

## The State of the State

We had an exciting summer with all sorts of activities. In previous Newsletters, we asked our neighborhood if there were any events which they would like to see happen. And, one suggestion was to bring back the ice cream social and another was to have a movie night. Over the summer we had both of these events. They were tremendously successful as those who attended enjoyed themselves immensely. But, there were so few attendees. The cost of having these events was great but we still organized, advertised, and welcomed all to attend. With the lack of resident dues and our dwelling coffers, we will have to make some changes to the number of events we host. For 2026 we will host, the ever popular, Neighborhood Winter Soiree on February 7<sup>th</sup>, with the return of the silent auction, and in the Summer, we will host the yummy Ice Cream Social. We hope you will enjoy one or both of these events.

Here are some pictures from Summer time events.

Ice Cream Social



Ember Stomp



Movie Night



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**Celebrating Our Friend and Neighbor, Sister Marion Irvine, OP**

We recently lost a valued member of our community with the passing of Sister Marion Irvine. Sr. Marion could be seen on any given day walking our neighborhood and stopping to greet any four-legged friend she may have met along the way. The pups quite often knew she was around before their humans knew as she always had a doggy treat in her rollie and they could hear her coming.

Sister Marion was a Dominican Sister of San Rafael for 76 years. Whether in Catholic education, at the finish line of her next race, or in the midst of an injustice in need of a voice, Sr. Marion will be remembered for her wisdom and leadership combined with a deep sense of service, faith, and sharp wit.

Sr. Marion had a deep love for literature and loved being a teacher, teaching English, math, religion, and science. Honing her voice and leadership skills, she went on to serve as an administrator and principal of several Dominican schools. She also served five years as Assistant Superintendent for Catholic Schools in the Diocese of Santa Rosa and six years as School Superintendent for her congregation, a role she especially cherished for the chance to visit Sisters in their classrooms and convents.

At age 48, encouraged by her niece to improve her health, Sr. Marion began jogging – and quickly discovered her natural gift as a runner. In her 50s she rose to international fame as an elite masters runner earning the nickname “The Running Nun”. She broke numerous world and American age group records and won five gold medals at the 1989 World Masters Championship. At age 54 she became the oldest athlete to qualify for the US Olympic Trials. She appeared on national television and was the subject of a documentary. She was inducted into both the Road Runners Club of America and the USATF Masters Track & Field Halls of Fame.

Among Sr. Marion’s passions was the Dominican University Women’s basketball. At any game she could be heard loudly cheering from her dedicated seat with her signature “Whose House” chant.

Her spirit lives on in all who knew Sr. Marion and she will be sorely missed.



## Neighborhood Safety Tips

In recent months there have been a couple of disturbing trends which have given the neighborhood concern. In June there was a home burglary in which the owners were asleep in their bed when they heard a noise downstairs. They shouted and the intruders left rapidly. Another instance was the theft of articles from a garage. A neighbor saw the thieves taking the items from the garage, knew they were not the owners and contacted the San Rafael Police Department.

Your Association contacted the San Rafael Police Department and spoke with their high-ranking contact within the department. When asked if there is something the neighborhood could do to protect themselves, our SRPD contact offered that quite often these types of crime are those of opportunity. It was suggested that we take a more defensive approach as crime is increasing everywhere. Our little harmonious bubble of calm and tranquility is not immune to such crimes. Here are some suggestions that we can do for ourselves and our neighborhood.

Do not leave weeks of newspapers in the driveway – this gives a clear signal that there is no one home and a prime target for a burglary.

Do not leave garbage cans out after your pickup day – this again gives a clear signal that no one is home. Perhaps ask a neighbor to place the empty cans back in their storage area, or if you see your neighbors cans out and you know they are away for a couple of days, take protective measures and put the cans away.

Lock your windows and doors – unfortunately most of us grew up in a time when it was safe to leave the house unlocked and no one would enter. But, we are in different times and even in our “bubble” there are those who will take any opportunity to take your possessions.

Do not share with others that you are leaving town – by all means, share with your trusted neighbors, but those who may be around your home who you do not know personally, will see this as an opportunity to take what is not theirs.

Invest in an alarm or video surveillance systems – most alarm systems are quite efficient and give that peace of mind that your home is being watched while you are away. A video surveillance system will offer more than just an alarm, but the added ability to see on your phone what is causing an alert. Some systems offer the ability to remotely speak to the intruders.

Our SRPD contact offered that the department has a registration process for the cameras which will give them the added ability to know if there are cameras in an area where a crime may have happened. It is so beneficial to them to be able to see for themselves any intruders. It is also a tremendous deterrent to have alarms or cameras visible. Thefts don't want to get caught and will often defer to another property without surveillance rather than the home which is protected. Here is the link to the SRPD camera registration: <https://www.srpd.org/camera-registration>

Your contribution to the safety of your neighborhood is only as strong as those who protect and are aware. If you see something that is just not quite right: **Call the SRPD 415-485-3000 or if an emergency call 911.** You and your neighborhood safety is SRPD's greatest concern, and they are here to help.

## Did You Know?

Recently, I had to replace the springs with my automatic garage door system. One day, out of the blue, the door just refused to lift. The motor sounded like it was struggling, but it would lift a fraction and then stall. I called Northgate Garage Door who has been servicing my garage door for years; they promptly sent their #1 technician. The diagnosis was swift, one of the springs just gave out. Garage doors springs last upwards of 15 years and mine had been there for the 22 years I've lived in my home. So, a replacement for both springs was in order. I discovered the motor would probably give out next as its life expectancy was less than the springs. I had often feared a power outage as my wood garage door was very heavy to lift. If there was no power, how would I get my car out? Apparently, there is a new regulation that all garage door openers are now to have a battery backup for just that instance when the power is out. An answer to my prayers. So, for a very reasonable amount a new garage door opener motor was installed. You can't imagine the relief I felt to not have this concern nagging me. Northgate Garage Door was polite, efficient, and timely in obtaining the parts for my repair. If you have an old garage door motor, I would strongly suggest replacing it as the battery backup is now standard issue.

## Dog Walkers

In recent months, we have seen an uptick in dog walking services using our neighborhood streets. Our streets are safe and it is a pleasant area to walk their charges. For the most part the walkers are courteous and pick up after their charge, but there are a few who walk the area with their noses in their phone and are not paying attention to what their charge is doing. Take extra poop baggies with you and offer if you see someone not keeping our neighborhood clean. Thank you!

## One Walker Extraordinaire

With the previous mention of Dog Walkers, we must take a moment to point out one extraordinary dog walker. We have seen Toby, founder and CWO (Chief Walking Officer), for years with his daily group of pups as they walk through our neighborhood. We have asked around and there are many within our neighborhood who use his services (check the website for all that is available to the pet owner). Thank you, Toby, for being a courteous walker and pal to our four-legged friends. For more information visit: "Leg Up Dog Walking" [www.leg-up.com](http://www.leg-up.com) or write to [info@leg-up.com](mailto:info@leg-up.com).

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## Little Penguins Story Time

Join us for more stories, songs, and silliness.  
Always 10 am at the Dominican Library.

### Fall 2025 Dates

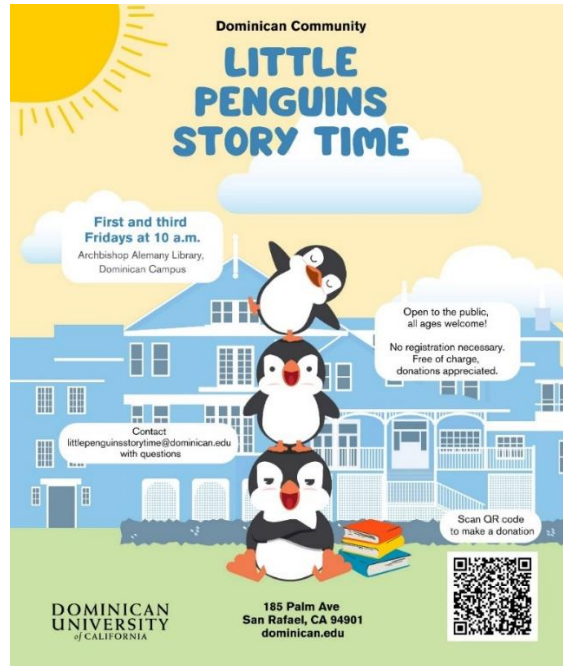
September 5

October 3 and 17

November 7 and 21

December 5 and 19

(No story time September 19)





## Christmas Tree Fundraiser and Community Christmas Celebration

As the holiday season approaches, we're excited to share with you the **Dominican Athletics Christmas Tree Fundraiser!** This is an opportunity for the department and student-athletes to spread holiday cheer and give back to the community!

Through this fundraiser, supporters can:



Buy a tree for their own home



Donate a tree to a local family in need



Send a tree to our troops to bring them holiday spirit while they're away from home

This initiative is more than just a fundraiser, it's a chance for our athletics community to make a visible, lasting impact on campus and in the neighborhood community. Every tree sold or donated helps us build community connections, support families, and show our appreciation for those who serve.

Here's the link to the store to order your tree, wreath or to donate a tree to someone in need or someone that served.

<https://fundraiser4us.com/shop/DUC-Athletics/>

A few quick reminders:

- **The Fundraiser Store closes on November 16th at Midnight.**
- **Dominican Athletics will be having a Christmas tree celebration pick up party to pass out the trees on December 6th, 12-4pm in the Conlan parking lot. There will be holiday music, Chilly the Penguin, kid and adult beverages and possibly an appearance by Santa.**

Thank you for your support

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## Holiday Craft Market, November 8th



## Change in the Air: Fall Native Gardening on the Dominican Campus

Greetings from the caretakers of the Daniel Stralka Memorial Pollinator Garden. In the last newsletter we reintroduced this magical corner of campus with its native (and other pollinator) plants that support local ecology by providing habitat and forage for birds and other pollinators. Native gardens also bring a sense of place, connecting us to the natural landscape. According to local author, Helen Popper, in her book *California Native Gardening*, "From each native garden, a thread extends to the exquisite tapestry that defines our state."



Speaking of tapestry, be sure to check out the fall color on display—and we don't necessarily mean leaves. Red Toyon berries, pink CA Fuchsia blooms, CA Wild Rose rosehips, fluffy Coyote Bush blooms, bold pink Hummingbird Sage spires, and fire red Island Snapdragon blooms are all on display right now. Fall is the perfect time to plant before the winter rains. It's also a good time to prune dead wood from tree branches before storms arrive to blow them down. Finally, resist the temptation to rake all fallen leaves and plant stems. A layer of leaves is vital insulation from the cold for the many animals that hide within (or in the soil beneath), like many butterflies. Others, like many native bees, nest within stems, flower heads, or pieces of wood.

Next up: join us on Saturday, November 15th from 10am-12pm for our second work party at this location. We're excited to co-host this one with Dominican students from Bus4046, as well as a few guest professors and other student groups on campus. We'll have tools to use and snacks to share, so just bring yourself for a morning of curiosity, connection and care (hint: this wording is coming soon to our new garden signage, in production now)!

**Want to get involved?** Join a Refugia Marin Work Party to meet neighbors, learn about pollinator gardening, and restore habitat. To volunteer or learn more, email [helen@refugiamarin.org](mailto:helen@refugiamarin.org) or visit [www.refugiamarin.org](http://www.refugiamarin.org). You can also follow us on Instagram @refugia.marin!



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## Save Dominican Valley



### An Update from Save Dominican Valley

Go to the SDV website (<https://savedominicanvalley.com/>) for the latest developments. The SDV site is updated regularly and shares valuable information. If you would like to receive timely communications directly, please register your email address on SDV website.

## Think About a Block Party!

Want to meet and welcome new neighbors down your street? Anxious to get your neighborhood together? Think about having a Block Party! It's truly simple. And the payoff is big!

All you need is:

- a front or back lawn
- A few tables for hors d'oeuvres and drinks (coolers)
- Make it a potluck: bring your favorite hors d'oeuvre and drinks
- Maybe a speaker for music
- Name tags
- Send invitations to mailboxes or email.
- Suggested time 3:00 to 6:00 pm.
- Blankets or quilts to throw out on the lawn, beach chairs

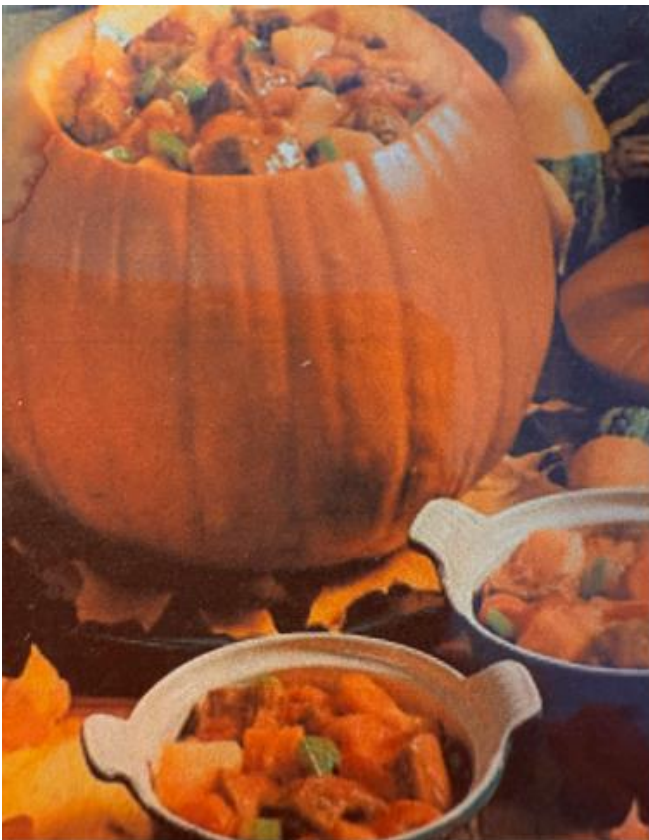
Maybe have games:

- Egg Toss. (People stand in two parallel lines facing each other. You start up very close to each other, tossing the eggs to one another. Then you step back and throw again until one couple is the winner! This is always a huge success! Have lots of eggs handy!
- Decorate your bikes! Kids love this! Have crepe paper and balloons available.
- Water balloon toss in two lines like the egg toss!
- Two-legged race (tie legs together with bandannas)
- Upon arrival, each person is given a sticker for their back with the name of a famous person, and they must ask questions of others to guess their identity. Great way to mix up the crowd.
- Guess how many candies are in the jar!

Above all, KEEP IT SIMPLE! Maybe this will become a tradition in your neighborhood that OTHER neighbors will take on each year!

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## Favorite Fall Recipes:



### **Pumpkin Stew**

2 pounds beef or lamb stew meat, 1 inch cubes  
 3 tablespoons canola oil, divided  
 1 cup water  
 3 large potatoes, peeled and cut into 1 inch cubes  
 4 medium carrots, sliced  
 1 large green pepper, cut into 1.2 inch pieces  
 4 garlic cloves, minced  
 1 medium onion, chopped  
 2 teaspoons salt  
 1/2 teaspoon pepper  
 2 tablespoon beef bouillon granules  
 1 can (14 1/2 ounces) diced tomatoes  
 1 pumpkin (10-12 pounds)

~In a Dutch oven, brown meat in 2 tablespoons oil. Add water, potatoes, carrots, green pepper, garlic, onion, salt and pepper. Cover and simmer for 2 hours. Stir in bouillon and tomatoes, Wash pumpkin; cut to 6-8 in. circle around stem. Remove top and set aside; discard seeds and loosen fibers from inside.  
 ~Place pumpkin in a shallow sturdy baking pan. Spoon stew into pumpkin and replace top. Brush outside of pumpkin with remaining oil. Bake at 325 for 2 hours.  
 ~Do not overtake. Yield 8-10 servings.

## Neighborhood Reminders and Updates:

### Community Firewise Certification

Be sure to visit our website [Dominican Neighborhood News](https://dominicanneighborhoodnews.com) to obtain a copy of the Firewise certificate for 2025 to share with your fire insurance company. We are a Firewise community, and with that many insurance companies offer a discount on your fire insurance policy.



### DBCNA Membership Form:

Date: \_\_\_\_\_

Please complete this registration form. (One form per household)

If renewing, kindly indicate any changes – otherwise provide only **mobile and landline telephone numbers**.

NEW MEMBERSHIP     RENEWAL     Check if any changes to email/phone

#### **SECTION 1: MEMBER CONTACT INFORMATION**

<b>NAME</b>			
<b>Additional Name</b>			
<b>ADDRESS</b>		<b>LANDLINE PHONE</b>	
<b>TOWN/CITY</b>	San Rafael	<b>MOBILE PHONE</b>	
<b>ZIP CODE</b>	94901	<b>PRIMARY EMAIL</b>	
		<b>Additional EMAIL</b>	

#### **SECTION 2: MEMBERSHIP AND PAYMENT DETAILS**

	<b>DESCRIPTION</b>	<b>MEMBERSHIP DUES (Annual)</b>
<b>Membership</b>	Household Membership	\$40
<b>Optional Donation</b>	Optional Donation	
	Total	
<b>PAYMENT METHOD</b>	<input type="checkbox"/> Personal Check <input type="checkbox"/> Cash <input type="checkbox"/> Online Payment	

**To pay online with PayPal:** Go to <https://dominicanareanews.com/>

**To pay by check:** Send this form with a check made payable to: DBCNA, P.O. Box 151702, San Rafael, CA 94915-1702

#### **SECTION 3: ADDITIONAL INFORMATION**

Please indicate if you would be willing to help with any of the activities listed below:

Social Events     Deliver Newsletters     Write newsletter or web articles     Disaster Preparedness     Crime & Safety Committee     Web Postings  
 Membership Committee     Serve on the Board     Other \_\_\_\_\_

Thank you for being a member!