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**October 2023**



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CALENDAR: OCTOBER 2023

# New Directory

by **ERMA WHEATLEY**



It's that time again: your biannual

opportunity to add or correct any information in the Park Directory. A printout of the new directory will be on the clubhouse counter where your name will be listed in THREE sections. Please make any corrections to all three entries and draw a line through each of them to indicate you have read or changed what is printed.

- 1<sup>st</sup> section — **last name**
- 2<sup>nd</sup> section — **first name**
- 3<sup>rd</sup> section — **address**

You can also change your formal name to a nickname or how you prefer to be known. If your telephone number is a cell number, please write **cell** before it if not already there. If you know someone is no longer here, please draw a line through their name and write **delete**.

If you can't make it to the clubhouse, you can also send me an email with your corrections, additions, or approval for information as printed.

## Advertise Your Services

If you would like to put an ad in the directory to alert over 400 people about your amazing services and also help defray the printing costs, contact me at [ermawheatley@gmail.com](mailto:ermawheatley@gmail.com) for a rate card, with "Directory Ad" in the subject heading.

## Directory Update

### New Residents

**Gabriel Haneford**  
1 Club View Drive  
415-479-4006

[gabriel@deepintheheartoftaxes.com](mailto:gabriel@deepintheheartoftaxes.com)

**Ro Rigney**  
107 Panorama Drive  
cell 415-515-5890  
[rkrigney1@gmail.com](mailto:rkrigney1@gmail.com)

**Steve Kurtagh**  
26 Meadow View Drive  
408-623-4419  
[skurtagh@hotmail.com](mailto:skurtagh@hotmail.com)

### Changes

**Karen Muhly**  
[muhlykaren@gmail.com](mailto:muhlykaren@gmail.com)

**Joy Dal Santo**  
cell only 415-699-2399

**Brynda Foster**  
cell only 415-328-5977

**Pat Thurston**  
cell only 415-680-8397

### IN MEMORIAM

**Ellen Anderson**  
*September 25, 1934 –  
August 30, 2023*

**Lee Dunne**  
*1929 – August 15, 2023*

**Rick Kennedy**  
*September, 2023*

**Roberta Urquhart**  
*October 17, 1928 –  
September 4, 2023*

# THE ECHO 2023

## MARIN VALLEY MOBILE COUNTRY CLUB

100 MARIN VALLEY DRIVE • NOVATO, CA 94949  
415-883-5911 / 415-883-1971 FAX

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### MARIN VALLEY

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

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1<sup>ST</sup> VICE PRESIDENT **Dan Sebastian 415-382-7738**  
2<sup>ND</sup> VICE PRESIDENT **Pat Thurston 415-884-0740**  
SECRETARY **Connie Marelich 415-382-3350**  
TREASURER **Vicki Waddell 415-382-8684**  
BAR MANAGER **Anne Glasscock 601-3047**  
DIRECTOR/HOSPITALITY **Larry Moore 883-0486**  
DIRECTOR/RESERVATIONS **Susan Hoff 707-365-9426**  
DIRECTOR OF LOGISTICS **Larry Cohen 883-7786**  
DIRECTOR AT LARGE **Sandee Duncan 883-3034**  
BOARD CONSULTANT **Kathleen Dargie 884-2969**  
BAR MANAGER EMERITUS **Fred Dargie 884-2969**

### 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 high resolution.

### ECHO DEADLINE

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

# MVMCC PAC Management Update Letter to Residents

## Yard Cleanup Volunteers Here for One Day

On Thursday, October 12, the students from the Christian Academy will be back for the morning, volunteering on general yard cleanup. The first 12 people who need help due to finances or ambulatory problems, and who EMAIL me at [gm.mvmcc@gmail.com](mailto:gm.mvmcc@gmail.com) with a list and request for service, will be put on their list. You will need to post your requested tasks on your door for the students to work from.

Park Management has begun work on several retaining walls and will keep all prior requests for repair or replacement a priority.

Please keep all pets indoors unless on a leash out for a walk. Remember, the young quail are vulnerable to cats.

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

Water is precious. We encourage all residents to please irrigate with micro-emitters and to water only very early in the morning or late at night.

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

Our Park speed limit is 15 mph.

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



*Matt Greenberg*  
**Matt Greenberg**  
GENERAL MANAGER  
[gm.mvmcc@gmail.com](mailto:gm.mvmcc@gmail.com)

415-883-5911 ■ 415-883-1971 Fax

Greetings from the Park Acquisition Corporation Board.

Congratulations to all. Through our combined active action to prevent the sale of MVMCC to a for-profit operator, we were successful in convincing Novato City Council to reject the offer to sell the Park.

**Finances** Our finances are under review. Our cash plus medium- and long-term reserves are in the neighborhood of \$6.4 million, as the City has transferred the government grant funding for Pump Station No. 2 to us.

The operating budget for MVMCC 2023/24 is under review by the PAC Board. While the City Council has approved the operating budget with rent increases, we are seeking clarification as to when these increases will take effect. We will advise.

We have not been advised regarding our capital budget for the coming year. We are seeking adjustments for projects deemed crucial for the upkeep of MVMCC infrastructure.

Keep in mind that because MVMCC is accounted for in the City's statements as a nonprofit Enterprise Fund, our finances should be completely separate from the City's accounts. Any excess earnings should be and have been used to pay for Park upkeep and future development.

**PAC Board** Joan Cervisi has resigned from the PAC Board due to pressing family obligations. Her contributions are greatly appreciated. We wish her the best.

**Vaccine** COVID and its new variants are still around. Do not let your guard down. Practicing social distancing and continued masking are advised but not required as the state and country relax the mandated precautions to avoid the transmission of COVID. The CDC still reports that you are less likely to be seriously sick if you have been vaccinated, and avoidance of transmittable situations is encouraged.

**Projects** Several projects are planned for the Park, including the repairing the clubhouse roof, solar heating for the pool, and a new transfer switch for incoming electrical power. We need the support of the City Council to commence this work.

**Activities** Management, MVEST, HOL, and Mar Val are all very active on your behalf, and their activities are reported on in articles in each month's *Echo*. I urge you to investigate and participate. It is best to see the notices at the front desk to take advantage of these worthwhile events. By the time the *Echo* is published, some events have already passed.

**Participation** The PAC Board's meetings are enriched by resident participation. Your observations and suggestions on how Marin Valley can better serve your and the community's interests are always welcomed. Come to the board meetings or email us.

**Agendas** For future PAC meetings, agendas and the Zoom link are posted 72 hours before the meetings and are available to those on the mailing list. To be added to this list, contact PAC secretary Carol Joy Harris at [caroljoyharris@comcast.net](mailto:caroljoyharris@comcast.net). You can also find the Zoom link on our [marinvalley.net](http://marinvalley.net) homepage.

**Meetings** The next regular monthly board meeting will be on Tuesday, October 3 at 6 pm.

In service,



*J Shelfer*  
**Jay Shelfer**  
 PAC PRESIDENT  
[jjshelfer@yahoo.com](mailto:jjshelfer@yahoo.com)  
 415-250-0375 cell



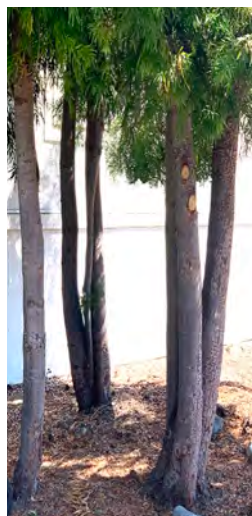
# Summer Fire Danger Is Now Year-Round

by **JOHN FELD**

**N**ovato Fire District is still offering home inspections where they walk around your house (outside only!) to check if your home is fire safe in the event of a wildfire. These inspections are free and come with no obligations, just advice. Go to <https://tinyurl.com/45f2tnrj> if you want an inspection or a reinspection.

## Commonly Found Dangers

### Fire ladders



A fire ladder is vegetation that allows fire to spread up from the landscape into a tree. The fix is to create separation by pruning or raising the height of the lowest limbs of the nearby tree.

- Prune low limbs up to a minimum of six feet, and potentially as high as 10 feet (but no more than one-third of the height of the tree).
- Trees on slopes require the limbs to be pruned higher or spaced further apart.

### Annual grasses and weeds

Dry grass is easily ignited by embers that can travel far in advance of nearby fires.

- Cut down all grasses and weeds around your home to a height of four inches or less.
- Cut grass in the morning, when temperatures are cool, and be careful not to create sparks.
- Never cut grasses during a Red Flag Warning.
- Rake and remove grass clippings.

### Cluttered and fire-prone footpaths around homes

No combustible material should be within five feet of your home; a footpath made of nonflammable material is recommended.

### Leaf litter

Sixty to ninety percent of homes destroyed in wildfire events ignite

## Pumping Station Project Update

by **DAVID STIER**  
*Associate Engineer, Vice President of Nute Engineering*

Start-up and testing of the new pump station began at the end

of September and will continue in October. Restoration of the pump station site will occur in October and will include a new redwood fence, paving, and general cleanup. Most of the project work will be completed by the end of October except installation of a new emergency

generator which, has been delayed due to supply chain issues.

Any questions about the project can be directed to Elisa Sarlatte, the project manager for the City of Novato, at [esarlatte@novato.org](mailto:esarlatte@novato.org).





## Low-visibility address numbers

Address numbers should be highly visible to help first responders easily identify your home, which will improve their response time.

- Repaint or replace address numbers to be at least four inches tall and displayed on a contrasting background.
- Use reflective and/or illuminated numbers for best visibility at night or in smoky conditions. Numbers painted on a curb do not meet this requirement.

## Vegetation growing in gutters



Make sure your gutters are clear of debris and leaves. Blocked gutters are a perfect place for embers to ignite dry plants. ■

because of **HOT EMBERS** outpacing the fire, landing on dead leaves and spreading fire to the house.

- Remove leaf litter and debris within five feet of your home.
- Rake and dispose of leaf or needle litter in green waste cans.
- Pay attention to areas where leaves often gather: in gutters, at the base of homes, and in trees and shrubs.

## Dead and dying trees

- Remove dead shrubbery.
- Remove dead trees. If the tree is more than three feet tall, talk to Manager Matt Greenberg first.

## Combustible mulch

Most mulches are combustible, and in a wildfire-prone landscape they can be a major contributor to homes igniting.

- Remove or replace combustible mulch within five feet of your house with gravel or stone mulches.
- Replace combustible mulch over five feet from structures with composted wood chips – the best choice for residential landscape use.

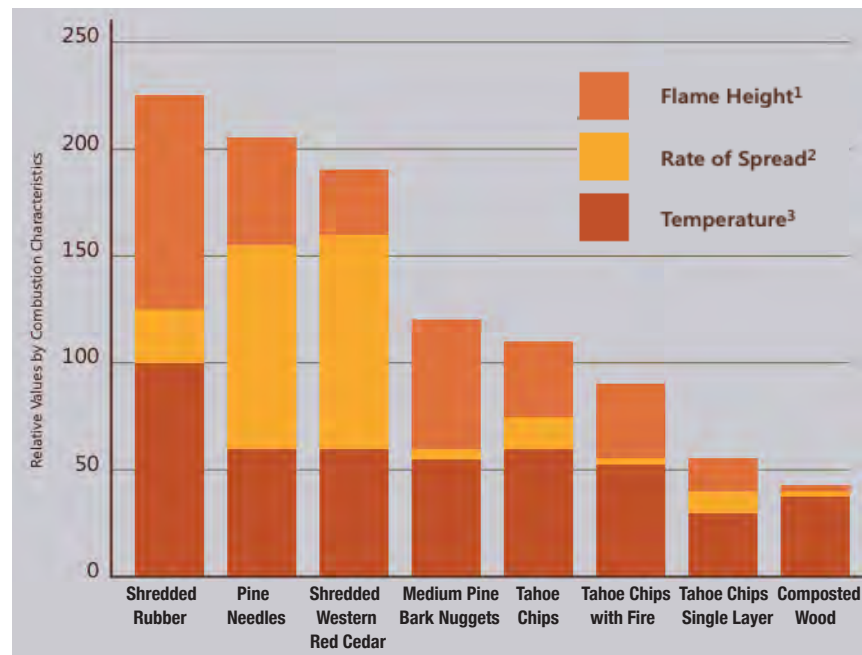
## Tree limbs overhanging a structure

Branches or limbs that overhang any structure can be hazardous.

- Prune limbs with foliage where they overhang buildings.
- Exceptions are allowed if the removal of the limb would jeopardize the health or stability of the tree.

## Fireplaces and piles of firewood

Anyone who has a fireplace in their home should have a *spark arrester* on their chimney to stop flying embers. Log piles are a common area where fires can start; keep these *free of debris*.



Relative Values by Combustion Characteristics of Mulch

# Winter Weather on the Horizon

by **JOHN HANSEN**



**F**rom a climate perspective, we have enjoyed a mild summer and fall – a very welcome reprieve from a very wet 22–23 winter and spring. Now, the days are once again rapidly shrinking, and the lengthening nights are noticeably cooler. During these last few weeks of autumn, it’s time to start thinking about the upcoming winter and the hazards that accompany our winter weather regime.

*The time to patch the roof is when the sun is shining.* — John F. Kennedy

Last winter was characterized by an unusually persistent series of atmospheric rivers – largely attributed to climate change – that delivered record, drought-busting rains and snow; strong, gusty winds; regional flooding; and snow on the local hills. What can we expect coming up? Unfortunately, weather forecasting is somewhat behind the times. You see, predictive weather modeling is based on historical trends, whereas climate change offers very little history. This leaves us with a bigger guessing game than we would prefer. Add to the mix a potentially historic El Niño, and all bets are now off.

Long story short, we have no idea what this winter is about to deliver, so the best hedge to succumbing to the elements of winter is **PREPAREDNESS**. Begin now in case there’s an early winter; prepare well in case there’s a particularly wild or long one. When you’re prepared, what we **CAN** safely predict is that you will have much better odds of avoiding the worst nature may throw at us. These are the more common winter weather hazards:

- Short days/long nights
- Frontal storms
- Atmospheric rivers
- Arctic air masses
- Tule fog
- King tides

Various combined, these hazards can present an array of perilous risks, all of which can be largely prevented, avoided, or mitigated. Storms can produce heavy precipitation, strong, gusty winds, local flooding, uprooted trees, mudslides, potholes, and other erosional conditions. The king tides of early January can exacerbate these risks.

Postfrontal weather is often associated with an arctic air mass producing bitter cold winds, icy roads, and dense tule fog. Night driving is naturally riskier than driving with natural light, but night driving in winter can present exponentially greater threats. It’s harder to avoid the more prevalent winter road hazards when you can’t see them.

But a little preparedness, common sense, patience, and simply paying attention can elevate your winter safety to comfortable levels. Here are a few suggestions:

- Winterize your home and car.
- Inspect your home’s exterior walls, roof, windows, and doors for weather readiness.
- Apply a coat of Henry’s roof coating.
- Check your car’s tires, fluids, battery, lights, wipers, and weather seals; apply any remedial measures now while it’s safe and comfortable to do

- Store outdoor furniture out of harm’s way so an errant wind gust doesn’t donate your belongings to your downwind neighbor.

A power failure accompanying a howling storm is no time to think about a backup power supply. Act now. And while a backup battery will charge your phone, keep the lights on and maybe chill the fridge for a while, it won’t go far to heat your home. Wrapping up in an electric blanket can keep you toasty while using very little electric power. And, whatever you do,

**DO NOT HEAT YOUR HOME  
WITH YOUR OVEN ...  
DOING SO = ASPHYXIATION!**

You never know how long you may need to hunker down, so keep your pantry and storage cabinets stocked with easy-fix foods and home essentials so you can outlast a storm and shop when a shopping excursion is more inviting.

Plan on taking advantage of autumn and winter sales to bolster your winter wardrobe and household supplies. Don’t try to fit the weather to your calendar – rather, fit your calendar to the weather! Patience is a virtue.

Long, cold nights, reduced travel, and inhospitable weather can be lonely and depressing, making the long nights seem even longer. Plan now to treat your calendar even more to the wonderful array of **HOL** and **Mar Val** activities this winter – your neighbors will appreciate your happy face, and you. ■

# Message from Mar Val

Dear Friends,

Welcome to fall as Mar Val events move back to the ballroom until Memorial Day 2024.

Come celebrate Halloween with Mar Val on October 28 at our annual Black Cat Night ... this is Mar Val's only fundraiser to help cover the cost of our ABC liquor license. There will be prizes for the best costumes! Cherrie Dougherty will once again be presenting the delicious baked goods – pies, cookies, cakes, and more – at the Bakery Bootique. There will be a sign up sheet at the front desk for bakers to sign up; that way we can prepare labels and have an idea of how we will display the wonderful culinary treats. Please check the flyer for further details.

Mar Val sadly says goodbye to longtime supporter and dear friend, Roberta Urquhart. Roberta died peacefully at the home of her beloved niece on September 4, just before Mar Val's Labor

Day celebration. On a normal Mar Val event day, Roberta would have been helping to set the tables, decorating, filling the popcorn bowls, etc. As many of you know, Roberta never drove ... when I moved to the Park, it was a frequent sight to see Roberta walking up to the clubhouse for Pub, events, and exercise classes.

During the COVID shutdown, I was privileged to be able to share some quiet “Pub time” with Roberta at one of the neighborhood gatherings ... how I wish I had had a recorder handy to preserve all of Roberta's

memories – of talent shows, of impersonating Mae West, of doing the can-can, and on and on ... she shared photo albums with us that are priceless treasures. So many wonderful memories ... her happiness and comfort of living in the Park and having dear friends, like the Walking Ladies, was palpable.

Roberta was always among the first to offer a casserole, a hug, or a glass of champagne, and always her wonderful smile. Roberta's actions helped to form the basis for the community we enjoy today ... seniors helping each other and creating a place to live our best days. May Roberta's joy and her commitment to her friends and neighbors, to Marin Valley, and particularly to Mar Val continue to inspire us for many years to come. She was cherished and treasured, and we bid her a most fond farewell.

Hope to see you all soon.



*This photo was taken at Roberta's surprise 90<sup>th</sup> birthday party (2018). She is flanked by Ann-Mari Stolpe and Lance Martinson.*



# **Black Cat Fundraiser**

*(Mar Val's Annual Liquor License Fundraiser)*

**Saturday, October 28**

5 pm Cocktails

6 pm Dinner

## **Black Cat Spooky Costume Party**

*Witches Brew Specialty Drink*

**and FaBOOlus Bake Sale**

Beef Macaroni w/Tomatoes & Cheese *or* Vegetarian Lasagna  
Salad & Garlic Toast

Bakery Treats for Sale  
(from Cherrie Dougherty & Volunteers)

\$15 per person

**Reservation deadline is Wednesday, October 25, 5 pm**

or when 120 reservations have been received.

Make checks payable to Mar Val.

Questions – Call Susan Hoff at 707-365-9426



# Home Owners League Message

Greetings,

Summer may be the most loved season of Marin Valley's year, but I think that fall is when the magic happens. September carries the scents of summer well into its last days as Marin begins to stir from our brief summer lull, and it greets us with equal parts leisure and eagerness. This October will bring fresh excitement, sunny days, and a persistent fire danger, so let's enjoy it completely and all stay alert.

## Events

### Dance Your Way to Health

Janie Klimes and Janet Shouldis are starting a line dancing class in either the ballroom or the downstairs Bamboo Room, weekly from 4 to 5 pm on Mondays. We will learn the dances from videos and have a lot of fun doing them.

### Free Food and Refrigerator Wanted

Joanne Woodward has taken over the reins from Tara Plocher at the free food events, happening on **Mon, 12:30 pm; Tues, 8:30 pm; Thurs, 12:45, 2-3 pm; Sat, 11 am; and Sun, 11 am and 2:15 pm.** Times are approximate until you receive an email announcing their arrival. Many people come to the breezeway to get supplemental food; we are seeking ways to get food to those among us who are housebound and to find out what they need and deliver it to them. Please see the next article. We are also hoping to find a refrigerator in which to keep any donated cooked and raw foods. If you have one that you want to get rid of, please let Joanne know (415-858-2368).

### Dump Run

Please contact Ed Collins by email [mretc@hotmail.com](mailto:mretc@hotmail.com) or text at 415-377-7696 (NO PHONE CALLS) if you'd like to participate in the next Dump Run on Saturday, October 21.

### Breezeway Marketplace

The open-air market will happen again on October 7, with all the wonderful items brought to you by our neighbors.

### Healthy Aging

We recently attended a Wonderfest lecture by Dr. Greg Tranah, who presented modern insights into wise exercise, sleep, and diet to enhance the years of healthy life that one enjoys; he calls it our *healthspan*. He focused on human clinical data with actionable recommendations for lifestyle choices that can maximize the healthy years of life. He writes:

*I am an experienced researcher and not a physician who can give medical advice. And I have nothing to sell nor do I intend to profit from my presentation. The aging field is rife with snake oil, magic beans, and potions, and it is important to me that the audience knows my intent when presenting ... I believe it is our job as privileged researchers to share our knowledge with the world in a way that is as unbiased and honest as possible (with the understanding that I am also a fellow human with limitations who is wrong on occasion).*

We asked Dr. Tranah to present the same informative lecture at Marin Valley. Watch for details.

### Health Fair

Next year HOL is planning to hold an alternative health fair

in the ballroom. We will be inviting, among others, various healers, exercise professionals, and herbalists. If you know of people whom we should invite, please let me know.

## Rescheduled Events

Our **Nonviolent Communications Workshop** had to be delayed due to a family emergency; it's now on October 24 at 2-3:30 pm.

The previously planned **Grandkids Day** will now appear in another iteration, such as a kids' party at the end of the year. It seems we have too few preteen kids to entertain. If you have young ones in your extended family, look out for a new date and sign them up.

## HOL Donations

Very soon HOL will be holding this year's donation drive. Please be aware when you receive the flyer in your tubes that we are also collecting for the Yard Maintenance Fund. This fund is to help those who are unable to keep their front yards clean and firesafe. Donations to HOL are spent on supplying resources for our community and hosting events. This includes keeping the computers up to date, making sure we have microphones for presentations and plays, buying a fridge for the free food (if we must), printing posters and banners, etc. Please be as generous as possible.

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

# Deliveries to the Housebound

by **JOHN FELD**

**L**ike many people in Marin Valley, I eagerly await the arrival of the numerous food deliveries to the breezeway each week. These are often plentiful and usually contain some unexpected delights. The food is donated by a variety of stores, farmers markets, and occasionally growers, and is delivered by volunteers. It can be a great assistance to those on low or even moderate incomes who sometimes don't have enough financial resources to get a healthy and varied diet.

Our parkwide email list of residents who want to be informed when food arrives, enables many people to avail themselves of this bounty. Looking at the same people who come to pick up food, however, it becomes apparent that maybe not everyone who needs help with obtaining food is able to come and pick it up.

Some people, for whatever reason, don't or can't get to the breezeway to receive these generous donations — they may be housebound because they are disabled or recently injured, lack transportation to the clubhouse,

or a myriad of other reasons.

If you are one of those who can't get to the free food, we can deliver it to you. We need to know:

- 1. Who you are**
- 2. Where you live**
- 3. What foods you would like brought to your house.**

Of course, we cannot promise to supply exactly what you want every time, as we have no way of knowing what will arrive or how much. We usually get some loaves of bread, croissants, and many bagels. For vegetables, we generally receive what's in season. Right now, that means lots of zucchini, cucumbers, tomatoes, and peppers. Lettuce appears once or twice a week, as do prepared salads. Seasonal fruits such as peaches, plums, and apples change month to month. Pears will probably be starting soon. We often get sandwiches and wraps, grapes, bananas, cakes and pies — both large (enough for about 12 slices) and individual helpings. Sometimes the



food is marked organic, but usually it is unmarked. Rarely are there canned goods or packaged items like cereals.

If you are housebound and we know who you are and what foods you would like, one of our volunteers can bring items to your home. This service is for the housebound only.

If you have not already done so, please fill out the brief questionnaire that we placed in your tubes giving us information on your needs, and we will endeavor to bring you what you need. Call, text, or email me your information (510-495-4138; [johnmfeld@gmail.com](mailto:johnmfeld@gmail.com)) and I will make sure you are added to the delivery schedule. If you have not received the questionnaire, you can contact me and I will collect your requests and add you to the list. ■

## Line Dancing • Mondays • 4-5 pm • Ballroom

by **JANIE KLIMES**

Everyone is invited!

Come join us every Monday afternoon at 4 pm in the ballroom for our newest HOL-sponsored event — Line Dancing! There is no instructor, just those of us who enjoy doing it and like the exercise.

There is even a plan to go to HopMonk on Thursday nights at 6 pm and dance as a group there.

This is the brain child of Janet Shouldis, Meg Jordan, and the "Boot Scooters" from our last play. We all had so much fun line

dancing that we want to do it some more. You don't have to sign up, just show up on Mondays at 4 pm in the ballroom. It will only last an hour and I promise you it will be a lot of fun. If you have any questions, text me at 281-414-3984. ■

## Dump Run October 21

by **ED COLLINS**

**W**e're at it again! We will be picking up your unwanted items that won't fit in trash cans and taking them to the dump. You can email me at [mretc@hotmail.com](mailto:mretc@hotmail.com) or text at 415-377-7696 (NO PHONE CALLS) to be put on our list. Items for the run need to be piled in your carport or driveway and clearly labeled as junk. You may need to help load the items or arrange to have someone to help if items are large. Volunteers to help with these runs would be appreciated.

**Toxic materials such as chemicals, oil, paint, and pressure-treated wood are not accepted.** Take them to Recology Sonoma Marin Recycling Center 800-243-0291, at 7576 Redwood Blvd., Novato, [www.recology.com/recology-sonoma-marin/novato-recycling-center/](http://www.recology.com/recology-sonoma-marin/novato-recycling-center/)

**Electronic items are also not accepted.** Drop them off in Bel Marin Keys at The Computer & Technology Resource Center, 42 Digital Dr. #3, Novato, 94949, 415-883-1428. There is also Renew Computers in San Rafael, [www.renewcomputers.com](http://www.renewcomputers.com).

HOL will cover the costs; donations are appreciated. ■

## The Tiny Billie Bobs Are Coming!

by **CHARLOTTE KELLS**

**Saturday, November 4 • 2-4 pm • Ballroom**

**A**nother wonderful free event sponsored by HOL! The Tiny Billie Bobs are coming to the Marin Valley Clubhouse to share their homegrown brand of country and folk songs with three-part harmonies. The TBBs have been together for over five years and continue to share a mix of tunes – and the joy they bring to each other – with their audiences. Please come and join us in the ballroom on Saturday, November 4 at 2-4 pm to hear their sweet, fun, and well-honed sounds! ■



## Fun and Smart Games on First Thursdays

by **ED COLLINS**

**C**ome to the **Brain and Memory Rejuvenation and Enhancement Event** formerly known as **Game Night**, continuing on the first Thursday of each month at 6-10 pm. Those who arrive by 6-6:15 will get to choose the game(s) we start with. Last game night, eight community members laughed and challenged themselves with Rummikub, Quixx, Hive Mind, Smart Ass, and other games. So come join in the fun and camaraderie. And remember that learning new activities and playing games is a proven way to keep your mind agile and smart! ■

## Chair Yoga

by **DONNA SIMONSEN**

**Thursdays • 10-11 am • Clubhouse**



**S**tart the morning gently exercising and relaxing the mind, body, and spirit. Haven't done yoga? No problem. Chair yoga is for everyone! It's a wonderful way to exercise, manage stress, relax the body and mind, stretch, balance, strengthen, focus, and learn. It's especially useful for seniors and those with chronic illness or disabilities. Optional standing poses using the support of a chair are offered along with the seated versions. I have been teaching chair yoga for 20 years. I am passionate about yoga and teach with ease and gentleness. Suggested donation is \$12. Join us in the wooden chairs in the Fireside Room. ■

# Nonviolent Communication WORKSHOP

by **MICHALE DANCER**

**Monday, October 24 • 2-3:30 pm • Clubhouse**



*"If you really want peace then you will choose peace."*

*—Eckhart Tolle*

**Martine Algier** is a certified trainer with the International Center of Nonviolent Communication ([cnvc.org](http://cnvc.org)) and a founding member of the West Marin Community Mediation Board, and she led workshops at Esalen Institute in Big Sur for both staff and the public for over four decades. Her background includes Transpersonal Psychology and Somatics, Neurolinguistics, and holistic healing. She is passionate about community building and "Taking the war out of our words to build a Global Culture of Peace."

**N**onviolent Communication (NVC) offers the skills and knowledge for conflict transformation that are essential to being able to build and maintain thriving community and to live peacefully in our daily interactions. We may be called upon to choose peace several times a day.

NVC gives us a firm understanding of how to make that choice while being kind, honest, and clear about our limits. My husband Marty and I are planning to bring in Martine Algier, a trained mediator, to share an hour-long presentation in which we can learn skills that can be immediately applied in your life with friends and family.

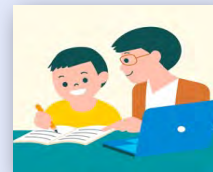
We'll learn keys to creating solutions that take everyone's needs into consideration without compromising our core values and concerns, and discover some ways war language and thinking are encoded in our habitual language.

Marty and I will pay for Martine's time. I want to bring in as many people as possible and not deter anyone from hearing her speak.

Sign up in the clubhouse lobby, and we'll see you from 2-3:30! ■

# Interested in Volunteering in the Schools?

by **CHARLOTTE KELLS**



**H**ave you wanted an opportunity to work as a volunteer helping kids in the Novato schools? I have, and I discovered that the organization 10,000 Degrees made it easy to do just that!

Every week, I work for two hours helping individual second graders with their reading. The organization allowed me to pick my school as well as the grade and subject I wanted to tutor. It has been a perfect volunteer opportunity for me to make a difference to kids. And it is such fun and satisfying work!

10,000 Degrees supports low-income students in kindergarten through 12<sup>th</sup>-grade classrooms and after-school programs. They coordinate volunteers, placing them where they are needed and where their interest lies. No previous experience needed — just two hours a week and a desire to help students reach their potential.

To find out more, join me and Lisa Pavlovsky, the Novato schools' Academic Success Coordinator, on **Monday, November 13 at 4 pm** in the MVMCC library for a brief informational meeting.

Thank you for being **ONE DEGREE** of change!



Main 415-459-4240

[10000degrees.org](http://10000degrees.org)

1401 Los Gamos, Suite 205  
San Rafael, CA 94903



# In Memoriam: Ellen Anderson

by **PETER VONDOEPP**

**W**e mourn the passing and celebrate the life of Ellen

Louise Anderson, who passed away on August 30, 2023. Ellen was born at Portsmouth Hospital in New Hampshire on September 25, 1934. She graduated from Eliot High School in Eliot, Maine, in 1952, after which she joined the Air Force. She later enrolled at Boston University, where she completed a degree in Hearing and Speech Pathology in 1961.

In November of 1962, Ellen married Christian VonDoepp. The couple had three children and lived in San Francisco, where Ellen also completed her Master's degree in Audiology at San Francisco State University in 1978. Shortly after the dissolution of the marriage in 1979, Ellen and the children moved to Napa, California. In 1982, she started her own hearing services business based in Fairfield. Under her leadership and through her hard work and dedication to customer service, the business grew into a great success. In the later years of her life, Ellen



River Pond, New Hampshire. She loved welcoming people, joining with them for a good meal, and enjoying a good glass of wine (or two ...). She developed individual relationships with each of her eight grandchildren, with whom she traveled, skied, shared music, and above all, laughed and giggled.

lived at MVMCC. She suffered a stroke in 2019, but supported by her amazing caregiver, Thelma, she continued to see others during her walks and loved the smiles that greeted her.

Ellen engaged her life and its opportunities for joy with passion. She loved to ski and spent many winters in Telluride, Colorado. An avid traveler, she visited nearly every continent. She loved and had a deep appreciation and knowledge of classical music, frequently attending the symphony. Ellen spent much time in the summer at a family cottage at Pine

In all this, she also made space for her own quiet time and reflection, whether through kayak paddles, hikes on the hills of the Bay Area, continual reading, or long conversations with dear friends and family members. For her children especially, she offered guidance that reflected her wisdom and profound unconditional love for them.

Ellen is survived by her three children and her eight grandchildren. Her family remains grateful for the support from members of the community. ■

# In Memoriam: Lee Dunne

by **BETH MILLER**, Executive Director, Creative Education Foundation

**L**ee Firestone Dunne passed away in Barcelona, Spain on August 15, 2023, surrounded by her children. She was 93 years old. Lee had been visiting her family in Europe when she contracted a severe form of Guillain-Barré syndrome.

Lee (born Shirley Anne Firestone) was born to Thelma and Walter Firestone in 1929 and raised in Canton, Ohio. She and her younger brother John spent much of their childhood living at the Stark County Home, where her father was the Director. The County home had a working farm, and Lee became an accomplished equestrian, competing in horse shows all over the Midwest in the 1930's.

Lee's focus transitioned in high school from the farm to the floorboards. She developed a passion for acting, matriculating at Northwestern Univ., touring the US in a two-person show with Hal Holbrook, and earning a Fulbright that took her to Cannes and London, where she studied the Alexander technique with Matthias Alexander just before his death.

She spent a decade in NYC studying (alongside Marilyn Monroe, Marlon Brando and Paul Newman) at Lee Strasberg's Actors Studio. Lee also earned a master's degree in Audiology at Hunter College in New York City.

In 1966, with husband Arthur, she moved her growing family to Scituate, Mass. Lee worked for thirty years in the theater department at Bridgewater State College (now Bridgewater State

Univ.), where she also founded the Women's Studies program. In addition to acting and directing at the college, Lee was active in community theaters. In 1976, a colleague introduced Lee to the Creative Problem Solving Institute (CPSI), which was the perfect place for her as a creative, a performer and an academic to share her love and wisdom, and recharge her formidable battery.



Lee volunteered as a facilitator at CPSI for more than three decades, and served as a member of the Board of Directors of the Creative Education Foundation (CEF) from 1997-2001. She also contributed her creative talents to the European Creativity Conference (CREA), where she was appreciated for many things, among them creating a "reflection room" for people to rest and recharge during the dynamic conference.

Lee also brought her creativity to the page, publishing her poetry, most notably *Cocktail Shaker* (2009) and *Life in the Poorhouse* (2013). She also contributed poems to several

anthologies, including *Rough Places Plain: Poems of the Mountains* (2005) and *Bosque Rhythms* (2014).

She fed her passion for the stage by working with young people from underserved urban communities at the Summer Stars Camp for the Performing Arts, where she volunteered for over a decade.

Lee's home was always open. She offered her spare room to many people over the years, and somehow always had space and energy for what others needed. She found the amazing, the wondrous and the remarkable in each person she met. She approached every interaction or situation with curiosity, empathy, non-judgment, and an open mind. Lee was endlessly creative, eccentric, uninhibited, adventurous, and cared deeply for people and for nature.

Lee is survived by her four children: Christopher of Frieberg, Germany; Timothy of Barcelona, Spain; Andrew of Sandwich, MA; and Ellen of San Francisco, CA, and 0 eight grandchildren.

The loving spirit she kindled continues to burn in the thousands of students, friends, colleagues and family, on whose souls a piece of her very own amazing energy is imprinted. If you would like to make a donation in Lee's memory, please consider making a gift to [www.summerstars.org/](http://www.summerstars.org/).

The Dunne family sends their love and plans to host a celebration for Lee this fall on the East Coast and will send more information as details are organized. ■

# In Memoriam: Roberta Urquhart

by **JAN THOMAS**

*Only memories now live at the Purple Place on Fallen Leaf: Our beloved Roberta Urquhart has moved on ...*

**W**hen I came to MVMCC in 2003, Roberta had already lived here 17 years. To me, she was the heart and soul of our block. On 10/17/23 she would have been 95 years old (though she'd claim only 93 of those years). She leaves many friends, all of whom have many happy memories. Here are some of mine:

She will be remembered for her kindness, her hospitality, her beauty and grace, her long-lasting friendships, and her love of life / ability to have and show others a good time.

She was 100% authentic – the real deal (and a “real doll” according to the old codgers who used to live here).

She was one of a kind! Who can forget her Mae West interpretations?!

She was forever teased about her floor-to-ceiling artwork and her never-clear dining room table (it was always full of photos; she loved taking pictures, but she almost always cut the heads off her subjects).

She never went anywhere without bringing deviled eggs (they weren't all that great, but they were her signature dish).

She always had chilled champagne in her refrigerator and was always looking for an occasion to celebrate.

She especially loved plants, crab, shrimp, vodka (Kettle One), her friends and family, Knud Dyby, Brynda's and Pat's dog Chalupa, and my cat Elvis (Knud, Chalupa, and Elvis all predeceased her).

She was stubborn and wouldn't be told what to do. She said if people



didn't like her, that was their loss (and it truly was!). Yet she would go out of her way to never hurt anyone's feelings.

She swore that her 20/20 vision was the result of staring at the sun (and who can argue with success?).

She was distrustful of modern medicine. When told (about 4-5 years ago) that she should go on kidney dialysis, she responded “Thanks, but NO thanks!” She lived and died her way.

She'd been on hospice care for a while, but aside from losing her appetite and a great deal of weight, she continued to live as per usual – attending MarVal events and filling the popcorn bowls at each table. Just over a month ago, Hospice and her niece Diane began making more frequent visits. Her decline was fast. On 8/30, she left Fallen Leaf

and went to live her remaining days at the home of her niece. On 9/4/23, she died there. A mini memorial (for the neighbors on the block and her closest friends) was held in her driveway at 10 Fallen Leaf. She will be buried in San Francisco (at Colma) next to her own mother's grave. Diane will host a memorial at the clubhouse at a later date.

She is greatly missed. Having had her in my life was a great gift. She'll live forever in my heart. ■

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*I will always remember that wonderful, warm, loving smile from a beautiful lady in her furry white coat. During COVID folks in the*

*'hood would gather down the street, and one time Roberta brought a couple of photo albums. They had incredible pictures of her dressed as Mae West when she would be hosting the community talent show.*

*It was also amazing to me when she told me she had never, **never** driven an automobile. How did one get around in life without a car?* — Judy Purdom

*Pat and I will always remember Roberta's extreme fondness for our little tan & white chihuahua, Chalupa. She loved our puppy with all her heart and eventually extended that love, after Chalupa passed, to our newest, much larger puppy, Winnie. Even near the end, when we'd come to visit, Roberta would say, “Where's Winnie?” And of course we'd bring Winnie close to her bedside so she could pet her. We will never forget sweet Roberta or her love for our puppies...* — Brynda Foster



# We're Going Down Dancing

by **JANET TAMALIK MCGRATH**

**R**ecently I was inspired by Meg Jordan's article on nominating MVMCC as a Blue Zone beacon. Then on a morning walk a poem came and lit on my chest. I recalled dancing with other Marin Valley residents through the midterm ups and downs, the shutdown of 2020, the street meets, the birth of meadow dancing ... and all the joys expressed through the Meadow Dancers' email list. I don't always come out to the dances, but the strong impressions of the great lot of resourceful, feisty, hilarious, capable, and caring people I've met along the way ... make me smile every day! Now a word from my heart about it:



## **We're Going Down Dancing (Ode to Marin Valley)**

*In the meadow  
on the terrace  
in the streets*

*We meet, move, swing, bow, bop*

*Stuff's going down  
but we don't just stop ...  
rather, we get down!*

*Fear factors isolate  
but then we can't wait  
to go down dancing!*

*We unite through the tunes  
the full and half-moons  
sunsets and pleasure  
priceless, no measure.*

*The volume's turned down  
to allow for the sound  
of our neighbor's voice  
and story of choice.*

*Chitchat and bouncing  
firmly renouncing  
that age has a hold ...  
when it's really our Gold!*

*Whether country or swing  
jazz or modern's your thing  
each finds a prayer  
in the steps that are there.*

*We're going down dancing.*

*Wednesdays and Fridays  
and a Saturday, too  
then throw in a Tuesday  
with birthday cake for you!*

*There are new and old friendships  
there's laughter and glee  
there's knowing the joy  
of all on a Spree.*

*It's life as it is  
come as you are  
on the meadow or deck  
you can see very far ...*

*We're down here dancing.*

*Look up to the sky  
there's a magical star  
twinkling, calling  
to the Gift that you are!*

*Climate distress and drought  
tend to bring up some doubt  
but here, for now  
put your left foot in and your right  
foot out ...*



On the bare earth dancing.

Swirl and smile  
we're only here for a while  
come down and dance  
when you next have the chance ...

No matter the move  
all will approve  
thumbs up and giggles  
to your hilarious wiggles ...

As we go down dancing.

Wisdom of age is the heart and the key  
to a viable neighborly community.  
So let's show them how we swing  
at this Marin Valley thing!

We're not taking flack  
we've got each one's back.  
Whether corruption or storm  
or the losses we mourn ...

We're going down dancing.  
We're going up dancing.  
We are here, we are Dancing ■





# Woodpeckers

Text and Photography by **DAVID GRAY**

*With the onset of fall, we're seeing a bit of a changing of the guard. And with Halloween approaching, I thought that black and red woodpeckers might be fun.*

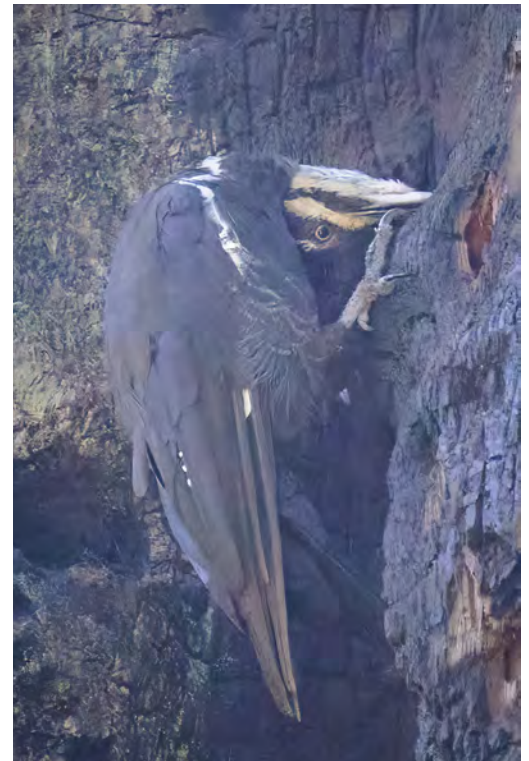


**W**e were up north of Fort Bragg camping in

late August and did some hiking in Russian Gulch State Park. I heard some very deep and loud hammering of a woodpecker and localized the sound to a redwood tree whose trunk had been hollowed out by fire. I couldn't see the woodpecker in the shadows against the charred interior, but from the sound I hoped that it was a pileated. Ever patient,

I kept my eyes on the tree to spot some motion, and finally I could dimly see the white feathers on the face of the bird as it started hammering the trunk again. My camera was able to clearly pick out the bird in the deep shadows: a pileated woodpecker, YAY!

The pileated woodpecker (*Dryocopus pileatus*) is the biggest of the North American woodpeckers weighing 10 ounces. It's about the size of a crow. This woodpecker has a pronounced red crest, long neck sporting white stripes, black body, and long black bill. The bird in the photograph is a female: its red crest stops about halfway up its head. The red crest of the male extends all the way to the base of the bill, and the male also sports a red molar (cheek) patch.



A day before press time (September 7), we were hiking in Pacheco Valle up the Chicken Shack Fire Road, when I spotted this male acorn woodpecker in a group of five. We see and hear acorn woodpeckers (*Melanerpes formicivorus*) all the time in our Park. They are about one-fourth the weight of the pileated woodpecker. Their raucous, laughing call always makes me chuckle.



Lastly, across the street from our house, I heard a downy woodpecker (*Picoides pubescens*) calling. The smallest of the North American woodpeckers, this male weighs less than one-tenth of what the pileated woodpecker weighs!

Bonus Pacific gopher snake for the Orange and (nearly) black. Nonvenomous, about 18" long, spotted in the parking lot outside the clubhouse September 8! Happy October, everyone! ■





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 7:30-9AM Taiji Deck/David MacLam 10-10:30AM Meditation Zoom/ Anila Manning	2 6AM Trash 7:30-9AM Taiji Deck/David MacLam 10-11AM Water Aerobics 4-5PM Line Dancing Ballroom	3 7:30-9AM Taiji Deck/David MacLam 6PM PAC Board Meeting Zoom/contact Carol-Joy Harris	4 7:30-9AM Taiji Deck/David MacLam 10-11AM Water Aerobics 6PM HOL Board Meeting Fireside Room 6PM Dancing Meadow	5 7:30-9AM Taiji Deck/David MacLam 10-11AM Chair Yoga Fireside Room 11AM-12 PM Rollin' Root 6-10PM Game Night/Ed Collins	6 7:30-9AM Taiji Deck/David MacLam 10-11AM Water Aerobics 12PM Mahjong 5-7PM Pub 6PM Dancing Meadow	7 12PM setup 1-4 PM Breezeway Market 6PM Dancing Meadow
8 7:30-9AM Taiji 10-10:30AM Meditation	9 6AM Trash 7:30-9AM Taiji 10-11AM Water Aerobics 4-5PM Line Dancing	10 7:30-9AM Taiji	11 7:30-9AM Taiji 10-11AM Water Aerobics 6PM Mar Val Board Meeting 6PM Dancing Deck	12 7:30-9AM Taiji 10-11AM Chair Yoga 11AM-12 PM Rollin' Root 	13 7:30-9AM Taiji 10-11AM Water Aerobics 12PM Mahjong 5-7PM Pub 6PM Dancing	14 6PM Dancing
15 7:30-9AM Taiji 10-10:30AM Meditation	16 6AM Trash 7:30-9AM Taiji 10-11AM Water Aerobics 4-5PM Line Dancing	17 7:30-9AM Taiji	18 7:30-9AM Taiji 10-11AM Water Aerobics 11AM Ladies Bridge Private, Fireside Room 6PM Dancing	19 7:30-9AM Taiji 10-11AM Chair Yoga 11AM-12 PM Rollin' Root 	20 7:30-9AM Taiji 10-11AM Water Aerobics 12PM Mahjong 5-7PM Pub 6PM Dancing	21 Dump Run contact Ed Collins 6PM Dancing
22 7:30-9AM Taiji 10-10:30AM Meditation	23 6AM Trash 7:30-9AM Taiji 10-11AM Water Aerobics 4-5PM Line Dancing	24 7:30-9AM Taiji 2-3:30PM Nonviolent Communi- cation Fireside Room	25 7:30-9AM Taiji 10-11AM Water Aerobics 4PM Book Club Carol-Joy Harris 5PM Black Cat Dinner deadline 6PM Dancing	26 7:30-9AM Taiji 10-11AM Chair Yoga 11AM-12 PM Rollin' Root 	27 7:30-9AM Taiji 10-11AM Water Aerobics 12PM Mahjong 6PM Dancing	28 5PM Mar Val BlackCat Dinner 6PM Dancing
29 7:30-9AM Taiji 10-10:30AM Meditation	30 6AM Trash 7:30-9AM Taiji 10-11AM Water Aerobics 4-5PM Line Dancing	31 7:30-9AM Taiji	<h1>OCTOBER 2023</h1> <p>Please check our website <a href="http://marinvalley.net">marinvalley.net</a> for late-breaking news or for Zoom links</p>			