

T H E
ECHO

September 2021

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THE
ECHO
2021

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MOBILE COUNTRY CLUB

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A PUBLICATION OF MHB Group Region 8

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SUBMITTING ARTICLES

Email articles with "ECHO" as the subject to
Anila Manning: 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 8th of the month or sooner
for the following month's issue

Directory Update

Susan Anderson, 175 Marin Valley Drive,
415-858-5998 (c), terrafuego15@gmail.com

Camille Harris, 175 Marin Valley Drive,
415-328-3521 (c), camhrrs@yahoo.com

Marshall & Dee Krantz,
46 Marin Valley Drive, 510-530-3776

Summer Wadsworth Delciotto,
102 Sunrise (no number yet)

IN MEMORIAM: **Juanita Reynolds**



A cherished part of the Marin Valley community for years, she had a loving and quietly quirky sense of humor. Gardener extraordinaire, her sense of humor showed in the holes she cut in her luxurious tea-tree hedge so folks could peer in at her beautifully kept wildlife refuge. She took loving care of neighbor's pets when needed, and wrote beautiful letters to the artists and organizers of the Art in the Park receptions. And she always wore outrageous costumes for the Halloween party; remember the bat hat and the "one-night stand" where she dressed up as a bedside table? She leaves her daughter Stephanie and grandchildren Trevor and Caitlyn. Donations can be made to Wildcare in San Rafael.

Here's a joke she sent out to friends a while ago.

Gardener's Psychiatric Hotline:

* *If you are buying plants, yet have no space or time to plant (obsessive-compulsive), please press 1, repeatedly.*

* *If you want someone else to do the digging (co-dependent), please ask someone to press 2.*

* *If you will plant anything and everything (multiple personalities), please press 3, 4, 5, and 6.*

* *If you are sure the sun, rain, bugs, and plant diseases are out to get you (paranoid-delusional), don't press any number. We know who you are and what you want. We have already traced your call.*

* *If you are sure the flowers are talking to you, listen carefully and a little voice will tell you which number to press.*

* *If you can't throw away a plant, even if it is dying (manic-depressive), it doesn't matter which number you press.*

* *If you believe your garden is being attacked by evil spirits, press 6-6-6.*

I can relate to ALL of those. Anybody else?Anybody??

.....Juanita

MVMCC *Management Update*

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

Please go the extra mile to keep your dogs quiet, especially at night. People need their sleep and quiet time when working or just home relaxing. Please do not leave dogs unattended or tied up outside. They will bark for their owner. Recall that all residents with pets have a signed pet agreement.

Tree pruning and removal of potentially dangerous trees is ongoing.

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

We encourage all smokers to put out your cigarettes before entering the Park; and do not toss cigarette butts out the window. This is a continuous complaint we hear.

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



Matt Greenberg
Matt Greenberg
GENERAL MANAGER
gm.mvmcc@gmail.com
415-883-5911 ■ 415-883-1971 Fax

Save the Date!

All our organizations join in presenting
MVMCC's 50th Birthday Celebration
Saturday, October 16, 2021
Full details will be available in next month's Echo

PAC *Letter to Residents*

Greetings from the Park Acquisition Corporation Board,

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

The sewage lift station at the end of Club View Drive is operational.

The City of Novato has requested our inclusion in the PUC program to have PG&E revamp MVMCC's infrastructure for gas and electric distribution. We shall update residents as possible.

Our thanks to Peggy Hill for her continued development of aid and support of PAC's ad hoc committee on yard maintenance. This program aids residents who need help managing their lots for fire safety and improve their lots' appearances. MVEST has donated additional funds to this program. See Matt for details. Administration of the program was transferred to HOL and Matt at the August PAC Board meeting, and Matt has lined up outside organizations to support this effort.

The PAC Board continues to review the Rules and Regulations concerning living in this community and to ascertain how it will be administered under the Helsing Group, hired to manage MVMCC affairs for the City of Novato. The PAC board is slated to maintain manager status over these proposed R&Rs and to be closely involved in their administration.

The board and Matt are looking into automatic resident-triggered locks on the pool, bathrooms, gym, and gate at Meadow View Drive. This will enable residents to safely access these facilities and exit gate with overview by Management.

With the prospect of extended drought conditions, we urge you to be mindful of your water usage. The 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. If you do not write it down, it may never be addressed.

I urge you to investigate and participate in ongoing activities concerning PAC's MVEST, your HOL, and MAR VAL. See letters by these groups in this *Echo*.

The PAC Board's 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 meetings or email us.

The agendas for the coming Zoom PAC 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 to be added to this list. These meetings will also continue to be broadcast on Comcast Channel 26. A recording of August's meeting is available at https://youtu.be/___nVtFw3gol

In service,




Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com

Lawn Chair

by **JIM GRONVOLD**

Leafy Saturday
morning shade

threatens the order
of plans I've made.

Errands and chores
lose priority

over the pull
of gravity—

a force of nature
to be obeyed

before these quiet
moments fade.



MVEST Meeting

by **JOHN FELD**

Recently MVEST held its first post-pandemic gathering in the clubhouse ballroom. It was the initial step to re-engaging volunteers to help others to stay safe, and a chance to introduce new residents to MVEST.

Many people signed up as Block Captains, Backup Block Captains, emergency medical volunteers, and members of Incident Command. Residents take on these roles for when that “bad day” happens. Additionally, MVEST prepares us to take care of our pets in emergencies and possible evacuations.

During a large earthquake, a fierce blaze, flooding, or even blackouts, there are very likely many demands on our first responders. Unless we have urgent needs, these hard-working emergency teams could be busy elsewhere. It could be hours or even days before they get to our little community, and we will have to take care of ourselves. Obviously, all crises are not devastating or dangerous. During the last extended power failure that lasted for days, MVEST was able to run the clubhouse facilities on our backup generator, providing access to electricity, fridges, cooking facilities, and a protected spot to recharge electronic devices, as well as to meet together and rest until the situation improved—an example of how MVEST can make a significant difference. We are trained and ready to take over many emergency services and help make Marin Valley

residents as comfortable as possible until emergency responders can deal with us and our issues.

An MVEST volunteer has only limited time commitments. Most people train for maybe an hour every month; otherwise, we just sit back and stay aware.

MVEST thanks all who attended. Over 50 people shared in a group discussion and shared pizza together around tables in their designated zones, and Block Captains received a new *MVEST Handbook*, which outlines their roles. At the same time, MVEST gathered updated data about those who attended.

We will soon be organizing an orientation for new volunteers and a chance for existing Block Captains to refresh their skills, including radio protocols and what it means to be a Block Captain. As always, these trainings are available to everyone who lives in the community, just as our services serve everyone.

MVEST is back on track and is always looking for people who want to stand up and help others in their and our hour of need.

If you are a Block Captain or a backup Block Captain, we have handbooks for you. If you think you would like to sign up to join MVEST, it’s never too late. Please contact John Feld for details, 415-884-2675.

Message from Mar Val

Dear Friends,

As reported in last month's *Echo* the Labor Day celebration on Monday, September 6, marks the last of Mar Val’s outdoor dinners of 2021 – however, not the last special event of September. On Friday, September 24, we will host Oktoberfest at Pub.

Oktoberfest is held each year in Munich, Germany, between

September 15th and October 1, the purpose of which is to enjoy the local beer. Never let it be said that Mar Val is not ready to celebrate beer and all other liquid refreshments available at Pub. Please refer to details on the attached reservation form and join us for this special Friday night meal.

Mar Val is truly fortunate to have always had a team of dedicated

volunteers who assist with set-up, decorating, ticket sales, serving and more. We are always delighted to welcome new volunteers; please contact Sandee Duncan at 415-883-3034.

With warmest regards,



Kathleen Dargie
Kathleen Dargie
MAR VAL PRESIDENT
kfdargie@uol.com

Mar Val Pub Night



September 24, 2021

5:00 PM Cocktails 5:30 PM Dinner

Bratwurst with Sauerkraut

Potato Salad

Vegetarian Entrée – Chef's Delight

Cookies

\$10 per person

Reservation Deadline – September 22 @ 5:00 PM or when 100 reservations have been received.
For questions — call Carolyn Corry @ 415-370-6403.

MAR VAL EVENTS NEW RESERVATION SYSTEM

There will no longer be reservation slips.

1. Write entrée choice on memo line of check.
2. Deposit check into Reservation Box.
3. Record name/entrée choice on list on counter.
4. Reservation is complete – we look forward to welcoming you to the event.

Home Owners League Message

Despite COVID, activities in August were really busy, even with some HOL Board members going on holiday. But there were enough of us left to meet and move forward.

Although some of the scheduled HOL classes are still on hold, The Rollin' Root continues with twice-weekly visits, the 75 and Older group meets biweekly with masks on, and the Book Club continues to meet regularly, as do Water Aerobics, Mahjong, and Bridge; the pool, spa, and gym continue serving us all. Chair Yoga and Biography Night are awaiting safer times. You are sure to enjoy the wonderful new exhibit for Art in the Park, and Just One Hour continues the many great things they do for those in need. Ed Collins is making a dump run Oct. 8; watch this space.

As more and more people provide submissions from the community, the Contractor Rating Guide continues to grow and become an even more invaluable resource that everyone can look at to learn from our combined knowledge and experiences. If you have anyone working on your home, please let others know what they did right and what didn't go well. For those without computers, a paper copy of the Contractor Rating Guide is available in the library.

Some people prefer to speak to someone instead of entering the information themselves. Phone volunteers are standing by to fill out the questionnaire for you. These are Elizabeth Lev, David Tetta, and Inga Grace, and their phone numbers appear in the MVMCC directory.

HOL has worked closely with Matt Greenberg to replace the pool furniture, which is looking quite spiffy. Many thanks to Michele Rivers, Judi Purdom, and Janie Crocker for their help.

And, lastly, HOL is cooperating with Mar Val to create a very special 50th birthday party for the Park, which is being planned for October. This celebration was delayed due to the pandemic, but will happen soon, depending on the state, county, and city regulations making it possible. Unless something really strange happens with our weather, it will be on the clubhouse deck.

The next HOL meeting will be on Wednesday, September 1, at 6 pm. Everyone is welcome.

Respectfully,



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

HOL COMMUNITY PRESENTATIONS

It's That Time of Year Again!

by **JANIE CROCKER**

Hi, Neighbor!
In September, HOL will be sending out the request for your annual (suggested \$20) contribution to the Marin

Valley Home Owners League (HOL). I'm sure you have noticed an increase in activity over the past month, and more events will be

happening. Look for a flyer with information and a return envelope for your donation. Thanks!

HOL Board

It's Finally Happening! *IMPROV 101*

Wednesday evenings: September 8, 15, 22, 29
Time: 6:30 pm - 8:30 pm
Where: Clubhouse Cost: 4 sessions for \$80

Taught by Mick Laugs, BA, CMT: actor, voice and improvisation artist and facilitator.

To register: Please contact Sandy at zeich@comcast.net

Registration closes September 1

Art in the Park Tenth New Exhibit

by **SUZIE LAHR**



Great Blue Heron acrylic painting by Nan Buel

Our Marin Valley Gallery was created in 2015, and the current exhibit is the 10th we have installed! Have you visited the Marin Valley Gallery in our clubhouse lately? If not, you're in for an amazing visual feast! The artists in our community have created an exhibit that

is comparable to any fine arts gallery in Marin and beyond.

Here are a just a few highlights of who we are....

Janet Bogardus has created mixed media art since 1989, has exhibited in New York and the San Francisco Bay Area, and is well known as an artist and educator.

Dorallen Davis is owner and plein air educator of the Marin Art School and exhibits in many fine art galleries in Northern California.

Nan Buel, a fine arts painter, was previously an architect and had several of her residences chosen for the Marin Designer Showcase.

David Gray is an avid lover of nature and photographer extraordinaire.

Meg Jordan, PhD, RN, anthropologist, professor, and author, still has time to race sailboats, kayak, and create her amazing paintings.

Jae Tillinghast, MFA and art teacher in the Petaluma school system for 22 years, just recently retired and now has time to relax and paint and enjoy life.

So we invite you to visit this exhibit with the works of 25 of our 40 talented artists. Sign our guest book, and let us know if you enjoy this as much as we enjoy having your support and appreciation of this endeavor.

Notes from the Elders

Need to Change Your Will?

by **ERMA WHEATLEY**



**75
&
OVER**
ELDER
SUPPORT
GROUP

One of the things we learned in one of the 75 and Older Elder Support Group meetings is how you can change your will without needing any legal or other professional help or paying unnecessary

charges. **Marshall Krause**, a practicing attorney for many years, informed us of the holographic will.

Often people forget to mention something in their will and need to add to it, or they want to exclude something that is already there. This could sometimes be costly because of the fees involved in making changes through a law firm.

Instead, in California, a person can write a holographic will, which involves changing their own will using a blank piece of paper, writing in

their own handwriting what changes they want to make, and signing and dating it. It will override anything written in the original will. It does not need to be witnessed but must be written in the person's own handwriting and dated.

To make a holographic will, write on a blank piece of paper something like:

- "I am changing my will to..."
- Sign it.
- Date it.
- Keep it together with your original will.

Remembering Others

Another helpful tip was that, as an example, you could change your will to give small amounts of money to your friends and causes as a way of remembering them.

Are you 75 or older? Come and join us. Contact Marshall 415-246-9716 or Erma 415-884-2675.

Basic Tomato Growing

by **BOB TANEM**

America's Happy Gardener™

About 80% of homeowners do their own gardening at some point. Of those, at least 90% grow at least one tomato plant. Most of these gardeners don't know a lot about what makes tomatoes grow or what they need to do for success. So let's find some definitions.

Determinant /indeterminate: No confusion here. The first term tells you the plant is going to be short and needs little or no structural support. The latter tells you it will need some or a lot of support. I once had a cherry tomato plant that grew 20 feet tall.

Heirloom varieties have been selected for their taste and success. Some of my favorites: Brandywine, Cherokee Purple (used to be Chief), and Stupice.

Hybrid tomatoes have been crossbred to overcome many problems, but their seeds cannot be saved for the following season.

VFNT (resistant to verticillium wilt, fusarium wilt, nematodes, and tobacco mosaic virus): These plants are bred to avoid many common problems. Champion is one of the better varieties for taste in this category.

I think the best way to choose a plant is to ask yourself: What do I want to do with the fruit once it is time to harvest? Cooking? That would be a paste type. Sandwich? Many to choose from.

Here are some of the needs for your plant or plants. At least six hours of direct sun. Select an area that is relatively free from wind. They will tolerate some windy locations in the late evening but won't do well if the soil temperature drops below 45 degrees. Tomatoes ripen at night, so nighttime temperatures are important. Keep in mind that you can't plant in the same ground space every year. Crop rotation is a must. If you are in a situation where you just have to use the same space, then VFNT is a must. The only exception would be one of the cherry varieties. Perhaps paste types would also work.

Soil preparation in the ground is just common sense. It must drain well. So if you have clay and heavy soils you have to add enough material to avoid any water standing on the surface for longer than 10 minutes. I recommend that if this is a problem you cultivate the surface before watering.

You have to weed anyway, so you will accomplish two things at once.

Many of you need to do your planting in pots. I have seen pots that will hardly grow a carrot, much less a successful tomato plant, but I grow my plants successfully in 15-gallon containers. That is the minimum size for success.

What goes into the pot? From my experience plant nurseries are the best places to purchase a food-growing medium. Quality is important. Use the entire material and forgo any "rocks on the bottom" drainage thing, because this just doesn't help. (The myth that it helps the plant has been proven wrong to say nothing of the drainage.)

So you have the soil prepared and everything is ready; plant your tomato plant by stripping off the bottom leaves to about 1/3 and plant the plant deeply so that only the top third of the plant shows. This section below will root and give the plant a better boost than covering only the present root zone. Not to worry, it will catch up.

Watering: For the next few days, water every day for about a week. Then go to every other day for another week. When you see the first new growth, go to twice a week, and after that only water if the plant looks stressed. In most cases in pots that will be twice a week; in the ground it may be once a month. At one time in the

Sacramento Valley, tomatoes got one shot of water when planted (interesting) and that was it.

Fertilizing: I do not recommend B-12 or other transplanting material. Save your money. Since tomato plants are heavy feeders, I like alfalfa pellets or alfalfa meal.

Rose fertilizer works as well. You only need to do this a couple times during the growing season.

Problems? Let's call them challenges. Rats, squirrels, rabbits, etc.? Go to my website www.bobtanem.com for more answers.

Carolyn Corry comments: "This sneaky predator lies in wait to attack Mona, the tomato plant... the excitement of living in the Park!"



Every Life Has Hard Times – What Sustains You?

by **KARIN MORTENSON**

Kamala's interviews in the July Echo prompted me to submit this work that I have also been exploring.

What sustains you in hard times? I posed this question to people here in Marin Valley and my circle of friends and family.

It is a good question to ask oneself, particularly when making important decisions. At such times one must look not only at the advantages to any given choice, but also at where we turn when times are hard. We need to ensure that in pursuit of what is sweet we do not lose that which nourishes and sustains us.

Here are some of the inspiring responses:

- The sunrise
- The North Star
- Music
- Inner companions
- Meditative life
- WILL to keep on going
- Keep going – with hope. Rollerskate through
- Connection to spirit via creative art – music and writing
- Commitment to loved ones
- Christ beside me, holding my hand
- Belief in myself and in my talent
- My circle of friends and loved ones – flip the switch of focus
- Suffering can facilitate soul growth
- Reading
- Ever-present sense that help is there
- I am not alone: husband, sister, daughter
- Hard times are meaningful; there is something for me to learn
- My ability to let go of things I cannot control
- My wife: she completes me
- My powers of defense
- I can always turn to a greater power
- The knowledge that I am loved
- The Community of the Ancient Spirit Self
- What am I to learn from this?
- Why is this happening *for* me – not *to* me?
- God
- God will aid me
- My confidence in myself

Marin MOCA/ Muir Woods

A Prose Poem

by **MARTINA KOECKRITZ**

It was a hot, sunny day and by invitation of Kamala Allen, she, Aneesha Dillon, and I approached the Marin MOCA Museum. The building itself reminded me of the Santa Barbara Mission. It was the former headquarters building of the Air Force base that was completed in 1934.

The nice lady in the museum store kindly printed out two pages of history: the former War Room (second floor) is utilized today for public events. Now in the Gallery we take in Gary Marsh, and Donna Wallace Cohen's "Dialogue." I am very taken by Gary's creation symbolizing the sacrifices leading to the completion of the railroad, with actual nails of the time and each nail head showing an authentic Chinese face.



Ground floor: Continuous Clay / Trends and Innovations. The longer we look, the more transmission of meaningful possibilities we appear to receive. Aren't artists philosophers, too, in some way? And: Invincible / Seven CA LatinX Artists – such a fine collection. These fabulous exhibits continue to be displayed until September 5. As I am writing now, I already look forward to visiting again. Who'd like to come?

Donna's nature paintings awaken a yet-unconscious hunger to later drive to Muir Woods.



We have seen and felt much; now we part. Thank you, women goddesses! I can get into Muir Woods after official hours – still now? – the hunger to try remains.

Thanks to acknowledging Donna's absorption of nature and Kamala's invitation, I find my way and a resting place for my car. It is dusk – connecting the dots.



Thank you, John Muir, for saving these tallest Sequoia Sempirverens here and the Sequoia Giganteum in Yosemite. Unexpectedly a dog jumps at full speed and sniffs me. We are both friendly and introduce ourselves before its family of humans catches up. They were the last visitors returning from the park's back area. Alone again, now my senses open to the air filled with tiny particles that my nose need not filter. So fresh it is, kind of spicy.

I feel like a hummingbird sucking from a blossom (just I “nose” it). The thought of how nice it would be to hold hands with you – fades – as the invisible strength of these trees is so nourishing and as my feet sense the electronic communion underground and allow this vibration in full. They offer and penetrate me with gifts so generously, and I spiritually seem to throw myself beyond the fence and wither into thee. It is as if their force is Love – strong, almost unbearable. They do not allow the relief of attachment while they throw tickling, pulsating gifts at me.

“Not yet,” I hear from the invisible as a new hunger arises for a crescendo after a violin’s finest, highest peak that catapults to the tiniest we have no better expression for than: “No things.” It seems that gratitude, even for the unknown, has stilled the hunger – for now.

Donna Wallace Cohen’s sentiments as she paints in memory of walking within the forest comes to mind. She names it: “ANCIENT VOICES:”

Visits to ancient redwood forests restore my psyche and so much more. Being there I am overtaken by the intense quietness which eventually wraps itself around me and transports me to another place, one of meditative receptiveness and heightened awareness. I can feel the sounds of those who once walked there long before California was California, resound under my feet and fill the air. Ancient voices of souls who once lived their lives, chanted, worked, created art, poetry and dance centuries before I was born are heard. The woods give me the illusion of feeling wiser than I am, of seeing beyond. The ancient voices fill my head and even though I can’t understand the words I can hear the sounds, reminding me that I am a visitor there to listen.

Nature is home, Nature is fragile – so I see looking at feathers, all that remains of bird youths of the morning. Can neutrality replace the seemingly endless desire to interfere and protect? So many questions have an answer that likely protects me now as it offers itself as “not knowing.”

The flow goes on.



Dragonfly and Damselfly

Text and Photography by **DAVID GRAY**

Well, these critters fly and hunt for prey, but they are not birds ... for a change of pace.

The dragonfly and damselfly are both aquatic insects of the order *Odonata*. They are found around lakes, streams, and marshes. They mate while flying, joined “in wheel” in a pretty phenomenal display of aerobatics/acrobatics. The female deposits her fertilized eggs on a reed or leaf above a body of water, or drops them directly into the water if no suitable plant material is available. After hatching, they spend the first five years of their lives as nymphs, living underwater and voraciously eating other larvae such as mosquitos and even small minnows.



The dragonfly spreads his wings at rest, and his larger body size distinguishes him from the more dainty damselfly, which folds her wings back along her body when at rest. The eyes of the dragonfly typically are very closely spaced, almost touching, and large, while the eyes of the damselfly are widely spaced and smaller. Both have excellent eyesight, which makes them “fun” (challenging) to try to photograph. Both come in

a variety of body colors and wing decorations, including plain transparent wings like the ones in the damselfly photograph.

There are literally thousands of known species of dragonflies (3,012) and damselflies (2,942) around the world, so please forgive me for any incorrect identification! I used <http://greglasley.com/content/NorthAmericanDragonfliesandDamselflies> to search for similar body/wing types, then looked within each family for a description that matched. It only took 40 tries to match these two. They were photographed in the Sierras and are the type I see nearby most frequently at the Las Gallinas ponds and hiking in the Mt. Tamalpais watershed.

The *Odonata* form has been identified in the fossil record from the Late Carboniferous Epoch (from the now extinct *Protodonata*) and has remained largely unchanged for about 300 million years. They predate the dinosaurs by 100 million years. Four suborders have gone extinct, including the giant dragonfly whose wingspan was 28 inches; two suborders survive today.

I hope you all get to see some of these incredibly ancient and hardy predators out in the wild!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>SEPTEMBER</h1> <h1>2021</h1>			1	2	3	4
			10AM Water Aerobics 4PM Book Club <i>contact Carol-Joy Harris</i> 6PM HOL Board Meeting	11AM–12PM The Rollin’ Root <i>clubhouse</i> LABOR DAY DINNER DEADLINE	10AM Water Aerobics 12PM Mahjong 1–1:30PM Rollin’ Root 5–7 Pub 7PM Game Night <i>Ed Collins</i>	
5	6	7	8	9	10	11
10–10:30AM Meditation	6AM Trash 10-11AM Aerobics 1PM Bridge 5PM Labor Day Cocktails 6 PM Dinner	6PM PAC Board Meeting <i>Zoom/contact Carol-Joy Harris</i> ECHO DEADLINE	10AM Aerobics 6PM Mar Val Board Meeting 6:30–8:30PM Improv Class	11AM-12PM The Rollin’ Root 	10AM Aerobics 12 Mahjong <i>contact Susan McMudie</i> 1–1:30PM Rollin’ Root 5–7 Pub	
12	13	14	15	16	17	18
10–10:30AM Meditation	6AM Trash 10-11AM Aerobics 1PM Bridge 5-6PM MVEST	1:30PM 75+ Elder Support Group	10AM Aerobics 11–3PM Bridge 6:30–8:30PM Improv Class	11AM-12PM The Rollin’ Root 	10AM Aerobics 12 Mahjong 1–1:30PM Rollin’ Root 5–7 PM Pub	
19	20	21	22	23	24	25
10–10:30AM Meditation FULL MOON	6AM Trash 10-11AM Aerobics 1PM Bridge 5-6PM MVEST		10AM Aerobics 6:30–8:30PM Improv Class OKTOBERFEST DEADLINE	11AM-12PM The Rollin’ Root 	10AM Aerobics 12 Mahjong 1–1:30PM Rollin’ Root 5 PM Cocktails Oktoberfest 5:30 PM Dinner	
26	27	28	29	30		
10–10:30AM Meditation	6AM Trash 10-11AM Aerobics 1PM Bridge 5-6PM MVEST	1:30PM 75+ Elder Support Group	10AM Aerobics 11–3PM Bridge 6:30–8:30PM Improv Class	11AM-12PM The Rollin’ Root 		