

August 2015
Los Robles Mobile Home Newsletter

Edited by Tracie Lirette

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

Los Robles Mobile Home Park , 100 Roblar Drive, Novato California 94949

Roblar Drive

By *Joel Solomon*



I noticed that during the meeting concerning traffic on Roblar Drive, the issue of safety was rarely mentioned, and when it was, the safety issue was not valued.

Rather, the issues of what state regulations mandate, computer models for traffic, and what merchants at the shopping center might say, were more important.

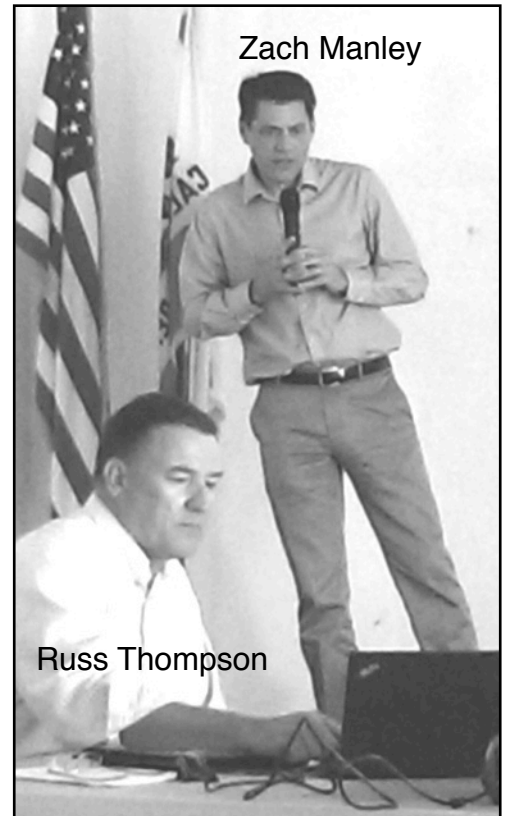
Russ Thompson and Zach Manley (W-Trans) gave a pretty good presentation of traffic studies, of who-owns-what, what to expect and also, the limitations of controlling traffic on Nave. Zach covered traffic counts during peak hours, queuing, accident history, and the driveways at Peet's and at the Shell station. Hamilton Field Sports Academy was also mentioned.

Good news is that it is possible to knock off about 5 feet of the offending yellow bar in the middle of the west end of the street at the tracks. The current red curb at the bank can be brought all the way around the corner to the tracks. It was noted that people are parking on Roblar, and blocking traffic since no one can drive around them, due to the offending yellow concrete bar.

At one point, Russ suggested it would be possible to build an island between Peet's and the Shell Station, making it impossible for North bound traffic to turn left into the Shell station as well as block southbound traffic from entering the plaza at Peet's. This would give folks exiting Left out of Roblar a chance to merge South without oncoming traffic in the middle lane.

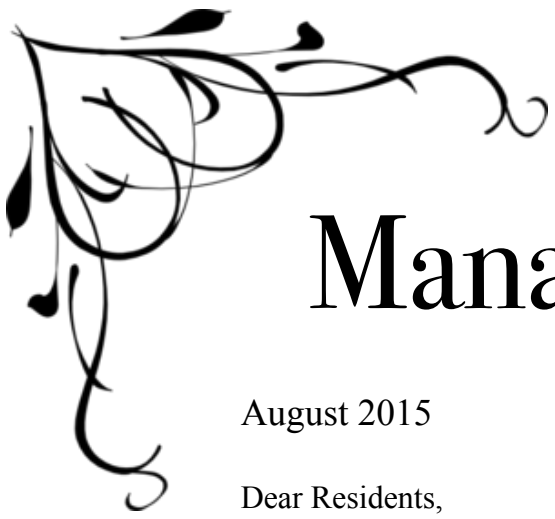
Some of my concerns involve the software used to predict traffic models. How accurate is it? Which version is it? Is it current? We don't know. Where is the proof test? State rules vs reality. Have you seen, as I have, people turning into Roblar on the **WRONG** side of the divider? That isn't safe. And, because of the way the traffic signals are set up, northbound folks speed in order to make the light. How can you calibrate an 85% model when everyone is speeding?

As bad as things are now, they certainly will get worse as the Sports complex emerges. What can you do? You might try contacting Janis Mara at the Marin IJ. Janis Mara covers education for the Marin IJ. Reach her at jmara@marinij.com . She covers this ongoing saga. Of course, the City of Novato authorities are involved, so contact them too.



Russ Thompson





Manager's Message

August 2015

Dear Residents,

Recently, I went with several residents to the Buck Center for Aging to attend the introduction to Novato of the Novato Villages. If you have never been to the Buck Center it is worth the trip; it is high up on the hill overlooking all of Novato and beyond. Novato Villages is a program which reaches out for more volunteers to take care of those that are unable to get around, need a friend to go to the movies with, or do errands for them. If you are interested in volunteering, and you are looking for something to do, volunteering anywhere is fulfilling. It will make your life very worthwhile time and time again to give back. Welcome Novato Villages to Novato!

Several new residents have moved in to the park and we welcome them:

Jill Culver – 111 Ensenada

Theresa Cassin & Laurie Daniels – 118 Ensenada

Judy Hall – 203 Barcelona

Please continue to conserve water as much as you can. Report has it that California residents are succeeding !!!!

Marilyn's THURSDAY night dinners continue to be popular. We want to continue with them so please remember to attend if you have signed up. Also, please feel free to give Marilyn some suggestions and remember it still is only \$3.00....a real bargain! Enjoy all the nice salads for the summer.

As you are reading this, John and I are on a Western Caribbean cruise with family and friends. So we shall see you around the park when we get back.

Kathy Garretson will be the manager in our absence.

John & Ellen

The First Sunday In August

International Forgiveness Day was created by the World Forgiveness Alliance, a non-denominational, educational foundation.

According to their website:

" **International Forgiveness Day**

is dedicated to evoking the healing power of forgiveness worldwide."

The founder is Robert W. Plath, from Mill Valley, California.

Resentment is like drinking poison and waiting for the other person to die.
-Carrie Fisher

The worst resentment anyone can have is one they feel justified to keep. -Louis Gossett JR.

Research tells us that the more you re-live a memory, the stronger it becomes.

Surprisingly, re-living a memory changes it EACH TIME so that eventually the memory morphs into more of a story you tell yourself rather than the fact. What story are you telling yourself? Is it emotionally charged? Is it true?

Researchers working with Soldiers who suffer with deep emotional and physical scars use a technique called "reframing." The process looks like this: Find the memory of pain, and the anger and resentment that go with it. Now, heres the hard part. Turn the memory-story around to it's opposite.

If you cringe with negativity towards another person, for example, try telling yourself a NEW story of just the opposite; how much you respect and enjoy them. You will find resistance at first. You might want to stay with that old familiar resentment.

Keep trying.

Forgiveness benefits YOU.

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. *Note day has changed to Tuesday.*

Upcoming dates 2015

Tuesday, August 4th.

Tuesday, August 18th

Time: 6:30 - 7:15

Music at 6:15

Location: Los Robles Community Center

No fees/donations



MARIN COUNTY

DISASTER PREPAREDNESS (CERT TRAINING) HERE AT LOS ROBLES

In the event of an emergency, our first responders will be overwhelmed. It is critical for residents to be prepared to take care of themselves, their neighbors, and their community for at least 3 days, and preferably 5-7.

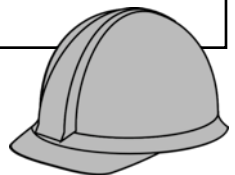
The Community Emergency Response Team (CERT) training is a national program to train citizens to help fill the gap between a disaster or emergency, and the arrival of professional services. The cost is \$45 and that fee covers the training, backpack, supplies in the back pack (goggles, helmet, vest, gloves, and some tools).

If you are interested in taking this training please email:

Kathy Garretson, Assistant

Manager at

kathy.garretson@gmail.com



AUGUST

Sunday Produce at Club House. Time from 2:30-2:45
 Exercise with Avis Buckley MWF 10am and 11:15
 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 THURSDAY 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
 Haircutting by Jennie Last Tuesday every month
 Meditation first and third Tuesday at the Club House 6:15 to 7:15

Sunday Produce 1:15	Monday Avis 10am exercise 11:15 water aerobics Bread	Tuesday Meditation 6:15	Wednesday Avis 10am exercise 11:15 water aerobics Weight Watchers	Thursday Dinner with Marilyn Bridge 7PM	Friday Avis 10am exercise 11:15 water aerobics	Saturday Weight Watchers
					☺AVIS TGIF	1 WW
2 Produce	3 Bread ☺AVIS Bookmobile 12:30 Meditate	4 Meditation 6:15	5 ☺AVIS WW	6 Bridge 7"pm	7 ☺AVIS Social	8 WW
9 Produce	10 AVIS 1 :pm Bread	11	12 WW Produce 10:am MTodd ☺AVIS	13 Bridge 7"pm	14 ☺AVIS Social	15 ww
16 Produce at about 1:15	17 Bread ☺AVIS Bookmobile 12:30 Meditate	18 Meditation 6:15 Haircuts	19 ☺AVIS WW	20 Bridge 7"pm	21 ☺AVIS Social	22 WW
23 Produce 30th	2 4 Bread ☺AVIS 31st	25	26 WW Avis	27 Bridge	28 Social Avis	29 WW

Left Hand Day

From Holidayinsights.com Learn more at the website.

Left Handers International created this special day, and first celebrated it on August 13, 1976.

If you are a Leftie, Then *Left Handers Day* is just for you!

Left Handers, also commonly referred to as Southpaws, are the brunt of more than their share of jokes all year long. How do I know? Yup, you guessed it! It ain't easy being a leftie. But those of us who are, would have it no other way. Lefties are proud of it.

The world is built for right handers. Examples are everywhere. For example:

- In school, have you ever seen a left handed desk? They don't exist.
- Many left handed items cost more.
- Novelty coffee mugs are made with the picture or text for a right handed pick-up.
- Scissors are for right handers. Only a lefty would understand this.
- The computer mouse you are using as you read this is designed for right handers.

Did you Know? Right handed people operate in the left side of the brain. Left handed people use the right side. Therefore, only left handed people are in their right mind.

Left Handers certainly earned the right to have a day dedicated to them. August 13th is that day. Take a minute to appreciate your left handed friends and loved ones. Don't forget to send them a Left Handed Day E-card to show your respect.

Remember every day: "**Lefties have rights!**"

Left Handed Facts and Trivia:

- SINISTROPHOBIA IS THE FEAR OF LEFT-HANDEDNESS OR THINGS ON THE LEFT SIDE.
- While many people are left handed, very few are 100% left handed. For example, many Left handers golf and bat right handed. On the other hand, there is a high percentage of righties who are 100% right-handed.
- LEFTIES ARE ALSO CALLED "SOUTHPAWS". THE TERM WAS COINED IN BASEBALL TO DESCRIBE A LEFT HANDED PITCHER.
- Only about 10% of the population is left handed.
- DURING THE 1600'S PEOPLE, THOUGHT LEFT HANDERS WERE WITCHES AND WARLOCKS.
- International Left Handers Day was first celebrated on August 13, 1976. It was started by Left-handers International.
- It is believed that all polar bears are left handed.
- THERE IS A RUMOR THAT OCTOPUSES HAVE BUT ONE RIGHT HAND. SCIENTISTS ARE DILIGENTLY STUDYING THIS ISSUE.

Think about it: Everyone is a Left Hander in Left Hand, West Virginia.

LEFT-HANDER'S SLOGAN:

"EVERYONE IS BORN RIGHT-HANDED. ONLY THE GREATEST OVERCOME IT". ...BRILLIANT

GraceAnn Walden

Eight years ago GraceAnn moved here, to our park. I did not like her at first, as she seemed brash with her loud raspy voice. She was quite the character. Then, when she fell and really hurt herself I noticed she had no friends or family nearby. I started helping her out. I got to know what a deep, intelligent, open minded and caring person she really was.

She was very involved with all things regarding human rights. When the "No on 8" initiative was happening she and I sat out in front of Safeway for two days and talked to people about gay rights.

We had some very good conversations with our fellow Marin-ites. 98% were on our side as it turned out. The other 2% walked away, having learned something after talking with GraceAnn.

She also prepared and brought food to the Occupy encampments (against big money) a couple of years ago. All this while she had little money at the time. She adopted unwanted pets and loved them up. Ones which neighbors couldn't take care of too. She had a menagerie of birds, cats and dogs in her home. I signed up for her tours in the City, and was lucky enough to get to go to many fine dinners all over the Bay Area, while she compiled gossip for her Yummy Report. She was very well known all over, far and wide. She wrote for the Chronicle for 30 years. She pioneered the current style of writing about the restaurant scene. She had more fans than I ever imagined. But, she was just



a great pal to me; someone who I always had her door open. And visa versa. I know she had some enemies here in the park due to her bluntness. She had friends too. Sadly, she could not afford to live here any longer and moved about 2 years ago.

She died suddenly of a heart attack several weeks ago. She was still going strong at 70 when she crashed and burned in the same style with which she lived life. No long illness which would have made her crazier than she already was.

I miss you GraceAnn!!
God speed!

Pam Thornton

These pieces from Donna Reed were written in June 2015. Donna is just fine now, and all the health issues are much better. Editor

My story starts on June 4, 2015. Leading up to this day everything in my life was on normal. For me normal is usually a bit crazy. As you all may know I am a social butterfly. I go as much as I can. My family keeps me busy with all their activities and I am not one to stay home. So as May ended (Fri May 29) I found myself in Fresno for my 60th high school reunion. Cristy (daughter) and Randy (son-in-law) drove me over and enjoyed the festivities along with me and near 100 of my classmates. A wonderful time was had by ALL. Then on Sunday May 31 the three of us left Fresno and drove to Glendale to see Dana (daughter/grand daughter) in a production of Shakespeare's "Midsummer Nights Dream". She was the queen fairy Titania, and as always, beautiful and wonderful. (I always love seeing my girls. Any of MY girls on stage is a real treat being mom and grandma to so many talented off-springs.) We left Glendale after the matinee and dinner then proceeded to drive back home to Novato where we arrived in the wee hours of the morning.

On Monday June 1, I started to get ready for my next trip on Thursday June 4, to San Diego to see daughter Charmaine and her latest play "Beau Jest" which she was stage managing. From there on to Newport Beach to join up with Cristy, Randy, Dana and my son Bob, Margaret and the boys as they were visiting from New York for the week. Now back to June 4th, I boarded my plane for a quick 55 minute flight, as the plane was nearing altitude I felt a very sharp pain in my head and at this point my hearing was GONE! When I disembarked I figured all would go back to normal, I was mistaken, my hearing was gone! On June 5 Friday I went to urgent care and was diagnose with a virus by now my hearing was still gone and my voice was leaving and I developed a bad cough, my family put up with me and all my problems. We really enjoyed our time together and I had so much fun with my grandsons, Forrest and Wesley. We drove home on Thursday June 11, then on Friday June 12 went to see my doctor. She now said I had an ear infection, so antibiotics were added to my cough medicine and I was still without hearing. I was becoming very depressed and a recluse in my own house. I didn't want to see anybody. No talking on my cell as I could not hear, I could not drive because I could not hear, the tv was full blast and I could hardly hear it, I was going crazy. So back to the doctor for stronger meds and the name of ENT doctor. On Friday June 19, I finally was given hope that maybe I would be getting my hearing back!! It has returned a little and I am hoping it will clear up it is really hard being in a quiet world.

Due to my problem I had to cancel my trip to Disneyland with Cheriann and Annadale for our annual trip to the happiest place on earth,. I would have had to fly and was told absolutely no flying till I am back to normal. Now I am concerned about flying as I have a July trip with Charmaine planned to Ithaca, New York to visit Bob, Margaret and the boys. Forrest turns 5 on July 20 and Charmaine has a birthday on July 29 so we were hoping to celebrate both birthdays while there. If only I get my hearing back and am able to FLY !

I really can't remember when I have had something hit me so hard and I must say I don't have much patience with this problem, I have exploded a couple of times and Cristy and Cheri have tried to have patience with me but I know it is not easy for them to hear me ranting. So I am trying to be good and I now have hope this is only temporary. I have found out how many things we do that we hear and don't even know we are hearing, like just walking down the hall, the microwave, a doorbell, your car running, the clerk in the market, just to mention a few. We hear without any effort and when that sense of hearing is gone our world is a very strange place to be in. We live in a very noisy world and I miss it very much. I have lived in a gluten free world now for about 3 years and it has been hard doing without wheat, especially bread but I can do very well without bread, BUT please, please give me back my EARS. As of today June 21 I am still not hearing well but I think it is creeping back slowly, I am ready to welcome back NOISE to my daily life.

I SAW...

I saw a life die today
Only not in the usual way
One day it was there full of life
Now only the space has it left behind
It went quickly, no big fanfare
No one from its past was even there
One will never know the memories it held
But if you listen carefully you may hear
The sound of voices, a whisper here and there
The laughter of joy filled the air
Or just the quiet of no one there
Then one day as the end drew near
The work crews, the trucks and the one big claw
The word was given and the end did start
A little tap here, a big crush there
The claw takes a BIG bite
And a life begins to end
Piece by piece it slowly breaks down
Out of the chaos a life goes away
The people are gone, not to look back
The love, laughter and days of fun
Only the memories of days now gone
Lay in the rubble on the ground
Who knows what lays in store
Now in its place a new life begins
A place for the start of new memories galore
The old is gone, the new is here
A big breath taken, the sound of voices I do hear
The excitement of a brand new joy
Here's the key, open the door
A new life begins, what happiness lays in store?
I saw a new life begin today.

Donna Reed
June 2015

Artist of the Month

In the July issue of the Willows there were photos of Hunter S. Thompson. I neglected to clarify why I had a photo of his writing, and photos of him.

"THANK YOU for letting me know," to all of you who inquired about that.

When there is room in the Willows, and when time allows, I feature an Artist who has a birthday that month. So, since I didn't do a very good job with Hunter, I will give it a second try here in the August issue.

Gonzo Journalism: a highly personal style of reporting where a writer becomes so involved in the story that they become central figures in their piece.

"Life should NOT be a journey to the grave with the intention of arriving safely in a pretty and well preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming "Wow! What a Ride!"

— Hunter S. Thompson, *The Proud Highway: Saga of a Desperate Southern Gentleman, 1955-1967*

"I hate to advocate drugs, alcohol, violence, or insanity to anyone, but they've always worked for me." HST

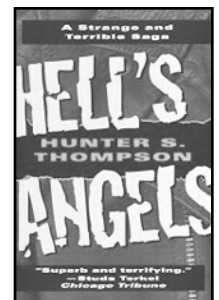
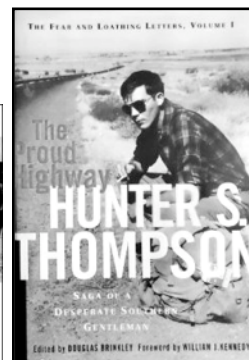
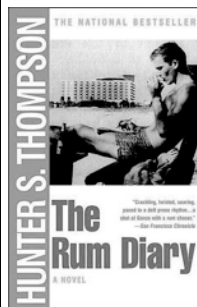
"The Edge... There is no honest way to explain it because the only people who really know where it is are the ones who have gone over."

— Hunter S. Thompson, *Hell's Angels: A Strange and Terrible Saga*

From Biography.com

Born in Louisville, Kentucky on July 18, 1937, Hunter S. Thompson is best known for authoring *Fear and Loathing in Las Vegas*, and is credited with creating "Gonzo journalism." His hard-driving lifestyle, which included the steady use of illicit drugs and firearms, made Thompson a counterculture icon perpetually popular with college students. After several bouts of poor health, Thompson died of a self-inflicted gunshot wound in 2005.

Thompson said that the "Gonzo journalism" was born while he was trying to piece together a story about the Kentucky Derby on deadline. The resulting rambling first-person story, *The Kentucky Derby is Decadent and Depraved*, which was more about the experience of watching the race rather than the actual race, was published in *Scanlan's Monthly* in June 1970. At the time, the piece was hailed as a breakthrough in journalism. Thompson was inundated with fan mail and phone calls, which he said was like "falling down an elevator shaft and landing in a pool of mermaids."



LOS ROBLES MOBILE HOME PARK
RULES FOR ALCOHOLIC BEVERAGES IN COMMON AREAS
Effective 7/05/2015



Goldstone Management Inc.

A. NO OPEN CONTAINERS AT THE PARK.

Open containers of alcoholic beverages are not allowed in the common areas of the Park, except inside the clubhouse in accordance with these Rules. No alcoholic beverage is allowed at or in the vicinity of the pool.

No resident, guest or other person shall have or carry any alcoholic beverage in an open container on the streets, sidewalks or grounds of the Park. No one shall carry any alcoholic beverage in an open container from their home to a neighbor's home, from their home to the clubhouse or from the clubhouse to their home.

B. ALCOHOLIC BEVERAGES MAY NOT BE SOLD.

Alcoholic beverages may not be sold. Money may not be charged for any event at which alcoholic beverages are served. Even if the money is stated to be specifically charged for food or entertainment or something else, if alcoholic beverages are served then the money will be deemed to have been charged for alcoholic beverages in violation of this Rule.

C. SERVICE OF ALCOHOLIC BEVERAGES AT EVENTS.

Alcoholic beverages may only be served at events in the clubhouse in accordance with the following Rules.

1. The person hosting the event must obtain a policy of liability insurance for the event that provides liability insurance for the serving and consumption of alcoholic beverages. The insurance policy must be obtained from an insurance company in good standing and duly licensed to issue insurance in the State of California. The insurance policy must name the Park, the owner of the Park and Goldstone Management Inc. as additional insureds. Proof of insurance must be delivered to Management at least 48 hours prior to the event in a form satisfactory to Management. The type of insurance coverage and the insurance company are subject to the personal satisfaction of Management. No alcoholic beverage will be allowed if proof of insurance satisfactory to Management has not been provided in a timely manner.

2. The person hosting the event must hire and pay for a bartender to serve alcoholic beverages. The bartender cannot be a resident or guest who is invited to the event. The bartender must be a person whose sole responsibility during the event will be to serve alcoholic beverages and to monitor the consumption of alcoholic beverages. The bartender will be instructed that it is the bartender's responsibility not to serve any alcoholic beverage to any person under 21 years of age or to any obviously intoxicated person.

3. No alcoholic beverage may be served to any person under 21 years of age.

4. No alcoholic beverage may be served to any obviously intoxicated person.

5. No alcoholic beverage in an open container may be brought to the clubhouse during the event.

6. No alcoholic beverage in an open container may be taken outside the clubhouse during the event.

7. All alcoholic beverages to be served at the event must be brought to the clubhouse at least 1 hour before the event is scheduled to start. No alcoholic beverage will be brought to the clubhouse for the event during the event, whether in an open container or a sealed container.

8. After the event, all remaining alcoholic beverages will be removed from the clubhouse. During removal, the containers will be closed, sealed and/or boxed in such a manner that they are not available for immediate consumption. The remaining alcoholic beverages may be removed the day after the event. However, any alcoholic beverage not removed immediately following the conclusion of the event shall be stored in a locked cabinet in the clubhouse, under the control of Management.

LOS ROBLES MOBILE HOME PARK
RULES FOR ALCOHOLIC BEVERAGES IN
COMMON AREAS - Effective 7/05/2015



Goldstone Management Inc.

Raul Goldstone

Wisdom

Generosity

Virtue

Letting go

Wisdom

Energy

Patience

Truthfulness

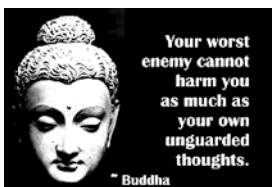
Resolve

Kindness

Equanimity

Buddhism is a path of practice and spiritual development leading to insight into the true nature of reality.

Buddhist practices like meditation are means of changing yourself in order to develop the qualities of awareness, kindness, and wisdom.



This year I have been thinking a lot about the quality of wisdom. It is one of those words that seems self-evident but I realized that I had only a vague understanding of the word. I have had an image of an older person who makes wise pronouncements. How did that come to be? And, in contrast to that stereotype, it has been fascinating to me that some children and even young adults seem wiser than some older folks.

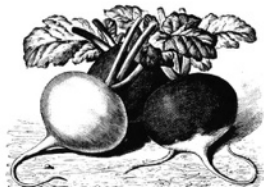
So here is a bit of what I have learned about the quality of wisdom in the last few months.

The first observable quality in a wise person is that they are clear seeing. They look at reality and do not hide behind rationalizations or defensive thinking. They can look at themselves and others in a kind but truthful way. As an example, they can see the harm of racism, ageism, and homophobia when others might take those attitudes as normal. This clear seeing comes about because they take time to think and consider the implication of sometimes accepted attitudes. A second thought about wisdom is that it has a balancing role with the other nine perfections. Wisdom allows that one's generosity is not exaggerated so that your own needs are neglected, but helps one enjoy the happiness of giving as well. It balances patience with energy. Sometimes one needs to take action instead of practice patience. Wisdom is the factor that advises which direction to take. Wisdom balances truthfulness and kindness. Sometimes the truth that your friend's clothing is unattractive needs to be balanced with kindness. But too much kindness can also create a falseness "niceness" when something is flagrantly wrong. So, we can look at wisdom with each of the 10 perfections and wisdom enriches or balances each one.

The third expression of wisdom in my mind is that the person learns from experience. I have always learned more from my mistakes than when I have done something right. But the key is to not keep making the same mistakes over and over in our lives. I would guess that this is why we associate wisdom with age. We have just had the opportunity, if taken, to learn from the mistakes we have made in the past.

Traditionally, it is taught that wisdom grows by first studying and learning from teachers or reading, then one tries on the ideas to see for oneself if in fact the knowledge is useful and beneficial. And then the final step with becoming a person who is considered wise is being able to live from those values, to actually practice them on a daily basis.

So, in conclusion, my new understanding of what a wise person is, is someone who is clear seeing, balanced, learns from their experience and actually lives their values.



PLAYING IN THE DIRT WITH MARILYN MOORE CERTIFIED MASTER GARDENER



Now is the time to start saving seeds for next year. Let one of your lettuce or cilantro plants go to seed. Plan now for next Spring. Once your Summer Roses look "worse for wear," chop them back and put in your green bin for waste management to pick up on Monday. At any time, summer or fall you can pick all your ripe tomatoes. Leave the green ones on the vine. Pull up the entire plant and hang it upside down on your porch, or in the Laundry room. The green will turn to red on the vine, and voila! Last year I ate my last tomato in December um um good.

This month you can direct seed carrots, beets and onions together. Plant broccoli, cabbage, and cauliflower together too. Lettuce, chard, radish and spinach are happy companions.

It's also a good time to amend the soil with seasoned compost . Planting a cover crop, such as Fava beans, or Hairy Vetch will add nitrogen to your soil when you turn it over in Spring.

I like Clover because it's roots go deep to break up the soil.

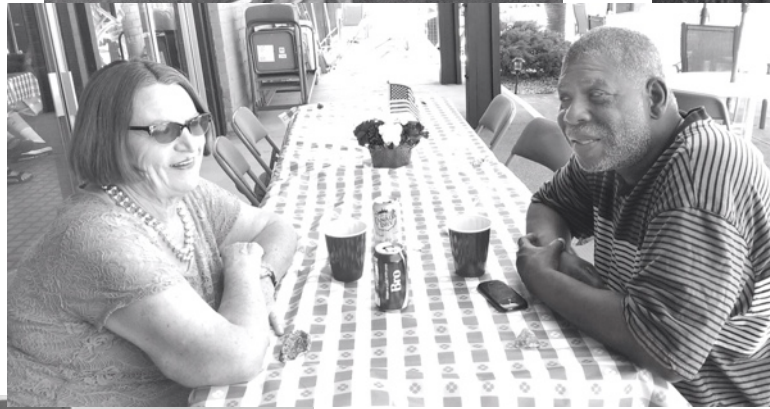
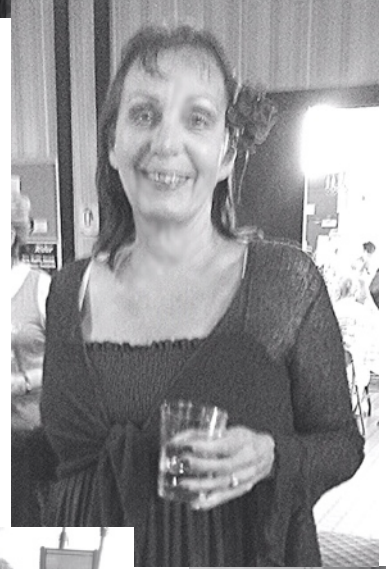
Planting cover crops also protects top soil. Great during this drought we are in.



Left to Right, Hairy Vetch,
Fava Bean, and Clover.







This is Joe. He is 19 years old. I bet you are multiplying 19 x 7 aren't you.

Lets just call it 133. Yup. That's old. Born in 1996. Joe lives with Glenda. You might notice Joe sitting on the front porch with her over on Las Palmas Ave.

Dear Joe

When you were born, gas cost \$1.22 a gallon.

Stamps were .32 cents.

Loaf of bread was \$1.15 and Minimum wage, \$5.15.

Princess Diana divorced from Prince Charles.

Mad Cow Disease was upsetting the UK

Ebay was launched.

By the time you were age 1 year, Dolly the sheep becomes the first mammal to be successfully cloned,

Great Britain handed back Hong Kong to China and the Dow was at less than 8000 . The first signs of the dreaded Bird Flu in China where the first

documented case of the jump to humans causes Hong Kong to kill 1.25 million chickens. In the UK Tony Blair is the prime minister and Princess Diana dies in a car accident. A movie ticket was \$4.50

When you were 4 years old, stamps had gone up one penny. Bread was up to \$1.80 and eggs were \$.89 Dz.

The State of Vermont passes HB847, legalizing Civil Unions for same-sex couples.

The use of mobile phones continues to grow as mobile phones move from the perceived "Yuppie Device" to an essential consumer product. The Dot Com Bubble Bursts and thousands of DotComs go bust .

At 8 years old gas was up to \$2.10 and Facebook launches.

Age 10. Saddam Hussein is charged and following the trial is found guilty of crimes against humanity and sentenced to death by hanging. Barry Bonds of the San Francisco Giants Breaks the record held by Babe Ruth and hits his 715th home run to pass Babe Ruth on the all time greatest list. Pluto is downgraded from a Planet to a dwarf planet by The International Astronomical Union.

Age 11. Apple Inc.'s CEO and founder, Steve Jobs, announces the first generation iPhone. The final book in J. K. Rowling's Harry Potter series, Harry Potter and the Deathly Hallows, is released and sells over 11 million copies in the first 24 hours, becoming the fastest selling book in history.

Age 12- the MESSENGER space probe is at its closest approach during its first flyby of the planet Mercury. Stock markets around the world plunge amid growing fears of a U.S. recession, fueled by the 2007 subprime mortgage crisis. Fidel Castro announces his resignation as President of Cuba. United States presidential election, 2008: Democratic U. S. Senator

Barack Obama is elected the 44th President of the United States, and becomes the first African-American President-elect.

Age 15. An estimated two billion people tuned in to watch the televised wedding of Britain's Prince William to Kate Middleton. Gas is \$3.52.

Age 16 American scientists use a 3D printer to create a living lab-grown ear from collagen and animal ear cell cultures. By the time you were 18 there were only 5 White Rhinos left in the world. Scientists unveiled their best strategy for winning at Rock, Paper, Scissors. Successful players tend to stick with their winning action, while losers tend to switch to the next action, they claimed after studying 300 rounds of the game.

And now at age 19, Women's World Cup: United States Defeats Japan to Win Third Title and The Supreme Court of the United States Grants same-sex couples equal rights to marry nation wide. Price of gas is \$3.50 Gal. Stamps are \$.49. And minimum wage is \$9.00. The San Francisco Giants have won the World Series 3 times in the last 5 years.

Global Warming is out of control and the rent prices in Marin are over the top. Be glad you live here in Los Robles where you can get free food and drinks every Friday, and free bread on Monday. Remember the free food from the ROE group on Sunday too. Hope you stick around a while. You are way too cute and I smile every time I see you. XOX Editor



AUGUST BIRTHDAYS

FRANK BORSILLINO	3
NANCY FABIAN	5
JOAN SEGARINI	14
BILL ELLIS	18
BRUCE NELSON	19
MARIE GURROLA	20
JIM WOODWARD	22
LEE LARSON	24
JOAN RIPPLE	26
GRACIELA HUNT	27
JULIE CORLETT	29
JOHN HOWARD	31

Los Robles Community Garden

Los Robles' Community garden will be moving to make way for a new home in the Park. The new location for the garden is very close to the old one. It is accessible and usable by everyone in the Park. Wanting the new garden to be close to the original one, we found a great location for it. It will be on the triangular area, across the street on from the current garden on Roblar. The juniper and oleander which are on the property will be removed and the soil will be conditioned for planting much of the garden right in the ground. A PEACH TREE was discovered while inspecting the new space. Of course it will stay! The work to move the garden will begin in late September. Enjoy the community garden in it's old and new home.

Austene Hall
GMI

A young man who was also an avid golfer found himself with a few hours to spare one afternoon. He figured if he hurried and played very fast, he could get in 9 holes before he had to head home. Just as he was about to tee off an old gentleman shuffled onto the tee and asked if he could accompany the young man as he was golfing alone. Not being able to say no, he allowed the old gent to join him.

To his surprise the old man played fairly quickly. He didn't hit the ball far, but plodded along consistently and didn't waste much time.

Finally, they reached the 9th fairway and the young man found himself with a tough shot. There was a large pine tree right in front of his ball and it was directly between his ball and the green. After several minutes of debating how to hit the shot the old man finally said, "You know, when I was your age I'd hit the ball right over that tree."

With that challenge placed before him, the youngster swung hard, hit the ball up, right smack into the top of the tree trunk and it thudded back on the ground not a foot from where it had originally lay.

The old man offered one more comment, "Of course, when I was your age that pine tree was only 3 feet tall."

I'm not making any age-related jokes because I genuinely feel bad about how old you are.



someecards



Time for a Reality Check. You as a California Resident, have heard this more than once. It isn't news. It is so serious though, that some folks choose to look the other way when it comes time to focus on the facts **because it seems overwhelming**. Good news is that if you take the time to prepare, little by little it won't be as bad as it could be if you didn't take the time.

California Earthquake

Power will go out immediately, everywhere, and restoration times vary. In the most heavily damaged areas, **electricity** will remain out for weeks or longer. Some residences will suffer broken **gas** lines when their houses slip from unbolted foundations.

Water will stop flowing in many taps for weeks or months. In many communities, strong ground shaking will break old, brittle water pipes and connectors, and there will be so many breaks that it will prove cheaper and faster to replace the entire conveyance system, rather than hunt and repair every break. The process will be neither cheap nor fast, and communities will compete for repair priority.

Many **wastewater** pipes are also old and brittle, and run alongside water pipes under the streets. Broken sewer pipes will contaminate broken water pipes, and in some places, tap water will be unsafe to drink for as long as a year.

Telecommunications will be out for at least a day, because of some damage and much overuse. Phone systems will be oversaturated because millions are trying to make calls at once. How cell phone towers are affixed to buildings is not regulated, so towers will be damaged by shaking. Two thirds of the region's internet lines will be ruptured by the fault.

Transportation by road and rail will be disrupted by fault rupture and landslides, and take months to repair. Retrofitting of state highway bridges prevents their collapse, but not those under most local jurisdictions. For months, getting around will take longer, and travel time delays add more than \$4 billion to economic losses.

Hospitals in the hardest hit counties will be operating at reduced functionality. At a time when thousands of disaster victims need hospital care, some hospital buildings will be closed by structural damage; many others will be unusable because of non-structural damage such as broken water pipes and unsecured equipment.

The **Ports** of Los Angeles and Long Beach and San Francisco/Oakland are important contributors to the region's economy. They will not suffer much damage from a far-away earthquake, but their flow of goods will be disrupted for months, as many principal train routes and truck routes are damaged by fault rupture.

Food supplies will be snatched up in a panic. People will be in an instinctive survival mode. Neighbors might find themselves in a conflict, and there won't be police around to solve anything, as they will be dealing with the disaster. Best to have enough food on hand to keep you going for a few weeks. Don't find yourself in a situation where you have to fight to survive. Remember your pets food too.

Take the time to:

Provide water storage for at least two weeks. Don't think your neighbor will be willing to share. They won't. Seriously, you're responsible for you.

Get a back-up for medication and first-aid.

Have a way to purify water. Life-straw from Amazon works.

Have a source of cooking fuel and a way to use it safely.

Have a plan for bodily waste. You have to protect your environment. Look on the internet, or at a Sporting good store. Seriously, there isn't a magic toilet hiding somewhere. Again, don't depend on your neighbor.

Food? High energy food such as nut-butter, Candy, dried meat, canned goods, spices, grains and dehydrated goods. Canned juice and again, lots of water.

Bedding and rain gear, or a tent will come in to play should it be pouring rain while your house is in pieces. Have warm hats and sox. Pack a travel bag.

Keep your gas tank full most of the time. You might be stranded by road damage, but if not, you'll be able to exit when the fire breaks out.

Do you have a working flashlight? How bout some rubber gloves? An extra pair of glasses? Toilet paper? A fire extinguisher? Ear plugs?