

Produced by the
Board of Directors
of the Muir Woods
Park Community
Association
July 2021



Fire Department Inspections Complete Let's Take Action

From June 21-25, teams of inspectors from the Marin Wildfire Prevention Authority fanned out through the Muir Woods Park community looking at individual properties and common spaces searching for ways to improve our environment in terms of fire safety. Using a new digital method, neighbors were given a code to download their inspection reports [online](#). The reports are filled with recommendations, home images and information. According to **Throckmorton Fire Station Senior Captain Aaron Jarvis** "It's important to raise awareness of the fire dangers in our community. These inspections should be treated as a teaching moment for us all. I'm looking forward to our free Chipper Days to see the measurable steps we have all taken. Thank you for everyone's cooperation!" See below for free Chipper Days info - Bring your items to the MWPCA Clubhouse at 40 Ridge.



Inspectors Jessie Hise and Kyle Nicholes with the Marin Wildfire Prevention Authority. They provided excellent safety ideas.



Flammables under the house need to be removed. Luckily the Chipper Days include Hazardous Materials drop off.



A clean roof gets a thumbs up. Make sure to keep gutters and skylights clean from flammables.

FREE CHIPPER DAYS
& **HAZARDOUS MATERIALS DROPOFF**

JULY 31 ~ AUG. 21 ~ SEPT. 18

mwpcam@mounttam.org

New Four Corners Sign Built By Members

The MWPCA has had a sign at Four Corners for as long as we can remember, and

over the years it's taken a beating from the wind and moisture. It became impossible to keep the announcements inside dry and intact, so the MWPCA Board decided a new sign was needed. Luckily we have talented volunteers who produced a beautiful new sign structure at the entrance to our neighborhood.



Thanks to Board member and wood artisan John Lovell, artist/designer Sandra Murray and member Reya Uncapher.



Superstar volunteer and artist Reya Uncapher. We love it when members join in. We can always use extra hands.

Get Involved! It's so nice to get to know your neighbors and help out in our gorgeous community. Contact us at mwpcamttam.org if you'd like to join the fun.

Mountain Emergency Team: Ready For the 2021 Fire Season

After a long Covid-related hiatus, our Muir Woods Park all-volunteer team of Street Liaisons are again at work making contact with residents in their assigned areas to introduce themselves, and to collect and record your names and other essential contact information. This information will not be shared but intended for use in an emergency. The idea is to provide everyone with a complete collated telephone tree so we can easily communicate with our nearest neighbors. This important information may have been collected the first time around (pre-shut down), but in the interim there have been a number of home sales and new people joining our neighborhood.

Starting anew, MET members, under the direction of the MWPCA board's Committee for Safety/Emergency/Disaster Preparedness, are responsible for conducting an accurate, updated census of all residents in our fire-sensitive area. This effort is enthusiastically endorsed by our Throckmorton Ridge Fire Station Captain. The MET Street Liaison will also remind us to register for Marin Alerts notifications, have grab and go bags ready for each family member (include pet supplies), have adequate shelter-in-place supplies, and to devise (and rehearse) a family plan for staying in contact during emergency situations or managing an evacuation scenario. In the near future, the MET will host an immersive orientation and informational meeting with a representative from Throckmorton Ridge Fire Station.

WE NEED TO EXPAND OUR RANKS! There are several areas of our community that still lack an assigned street liaison: Panoramic Hwy 200's, Panoramic Hwy 500's and Panoramic mid-700's, plus portions of Washington Park. Please join us to help build a safe, neighborly community.

For further info, contact: Faybeth Diamond 415-244-4516 fbdlive@comcast.net

Member Spotlight: Olivia Ann O'Day's Mt Tam

The Tamalpais mountain has given me far more than



endless trails to blaze. It's given me a safe place to look within and explore my deepest self. I'm inspired to teach meditation and yoga to our community so that I can share some of the insights I've gained through my own journey living in this beautiful region and provide practical entrance points to further students own spiritual journey.

My vipassana meditation teachings offered at

Wellness On the Mountain emphasizes breath and

mindful presence. I draw my dharma talks from yogic, Buddhist and contemporary philosophies that blend together and focus on practical implementation to our everyday lives. I also enjoy supporting students in trusting and following their heart, manifesting their dreams and being of service to greater good through their own unique talents and interests. Come join me every Wednesday at 7:00-8:30 pm for a cozy meditation practice followed by a workshop inspired dharma talk to further connect with our community here on the mountain top! oliviaannoday@gmail.com

Wellness on the Mountain

Mobility and Strength Training with Steve Siskin (stevesiskin@gmail.com) Mondays 4:00–5:00pm

Meditation and Dharma Talk with Olivia Ann O’Day (oliviaannoday@gmail.com) Wednesdays 7:00–8:30pm

Vinyasa Yoga with Jacqueline Besse (jacqueline.malan@gmail.com) Tuesdays 4:30-5:30pm (by reservation)

Awareness Liberation & Teachings of Eckhart Tolle with Mark Spitalny

(mark@awarenessliberation.com) Thursdays* 7:30-9:00pm (*not the 2nd Thursday)

Please contact the teacher to reserve your space and to be informed of any changes to the schedule.



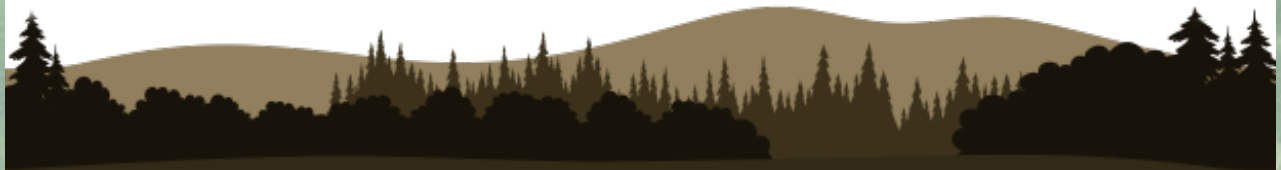
Emergency Contacts

While not complete, below please find a list of emergency services. Also listed are our local health agencies. Remember, **911** is always the best number to dial in an emergency.

Emergency & County Services

- 911
- [Marin County Sheriff](#)
- [Nixle Alerts](#)
- [Alert Marin](#)
- [Marin County Health & Human Services](#)
- [Mental Health Services](#)
- [Aging & Adult Assistance](#)
- [Food Resources](#)
- [MWPCA Board of Directors](#)

- [Marin County Fire Department](#)



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