

Wind

January 2010

Terra Linda

THE MAGAZINE OF THE SANTA MARGARITA NEIGHBORHOOD ASSOCIATION





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BOARD INFORMATION

Santa Margarita Neighborhood Post Office Box 6449 • San Rafael, CA 94903

We are a member of the North San Rafael Coalition of Residents. We meet monthly from 7-9pm at 620 Del Ganado Road, Room 6. Christ Presbyterian Church, San Rafael, CA 94903. We are actively recruiting a volunteer webmaster and interested neighbors who would like to be involved in our monthly magazine process.

The Terra Linda Wind is always archived online at www.smna-online@yahoo.com

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Letter from the Publisher

Dear Readers,

If you are counting, this is the fourth monthly addition of the *Terra Linda Wind*. As you can see we have had wonderful support and encouragement from the community and our business advertisers. It is our hope that this magazine helps to promote a vitality and sense of neighborhood in the community. There is an on line version of this magazine on your SMNA web site. If you would like a separate electronic version of this magazine please ask Carolyn or myself. Also, don't forget our classified section in the back, free to SMNA residents.

Our local businesses are an extremely important part of our community's vitality. We are grateful for their support and ask you, our readers, to review the list of Business Sponsors in the

front of this magazine. Please support these merchants and refer them to your friends and neighbors. Let them know you saw them in the "Wind"

If you know of other businesses that would like to get the word out to our community please let me know.

We wish you and your family a happy New Year!

Many Thanks,
Curt Rodby
Publisher
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president's MESSAGE

CAROLYN LENERT, BOARD PRESIDENT

Health, safety and beauty in 2009. For our last issue of the year, I want to again thank you for your interest and support and participation in San Rafael's largest neighborhood association. We have a fine team of directors who make it all possible. Each of them make a valuable contribution and you can too! With the themes of health, safety and beauty, we addressed a wide range of topics in 2009:

Marin County Open Space District: strategic plans and private fencing issues such as Luiz Fire Road above San Dominico School; county emergency operations center proposal; Macerich's Northgate Mall renovation plans; Marin Municipal Water District desalination proposal; San Rafael's failing critical infrastructure; GetReadyMarin.org for personal emergency preparedness training; Marin/Sonoma Vector Control: Rats & Mosquitoes; first annual social mixer; City Council Candidates' Forum; Marin Farmers' Market seeking permanent home; and College of Marin update (December 16).

The common elements of health, safety and beauty enable us to protect and promote our quality of life here in Terra Linda. Together we were also able to finish and irrigate the landscaping of our community gateway along Santa Margarita Creek. Soon you will be able to view the plaque in the Terra Linda Recreation Center, which thanks all the donors who re-created the creek. The first quarter mile of the Terra Linda Promenade

is complete thanks to the generosity of Macerich, owners of the Northgate Mall. Teamwork and the power of community are delivering results again. We have also strengthened our relationship with the North San Rafael Coalition of Residents and with city staff and representatives. Soon we will return to planning for the future with the goal of leaving our area better than we found it. Many exciting and challenging opportunities are coming our way, but this is a lovely moment to reflect and to savor the accomplishments and essence of all we have done together so far...happy holidays! Happy New Year!

Carolyn Lenert

This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being a force of nature instead of a feverish, selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.

I am of the opinion that my life belongs to the whole community, and as long as I live it is my privilege to do for it whatever I can.

I want to be thoroughly used up when I die, for the harder I work the more I live. I rejoice in life for its own sake. Life is no "brief candle" for me. It is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations.

---- George Bernard Shaw



ABOUT THE COVER

Terra Linda Orcas is Marin's oldest youth recreational swim team. Dive into Marin's most modern, eight-lane public pool. Learn from great coaches. Become part of a positive community experience. Make new friends of all ages. www.tlOrcas.org --terralindaorcas@gmail.com -- Sign up day is January 30 - T. L. Rec. Center, 2-5pm. Photo credit Norm Levin 2008 - <http://naturalportraits.smugmug.com>.



News

FROM THE BOARD

THIRD WEDNESDAYS - MONTHLY MEETING SCHEDULE

December 16 - College of Marin – What’s new, good and beautiful?

Our expert speaker, Cathy Summa-Wolfe, will address the retirement of College of Marin Superintendent and President Dr. Frances White on June 30, 2010; innovative programs such as the new organic farm, the medical simulation and water management labs at the Ignacio Valley Campus. In addition, she will cover recent changes and improvements at the Kentfield campus along with possible development of a college-owned retail/office center. We'll learn about COM's adult emeritus student program with clubs that focus on interesting topics including architecture, photography, art films, Rumi poetry, and

more. Cathy Summa-Wolfe is the Director of Communications and Community Relations at College of Marin with over 20 years experience in private and public sector marketing. While Cathy is relatively new to Marin County, she met her husband Michael Wolfe in Marin over 25 years ago when he was living on the Nieman/Schell Ranch in Bolinas, owner of the Bookstore and the Tombouctou Press publisher.

January 20 - Marinhelpers.com – Come with your questions about the Virtual Hiring Hall.

Meeting Held at 620 Del Ganado Rd, Room 6

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Would you like to help? Please note any areas of special interest or concern, and we'll aim to keep you up-to-date and involved. Have ideas of your own? Please share them!

- SMNA Board
- Membership Committee
- Terra Linda Wind
- Attend meetings
- Promenade Celebration
- Marin Safety Fair & Expo
- CERT
- Get Ready Marin!
- Watershed issues
- Clothing swap/book sale

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Friday - Saturday 4 - 9:30 pm

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The Forecast is Breezy in Terra Winda...

This is a terrific newsletter, and I've never seen anything like it for a neighborhood. There is a lot of heart in it along with the news and fine graphics. Congratulations! All the best! What a community builder!
Gail Z.

The publication becomes more impressive each month. We really enjoy reading it. Keep up the good work.
Sally and Lou R.

Thank you! Gracious, it's a MAGAZINE, not a newsletter. Super content and nice work.
T.C.

"The Terra Linda Wind is a very impressive undertaking! Good job!"

John M.

"Love the new magazine...inspired! Long overdue membership attached with \$50 donation."

Elsie P.

"Thanks and thanks for setting up the City Council Candidates' forum. I was able to decide who to vote for after hearing them express their views. Your meeting moderator was great!"

R. B.

HEAVY METAL FENCE Follow-Up

At an SMNA meeting last fall, Marin County's Parks and Open Space District confirmed that the huge new silver fence, at the end of a fire road in the Terra Linda-Sleepy Hollow Divide open space preserve, blocks access from the Luiz Ranch Fire Road. For more than 50 years, the previous owners, the Luiz family, allowed the public to use the 8/10th mile trail section leading to Loma Alta. The 300' fence was installed for Marin heavy metal star James Hetfield (Metallica) but he is now cooperating on a possible new bypass trail across his property. An alternate path is also being considered. The MCOSD will welcome volunteers to work on the path next summer so that it can open in the spring of 2011. If you don't know what part of the Bay Ridge Trail you are missing, see "Looking Out from Loma Alta." Contact Greg Reza at GReza@marin.co.ca. us to learn more about volunteer opportunities. To receive your own MCOSD e-newsletter, email "subscribe" to camarin@gov-delivery.com.

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Yard *of the* Month

Native, colorful and edible!

When the current owners bought their home in Terra Linda there was already a water-wise garden in front featuring California natives and succulents. The newcomers then added to these types of plants---splitting existing clumps of succulents and adding some new ones over the years. Succulents are easy to start so friends can share them with each other and expand everyone's collection. The front yard's sunny southern exposure lends itself to these types of plants. A pineapple guava hedge provides a frame and interesting fruit in the fall.

The sides of the home are home to shade-loving plants that are sheltered by large shrubs and fencing. Favorite figurines Quan Yin and St. Francis grace the shade gardens and are placed so

they are easy to see from inside the house. Other favorite statuary also adds interest to this sunny yard with a mix of seasonal perennials for color and edible landscaping. Tomatoes, herbs and berries in the summer (and broccoli and brussels sprouts in the winter and spring) grow alongside iris, lilies and mums. These combinations of plants make the most of the extra water required in summer. The current owners are exploring rainwater catchment and grey water use to further reduce the amount of metered water used for gardening. A composting bin for kitchen scraps, leaves and other yard trimmings provides a rich soil amendment for the garden.

How about a succulent exchange at an upcoming SMNA meeting? It only takes two! Email the editor at CarolynLenert@msn.com.



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Youth Article: Standing Up for What You Believe In

By Natalie Kammerman - Natalie Kammerman is a senior at Terra Linda High School where she writes for the school newspaper.

“If you are in agreement with the goals of the Marin Organizing Committee and are dedicated to social justice, please stand up.” The metallic sound of chairs scraping against the linoleum floor echoed throughout the gymnasium. Heart pumping with anticipation, I rose in solidarity with over one thousand of my fellow community members to acknowledge our support for the existence, goals and efforts of the Marin Organizing Committee. As I literally stood for what I believe in, I surveyed the surrounding solid mass of hundreds making the same commitment.

Faith-based and secular nonprofits were brought together in ground-breaking fashion after a long development period and more than 400 pre-meetings. The day had finally come to demonstrate our support, and we stood in support of the social justice agenda.

The Marin Organizing Committee, a nonprofit organization founded in 2005, held its founding convention at the end of October. An astounding 1,100 supportive Marin County citizens crammed themselves into the stifling San Rafael High School gymnasium, intent on listening to the panel addressing a myriad of issues present within our county.

According to local columnist Dick Spotswood, “Their list of initial topics includes mental health services, education, housing, immigration, and the homeless... Their rule is that decisions will be made on a consensus basis avoiding those social issues

which have in recent years served to divide rather than unite faith communities...Those on stage also unanimously pledged to oppose State Proposition 98, which if passed on June 3, will limit the abilities of locales to continue existing rent control laws.”

Within a mere two hours, the Marin County community had undergone an astounding transformation. While Marin has always appeared to be a progressive community with its fair share of citizens nurturing reform and change, never had my fellow community members impressed me so much. This was the day: Marin County’s solid determination to address its various fractured aspects was apparent. Our commitment was empowering and motivating. Over one thousand Marin residents agreed to put aside differences and instead channel their energy into effecting change in our community. Pressed shoulder to shoulder with fellow citizens of all ages, nationalities, faiths, and socio-economic backgrounds, the swell in excitement and pride was incredibly infectious.

So strong was our sense of community that it is amazing to consider the amount of power and community support for MOC’s future projects! With fortitude and enthusiasm, we will evoke change within our county. Marin residents no longer have to tolerate the existence of problematic social issues alone. Rather, they will rally behind an organization that has dedicated to social betterment and justice.



Young swimmers easily find friends.

Community: Terra Linda Kids and Families Roar and Soar With the Orcas for Fun, Fitness and Friends

By Norm Levin and Gil Zeimer

Have you ever been awakened at 8 a.m. on a summer Saturday by the roar coming from the Terra Linda Community Center pool? That's the sound of hundreds of happy neighborhood kids and their families participating in a seasonal rite called a swim meet.

It may take a village to raise a child and to support a neighborhood swim team. In our community, the team of choice for many is the Terra Linda Orcas.

Strong team and parental support. The Orcas are dedicated to fun, fitness, friendship, improving swimming skills, sportsmanship, and team spirit. Founded in 1962 and the oldest member of the Marin Swim League, the team's success is through the

commitment of the young swimmers (ages 5-18), their coaches, and the volunteer efforts of the team's parents to support swim meets and social activities.

Through the Orcas, Terra Linda neighbors get to know each other better, which makes for a stronger community. There's no more exciting event than a Saturday morning meet. With a team average of about 150 swimmers annually, competitive swimming is the biggest, most developmentally positive extra-curricular youth activity in town.

"Swimming not only builds stronger young bodies," says team president Dave Smith, "our parents agree that kids who swim are more likely to become better students and citizens."



Orca family are like PODS.



Hot off the blocks Orca heads for open water.



An eight & under backstroker takes off on a 25-yard race.



Coach Tim Baker goes over heat sheet with an Orca swimmer.



Pre-meet rally lifts the spirits early on a Saturday morning.



Coach Alon Golan shows swimmers how to improve each day in practice.



Many Terra Linda High swimmers also compete for the Orcas.

Great coaches, the best pool, and family fun for all ages. The Orcas' three professional coaches train kids in all four Olympic strokes: freestyle, backstroke, breaststroke and butterfly. For the more ambitious, there's the grueling "IM" or individual medley, a four-lap combo of all four. All home meets are hosted at Marin's most modern, eight-lane, heated public pool, completely rebuilt in 2002. Fun family-team activities include picnics, a trip to a waterslide park, a live music family dance and fundraising auction, BBQs, a parent's party, "Pasta Power Night," and more.

"Competitive swimming is truly a family experience," adds Smith. "Kids and parents alike make new friends and build better relationships within the community."

The Orcas will hold two events to orient new families and to register returning ones:

- **New Family Orientation** at Vallecito Elementary School's Café Val room on Wednesday, January 27th, 7-9 pm.
- **Registration Day** at the Terra Linda Community Center, on Saturday, January 30th, 2-5 pm

For more information about the Terra Linda Orca Swim Team, practice/meet schedules, swim clinics, and more, visit www.tlorca.org or contact us at terralindaorcas@gmail.com.

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Open Opinion Letter: How Marin Is A Black Hole

By Lily Faden

A young man with whom I went to school since elementary school passed away in early November. After hearing the news of his death, I contacted several friends to see what they knew. They informed me that Oxycontin and other drugs have become hugely prevalent at Terra Linda High School and in other Marin schools. They also told me how Marin has come to be known as the "black hole" because of its drug problem. I was not particularly aware that drugs were such an issue at my former high school, or in Marin in general. However, Marin's problem with underage drinking and drunk driving is no secret. I think something needs to be done to address the root of the problem. It has been heartbreaking to watch several of my brilliant, talented, charismatic colleagues transform into lazy, unmotivated drop-outs, addicts and even criminals. Marin needs to pay more attention to its teenagers!

Living on the East Coast for over a year has given me great perspective on the myriad ways in which Marin has failed its young adults. Sure, every now and then my schools made an effort to bring in a guest speaker or do a program teaching us why drugs/alcohol/unprotected sex can be dangerous. But clearly, these attempts were not enough. What Marin needs is to recognize that drinking and drug use can never be fully stopped through educational programs alone. There needs to be a multi-pronged approach to addressing these problems preemptively, while they occur, and after the fact.

I am highlighting several issues and possible solutions.

1. "There is nothing to do in Marin County." If I had a nickel for every time I heard this phrase while growing up, paying my NYU tuition would be a breeze. I was extremely fortunate to be age 12-14 when the "Oasis" Teen Center was at its peak in downtown San Rafael. Without this center to introduce me to local music, I probably would have spent my weekends drinking like all my other friends. The "Oasis" is now closed, and perhaps replaced with a much cleaner - and, to be frank, more boring teen center which, realistically, I don't believe is exciting or fun for most teenagers. [Ed. note: next month, we will offer information about the Marin Youth Center, the MYC.]

The local government needs to invest more in creating public spaces for teenagers to spend time with their friends. They need to be open late and on weekends. I am not oblivious to how local governments work with regard to funding spaces and providing security. I realize there are many challenges; however, they must be addressed.

2. Attack the drinking and driving problem in a different way. Teaching kids not to drink and drive is one thing. The "Every 15 Minutes" program is about as good as it gets in terms of communicating the problem of drunk driving to teenagers. However, it clearly still persists. Why is this? It's pretty straightforward:

It is because high schoolers are going to drink, and they need a way to get home.

Here are two radical ideas: 1) Create a car service that teenagers can call on the weekends; and 2) How about offering a bus specifically for teenagers that runs from Marin (Downtown Novato, Lucas Valley, downtown San Rafael, etc.) to San Francisco, and comes back to Marin at 10, 11, 12 am, 1 am and 2 am.

These are just two ideas I've come up with, but I'm sure if you held a meeting, the community would have many more. The reality is, most of Marin's teenagers clearly have some money to burn, but it shouldn't be spent on drugs and alcohol. If you provide them with the right services and opportunities, they will pay. It will be profitable for the county both socially and economically. Let's stop Marin from being called the "black hole." And, let's stop losing our youth to addiction and drug/alcohol-related accidents. Thank you.

Lily Faden is a Terra Linda High School alumnus (2008) who grew up in San Rafael and attended its public schools since kindergarten. She is currently attending New York University and majoring in political science. [Ed. note: Feel free to respond, offer your opinion on this or other topics you care about by emailing the editor at CarolynLenert@msn.com]

HISTORY

Manuel T. Freitas: From Fry Cook to Cows

By Jean Wasp [continued]

The Home Ranch in the center of what is now Terra Linda was 1,200 acres. The Upper Ranch in what is Lucas Valley was 1,116 acres, and the Butcher Ranch right below it was 325 acres. Freitas also owned the C Ranch in Novato (2,000 acres now known as San Marin), the Black Point Ranch along Atherton Road, and another in Cordelia on Highway 80 right on the spot where the Red Top Restaurant sits today. Like many Portuguese, Freitas had come to Marin to begin a dairy farm. With the growth of San Francisco, beef cattle had given way to the more lucrative milk cows.

The Freitas family used to spend “the good months on the ranch, and the bad months in a San Rafael home.” The home was located two doors east of where Bell Savings sits today. The ranch was a complete self-sustained unit with orchards, reservoirs, gardens, cows, and other kinds of animals. Several fields

were filled with oat hay. The half-mile driveway ran from the highway to the home. Eucalyptus trees lined the driveway and served as a windbreak, Walter remembers.

To the north of the drive were large marshy areas, buckeye trees, and a lake. Many migrating ducks used the lake in the winter (where Northgate One and the new Citizens Savings building is now). The main creek through the valley all but dried up in the summer. But Walter remembers large steelhead trout swam up it from the bay in the wintertime when it rained heavily. The family used to hunt quail with a shotgun near what is now known as Quail Hill.

In San Rafael. Manuel Freitas, active in San Francisco, also contributed to life in San Rafael. He served as president of the Bank of San Rafael and of the Portuguese Independent Political Club. The latter

was formed to encourage nationalization among Portuguese families in San Rafael and educate those immigrants in American ideas.

Freitas died in September 1923 at the age of 70. The estate was valued at a million dollars. Much of it was held in trust until the youngest, Walter, had reached maturity. The balance was distributed to more distant relatives and to a number of charitable institutions in the United States and Portugal. At the age of 12, Walter Freitas, the youngest, was an orphan. His mother, Maria B. Freitas, had died four years before her husband. The older sons took over management of the ranches in a family partnership. Walter assumed many duties, too, after he turned 21 in 1932.

[Ed. note: to be continued] First published: Terra Linda News, April 25, 1973, p. 12.



San Rafael Archangel Mission: *Where is This Landmark Monument?*

It sits one-and-a-half miles northeast of the San Rafael Archangel Mission, which was established in 1817 by the Franciscans. The San Rafael Mission was the 20th in a chain of 21 California Missions. After the “Decree of Secularization” in 1834, the buildings gradually fell into ruin. Reconstruction of the mission on the original site took place in 1949. The state-registered landmark #220 monument was placed by California Centennial Commission in cooperation with Marin County Historical Society and dedicated on October 24, 1950. But do you know where?

Answer; See the next issue of the Terra Linda Wind



SCHOOLS

Vallecito School's Fall FUNdraising Festival was held on October 31st. The event was a fine success with activities for all ages indoors and out. There was a delicious BBQ, a magnificent cakewalk contest, gigantic jumpy, face painters, rock wall climbing, spooky indoor carnival games, a haunted house, live music, prizes and fun for all. You had to be there! Halloween will never be the same!



SchoolPool Program To Go Online **County-wide**

Safe Routes to Schools is launching a SchoolPool Trip-Match system that allows parents to register online at no charge to find companions for carpooling, walking, and biking to school together, or for bus buddies. Soon, families will be able to register on the system, indicating the school the child attends and the route they use to get to school, and the system will send back a match-list of other registered families who are looking for SchoolPool companions. Contact information will be included so families can e-mail or call one another. The system

will be similar to a 511 commute rideshare system, with the latest in features, security and ease of use. Support for the new Marin County SchoolPool Trip-Match system was provided by a grant from Marin Community Foundation and continued Measure A support from Transportation Authority of Marin. Click www.SafeRoutesToSchools.org for details as they become available.



Do You Have Time for Club Time?

Vallecito School is interested in starting lunch clubs. If you have an interest you would be willing to share with a group of our students one day a week for approximately 20 to 25 minutes please let me know. Just email me a note and we'll coordinate. You can even choose the day! In the past we have had crochet club, knitting club, book club, story time, French club, Spanish club, games, chess, gardening club and puzzle club. Last year we started a writing club and the kids loved it. Anything you have a passion for generates interest with our students. Call 492-3750.



News from the **Vallecito PTA**

Can Do! The CanDo! Fundraising campaign is under way and many families at Vallecito have already contributed. The classrooms with the highest percentage of participation so far are second grade Ms. Nahreini; first grade, Ms. Stewart; and in a tie for third place are Ms. Bruton's kindergarten and Ms. McKeon's third grade. Remember, the campaign is about giving what you can and all classrooms that reach 100% participation will receive a \$100 prize. Call 492-3750 for more info.



Katie



Cody

*Precious*PETS

Katie and Cody moved to Terra Linda in 1998 after living several years in Berkeley. Katie, a muted-calico shorthair, spent the first few months of her life as an Oakland street cat. Her fortunes changed when she was picked up by the Oakland SPCA and then adopted by her human companions, Barbara and Jerry. An avid lap cat, Katie has never lost her Oakland street smarts nor her concern about her next meal. Cody, an orange Tabby born in Marin, was fostered by a local Marin group until he was adopted and moved to Berkeley. Since moving back to Marin, he's become even more laid back---letting Katie be the boss around the house.

Both cats are in their senior years now, preferring to watch birds from the sunroom and dream about their past outdoor adventures in the Terra Linda. Cody once stalked a deer until he realized how big it was! Katie fondly remembers bringing home pet lizards, one of whom hid in the bathroom scale to elude her. They both still enjoy afternoon strolling in the garden to mark their territory and rolling or napping in the catmint. Sunny Terra Linda is a great place to be a cat. And at night when the coyotes howl in the nearby open space Barbara and Jerry can enjoy the sounds knowing that the pussycats are safe inside.

Christ Presbyterian Church Proposes Homeless Shelter

Once again during the colder months of the year, the churches and synagogues of Marin County will join together to form a rotating temporary shelter. CPC has offered to host 20 women on Monday nights from November through February. Please let Rev. Linda Lane-Bortell know if you are interested in volunteering at 479-2712. Shelter management, meals, transportation and more are needed. Twenty-five dollars will buy a sleeping bag and mat from Big Five Sporting Goods with our bulk discount. Please send monetary donations to: "Emergency

Shelter," St. Vincent De Paul Society, P.O. Box 150527, San Rafael, CA 94915 (designate for "Sleeping bags for Emergency Shelter").

Blankets are also needed for each individual. Please collect and bring clean used or new blankets to the MIC offices or leave in the church office, both at First Presbyterian Church San Rafael, 1510 Fifth Avenue where office hours are 9-5 Monday through Thursday. Laundry angels will be needed each week to wash sleeping bags, blankets, and other bed-

ding. It will need to be collected in the morning and returned the same evening. Contact Chris Highland to volunteer at chris@naturetemple.net. To keep up to date on current needs and to see the progress of the shelter preparations, go to www.marinshelter.wordpress.com. Let's help our brothers and sisters stay warm and dry this winter!

Blessings, Alison Hendley, Program Manager, Marin Interfaith Council, 456-6957.



Business Beat

Minto & Wilkie Insurance

Minto & Wilkie Insurance Agency, Inc. is steeped in Marin County history and is proud to be the oldest independently owned insurance agency in Marin County. In 1917 Charles Davis and Manual Freitas started the agency on the 1200 block of Fourth Street in San Rafael. In 1925 Thomas Kent, Leroy Wilkie and Thomas Minto purchased the company and incorporated. Today Minto & Wilkie Insurance Agency is owned and run by President, Jeffrey Allen, Executive Vice President Marty Pomerantz and Executive Vice President, John Rickards who collectively have over 80 years of experience in the insurance industry.

Minto & Wilkie prides itself as being Marin County's premier insurance agency and serving its community. They are a charter member of the San Rafael Chamber of Commerce and represent three Marin County Rotary Clubs. The three acting presidents are also past presidents of the Rotary Club of San Rafael and along with John Rickards has amassed 130 years of perfect attendance. Because Minto & Wilkie has been an independent insurance agency through the years, it has established ties with many of America's largest and most

highly respected insurance companies. Minto & Wilkie has been writing business with Fireman's Fund since 1919 and with Travelers since 1925. As a full service agency they are able to handle almost any risk and they write Business, Home, Auto, Life and Health Insurance. Other companies they represent include Allied Insurance, The Hartford, Chubb, Kaiser Permanente, Blue Shield, Blue Cross and Health Net. The company is also departmentalized so each customer service representative is a specialist in the line of insurance they write.

Minto & Wilkie is large enough to handle most risks and small enough to give their clients the individual attention they deserve. The owners are very closely involved with clients and meet with them regularly. They pride themselves on the attention that they are able to give their clients.

An essential service they provide is a comprehensive review of your current insurance to make sure you have the right coverage at the right price. During these economic times they understand the need to watch costs and still protect your family and business. There is no obligation

for an insurance review. In many cases they have been able to save clients money while providing more appropriate coverage for families and businesses.

For over 92 years Minto and Wilkie has served Marin County and the Bay Area and they are looking forward to celebrating 100 years and beyond. The company has a proud history and remain committed to giving back to the community that has supported them for all of these years. Senior management maintains the belief that "Most importantly, we are known by the customers we keep".

To learn more about Minto & Wilkie Insurance please visit our website at www.mintowilkie.com. or just give us a call . 415 4530610 x 24





Notes

from District 1

District 1 Supervisor • Susan Adams

October 27th was a busy day for the Board of Supervisors. I have received some questions about the meaning of the board action related to the certification of the Environmental Impact Report for the San Rafael Rock Quarry Project. So, to clarify: The EIR was initiated in 2004 and incorporated a series of studies and assessments about a proposed expansion of the quarry operations and an update of the post operational reclamation plan by the owners. Air quality, blasting practices, wildlife assessments, traffic determinations, noise and other factors were included. The Board of Supervisors has been unable to allow any changes until these studies were completed. The studies and the environmental impact report provide guidelines and options for the board to consider when going forward with the “merits” portion of this process which could occur sometime in the late Spring of 2010. After five years and many public opportunities to critique and comment on the EIR, the board determined that the report was complete. Some may argue it was not complete enough, but the longer the board was engaged in the study

phase of the process, the longer the quarry has been able to operate under the judge’s interim operating conditions.

Now that the EIR has been determined to be complete, a project can be crafted to take into consideration a number of options, from a no-project option to the expanded project proposed by the owners, or a variety of options in between. There will be more opportunities for the interested members of the public to weigh in on this next very important stage of the process.

If anyone is interested in watching the hearings about the EIR, please go to the county G channel on the internet (<http://www.co.marin.ca.us/depts/BS/Archive/Meetings.cfm>), then click on the video links for August 25, 2009 and October 27, 2009. Scroll down to the last item on the agenda to watch the discussion. I look forward to continuing to work on this very important District 1 issue.

Susan L. Adams



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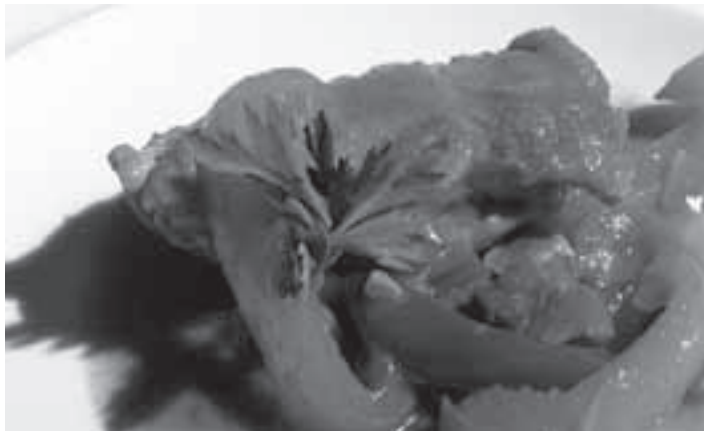
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Resident *Ravenous* RECIPES

Chicken Basquaise

By Sharon D.

This recipe comes from a small village in the South of France in Morlaas next to Pau. It is one of Brigitte Moran's favorite recipes from the region, and can be found in her new book North Bay Farmers' Market Cookbook for sale at the Civic Center Farmers' Markets. Enjoy!



1 T olive oil
 2 large onions, diced
 1 large clove garlic, finely chopped
 10 green chili peppers, peeled and diced
 2 red, orange, or yellow bell peppers, peeled and diced
 6 very ripe tomatoes, peeled and diced
 1 T parsley
 salt and pepper
 6 free-range chicken breasts, with skins
 flour

Add oil to a large skillet and sauté onions, garlic, and peppers. Once the onion has softened, add the tomatoes, thyme, parsley, salt, and pepper. Cover and cook over low heat. Coat the chicken breasts with flour and add to the mixture of tomatoes and peppers. Cook for 30 to 45 minutes, or until chicken is done. Serves five.

Favorite Stuffed Mushroom Appetizer

By Barbara G.

20 large mushrooms
 2 T minced scallions
 1 ½ T butter
 2 T flour
 ¼ cup half and half (more if needed)
 salt and pepper to taste
 ¼ tsp. nutmeg
 ½ cup grated Swiss cheese or ¼ cup bread crumbs mixed with ¼ cup crumbled blue cheese
 2 to 3 T butter for dotting

Wipe mushrooms clean; remove stems, and set caps aside. Chop the stems finely. Sauté chopped mushroom stems and minced scallions in butter. Sprinkle with flour. Stir in half and half. Cook and

stir over medium–low heat until sauce thickens. Add salt, pepper and nutmeg. Remove from heat. Put cream sauce mixture into mushroom caps. Sprinkle with cheese mixture. Place caps in an 8 x 12-inch baking dish. Dot with butter. Bake in preheated 350-degree oven for 15 to 20 minutes. Then brown under broiler for a minute or two. Serve hot.

Variations: Substitute low fat milk for half and half and use low fat cheese. Not quite as tasty but still very good. Also may be broiled without baking for 10-15 minutes.

Yields six servings.

Dates and Cream Cheese Morsels

By Barbara G.

These are quick to prepare and always a hit.

Dates (a vendor at the farmer's market has many types – I prefer Medjool but others are good as well). Slice open the date length-wise and remove the pit. Using a knife, insert a dab of cream cheese (either whipped or regular depending on what texture you like). Put a half pecan on top of the cream cheese. That's all there is to it!



Progress Report for Safe Passage Along Lucas Valley Road

A Project of the North San Rafael Coalition of Neighborhoods

c/o Five Upper Oak Drive, San Rafael, CA 94903

SafePassageLucasValleyRoad@msn.com

November 13, 2009

Hon. Susan Adams, District One Supervisor

Mr. Robert Beaumont, Chief Assistant Director, Department of Public Works
County of Marin

3501 Civic Center Drive #329
San Rafael, CA 94903

Dear Supervisor Adams and Mr. Beaumont:

Thank you for arranging our meeting yesterday. We greatly value the opportunity to meet with you both. Your leadership is especially appreciated at this time of scarce resources.

The meeting was informative, encouraging and clarifying. We better understand

the issues involved and the staff commitment required for a project of this scope. We are proud of what has been accomplished to date.

Thanks to the county's support and cooperation, the shrubbery has been cut back and the roadside is clearer, the surface shrapnel is being swept away, the survey has been completed, "no parking" and "bike lane" signs are in on the north side, the lighting project for the north side is scheduled, repaving/re-stripping is scheduled, and further signage and reflector bumps are under consideration.

We will continue to do everything in our power to positively communicate the county's progress and accomplishments.

We have built the "strong community support for these types of improvements," per Amanuel Haile's direction in October 2007. We will continue to inform a caring community of more than 200 supporters of your efforts and the challenges ahead.

We really appreciate your efforts and commitment to safety along this corridor.

Sincerely yours, Co-Presidents Ray Lorber and Carolyn Lenert and Community Leader John Rojas

A project of MarinLink and the North San Rafael Coalition of Residents.

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"The failure to adopt a sustainable budget is only the most obvious manifestation of a dysfunctional state government." Cities Counties Schools (CSC) Partnership



President Ray Lorber, Marlies Carver and Jim Leonard upgrade landscape at neighborhood entrance

North San Rafael Coalition of Residents Reports...

Notes

from Mont Marin

Mont Marin Homeowner's Association and San Rafael Park neighborhoods have proposed merging, effective February 2010. The new organization will affiliate over 500 residents. Their boundaries encompass all the addresses north of Las Colindas on both sides of Las Gallinas to Lucas Valley Road. The new officers and directors are President Ray Lorber, First Vice President Michelle McCarthy, Second Vice President Jason Lewis, Treasurer Rod Blouin, Secretary Valerie Layne, Director Sheryl Euman, Director John Rojas, and Director Jim Leonard.

The current projects are a neighborhood resource directory of handymen and contractors, Safe Passage along Lucas Valley Road and maintenance of the Mont Marin sign and landscaping at the corner of Las Gallinas and Lucas Valley Road. The guest speaker for the November 4, 2009 MMHA Board Meeting was Carolyn Lenert, Chair for the North San Rafael Coalition of Residents. The guest speaker for the December 2, 2009 MMHA Board meeting was Nader Mansourian, Assistant Director, Department of Public Works, City of San Rafael.

Spare the Night! Air Quality & Wood-burning Monitored and Penalized

Neighbors who burn wood, fire logs and pellets on high-pollution days run the risk of incurring citations and fines from local air regulators. The Bay Area Air Quality Management District is expecting to issue 15 to 20 winter Spare the Air alerts between now and February 28th. Violators are subject to a warning letter and then a \$400 fine for a second infraction. Only those who rely on fireplaces and woodstoves as their only sources of heat are exempt from the rule. The largest number of Bay Area complaints came from Marin County with its deep valleys.

How to know when to avoid burning. You can check whether burning is allowed by visiting www.baaqmd.gov or calling (877) 466-2876 and/or signing up for e-mail Air Alerts at www.SpareTheAir.org.

Los Ranchitos

Neighborhood Notes

Neighbor Ronald Thomas Lammer passed away peacefully in the night on Wednesday, October 28, 2009 from complications after a short illness. Ronald was a loving husband to his wife Diana and an incredible father to his children, Logan, nine, and Desiree, seven. Ronald was 43 years old and was happily married for 12 years. At his service his friends spoke about his passion for living life to the fullest and his dedication to both his family and friends. He made a large contribution to the lives of many. He was deeply loved and will truly be missed by all who knew him. More information will be forthcoming on a fund that is being set up towards the future education of the children.



Marinhelpers.com: Connecting Household Employers & Workers

This new collaboration of several non-profit agencies in Marin County has been called a virtual hiring hall. Marinhelpers.com is partnering with LegalAid of Marin, Canal Alliance and the Ritter Center. Other organizations and agencies, including nonprofits and faith-based communities throughout Marin County, are actively involved in supporting this project. Why is this relevant today? The current model of accessing temporary workers in Marin County has been called ineffective. Temporary workers do not seem to have access to jobs and may lack the skills to market their availability. Some employers looking for short-term help don't know where to turn or they are hesitant to approach workers on the street or without a reference.

Marinhelpers.com is an initiative that aims to bridge this gap and connect workers and residential employers (homeowners and renters) in a legal, safe and more efficient way. Marinhelpers.com is not an employment agency. They provide the opportunity to both parties for a job match. There is no fee and all wages go directly to the workers. But how does this benefit the larger community? By providing an opportunity for communication between prospective employers and workers, Marinhelpers.com aims to maximize the benefits of the Marin labor market for both parties. They deliberately work with marginalized jobseekers with hope that they will move from a position of vulnerability to one of security and economic self-sufficiency. They believe

that helping Marin's temporary workers become more successful will promote a stronger economy and a healthier community for all. Marinhelpers.com hopes to serve as a conduit to connect helpers for any number of possible jobs for residential employers who need assistance with chores and household projects. It's billed as an easy process with same-day help or advance scheduling.

Paul Cohen, Executive Director of LegalAid Marin, will be our featured speaker on January 20th to answer our questions and explore the features and benefits of this new service. Marinhelpers.com will be the focus at our January 20th SMNA meeting.







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San Rafael *Fire Department*

Vegetation Management Program of San Rafael Fire Department, Brad.Mark@srfd.org

The San Rafael City Council has adopted a Wildland-Urban Interface Ordinance and specific vegetation management requirements. This ordinance requires the creation of 100 feet of defensible space around structures in neighborhood areas determined to be at high risk of conflagration (a large destructive fire) due to the amount and type of vegetation interfacing with structures.

The success of this program, and more importantly its ability to reduce the high probability of fatalities and multiple structure loss, depends upon each property owner's aggressive participation to create the required defensible space.

What is defensible space? An area, either natural or manmade, where material capable of causing a fire to spread has been treated, cleared, reduced, or changed to act as a barrier between an advancing wildland fire and resources or lives at risk. In practice, defensible space is generally defined as an area of 100

feet or more around a structure in which combustible brush and dead or dry vegetation have been properly managed to Fire Department requirements.

How will we work with neighborhoods? All property owners within the Wildland-Urban Interface (WUI) areas are obligated to create a required defensible space, and will be provided education, through literature and presentations, to will guide those efforts. Property owners are encouraged to work with their neighborhood associations to gain assistance with the chipping and hauling of the removed vegetation. The city evaluated the hazards of neighborhoods within the WUI areas and divided them into three groups based upon the neighborhood associations. The city's intent is to reduce staff time by concentrating efforts to guide one group at a time, based on the city's July to June fiscal year. Group three will be the focus in 2009-10. In addition, the staff will begin to manage the public lands located within each group's area as required. August 2009 – August 2010: Los Ranchitos, Channing Heights, Glenwood, Terra Linda, and Peacock Gap.

[Ed. note: we will continue this topic in the future.]

COLLEGE OF MARIN EMERITUS CENTER

ESCOM is the self-governing older adult student organization of the College of Marin. The Associated Students of Emeritus College (ASEC) have approved the sponsorship of two additional clubs to their 20-club roster. The new Photograph Club will meet the second Thursday of each month from 1 p.m. to 3 p.m. at the Emeritus Center at the Kentfield Campus. For more information contact Earl Brown, chairperson at 415-464-9229.

The new Architectural Models Club will meet the fourth Thursday of each month at 6 p.m. in the Emeritus Center at the Kentfield Campus. For more information contact Barbu Hanciulesco, chairperson, at 415-927-2183.

Membership in these new and existing clubs is free to members of ASEC. To join ASEC please contact the Emeritus Center at 415-485-9652. Membership in

ESCOM gives you your choice of many special-interest clubs, the newsletter, the forum and other special events, and a voice and vote in ESCOM and other college affairs. Sign up at Emeritus Center on campus or mail your check for \$15 to: ESCOM-Student Services Bldg 148, Emeritus Center, Room 146, College of Marin, Kentfield, CA 94904.



San Rafael Police

A Holiday Reminder: City Social Host Ordinance

By School Resource Officer Harry Barbier

In September of 2007 the City of San Rafael adopted a new municipal code section called the Social Host Ordinance. This law was designed to address juvenile use of alcohol at local parties after a tragic road accident in Novato. In December of 2005, several teens who had been drinking at a birthday party left in a vehicle. They were later involved in a traffic accident by Stafford Lake that took the lives of two of the teenagers.

After this accident happened, several cities and the County of Marin examined possible legislation to curb such activities. Research showed that juveniles in

Marin County have one of the highest drinking rates in the State of California. In addition, it was found that 75% of teenagers who drink alcohol often drink at private house parties. In September 2007 an ordinance was enacted by the City Council to combat this problem. This ordinance holds homeowners and juveniles responsible if they serve alcohol to minors. The homeowner does not have to be present to be in violation of this ordinance.

This law punishes violators either through criminal or civil procedures, depending on the details of the violation. Persons

who violate this ordinance are subject to civil fines ranging from \$250 to \$375. They can also be held responsible for reimbursing the cost of the time of the responding officers. Since its enactment, SRPD has only responded to two occasions to enforce the ordinance, a dramatic drop in calls. It appears to be a good tool to keep our young people safe. For more information contact our Juvenile Officer at 485-3430. Link to SRPD newsletter at http://www.cityofsanrafael.org/Government/Police_Department_Home_Page.htm.



Citizen Police Academy Graduates 22nd Class!

On Wednesday, November 18, the 22nd Citizen Police Academy graduated after nine weeks. This class is designed for community members to get an overview and an inside look at the Police Department's function and operational procedures. During the Academy, students had an opportunity to ride along in a marked patrol car and on the Department patrol boat, to fire a gun at the indoor shooting range. They also attended classes taught by members of the Department in various subjects such as patrol procedures, CSI, investigations, domestic violence, traffic, gangs, drugs, youth services and more.

SRPD's first CPA was held in 1995 and ran successfully for eight years with over 900 graduates. Each class cost the department about \$15,000 and in 2003 the academy had to be discontinued as a cost-saving measure. This year the Police Department received a grant from the Federal American Recovery and Reinvestment Act. The Byrne JAG Public Safety grant of \$109,195 will provide the funding for eight academies over the next four years. The next academy will start February 17, 2010. If interested, apply on-line at www.srpd.org or contact Peggy Ruge at peggy.ruge@srpd.org or 485-3114 for more information.

Long-awaited Grand Opening!

Featuring sliders, Weezy's Grass-Fed Shed opened just before Thanksgiving... in time for a quick lunch, snack or dinner (11am to 7pm). Come for grass-fed tiny burgers, sweet potato fries and enjoy this new to-go place with pleasant outdoor seating. They're located in the Terra Linda Shopping Center across the street from the Terra Linda Rec. Center on Del Ganado Road. Louise Clow-Birkenseer, The Big Cheese, can no doubt tell you all about grass-fed beef and how Weezy got its name!



From left to right, Charmina Pariana, Liza Fronzack, Jose Garcia, Erik Flatt, Veronica Gonzalez, Laurie Silva, Cheri Drees, Leslie McMenamy, Jess Cenica, and Ernesto Navas.

OUR SENIOR COMMUNITY: **Drake Terrace Celebrates its 20-year Anniversary**



Again a picture of residents and guests enjoying the jazz band on our patio.



The Dixie Land Jazz Band Spirit of 29 playing to residents and guests on our patio.

Residents, associates, friends, family and the local Marin community all enjoyed the 20-year anniversary celebration at Drake Terrace, a family-oriented senior living community. Drake Terrace's reputation for providing a warm, friendly family environment is in large part a result of the many dedicated team members who have been building relationships with Drake Terrace residents since the community opened. The community team has over 300 years of service to Drake Terrace residents led by Executive Director Erik Flatt with 19 years. He notes, "Our caring team of associates is dedicated to making a differ-

ence every day in the lives of our residents, their families and our Marin community."

The festivities at our gala celebration included live entertainment, wine tasting, gourmet cooking demonstration, fabulous buffet, raffle and tours of our wonderful community. Drake Terrace, A Kisco Senior Living Community, offers both independent and assisted living services designed to provide each resident the opportunity to share their passions, live in balance and leave a legacy. Drake Terrace is conveniently located at 275 Los Ranchitos Road, close to everything and everyone.



Calling All Boys Ages 11-17
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 www.srtroop101.org email: scoutmaster@srtroop101.org
 Sponsored by San Rafael Elks Club



Cub Scouts

Will Soon Celebrate 100th Anniversary!

Cub Scouts is for boys who are in the first through fifth grades. It is a family-centered, year-round program that teaches positive life skills, values, and attitudes. The Boy Scouts of America will celebrate its 100th Anniversary the week of February 7, 2010. Over 1,000 boys in Marin and two million nationwide participate in the active learning programs of Cub Scouts. Cub Scout activities encourage character development, build citizenship, and promote personal fitness. Boys may join at any grade level; previous scouting experience is not required. Activities include camping, games, swimming, archery, field trips, nature experiences, and making and racing pinewood derby cars. Cub Scouts encourages boys to strive for their personal best, and learn lessons that will help them achieve lifetime success. Watch for more in the next *Terra Linda Wind*.

What is a pack? And how do parents participate? Small groups of Tiger, Wolf, Bear, and Webelos dens com-

prise a larger unit called a pack. Family members volunteer to help run the dens and pack. Pack meetings are held once a month where boys are recognized for their achievements. It's fun for the entire family. Pack meetings are built on a monthly theme. Parents attend den and pack meetings and work with their sons on home-based projects and activities. They participate in planning, leading, and implementing the den and pack activities and being part of the community of families.

What fun activities await you and your son? Field trips include tours of the Exploratorium and aquariums, trips to various locations such as the ocean, woods, community locations-- you name it! Many packs have their boys make and race pinewood derby cars in the spring. These miniature cars race on a 40-foot gravity track and are tons of fun for the boys and their parents. There is no better way to build lasting family memories than in the outdoors. Many adults

speak of how they remember camping opportunities with their parents and friends. Marin Council runs some of the best Cub Scout camps around. They are affordable and packed with activities and fun. Last year, the Scouts in Marin Council also did over 30,000 hours of service projects and collected over 53,000 pounds of food for the Marin Community Food Bank. Cub Scouts are part of this giving back to the community.

How do we join? Call us to find out who your local pack is at the number below. We will help you get connected. If you already know who your local pack is, contact the leader, and schedule a visit. Once you decide on which pack to join, the leaders will have applications for you. Don't wait-- join the fun. Sign up now!

Marin Council, Boy Scouts of America, 225 West End Avenue, San Rafael, CA 94901, 415-454-1081 Fax 415-454-5511 www.boyscouts-marin.org.



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Events

12/10/09

"Growing the Future" exhibition celebrates the rich heritage of family run farms and ranches in Marin, continuing the legacy of locally produced food, presented in the Marin History Museum's Boyd Gate House galleries at 1125 B Street, 415/454-8538, or www.marinhistory.org for hours/details.

12/13/09

Deadline for next issue of the *Terra Linda Wind*

12/14/09

Vallecito PTA Meeting – 8:15am – all welcome!

12/15/09

Jamie Janover: The Physics Theories of Nassim Hamein (theresonsanceproject.org) – www.friendlyfavors.org for details

12/18/09

Vallecito School Holiday Concert & PTA Reception – 8:30am

12/21/09

School holidays run through 01/01/10

01/07/10

17th Annual Heart of Marin Awards – 11am-2pm
www.cvnl.org

01/23/10

75 minute Cleanup and Celebration for the Community – Safe Passage on Lucas Valley Road - 9am-10:15am - A sponsored project of MarinLink & the North San Rafael Coalition of Residents – SafePassageLucasRoad@msn.com or <http://safepassagealonglucasvalleyroad.blogspot.com/>

01/27/09

ORCAS Swim Club - New Family Orientation, Vallecito School's Café Val, 7– 9pm

01/30/10

Orcas Swim Team sign up – T. L. Rec. Center
2-5pm- www.TLorcas.org

02/07/10

Marin Boy Scouts of America
100th Anniversary Week begins staff@boyscouts-marin.org

02/23/10

Making Sense of Men – free
www.understandingmen.com – 800 418-9924x2

03/21/10

Marin Hunger Walk - contact Patty Sanders pattytri@sbc-global.net or 515-6127.

04/13/10

Nature Program Week begins
www.cpcterralinda.org – 479-2712

It's in Every One of Us!

By Richard Miles

It was the mid-1970s. San Francisco was abounding with self-discovery seminars and other exploratory groups. I was organizing and managing weekend conferences for the Association for Humanistic Psychology, The Academy of Parapsychology and Medicine and other progressive thinkers with my own company, Crossroads Communications, partially funded by Werner Erhard of EST. It was an amazing time.

Three hundred explorers gathered at the Unitarian Church on Franklin Street in San Francisco for a workshop hosted by the Psychosynthesis Institute. The leader asked each of us to, within ourselves, quietly make the lowest sound we could make, then reach for the highest sound. As we slid along the continuum of high to low and back, we were to sense a time when we felt a buzz or vibration that was noticeable, then focus on that.

Do you feel a sound? Everyone was asked to make his/her sound out loud. The room filled with dissonant noise. The leader then asked, "While you were making that sound, did you sense or hear another possible sound? Please make that second sound. The room filled with a different sound, not quite as dissonant as the first. Again, we were asked, "While you made that sound, did you sense or hear another sound?" Please make that new sound.

The Room Filled With A Beautiful, Harmonic, G-Major Chord! We sounded like the Mormon Tabernacle Choir!

Those in attendance were not experienced choral singers. They were surprised and joyous about this wondrous sound. To me, this was an example of discovering hidden possibilities within each of us. No

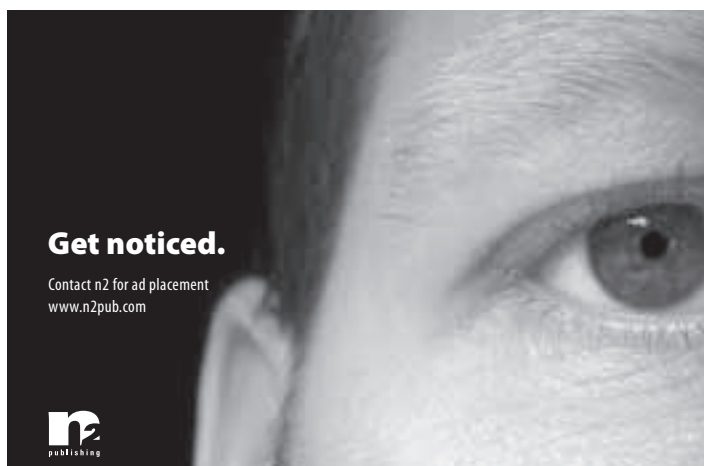
one came to this workshop expecting to do this, but with a few simple clues, we are easily and delightfully able to experience the joy of harmony and shared beauty. What unexpected possibilities and gifts do you carry within you?

A moment of quiet reflection and sharing with others may reveal wonders. These unexpected gifts are already there within you waiting to emerge.


It's in every one of us to be wise. Find your heart, open up both your eyes. We can all know everything without ever knowing how.

It's in every one of us, here and now.
--From David Pomerantz

May you make a joyful noise this holiday season!



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Environmental *Spotlight*

Mother Knows Best: Home Design Inspired by Nature

By Deborah Coburn

We could learn a thing or two from Mother Nature when we feather our own nests. The perfected systems of the natural world support life, nourish the soul and reuse everything in perpetual cycles. By mimicking nature in home design, we can create healthy, eco-friendly environments that reduce waste, soothe and energize.

Biomimicry (from bios, meaning "life," and mimesis, "to imitate") is a design principle that seeks sustainable solutions to human problems by emulating nature's time-tested patterns and strategies. Janine Benyus studied the concept in her book, *Biomimicry: Innovation Inspired by Nature* (William Morrow, 1997). Today, industrial engineers look at mussels that cling to ocean-pounded rocks to learn about water-resistant, nontoxic bonding agents; inventors base designs for fans and pumps on the spiral shape of the nautilus shell and the vortex of a tornado. Even an exterior paint, Lotusan, is designed to simulate the lotus flower's water-shedding surface.

The core idea of biomimicry is that nature, imaginative by necessity, has solved many of the problems we grapple with in modern design. Organizing our homes to reflect nature connects us with the wisdom of 3.8 billion years of what works. Biomimicry in interior design borrows not just nature's look but the solutions embedded in its laws. Follow nature's wisdom and try these seven design principles to make your home more vibrant and beautiful.

"Invest wisely in beauty; it will serve you all the days of your life."
—Frank Lloyd Wright

Follow the light: nature gathers the sun's energy efficiently, using only what it needs to support life. Through photosynthesis, plants convert light energy and carbon dioxide into oxygen, which can be used by other forms of life.

People can use radiant energy in their homes through passive-solar design. South-facing windows warm a room in

winter by letting in the sun's rays. In summer, you can position window shades to shut out hot sun; essentially, you're mimicking the way leaves and flowers follow the sun's movement.

If you install solar panels at your house, the life-giving sun will provide your home with electricity or hot water. You also can save energy by relying on natural light whenever possible. If rooms are dim, consider installing skylights or daylighting tubes. Recent studies show that people think and perform better—and stay healthier—when they're in sync with natural light cycles.

[Ed. note: this thoughtful article will be continued as a series.] Deborah Coburn is a 'Green' interior designer who educates and consults on colors, products and principles inspired by Nature at <http://www.naturallyinspired.net/index.html>

Environmental Forum of Marin Grads Make Law (www.marinefm.org)

David McConnell (27th Forum) and Jim Lammers (30th Forum) were the winners of Jared Huffman's "There Ought to be a Law" contest and now their idea is California law. On October 11, 2009, Governor Arnold Schwarzenegger signed AB 920, which allows owners of solar or wind generation systems to be compensated by a utility for any surplus energy they produce. "As we work towards increasing our energy independence and promoting renewable energy resources, this bill will encourage

more people to invest in renewable energy," said Huffman. "This goes a long ways towards California meeting its goal of the Million Solar Roofs initiative under SB1 and clean air standards established under AB 32, as well as ensuring that consumers get a fair return on their investment." Congratulations David and Jim, graduates of the remarkable program of www.MarinEFM.org, Marin's best kept secret!



The Gallinas Watershed News:

Board Acts to Protect the Bay

Save the Bay reports that fish and wildlife may finally get some relief from pervasive trash pollution. On October 14, 2009, the San Francisco Regional Water Quality Control Board voted to approve historic and long-overdue requirements for cities to make significant, measurable reductions in trash flowing to the Bay. This is great news for the bay! Under the new municipal regional permit, cities and other permittees must reduce trash getting into the bay by 40 percent in the next four years, and achieve zero trash discharge from stormwater within 12 years. Save The Bay is urging the Water Board to work diligently to ensure full compliance with these groundbreaking regulations; and through the Clean Bay Project, will continue to work with cities to help them achieve these important trash reductions. See more at www.marinwatersheds.org/index.html and <http://>

sites.google.com/site/gallinascreekwatershed/ and <http://www.lgvsd.org/stream-restoration-groups.html>. The Gallinas Watershed is also a focus of the North San Rafael Coalition of Residents and Safe Passage on Lucas Valley Road.

Breaking news: The Gallinas Watershed Council reports that the EPA Enforcement Division is currently investigating unpermitted actions of fill and disturbance in wetlands adjacent to parcels bounded by Gallinas Creek. Please forward any information and photos you have regarding dates and events. This is your chance to anonymously submit information for consideration by enforcement.

Contact: gallinasvalley@gmail.com



A Permanent Home for the Farmers' Market

According to Brigitte Moran of Marin Farmers' Markets, who spoke at the SMNA November 18 meeting, a permanent home for the Civic Center Farmers' Market could take the shape of a tensile structure or covered parking on the current "Christmas tree lot." At this location, we learned about the requisite additional milestones to be accomplished: voter approval and \$30M in capital funding for the more ambitious design by Sim Van de Ryn.

The conceptual design drawings for a pavilion include an 80,000 square foot tent-like structure that would provide year-round shelter for the third-largest farmers' market in the state. At other times, the space would still be available for use as a parking lot. However, a permanent building would be open seven days a week to house retail, restaurant and educational spaces under either alternative. Northgate Mall is also a location under consideration in the new Oak Pla-

za location near the parking structure. In either location, the space would celebrate our region's vibrant agricultural roots and support our emerging role as a model for a thriving local economy. To see some of the conceptual plans and preliminary programming study, log onto www.marinagriculturalinstitute.org. The MFM (www.marinfarmersmarkets.org) was recently re-created as the Marin Agricultural Institute, a 501(c)3 nonprofit.

interesting websites



<http://www.marintrails.com/index.html> - Hiking Marin: Your Guide to the Great Outdoors in Marin County, best book!

<http://www.carboncapturereport.org/> - a service of the University of Illinois. The Carbon Capture Report monitors news services from around the world to offer the latest news on carbon capture, carbon sequestration, and climate change, updated every 24 hours, seven days a week. The service scans English-language news articles from nearly every country of the world each day, compiling a list of all articles mentioning these topics, and preparing a series of analytical reports to make it easy to continually keep track of what the world's media is saying about carbon capture.

www.cmcm.tv - Don't let the only media you make be a red light camera ticket!

<http://srtaskforce.org/index> - San Rafael Task Force on graffiti – easy ways to report!

www.AnnualCreditReport.com - request your free credit bureau files annually.

<http://greenbeanscoffee.com/560/> - you can buy coffee for overseas troops here

http://www.cityofsanrafael.org/Government/Police_Department_Home_Page.htm - newsletter.

www.hulu.com – hulu, not cable; watch your favorites, anytime...for free.

www.zynga.com – connect the world through games.

www.momversation.com – mothers' blogs and video.

www.nasaa.org – Senior Investor Resource Center, then "Seniors Summit."

www.FriendlyFavors.org – Friendly Favors (FF) is a Web based community online since August 1999, consisting presently of 57,349 participants, living in 189 countries who are a diverse group of good people envisioning a world that works for all; support each other's projects by sharing our know-how, connections and resources; and report generosity and encourage goodwill by giving referrals and "thank-you"s.

http://disneyparks.disney.go.com/disneyparks/en_US/WhatWillYouCelebrate/index?name=Give-A-Day-Get-A-Disney-Day – volunteer for community...receive free admission to a Disney Park.

www.Marinhelpers.com – new program connecting household employers and employees

www.marinagriculturalinstitute.org – Marin Agricultural Institute is the 501(c)3 non-profit. operating the Marin Farmers Markets, growing a healthy local food system, partnering to build a permanent home for the farmers market.

www.theResonanceProject.org - unification of all sciences and philosophies emerging from a complete and applied view of the physics underlying the wheelworks of nature; a team of scientists study the principles of Unified Field Theory and its applications in a sustainable research environment.

www.mediamatters.org – dedicated to monitoring, analyzing and correcting misinformation.

<http://wondermark.com/566/> - an illustrated jocularity!

www.newamericamedia.org – 700 media collaborate to provide ethnic news and voices.



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1060 Los Gamos #G	Terra Linda Coop	\$299,000	\$290,000	10/23/09	37	3	1.4	1,390	Carport
117 Arlene Ter	Terra Linda Twnhs	\$499,000	\$500,000	11/17/09	31	3	2.5	1,510	2 Car Garage
446 Hibiscus Way	Santa Margarita	\$715,000	\$702,000	11/11/09	42	3	2	1,472	2 Car Garage
343 Devon Drive	Terra Linda	\$839,000	\$839,000	10/23/09	30	4	3	2,009	2 Car Garage
145 Trellis Drive	Terra Linda	\$599,000	\$597,000	11/19/09	17	3	2	1,526	2 Car Garage
958 Las Pavadas	Terra Linda	\$629,000	\$590,555	11/05/09	70	3	2	1,384	2 Car Garage
882 Patricia Way	Santa Margarita	\$599,000	\$620,000	10/28/09	36	3	2	1,608	2 Car Garage
853 Patricia Way	Santa Margarita	\$699,000	\$600,000	10/29/09	249	4	2	2,709	2 Car Garage
2562 Las Gallinas	Lower Lucas Valley	\$545,000	\$535,000	11/17/09	23	3	2	1,544	2 Car Garage
685 Appleberry	Lower Lucas Valley	\$649,000	\$500,000	10/30/09	293	4	2	1,659	2 Car Garage
733 Appleberry	Lower Lucas Valley	\$675,000	\$675,000	10/29/09	36	4	2	1,825	2 Car Garage
1130 Idylberry	Upper Lucas Valley	\$1,025,000	\$923,000	10/23/09	205	4	2	2,125	1 & 1
1312 Idylberry	Upper Lucas Valley	\$1,135,000	\$880,000	11/19/09	381	4	2	1,882	2 Car Garage
1321 Idylberry	Upper Lucas Valley	\$945,000	\$855,000	10/30/09	66	4	2	1,882	2 Car Garage



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Dixie School District
STUDENT CALENDAR FOR 2009/10

School start & dismissal times: DIXIE, SILVEIRA, VALLECITO: K, 8:14 - varies at individual sites (check w/ school) Grades 1-5: 8:14 - 2:35
K-5 Conference Week: 12-25 Minimum Day Dismissal/Wednesday Early Dismissal: 1:25
MILLER CREEK: 8:00-2:50 6-8 Conference/Minimum Day Dismissal: 12:00 Wednesday Early Dismissal: 2:00

School Month	M	T	W	T	F	
Aug / Sept 2009	17	18	<19>	<20>	<21>	AUGUST 19, 20, 21, 24 K - 8 TEACHER WORKDAYS/STAFF DEVELOPMENT
	<24>	25*	26*	27	28	AUGUST 25 FIRST DAY OF SCHOOL (TUESDAY) EARLY DISMISSAL DAY: GRADES 1 - 5 @ 1:25 PM AND GRADES 6 - 8 @ 2:00 PM NOTE: 8/26 (W) IS ALSO EARLY DISMISSAL
	31	1	2*	3	4	SEPT 3 6 - 8 BACK TO SCHOOL NIGHT
	7	8	9*	10	11	SEPT 7 LABOR DAY
	14	15	16*	17	18	SEPT 16 K - 2 BACK TO SCHOOL NIGHT
	21	22	23*	24	25	SEPT 17 3 - 5 BACK TO SCHOOL NIGHT
	28	29	30*			26
Oct.				1	2	
	5	6	7*	8	9	OCT 2 K - 8 PROGRESS REPORT
	12	13	14*	15	<16>	OCT 16 K - 8 STAFF DEVELOPMENT DAY (NON STUDENT DAY)
	19**	20**	21**	22**	23**	OCT 19 - 23** K - 5 CONFERENCE WEEK (12:25 PM DISMISSAL)
	26**	27**	28**	29**	30**	OCT 26 - 30** 6 - 8 CONFERENCE WEEK (NOON DISMISSAL)
Nov	2	3	4*	5	6	
	9	10	11	12	13	NOV 11 VETERANS DAY (NOTE: 11/10 FALL VISITATION DAY)
	16	17	18*	19	20	NOV 20 END OF FIRST TRIMESTER (K - 8)
	23	24	25	26	27	NOV 26 LOCAL HOLIDAY NOV 26 - 27 THANKSGIVING PROFS
	30					17
Dec.		1	2*	3	4	
	7	8	9*	10	11	DEC 11 K-5 REPORT CARDS
	14	15	16*	17	18	DEC 21 - JAN 1 WINTER RECESS (STUDENTS RETURN ON JAN 4)
	21	22	23	24	25	
	28	29	30	31		14
Jan. 2010					1	
	4	5	6*	7	8	JAN 18 MARTIN LUTHER KING DAY
	11	12	13*	14	15	JAN 22 K - 8 PROGRESS REPORTS
	18	19	20*	21	22	JAN 25 K - 8 STAFF DEVELOPMENT DAY - COUNTYWIDE (NON STUDENT DAY)
	<25>	26	27*	28	29	18
Feb.	1	2	3*	4	5	
	8	9	10*	11	12	FEB 15 PRESIDENT'S DAY
	15	16	17	18	19	FEB 16 - 19 MID-WINTER RECESS
	22	23	24*	25	26	15
March	1	2	3*	4	5	
	8	9	10*	11	12	(NOTE: 3/9 SPRING VISITATION DAY)
	15	16	17*	18	19	MARCH 12 END OF SECOND TRIMESTER (K - 8)
	22	23	24*	25	26	MARCH 26 K-5 REPORT CARDS
	29	30	31*			
April				1	2	
	5	6	7*	8	9	APR 12 - 16 SPRING RECESS
	12	13	14	15	16	APR 22 5 TH GRADE PARENT NIGHT
	19	20	21*	22	23	APR 30 K - 8 PROGRESS REPORTS
	26	27	28*	29	30	17
May	3	4	5*	6	7	
	10	11	12*	13	14	MAY 20 OPEN HOUSE 6 - 8
	17	18	19*	20	21	MAY 26 OPEN HOUSE K - 5
	24	25	26*	27	28	MAY 31 MEMORIAL DAY
	31					20
June		1	2*	3	4	JUNE 10 8 TH GRADE GRADUATION
	7	8	9*	10	11**	JUNE 11** LAST DAY OF SCHOOL (K - 8 MINIMUM DAY) K-5 REPORT CARDS
	<14>	15	16	17	18	JUNE 14 TEACHERS WORK DAY (HALF DAY)
						8

* Early Dismissal Day ■ Holiday No School Board Approved - March 24, 2009
** Minimum Day <-> Staff & Site Dev. Days



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Before coming to Prima, Dr. Tang was working at the Naval Medical Center in San Diego as a primary care physician. She is excited to build her practice here and form lasting relationships with her patients. She has moved here with her husband, also a physician, and two young daughters.



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