

T H E
ECHO

March 2022

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Taking Care of Business

by **KEVIN MULVANY**

It is my understanding that dogs consider their owners to be the leader of the pack, the top dog, the big kahuna.

That being the case, dogs must find it odd that we pick up their business, put it in a little plastic bag, and carry it about with us. (Okay, it does seem a little odd, I suppose.) Cats, incidentally, consider our cleaning up after them to be one of our many assigned chores.



PHOTOGRAPH BY SEAN CASEY

Droppings are unsightly and can be pretty smelly, attract flies, and even (ugh!) wind up on the bottom of one's shoes. It is just common courtesy to pick up after one's pets. Thank you, Susan Harper and Anthony, for

demonstrating, and Sean Casey, for immortalizing. In fact, some residents go so far as to pick up other folks' dog droppings. I salute these unsung heroes!

Last, but not least, let us take a moment to celebrate those stalwart twins, Mark and Greg, who regularly fall on their swords for us by emptying the various doggie bag receptacles about the Park. Your efforts are thought of fondly by one and all ... which is to say, better you than me!

Directory Update New Residents

9 Scenic Drive

Andrew Vernon, cell 415-755-5194

andrewvernon44@gmail.com

Sara Vernon, cell 415-755-5198

svernon308@gmail.com

THE ECHO 2022

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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 high resolution.

ECHO DEADLINE

The 8th of the month or sooner
for the following month's issue

MVMCC Management Update

Upgrades

Remember to ask Management regarding any permit-related questions such as upgrades to your electrical subpanel. These types of repairs or upgrades require a building permit. We can assist with your application.

Digging

Prior to any digging, please alert Management so we may do a thorough utility location inspection. This inspection can prevent costly repairs to underground wire and pipe. It will also prevent residents from losing power, water, or gas service during the repair.

Coyote

Residents have alerted Management that a coyote has been seen roaming the streets. Please keep your cats and small dogs safe and indoors, per Park rules.



PHOTOGRAPH: JOHN FELD

Carports

Park rule #12: Carports are not storage areas. People who cannot park in their carports due to stored items impact others by parking in guest spaces or in the street.

Solicitations

Unauthorized solicitations from outside organizations trying to sell vacuum cleaners, frozen food, and/or home services have all been reported to the front desk. A knock on the door from a stranger can be unnerving and is against Park policy, so please alert the front desk if you have been solicited so we may contact the service provider. Please do not let a stranger in your home, even if they seem friendly and with good intention. Call the front desk for assistance.

Trees

MVMCC Tree and Shrub policy is in place to protect residents' privacy and to also protect our trees from unlawful removal or pruning—especially oaks, as they are protected. Ask the front desk for assistance before removing any trees. We are here to help.

Lock it up!

Remember to keep your shed and vehicles locked to help prevent theft. (See page 7)

Thank you for your continued cooperation.



Matt Greenberg

Matt Greenberg
GENERAL MANAGER

gm.mvmcc@gmail.com

415-883-5911 ■ 415-883-1971 Fax

REGISTER FOR
ALERT MARIN
Emergency Notification System
to get emergency alerts
from Marin County at
www.alertmarin.org
415-473-6376

Letter to Residents

Greetings from the Park Acquisition Corporation Board.

Our finances are in order. Our cash, plus medium- and long-term reserves, is close to \$5 million. The Federal government is offering grants to subsidize cities' sewage infrastructure. Therefore, the City of Novato is intending to apply for grants to pay for the replacement and upgrading of sewage pump station 1 and 2. This grant will perhaps reimburse the total cost of these projects for the Park. Amounting to over \$3 million, this hopefully will provide a cushion of resources to pay for other infrastructure needs in the Park. Other uses of the reserves could be to pay down the existing bank loan financing the purchase of MVMCC, or projects to improve the standard of living here at Marin Valley.

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 from the virus or from becoming a host capable of transmitting it to others. The advice we are getting is that the new Omicron variant is very contagious and spreads like wildfire. The vast majority of infections come from and are given to those whom we trust enough to have unmasked conversations with; only a small minority come from being in public or interacting with strangers.

With the rash of thefts occurring in Novato and especially here at MVMCC, please be extra careful. Storage sheds should be securely locked, and it is advisable to install motion detector lights around your homes and/or a camera to record visitors to your homes. MVEST and HOL are looking into establishing a neighbor watch system.

Contact police and Park management if you observe suspicious activity here in Marin Valley. Do not approach or engage with a suspected burglar, as it can be dangerous for you. (See page 7)

Cleaning of the owl boxes is being planned for next October, as the January date was not able to be met. One active owl is capable of removing over 1,000 rodents a year. Please do not use poisons to deal with rodents around your homes. While poison disables the rodents, it also makes them easy prey for owls, in whom the poison accumulates and eventually causes their death and that of their babies.

The water reservoirs in Marin are full for now. The Water Department continues to urge us to be mindful of our water usage. All underground irrigation in the Park should be turned off; we should water by hand.

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

The agendas for the **March 1** and future PAC meetings, with the Zoom link, shall be posted 72 hours prior and are mailed to those on the mailing list. Contact PAC secretary **Carol-Joy Harris** at caroljoyharris@comcast.net to be added to the list.

These meetings will be broadcast live on Comcast channel 26. A recording of the February Board meeting is at <https://youtu.be/Jo3Ty1XomxU>.

In service,




Jay Shelfer
PAC PRESIDENT
jjshelfer@yahoo.com



Evacuation—Part 1: Your Emergency Go-Bag

by **BILL DAVIS**, RN, and **JOHN HANSEN**

It's becoming more and more likely each year that there will arrive that ominous day when first responders will order an evacuation of Marin Valley.

Why? Something bad would be about to happen like an approaching wildfire; it won't be safe to stay home, and staying home would impede first responders from doing their jobs. Visibility and air quality will be dismal; it may be dark, and you are not likely to be at the top of your game of clearly thinking of all you may need to do, so it better be very simple. You will need to very quickly leave home and you may be gone for days or a very long time. You may return to something or maybe not, but that's another story.

Will you be ready?

If you aren't, chaos and panic can – as has often been demonstrated – cause as much or more danger to you than the actual emergency. Emergency evacuation preparedness and practice can make for an orderly process, save lives and nerves, and help responders to move on to their job of saving your home.

Evacuation is the time to Act; NOW is the time to Prepare

Over the next few months, MVEST will help guide us all through the process of planning and conducting an orderly evacuation. Evacuation can be a daunting experience in our complex and busy lives, so we're chunking it down into four bite-sized pieces as follows:

- 1)** planning and preparing an emergency go-bag,
- 2)** alerts and warnings used by first responders in our area, and what to do when they occur,
- 3)** the surprisingly not-so-simple act of grabbing your bag and getting into your car, and
- 4)** putting it all together in a “full dress rehearsal” evacuation exercise.

Let's start at the beginning with your go-bag. Many of us have previously completed this step, and if this is you, now's a good time to review and refresh your go-bag. (Stale almonds suck!)

Go through your go-bag ideally every six months and evaluate how to keep it updated. One way you could remember to do this is to choose a certain time, such as the change to Daylight Savings Time. Every time that date comes up, you know it's time to go through your 72-hour kit. You could also use your smartphone to set a reminder on your calendar to update your kit.



Federal Emergency Management Agency (FEMA) recommends you keep a 72-hour kit. There are a lot of suggested emergency kit lists and kits you can purchase. Those might not be tailored to fit your needs. Make your own list.

Here in Marin, we have a tremendous resource right at our fingertips—Fire Safe Marin. You can peel off a copy of the Evacuation Checklist from the tablet on the front counter at the clubhouse or download it from the FireSafe Marin website at:

https://firesafemarin.org/wp-content/uploads/2017/03/FIRESafe_MARIN_Evacuation_Checklist.pdf

WILDFIRE EVACUATION CHECKLIST
 Learn more at www.firesefain.org/preparedness/evacuation
 If evacuation is anticipated and time allows, follow this checklist to give your family and home the best chance of survival. Complete the Family Communication Plan on the opposite side for each family member and keep in your wildfire and emergency "Go-Kit."

EVACUATION NOTIFICATIONS & INFORMATION Register for Alert Marin and Make it easier to evacuate and for information received.
ALERT MARIN www.alertmarin.org
 Use any emergency alert system (text, email, or a specific address notification, wireless, broadcast, television, or other mobile safety devices) when time may be at risk, notify neighbors, or other mobile safety devices when evacuation routes, hazards, and shelter. Online registration required.

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

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

SHELTER IN PLACE: Stay in your current location on the outside unless told to evacuate. May be required when evacuation is impossible, too dangerous, or unnecessary.

ALWAYS:
COMMUNICATIONS
 Keep your cell phone fully charged.
 Notify an out-of-area contact of your phone number, location and status. Update regularly.
 Leave a note with your contact info and out-of-area contact taped to fridge or inside a front window.
 Check on or call neighbors to alert them to prepare at first sign of fire.
ON YOUR PERSON
 Dress all family members in long sleeves and long pants; heavy cotton or wool is best, no matter how hot it is.
 Wear full coverage goggles, leather gloves, head protection.
 Cover faces with a dry cotton or wool bandana or scarf over an N95 respirator. Tie long hair back.
 Carry a headlamp and flashlight (even during the day).
 Carry car keys, wallet, ID, cell phone, and spare battery.
 Drink plenty of water, stay hydrated.
 Put "Go Kits" (see below) in your vehicle.
PETS & ANIMALS
 Locate your pets and place in carriers NOW. You won't be able to catch them when the fire approaches.
 Be sure your pets wear tags and are registered with microchips.
 Place carriers (with your pets in them) near the front door, with fresh water and extra food.
 Prepare horses and large animals for transport and consider moving them to a safe location early, before evacuation is ordered.

IF TIME ALLOWS:
INSIDE THE HOUSE
 Shut all windows and doors (interior too) and leave them unlocked.
 Remove combustible window shades and curtains; close metal shutters.
 Move furniture to the center of the room, away from windows.
 Leave indoor and outdoor lights on.
 Shut off HVAC and ceiling fans.
OUTSIDE & IN NEIGHBORHOOD
 Place combustible outdoor items (patio furniture, toys, doormats, trash cans, etc.) in garage or 30' from structures (optional: place in a pool).
 Shut off gas at the meter or propane tank; move small tanks at least 15' away from combustibles.
 Connect garden hoses with squeeze-grip nozzles to outdoor spigots for use by firefighters.
 Fill water buckets and place around outside of house, especially near decks and fences.
 Clean your gutters and blow leaves away from house.
 Back your car into driveway, loaded, with doors and windows closed.
 Prep open fence and side gates.
 Place ladder(s) at the corner(s) of structures for firefighters.
 Seal attic and ground vents with pre-cut plywood or metal covers (even duct tape will protect from ember entry) if time allows.
 Patrol your property and monitor conditions. Leave if spot fires ignite or conditions change.

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

SOCIAL MEDIA, RADIO, TV
 Used to provide live updates and live road closure updates. Watch for large evacuations, traffic updates, road closures, shelter updates, and contact information. Safety announcements, power outages, phone service, shelter recovery resources.

Wildfire Evacuation Checklist and Family Communication Plan (2019-01-15) FIRESAFE MARIN | www.firesefain.org

This form is chock-full of pertinent information, but the red type at the bottom of the second page is what we are interested in right now, the "Go-Kit," or as we call it, the go-bag. A good go-bag should contain enough food, water, clothing, and essential supplies to get you through 72 hours after an emergency. It's important to update it regularly so it stays relevant.

WILDFIRE & EMERGENCY "GO KIT"
 Put together an emergency supply kit in advance for each family member and keep it easily accessible. Plan to be away from your home for an extended period of time. Each person should have their own Go Kit. Store kits in backpacks.

Bandana, N95 respirator, goggles, leather gloves, long shirt and pants (soot on neck), boots, hat
 Flashlight and headlamp with spare batteries
 Extra car keys, credit cards, cash

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

Items to take only if time allows:
 Spare earned valuables
 Family photos, small heirlooms, and other irreplaceable items
 Personal computer data and digital information backups on hard drives and/or disks

Wildfire Evacuation Checklist and Family Communication Plan (2019-01-15) FIRESAFE MARIN | www.firesefain.org

Build a 72-hour go-bag for each household member so that you can have it in-hand as quickly as possible.

You should include anything you might need for at least 72 hours. Include:

- Food and water with good shelf-life
- Clothes and gear for a safe exit – day or night – and a change
- Maps for navigation
- Plans and materials for basic survival – warm blanket; N95 masks; bandanas; personal essentials like glasses, medications, toiletries; cash in small bills and credit cards
- Facilitation for possible extended absence – important documents and account access and passwords
- Communications – cell phone, important contacts, charger
- Personal safety – flashlight (head lamp), extra batteries, first-aid kit, pocket knife, whistle, can opener, and portable radio
- Pet care supplies

Keep your go-bag in a safe place (cool, dry, and very convenient). It must be easily accessible; you may not have a lot of time to grab your kit before you need to leave your home. Then, while you're at it, we recommend that you make a smaller on-the-go-bag that you can keep hidden away in your locked car.

A walk along Marin Valley Drive indicates that we are a very mobile community. What if you're out and about while an evacuation order is issued? Think about how often and how long your excursions are and adjust the extent to your on-the-go-bag accordingly. As you build this kit, plan for fluctuations in temperature that come along with being in a car. Include car-specific items (such as road flares). Aim to keep a full tank of gas in your car (or full charge) as much as possible.

Part 2 of this series is coming next month. A month is a long time; if you don't procrastinate, it's plenty of time to refresh your go-bag or make one if you need to. Next month, we'll focus on all the modes of alerts and warnings, what each is good for, what actually works here in Marin Valley, when alerts are more likely to occur, and what you can do about it.

If You See Something, SAY Something

by **JOHN FELD**



In recent months there appears to have been an increase in crime in Novato and around the Park. People have had valuable items taken from their sheds and carports, items removed from cars, and even a trailer was stolen. A couple of the breezeway sheds have been broken into, and people have had valuable items taken from their gardens and front porches.

This seems to be a trend in Marin, with many cities and districts reporting an increase in crime. Sometimes this is termed “petty crime” by the news media, but when it happens to you, it does not seem petty at all. It can often be traumatic, occasionally costly, and altogether upsetting.

This all seems to be happening right under our noses. The police are so understaffed with COVID absences and cost-cutting that they never seem to cruise our streets day or night, although the Police Department has told me they have been here over 150 times in the last twelve months. Of course, they arrive promptly if someone reports a crime in progress or if someone is injured, but this does nothing to prevent people from picking on isolated communities such as ours, as easy targets. If there is no obvious security, it appears even easier and seems to involve little risk to the criminals.

Lock It or Lose It

To this end, it would be helpful for all residents to be aware of the people around you and look out for suspicious events. It may be a shed door open, newspapers piled up in the driveway, car doors open at unusual times, or unfamiliar cars parked in the street with their engines running. It could be people who are trying not to be seen, people who may be campers with bags and backpacks, it could be several people cruising around in a car, strangers seen picking up parcels

from front porches, or cars driving around at night with no lights on. If strange or unfamiliar people are observed walking about, or you see suspicious vehicles, take note. Unusual noises, the smell of smoke, and many other happenings may need to be reported. Lock your doors, cars, and sheds, even when at home.

Most strangers you are likely to see could be contractors, repairmen, deliverymen, gardeners, day laborers, realtors, new residents, house shoppers looking for a home, caregivers taking a break, folks parked by the clubhouse for an event or along entry roads enjoying the view, and of course young and old guests and family relations of residents. We ask everyone to keep their eyes open for potential wrongdoers. We are definitely NOT asking people to be vigilantes or stand-ins for the police, and this is not a call to be paranoid about living in Marin Valley, just a request to keep your eyes open and be alert.

Knowing What to Do

Observant residents may see suspicious or unusual activity. Knowing what to do with unusual sightings is important. If possible, carry a phone, flashlight, pen, and notepad.

If you are about at night, please make sure you are visible to others by wearing a reflective safety vest, using a flashlight, listening, and watching what is happening around you. Many people walk with earphones in their ears and may not be able to hear unusual sounds, but if this is not you, be aware of strange noises such as loud bangs or breaking glass.

Never approach strangers and ask them who they are and what they are doing here. Many people have family and friends visiting who you probably will not recognize. But anyone up to no good could be potentially dangerous. Report any suspicious event.

If someone you do not know comes to your door, ask them through the door to show you some identification. But please be aware that some delivery people do not have marked vehicles, or may even be the newspaper delivery person.

Try to make a note of car license plates and descriptions of people, including height, weight, age, color of clothing and hair, and complexion or any identifying characteristics.

Several residents have seen or heard suspicious events from within their homes. If you see a crime or accident happening, or anything you consider dangerous, immediately call the police or call Matt (see the numbers listed below). If you feel you are in danger, don't be scared to scream or make loud noises to make others aware. Calling an hour later will not work. If some reaction is called for, it will only be pertinent at the time.

Management has set up several cameras that can identify license plates and film cars coming up and down the hill. Cameras are also around the inside and outside of the clubhouse but be aware that these are not being regularly monitored but may

be looked at only after an event occurs. The sooner an alert is given, the sooner available pictures can be reviewed.

If we are seen by outsiders to be on guard and watching, it may be enough to discourage people from thinking we are easy targets, and hopefully word will get out that this is not a place that is easy to steal from.

All of this is not meant to scare anyone, but to encourage us all to be more aware of our surroundings, remain calm, and trust our instincts. The more attentive and observant we are, the safer we all become.

Numbers to Know

Numbers to call (We suggest you program these into your mobile phone and carry it with you.):

911 for crimes or emergencies in progress

415-883-5911 to contact Matt, or the after-hours answering service to forward a report to him

415-897-1122 Novato Police non-emergency



Message from Mar Val

Dear Friends,

As you may recall, the announcement of our annual St. Patrick's Day party appeared in last month's edition of the *Echo* in order to ensure sufficient time

for reservations prior to the March 9th deadline. The event will take place on Saturday, March 12, and provides corned beef and cabbage lovers an opportunity to indulge in a culinary delight.

Mar Val continues to welcome a gathering of residents at Pub each Friday beginning at 5 pm.

With warmest regards,



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

Mar Val Presents
St. Patrick's Day

March 12, 2022

5 PM Cocktails 6 PM Dinner

Menu

Corned Beef/Cabbage

or

Vegetarian Shepherd's Pie

and

Potatoes

Carrots

Rolls

Dessert

Reservation deadline is March 9, 2022 at 5 pm or when 140 reservations have been received. Please make checks payable to MarVal – NO CASH – \$15 per person.

For questions, please call Carolyn Corry at 415-370-6403

All attendees must show proof of full vaccination and booster and must wear a mask except when eating or drinking.

Home Owners League Message

Dear Neighbors,

We had a very successful Breezeway Craft Fair, instigated by **Tara Plocher**, which going forward will be a monthly affair held on the first Sunday of each month. Eleven tables of a wide variety of items were on display by members of the community, from jewelry to marmalade, clothing, CDs, pottery, and knitted goods. Many people turned out for an enjoyable afternoon.



PHOTOGRAPH: MICHAEL KARASIK

Thirty-four homes contributed to the dump run in January, and this continues to be an important event for people in the Park wanting to get rid of larger items. **Ed Collins** was ably assisted by **Peter Dyke, Kevin Mulvany, and Mary Barbosa**.



Our successful Just One Hour group spearheaded by **Marlene Montalvo** continues to address residents' needs for help with light household chores, small handyman projects, gardening – or simply keeping people company – and is always looking for people who would like to volunteer.

The chorus from the recent Marin Valley 50th Birthday Celebration talent show is rehearsing for a future live event. If you would like to be included in performing or organizing, please contact **Maggie Siegfried** at 415-883-1431.

The new group, A Circle of Friends, directed by **Aneesha Dillon** and **Timo Navsky**, has inspired a large group of people to come together to learn how to help prepare people to approach the end-of-life process in a more relaxed and meaningful manner. These wonderful Good Samaritans are doing research and organizing so that we can all become better educated for ourselves and others. (See page 12).

If you have matters that you would like us to discuss at our next monthly meeting, please get Wthem to me by the end of February to be placed on the next agenda. And, if you would like to receive the agenda and minutes of the meeting, please let me know.

Enjoy the warming weather and stay safe, warm, and dry. The next HOL meeting will be on Wednesday, March 2, at 6 pm, via Zoom. The link will be on our website, or call me. Everyone is welcome.

Best wishes,

John Feld



John Feld
HOL PRESIDENT
johnmfeld@gmail.com



Biography Night on Zoom

Up next: **David King**, 7 pm, March 10 (See page 13)

Do it yourself! Share stories from your life for 20-30 minutes, followed by questions from the audience. Contact **Kim Holscher**, 206-291-0972.

Buying and Selling, Giving and Receiving

Our first Breezeway Craft Market on Sunday, February 6, was a success! Lots of friends buying and selling and talking. Now we have three modes of getting rid of and acquiring new things in the park:

1. The Breezeway Craft Market on the first Sunday of each month. Contact **Tara Plocher** to sell at it.
2. The Breezeway Boutique.
3. The dump runs every few months (contact **Ed Collins** to get rid of stuff).



How Did Your Contractors Do?

We on the Contractors Rating Guide committee are very eager to learn about your experiences with local contractors. What sort of experience did you have with a plumber, a roofer, window washer? Let us know! It helps the next person who needs some repair work done.

We are working hard to keep the Guide up to date, so again, we welcome your input. Please contact one of us and we will help you fill out the form. It's super-easy.



If you are looking for some other person's comments about a worker, please check out <https://marinvalley.net/contractors-rating-guide>. There is also a paper version in the library at the clubhouse.

We are considering expanding to include pet care and veterinarians, realtors, housecleaners, tax preparers, massage practitioners, and others. Please let us know your thoughts about this!

John Feld 510-495-4138
Inga Grace 415-533-9088
Charlotte Kells 415-234-6013
Elizabeth Lev 414-345-0725
David Tetta 206-601-3040

A Circle of Friends

by **ANEESHA DILLON**

Thursday, March 3 • 4 pm • Fireside Room

A Circle of Friends is a new educational and service-oriented group forming in the Park. Our focus is on learning more about the end of life and the dying process, which we see as a natural development in life's journey. We are preparing to support ourselves, each other, and our Marin Valley community as we all face the natural realities of the end of life.

Recently we have had two meetings, and we're in the process of creating a "Death and Dying" library which will be part of the general clubhouse library. We also have plans for a digital archive of articles on every aspect of end of life, from the practical to the emotional, the spiritual, and beyond. This will be posted on the Marin Valley website as well as be available as a hard-copy in a binder.

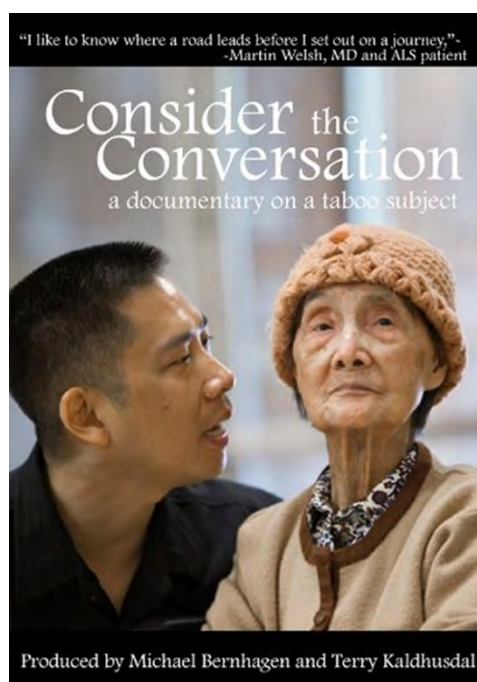
We plan to show videos in the Fireside Room (COVID permitting!), followed by discussions. There will be occasional classes on topics like "being with a dying person," "what is hospice?" "green burials," "completing unfinished emotional business," "physician aid in dying," and many more. Everyone in the Park who is interested is welcome at these events.

At our first event, **March 3 at 4 pm in the Fireside Room**, we will show a video called *Consider the Conversation*, followed by discussion and sharing. The film clearly, objectively, and tenderly explores the contemporary end-of-life experience, when it becomes

necessary to make decisions about artificially prolonging death. This film offers us the possibility to think about the end of life and prepare.

This video features doctors and hospice nurses sharing their insights, and opens up the taboo conversations about unnecessary medical interventions at life's end.

Everyone over 18 should see this film – and then **HAVE** a conversation about the end of your life. The film clearly, objectively, and tenderly explores the contemporary end-of-life experience, at which we must make decisions about artificially pro-longing life. This film helps us prepare. Make it a family event.



Improv Class March 9, 16, 23, 30

Are you creative, curious and fun-loving? Learn how to make stuff up collaboratively in a friendly and safe environment: our own local Cote d'Azur on Zoom! Wednesdays from 6-7:30 pm, \$80 for the series. Taught by Mick Laugs, BA, CMT: actor, voice and improv facilitator. To register, contact **Anila** at anilahere99@gmail.com.

Learn/Play Tichu and Other Card Games

Ed Collins will teach the card game Tichu and other games. Meet on Tuesday, March 8 at 1 pm in the Fireside Room



Tichu is a multi-genre card game; primarily a **trick-taking, shedding game** that includes elements of Bridge, Poker, and Daihinmin played between two teams of two players each (it is possible to have two teams of three players). The goal is to be the first player to get rid of all your cards. There are point cards

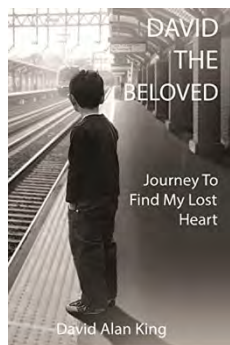
but the main way to get points is to call Tichu. This gives you an extra 100 points if you go out first but -100 if you do not. Whoever has the lead can lead a single card, a pair, 3 of a kind, a full house, or a straight. Other players have to follow with the same sort of play but higher.

We can also mix in games of Hearts or Spades.

Remember: Playing stimulates brain areas that are responsible for memory formation and complex thought processes for all ages. Engaging in play assists in practicing essential cognitive skills, such as decision-making, higher-level strategic thinking, and problem-solving.

Call or text Ed at 415-377-7696 if interested.

Neighbors in the News



David King's new book *David the Beloved* published in early February is now available at <http://davidthebeloved.com/> in paperback and Kindle editions with the hardback version coming later.

David The Beloved is a story about a precious young child who was dearly loved by many

people early in his life. Yet unexpected and tragic events led this child to experiences that were inconsistent with his preciousness. From these experiences, he took on heartbreaking beliefs about himself, and he kept these beliefs hidden – and treated them like gospel – losing his true, loving nature. How could this have happened? To truly understand the events of his journey he had to reflect on his life and ask some profound questions. And he had to be willing to see the truth.

David King will also be speaking during Biography Night **Thursday, March 10 at 7 pm.** (See page 11)



You might remember that our very own **Meg Jordan** is Chair of Integrative Health Studies at the California Institute of Integral Studies.

On **March 17 from 5:30 to 7 pm** she is interviewing **Dr. Deepak Chopra**, whom *TIME* magazine has described as “one of the top 100 heroes and icons of the century.” Join Deepak and Meg for a conversation exploring how to tap into a deeper sense of awareness to become an agent of change in your own life.



Drawing upon ancient teachings, spiritual practices, and wisdom he's garnered for over four decades as a leading figure in mind-body medicine, Deepak discusses how to transcend self-generated feelings of limitation and fear in order to experience true abundance in all aspects of life. More here: <https://www.ciis.edu/public-programs/event-calendar/chopra-deepak-march-17-2022>

Where Are the Old Jewish Waiters?

by **LORNA SASS**

I was going through my files and re-discovered this article which I had so much fun researching. I thought you'd enjoy this glimpse of Jewish delis, the way they were:



“There is cold joy in a salami sandwich eaten outside the steamy atmosphere of a New York kosher delicatessen,” declared writer Ruth Glazer in her crusty memoir *The Jewish Delicatessen*.

The truth of this statement was brought home to me one afternoon almost twenty years ago as I was attempting to get my jaw around a hot pastrami on rye at Katz's on the Lower East Side.

When the waiter delivered my bottle of Dr. Brown's Cel Ray tonic—a quintessential part of the old New York deli experience—he asked me if I'd heard about the guy at the cemetery who was throwing himself on a tombstone, wailing with great emotion, “Why did you die so young?” When a concerned onlooker offered condolences on the death of his wife, the grieving man stopped sobbing long enough to correct him: “This isn't my wife buried here, you dummy; it's her first husband.”



As I laughed and offered sympathy to the waiter for his bandaged finger, he kvetched: “That's what you get for working in the restaurant business,” with a shrug of his slouched shoulders. The most memorable flavor enhancer for a hot pastrami sandwich was not the mustard, but the kibitzing and schmaltz that come from a 65-year-old Jewish waiter who shuffles on tired feet, wears grease-smudged glasses, and barks at customers with a strong Yiddish accent.

He commands you where to sit: “That's the only table we got left. You want to eat, or don't you?”

He stands as the moral arbiter of right and wrong: “If you want sauerkraut on your pastrami sandwich, you're gonna have to put it on yourself. What jerk would wanna eat a sandwich with soggy bread?”



He slides the sandwich-laden plates to you as if he were practicing for the local bowling league and about 20 minutes later tells you when it's time to leave: “Did you come to eat or to sit and kibbitz?”

In the old days, if anyone dared to ask for lean corned beef, the waiter would put on his most disapproving look and yell: “Vich vay do you want it to lean?”

One of the regular deli patrons I interviewed for this article was Bernie Styles, then the owner of the venerable Central Casting Talent Agency. “If I had my life to live over, I'd live over a deli,” he crooned into my ear over the telephone. “Actually, to tell you the truth, I live right over the Stage, so I'm living my life over right now,” chirped Styles.



Before the Stage, there was the Gaiety, Styles told me. “Back in the thirties and forties, on ‘the street’ (the colloquial name for Broadway) eating out was a very important part of our culture. We'd meet to eat and eat to meet. At any given hour you always knew where to find somebody amusing to talk to,” he recalled.



“The Gaiety had only a few tables and couldn’t have been more than ten feet wide,” he said. “The waiters controlled the place. If they liked you,

they’d make sure you got a seat and would let you stay a little longer, or they’d seat a pretty girl next to you. The place was always jammed.

“The Gaiety was the first deli to serve overstuffed sandwiches, and you could even order a half-sandwich if you were short of cash. If things were really rough, you’d eat salami ‘a nickel a schtikle’ or a hot dog – the real kind, rolled on a grill – but if you were flush, you’d have pastrami or corned beef. The Gaiety backed onto a burlesque theater on 44th Street, and you’d always be elbow-to-elbow with actors. If they were really broke, that one overstuffed sandwich would be their only meal of the day.”

It was as a counterman at the Gaiety that the legendary Max Asnas got his start. In 1937, after he had become deft enough at hand-slicing pastrami, Max opened The Stage, billed as “The Delicatessen of the Performing Arts.” When a customer asked Max why he was never seen eating at his own restaurant, he promptly replied: “Who can afford the prices?”

Short, pudgy, and shaped like a soft diamond, Asnas was quick with the one-liners and encouraged his waiters to do the same. Once a customer complained to a waiter: “I don’t like the looks of this whitefish.” “You want looks,” replied the waiter, “order a goldfish.”

Another time, a party of four tourists ordered sandwiches and coffee. One of them commanded, “Make sure that my coffee is in an absolutely clean cup.” When the waiter returned with the order, he inquired, “Now, which one of you gets the clean cup?”

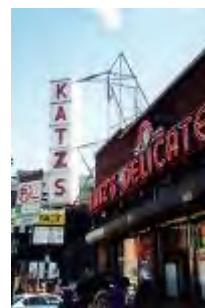


When a woman complained to Max that his food gave her heartburn, he quickly replied: “What did you expect—sunburn? Go to Miami.”

Max’s customers got so used to getting hit with his barbs that they felt disappointed when he ignored them. “Hey Max, you don’t insult me anymore, what’s wrong? Are you mad at me?”

Max didn’t only dish it out: he could take it, too. Once, when the Stage had a fire, Milton Berle sent Max a wire: “This is the first time in years that the food in your place has been hot.”

When I wrote and researched this piece in 1988, I went to the beloved Second Avenue Deli and overheard an elegantly dressed lady asking a waiter, “What is shav?” The waiter answered impatiently: “Lady, if you don’t know what it is, I know you’re not going to like it.”



Like shav (sorrel, or sour grass soup), the foods served in a Jewish deli are living relics of time gone by. The good news is that if you know where to go, you can still get a fine hot pastrami or corned beef sandwich in Gotham, but the sights, sounds, and smells of

the old New York Jewish deli have vanished along with the salamis that hung in their windows.

PS: And finding a good deli in California? You could get lucky ... please let me know if you find one! It was even getting hard to get a good bagel in NYC by the time I left ten years ago and, in my opinion, what they call smoked salmon in California should be against the law!



Anna's Hummingbird

Text and Photography by **DAVID GRAY**

Anna's hummingbirds (*Calypte anna*) are a persistent year-round presence in our park. We hear their coarse high-pitched squeaking calls from the bottlebrush trees, from which they survey their domain. We see them hovering among the lavender and sage plants as they go bloom-by-bloom collecting the nectar. In mating season, we watch the males climb 30 feet into the air and come swooping down trying to attract a mate with their squeaking tail feathers as they pull out of the dive.

The Anna's hummingbird is a West Coast bird whose range extends from southern Alaska down to Baja, with the San Francisco Bay Area sitting almost exactly in the middle. Their eastern-most range goes into southern Arizona and a tiny bit of southwestern New Mexico. The Anna's is the largest of the hummingbirds in California, weighing in at a whopping 0.15 ounces, or 4.3 grams. The male sports an iridescent pinkish-red





head that it can flash at will in the sun. The female's head is an iridescent emerald green and both the male and female coloring of the body is the same emerald green. The breast and belly have a grayish coloring interspersed with green. A bright white patch of feathers covers their nether regions.

Hummingbirds are incredibly territorial and fierce. It is quite common to see one chasing another due to a territorial incursion. They use their beaks as weapons to prod, poke, and even impale interlopers.

If you have hummingbird feeders, please remember that you should clean them weekly; they tend to get moldy and that mold harms the hummingbirds. Only use sugar, never other sweeteners. Never use any dye in the water.

Please consider putting stickers on the outside of any windows so the birds don't mistake the reflection of the sky as something they can fly through. If you see a feather stuck on a window, that was from a bird hitting your window!

Sunday

Monday

Tuesday

Wednesday




Thursday

Friday

Saturday

MARCH 2022

Many classes/meetings are on Zoom these days. Please check marinvalley.net to see if events have been canceled before you come or to click the Zoom link.

		1 6PM PAC Meeting <i>Zoom/contact Carol-Joy Harris</i>	2 2-3PM Craft & Chat <i>Library/contact Tara Plocher</i> 5PM Dancing 6PM HOL Board Meeting <i>Zoom/John Feld</i>	3 11AM-12PM Rollin' Root 4PM Circle of Friends w/movie <i>contact Aneesha Dillon</i>	4 12PM Mahjong 1-1:30PM Rollin' Root 5PM Dancing 5-7PM Pub	5 5PM Dancing <i>Meadow or Deck</i>
6 10-10:30AM Meditation <i>Zoom/contact Michael Hagerty</i> 2-4 PM Breezeway Crafts Market	7 6AM Trash 5PM MVEST <i>Zoom/contact John Hansen</i>	8 ECHO Deadline	9 2-3PM Craft & Chat 5PM Dancing 6PM Mar Val Board Meeting 6PM Improv <i>Zoom</i> St. Pat's Dinner Deadline	10 11AM-12PM Rollin' Root 6PM Wildfire Watch* 7PM Bio Night David King <i>Zoom/contact Kim Holscher</i>	11 11AM Fire Safe Marin <i>Zoom</i> 12PM Mahjong 1-1:30PM Rollin' Root 5PM Dancing 5-7PM Pub	12 5PM Dancing <i>Meadow or Deck</i> 5PM St. Patrick's Day Dinner
13 10-10:30AM Meditation DAYLIGHT SAVINGS Turn Clocks Ahead	14 6AM Trash 5PM MVEST	15	16 11-3PM Bridge 2-3PM Craft & Chat 5PM Dancing 6PM Improv	17 11AM-12PM Rollin' Root 	18 12PM Mahjong 1-1:30PM Rollin' Root 5PM Dancing 5-7PM Pub	19 5PM Dancing <i>Meadow or Deck</i>
20 10-10:30AM Meditation	21 6AM Trash 5PM MVEST	22 4PM Circle of Friends	23 2-3PM Craft & Chat 5PM Dancing 6PM Improv	24 11AM-12PM Rollin' Root 	25 12PM Mahjong 1-1:30PM Rollin' Root 5PM Dancing 5-7PM Pub	26 5PM Dancing <i>Meadow or Deck</i>
27 10-10:30AM Meditation	28 6AM Trash 5PM MVEST	29 1:30PM 75 and Older	30 2-3PM Craft & Chat 4PM Book Club <i>Contact Carol-Joy Harris</i> 5PM Dancing 6PM Improv	31 11AM-12PM Rollin' Root 	*Wildfire Watch is at www.firesafemarin.org/programs/wildfire-watch or www.marinvalley.net	