

T H E
ECHO

SEPTEMBER 2019

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Encore Career



John Hansen, Director
FIRESafe MARIN, Firewise Liaison

I retired in 2012 from a lifetime of serial careers. I looked forward to spending my senior years doing mostly volunteer work in various areas that have nurtured my fascination over the years. I started an association with FIRESafe MARIN about three years ago as a result of our efforts in MVEST to bring the Park into the Firewise program. These efforts have so far paid substantial dividends on the order of

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Mar Val presents
Novato Lions Club Bingo
Saturday, September 28
Games start at 1 pm

Ticket price \$20 (\$15 for Marin Valley residents only). Advance ticket purchases are eligible for \$50 cash drawing. For tickets contact **Connie Marelich** at 415-382-3350 or ctmarelich@gmail.com

Directory Update

New Residents

Drew Saitta
Jean Sinclair
123 Marin Valley Drive
415-221-0060
k9korner@att.net
415-370-9227 cell—Drew
415-418-9288 cell—Jean

OUT&ABOUT

Mt. Tam Astronomy

From April to October, “Mt. Tam Astronomy Night” offers a monthly well-done lecture in the Mountain Theater (typically by someone from UCB, Stanford, SETI, or NASA).

Bring blankets or cushions to soften the stone seating, as well as any water and snacks you might want—toilets are available on site. Afterwards, you can wander back to the parking area, where multiple telescopes are available for supervised viewing of the heavens, sometimes with laserpointer-guided tours of current naked-eye astronomical sights as well. It’s all very family-friendly.

On **Saturday, September 7, 7:30 pm** Dr. Pascal Lee, planetary scientist, Mars & SETI Institute, will be speaking on “Mission: Mars.” The last talk this year will be **October 5 at 7 pm** on “Illuminating Dark Matter.” See www.friendsofmonttam.org/astronomy.html

Be certain to be there before sunset, when access roads to the state park close. Drive to the Rock Spring parking lot near the Mountain Theater. Print a parking pass in advance of leaving (otherwise you may be ticketed or towed): www.eventbrite.com/e/mt-tam-astronomy-program-2019-parking-pass-tickets-55744968702

Don’t worry about exiting—exiting is by the Pantoll Road past the Park Ranger’s cabin, with no hassle—just don’t try to get in after the park’s closure at sunset).

It’s very cool (in all senses) to be on the top of Mt. Tam as part of a private nighttime viewing party, especially if viewing conditions are good. The crowd is full of interesting, intellectually curious folk.

Cheers, Rick
R.P.C. Rodgers, MD
Rick Rodgers recently scanned the entire historical files of PAC documents for digital reference, now on our clubhouse computers. He is also an avid reader of the Echo.

THE ECHO SEPTEMBER 2019

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DEADLINE

Articles—due the 8th of the month or
sooner for the following month’s issue.

SUBMITTING ARTICLES

Email articles with “ECHO” as the first word of the subject line and a copy of the article in the body of the email to Erma Wheatley:
ermawheatley@gmail.com

Images should be as large as possible to enable a 300 ppi resolution (*pixels/inch*).

Management Update Letter to Residents

September 2019

Management Assistance

—Juniper and Fire-Prone Plant Removal

Management still has funds remaining for juniper and other fire-prone plants’ removal. Call the front desk for details.

—Driveways

Please contact Matt if you feel your driveway has a trip hazard.

Pet Etiquette

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

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

Park Upgrades

We have had the long-overdue dirt-and-grass parking area paved on Panorama Drive, and the Club View lower turnaround has had an upgrade.

Studies are underway for the future replacement of both sewer lift stations and standby generators. Tentative work should start around Spring of 2020.

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

Greetings from the PAC Board.

Finances

Our excellent budgeting and management by Matt Greenberg have left our finances in very good standing. The debt service coverage, year to date, on the bank loan that refinanced the original bond issuance for the purchase of MVMCC is 2.52, well above the required 2.0, at end of June 2019. Our cash, plus medium- and long-term reserves, are nearing five-and-a-half million dollars.

New Budget Projects

With the beginning of the fiscal year ’19-’20 Matt Greenberg is managing the practical aspects of this year’s budget.

Project Planning Committee

The PAC’s project planning committee met with over 30

Hansen CONTINUED FROM PAGE 2

over \$100,000 in fuel reduction and other wildfire mitigation funding for Marin Valley.

Seeing the value of the short-handed FIRESafe MARIN to the greater community of Marin County, I began volunteering for various tasks to help ease the growing workload. The executive committee liked what I was doing, and earlier this year appointed me to the Board of Directors. Last month they offered me a halftime position to assume part of the workload of the executive director. Specifically, my new job entails gradually assuming management of the burgeoning program in Marin.

Just three years ago when Marin

residents for input toward development of the meadow below the clubhouse for the benefit of residents. Planning is still in the early stages; there will be more meetings before the final, multiuse plan is derived. A synopsis of the meeting will be posted on the PAC bulletin board and perhaps in the *Echo*. We shall be meeting again on an upcoming weekend to continue the discussion.

The next board meeting will be September 4. The agenda for the coming PAC meetings is posted in the clubhouse 72 hours in advance.

John Hansen
PAC VICE PRESIDENT
FOR Jay Shelfer
PAC PRESIDENT
jshelfer@yahoo.com

Valley became a Firewise site, we were the eighth in the entire county. Now there are 49 sites in Marin, and I am currently working with another 16 neighborhoods that will become new Firewise sites later this year. Marin already has more Firewise sites than any other county in California and is the fastest growing Firewise county in the nation. There’s a lot of work to do.

I have a nice home, garden, great community, and a well-planned retirement budget. So why am I doing this? There are a few reasons, but topping the list is a newfound confidence in my body and mind to perform at a level I didn’t think possible at my advanced age. There is also the satisfaction that I can still be a valuable contributor to society.

BBQ Grilling Safety

Recommendations of the National Fire Protection Association (NFPA) and MVEST



Ten Minutes to Help Save Your Life— Participate in a Practice Drill

SAFETY TIPS

- Propane and charcoal BBQ grills should only be used **outdoors**, well away from the home and deck railings, and out from under eaves and overhanging branches.
- Keep an ABC-rated kitchen fire extinguisher close by, and position the BBQ near a garden hose outlet. Don't even try to not have these at hand.
- Portable tabletop grills are best placed on a fire-resistant surface such as a metal tray sitting on a sturdy table or cart.
- Remember that RED FLAG DAYS require you to avoid using BBQs, open flames, or power tools outdoors, by law.
- Keep children and pets at least three feet away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grills and in trays below.
- Never leave your grill unattended.
- Always make sure your gas grill lid is open before lighting it.

CHARCOAL GRILLS

- Among many ways to get the charcoal ready to use, charcoal chimney starters use newspaper as a fuel.

- If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
- Keep charcoal fluid out of children's reach and away from heat sources.
- When using electric charcoal starters, which do not use fire, be sure to use a fused extension cord.
- When you are finished grilling, let the coals completely cool before disposing of them in a metal container.

PROPANE GRILLS

Check the gas tank hose for leaks before using it for the first time each year. Apply a light soap-and-water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill. If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the fire department. **If you smell gas while cooking, immediately get away from the grill and call the fire department.** Do not move the grill. If the flame **goes out**, turn the grill and gas off and wait at least **five minutes** before relighting it. ■

Can you get out of your house in five minutes or less?

Find out firsthand. Go through the motions. Get a body memory of what it's like, what you need to know, how fast you can act, and what you can learn.

by **BILL DAVIS**

Who died in the Paradise and Santa Rosa fires last year? Well, most got out, but some did not. The more interesting question is: Why did those people die?

In any evacuation, we first must have an authority who tells us to evacuate. Then we must move quickly, hop into a car, and drive away as smoothly and orderly as possible. The traffic flow must be quick and constant. To achieve this in Marin Valley, we need a drill. But it doesn't have to be a long one.

How about a quick drill, one that will take only ten minutes? You get notified, hop in your car, ideally with your grab-and-go bag, and drive to the turnaround at the bottom of the hill before the Park entrance, and then drive back home. That's it. The drill is over for you. It should take you less than ten minutes, and it will give us all an idea of what we still need to work on.

This information is super important for us in the Park. It will help us fine-tune the procedure for the, God forbid, real disaster event when we have to evacuate.

As your elected representative on the Novato Fire District Board of Directors, I cannot impress upon you enough the importance of

your participation in this quick evacuation drill.

REMEMBER: THIS IS ONLY A DRILL.

Here's the Plan:

- 1.** We will notify you of the upcoming drill by a tube flyer and a robocall telling you when it will be.
 - 2.** At the date and time, MVEST Zone Chiefs in the Park will announce the drill with bullhorns.
 - 3.** You leave your house, lock the doors, hop into your or a buddy's car, and drive to the turnaround just outside the Park. There you will be handed a green slip of paper (more details on that later). You drive back home. The drill is now over for you.
- THANK YOU. THAT'S IT. SMILE.

Now MVEST can analyze the data, what worked well and what still needs work. This is critical for our residents' ultimate safety.

Who died in Santa Rosa and Paradise? Those who did not get out quickly. The reasons were many. MVEST wants to mitigate those reasons as much as possible in our Park so that in a real event, everyone here will be safe.

You are key to the success of this drill and our collective safe future. We thank you for your participation.

Help MVEST to help you. ■

MVEST Insurance Fair

by **JOHN FELD**

On October 5 MVEST is continuing with its annual Parkwide meetings on hopefully informative and interesting topics to our community. This year we will be discussing mobile home insurance.

Fires that have ravaged California in the last couple of years are affecting insurance companies, policies, and policyholders. Insurance companies are changing the way they structure their policies, and some are getting out of the business in urban-wildland areas such as ours. Others are giving up on mobile home coverage altogether. Our insurance issues are very varied and individual to each homeowner.

The list below shows the many things to take into account. These and other options will be open for discussion.

We will have a panel of speakers, including a person from United Policyholders (UP). In the aftermath of the recent fire disasters, many residents struggled with serious and unexpected gaps in their insurance



MVEST Insurance Fair
Saturday, October 5
9:30 am – 1:30 pm

Our speaker panel includes:

Janet Ruiz—Director of Strategic Communication Insurance Information Institute

Emily Rogan—COO and Prevention Expert of United Policyholders

Don Lesser—Lesser Law Group insurance consultant and attorney

Dale Kline—Operations Manager, Sutter Insurance Co. in Petaluma

There will be tables for local brokers and agents to interact with attendees.

Topics will include:

- Should you increase your coverage?
- Can you afford to cover the cost?
- What are the options if you cannot afford adequate insurance?

coverage and encountered a claim process that was often adversarial. UP was formed to help level the playing field between insurers and insureds.

ISSUES TO CONSIDER INCLUDE:

- Must you have insurance at all?
- Do you know what is covered?
- What is replacement cost vs. the value of your home?
- Is your home insured for enough to cover costs of replacement?
- Do you have enough insurance to cover the full replacement costs of your possessions?
- Do you need flood insurance?
- Do you need specific earthquake insurance?
- Are your shed, its contents, and other structures covered?
- Are the contents of your freezer covered if we have extended blackouts?
- Will your insurance cover additional living expenses while you wait for repairs or replacement of your home? Does this include car rental and other incidental out-of-pocket expenses?
- What about your car if it gets burned in a home fire?
- Why do some companies not insure mobile homes?
- Is there a difference between a mobile home and a manufactured home to an insurance company?
- What insurance liabilities are needed in order to be covered?

Another speaker is an operations manager for a local insurance company, and another is a consultant to consumers and the insurance industry.

Yet another speaker represents the Insurance Information Institute (III), which addresses concerns of consumers, insurance professionals, the media, government, and regulatory organizations. There will also be one independent agent from Novato who has insured mobile homes in many locations in Marin.

So bring your policies, pencil, and paper to get the information you will need to have complete coverage that suits your needs and budget.

Local agents will be present to talk over your policies and concerns and allow you to get comparison quotes.

Please make sure your neighbors are informed—and bring them along! **SAVE THE DATE: Saturday, October 5.** This should prove to be a meeting we can't afford to miss. ■

MAR VAL

Message from Mar Val

Dear Friends,

Labor Day

The month of September promises to be yet another fun-filled thirty days for Marin Valley. Our plans include not one but two exciting events. The first is, of course, Labor Day, which will be celebrated on the deck on **Monday, September 2.**

Oktoberfest

The second event is our annual Oktoberfest at Pub on **Friday, September 27.** You need only to have attended the Pasta Night in July to be aware how successful these special Pub dinners have become.

Black Cat

Alert for those of you who like to plan ahead, because by the time you are

reading this letter you will have less than four weeks until the annual Black Cat sale. Please begin to identify those items you intend to donate to the sale and look for full details in next month's *Echo*.

With warmest regards,

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



MAR VAL LABOR DAY DINNER

SEPTEMBER 2 • 5 PM COCKTAILS • 6 PM DINNER

M E N U

BBQ Pork Rib or Grilled Vegetables/Pasta
Tuscan Potato Salad • Ice Cream Bars

\$15 per person. Reservation deadline is **August 28 at 5 pm** or when 120 reservations have been received. Questions? Call Carolyn Corry at 415-370-6403.

September 2 Labor Day Dinner Reservation Form

RESIDENT _____	_____	Please circle entrée choice
RESIDENT _____	_____	Ribs Vegetable/pasta
GUEST _____	_____	Ribs Vegetable/pasta
GUEST _____	_____	Ribs Vegetable/pasta

Residents attending ___ @ \$15 ea Check for \$_____ is enclosed. (NO CASH, please)
Guests attending _____ @ \$15 ea Checks payable to Mar Val. Questions? Call Carolyn Corry at 415-370-6403.
Reservation deadline is **August 28 at 5 pm** or when 120 reservations have been received.

HOL

Home Owners League Message



COMPUTER HELP NEEDED!

We need someone with IT experience to volunteer ASAP to help us consider what new computer to get and set up in the library to make it easier to use. We want to bring ourselves up to par with the rest of the world. This would be a one-time project starting with a needs evaluation and ending with a new installation, maybe even lessons if you can provide those. Contact any board member if you have ideas or questions.

HOL Donation Drive: Be sure and get your yearly donation in to HOL. You can leave your envelope in the cubbyhole next to the HOL bulletin board or give it to Matt. Along with your donation, be sure to let us know how we are doing and what changes or additions you would like to see happen at Marin Valley.

Mark your Calendars: Sunday, September 15, Susan Campbell

who can help you communicate honestly and learn life skills to live authentically, resulting in improved relationships. It will begin in the Fireside Room at 4 pm. See Jack Travis's article on page 10.

Mark your Calendars again: Tuesday, September 24 from 4 to 5:30 pm.

HOL is again sponsoring Kristina Warcholski, the Consumer and Community Mediation Coordinator from the Consumer Protection Unit at the Marin County District Attorney's office. The topic is about *How Seniors Can Avoid Being Scammed Shopping Online*. She gave a VERY informative presentation last year on all the ways we can get scammed, but this year specifically it is about shopping online—appropriate

timing with the holidays coming up. Look for a sign-up sheet at the front desk.

Ladies' Locker Room: We are working on updating the locker room in the women's area. We would love to hear your suggestions, which you can put in the cubbyholes next to the HOL bulletin board. If you would like to serve on the committee, you should let Sandee Duncan or me know. My new email is janieklimes1948@gmail.com

NOTE: Next HOL meeting is **Wednesday, September 21 at 6 pm** in the Fireside Room. Please join us.

Janie Klimes-Crocker
Janie Klimes-Crocker
HOL PRESIDENT
janieklimes1948@gmail.com
281-414-3984 cell

MAR VAL PUB NIGHT

SEPTEMBER 27, 2019
5 PM COCKTAILS • 5:30 PM DINNER

M E N U

Bratwurst with Sauerkraut
Potato Salad
Vegetarian Entrée — Squash Casserole
Cookies

Reservation deadline is **August 28 at 5 pm** or when 120 reservations have been received.



\$5 per person

Questions? Call Carolyn Corry—415-370-6403

September 27 Oktoberfest Reservation Form

RESIDENT _____	_____	Please circle entrée choice
RESIDENT _____	_____	Brat Veggies
GUEST _____	_____	Brat Veggies
GUEST _____	_____	Brat Veggies

attending ___ at \$5 per person. Check for \$_____ is enclosed. (NO CASH, please)
Checks payable to Mar Val. Questions? Call Carolyn Corry at 415-370-6403.
Reservation deadline is **September 25 at 5 pm** or when 100 reservations have been received.



HOL COMMUNITY PRESENTATIONS

1st and 3rd Thursdays • Clubhouse • 7 pm Please, no food or drink • Feel free to bring a chair

FILM NIGHT

Wag the Dog

Comedy, Drama (1997) 1 hr 37 mins

Thursday • September 5 • 7 pm

Director Barry Levinson

Starring Dustin Hoffman, Robert De Niro, Anne Hech

Oscars Best Actor—Dustin Hoffman

Golden Globes Best Motion Picture (Comedy or Musical)

20 other nominations

A black comedy concerning a spin doctor and a Hollywood producer who fabricate a war to distract voters from a presidential sex scandal.



The Lion in Winter

Biography, Drama, History (1968) 2 hrs 14 mins

Thursday • September 19 • 7 pm

Director Anthony Harvey

Starring Peter O'Toole, Katharine Hepburn, Anthony Hopkins

Oscar Best Actress, Katharine Hepburn; Best Writing, James Goldman;

Best Music Score, John Barry

Golden Globes Best Motion Picture, Martin Poll, Joseph E. Levine;

Best Actor, Peter O'Toole

15 awards; 18 nominations

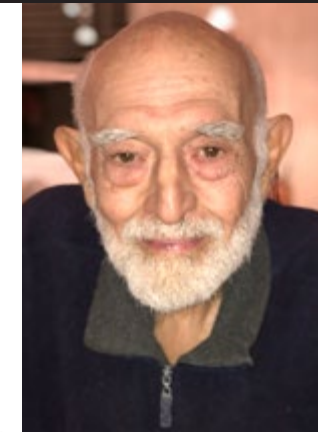
At Christmas Court in 1183 King Henry II confronts his estranged wife, Eleanor, over whether Princes John or Richard shall inherit the throne. Complicating matters, King Philip II of France seeks his own fortune by demanding his sister Alais, currently Henry's mistress, be betrothed to Richard, all the while stirring insurrection among all of Henry's sons toward their father. ■



Jack Travis



Tenaya Asan



Irv Katz



Gail Roberts

Thursday ■ AUGUST 22 ■ 6:30 pm

Thursday ■ SEPTEMBER 26 ■ 6:30 pm



Biography Night

On Thursday, **AUGUST 22** come to the Fireside Room from 6:30 to 8 pm to hear **Tenaya Asan** and **Jack Travis**.

In **SEPTEMBER** join **Gail Roberts** and **Irv Katz** on Thursday, September 26, at 6:30 pm. **FRAGRANCE FREE EVENTS!**

Remembering

by **GAIL ROBERTS**

There is power in remembering because there is often mystery folded into your memories—not always—but there can be grand mystery in some of your little or big memories. There are often gifts and treasures, insights and illuminations that can lead to understanding and revelation, that can guide you to becoming and being more of who you are.

The mystery with its power and magic unfolds when you develop the “art” of remembering. You all know this, and you have a map. You take a memory apart by savoring it, telling it, detailing it, cherishing it, celebrating it, and chasing its reverie.

Then you put it back together—you “re-member” it with wild imagination, tempered with wisdom. With a refined sensuousness and by opening to what may be hidden in the memory—chasing the reverie, getting lost in the memory, and you know this—there is power in remembering. There is magic in remembering.

Remembering isn't something contained in one year; it can become a beautiful and sacred ally in your life, as your magic continues to unfold; it can open a portal to a lifetime of goodness, truth, and beauty.

Why You Might Want to Study Your Own Biography

by **KIM HOLSCHER**

As Gail Sheehy's 1976 bestseller *Passages* pointed out, there are predictable life stages in human development. Every adult lives through these “crisis points,” and knowing about them makes it easier to cope with our own circumstances. So the first reason you might want to reflect on your own biography is to see how YOUR life expresses the milestones found in everyone's life. In other words, you can use the general road map she provides to draw your own journey. It is not difficult to do—she describes the stages as lasting a decade each from the 20s to the 60s—and is fairly interesting.

Another reason for studying our biography is to gain insight and intimate knowledge of our own

life's idiosyncratic patterns. This requires a bit of detail work, and a life map helps (a lot!) with the overview of what happened to us. The chronology of where we lived each year, which people were important, how our health was, which life events took place, and even what books, music, or movies influenced us can not only take significant time but also result in a large, colorful poster of our biography. Looking for clusters, mirroring, and repetition of events is fascinating. Deriving meaning from these discoveries is a lifelong pursuit, and perhaps best done meditatively. ■

If you are interested in speaking about YOUR life for 20 minutes to an appreciative audience in the Fireside Room, please contact Kim Holscher, kimholscher51@gmail.com

ART IN THE PARK



by **SUZIE LAHR**

Art in the Park is preparing to present a new Marin Valley Gallery exhibit for you to view and enjoy beginning September 15 and running through the Spring of 2020. New works you have never seen before will grace our clubhouse walls, including

some poetry and three-dimensional pieces. It was decided at our last meeting to have another Sunday afternoon art and wine reception on **Sunday, October 13**. We graciously invite you, our residents, to come meet us and enjoy the afternoon viewing our creations. Details of that event will be shared with you in the October *Echo* and on our website.

At our last art meeting in August it was a pleasure to hear from the many artists who live here. We each shared where, when, and what inspired our passion for the

study and creation of art, realizing that we have all ended up here together. Having a venue in our clubhouse to share our creations with all of the Marin Valley residents is delightful and enables us to bond with our fellow artists.



Bartolini Gallery Marin Civic Center

Walk in Beauty—Magnolia Artists Group Watercolor Exhibit including **Suzie Lahr** Through Oct 10: M–F, 9–5 pm
Tricia George: Relationships Through October 10

Marin MOCA

500 Palm Dr—Hamilton
Transcend—Artists of Marin MOCA
Through Sept 15:
Open Wed–Sun

Marin Community Foundation

5 Hamilton Landing—
Hangar 5
Altered States—(Artists explore subconscious creative practice)
Through Oct 18: M–F, 9–5 pm

Gallery Route One

Highway One in Point Reyes
The Box Show—Creations From or Inside a Box (an amazing exhibit reminiscent of the Altered Book Show). ■

Communicating

by JACK TRAVIS

When I began working with Susan Campbell nearly twenty years ago, her fundamental questions were, “When you communicate, do you communicate with the intent to relate or to control? And do you know the difference?”

I was astounded. Having grown up knowing only how to communicate in order to get what I wanted or needed, I had no idea there was another way to communicate.

In my work with Susan, I slowly began to see this difference, and am still learning how to detect

when I fall into my default mode of control (being trained in medicine adds additional challenges!).

I continue to work with her in Sebastopol and was honored when she accepted my invitation to speak here in the Park on September 15 (4 pm). As an

introduction to her work, below are her words from a recent newsletter.

For further explanation see either of her two most popular books: *Getting Real: 10 Truth Skills You Need to Live an Authentic Life* or *Five-Minute Relationship Repair*.

Susan Campbell will be speaking Sunday, September 15 • 4 pm • Fireside Room

Noticing Your Intent—Is It to Relate or to Control?

by Susan Campbell

What Is the Difference?

Relating comes from the wish to know and be known in this present moment—to open yourself to others so they can see and empathize with your feelings and needs, and to be open to seeing, hearing, and sensing other people just as they are. In contrast, controlling comes from the (usually unconscious) need to protect yourself from emotional discomfort, which includes protecting your self-image and protecting yourself from being caught unprepared. Controlling utilizes all the strategies you’ve learned over a lifetime to shield yourself from disappointment, upset, uncertainty, disapproval, and unwanted surprises.



Detail from Janet Bogardus painting “Urbania”

Relating Is: Relating means revealing what is going on with you now, in this moment. Through doing this as a regular spiritual awareness practice, you will learn to trust that you do not need to control how other people react to you or whether things turn out as planned. Your sense of self-worth will be based, not on how things turn out (which is not in your control), but on how truly you express what you think, know, and feel in each moment (which is something you can control).

As you learn to relate more and control less, what you express will be based on your own present-time experience—what you see, hear, feel, think, and want—which is something no one can argue with. It is something that only you are an authority on. So you need

not be afraid of disagreement. Relating is not about convincing anyone that you are right. It is more about shared learning and mutual understanding. You are truly curious about how others feel, think, and respond to you, even if they differ or disagree. All news is good news. You’d rather hear the truth, even if it’s disappointing or uncomfortable.

Controlling Is: The controlling mind prefers to have things be predictable and known. It prefers that others agree with you or conform to your wishes. It supports having a definite stance or position so that your behavior will appear consistent with your image. And it definitely prefers stability over change. Your controlling mind tries to create a certain impression or ensure a certain outcome. It likes to make you feel like you already know things that you actually cannot know for sure—like how things should turn out, what’s best for another person, or why someone did what they did.

Get Comfortable with Discomfort

Until recent times, most people thought of their lives and their identities as basically stable, punctuated every now and then by some big event or crisis that required them to change. Now that we are confronted every day with the fact that we, and everything around us, are in constant flux, we are being forced to revise our ideas about who we are and what is real. We’re beginning to suspect that we are really not in control of very much that goes on around us.

And some of us are noticing that we no longer feel as sure as we once did about what we want to happen or what we think should happen. If our ideas about being in control of outcomes are

illusions, where does this leave us? I think we humans need to get more comfortable with the discomfort of not knowing, as in: I tell you what I’m feeling without knowing how you will react. We need to learn to tolerate that uncomfortable in-between part of any interaction, that stage of not-knowing-that-which-cannot-yet-be-known (but may become known in the next moment if you can shut up, stop trying to control things, and stay open).

This gets easier once you learn how to ground yourself in the present moment by putting your attention on what you are experiencing right now. If you learn to do this as a regular practice—paying attention to what you notice—you will experience a profound shift in your identity. You will shift from seeing yourself as someone who expects predictable outcomes (and is often frustrated as a result) to someone who is simply aware and present, noticing what’s going on, noticing how this changes moment to moment, and responding accordingly.

Some Benefits

As you learn to live more in the present, you may find yourself letting go of having a fixed identity or the need to be seen a certain way. And with this development, you may find that your sense of who you are becomes more fluid, expansive, and inclusive. You may even experience yourself as more connected with all-that-is, more of a unity, less separate from life.

These are some of the natural developments that people report as they go deeper into the practice of noticing their intent, and aiming to relate to “what is” from their present felt experience. As I mentioned, relating requires getting comfortable with discomfort. This means

not resisting information, feedback, ideas, or events that may be at odds with your expectations and desires. For example, if your mate is hinting around that he or she is unhappy with your sex life, it behooves you to hear the bad news, honest and uncensored. Or if you are working long hours and are open enough to notice that you’re tired and grumpy most of the time, you can see this as useful information instead of something to overcome, deny, or berate yourself about (all examples of controlling). And you may recognize the need for a lifestyle change. One of the best things about discomfort is that it signals, before things get really bad, that something needs to change. If you prefer to be in denial about your pain, you won’t heed the early warning signals of an impending crisis (as in *I want a divorce*, or *You’re fired*).

In my research study on the new human capacities needed for these times of exponential change, I found that people who have the ability to notice when “something isn’t right” and make necessary changes are the ones who are thriving in this world of constant change. They participate with the change process, much like a surfer riding a wave, responding to inner and outer cues moment-by-moment rather than waiting for a major crisis to call them into action. People now need to become continually responsive rather than occasionally reactive. So learning to “relate more and control less” is not just good for enhancing intimacy and human connection. It is also a vital survival skill for “The New Human.”

Susan will be speaking **Saturday, September 15** at 4 pm. A \$10 donation is suggested. Refreshments provided. For more on her work, see SusanCambell.com.


COMMUNITY DANCING
First Saturday of the Month • 7–9 pm

There WILL be a September dance!
Steve Plocher will DJ on September 7 from 7–9 pm with hits from the '50s through the '80s along with some recent good dance numbers.

Chronic Pain and Cannabis: A Host of New Findings

by MEG JORDAN

The management and reversal of chronic pain has entered a new phase of investigation, and not a moment too soon. According to the *Journal of the American Medical Association (JAMA)*, “Hundreds of thousands of individuals in the United States have died of opioid-related causes, millions have become addicted, and billions of dollars of economic value have been lost.”¹ Spurred by the staggering rise in opioid addiction rates and deaths, more clinicians are looking into integrative approaches that combine holistic, plant-based medicines with conventional therapies.

Since I’m writing this on National Cannabis Day (August 8), I’m happy to share the growing research on the therapeutic benefits of cannabis-based medicines for chronic pain management that have come forth just this summer.

Who Is in the Lead on Cannabis Research for Pain Relief?

In terms of clear guidelines for clinicians, researchers outside the U.S. are at the forefront. Gathering in Barcelona this spring at the 2nd International Annual Congress on Medical Cannabis, university and institute researchers provided clear guidelines for working with cannabis-based medicines and revealed numerous benefits: from Tel Aviv and Germany, for cancer pain; from Buenos Aires, for refractory epilepsy; in Germany, for inflammatory bowel disease; and from Milan, for fibromyalgia, among many other conditions.²

In terms of countries, Canada is leading cannabis research. Since legalizing cannabis nationwide in June 2018, Canada offers the most liberal access to therapeutic-grade supplies for researchers. Alberta, once

infamous for unhealthy tar sands production, is now a shining star in developing precise targets for cannabis-directed cancer therapy. The University of Lethbridge in Alberta profiled over 200 whole-flower ethanol extracts prepared from their novel cannabis sativa (mind-enhancing) hybrid lines.³

What Works?

With legalization, the public wants to know if various products are safe and created with equivalent benefits to treat pain and reduce inflammation. Given the wide range of conditions in which inflammation is the culprit for triggering chronic pain, there is ongoing disappointment when people try a cannabis product (or what they think is a cannabis product) and find little or no effect.

That’s because there are numerous cannabis strains, each one with its own levels of THC (the psychoactive ingredient), CBD, terpenes (the molecules responsible for the distinct smell of each strain, as well as for other added synergistic effects), and other molecules. Different strains, therefore, might have varying effects and different levels of impact when it comes to improving health or reducing pain.

Combining Extracts

Some of the most exciting research out of Canada is how their novel extracts are noted for anticancer activity in various breast and colon cancers, brain and spinal cord tumors, and tumors formed from nerve tissue and other tumor cell lines. Please note these studies are performed in test tube or culture dishes outside a living organism, not in human studies yet. But they are reporting that the halting of abnormal cell progression with whole-

flower extracts is dramatically more efficient than with isolated cannabinoids. **CannSelect** is an emerging algorithm to select the best cannabis extracts for treating cancer, aging, and other age-related diseases.

The “Cannabis” in Your Body

Your body has its own cannabis-like substances, known as endocannabinoids, or endogenous cannabinoids. They not only take part in regulating the pain response but also influence receptors or signaling substances along brain pathways that regularly affect mood. Researchers have long known that mind/emotions and pain are strongly linked, but new findings in neurophysiology are uncovering the seamlessness of that link between heightened, prolonged anxiety and depression, and the pain response.

All of the medical conferences I attended are now pushing alternatives to opioid subscriptions, and while most presenters begin with a “mea culpa” moment about contributing to the opioid crisis, they also seem to resent that much of the blame is heaped on time-pressed physicians for grabbing the prescription pad too readily. One presenter bemoaned the fact that insurance companies will only reimburse a quick Rx-refill visit and not the lengthier exploration for root causes of chronic pain (see sidebar on page 13).

Like many health professionals, I remember the strong admonishments in the mid to late ‘90s that doctors and nurses were insufficiently medicating chronic pain for arthritis, neuropathies, or cancer pain, especially for those headed to hospice with life-threatening conditions. The new mantra became: give pain meds frequently and without hesitation, and any



worry about addiction was assuaged by duplicitous marketing ploys from pharmaceutical sales reps who guaranteed that people in pain were never going to be addicts. They lied and suppressed the negative findings. I’ll never forget one patient at the clinic where I worked in 2006. She was discovered in her home after a fatal dose of Fentanyl. The coroner determined that she must have forgotten that she was already wearing a Fentanyl patch, probably awoke in the middle of the night and put on a second one. This middle-aged realtor became an opiate overdose statistic—far from the stereotypical image of a street-dwelling addict.

With the widespread recognition now that opiates are not a pain-relieving panacea for most, the question remains: What can people resort to? Nonsteroidal anti-inflammatories (NSAIDs such as aspirin, ibuprofen, Aleve, etc.) have their own undesirable side effects of troubling GI symptoms, greater risk for heart attacks and strokes, and damage to the kidneys. Other nonopiates have a diminishing return after a while. No one remedy seems to last for the long haul.

Negative Findings

Not all the new research on cannabis-based pain relievers was upbeat. One bizarre negative finding this summer was that, with the increased use of

medical cannabis and other cannabis-related products, an unusual syndrome, cannabinoid hyperemesis syndrome (CHS), has grown more prevalent. It consists of relentless nausea, vomiting, and abdominal cramping that is relieved temporarily by taking very hot showers. Strange as it sounds, there are about 50 citations on CHS at the U.S. National Library of Medicine in the last 2 years. If you find you’re craving hot water after cannabis use, you may be experiencing abnormal stimulation of the pituitary, adrenal, and nervous system.^{4,5}

Combining Treatments

I appreciate the approach taken by chronic pain doctors at UCSF Benioff Children’s Hospital when working with children undergoing cancer treatment. UCSF researchers have been looking at cannabis for both pain relief and epilepsy control. They found that an integrative approach of holistic, safe approaches such as massage, music, guided imagery, expressive arts, and mind-body relaxation, together with conventional pain relief, goes a lot further in providing relief. One pediatrician explained that chronic pain has a ubiquitous quality, permeating outlook and mood, not just physicality. Kids need to feel that their life is not all about pain. There is a lot of benefit from “getting your mind off the pain” by shifting focus to pleasant, life-enriching activities. ■

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(Editor’s note) DOI—digital object identifier—is a string of numbers, letters and symbols used to permanently identify an article or document and link to it on the web.

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Root Cause Investigations

The more clinicians learn about chronic pain, the more evident it becomes that the focus should be on prevention and improving upstream health. **Put out the early signs of inflammation before they become a raging fire.** Investing in your health involves maximizing your sleep; drinking more water; improving the microbiome (the microbes: bacteria, fungi, protozoa, and viruses that live on and inside the human body), and healing leaky gut; removing environmental toxins and pollutants, heavy metals, gluten, and bacteria; uncovering food allergies and sensitivities; and increasing physical activity.

Partner with an integrative practitioner to hunt down lifestyle and environmental triggers that affect the gut-brain interplay and contribute to the neuroautoimmune epidemic of chronic pain. (Autoimmune disease is when the immune system attacks the body’s own healthy tissue.)

A good investigator will map a personal health profile that includes your history, challenges, antecedents, and triggers. Many functional medicine doctors—who address the root cause of disease—now consider a diagnosis like fibromyalgia to be just a catch-all term that requires reducing excessive stress, and balancing hormones and neurotransmitters, eliminating infections, stabilizing blood sugar, and reducing insulin resistance. These are the abnormal patterns of aging resulting from an assault of lifestyle and environmental factors, exacerbated by our own genetic tendencies.

Just starting with the simplest approach, like intermittent fasting of 12–16 hours, can make a big difference in pain relief. Only then does it make sense to pursue pharmaceutical pain relievers or expensive treatments for chronic pain relief. ■



Globetrotters

by VICKI WADDELL

Our 6th Globetrotter article is about traveling with fellow “dragon boat” paddlers and so much more. The story comes from our neighbor, **Linda Bonura**. It tells of extraordinary courage and optimism under duress, and ends with the gift of giving back! Although Linda told me that “it’s an honor to be a local spokesperson for this great sport,” I personally think it’s my honor to hear about her passion and share it with our neighbors. It’s a beautiful story!

Where does the name “dragon boat” come from?

The name got started due to the importance of dragons in Chinese history and mythology. Dragon boat racing emerged as far back as 2,500 years ago, during the Warring States Period (402–221 BC). Originating among fishing communities along the Yangtze River in Southern-Central China, it was initially a folk ritual designed to appease the rain gods, encourage rainfall, and celebrate the rice harvest. The first written word of the myth about dragon boats first appeared in the 7th century. As the story goes, a poet and high-ranking official of the Warring State, Qu Yuan, was exiled by a corrupt king. When he heard that his court had been destroyed by enemies, he drowned himself out of sorrow. The myth goes on to tell how in protest the “villagers paddled fast to beat the dragon.” Unfortunately, the beating of the drums didn’t save him and he died. This story is kept alive today by dragon boat festivals all over the world in over 60 countries!

What are dragon boats made of? Where do they come from? How much do they cost?

First off, there’s a head and a tail, which are removable. Other essentials consist of a drum, oars, scales, and a race number. The boats are made in China of carbon fiber, as are the paddles. A 20-Paddler costs \$8,900; a 10-Paddler \$6,900. There are different styles of dragon boats, such as “Champion” and “Buk.” The interior configuration can also vary. In competition, however, the boats have to be of the same style.

How do you drive a dragon boat?

Plant feet, push off with legs, rotate through your core, and then push down with shoulders. Similar to canoeing, we use paddles to move the water past the boat while propelling it forward; whereas rowers use oars that are in oarlocks to push and pull through the water. In dragon boats, everything depends on setting the pace and keeping up the cadence so everyone works as a team. Timing is everything.

There are 20 paddlers sitting side by side in 10 rows. The first 3 rows are “the strokes,” and they set the tempo for each phase of a race. They also have to react quickly in case of hazards to lead the boat in evasive action. Rows 4–6 are known as “the engine room.” This is where the bigger and beefier paddlers sit, and they provide raw power to the boat. “The rockets” occupy rows 7–10. These paddlers have to be skilled in navigating turbulent water, and they have to make sure that the power generated by the engine room is sustained throughout a race. Standing in the rear of the boat is the steersperson, who calls out the race commands and keeps the boat traveling in a straight line by using the long steering oar. During races there is also a drummer who sits in the bow facing the paddlers. The drummer beats out the tempo set by the strokes to help keep the boat “in time.” In addition to beating the drum, the drummer also yells out commands and encouragement. Many lose their voices! I paddle in Row 7.

How did you personally get involved in dragon boat paddling?

One day, while I was walking along the Sausalito waterfront, I was intrigued by an extraordinary boat and watched the paddlers doing drills. Using my research assistant, Google, I tracked down a dragon boat club in Berkeley called DragonMax and started going to weekly practices there. I was instantly hooked for all of the following reasons: I (1) loved being on the water, (2) loved being physically responsible for my own progress, and (3) was overwhelmed by the wave of welcoming humanity. After the death of my husband, George, I had become isolated from our married friends, and I knew that I needed to reach out and rebuild my own social network. The club was a perfect fit for me.

In 2016 I fell in love with and married John, a surfer, kayaker, and sailor. Dragon boat was a natural progression for him, and we participate in the sport together. Just last year I was diagnosed with breast cancer (like my mother before me), and a bilateral mastectomy was going to be performed. After seeking advice from several specialists in the field and then acting as my own advocate, I decided to wait eight months before having surgery in order to compete at the 2018 Dragonboat Club Crew World Championships in Hungary, for which I had been training diligently. The “tumor board” agreed, but it took some convincing because even today many doctors do not understand the value of exercise. I had an amazing trip to Hungary, Poland, and Slovakia before coming home for treatment.

Wherever I travel in the world of dragon boat racing (and I have been to Italy, Australia, Hungary, Canada, Egypt, and next up is France), I find an automatic activity and a new group of friends, including breast cancer survivors! Yes, there are ladies who share my diagnosis who have their own teams with boats outfitted with pink ribbons, uniforms, and banners. In fact, there is an international breast cancer dragon boat festival every four years. The last one was in Venice, where thousands participated in races, paddling in memory of our sisters who didn’t survive and in support of those of us still battling this disease. In ceremony, a blessing is said, courage is honored, and flowers are thrown upon the water as tribute to all who fight. One of the most visible breast cancer survivor teams in the U.S. is called “Abreast in a Boat”! Other teams are “SurvivOARS,” “Angry Unicorns,” “Warriors of Hope,” and “Pink Phoenix.” There are also dragon boats operated by blind paddlers who participate in our festivals and regattas around the world.

FYI: Dr. Don McKenzie did the research and trials that led to breast cancer survivor dragon boat teams. This video clip shows a flower ceremony and has links to the movie: *In the Same Boat*.*

How often do you practice?

DragonMax owns five boats. We practice five days a week (I go 3 times) and race in one- or two-day regattas on Saturdays and Sundays from May to October. Our races are generally 500 meters and are over

in two-and-a-half minutes. This doesn’t sound too difficult, but, believe me, those two minutes are intense!

Before racing season, I sometimes attend dragon boat camp. Attendees paddle for one straight week, before and after lunch. It offers yoga at dawn, stretching sessions after each practice, video critiques, peer reviews, and a chance to socialize and share tips. The camp culminates in a 2,000-meter race, and to practice for it we paddle along a “causeway” for 14 miles—seven up and seven down. The purpose is to increase our endurance. Sure, I’m tired but strangely, I’m also invigorated. At home I have an auxiliary personal trainer who helps me with endurance training and weight lifting. I also go to the “Y” and work on the rowing machine.

A favorite dragon boat memory?

Yearning for sisterhood after my cancer diagnosis in 2018, I joined a Breast Cancer Boat at training camp. This was the first time I had to put aside my hypercompetitive nature and focus on teamwork and mutual support. I could not impose performance expectations onto others. Rather, I had to focus on encouraging my fellow sisters. This was an extraordinary and rewarding experience and brings tears to my eyes every time I think back on it. We were reunited in Hungary where our teams were competing. Similar to the Olympics, there were opening and closing ceremonies, music, fireworks—everything!

* www.youtube.com/watch?v=e7FmfM7QQQk&app=desktop



Paddling on the Nile River in Cairo, Egypt.

Where are you traveling next?

Presently I’m preparing for a regional competition. West Coast paddlers from Seattle to San Diego will compete on Lake Washington for a bid to go to France in 2020. Divisions are age-based, and I paddle for the 60-years-or-older womens’ group. My next stop after that is New Zealand in 2022. The best part of workouts and competition is I get to do this with my husband, John, who also shares my



enthusiasm for dragon boat racing. I also get to see the world in a very special way I wouldn’t otherwise have known about if it weren’t for my extraordinary fellowship with breast cancer survivors.

What have you learned from your dragon boat racing experience?

Who I was when I first started out as a widow is not who I am today. With the support of John and my fellow paddlers from all over the world, I now feel empowered with age. I am no longer a victim of the passage of time, and I am blessed to be cancer free. ■

I would love to include your travel experiences in a future Echo—pictures as well. Please contact Vicki Waddell (415-382-8684).

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 1PM Mahjong <i>Fireside Rm</i>	2 LABOR DAY 9:30 AM Low-Impact Exercise <i>Fireside Room</i> 10-11AM Water Aerobics/Pool  Mar Val Labor Day Dinner 5 PM Cocktails 6 PM Dinner	3 7-9:30AM Taiji <i>MacLam Clubhouse Deck</i> 10-11:30AM Chair Yoga <i>John Marino Fireside Room</i>	4 10-11AM Water Aerobics/Pool 11AM-1PM Whistlestop <i>call Roberta 415-883-0843</i> 12-2PM Craft and Chat <i>Library</i> 6PM PAC Meeting	5 7-9:30AM Taiji <i>MacLam/Deck</i> 9:15 AM QiGong <i>Dove/Fireside</i> 11AM The Rollin' Root <i>Clubhouse Parking Lot</i> 12PM DrawOn! <i>Bogardus</i> 3-4:30PM Film Night  WAG THE DOG	6 10-11AM Water Aerobics <i>Pool</i> 4 PM Canasta <i>Fireside Room</i> 5PM Pub 7PM Game Night <i>Fireside Room</i> 	7  COMMUNITY DANCE 6:30-7PM The Git Up Line Dancing Instructions 7-9PM Dance <i>Ballroom</i>
8 1PM Mahjong ECHO DEADLINE	9 6-8+AM Trash Pickup 9:30 AM Low-Impact Exercise 10AM Water Aerobics 6PM MVEST Meeting 7:15 PM Poor Man's Poker	10 7AM Taiji 10AM Chair Yoga	11 10AM Water Aerobics 11AM Whistlestop 12PM Craft and Chat 6PM Mar Val Meeting	12 7-9:30AM Taiji 9:15AM QiGong 11AM- The Rollin' Root 3PM Draw On!	13 9-11:30AM FIRESafe <i>Marin Mtg Ballroom</i> 10AM Water Aerobics 4PM Canasta 5PM Pub 7:15PM Bingo FULL MOON 5:29AM	14 9:30 - 11AM Gallery Change ART PARK 
15 1PM Mahjong 4PM HOL presents Susan Campbell <i>Communicating Fireside</i>	16 6-8+AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Water Aerobics 6PM MVEST Meeting 7:15 PM Poor Man's Poker	17 7AM Taiji 10AM Chair Yoga	18 10AM Water Aerobics 11AM Whistlestop 11AM Bridge/ <i>Fireside Rm</i> 12PM Craft and Chat 2:30PM Readers' Theatre <i>415-506-1671</i> 6PM HOL Meeting	19 7AM Taiji 9:15AM QiGong 11AM The Rollin' Root 3PM Draw On! 7PM Film Night  THE LION IN WINTER	20 10AM Water Aerobics 4PM Canasta 5PM Pub	21
22 1PM Mahjong 4PM Salon in the Park: Topic— "A Moment That Changed Your Life" <i>II Club View</i>	23 6-8+AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Water Aerobics 6PM MVEST Meeting 7:15 PM Poor Man's Poker	24 7AM Taiji 10AM Chair Yoga 4PM HOL presents Kristina Warcholski <i>How Seniors Can Avoid Being Scammed Shopping Online</i>	25 10AM Water Aerobics 11AM Whistlestop 12PM Craft and Chat 4:30PM Book Club <i>call Julia 415-883-7823</i> 5PM  Oktoberfest Pub Reservation Deadline	26 7AM Taiji 9:15AM QiGong 11AM The Rollin' Root 3PM Draw On! 6:30PM  Biography Night <i>Gail Roberts/Irv Katz Fireside</i>	27 10AM Water Aerobics 4PM Canasta 5PM Pub  5:30 PM Oktoberfest Pub Dinner	28 1PM Lions Club Bingo 
29 1PM Mahjong	30 6-8+AM Trash Pickup 9:30AM Low-Impact Exercise 10AM Water Aerobics 6PM MVEST Meeting 7:15 PM Poor Man's Poker	1	2	3	4	OCT 5

SEPTEMBER 2019


MVEST Insurance Fair 9:30AM-1:30PM

COMMUNITY DANCE
7-9PM *Ballroom*