

April 2015

Los Robles Mobile Home Newsletter

Fire, Police Emergency and Paramedic for *LAND LINE* (no cell phone) 911
CELL PHONE Fire, Police Emergency 415 472-0911
Novato Police Emergency (all phones) 1 415 897-1122
Paramedic or Fire Emergency (all phones) 1 415 892-1511
Non-Emergency Police 1 415 897-4361
Park office 1 415 883-6771

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

April is National Poetry Month. Also, ARBOR DAY, April 24th,
EARTH Day, April 22nd, World Health Day April 7th,
Easter April 5th.

Thanks to ALL contributors for your **poems**, photos, and articles. You've given us plenty to ponder, love, and share.

Notice the calendar, as there are a couple of new additions.

PHOTOS IN THIS ISSUE SPAN A FEW EVENTS, SOME FROM FEBRUARY.

As always, the invitation is extended to anyone who would like to contribute, including Calendar notes. Please send to Dear.Willows@gmail.com

Thank YOU

Tracie Lirette Editor



APRIL

Sunday Produce at Club House. Time varies from 1:15 to 2:pm ?

Exercise with Avis Buckley MWF 1:pm to 2:pm

Bookmobile From Marinlibrary.org arrives 2nd and 4th Mondays 12:30 to 1:15

Call for more information 415.473.7544

Free bread every Monday Morning.

Dinner's with Marilyn Every Tuesday at 5:30 pm

Produce Market at Margaret Todd 10:am to 11:am 1st and 3rd Wednesday

Call 415.899.8296 for information on all the programs

Bridge Night Thursdays at 7:pm in the card room. Dottie McNutt 415.883.3117

First Friday is TGIF at the Club House 6:pm

Every Friday is Park Social. Bring something to eat. 6:pm

Saturday, April 11th, Rotary Work Day 9-12

EASTER April 5th

World Health Day April 7th

Earth Day April 22nd

Arbor Day April 24th

Haircutting by Jennie Hudson Last Tuesday of every month. 707.426.1883

Sunday Produce 1:15	Monday ☺AVIS 1:pm Bread	Tuesday Dinner 5:30	Wednesday ☺AVIS 1:pm Weight Watchers	Thursday Bridge 7PM	Friday ☺AVIS 1:pm	Saturday Weight Watchers
			1 MTodd Produce 10:am ☺AVIS WW	2 5Bridge 7"pm	3 ☺AVIS TGIF	4WW Chamber Music 11:am
5 Produce	6 ☺AVIS Bookmobile 12:30 Meditate	7	8 ☺AVIS WW	9 Bridge 7"pm	10 ☺AVIS Social	11 WW Rotary work day
12 Produce	13 AVIS 1:pm Bread	14 Dinner 5:30	15 WW Produce 10:am MTodd ☺AVIS	16 Bridge 7"pm	17 ☺AVIS Social	18 ww
19 Produce at about 1:15	20 ☺AVIS Bookmobile 12:30 Meditate	21 Dinner 5:30	2 2 ☺AVIS WW	23 Bridge 7"pm	24 ☺AVIS Social	25 WW
26 Produce	2 7 ☺AVIS	28 Hair Cut Day Jenny 707.426.1883	29	30		

The Bench is where I first
saw them
There they sat, three Crones,
sifting thru
Neighborhood News.

They welcomed me to my new home
And I knew I now belonged
To the Neighborhood.

They Attended all birthday parties,
Were present at most celebrations,
But, their gatherings usually took place on
The Bench.

It never mattered how hot
Or burned out the summer
became,
They were there by 6, fixtures,
points of reference.

I missed their presence thru the late fall
And on into the winter
As the Bench lay covered in snow.

I rejoiced when the long winter ended.
The Bench called to its occupants.
But it was not to be.

One of the Crones slipped away
She left just as winter melted into spring,
Leaving the Trio incomplete.

I came home last evening,
Just after 6
And there were 3.

The faces will change,
The color of hair will alter
But The Bench will go on.

It will beckon to the Next,
Welcoming the newest,
Continuing to live on.

When the time comes
Will I be chosen--
To sit beneath the tree?

On the Bench
To keep My vigil
Over the Neighborhood?

OH, I hope not!
I want to dance, naked
On a summer's eve--

Barefoot and lighthearted!
Let someone else have my place,
I don't want to just slip away!

Mary A. Aversano 5-7-96h

Monthly Guided Meditation for Los Robles Community

Facilitated by Maura McLane, LR
Resident Homeowner



Please join me for 45
minutes of guided
meditation; 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.

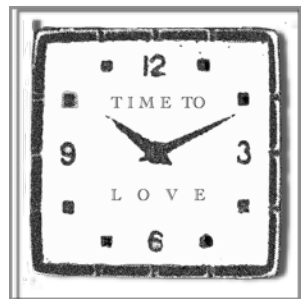
Upcoming dates 2015

April 6th

April 20th

Time: 6:30 - 7:15

Location: Los Robles
Community Center
No fees/donations



APRIL BIRTHDAYS

IVA CONRAD	1
NANCYGOLDBERG	2
BILLKROKROSKIA	15
EVIE ANDRSON	22
JAMESBARR	25
DIANA BROWN	25
LORI BRUNETTE	25
RICHARD NEAL	26
JOHN HENSLEY	27
MARGARETHA WOOD	27
SANDRA WEXLER	28
ELEANOR WOOD	28

ROTARY WORK DAY

Saturday April 11th.... I
hope you can post it in
your calendar 9-12

Ann Hayward has
the list, so contact
her if you want to
get on the list for
work day.



Thank you Volunteers

Some of you got caught in the act.

CHEF MARILYN by Mary Aversano

This month I decided to share yet another opinion with you. The difference is that this month its about a member of our community.

I began volunteering to help out in the kitchen for the Tuesday Dinners about 3 months ago. What an experience this has been! Lord knows I've been cooking more years I care to count but being a sous chef, as Marilyn calls me, has shown me things I didn't know about cooking. Marilyn has a knife for every prep need and learning which one to use for what chore has been an eye opener.

I have loved dance since pre memory days. I love watching Marilyn chop, dice slice etc. Its truly like a well choreographed dance as her hands fly across the cutting board. What a lovely sight. Her mind is always one step ahead and what starts out as a simple gravy becomes a mushroom gravy when her eye falls on a carton of mushrooms. Roasted veggies are tossed into salads, potatoes are mashed by hand to a creamy smoothness, squash becomes the bed for luscious tomato sauce, herbs one wouldn't think of using are added to dishes taking them from the ordinary to the highest of YUM factors..and the list could go on and on.

Lest you think it's only chopping, measuring and tossing, please take a peek thru my eyes as dance steps go along with the makings of the salad dressing. The radio plays on and soon I'm dancing right along with her. On occasion she will sing along with the radio...this I leave strictly to her! We all work side by side putting together Tuesday Dinner under her watchful eye.



So this month I would like to thank this cheerful, talented woman who shows up with a smile after a day of work to prepare a feast for us. She never forgets to say please or thank you as she directs us in our tasks. Most importantly is that she adds her very own special ingredient to each dish, each week....love for all of us who come together to share the benefits of her hard work. Thank You, Marilyn. I tip the hem of my apron in your honor.



Do you know anyone who volunteers here in the Park, but has been looked over when it comes to receiving a big Thank YOU? Let me know at DearWillows@gmail.com.



DID YOU KNOW THAT ANN HAYWARD IS OUR VOLUNTEER COORDINATOR? THANKS ANN, AN ALSO KUDOS TO : KATHERINE BRINNIER, ALAN JAMISON, DIANA JAMISON, JOEL SOLOMON, NANCY ALFSEN, DARLENE GORDON, PAM LUNSTEAD, DONNA REED, LYNN WHITE, MARGE BARNES, JIM O'BRIEN, SUE McCULLOUGH, DOTTIE McNUTT AND JOAN WHITCOMB.



Manager's Message

April 2015

Dear Residents,

Attitude of gratitude can raise your altitude. Being thankful is a magical way to reach the top.

So thank you to --- the resident who took a round trip train trip to Colorado to see his son and shared it with me.

The residents who tirelessly pitch in to help their neighbors with yard work, grocery shopping, and just spending an hour with someone who is alone.

Our Tuesday dinners bring so much life and goodwill to the community, thank you.

Our crew who work every day to keep our park so lovely and clean.

All our new residents who have made a choice to live in Los Robles, how lucky we are to have you here.

To the "silent" volunteers who just pitch in and get the job done, thank you.

To be grateful must be felt through the heart, for nothing can compare to a person's kindness, but thank you to our owner, Paul Goldstone, for his continued generosity in making Los Robles the wonderful place it is.

See you around the park,

John & Ellen

And The Train Goes ON

We stood at the back door of the shop in the night air while a line of box cars of soured wheat and pop bottles uncoupled and was sent creaking down our spur. Once, when I unsealed a car and the two of us strained the door open with a groan of rust, an old man stepped out and tipped his hat. 'It's all yours, boys!' and he went off, stiff-legged, smelling of straw and shit. I often wonder whose father he was and how long he kept moving until the police found him, ticketless, sleeping in a 2nd class waiting room and tore the cardboard box out of his hands and beat him until the ink of his birth smudged and surrendered its separate vowels.

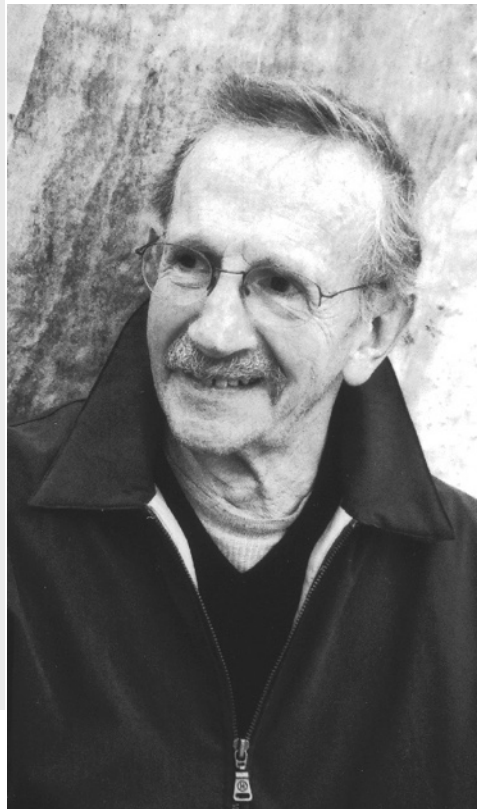
In the great rail yard of Milano the dog with the white throat and the soiled muzzle crossed and recrossed the tracks 'searching for his master,' said the boy, but his grandfather said, 'No. He was sent by God to test the Italian railroads.' When I lie down at last to sleep inside a boxcar of coffins bound for the villages climbing north will I waken in a small station where women have come to claim what is left of glory? Or will I sleep until the silver bridge spanning the Mystic River jabs me awake, and I am back in a dirty work shirt that says

Phil,
24 years old, hungry and lost, on the run from a war no one can win?

I want to travel one more time with the wind whipping in the open door, with you to keep me company, back the long tangled road that leads us home. Through Flat Rock going east picking up speed, the damp fields asleep in moonlight. You stand beside me, breathing the cold in silence. When you grip my arm hard and lean way out and shout out the holy names of the lost neither of us is scared and our tears mean nothing.

by Philip Levine

Phil Levin



OF LOVE AND GUNS IN THE WILD WILD WEST

Left-handed!
Like Billy the Kid!
She come along
one gloomy
Western day
and caught me
just-like-that
KA-BOOM!
with a bullet
to the heart
that I thought
I didn't have.

Willyce
Kim

FOR JANET, AT THE NEW YEAR

The way I want to love you, the way
I want to be loved is
with such abundance, with
so much willing profusion—
like those tiny blue flowers
that turn a glade into a sky blue lake,
or our stars, brilliance strewn
across the black felt sky like a
child gone wild with glitter and glue.

I want a love that quickens the dead
wood of our hearts, rubbing life into the sticks
with the power of seasons, revealing
brittleness to be only winter
with buds straining against the bark.

Ellen Bass

Your Medicine Hafiz

If you have not
Been taking your medicine lately
By saying your prayers every
day,
How can Hafiz seriously listen
To all your heartaches
About Life or God?

PYTHIAS

Remember, O Night, how tricky
Pythias Plays her usual games. I
came when she called me; she called
me, and I came. Just once Let her
stand at my door and cry as I'm
crying.

ASCLEPIADES

RECIPROCITY

There are catalogues of catalogues.
There are poems about poems.
There are plays about actors played by actors.
Letters due to letters.
Words used to clarify words.
Brains occupied with studying brains.
There are griefs as infectious as laughter.
Papers emerging from waste papers.
Seen glances.
Conditions conditioned by the conditional.
Large rivers with major contributions from small ones.
Forests grown over and above by forests.
Machines designed to make machines.
Dreams that wake us suddenly from dreams.
Health needed for regaining health.
Stairs leading as much up as down.
Glasses for finding glasses.
Inspiration born of expiration.
And even if only from time to time
hatred of hatred.
All in all,
ignorance of ignorance
and hands employed to wash hands.

—Wislawa Szymborska
(Translated, from the Polish, by Clare Cavanagh.)

It Happens All The Time In Heaven

Hafiz

It happens all the time in Heaven
And some day
It will begin to happen
Again on Earth—

That men and women who are married,
And men and men who are Lovers,

And women and women
Who give each other Light,

Often will get down on their knees

And while so tenderly
Holding their lovers hand,

With tears in their eyes,
Will sincerely speak, saying,

"My dear, How can I be more loving to
you;
How can I be more Kind?"

Helpless

I didn't spend time with you.
You were sick,
And wanted to talk with me.
Probably,
You wanted to sit.
Sit in silence,
With me
By your side.

But no.
I was always at
Someone else's house.
A month passed.
I only visited twice.

I was afraid.
Afraid of what could happen.
Afraid of what would happen.

Well.
I'm so sorry.
Sorry for what did happen.

I wasn't there when you drifted away.
Floating up into freedom.
A double rainbow marked your path.
A path of no more sickness.
A path of no more pain.

And now,
I mourn your loss.
My mind is just blank.
I didn't cry.
I didn't feel sad.
Now,
My soul doesn't trust anybody.

E. Dolan. Age 10 (in 1998)



Van Gogh



Important exercises

Squats

www.cdc.gov

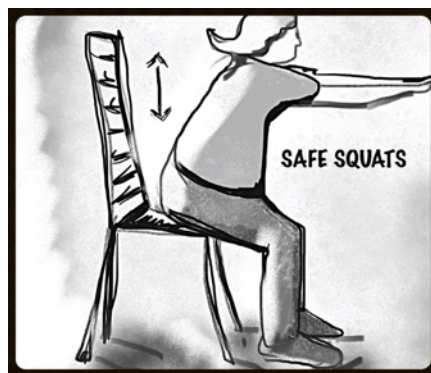
Use a chair which has a seat just a bit higher than your knees.

A great exercise for strengthening hips, thighs, and buttocks. Before long, you'll find that walking, jogging, and climbing stairs is a snap!

- 1 In front of a sturdy, armless chair, stand with feet slightly more than shoulder-width apart. Extend your arms out so they are parallel to the ground and lean forward a little at the hips.
- 2 Making sure that your knees NEVER come forward past your toes, lower yourself in a slow, controlled motion, to a count of four, until you reach a near-sitting position.
- 3 Pause. Then, to a count of two, slowly rise back up to a standing position. Keep your knees over your ankles and your back straight.
- 4 Repeat 10 times for one set. Rest for one to two minutes. Then complete a second set of 10 repetitions.

Note 1: If this exercise is too difficult, start off by using your hands for assistance. If you are unable to go all the way down, place a couple of pillows on the chair or only squat down four to six inches.

Note 2: Placing your weight more on your heels than on the balls or toes of your feet can help keep your knees from moving forward past your toes. It will also help to use the muscles of your hips more during the rise to a standing position.



Breathe

Oxygen is free. It is what feeds your brain, blood, organs and bones.

Try This:

Sit down while doing this at first. It can cause a bit of dizziness if you aren't used to it. Rather than raising the shoulders as you breathe, expand your rib cage and lower belly. Draw air down into the lower lungs.

Taking two or three slow, deep breaths can trigger instant calmness.

Beware that rapid, deep, breathing can cause hyperventilation. People have been known to pass out from this type of fast breathing. Carbon dioxide levels can go to low with deep rapid breathing.

Remember to stay slow and steady.

When you go to bed, and after your head is on the pillow, try a few more deep breaths. This time, hold the breath gently for a count of 4, then release, for deeper, restful sleep.

REVIEWS AND MORE

T.L.

Joseph Phelps Vineyards Napa Valley

The photo was taken in the Napa Valley at the end of February. To quote a friend, "Wine tasting is my new sport." The hazard of too much blinding beauty is a risk, along with forgetting you have a job, or a family. The strong urge to sell and move to wine country is overwhelming. Good news is that it's only an hour to the land of Napa juice. At Phelps, we went for the \$35.

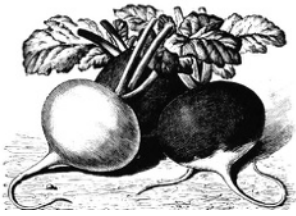
tasting. Worth it. My two favorites off the list were Insignia 2011, Estate Bottled. \$225. (\$180 for club members) and the 2012 Cab. \$70. After the tasting, our entire group was overcome with an urgent need to buy hats, which we found across the street at the hat shop.



Marin Joe's in Corte Madera

The simple act of taking a friend to Marin Joe's for their first visit is not only funny, but rewarding. We sat at the counter on a busy Saturday night. Seven men managed to crank out volumes of sizzling meat with steaming sides of potatoes, and pasta. Blue flames from the 12 burners in front of us, and heat from the mesquite fired grill kept us warm. Hardly a word was spoken (which is the funny part) as my buddy's eyes locked on to the chefs dancing around one another, never dropping a steak, or crashing. The food is good. Full bar with an occasional piano player. The wait isn't too long either.





PLAYING IN THE DIRT
WITH MARILYN MOORE
CERTIFIED MASTER GARDENER



Ah, The days are getting longer... April in the garden



It's time to prune back herbaceous perennials (example: salvia), to promote plant bushiness.

Have a plan for your garden space. Install a drip system. You can also consider a soaker hose to conserve water. Now is the time to plant edibles like lettuce, tomatoes, herbs, zucchini and berries... Let's remember to plant summer bulbs! Try gladiolus, dahlias & lilies. Put stakes in place at the time of planting. I have lots of gardening books you may borrow to get ideas for smaller controlled spaces.

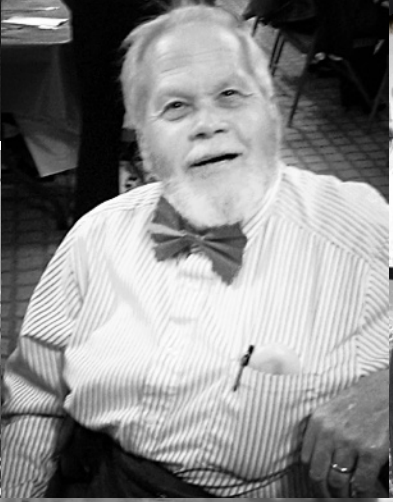
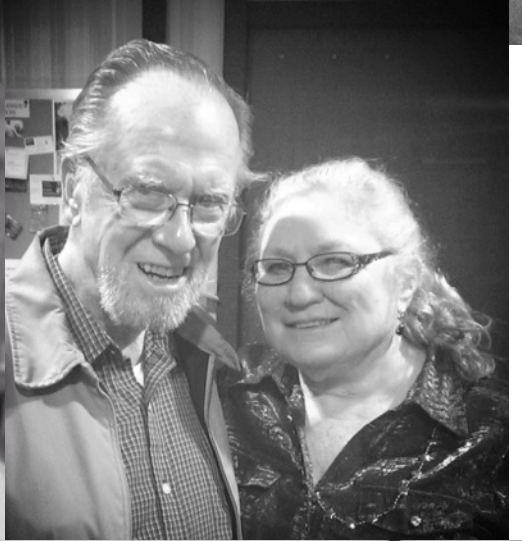
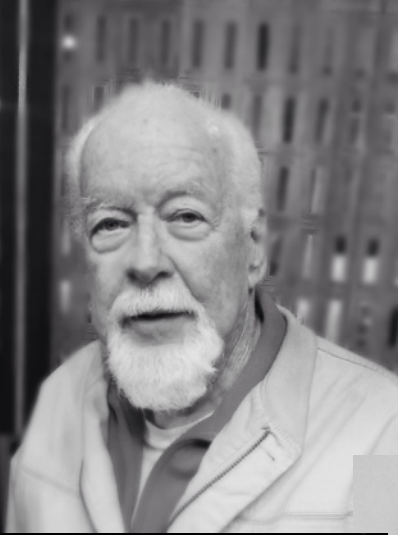
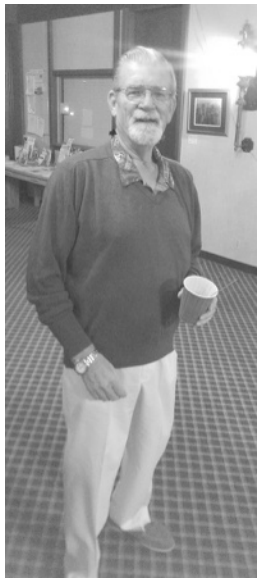
With the longer days, Aphids are beginning to appear. You can use **Bonide Neem Oil** or plant marigolds throughout your gardens as a deterrent for Aphids. Also plant flowers around vegetables to attract bees and add color. I like lobelia, marigolds, cosmos, petunias, snapdragon as summer annuals. Use **Sure Start** fertilizer.

For the snails and slugs that are hatching in your garden right now, use Non-toxic **Sluggo**. Get out there early in the morning to pick them off the plants.

Remember Earth Day. A good time to plant a small tree or perennial in remembrance of ones that have moved on. It was Senator Gaylord Nelson, Wisconsin, who planted the bug, hehe, in President Kennedy's ear by proposing April 22, 1970 as a day for Americans to speak out about the environmental crises they faced and we now have Earth Day, celebrated April 22.

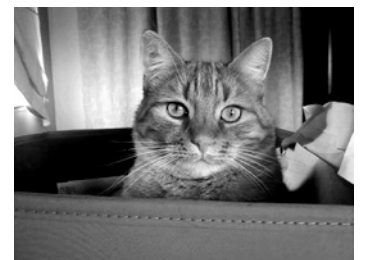
For events in the area go to: **Earthdaymarin.org**

Marilyn Moore





Paintings by Will Carr



The Thing

Oh the rigors of daily life
The once a year "Thing" we
always fret
"The Thing" that happens in April
each year
"The Thing" that always brings
forth a tear
Did you do it right?, did you take
extra care
Will they check you out do you
have a fear
You know the extra money you
saved all year
It is all gone when you send the
check away
So you can now start collecting
for another day
For now you look, search, Hope
and pray
Can you find all the expenses
you had to pay
Searching for forms, slips of
paper anything needed
It's blood sweat and tears for
three days straight
Then you get the appointment,
you arrive and wait
While waiting you see others go
in with a smile
Come out with a frown after a
while
Now you are called, it's your turn
at bat
Sit down, be at ease, take off
your hat
Remember the vacation you so
enjoyed
The fun of last year with the girls
and boys
Now turns to cold numbers
before your eyes
It's W2's, 1099's and what was
that donation again
"You didn't do this, you didn't do
that

The penalty is not really
that bad"

It sounds like a really bad
"Rap"
On and on it goes and goes
Then WHAM it is over, it
comes to an end.
2014 is now a has been
"The Thing" is done for
another year
It is time for a coke or
maybe a beer
So with a sigh of relief, and
you take a big breath
Just sign the check, get it in
the mail
Then start hanging
Next year's receipts on a
very big nail
April 15th, is the day, oh
yes and by the way
Yep, "The Thing" it is tax
time. Did I forget to say?

Donna Reed
April of any year

The Mailbox and Me

I live at the end of No Mans Lane
On my mailbox I have no name
I come and go as I please
I live my life with unhurried ease
Today I am on the roam
I am nowhere by a telephone
My windows need washing
My roof has a leak
My porch swing has a very loud squeak
I haven't dusted in the last three weeks
The faucet is leaking, screen door has a
tear
But silly me I really don't care
The day is beautiful; my time is my own
So if you come by I am not at home
Sometime on the box I will paint my
name
Until that day it is plain to see
I live on No Mans Lane
I, myself and Me!

By Me, Donna Reed
August 2003

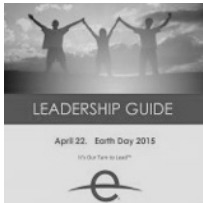


Newsroom

> Blogs > JUST RELEASED: Leadership Guide to Earth Day

JUST RELEASED: Leadership Guide to Earth Day

2/23/15 | Earth Day Network |



Make a Difference. Be the Difference

The decisions we make influence every aspect of our world. This Earth Day, be a part of the movement to make our world leaders listen as we rally for the biggest threat to us all: climate change. Stop thinking about getting involved and be proactive by planning an event for **Earth Day 2015!**

Get excited! Only a few weeks away from celebrating Earth Day 2015 and here's your **Leadership Guide**. We've spent the time putting together ideas, community activities, and event guidelines so you can get right to work planning for a memorable event.

Find something that works for you and your community. Every green act is one more step towards a more sustainable world, so remember that every activity and event that you create contributes to the Earth Day Network's **Billion Acts of Green global initiative!** We need your help in reaching 1.5 billion acts by Earth Day. Once you figure out your plan, let us know and we'll help you spread the word. The bigger the story we can tell on Earth Day this year, the larger impact we will have to climate change conferences in Paris, 2020, and beyond.

Our Leadership Guide is just the start. Next up is your Faith-based Toolkit, University Toolkit, Climate Education Toolkit and Global Day of Conversation Toolkit.

In just 45 years, Earth Day Network has accumulated over **one billion people** in **192 countries** to come together to help protect our natural world and now **It's Our Turn to Lead.**

April 22, 2015



Download the Guide at EarthDay.org

WHO calls on countries to reduce sugars intake among adults and children (From WHO.int)

4 MARCH 2015 | GENEVA - A new WHO guideline recommends adults and children reduce their daily intake of free sugars to less than 10% of their total energy intake. A further reduction to below 5% or roughly 25 grams (6 teaspoons) per day would provide additional health benefits.

Much of the sugars consumed today are "hidden" in processed foods that are not usually seen as sweets. For example, 1 tablespoon of ketchup contains around 4 grams (around 1 teaspoon) of free sugars. A single can of sugar-sweetened soda contains up to 40 grams (around 10 teaspoons) of free sugars.

From BBC.com

Some foods have surprisingly high amounts of sugar added to them. Here are five.

Fat free doesn't mean sugar free, especially when it comes to **yogurt**. It's often laden with sugar to keep flavor and texture when fat is removed. A 150g (5oz) serving of some 0% fat yogurts can contain as much as 20g (0.7oz) of sugar - the equivalent of five teaspoons, says Action on Sugar. That's getting on for **half of a woman's daily recommended intake of added sugar**, which is 50g (1.7oz). It's 70g (2.5oz) for men. A **tomato-based pasta sauce** boasts certain health benefits, but a shop-bought one can also be packed with sugar. It's often added to make the sauce taste less acidic. A third of an average-sized jar, roughly 150g, can contain over over 13g of sugar. That's roughly three teaspoons of sugar. And while **coleslaw** is mostly shredded vegetables, it also comes with an added serving of sugar. The mayonnaise is



largely to blame. One tablespoon of a shop-bought coleslaw, roughly 50g, can contain up to 4g of sugar. A couple of spoonfuls on your plate is equivalent to a couple of teaspoons of sugar.

"Sauces are often high in sugar," says Dr Schenker.

Water is good, right? Depends what type. "**Enhanced water**" has vitamins added to it but sugar as well. A 500ml glass of some brands contains 15g of sugar, the equivalent of nearly four teaspoons of sugar says Action on Sugar.

Finally, there is the staple of many people's day - **bread**. The sugar content in the average slice of processed bread varies but can be as high 3g. Some sugar is formed naturally in the baking process but it is often added too. "Often savory does not mean low sugar," says Dr Schenker.



City of Novato Noise Ordinance 14-13.1

Noise in General. It shall be unlawful and a nuisance for any person between the hours of 10:00 p.m. and 6:00 a.m., within the city persistently to maintain, emit, cause (mechanically or otherwise), or permit any animal owned by or in the possession or control of that person, to emit any noise or sound which, by reason of its raucous or nerve-racking nature, disturbs the peace or comfort or injures the health of any person of normal sensitivity residing within the area provided, however, that poultry and/or livestock in an agriculturally zoned area shall be exempt.

The factors which shall be considered in determining whether a violation of the provisions of this section exists shall include, but shall not be limited to, the following:

- a. The level, intensity, character and duration of the noise;
- b. The level, intensity and character of the background noise, if any; and
- c. The place and zoning district where the noise occurred.

Remember; cell phones, music, trash cans, and chatter can disturb those who might be sleeping. Construction noise is allowed from 7:AM to 6:PM.(Saturday 10:am-5PM) None on Sunday.

