masterpieces please contact her soon at 415-506-4123.

It has become necessary that the guidelines for attending monthly dinners be clarified. All attendees

must pay the appropriate price and those who cannot eat the meal for dietary or other reasons are welcome to have the food prepared "to go," allowing them to give it to someone else if they so wish.

Please remember you will be asked to show proof of vaccination when attending a Mar Val or HOL function for the first time. Once your name has been checked as having shown proof, you will not have to show your card again.

With warmest regards,



*Kathleen Dargie*

**Kathleen Dargie**  
MAR VAL PRESIDENT  
[kfdargie@aol.com](mailto:kfdargie@aol.com)

# Mar Val

Presents

# BLACK CAT

October 30, 2021      5:00 pm

**Pesto Pasta**

**Salad • Garlic Bread**

**Desserts may be purchased from the  
Famous Bakery Boutique**

**\$15 per person**

**Come in your Halloween finery — prizes will be  
awarded for the worthiest outfits.**

**Reservation Deadline is October 27 at 5 PM,  
or when 120 reservations have been received.**

Questions – Call Carolyn Corry at 415-370-6403



# Mar Val and HOL

present



**Saturday, October 16, 2021**

**5:00 PM Cocktails**

**5:30 PM Dancing**

**6:00 PM Buffet**

**6:30 PM Birthday Cake/Champagne**

**7:00 PM Variety Show**

**\$20 per person**

**Reservation deadline – September 22 at 5 PM or when 120 reservations have been received.  
For questions — call Carolyn Corry at 415-370-6403.**

# Home Owners League Message

HOL is getting back in its stride after being on partial hiatus for so long. Most of our events are starting to be in person, some outside on the clubhouse deck, and others inside the clubhouse.

Mar Val and HOL have decided to follow guidelines for meetings inside public spaces. Until further notice, admission to events held in the clubhouse by our organizations will require a verified vaccination certificate or a negative test result from the last 72 hours. It seems that most residents are now vaccinated except for a small minority that has chosen to forgo the vaccine and testing. We are doing our best to keep everyone safe and apologize for any hardship this screening may impose on some.

## 50<sup>th</sup> Birthday Party

Our biggest event in recent months will undoubtedly be the Marin Valley 50th birthday celebration, cosponsored by HOL and Mar Val. This will be on **Saturday, October 16**, and will include cocktails, dinner, and a variety show and chorus put on by Park residents. It should be a very fun evening for everyone.

In addition: HOL's **Craft and Chat** group meets every **Tuesday from 1 to 3 pm in the library**.

The annual **Craft Fair** will be happening on **Sunday, December 5**, and will be a joint affair shared with **Art in the Park**, where artists will be in attendance to talk with you. More details of this in the coming months. The semi-regular **HOL trash pickup/dump run**, organized and managed by our own Ed Collins, will happen on **October 9** and will most likely be limited to one day only instead of the previous two-day events.

Lately there has been a surge of postings on the breezeway bulletin boards, often by people from outside our community hoping to attract business from us. It has been a little unwieldy, and Tara is working diligently to keep it tidy and neat. So if anyone wants to post anything on the bulletin board, please date it so she can remove it when it has run its course.

Best wishes to everyone, and stay safe. The next HOL meeting will be on Wednesday, September 1, at 6 pm. Everyone is welcome.

Respectfully,



**John Feld**

HOL PRESIDENT  
[johnmfeld@gmail.com](mailto:johnmfeld@gmail.com)  
510-495-4138 cell

## HOL COMMUNITY PRESENTATIONS

# Biography Night

Since the days are getting shorter and we will soon be home again in the evenings, the Biography Night program will resume. We would need to wear masks in the clubhouse, so Zoom is the better option, especially since it provides a built-in recording as well. There are a few people in the pipeline, but please let me know



any Park denizens you might want to nominate to speak. Talking for 20–30 minutes and telling stories from your life is all that is required, followed by questions from the audience.

Mary Currie will speak **Thursday, Oct. 7**;  
Timo Navsky, **Nov. 11**; Charlotte Kells, **Dec. 9**;  
Charles Watson, **Jan. 11**.

Contact Kim Holscher, 206-291-0972

<https://www.youtube.com/playlist?list=PLmnMqgW3qe6TrkXNu5P4eZ6JKlhbwr6kt> to see previous folks.

# Clara Lamers: On the Wings of Song

by **VICKI WADDELL**

*On July 15 I had the great pleasure of interviewing Park resident Clara Lamers. She has been a friend of mine for many years, but until I heard the following, I had no idea how diverse her roles have been in life.*

I was born in Washington, DC. My father worked for the Federal Reserve Board; my mother was a homemaker. I rolled Easter eggs on the lawn of the White House when FDR was president.

When I was in second grade, my father transferred to the Federal Reserve Bank of Chicago and we settled in Wilmette, Illinois. Shortly after that move came the word over the radio that FDR had died. I remember crying hard over the death of that nice man. I also remember being afraid during wartime air raid drills. Mother tried hard to convince me that nobody was interested in bombing the village of Wilmette. I remember rationing, saving bacon grease, smashing tin cans, and victory gardens.

I attended St. Joseph Catholic grade school and volunteered to sing the daily 8 a.m. Latin

Requiem Mass. I studied piano. I sang in the chorus at Marywood High School for Girls and Marquette University. A perk of singing in the Marquette chorus was not having to take gym. I graduated in 1957.



At Marquette I met a medical student, William Lamers, Jr., whom I married in 1958. After completing his training and Naval Reserve duty, we moved to Marin, settling in Upper Lucas Valley. By then we had three children. He opened his psychiatric practice while I did the mother thing—volunteering. I taught music sight singing to 4th grade students at Dixie School and wrote music for children to perform as fundraisers for

school trips. I was a Den Mother for the Cub Scouts and a Brownie and Girl Scout leader. My husband and I sang at St. Isabella's Sunday High Mass in Terra Linda. I was part of a group that organized to pass a bond issue to save Big Rock Ridge from development.

Occasionally I played piano at parties if asked to by the host or guests. At an election results party for a local candidate, I met a neighbor, Milt, who was playing banjo. I accompanied him on the piano while supporters sang along until we were asked to stop because our candidate had lost. Milt invited me to join his band. For five years I played piano with the Marin Banjo Band at Cal's Steak House at 3rd and C in San Rafael every Wednesday night. It was a raucous good time.

In 1974, my husband and two colleagues founded Hospice of Marin at our dining room table. My job was to interview local doctors about free outpatient end-of-life care, that is, hospice care, which was a new concept. We found a lot of support. We had a lot of

work to do to change standard medical end-of-life care. Back then people were not released to die in their own homes, to be cared for by professionals with family support. We hosted pioneers in the hospice movement. Once Hospice of Marin was established and professionals were aboard, I got a paying job.

At age 43, I went to work as a typist at Fireman's Fund Insurance Company. When I heard they offered a class in computer programming, I applied immediately. I passed a math test and an interview and became a programmer trainee. I took the class and studied nights and weekends to become a COBOL programmer. During this time, my marriage broke up and I moved to Terra Linda. After 19 years at Fireman's, I retired.

When I was in my early 50s I noticed a dimpling at the base

of my left breast. There was a small lump there. It seemed to be attached to my rib. I had my first mammogram. It was clear. "No cancer," said my doctor. Two more yearly mammograms followed. They were clear. "No cancer," said my doctor. One day it hurt a lot. I had a biopsy. The day of the 1989 Loma Prieta earthquake, I was diagnosed with Stage IV metastatic breast cancer. I had surgery, chemo, and radiation. I meditated. A month later, my first grandson was born. I wanted desperately to be able to see him grow up. I am blessed and grateful to be in remission for all these years and have welcomed two more grandsons and a granddaughter.

I joined the Winifred Baker Chorale in 1986 and sang with them for many years. We toured England, Scotland and France. Twice we sang at

Carnegie Hall. I also sang with the Marin Symphony Chorus and more recently the Mayflower Chorus. I toured Cuba with Mayflower, which was a great adventure and a lot of fun. I performed with a number of local theater groups. I joined Novato Theater Company. I was a board member, actor, set painter, seamstress, house manager, seller of snacks and drinks and now, a subscriber. I became a Standardized Patient (SP) at UCSF Medical Center. SPs are trained to portray actual patients with histories and symptoms for the instruction and assessment of medical students. This work was very rewarding.

I moved to Marin Valley over nine years ago. I have met so many wonderful and interesting people here. Best move I ever made!



*Martina Koeckritz's newest neighbors*

*Alien landed in Lorna Sass's garden*

# Tetrad

by **KARIN MORTENSON** and **PHILIP WHARTON**

## Community of Life

I tell you there  
is a fire, the heart fire,  
the rose flame,  
the conflagration of love.

And there are seeds that sleep  
years in the hard shell, encapsuled  
in darkness, waiting, until fire  
sweeps the hills, fiery heat  
cracks the seed, and when falls  
the blessing rain, the seed sprouts  
grows green in air and reaches  
earthward the root.

Your love is that flame to me.  
Your love is that rain.

—Philip 1983



## For my Love, my Partner

I am walking before you  
into darkness which is light;  
into the silence which is Word;  
the Word which IS in us ever  
becoming,  
Together one heart with you  
In deeds of Love.

—Philip



## Grieving

It comes and visits  
Like a comet from a distant place.  
It swings around my burning  
heart  
It manifests and disappears  
Speeding to its other home.

—Karin

## Bereavement

Where do my feelings go  
when I am not feeling  
them?  
At the bottom of the sea  
A deep cave  
A sentient being:  
Ulla—octopus teacher—  
teaches me skin.

—Karin





# Butterflies

by **DAVID GRAY**

I swear that I will return to birds, but this summer has been a good one for butterflies. Often when I am out hiking I run across these beautiful insects. And on occasion, I will engage in the maddening and usually completely fruitless attempt to photograph them in-flight. Please don't hold your breath (as I do while chasing butterflies). One advantage to having long lenses is that I can sometimes get close enough for a good photograph without spooking the butterfly.

There are 750 species of butterflies in the U.S., and 17,500 species around the world; once again, identification is a bit of a challenge!

Some of these are local, like this orange fritillary in the Sierras near Graeagle. The Acmon Blue (*Plebejus [Icaricia] acmon*) on the next page was out at Pt. Reyes.



Some are from further afield, like this Weidemeyer's Admiral (*Limenitis weidemeyeri*) in the mountains near Taos, NM:





And some are in our own back yard, in their caterpillar stage, like these monarch caterpillars (*Danaus plexippus*) munching on milkweed planted for their eating enjoyment.

**Have fun out there chasing butterflies!**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>OCTOBER 2021</b>						
					1	2
					<b>10AM H2O Aerobics</b> <b>12 Mahjong</b> <i>S. McMudie</i> <b>1–1:30PM Rollin’ Root</b> <b>5–7PM Pub</b>	<b>6PM Dancing</b> <i>Meadow or Ballroom</i>
3	4	5	6	7	8	9
<b>10–10:30AM Meditation</b> <i>contact Michael Hagerty</i>	<b>6AM Trash</b> <b>10AM H2O Aerobics</b> <b>1PM Bridge</b> <b>5PM MVEST</b> <i>Clubhouse</i>	<b>6PM PAC Meeting</b> <i>Zoom/contact Carol-Joy Harris</i> <b>1-3PM Craft &amp; Chat</b> <i>see Tara Plocher</i>	<b>10AM Water Aerobics</b> <b>6PM Mar Val Meeting;</b> <b>6PM Dancing</b> <i>Deck or Ballroom</i>	<b>11AM-12PM The Rollin’ Root</b> <b>7PM Bio Night</b> <i>see Kim Holscher</i>	<b>10AM H2O Aerobics</b> <b>12 Mahjong</b> <b>1–1:30PM Rollin’ Root</b> <b>5–7PM Pub</b> <b>ECHO Deadline</b>	<b>9AM Dump run</b> <i>see Ed Collins</i> <b>6PM Dancing</b> <i>Meadow or Ballroom</i>
10	11	12	13	14	15	16
<b>10–10:30AM Meditation</b>	<b>6AM Trash</b> <b>10AM H2O Aerobics</b> <b>1PM Bridge</b> <b>5PM MVEST</b>	<b>1-3PM Craft &amp; Chat</b>	<b>10AM Water Aerobics</b> <b>11–3PM Bridge</b> <b>6PM Dancing</b> <i>Deck or Ballroom</i>	<b>11AM-12PM The Rollin’ Root</b> 	<b>10AM H2O Aerobics</b> <b>12 Mahjong</b> <b>1–1:30PM Rollin’ Root</b> <b>5–7PM Pub</b>	<b>5PM Marin Valley 50<sup>th</sup> Birthday Party</b>
17	18	19	20	21	22	23
<b>10–10:30AM Meditation</b>	<b>6AM Trash</b> <b>10AM H2O Aerobics</b> <b>1PM Bridge</b> <b>5PM MVEST</b>	<b>1-3PM Craft &amp; Chat</b>	<b>10AM Water Aerobics</b> <b>6PM Dancing</b> <i>Deck or Ballroom</i>	<b>11AM Rollin’ Root</b> <b>6PM Wildfire Watch</b>	<b>10AM H2O Aerobics</b> <b>12 Mahjong</b> <b>1–1:30PM Rollin’ Root</b> <b>5–7PM Pub</b>	<b>6PM Dancing</b> <i>Meadow or Ballroom</i>
24	25	26	27	28	29	30
<b>10–10:30AM Meditation</b>	<b>6AM Trash</b> <b>10-11AM Water Aerobics</b> <b>1PM Bridge</b> <b>5PM MVEST</b>	<b>1-3PM Craft &amp; Chat</b> <b>1:30PM 75+ Elders</b> <i>contact Erma Wheatley</i>	<b>10AM Water Aerobics</b> <b>11–3PM Bridge</b> <b>4PM Book Club</b> <i>Carol-Joy Harris</i> <b>6PM Dancing</b> <i>Deck or Ballroom</i>	<b>11AM-12PM The Rollin’ Root</b> 	<b>10AM H2O Aerobics</b> <b>12 Mahjong</b> <b>1–1:30PM Rollin’ Root</b> <b>5–7PM Pub</b>	<b>5PM Black Cat</b>
31						
<b>10 AM Meditation</b> <b>HALLOWEEN</b>						