

LOS ROBLES MOBILE HOME PARK

Fire, Police Emergency and Paramedic for **LAND LINE** (no cell phone)
For **CELL PHONE** Fire, Police Emergency and Paramedic
Novato Police Emergency for all phones
Paramedic or Fire Emergency for all phones
Non-Emergency Police
Park office 415 883-6771

911
415 472-0911
415 897-1122
415 892-1511
415 897-4361

Los Robles Office Hours M-F 8:30 to 4:pm Closed from noon to 1:pm for lunch



“I feel like a celebrity “ says June Detjen. After peeping from under the little blue hood of her rain slicker in an IJ news reel, and after making the front page of the IJ the next day, why shouldn't she? See inside for more photos.

The new year brings with it new stories, new technology and new people. Every person has unique and interesting gifts to share with our community. Our little park is alive with history. Everyone here is important and has a contribution.

Let this be an official invitation to all who live here in Los Robles to share your gifts with others. You are needed. Reach out and share a smile, or a kind word. Remember too, that if you need help, it is always there. Just ask.

HAPPY NEW YEAR

“Happiness is when what you think, what you say, and what you do are in harmony.” —

[Mahatma Gandhi](#)



WHAT A MESS

HOW does one begin to thank every person who pitched in to help clean up? If you were a squirrel in a tree, you would be witness to countless, cheery smiles from neighbors and visitors who picked up garbage, wrung out soggy rugs, raked up leaves, branches, and debris left in the wake.. Thanks to **EVERY SINGLE VOLUNTEER.**



THANK YOU!

January 2015

Dear Residents,

As we've said many times before, it definitely "takes a village" to unite a community. The weather as you know has had quite an impact on Los Robles these past few weeks. However, without the help of many of the volunteers, we might have had a great deal more damage. We would like to thank so many of you who either were recruited or volunteered:

Steve Bevis, Joel Solomon, Randy Warren,
Chris Lloyd, Marilyn Moore, Les Brown,
Frank Borsillino, Jan Pope, Darleen
Gordon, June Detjen, Dean Murrin, Mike
Mitchell, Tracie Lirette, Kathy
Garretson, Bill Ellis, Bill Hard, Jim
O'Brian, Dodd DeLong, Hank Fitzgerald,
Bruce Nelson, Marsha Norris, Louis
Bording, Evie Anderson, Dennis
Henderson, Dave Lampert, and of course
John Sigman



The police and fire departments have also been a tremendous help to us throughout the rain. We both appreciate all effort that everyone put forth to help those residents who couldn't help. If we have missed someone please let us know. A "phone-tree" will be formed with the residents on each street. We are putting together a disaster committee for the park with the "street captains" on each street. If you would like to be a part of this please call the office.

Please DO NOT PUT ANY FLYERS OF ANY KIND ANYWHERE BUT IN THE TUBES. THEY MUST BE SIGNED. TO SEND ANYTHING UNSIGNED IN THE MAIL OR TO THE PARK OFFICE WILL BE IGNORED.

We would like to welcome the following new residents who have moved into the park recently;

Richard and Deborah Dobson 320 San Sebastian

Ettie Yadollahifar 515 Vera Cruz

Howard Messing 610 El Arroyo

Elizabeth Ferris 711 Seville Way

Paul Far 802 Las Palmas Ave

Jeanette Michael 814 Las Palmas Ave

Please make them feel welcome and come to the "Meet and Greet" on January 11, 2015 to say "HELLO".

EVERYONE

Please send in your corrected phone #'s both land line and cell phones so that you will be on the **phone list.**

We need to know if you have a computer and if you are getting e-mails from the Park Office and the Social Club. If you don't have a computer we need to know in case of an emergency. Please include your email in the form below.

We are looking forward to a wonderful New Year in 2015, and to moving forward as a united community of Los Robles.

See you around the park

John and Ellen

Name _____

Address _____

Home Phone () _____

Cell Phone () _____

Email _____

Do you have a computer Yes _____ No _____

By Mary Aversano

I was thinking this morning about how topsy-turvey and unfamiliar our world seems to me. It's difficult for me to equate today's world with my "growing up" and "young adult" years. I wonder if any of you feel the same way. I'm guessing that there is very little doubt that we are all affected in one way or another.

And that thinking led me to thoughts of our park and how it is a sort of microcosm of the larger world outside our gates. How blessed we are to live in such a beautiful area! Up and down our lovely, tree-lined streets There are stories behind each door; stories of courage, loss, triumphs and failures. There may be loneliness and pain and illness behind some of those doors. Each of us with our burdens and joys are on this part of life's journey together. I love how we reach out to each other in times of stress, offering food, support, and sometimes simply a friendly ear.

It's my rather simple belief that at our ages, having experienced life's disappointments and sorrow, that this is the time in our lives for more tolerance, understanding, kindness and awareness of how fragile our very existence can be. I know I am a new resident and may not have all the information some or all of you think I may need, but this

divisiveness is beyond my understanding. There are good, kind, talented and capable people living in our world here so can't we build on this? I believe we can and in doing so we are choosing NOT to be a mini microcosm of the larger world where sniping, anger, self-righteousness, and rigidity are too often the way of life. I just know we are SO much better than that!

I saw a Prioress interviewed last night and when she was asked what evil was she said it is the "absence of love". Well, we aren't evil in this park, but we may want to look inward and re-connect with our love (in its purest sense) and our humanity. I have a friend who told me I live in a "cloud of trust". I realized immediately that she was spot on, I do! What took me longer to get to, is that I'm kinda grateful I do live in that cloud. Maybe trust can lead to healing and healing can bring us together, yes, bumped and bruised, but a whole community once again.

Happy New Year to All! Mary AKA Pollyanna





This page is devoted to Erlys Jedlicka and Eileen Plunkett. As the former editors of the WILLOWS for MANY years, they did a loving service to Los Robles Mobile Home Park. Volunteers like Erlys and Eileen are rare, and once found, they are cherished. Please send an email or a note to them if you wish, letting them know your appreciation. You can also send it to:

Dear.Willows@gmail.com .

The Social Club has purchased a generous Gift Certificate for them. THANK YOU BOTH.



Five Kitchen Essentials

By Marilyn Moore

A Bi-Metallic Stem Thermometer

This thermometer is not digital. No battery needed. It's easy to calibrate in ice water. The price is right, and it is simple to use. By inserting it into a roasting chicken, I can see when it reaches 160 degrees. Re-heating food to above 165 degrees assures freedom from bacteria.



Heavy Bottom 12 Q Soup Pot

A heavy bottom pot helps prevent burnt food. I can use it for popcorn, soup, sauces and brazing meats. If you want a tip about the lid, or lids for smaller pots, do what I do, and use a Silpat Silicone lid. It never gets hot, and can fit all your pots. They even make small ones for keeping your tea or coffee warm.



The Right Knife

Sharp knives make the job easier. A sharp knife requires little force, so it's easier to control and cuts where you intend it to. The excessive force needed to make a dull knife cut causes the user to lose control, i.e. the knife can 'break out' of the material being cut and cause injury. A sharpening steel does not sharpen your knives; it maintains the edge by unfolding it. I bought a \$10 Wustoff knife sharpener that I have used for years. Keeps your knives sharp. The right knife for the right JOB is also important. A good serrated knife is great for slicing bread and slicing tomatoes. A 6-10 inch chef knife is great for chopping and dicing. If you bone a lot of meat and poultry, then buy a good boning knife.



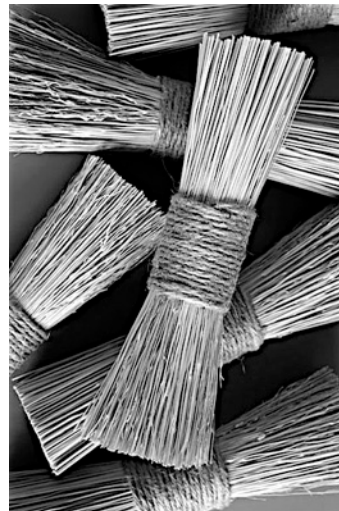
Wooden Spoons

My collection of wooden spoons is very special to me. I have wooden spoons for sweet foods; stirring my tea with honey and stirring simple sugar for my hummingbirds. Then there are my large savory food spoons. I think I have a wooden spoon fetish, especially ones from local wood crafters. The swirl in the wood is so beautiful. They never go in the dish washer, always wash by hand. If they get chips in them, time to put in the recycle bin.



Pot Scrubber

Coming up with this 5th essential kitchen item was tough. I am going to have to say it is my very own pot scrubber. It is made of corn broom. It is biodegradable. It doesn't harbor bacteria like a sponge would. It's cost effective.









Big Smiles and lots of Laughter for Birthdays, Friday Nite Social and Prime Rib Dinner

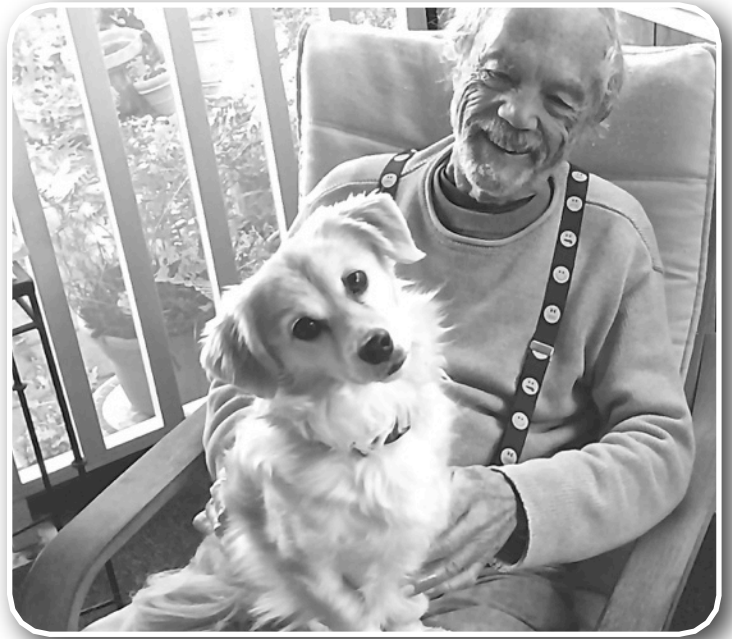
AJ

WILL CARR'S STORY OF HIS BEST FREIND

As many dog owners develop relationships with pets, they become increasingly aware that angels often come disguised as dogs. As AJ's friendship and loyalty, and yes our mutual love developed over the years, I began to feel that AJ was one of those dogs. He is an angel that has become a major part of my life. Of course, I have no proof of this phenomenon.

I have only a strong and growing feeling that it must be true, because as I look back at how he came into my life, it seemed increasingly plausible that he was more than just a very funny, handsome, cute, well behaved, adorable, always ready to please companion.

There were times in my life, as there are in all our lives, when we have faced many disappoints; love affairs gone wrong, job loss, rejections of one kind or another, you name it. During those times



Will Carr and AJ sit like this often. As you see, AJ is most attentive and is a good listener. Guess what he loves to do?



there was a strong desire to look forward to a future when I would not have to rely on any human being, but rather a loving dog, who would enrich my life without ever disappointing me. He would always be there to cheer me up and tell me in his own way that life is good, things will only get better, and we will have such pleasure in each others company. The disappointments will be but sour memories.

Several years after a failed marriage and a disappointing love affair, I decided to get a dog. My previous dog, Max, died after 12 years together. I decided to get a Dandy Dinmont terrier; a breed that I fell in love with years ago. However I did not feel comfortable spending over a thousand dollars for a dog, when I could choose to rescue a needy dog, like Max was. There was an ad in the IJ about a mixed breed Dandy, available in Santa Rosa. I called and made an appointment to see

the dog. We met in a public park. Much to my disappointment, the dog had no characteristics of a Dandy, and it also rejected me. The dog was oversized and almost vicious.

The breeder then asked me to follow her truck to her house. It proved to be a small shack with an enclosed yard. I saw two hippies and several mean looking dogs. The place had the appeal of a dump. I got the impression that the breeder was part of a puppy farm, bringing dogs in from Mexico. I later learned she picked these dogs up from Fresno, to sell. It was her livelihood.

When we arrived at her dismal and foreboding compound, fear struck in my heart. Two large mongrel dogs surrounded me and smelled me up and down. Then several young hippie men with large tattoos on their arms and shoulders called out to the dogs who eventually left me alone. In the mean time the breeder went to the shack and came out carrying the cutest and most adorable puppy. I couldn't help

falling instantly in love with him.

He was shaking with fear and trepidation. And his eyes were forlorn as if to say " Please take me out of here ! Give me a home where I can be loved and love in return."

She offered the puppy to me. Telling me it was a Cockapoo. She asked for \$300. There was nothing I could do but to take this irresistible puppy home with me. Now for those of you who would like to see what I saw when AJ was 12 weeks old, I will refer you to to page 185 in my book titled "Crossing Borders" published 2008.

We visited a vet first thing, who reassured me that he was very healthy and that he was not a Cockapoo, but a Cocker Spaniel, Long-Haired Chihuahua and a touch of Dachshund mix. In my wildest imagination I never thought I would end up with such a dog. I began to believe, as time

went by, that mutual love began to replace the skepticism, that it was meant to be, and that God in all his benevolence had listened to me years ago. He had sent down one of his angels to see me through my declining years.

Now as the years together have continued, he has enriched my life as few members of man kind have. I believe there is an angel behind his soulful eyes which constantly focus upon me and my quiet life. No one but AJ has ever been able to put up with my idiosyncrasies and moods. Nothing but an Angel can give me so much love. I truly am blessed.

LESSONS I LEARNED FROM MY DOG

NEVER stop playing
WAG more BARK less
Be LOYAL and FAITHFUL
Be QUICK to FORGIVE
and LOVE UNCONDITIONALLY

Who's the big news? You are !
Please share a story, poem, joke, picture,
or news with your community. Don't be shy.
Leave your contribution at the office or email it to

Dear.Willows@gmail.com

Suggestions include reviews for books
music, movies, and vendors,
Travel stories, and YOUR
history.



Monthly Guided Meditation for Los Robles Community

Facilitated by Maura McLane, LR Resident Homeowner



Please join me for 45 minutes of guided meditation on the first Monday of each month . A time to come together to honor our personal journeys and each other. In addition to meditation there will sometimes be music, mindful movement, poetry and silence.

Upcoming dates 2015 dates :

Monday January 5,

Monday February 2,

Monday March 2 .

Time: 6:30 - 7:15

Location: Los Robles Community Center

I have been interested in contemplative prayer and meditation most of my life. I began exploring eastern forms of meditation together with western philosophy and cognitive science as I developed my career as a psychotherapist. I recently retired from UCSF Psychiatry Department where I worked as a psychotherapist in the adult outpatient clinic as well as a research clinician on several clinical studies on depression. On one study I was the lead psychotherapist using Mindfulness Based Cognitive Therapy for the treatment of depression.

I have personally and professionally experienced the effectiveness of meditation in bringing balance to our everyday lives thereby reducing stress and able to be more present to self and other.

As Jon Kabat-Zinn says, *"who couldn't benefit from a dose of mindfulness..."*

(author of *"Wherever You Go There You Are;"* developed Mindfulness Based Stress Reduction {MBSR} and accompanying book *"Full Catastrophe Living"*)

NO FEES/NO DONATIONS



Jan 5,12,19,& 26

Mondays - Bread Days

Jan 6, 13, 20 & 27 Tuesdays - Marilyn's Dinner Nights 6PM

Jan 2 - Donut Day - this may be cancelled

Jan 2, 16, 23, 30 - Friday Night Socials 6PM

Jan 9 - Friday Night TGIF Celebrating Birthdays & Anniversaries
6PM

Jan 10 - Saturday Supper & Bingo 6PM

Jan 11 - Meet & Greet - New Residents 3PM

Jan 24 - Saturday Crab Feed

Avis Exercise Classes MWF at 1PM

Produce Sundays - Time 2:45 to 3pm Bring your own bag please.

FEBRUARY TOPICS:

STORIES FROM THE FLOOD

PHOTOS OF ARTIST AND THEIR ART HERE IN THE PARK

LOVE STORIES (YOUR OWN OR YOUR PARENTS, KIDS, PETS?)

BOOK REVIEWS FOOD REVIEWS MOVIE REVIEWS

YOUR TIPS ON BEING PREPARED FOR DISASTER

PLANS FOR YOUR TRIP AND TALES FROM YOUR PREVIOUS TRIPS

GARDEN TIPS

FUNNY ANYTHING

SEND YOUR CONTRIBUTION TO DEAR.WILLOWS@GMAIL.COM

STORMWATCH

Photos taken from various news reels

