

T H E  
**ECHO**

**January 2022**

**C O N T E N T S**

2	LETTER TO THE EDITOR: DIRECTORY VERIFICATION; NEW RESIDENTS
<b>MVMCC • PAC</b>	
3 Matt Greenberg	MANAGEMENT UPDATE
4 Jay Shelfer	PAC LETTER TO RESIDENTS
<b>MVEST</b>	
5 John Hansen	COVID IS IN THE PARK
6 Janie Crocker	HOW TO GET A FREE COVID TEST
<b>MAR VAL</b>	
6-7 Kathleen Dargie	MESSAGE FROM MAR VAL; EVENT FLYER
<b>HOL</b>	
8 John Feld	HOL MESSAGE; HOL COMMUNITY PRESENTATIONS
8-9	EARRING EXCHANGE; BIOGRAPHY NIGHT; DUMP RUN; CONTRACTORS RATING GUIDE
10 Sandy Zeichner	IMPROV CLASS
11 Aneesha Dillon	A CIRCLE OF FRIENDS
12 Bob Tanem	WINTERTIME WATERING SCHEDULE
13 Serena Fisher	SCAM ALERT – SOCIAL SECURITY
14 Ray Schneider	BET YOU DIDN'T KNOW THIS ABOUT ... DEE SCHNEIDER
15 Lorna Sass, Jim Gronvold	PHOTOGRAPH AND POETRY
16-17 David Gray	BIRD OF THE MONTH: <i>Goodbye 2021, Hello 2022</i>
18	CALENDAR: JANUARY 2022

## Letter to the Editor

# Thank You for the Socks!

Enormous thanks to all of you who have donated socks for the homeless. When you read this, they will have been donated, keeping some feet warm and cozy.

Gracias Merci Toda Thanks!  
Elizabeth Lev

## Check Your Directory Information

On the clubhouse lobby counter is a copy of information to be printed in the new Directory.

### Last Name, First Name, and Address Sections

Please draw a line through your name and initial if the information is correct, or make any changes necessary, in each of the three sections.

If your name listed is your formal name, you can also change it to the name you use the most, how people know you.

Information in the notebook will be used for the new 2022-2024 Directory, which will be printed in the new year. Any questions, contact Erma Wheatley at [ermawheatley@gmail.com](mailto:ermawheatley@gmail.com) or 510-495-4137.

### Directory Update

#### New Residents

#### Kurtsie Mcentire

1 Fallen Leaf Way, 415-302-3755

#### Gunnel Bergstrom

9 View Ridge Drive, 415-250-3365  
[gunnel\\_bergstrom@yahoo.com](mailto:gunnel_bergstrom@yahoo.com)

## THE ECHO 2022

### MARIN VALLEY MOBILE COUNTRY CLUB

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

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MVEST **John Hansen, Bill Davis, John Feld,  
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DIRECTOR/RESERVATIONS **Carolyn Corry 370-6403**  
DIRECTOR OF LOGISTICS **Larry Cohen 883-7786**

#### SUBMITTING ARTICLES

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

# MVMCC *Management Update*

Happy New Year, Marin Valley: 2022!

Winter weather is here:

- Clean out rain gutters to provide clear drainage for your roof and downspouts.
- Place extra flashlight 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.
- Have several bottles of clean drinking water on hand.
- Register for emergency alerts at [www.alertmarin.org](http://www.alertmarin.org).



- Battery-operated radios are handy for weather updates if the power goes out.
- Stocked food and up-to-date meds are also good to have handy.

## **Sandbags**

Sandbags are free from the Novato Corporation Yard, 550 Davidson Ave., Novato, although you need to fill them yourself on the premises.

## **Strangers**

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

## **Reflective Vests or Clothing**

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.

## **Spa**

The pool heater is off, but the spa is 103°.

## **Speed Limit**

15 MPH speed limit signs have been installed, so be aware of new police patrols who will be ticketing speeding vehicles.

Thank you,

  
  
**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 are nearing \$5 million. The PAC Board will continue to work closely with the City of Novato and Management to improve the standard of living here.

**COVID-19** infiltrations into the Park are an ongoing issue. While it appears we are at the stage where nearly all residents have been vaccinated, we still face the danger of catching it from a host who may or may not be vaccinated. Wearing masks and social distancing is so important to maintain one's health and to prevent passing it on to people within your social group. Being vaccinated does not make you immune to the virus or to becoming a host capable of transmitting it to others.

**The owl population** here needs attention. Cleaning their nests and preparing suitable habitats for the owls' reproduction is a super way of dealing with our rodent issues. One active nest is capable of removing over 1,000 rodents a year. Please do not use poisons to deal with rodents around your homes. This poison disables the rodents, making them easy prey for owls when the poison accumulates within them and will eventually cause the owls' death.

**With the extended drought conditions**, we urge you all to be mindful of your water usage. All underground irrigation needs to be turned off, and only hand watering is allowed by our water department. The considerable rainfall we've had so far has only begun to replenish Marin's water storage and future needs.

## Find out what's going on.

Management, MVEST, HOL, and Mar Val are very active on your behalf, and their activities are reported on in articles here in this month's *Echo*. I urge you to investigate and participate.

**Meetings** The PAC's Board meetings can be enriched by resident participation. Your observations and suggestions on how we can better serve you and the community's interests are always welcomed. Come to the Board meetings or email us.

- The agendas for the future PAC meetings, with the Zoom link, shall be posted 72 hours prior to the meetings and are available to those on the mailing list. Contact PAC secretary **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 live on Comcast channel 26.
- A recording of the December Board meetings is available at [https://youtu.be/5\\_KDv0neQ2k](https://youtu.be/5_KDv0neQ2k)

In service,



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



# COVID Is In the Park

by **JOHN HANSEN**

Many of you already know this by now, but just sayin'. And it may not be the first cases, just the first that we're all aware of. It was almost inevitable as our collective diligence kept it at bay since the beginning over two years ago. The good news is that there are many more resources now than there were in the past, so the outlook is much more optimistic. The less-than-good news is that this is no time to let our guard down – we're not out of the woods yet, we don't even see the edge of the woods, but we can beat this thing. We just need to double down on our resolve – follow the guidelines and take advantage of the new resources as they are made available.

## What can we do differently now?

First, stay informed. Scan the media, but honestly, how many different ways have we seen that there is a new variant called Omicron, which we don't know much about yet? I scan the *II*, the *Chronicle*, and the *Washington Post* daily and find a useful article frequently enough to keep me scanning. If you're a little pressed for time, there's an excellent distillation of relevant information and things you can do on the Marin County Health and Human Services (HHS) website. I keep it a mouse-click away so I can peruse it daily: <https://coronavirus.marinhhs.org/> At the top of the landing page there are three drop-down menus—Vaccine, Resources, and a favorite of HHS buffs, Data. I'm not much of an HHS buff and have little use for the data. But Vaccine and Resources are pandemic goldmines. Scroll down the page to Public Information headings, current Public Health Orders, COVID Response videos that are updated daily, and FAQs. If you can't find what you're looking for, there's a 24/7 hotline: 833-422-4255.

## What else should we be doing?

The basic rules haven't changed much, but we've tended to be a little less observant, so let's try to get back in step:

- Keep your distance, 6 feet minimum
- Wear a mask indoors; outdoors in crowds
- Avoid large or confined public gatherings
- Shop from a shopping list – it shortens your exposure time
- Time your shopping trip to avoid the crowds
- Keep your vaccinations and boosters current
- Get a test after a known or suspected exposure, or after extensive travel. It's free or inexpensive. It doesn't hurt, and really, at our age, it's not the first thing we've ever shoved up our nose. Keep up with the testing resources on the HHS website so you'll be ready if and when necessary. You can even conveniently test at home— see Mail-In/At-Home Testing: <https://coronavirus.marinhhs.org/testing>.
  - FREE community testing – book an appointment at 888-634-1123
  - ✓ **West America Bank Parking Lot**, 1177 E. Francisco Blvd., San Rafael (open Wednesday-Saturday, 9am-5pm)
  - ✓ **The Square Shopping Center Parking Lot**, 2001 Novato Blvd., Novato (open Tuesday, 9am-5pm)
- If you test positive, tell your doctor and folks you've contacted ASAP and PLEASE, for your own good and for your neighbors, take the recommended 10-day personal retreat.
- HOL and Mar Val are our major event organizers. They are very aware of current risks and will adjust their schedules and procedures accordingly
- Join the Sacred Order of Recluses – they never meet.

That's about it – really quite simple – out of our established routines, but so is the pandemic; it helps keep us all safe and able to enjoy our wonderful community.

# How to Get a Free COVID Test

by **JANIE CROCKER**

Yikes! I need to get a COVID test!

Unfortunately, each of us might be saying this more often than we want. I have had this experience several times, whether it was for traveling, some worrisome symptoms, or an exposure. Marin County has two companies that provide FREE community testing sites: Optum Serve/LHI (888-634-1123) is at the West America Bank parking lot in San Rafael, and The Square Shopping Center parking lot in Novato.

My experience has been with the other company, Curative; call (888-702-9042), or go to their website: [www.curative.com](http://www.curative.com). Quick, easy, and free. Advance appointments are encouraged but not necessary. One site is behind the Civic Center on Armory Drive (the jury duty parking lot), and the other is at the Novato Gymnastics Center on 7th and Grant in Novato.

For one test, I made an appointment by calling them. It was at the Novato site, and they gave me a 30-minute window to show up. Another test was at the Armory site, and I did not have an appointment. I heard you can just show up there between 1 and 3 on

weekdays and there is no wait. That was true! Easy peasy. The information you provide is uniquely held at each site separately. In other words, if I had gone to the same site the second time, they would already have had my information.

Here is what to expect. They ask for insurance cards and your driver's license. They take Kaiser. If you call or go to the website, you can fill in the other information they require. If you don't call, you have to provide that information at the booth.

After the red tape, they give you a plastic bag that contains a sterile swab, a test tube, and a couple of gauze pads to wipe the tears away (from swabbing your nose). You take out the test tube, open the swab, and circle it inside *each* nostril for 15 seconds each. They watch you do it. Then you open the test tube, put the swab in tip down, break off the extra length of the swab, put the top back on, seal the bag, and drop it in the receptacle. The bag has all your information on it. You can expect the results in 1-2 days via email and text.

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## Message from Mar Val

Dear Friends,

As I write this letter in mid-December, Mar Val has, from an abundance of caution, decided to suspend all our social activities for the remainder of the year.

Of course, we remain hopeful the situation will soon stabilize allowing us to resume our schedule, and we

are therefore planning to open 2022 with the Scottish Dinner on Saturday, January 22. Can there possibly be a more festive start to the New Year than the sound of bagpipes, the swirl of kilts and the rainbow colors of tartans? Plan on joining us for this annual celebration of all things Scottish.

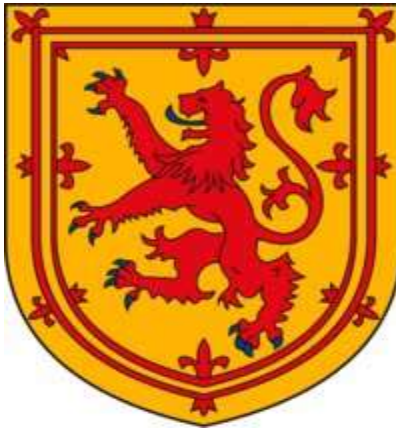
The Mar Val Board joins in wishing all our neighbors a very happy and healthy New Year.

With warmest regards,



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





# **Mar Val Scottish Night**

**January 22, 2022**

**5 pm Cocktails 6 pm Dinner**

**Salmon or Red Pepper Lentil Bake**

**Garlic Mashed Potatoes**

**Green Vegetables**

**Salad**

**Dessert**

**Deadline is January 19 @ 5 pm or  
when 140 reservations have been received.**

**\$15 per person.  
Checks payable to Mar Val. NO CASH.**

**For questions, please call Carolyn Corry @ 415-370-6403**

# Home Owners League Message

Dear Neighbors,

As we draw near to the end of the year, it is a good time to look back and to plan for a fresh new year.

As we did in 2020, we have all battled the rigors of COVID-19 throughout this year. There were times when it seemed we were on track to putting this whole mess behind us, but lo and behold, the virus persists and continues to evolve into new and unknown threats. We suffered through the Delta variant, and now (December 8) we are getting into Omicron, and I hear with great sadness that there are a few residents who have become infected. I was about to cancel my Zoom subscription, but it appears that we will be tuning in again in 2022.

One way or another we are all in this together, and we can jointly get through these hard times by supporting each other and keeping ourselves and neighbors as safe as possible. This is not a time to blame others, but to reach out and support all of us.

This year many residents have assisted HOL in their varied undertakings, and we see more and more ideas popping up of ways for us to uplift the community, including starting new groups and events. Even during the pandemic, we have a new

Improv class, restarted videos of Chair Yoga and a beautiful Bark in the Park event, an exciting new Drum Circle, the 75 and Over group, new art hangings in our own Marin Valley Gallery, had talks on Death and Dying with grace, and the list goes on and on. Additionally, the Contractors Guide is thriving with new information coming in day by day, helping new and old Marin Valley homeowners stay informed.

HOL was very sad to have had to cancel events in the clubhouse for December, as was, I am sure, MarVal, who had to cancel all of our celebrations and weekly get-togethers. Please check our website, [www.marinvalley.net](http://www.marinvalley.net), for info about which events have been canceled or held via Zoom. We look forward to happier and healthier times in 2022, and everyone on the HOL Board wishes everyone a joyous end of the year and good fortune for the future. We hope to see you at our monthly meetings.

Please stay healthy, and do whatever you can to uplift your fellow residents.

The next HOL meeting will be on Wednesday, January 5, at 6 pm, via Zoom. The link will be on the website, or call me. Everyone is welcome.

Best wishes,



**John Feld**

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

## HOL COMMUNITY PRESENTATIONS

### Let's Have an Earring Exchange!

Do you have many earrings you never wear? I do. Here's a chance to trade your best pieces for someone else's: bring a few nice earrings to the exchange on Saturday, January 15 at 2 pm in the breezeway, and take home different ones. Anything left at 3 pm will be donated to the Breezeway Boutique.

It's fine to bring other jewelry to exchange as well, but you might want to keep some in case this becomes a monthly event.

See you there, Kim Holscher 206-291-0972





# Biography Night on Zoom!

Up next: Charles Watson, 7 pm January 11

And you might think about doing it yourself! Talking for 20–30 minutes and telling stories from your life is all that is required, followed by questions from the audience.

Contact Kim Holscher, 206-291-0972.

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## Dump Run

The next dump run is scheduled for **January 22**. Weather not permitting, it will be rescheduled for **Jan. 27**.

Residents can text (no phone calls) Ed at 415-377-7696 or email [mretc@hotmail.com](mailto:mretc@hotmail.com) to be put on a list to have your junk picked up and taken to the dump. Please have items in your driveway/carport, easily recognizable or labeled, by 9 am on the day of

the run. Residents may need to help load the junk or arrange to have someone to help if it is heavy.

No cardboard or other recyclables and no pressure-treated wood. If you can break up these items and put them in your bins, please do so.

Volunteers to help with these runs would be appreciated.

HOL will cover the costs, but donations/tips will be appreciated.

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## Sprucing Up? Major Remodeling? Moving In? Who Ya Gonna Call?

Please make use of our Contractors Rating Guide. It is found at [marinvalley.net/contractors-rating-guide](http://marinvalley.net/contractors-rating-guide) and also in a 3-ring binder in the library at the clubhouse.

If you have used a contractor for painting, plumbing, electrical work, or anything else, we welcome your comments. We very much want to keep the information current and up to date.

If you need help with the forms, please contact David Tetta at 206-601-3040, Inga Grace at 415-533-9088, or Charlotte Kells at 415-234-6013. Looking forward to hearing from you!

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# Improv Class in January

by **SANDY ZEICHNER**

“These Improvisation classes are so fun that I find myself joyful and full of energy at the conclusion of class. The added plus is that it is a great exercise for the brain! Mick Laug creates a safe space to learn, play, and have fun.” Kamala Allen

“I haven't laughed as hard or frequently in years! Not to mention getting to know some of my neighbors better, as well as the personal growth I believe I've gained. I highly recommend these classes to all, introverts and extroverts alike.”  
Carol-Joy Harris

“Improv is kind of like skiing; one minute you might be standing there frozen, the next minute you're flying along, finding yourself swaying to use that little slope, that new meadow, laughing amazed at what you can do! Or it's like tennis because you get to play with a partner; it's comforting to have somebody return your serves

or encourage you to run for new ideas. You have to be right there because you don't know what's coming next ... and in these classes it's always something good!” Anila Manning

Mick teaches a combination of practical techniques that help us be playfully present; he's taught for 20 years. At the Jewish Home in SF, one group caretaker reported that requests for both pain and sleep medications went down 50% on his class nights. He says, “Improv teaches you that you have options; not just one response, but many. To develop your curiosity – about life, about yourself, about this moment.”

Come join a 4-week class exploring Improv. Learn basic games and stage skills, and interact with others in a friendly, safe environment!

No experience necessary. The only prerequisite is a desire to have fun!

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## If you or a friend:

Like to make stuff up together, collaboratively ...

Are curiously drawn to smart, funny people ...

Want to stretch, create, and explore with others in a friendly and safe environment

**And have fun ...**

## Come play!

We are improvisers ... **laughter and connection** are our sanctuary and our medicine.

**Wednesday evenings: January 5, 12, 19, 26    Time: 6:30–8:30 pm**

Where: Zoom, which actually works well, or clubhouse if we can.

Cost: 4 sessions for \$80 (that's a discount he gives to Marin Valley)

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

<http://www.micklaugs.com>

To register: Please contact Sandy at [zeich@comcast.net](mailto:zeich@comcast.net)

# A Circle of Friends

by **ANEESHA DILLON**

I think everyone who lives here knows how lucky we are to have settled in our Marin Valley community. The price is right, the views are terrific, and for me, best of all is that we are surrounded by wonderful neighbors who, though mostly retired, are still living very active and engaged lives.

I was drawn here because Marin Valley is a senior community. At this time in our lives we are facing the collective reality of aging, and to me it feels somehow cozy and reassuring that I am living this time of life together with others. I am single, as many of us are, and community means a lot.

Since my late fifties I have been interested in envisioning and creating a healthy, happy, and fulfilling life for myself as I grow old. I sense that many of my neighbors here in the Park have the same idea and are intentionally living this, each in their own ways.

Dancing together in the meadow is such a fun way to socialize, and it's great exercise. Every time I dance I chalk up around 2,500 steps! I'm especially impressed by the "Over 75" group recently created by Erma and Marshall, and can't wait until I'm old enough to join. Michael Hagerty's Sunday Healing Meditation is an important spiritual connection that I love being a part of. Art exhibits, Bio nights, the book group, Pub night and dinners, the pool, and so many other features and activities create for us a truly wonderful and unique senior experience.

For a number of years my "pet passion" has been studying aging and end-of-life issues, with a view to serve as a support for friends, neighbors, and whoever is around me in my retirement years.

Last year I was able to offer Zoom classes here in the Park, where we took an in-depth look at five

areas of life and how we might plan for a graceful and (dare I say it) joyful end-of-life experience.

In recent months I was honored to spend time at the bedside of two friends who recently passed away – one was Terry, our much-loved neighbor, and the other, Sagar, was an out-of-Park regular at our meadow dances. A number of our Park neighbors joined in to support them in many ways, including cooking meals, meditating and singing together, massaging hands and feet, and just being there to ease their passage.

I feel sure that some of us in the Park have a real interest to serve in some way as part of a caring circle for our friends and neighbors who might be suffering from illness, injury, or even be in the process of dying. I would love to see us form such a group. We would not be part of the medical or caregiving aspects, but more as friendly support, caring companionship, or helping out with whatever is needed or requested.

Many of you know Timo Navsky, an old friend of mine who lives here in the Park. She was a long-time volunteer at Zen Hospice in San Francisco, and we have been brainstorming about creating something similar for years, even before we moved here. This is us exploring hospices in Varanasi, India, last year. Together we would like to initiate a first meeting for anyone in the Park who might be interested in exploring such a project. We both have lots of ideas percolating for possible classes, films, and discussions as well as the service aspect at the heart of it.



We plan to have a first meeting on January 18 in the Fireside Room or on Zoom at 4 pm, and we'll be delighted to welcome all interested – even if just to hear about it out of curiosity! Call or email [devaaneesha@hotmail.com](mailto:devaaneesha@hotmail.com) or 415.827-7137.

# Wintertime Watering Schedule

by **BOB TANEM**, America's Happy Gardener™

As the temperature becomes cooler or colder, the requirements for water to our trees and shrubs become less. One challenge at this time of year is when to water so as to conserve water and continue to have a healthy landscape.

The other challenge is whether we should continue our fertilizer program, because the growth of plants at this time of year is less demanding of nutrients. The solution can be categorized by these simple rules:

## **Survey the needs of the area.**

Lawns need very little watering at this time of year, and their need for fertilizer is negative. Turn the sprinklers off. Caveat: If the hills are starting to turn brown, it is time to turn them on. Turn off if it starts to rain.

## **Shade**

As you are surveying the area, check shaded areas such as

under deciduous trees or under the eaves of houses. If these areas don't get moisture from the rain, you may have to water by hand. Camellias, azaleas, and fuchsia are prime targets for lack of winter rains.

## **Trees and Shrubs**

Established trees and shrubs can tolerate no irrigation during most winters. My recommendation is that if we don't get rain for three to four weeks, watering may be necessary unless the trees and shrubs lose their foliage. In that case they are sleeping and don't need any water.

## **Groundcovers**

Check out groundcovers under trees and shrubs. Most can tolerate the wintertime moisture, but if we get false spring in February, all bets are off.

## **Pots and Baskets**

Special watering for pots and hanging baskets: Rain has a pH

that is neutral, and tap water has a pH that can be alkaline in most cases. Well water is notorious for being alkaline. The more alkaline the water, the less it penetrates the container soil. Thus, if your pot-watering schedule during the year is every third day, you may be able to stretch that to twice a week during winter.

## **When to Water**

The rule I would suggest is: If the pot gets rain water, don't water for at least a week. Pinch the soil down about 1 to 2 inches, and if it crumbles, the plant needs water. If it stays together or shows moisture, i.e., drips, don't water.

## **Get to Know your Landscape**

For example: Succulent types can survive without winter water, whereas soft, acid-loving plants will need attention.

Our weather cannot be counted on to keep our plants at peak performance, but these guidelines should help.



PHOTOGRAPH: MARIANNE YORK

# Scam Alert



Social Security

The Social Security Administration will never threaten, scare, or pressure you to take an immediate action.

## **If you receive a call, text, or email that ...**

- Threatens to suspend your Social Security number, even if they have part or all of your Social Security number
- Warns of arrest or legal action
- Demands or requests immediate payment
- Requires payment by gift card, prepaid debit card, internet currency, or mailing cash
- Pressures you for personal information
- Requests secrecy
- Threatens to seize your bank account
- Promises to increase your Social Security benefit
- Tries to gain your trust by providing fake “documentation,” false “evidence,” or the name of a real government official

## **...it is a SCAM!**

**Do not give scammers money or personal information — ignore them!**

## **Protect yourself and others from Social Security–related scams.**

- Try to stay calm. Do not provide anyone with money or personal information when you feel pressured, threatened, or scared.
- Hang up or ignore it. If you receive a suspicious call, text, or email, hang up or do not respond. Government employees will not threaten you, demand immediate payment, or try to gain your trust by sending you pictures or documents.
- Report Social Security–related scams. If you receive a suspicious call, text, or email that mentions Social Security, ignore it and report it to the SSA Office of the Inspector General (OIG). Do not be embarrassed if you shared personal information or suffered a financial loss.
- Get up-to-date information. Follow SSA OIG on Twitter @TheSSAOIG and Facebook @SSA Office of the Inspector General for the latest information on Social Security-related scams. Visit the Federal Trade Commission for information on other government scams.
- Spread the word. Share your knowledge of Social Security–related scams. Post on social media using the hashtag #SlamtheScam to share your experience and warn others. Visit [oig.ssa.gov/scam](https://oig.ssa.gov/scam) for more information. Please also share with your friends and family.

Thank you, Serena Fisher, for sharing this with all of us!



# Bet You Didn't Know This About ... Dee Schneider

by **RAY SCHNEIDER**

You probably already know that Delanna Justice Schneider was a world-class wife, an accomplished amateur ornithologist, superb hiker, and mom to two beautiful, talented daughters, but I'll bet you did not know that she also co-authored a book — *The Joys of Hiking: 30 Years of Memories, Marin and Beyond*.

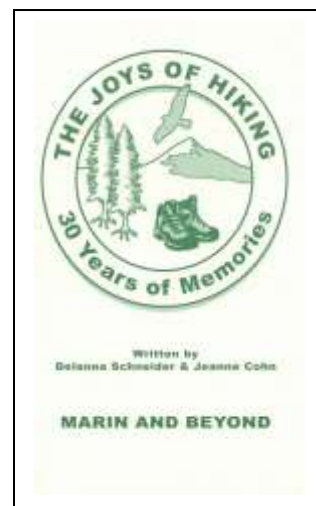
Dee and good, good friend Jeanne Cohn conducted paid hikes for 33 years throughout Marin, as well as in the North Bay, Yosemite, and the Carrizo Plains, plus trips to outlier destinations such as Arizona, Wisconsin, Hawaii, Belize, the Galapagos, Panama, etc. — 15 places in all.

In 2016, after 30 years of hikes, and at the beckoning of many of their long-time repeat hikers, affectionately named the “Greywackies,” AKA “The Walkie Talkies, for obvious reasons,” Dee and Jeanne wrote about some of the never-to-be-forgotten memories that had accumulated between the two of them over the years.

The book (well, at just 44 pages, booklet) covers almost a dozen hikes in Marin. Rather than describe the trails per se and mileage, *The Joys of Hiking* describes the fun stuff, the rainy stuff, and the memory stuff that most other books ignore. Even though you will not be told how to get to and through each hike, they are all well known enough and described enough in other hiking books that you will easily be able to find each trail, although you most likely will not be able to duplicate the adventures the Greywackies/Walkie Talkies had.

Per the booklet, “We thought the purpose of our hiking series was to share with others our enthusiasm.

But what surprised us were the additional benefits to all that developed. People were sharing their love of nature. We constantly hear, ‘I could never have made it through this divorce without these hikes,’ ‘This is my therapy,’ and most often, ‘Is it time to eat yet?’” From this last quote evolved the Gourmet Feast on the last hike of each series.



The booklet contains lots and lots of photos, mostly black and white, but two, not to be dismissed, pages of color photos. By request, the booklet also contains seven pages of favorite recipes from hikers, and humorous incidents that happened along the way.

Sadly, Dee and Jeanne are no longer with us anymore; the hikes are still held every Thursday but are closed to new hikers. The motto of the group remains: “We never get lost, we just change our destination.”

As one hiker wrote, “Thank you, Jeanne and Delanna.” Thank you, indeed.



If you'd like a copy of the booklet, you can call me at 415-883-4182.





*Out beyond McInnis: Photograph by* **LORNA SASS**

# Hallowed

Poem by **JIM GRONVOLD**

*Sunrise is sacred  
to birds of praise.*

*Sunshine is holy  
to faithful flowers.*

*Sun-prism halos  
glorify showers*

*and sunsets bless  
the passing of days.*

*All that is ours  
was born of the rays*

*that brighten the hours  
that burn in their blaze.*

# Goodbye 2021, Hello 2022

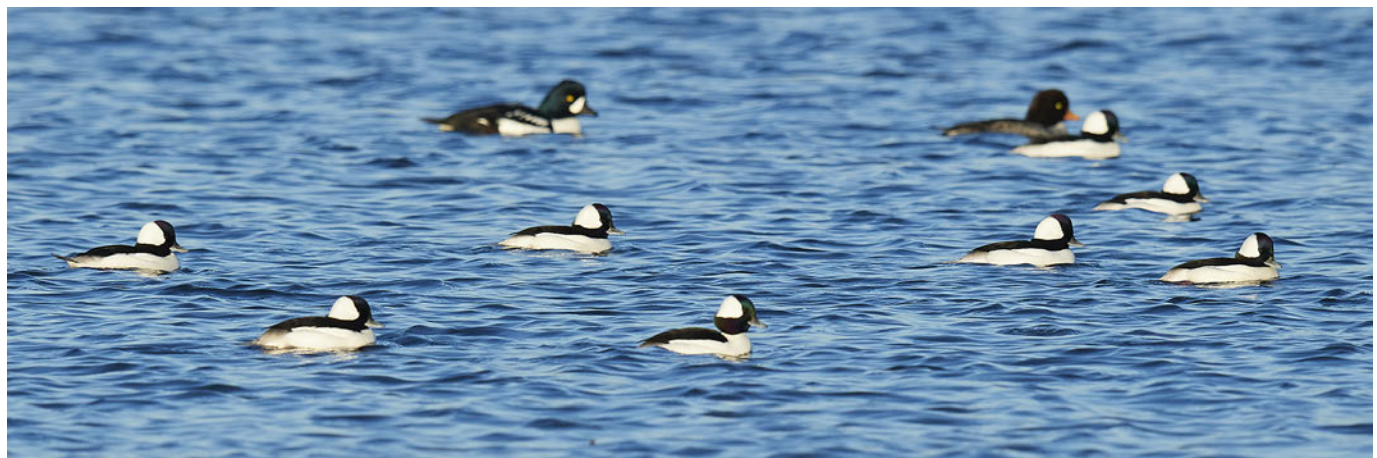
Article and Photography by **DAVID GRAY**

Inspired by spending an afternoon walking around Bel Marin Keys.

Let's face it, 2021 was ... awkward, whether taking off or landing, like these Barrow's goldeneyes (*Bucephala islandica*).



Baffled buffleheads (*Bucephala albeola*) kept a sharp eye out for danger, aided by a pair of goldeneyes.







A Cooper's hawk (*Accipiter cooperii*) and a northern harrier male (*Circus hudsonius*) were out hunting for trouble.



Whatever may come in 2022, just do what this great egret (*Ardea alba*) is doing and keep on fishing. Those fish aren't going to catch themselves! Happy New Year to all!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1 style="text-align: center;">JANUARY 2022</h1> <p style="text-align: center;">Many classes/meetings are on Zoom these days. Please check <a href="http://marinvalley.net">marinvalley.net</a> to see if events have been canceled before you come.</p>						1 4PM Dancing <i>Meadow or Ballroom</i>
2 10-10:30AM <b>Meditation</b> <i>Zoom, contact Michael Hagerty</i>	3 6AM Trash 10AM Chair Yoga <i>video</i> 1PM Bridge 5PM MVEST <i>Zoom/contact John Hansen</i>	4 6PM PAC Meeting <i>Zoom/contact Carol-Joy Harris</i> 1-3PM Craft & Chat	5 11-3PM Bridge 4PM Dancing 6PM HOL Board Meeting <i>Zoom/contact John Feld</i> 6:30PM Improv	6 11AM-12PM Rollin' Root 	7 12 Mahjong 1-1:30PM Rollin' Root 4PM Dancing 5-7PM Pub	8 4PM Dancing <i>Meadow or Ballroom</i>  <b>ECHO Deadline</b>
9 10-10:30AM <b>Meditation</b>	10 6AM Trash 10AM Chair Yoga <i>video</i> 1PM Bridge 5PM MVEST	11 1-3PM Craft & Chat  7PM Bio Night with Charles Watson	12 11-3PM Bridge 4PM Dancing 6PM Mar Val Meeting 6:30PM Improv	13 11AM-12PM Rollin' Root 	14 11AM Fire Safe Marin Zoom 12 Mahjong 1-1:30PM Rollin' Root 4PM Dancing 5-7PM Pub	15 2PM Earring Exchange  4PM Dancing <i>Meadow or Ballroom</i>
16 10-10:30AM <b>Meditation</b>	17 6AM Trash 10AM Chair Yoga <i>video</i> 1PM Bridge 5PM MVEST	18 1-3PM Craft & Chat  4PM Circle of Friends <i>contact Aneasha</i>	19 11-3PM Bridge 4PM Dancing 6:30PM Improv  <b>Scottish Night Deadline</b>	20 11AM-12PM Rollin' Root 	21 12 PM Mahjong 1-1:30PM Rollin' Root 4PM Dancing 5-7PM Pub	22 9AM Dump Run 4PM Dancing <i>Meadow</i> 5PM Scottish Night
23 10-10:30AM <b>Meditation</b>	24 6AM Trash 10AM Chair Yoga <i>video</i> 1PM Bridge 5PM MVEST	25 1-3PM Craft & Chat  1:30PM 75 and Over	26 11-3PM Bridge 4PM Book Club 4PM Dancing 6:30PM Improv	27 11AM-12PM Rollin' Root 	28 12 PM Mahjong 1-1:30PM Rollin' Root 4PM Dancing 5-7PM Pub	29 4PM Dancing <i>Meadow or Ballroom</i>
30 10-10:30AM <b>Meditation</b>	31 6AM Trash 10AM Chair Yoga <i>video</i> 1PM Bridge 5PM MVEST					