



# The Lookout

Muir Woods Park Community Association

[www.mounttam.org](http://www.mounttam.org)

May—July 2011

415/381-3119

## Disaster Emergency Preparedness Susan Johnson

How safe are you in the event of an earthquake, fire, or major storm? Do you have provisions to withstand 5 days without power, water, food or heat? Who are your neighbors? Would one of them need help? How would you travel to safety in the event of fire and blocked streets? What would you do to protect your children, the elderly, and pets?

I think most of us living in the Muir Woods Park community are vaguely aware of the risks associated with living in a remote area. We assume the fire department and medical personnel will respond immediately to us in a disaster. However, this may not be the case. There will be a response, but with no guarantee of immediate help from County emergency service providers. We are at high risk of being cut off from the outside world following a major disaster. County emergency response organizations will be immediately overwhelmed. Properties in the Throckmorton Ridge are often spread out and hard to access. Our fire station serves Muir Beach, Muir Woods, Marin Municipal Watershed, the southern and western Marin coasts, Mt. Tamalpais and the urban-interface areas above Mill Valley.

To make certain emergency response plans are current, this spring Dave Carr, Throckmorton Ridge Fire Captain (recently retired), called for the reactivation of the Throckmorton Ridge Disaster Council. The original Throckmorton Ridge Emergency Operations Plan was created for the Disaster Council volunteers of Throckmorton Ridge. It focused on the impact and challenges associated with a catastrophic event on residents and how they can coordinate with County emergency services to respond.

Two meetings to form a new Disaster Council have been held. Attendees were Dave Carr, Susan Johnson, Jay Harvey, Brad Silen, Carter Collins, Jean Sublett, Cherie Anderson, Virginia Soper, Dan Capshaw, Dean Cookson, Del Goetz, Jack Helsper, Scott Wilmore, and Ted Lee. At the March 19<sup>th</sup> meeting the Council reviewed and updated the Emergency Operations Plan for Throckmorton Ridge. This group will meet again on May 7<sup>th</sup> at the Throckmorton Ridge Fire Station. The Council will continue to review the plan and assemble the response teams responsible for Command and Coordination, Communication, Shelter Management, Medical Care, Animal Rescue, Damage Assessment, Emergency Supplies, Volunteer/Personnel Coordination and Neighborhood Organization.

The Muir Woods Park Community Association has begun the task of organizing the Neighborhood/Streets. Jean Sublett has devoted many hours to contacting and enlisting 'Street Liaisons' who will be the primary contacts between residents and the Disaster Council Operations Command at the Fire Station.

In the next few months Street Liaisons will survey their neighbors and gather information. Each Street Liaison will assemble a complete list of people who live at each address; their contact information, special needs, and skills/resources neighbors have to share. When you are contacted please provide the information they ask for in a timely way. Don't ignore or put off the request. The Liaisons are volunteering their time and energy to make our whole community a safer place in which to live.

The current Liaison volunteers are: Diane Yates, Annie Spillane, Jack Kanner, Jan Werner, John Manderfeld, Jane Allen, Faybeth Diamond, Woody and Beverly Anderson-Payne, Mary Janigian, Nancy and Jeremy Gribler, Jack Helsper, Jim Bramell, Tom Lovelace, Emily and Bob Clemons, Anna and Carlos Noguero, Suzanne and Chris White, Laura Chariton, Ted Lee, Scott McBirney, Karen Buckter, Lila and Bill Daniels, Virginia Soper, Dan Capshaw, Kate Walton, Dick Popson, Carter Collins, Tom Rutter, Bob and Judy Graham, Amy Kalish, Etta Deikman, Barbara Hockman. Several others have shown interest but are undecided.

Some streets are still without a liaison: Kent and Palm, Kings' Way (Off Edgewood), Mono Way, Sunrise/Chanticleer, Sunnycrest. Washington Park needs additional volunteers.

Areas of Panoramic are needed: Addresses: 270 to 284, 295 to 301, 318 to 390, 455 to 479 (west side), 534 to 546, 560 to 572. If your home is on one of these streets, please help find a volunteer to act as a liaison. Contact Susan Johnson or Jean Sublett to submit a name.

Maintaining our community means protecting ourselves by helping one another. We cannot rely on County emergency services for immediate help. We must have plans to respond to an emergency, ensuring that everyone is accounted for. One of the quotes I heard is, "Failing to prepare for an emergency is a plan for failure, injury, and unnecessary destruction."

- Susan Johnson, [susancaj@comcast.net](mailto:susancaj@comcast.net), 388-7267  
- Jean Sublett, [Jeanlhs@aol.com](mailto:Jeanlhs@aol.com)

## MWPCA President's Report

With only the first quarter completed, the MWPCA already has almost as many members as last year's highest-in-memory total. Many of the 2011 members are new, we especially welcome you and hope you participate in our various activities. Those of you who haven't yet joined, please consider doing so.

Finances continue in excellent shape, with dues and rental income rolling in at the fastest pace yet.

Most of the usual activities continue throughout this year, including children's and adults' parties and Yoga on the Mountain. In addition, the Throckmorton Ridge Fire Station has approached us about an encore performance of last summer's "Chipper Days". No date has yet been selected, but we will let you know when the time comes.

We haven't yet decided on the main projects for 2011, which may include grading and graveling the driveway, adding gravel to the upper and lower parking lots, and replacing the sunny but worn west side of the building.

- Peter Hindley

### Board Meeting Highlights

Note: Complete MWPCA Board minutes are now posted online at: <http://www.mounttam.org>

### Save Sunday, July 10th for the 2nd Annual Informal BBQ at the Community Center

Last year about 25 people enjoyed an informal lunch. It was so successful we'll hold another event. All you have to do is bring something to share, your own meat for the BBQ and whatever you'd like to drink. We'll begin at noon and take it from there. For more information, contact Lila Daniels at [lilasd@aol.com](mailto:lilasd@aol.com).



## St. Patrick's Dinner Great Fun!

With the help of about 15 people, Lila Daniels and Susan Johnson managed this year's dinner, giving Lynn Hindley a much-deserved break! All went well and we had the usual 60 people. It was wonderful fun.....and delicious, too! The tradition lives on. Many of us think this is the best social event of the year.



Those helping Lila and Susan include: Foo Kennedy (bar and music), Nancy Gribler, Bob and Judy Graham, Bill Daniels, Laura Andrews Bissarra, Claire Calvino, Kathleen Delehanty, Scott McBernie, Derrick Chan, Peter Hindley,

## Kids Easter Egg Hunt Party a Ton of Fun!

A small but eager group of egg-finders gathered on Saturday, April 23rd at the MWPCA Community Center. Plenty of eggs (and parents) on hand for another successful children's event.



For more information about future events, for the kids here on the mountain, please contact me at 383-3185.

- Jennifer Sheetz

## Knitters: "Mt .Tam Purls"

### 4th Wednesday of the Month, 3:00—5:00 PM

This group is gathering steam as it continues to grow. There is now a group of about 7 regulars who get together and share projects and tips. Location is rotating with group members volunteering to host the group at their homes. Last month Ginnie Meyer took at turn. Not only did she outdo herself with treats, she offered a tour of her lovely (and fire sensitive) garden. Come join the group. For details contact either Ginny Meyer at [vhmeyeresq@aol.com](mailto:vhmeyeresq@aol.com) or Lila Daniels at [lilasd@aol.com](mailto:lilasd@aol.com) for meeting location.

## Dave Carr Retires from Throckmorton Ridge Fire Station

*Dave Carr worked for the Marin County Fire Department for 36 years, more than 30 of those years at the Throckmorton Ridge Station. In March of this year Dave retired as the Senior Captain. He has always been a trusted and beloved member of our community.*



### **When did you become a firefighter?**

Right out of school at the age of 19. My dad was familiar with the job and encouraged me to go after it. I started out in Tomales, then was sent to Throckmorton on a relief shift. As soon as I got there, I knew this was the station for me. I'd leave for an assignment elsewhere, then something always would bring me back. Sometimes it was circumstantial, nevertheless it always seemed to happen that way. My destiny was always to be on the mountain.

### **What do you love about Mount Tam?**

Just about everything. I can't think of anything I don't love, and especially the community. I started working there as a kid with the volunteer fire brigade and I think of many community members as long time friends. It's been a privilege to be able to work up there. Sometimes when I'm on a call deep in the woods on a trail I'd be thinking: I can't believe I get to work here with a region that spans from the ocean to the top of a mountain.

### **What changes have you seen on the mountain?**

Over the years, I've seen more of an awareness in fire and life safety in terms of vegetation management in particular. People are more accepting about treating the land and vegetation in responsible ways and have taken an active role vs. sitting back and watching. There's always been an ebb and flow in community participation. Del Goetz was a pioneer in disaster preparedness and now I'm particularly excited about the new Disaster Council. In terms of the local agencies, I've seen big changes. There's been a 'boundary-drop' philosophy with the Federal Parks, State Parks, Water District, law enforcement and fire agencies all working and training together so that efforts are much better coordinated.

### **The new Throckmorton Ridge station was a big change. What was that like?**

I wasn't assigned during the construction, and couldn't bring myself to participate in all the 'destruction' exercises

(burning the building, etc), it was too emotional as it felt like we were tearing down a family home (even though it was furnished with Goodwill cast-offs). The crew spent 650 (and we counted every one) days in trailers and it was wonderful to move into a new station. It's an unsurpassed location for a fire station.

### **What are some memorable calls?**

Two come to me right away. One was a few years ago when I was doing dishes at the window, I looked up and there was a shirtless man. He asked me for some clothes. I looked down and could see he was naked! It was a very hot day and as he climbed up the mountain, he'd shed clothes. On the way back he couldn't find any of them. We put some clothes on him and gave him a ride. Just recently we had a fantastic call where we assisted a young family in a birth. They come up and visit us now and then which means so much to us.

### **What were some of the challenges?**

Because I have been a member of the community for so long, it was particularly difficult when we'd be on an emergency response with someone that we knew. I think it was easier for them to see a friendly face, but it's always harder to detach in those situations.

### **How could the residents of Mt Tam be better prepared for a disaster?**

Involvement with the Disaster Council will encompass many different areas and issues. I like the Get Ready Marin Program (info at [getreadymarin.org](http://getreadymarin.org)). Most important is this: The more we know our neighbors, the better prepared we are to assist in a disaster.

### **What are you planning to do with your retirement?**

One of the difficult things about retirement is that I'm moving out of the community, and while I'll try to keep in touch, it's different. I'll be spending more time with my family and I'm going to be taking shifts as the relief innkeeper at the West Point Inn.

### **Any message you'd like to send to the community?**

I feel so fortunate to have been a part of the community for all these years. I miss and will miss the feeling that I can do something that matters and make things easier or better for my friends. I'm leaving things in good hands with acting Senior Captain John Payne. This is a hard chapter to say goodbye to, and I want to thank everybody for all their support and good wishes and friendship for many years, and I look forward to attending events in my civilian attire.



Dave can be reached [dcarr1188@gmail.com](mailto:dcarr1188@gmail.com)

- Nancy Klasky Gribler

## Sewer Report

The March 1 "opt-out" response date has passed and the data is in for those who wish not to be part of the proposed sewer system. A total of 87 developed parcels (i.e., with houses) chose to opt out, along with 70 undeveloped parcels. Many of the undeveloped parcels were small ones in the Tourist Club area. The report presenting the information is not yet complete.

- Lynn Hindley

## The Third Solution

Well, it's about time I weigh in on the sewer debate up here on the mountain. Why? I have been contributing my organic material to the local ecosystem for 3 ½ years, and that already is a weighty contribution. So, I want to help out. I think I have a solution that can bring us all together, and it's fun too.

Premise #1: When a polarized conflict reaches a certain point, a third solution always appears.

Premise #2: In a healthy living system, every waste product is a resource for another element of that system.

Premise #3: We can work together because we have the same value – to preserve the health and beauty of this ridge on Mount Tamalpais for future generations, and to do it in a way that works for all of us today.

So, I would like to present solution for our sewer/septic woes. It can be a regenerative source of pride for our community: **The Compost Toilet!**

Did you know that we can legally deposit our poop into a sealed vented system with some hay or sawdust added every visit, and let it be for a year, and then remove healthy compost and feed it to our trees and bushes? and without the cost and maintenance of either sewer or septic? Yes my neighbors, it is possible.

There is a simple design that meets these functions, and I recommend that we try it up here on the mountain. Why? It's joyously low cost, uses no water, has no poisons or toxics to fear, and requires no big repairs over the years. Plus, both Democrats and Republicans like the idea.

The State of California outlaws pollution and contamination of its land and waters by human waste, but leaves much authority for the details of construction and enforcement up to local counties and municipalities. See the CA Health and Safety Code sections 5410-5416.

In Marin County you can get a permit from the Health Officer to build or operate an "individual sewage disposal system." See the Marin County Code of Ordinances 18.06.040(c), and 18.07. A "certificate of inspection" is issued by the health officer if the system works, and it's good for 2 years.

## Bus Service in the Neighborhood



dates: <http://www.marintransit.org/stage.html>.

Marin Transit would like to remind riders of the availability of The Stage coming through our neighborhood. Call them at 415/526-3239 or go to the following website for schedule updates:

So, let's give it a try. Let's come together and build a couple of awesome "humanure" structures to try out.

Let's have a building party, share tools and recycled materials, pay local builders like John Lovell to guide us, inspire the kids, all for the sake and the celebration of taking care of our own waste. We could even give tours of our cool new poop-recycling structures, each with its own art on the side showing the cycles of life and renewal.

Now that is a vision that I can get off the pot for. If you are interested, please give me a call at 415/381-1979.

- Timothy Regan, Your Neighbor  
Permaculture Practitioner

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Best source on Composting Toilets: Jenkins, Joseph, (2005) The Humanure Handbook, 3<sup>rd</sup> Edition. Available

## Want to contribute to the Lookout?

Our Lookout Issues are filled with contributions from neighbors. If you'd like to share something, just contact me with a suggestion about your idea. Typically, articles run 500 words. Photographs are always welcome and enrich our reading. Send ideas to: [lilasd@aol.com](mailto:lilasd@aol.com)

## My First Lesson About Septic Systems

I've been enjoying our controversy about sewer and septic systems. Nothing builds community like wrestling with a common issue. It has made me go to the internet to learn more about septic systems. I've started with the US Environmental Protection Agency's web site and its section offering Technical Information and Fact Sheets on all kinds of septic systems.

Wow, what a storm of options and technology! We can have aerobic, low pressure, pipe, mound, or evapotranspiration systems. There are effluent screens, leaching chambers, septic tanks, small diameter gravity sewers—intermittent and recirculating filters—ultraviolet or ozone disinfection systems—control panels, and septic tank polishing processes. Hey! This is way beyond digging a hole in the ground.

There are lots of options. But they all relate as variations on the basic system. So let's start there.

Septic systems have three basic parts: you drain or pump the sewage from your sinks and toilets into a *settling tank*. The toilet tissues, garbage disposal mush, and other solids settle to the bottom while the polluted water rises until it spills out through an under-ground pipe line called the *leach line*. The leach line has holes in it so that the water can leak out over the distance of a long trench and slowly soak into the ground around it. The surrounding ground is called the *leach field* and is supposed to filter the water into pure ground water.

The first things a septic system owner should know are:

- 1) Where your settling tank is, and
- 2) Where your leach field is.

When Lila and I moved into our house twenty some years ago, we were told where our tank and leach field were—based on county records. It simply wasn't so. The leach field was then "discovered" by different engineers in three different places before it was actually found. Furthermore, before we bought the house, someone had built an addition that made both the old settling tank and the old leach field too small. Until you've actually seen your tank and some of your leach line, you probably shouldn't assume you know where they are or that they are actually working.

The next step to understanding your septic system is not simple. It's effectiveness is entirely dependent upon the nature of the soil in your leach field. Be careful about the assumption that septic systems are "naturally" or "ecologically" good. Remember that the earth's ability to absorb water is limited—that's why we have rivers, lakes, waterfalls and floods. If your leach field is too small or in the wrong kind of soil, it will drain into these surface waters with unfiltered bacteria and household chemicals.

So how do you find out about your leach field's capacity to perform the necessary filtering? Well, when you find your leach field and it smells like a sewer, that's a pretty good sign that things aren't right. There are some dyes you can flush down your toilet that might show up and tell you where your leach field is and whether or not it is effective.

After that, you may need to consult a specialist. Issues of flow, soil type, absorption, filtration, slope, and ecology become relevant and complex. To get it right, you are going to need technical help—think dollars. A septic system is a customized piece of technology, not a do-it-yourself solution. It's not your father's out-house.

- Bill Daniels

### Basic Emergency Supply Kit Website

Do you have enough food and water on hand for several days? Medical supplies and medicines? Flashlight?

For a detailed list of kit items to have on hand in case there's an emergency, Dave Carr recommends the following site:

<http://www.ready.gov/america/getakit/>

Here's the beginning of the checklist::

Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- **Food**, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- **First aid kit**
- Whistle to signal for help
- **Dust mask**, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps
- Cell phone with chargers

**Additional Items to Consider Adding to an Emergency Supply Kit** (just go to the website for additional information).....

## Neighborhood Directory June 15 Deadline

For several issues now we have mentioned the new neighborhood directory that will be published later this summer. In fact, now the deadline for being included or not is Wednesday, June 15th.

Lila Daniels and Carol Stern will head up production and unless they hear through Harold Dittmer (data collector) that you don't want to be included, they will go ahead and include you.

So many people rely on the 2005 Green Directory that it's past time to update it. Besides, as email becomes more and more the preferred mode of communication, it's especially important to provide this information.

Starting in 2012, the Lookout will only be published via emails and will be posted on the MWPCA website: [www.mounttam.org](http://www.mounttam.org).

Besides saving money, you will enjoy the Lookout in color.

So, please let us know what you wish to have included. We would like:

Name/s  
Address  
Phone #/s  
Email/s

We look forward to hearing from you if we haven't already! If not, we'll assume you want to be included and go into production mode.

Send info to Harold Dittmer at:  
[hdittmer@sbcglobal.net](mailto:hdittmer@sbcglobal.net)

By the way, with your email address in the data base we'll be able to alert you as soon as we have dates for the Chipper Day at the Community Center. The Fire Department hopes to have it as early as June this year.

MWPCA Members: It's not too late to return with your annual dues payment. MWPCA Non-Member Neighbors: Please consider joining.

### What the Muir Woods Park Community Association (MWPCA) is doing for you:

- Disaster Preparedness / Mountain Emergency Team (Club House is your Disaster Shelter)
- Fire prevention efforts including community chipper days
- Neighborhood Sewer Feasibility Study & community meetings to explore it and other issues
- Social events
- Club House rentals at reduced member rates

### What you can do for your community:

- Become a member of the MWPCA; your dues assist the community
- Volunteer time for community projects
- Share issues that are important to you
- Show up for events and get to know your neighbors
- Learn how to best prepare for an emergency

### MWPCA MEMBERSHIP / DONATIONS

Membership includes Lookout mailed 3-4 times a year, also available online

\$45 household membership \$ \_\_\_\_\_  
\$15 Senior household membership \$ \_\_\_\_\_  
General Donation: \$ \_\_\_\_\_

Designated Donation: \$ \_\_\_\_\_

CIRCLE: Building/Landscaping  
Children's Activities Sewer Study  
Disaster Prep

\$10 Lookout subscription for nonresidents:  
\$ \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

Name/s \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Mail to: Muir Woods Park Community Association,  
40 Ridge Avenue, Mill Valley, CA 94941

*Remember, if we have your e-mail address, you will get immediate notification about sewer study, Neighborhood emergency alerts, social events, and other issues*



## Quest for Common Decency on "Nut Hill"

It seems this wonderful neighborhood has a vast history of human diversity in its political, spiritual, and intellectual orientation. Tamalpais has long been home to many a rugged individualist. Many years ago a good friend of mine made a sudden bold statement that has bounced back and forth in the crowded back corridors of my mind. It's both a profound and wacky statement that I personally feel is impossible to ignore. As my friend warmly said about residents on Mt. Tam, "They don't call it Nut Hill for nothing".

My buddy was a fine and outstanding member of the community. He was respected, involved and well liked, and I believe he considers himself one of the nuts. To whom can we attribute the first utterance of this brilliant insight/nickname?

After decades living up here myself, two things strikingly bold and impossible to dismiss arise, there are still many people up here who prefer to "fly under the radar" in relative isolation. Others embrace this small slice of humanity with open arms. My perspective and practice is mixed and is often a source of conflict and debate.

It seems to me that alienating your neighbors has rather severe emotional impacts and thus curtails any real potential for growth. Certainly others have an opposing opinion that reads like, "my castle has a moat with huge hungry alligators."

I fail to see any negativity in being on a friendly basis with all people. This includes those with a diametrically opposed realities. What do we stand to lose and gain in extending warmth to our neighbors? This is a very delicate question that probably already has crossed some mental barb wire reality mind-set.

Common decency will soon manifest itself this spring as the human spirit reemerges here on Tamalpais. Neighbors walk the streets and trails after an extremely long and rainy winter. We can use more smiles and engaging friendliness. Sure, some folks are excitedly talking and engaging in loud, frothing property disputes while others share friendly, positive seasonal discourse.

Verbal swords and shields are easily crafted; do we need them up here? Some of my neighbors would probably say "nay;" yet others would continue blowing bubbles until the last bubble is popped.

Many people have been amused and even brightened by my Lookout contributions, accounts of my early life events here on the mountain and my recent tribute to canine companionship failed to rock anyone's boat. Even the 'dog grumps' and 'cat only' people didn't let my articles stir them up. They were soft and warm, lacking sharp edges. I kept my elbows in as I dance through the community.

This piece is different and my inquiry specifically designed to lead us to personal inquiry. Each individual has separate life experiences. I hope I am not alone as I look down upon the mountain where the nuts live. The perspective is incredible!

I believe that biochemical changes take place when one radiates good will, having a vast and immediate effect on our society. The simplicity of the sincere warm smile is a paradox for it is both amazingly complex and seemingly simple. This single simple physical act is probably already up for debate in some conflicted individuals mind.

Some will scoff at my suggestion and others will skip over it as some left-over do goodie nonsense from a cake cooked too long. Hopefully, a few will frolic in the intent of my words.

Perhaps a few humans have faith in the power of human kindness and warmth. Our own neighborhood just like our minds can be paradise or prison. Only we have the ability to choose our behavior and mood.

Every so often the dark shadow of modern life will catch us in its talons and transport us to undiminished hell. Perhaps that's why we live on this beautiful mountain. Call it "Nut Hill" if you will or call it paradise. It's all up for debate now!



- Andy Lillestol  
andyjudymari@yahoo.com

### Thank you, Neighborhood Liaisons:

Diane Yates, Annie Spillane, Jack Kanner, Jan Werner, John Manderfeld, Jane Allen, Faybeth Diamond, Woody and Beverly Anderson-Payne, Mary Janigian, Nancy and Jeremy Gribler, Jack Helsper, Jim Bramell, Tom Lovelace, Emily and Bob Clemons, Anna and Carlos No-guiero, Suzanne and Chris White, Laura Chariton, Ted Lee, Scott McBirney, Karen Buckter, Lila and Bill Daniels, Virginia Soper, Dan Capshaw, Kate Walton, Dick Popson, Carter Collins, Tom Rutter, Bob and Judy Graham, Amy Kalish, Etta Deikman, Barbara Hockman.

If you'd like to get involved, several areas still need volunteers and are listed in the article on page 1. Just contact either Susan Johnson or Jean Sublett..

## Neighbors

**Alison Shapiro** On March 27 in the company of loving friends and family, Alison Shapiro and Dick Pennock declared their marriage vows to one another in a celebration held at the community center. Many wonderful good wishes, thoughts, songs and poems were shared after the vows, including the performance of an Irish wedding song by Alison's grandson, Patrick Bonds and his band mate Gabriel



McCulloch. Dick and Alison went to high school together in Atlanta, Georgia during the 1960s. Last May, after several months of emails, Dick came to the mountain to visit Alison to catch up. One weekend together was all it took for them to fall in love. Congratulations and best wishes to them both.

**Peter Hindley** breezed through his first round of chemotherapy at Stanford University Hospital during April. No discomfort with the process except the inconvenience of the tether and the fact that he could only type on the laptop keyboard with his left hand! The community wishes him a rapid recovery.

**Claire Calvino** continues to look for a rental for herself and her dog Tuesday. They love quiet and light.....and have a modest budget. If you know of anything please contact Claire at 415/572-3608 or



Steep Ravine Fern, Lila Daniels

## LSD

In the sixties, psychedelic drugs like LSD were the new frontier. They seemed to provide instant access to the transcendent reality described by mystics. For most people, the classical mystical schools had been of limited attractiveness because they prescribed years of self-restraint and uncomfortable meditations. Now, it appeared that mystical states could be ordered direct from Sandoz Laboratories.

The hope of some was that the arduous requirements for spiritual development described in the mystical literature might now be replaced by a white tablet and an EEG machine.

Indeed, one group of experimenters persuaded a local Zen Master to allow himself to be hooked up to an EEG while he meditated. They theorized that the Zen Master's brain wave patterns—presumably reflective of enlightenment—might be taught more efficiently using newly discovered biofeedback techniques. This could make spiritual development faster and less difficult.

The Zen Master fell asleep.

- Arthur Deikman



## Volunteer Fire Lookout Recruitment for Mount Tamalpais and Mount Barnabe

The Marin County Fire Department is still looking for volunteers to staff their fire lookouts during fire season from June through October. No experience necessary.

The minimum commitment is four 8 hour shifts at either fire lookout and anytime during the entire fire season.

Please visit our website at: <http://marinlookouts.com> for more information.

If interested contact the program manager, Don Keylon, at:

Email – [dkeylon@co.marin.ca.us](mailto:dkeylon@co.marin.ca.us)

Work – 415-388-5414

Cell – 707-480-2214



**Come Join Us!**

### Notice our New Bar Menu Hours

**Breakfast, Wednesday – Sunday 8:00 am – 11:00 am**

**Lunch, Wednesday – Sunday 11:30 am – 3:00 pm**

**Dinner, Wednesday – Sunday 5:30 pm – 8:45 pm**

**Bar Menu, Wednesday to Sunday 3:30 – 7:00 pm**

**Phone 415-381-9000**

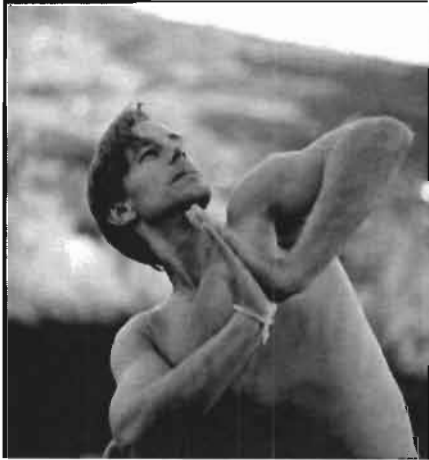
**[www.mtnhomeinn.com](http://www.mtnhomeinn.com)**



View from Panoramic and Ridge, John Lovell

## Yoga on the Mountain

Sutat continues teaching our evening yoga classes beginning at 6:30 PM every Wednesday.



Sutat's teaching style introduces beginners in a safe and uncomplicated manner, while encouraging seasoned practitioners to move deeper into postures.

The focus on breathing brings benefits at all levels. Sutat brings over 25 years experience in the mind/body arts, including over a decade spent in Asia studying with the masters.

Many people remember him from his years spent at Rancho La Puerta Spa, where he taught yoga as well as meditation and Tai Chi. Living on the mountain, he is thrilled to bring his teaching to the neighborhood.



# METROPOLE

## Mortgage Service

**KEITH PAPULIAS**  
Broker/Owner

*"Lending Millions Since 1982"*

TEL: 415.383.0269 FAX: 415.383.4126  
90 THROCKMORTON AVE. SUITE 22 MILL VALLEY, CA 94941  
RESIDENTIAL CONSTRUCTION APARTMENTS COMMERCIAL

Thank you, Keith, for serving on the MWPCA Board, and.....for your leadership of the largest annual MWPCA fund raiser: our booth at the Mill Valley Fall Arts Festival.

Thank you, Kathleen,  
for the quarterly real  
estate updates!



**Kathleen Delehanty**

Listing and selling properties on Mt. Tam.  
Contact me...Let my 20+ years experience on The Mountain  
work for you.  
415/755-8300 or Kathleen4re@yahoo.com

|                 | ACTIVE   |            |
|-----------------|----------|------------|
| 192 Adams       | 1/1      | \$ 879,000 |
| 151 Bayview Dr  | 4/3.5    | 1,995,000  |
| 55 Ridge Ave.   | 4/3.5    | 3,499,000  |
| 580 Edgewood    | 4/3.5    | 1,649,000  |
| 840 Edgewood    | 5/3.5    | 3,700,000  |
| 880 Edgewood    | 3/3      | 3,900,000  |
| 10 Walsh Dr     | 4/3.5    | 2,995,000  |
|                 | PENDING  |            |
| 9 Ridge Ave     | 2/2      | 799,000    |
|                 | SOLD     |            |
| 20 Marin View   | 2/1      | 415,000    |
| 65 Marin View   | 2/2.5    | 875,000    |
| 473 Panoramic   | 6/3      | 985,000    |
| 354 Panoramic   | 3/2      | 1,405,000  |
|                 | LOTS     |            |
| Washington Park | .22 acre | 125,000    |

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**This year will be a publishing transition for the Lookout.....**from print to primarily electronic copies. Costs continue to mount and so, as we are able to collect email addresses for members and non-members, we will begin to build the email distribution list. In the future, those who wish to receive print versions will be asked to pay a supplemental fee. Email addresses to: [hdittmer@sbcglobal.net](mailto:hdittmer@sbcglobal.net)

# THE LOOKOUT

Muir Woods Park Community Association  
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## 2011 MWPCA Board Officers

|               |                      |                                       |
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| VP            | Keith Papulias       | 383-0269                              |
| Treasurer     | Carol Stern          | huckleberrycas@yahoo.com              |
| Rec. Sec.     | Diane Curtis         | dianecurtis@mail.com                  |
| Corresp. Sec. | Lynn Hindley         | lynnhindley@sbcglobal.net<br>388-7252 |
| Director      | Lila Daniels         | lilasd@aol.com                        |
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| Director      | Harold Dittmer       |                                       |
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| Director      | Susan Johnson        | susancaj@comcast.net                  |
| Director      | John Lovell          | golfodulce@yahoo.com                  |

### Committees

|                    |                               |
|--------------------|-------------------------------|
| Clubhouse Rentals  | Lynn Hindley                  |
| Safety/Emergency   | Susan Johnson/Faybeth Diamond |
| Lookout Newsletter | Lila Daniels                  |
| Webmaster          | Diane Curtis                  |
| Tech Consultant    | Peter Spear: 383-1842         |
| Parenting          | Jennifer Sheetz: 383-3185     |
| Sewer Committee    | Lynn Hindley                  |

**Community Calendar - see online for updates**  
[www.mounttam.org](http://www.mounttam.org)

### MAY

|         |    |               |
|---------|----|---------------|
| 7:00 PM | 12 | Board Meeting |
| 3:00 PM | 25 | Mt. Tam Purls |

### JUNE

|         |    |               |
|---------|----|---------------|
| 7:00 PM | 9  | Board Meeting |
| 3:00 PM | 22 | Mt. Tam Purls |

### JULY

|          |    |                        |
|----------|----|------------------------|
| 12:00 PM | 10 | BBQ (BYO Meat Potluck) |
| 7:00 PM  | 14 | Board Meeting          |
| 3:00 PM  | 27 | Mt. Tam Purls          |

**Clubhouse Available for Rent**  
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