



# The Lookout

Muir Woods Park Community Association

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

October—December 2012

415/381-3119

## Jazz Fest & BBQ Oyster Feast Sunday, October 7, 1:00 PM—Sunset

Come out and join your neighbors for an epic afternoon of great jazz and yummy food. Sunday, October 7th from 1 PM until dark at the MWPCA Clubhouse. We are happy to welcome back jazz ensemble of Art Lewis and the Bad Boys as well as Josh Jones and the Latin Dub Stars.



We will serve fresh Drakes Bay Oysters, sausages, jambalaya, hot dogs, Lagunitas beer, wine and drinks for kids. Bring a spread and be ready to have some fun.

Invite your friends to enjoy Indian Summer at its best on the mountain. The event is a fundraiser for the Children's fund; food and drink will be for sale and donations are appreciated.

**Suggested donation** to help fund children's activities.  
\$10/adult; \$5/child.  
Thank you in advance!

Hope to see you there!!!! Its going to be fantastic!!!!

**For more information:** contact John Lovell at [golfodulce@yahoo.com](mailto:golfodulce@yahoo.com)

## Jazz provided by:

### Art Lewis Band

Art Lewis, in his own words: I began my career in San Francisco, where I studied under Philly Joe Jones and played at local clubs, most often at Jimbo's Famous Bop City, which was the major club at the time. When I moved to New York in 1968, I played with many of the more prominent modern jazz players at clubs like the Village Vanguard, Slug's, Ali's Alley, the Tin Palace, the Public Theater, Jazz Workshop, etc. Music and travel are the

dominant activities of my life.

### Josh Jones and the Latin Dub Stars

Josh Jones is a jazz drummer with a rumbero soul, as he has demonstrated on recordings with Don Cherry, Peter Apfelbaums' Hieroglyphics Ensemble and Steve Coleman. A graduate of the prestigious Berkeley High Jazz Band, Jones leads his own son revival band Conjunto Classico as well as a Latin jazz band. Jones is a talent to watch and reckon with as he matures into his thirties with the J.J. groove.



## Featuring:

Geoff Brennan on Bass  
Bay Area bassist for Omar Sosa and Hilton Ruiz

Check [simsroadmusic.com](http://simsroadmusic.com) and [Joshjonesdrums.com](http://Joshjonesdrums.com) for more information on the artists.

## MWPCA President's Report

Can it be that time of year again? The Annual Meeting and election of the Board will be as always on the second Friday of November, this year November 9. In order to vote one has to be a dues-paid-up MWPCA member (and property owner or resident in the Muir Woods Park area) as of the day the ballots are sent out, which will be some day between October 20 and November 1. So if you haven't yet paid your 2012 dues but want to qualify to vote, send them in by October 20 to be sure. You can find a Membership Form on the MWPCA web site <http://www.mounttam.org> by clicking on the "Membership" link on the left of the Home page, and then on the "Membership Form" on the Membership page.

All the 2012 Board members and officers have kindly agreed to serve again in 2013. Other MWPCA voting members can be nominated (if the nominee agrees), or nominate themselves, to serve as an officer or non-officer Board member, and if so will be put on the ballot.

The deadline for delivering a nomination is October 15 so we will have time to prepare the ballot and mail it possibly as early as October 20. Really the best way to see if you would like to serve on the Board is to see what that entails. You can attend events, participate in work days, volunteer to help with one or more the numerous tasks required to keep the organization running and the facilities in good shape, attend Board meetings, etc. We look forward to hearing from you.

Also in the how time flies department, we can look back on the as usual successful St. Patrick's party, children's Easter party, summer barbeque, and chipper days. We installed a great play structure in the fenced yard, courtesy of Donna and Thomas Rutter and thanks to John Lovell. The Artists' Open Studios was an exciting addition to the year's activities. We can look forward to the Annual Meeting, adults' Christmas party, children's Pumpkin (Halloween) and Christmas parties, and an Artists' and Craftsmen's Holiday Faire.

- Peter Hindley

### Board Meeting Highlights

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

## Annual Potluck and Election for 2013 Board of Directors, Friday, November 9th

Come join your neighbors at 6:00 PM for cocktails followed by a potluck at the MWPCA Clubhouse to catch up and participate in the annual Election of Officers for 2013. As Peter Hindley mentioned in his President's Report, ballots will have been sent out and responses mailed in prior to our gathering. You may even bring your ballot with you. They will be counted during dinner with the results being shared afterwards during the Annual Meeting presided over by Peter Hindley.

For further information, please contact Judy Sparks Graham at [jsgrlg@comcast.net](mailto:jsgrlg@comcast.net).

## Children's Pumpkin Carving Party In October



Though a specific date and time haven't been selected yet, please contact Jennifer Sheetz who is in charge of children's activities this year: 383-3185. She'll have details for you. The kids always have a wonderful time carving away!

## Holiday Gatherings During December at MWPCA Clubhouse

**Everyone: Holiday Faire, December 1-2** (see the article on the following page for details)



**Adults: International Buffet, Sunday, December 9th, 6:00 PM** features an array of finger-friendly food. Please bring your favorite dish to share. No-host bar.

**Kids: Holiday Party with Santa, Saturday, December 23rd, 3:00 PM** features a special visit from Santa Claus arriving by fire truck! It's quite a treat for the kids. Be sure to bring a small wrapped gift for Santa to give your child and a potluck dish to share. For questions or to put yourself on her email distribution list be sure to contact Jennifer Sheetz at: 383-3185 or [jjmsheetz@hotmail.com](mailto:jjmsheetz@hotmail.com).



MWPCA is hosting our neighborhood artists for a Holiday Faire, beginning with a reception and cocktail gathering at the clubhouse on Saturday, December 1st. They are focusing on small items appropriate for holiday gifts.

Why not drop by and get the holiday season off to an early start? Possibilities include: jewelry for men and women, baby clothes, photos, greeting cards, mosaic garden tiles, small paintings, ceramics, and much more.

Participating artists and craftspeople:

Beverly Anderson	Tripp Carpenter	Etta Deikman
Rhonda Dubin	Roy Forest	Tracy Gillespie
Bonnie Himburg	Barbara Hockman	John Lovell
Novella Menconi	Bonny Neumann	Woodward Payne
Linda Sawtelle	Lila Sparks-Daniels	Alex Uncapher
Kirke Wrench		

Rhonda Dubin and Beverly Anderson have created a wonderful [website](#) with information about each artist and craftsperson. They will add a special information page for the holiday faire during October.

MWPCA invites you to come join the fun. And, expect to be very impressed with the talent of your neighbors.

For details:

[www.mounttamartists.org](http://www.mounttamartists.org)  
 MWPCA website at <http://www.mounttam.org>  
 Lila Sparks-Daniels: [lilasd@aol.com](mailto:lilasd@aol.com) or 819-0845

## Neighbors

**Passing:** John Hokanson's son has passed away after fighting lupis for 6 years. Many of us remember fondly the years John and Ann lived here on Ridge Avenue. Though they've moved on to Occidental, we are saddened for their loss and send our sympathies.

**Steve Thompson:** after falling and hitting his head, Steve had to have emergency surgery at Marin General. We wish him our best for a speedy recovery.

## Sutat: From Surf Punk to Buddhist Monk

HALF A lifetime ago, 25 years for me, I left my home in Santa Monica, intending to spend about 2 years riding my bicycle to Tibet. Sure I knew there was a lot of water between those two places, but I had in mind to travel overland as much as possible. I ended up spending the next 15 years living in Asia, most of that time in Thailand, becoming ordained as a Buddhist monk.

I grew up like many boys in southern California, surfing, playing volleyball, riding my bike, and getting into petty mischief. After high school, I moved to Switzerland to play volleyball for a Swiss team, and to ski. After having primarily been a beach boy and surf punk, I discovered a deep love of the mountains, and determined that I would visit the biggest mountain range, the Himalayas.

With my bike, I flew first to French Polynesia where I spent some time riding around several of the islands, camping out and living mostly off foraged mangos and the hospitality of the locals. From there, I flew to Sydney, Australia. I worked in a nightclub managed by a friend I'd met in Switzerland before striking out to ride most of the coastline from Melbourne to Queensland, with side trips of a month to Tasmania and 3 months in New Zealand.

During my journey, I met a fellow American who had just come from two years of travel in Southeast Asia. I asked him to give me his Top Ten from his time there, and amongst his list of exotic locales were two different places he had done silent meditation retreats. That really caught my attention- out of all the fascinating people and places, two of his Top Ten recommendations were spending ten days in silence, meditating. I determined that I would check out one of these places.

Several months later, having made my way through the Indonesian islands, across to Malaysia, and into Thailand, I entered one of these meditation courses. I had no idea at the time that it would lead to becoming a solitary forest monastic, living on one meal a day, and spending most of my time in contemplation.

- **Sutat, Mountain Yoga instructor**

To be continued....  
Prescription Exercise  
[Http://www.Sutat.com](http://www.Sutat.com)



The space shuttle Endeavor's final journey near our neighborhood was captured by John Lovell at the MWPCA Clubhouse where he enjoyed the view with Peter and Lynn Hindley and others in the neighborhood. It passed over the Golden Gate Bridge twice on its way to the California Science Center in Los Angeles where it will be on display after October 30th. This marks the end of NASA's shuttle program. Thank you, John, for sharing your image.

## Bus Service in the Neighborhood

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

## Knitters: "Mt. Tam Purls" 4th Wednesday of the Month 3:00—5:00 PM

Come join in the fun. To receive reminders contact Lila Daniels at [lilasd@aol.com](mailto:lilasd@aol.com) for meeting locations and to get on the email distribution list. (Upcoming dates are also listed on the calendar on page 12.)

**PG&E has hired Davey Tree to maintain vegetation** around power lines. If you see areas that need attention, contact Davey Tree at 415/717-2226.

## 400 “Block” on Panoramic Highway

On a vacation to Northern California from her home in Los Angeles, 12-year-old **Laura Chariton** fell in love with Muir Woods. “I said, ‘I’m going to live on Mt. Tam,’” she recalls, and she made good on that pre-teen promise to herself. She and her architect husband **Douglas Ullman** have lived on Panoramic Highway for 20 years, and Laura, who has a master’s degree in riparian policy, spends much of her time speaking out and working on behalf of conservation on the mountain. (She’s been a passionate advocate at a number of Muir Woods Park Community Association meetings, including leading the fight against bringing sewer to the mountain.) “I moved here because of the wildlife and the forest and the habitat,” she says. “I feel like I’m a caretaker, a steward of the land, and I’m starting to restore parts of it.” She says she and her husband enjoy an “enormous amount of wildlife” in their yard – coyotes, bobcats, deer, raccoons, possums, skunks. “The only thing we don’t have are bald eagles.”

Three months ago **Suzanne Smith** would have been doing this interview from her home on Panoramic. But while she and her husband **Christopher** still own that home, they are now renting a three-bedroom house closer to Mill Valley Middle School. The 860-square-foot, two-bedroom, one-bathroom house on the mountain became too cramped for themselves and their 12-year-old twins, **Nikolas and Mikayla**, and expansion just wasn’t financially feasible because of septic requirements. Even before they put a penny into adding on, they would have had to invest \$60,000 in a new septic system (they were strong sewer supporters), plus the septic requirements also limited where they could expand. “We were fixing it up for ourselves and all of a sudden we realized, ‘We’re going to have to get out of here.’” So they’re flatlanders for the time being. “We still miss it up there,” she says, adding that she especially misses her mountain runs. Her husband grew up on the mountain and Suzanne has lived on Mt. Tam for 20 years. They will come back one day, she says. Still, there are some advantages to being down the hill: The kids can walk to school and she’s not driving up and down the mountain to take them and pick them up from after-school activities.

**David and Beth Bruce** moved from San Francisco to Panoramic almost two years ago, lured by the hiking and mountain biking (“I only ride on the mountain bike trails,” he is quick to emphasize.) They were tired of city living and both had more suburban/rural upbringings – he grew up in eastern England; she grew up in Burlingame. “It’s peaceful up here—What’s not to like?” David says. He’s learned a bit about the history of the house, which was completely gutted and remodeled before he and Beth and their cat Charlie moved in, including the fact that in 2008 a woman with a rifle and two handguns had a 12-hour standoff with sheriff’s deputies before she was arrested. He has also learned about the “crazy parties” of the rock stars who used to live in the area.

**For Nate McCarthy**, who started the ever-expanding Proof Lab surf and skateboard shop in Tam Valley, living on Mt. Tam is a “good compromise.” “I have tried to live in Bolinas five times,” says the competitive surfer and ocean lover. “The commute to the shop was too long; too many tires were being worn out.” Nate lives on Panoramic with his partner

**Kelsey** and their baby. All is well now in the commute and worn tire department. And business continues to thrive. He started Proof Lab from his parents’ home on West California when he was 18 and fellow surfers and skateboarders asked him to get surfboards and wetsuits for them. Over the years, he and his business partner, Will Hutchinson, have expanded the business. Now the popular spot at Tam Valley Junction includes a 10,000-square-foot warehouse, music lessons, children’s art classes, skateboard lessons on a big ramp in the backyard, after-school tutoring, native plants, organic farming and ceramics.



Thirty years ago, **John and Marty Maddox** got married on Mt. Tam’s Trojan Point, and the rain, they say, even added to the charm. It was always a favorite place. They came from their home in the city to ride mountain bikes and hike and run and crossed the mountain to go surfing. Finally, 11 years ago, they decided to make it permanent and they moved to Panoramic. “We figured if we wanted to the things we love, we should move here,” says Marty, a sports physical therapist who works with John, a health-care consultant. They have one son in college and another, Miguel, is on the Tam High swim team. Sunset hikes with friends are favorite activities. Marty sees no downside to living on the mountain, except for one: Easter Sunday early morning motorcyclists.

San Francisco dentist **Carlos Nogueiro** bought the “ultimate fixer-upper” on Mt. Tam in 1987. Now, he says, not much of the old house is left. Carlos was engaged when he bought the house. Now he lives there with his wife **Anne**, a regular runner on the Dipsea Steps, and son **Eric**, a junior at Tam High. Daughter **Laura** is at Boise State. Originally from Cuba, Carlos grew up in Tiburon and, on his many drives to the beach, wondered why anyone would want to live on the mountain. But when he was looking for a house on a very hot day and found that the weather was milder on Mt. Tam, he was hooked. “It really is a nice place to live,” he says. “What we enjoy are the sunrises. They’re spectacular, especially in April, October and November . . . We very much enjoy living up here.”

- Diane Curtis

The Lookout has been interviewing residents in various “neighborhoods” on Mt. Tam.

## Responsible Recycling

Do you know where to recycle cell phones, batteries, prescription drugs, over-the-counter medications, inhalers, pet medications, gift cards, cords, cables, plastic bags?

There are many items that cannot go into the Mill Valley Refuse green compost can or the blue or brown recycle cans.

What can be done to responsibly dispose of these items? There are various places in and around Mill Valley to responsibly recycle. Here are a few:

MILL VALLEY LIBRARY – cell phones, printer cartridges, batteries

MILL VALLEY POLICE DEPT., PUBLIC SAFETY BLDG – prescription meds, over-the-counter medications, vitamins, pet medications, inhalers, household batteries

GOODMAN HARDWARE/BUILDING SUPPLY – fluorescent bulbs, household batteries, used CDs, eyeglasses, cell phones, used gift cards

MILL VALLEY SERVICES - printer cartridges

WHOLE FOODS – corks

WALGREENS – printer cartridges

BEST BUY – CDs, DVDs, rechargeable batteries, ink & toner cartridges, gift cards, wires, cords, cables, TV remotes cell phone chargers, computer mouse(s)

The following are sites for recycling medical and unused home health care supplies:

- Home Cares, 3100 Kerner Blvd., San Rafael, 388-8198 Open Wednesdays 11 AM to 2 PM
- <http://www.homecares.org/index.html>

-Susan Johnson

## Mountain Lion Safety Tips

As many of us know from experience, mountain lions have been [sighted](#) on Mt. Tam for months. They are very shy and elusive animals. Chances are you will never get to see one of these majestic creatures in the wild, but if you do, the California Department of Fish and Game recommends that you take the following actions, which are based on behavior analysis of attacks by mountain lions, tigers and leopards:



**DO NOT HIKE ALONE.** Make plenty of noise to reduce your chances of surprising a lion. Go in groups, with adults supervising children. A sturdy walking stick is a good idea: you can use it to ward off a lion.

**KEEP CHILDREN CLOSE TO YOU.** Observations of captured lions reveal that the animals seem especially drawn to children. Keep children within your sight at all times.

**STOP!** Do not run from a lion. Back away from it slowly, but only if you can do so safely. Running may stimulate a lion's instinct to chase and attack. Face the lion and stand upright. Make eye contact. If you have small children with you, pick them up so they won't panic and run. Although it may seem awkward, pick them up without bending over or turning away from the lion.

**DO NOT BEND OR CROUCH OVER; DO ALL YOU CAN TO APPEAR LARGER.** A person squatting or bending over looks a lot like a four-legged prey animal. Raise your arms. Open your jacket, if you're wearing one. Throw stones, branches, or whatever you can grab without crouching down or turning your back. Wave your arms slowly and speak firmly in a large voice.

**DO NOT APPROACH A LION,** especially one that is feeding or with kittens. Most mountain lions will try to avoid confrontation. Give them a way to escape.

**FIGHT BACK IF ATTACKED.** Try to stay on your feet if a lion attacks you. Lions have been driven off by prey that fights back. Some hikers have fought back successfully with sticks, caps, jackets, garden tools, and their bare hands. Since lions usually try to bite the head or neck, try to remain standing and face the attacking animal.

## Muir Woods Report

A fall walk in Muir Woods is so sensual! the crunch of maple leaves, the aromatic bay, the glow of fall color (watch out for that bright red poison oak!) and the glory of that warm light! Often you can have the paths to yourself!

Check in regularly for trail news since the final work on the Hillside Trail will soon be underway and that trail will again be closed for the season for the safety of the crew while working. The state parks are working on some fixes on the Bootjack Trail but it continues to be closed. Soon the Alice Eastwood Road will be open, too, for special "backwoods" access.

We have a very special event at Muir Beach on Veterans Day, November 11...be part of the watershed community welcoming back the salmon! Meet us at Muir Beach where Redwood Creek flows into the Pacific Ocean for a traditional salmon blessing by the Federated Indians of Graton Rancheria. We have a sandchair available by prior reservation (388-2596) so all can participate!

**BIG NEWS:** Enjoy the shortest day of the year with a visit to the Muir Woods Winter Wonderland! Check website for the day's special programs, dress warmly and be prepared for a quiet walk in the woods to see what the season has to share. Note: no evening program planned at this time, directions provided on website for planning your own evening solstice celebration.

**More good news:** Muir Woods is open every day of the year (rain or shine!), including all the holidays. Bring your family and friends for a rejuvenating walk on Thanksgiving, Christmas or New Year's Day.

### Help rangers solve this year's mystery:

Just where are the ladybugs clustering? They arrived in early June and swarmed but they're not clustering in their usual spots viewable from the trail. If you have observations to share, please let us know!

-Mia Monroe  
Muir Woods Site Supervisor



## Throckmorton Ridge Fire Station Update

It has been a very busy fire season. It started off in June with the hiring and training of 60 seasonal firefighters. The training starts with 2 weeks of academy training and is followed up with 30 days of follow-up training at the stations.

In early June we had 30 firefighters doing home inspections under the 4291 legislation. During this period we were able to inspect over 400 homes in the Throckmorton Ridge and Muir Beach areas.

At the end of June we had our annual chipper days at the Muir Woods Park Community Association Center where we had a great turnout.

Since that time we have been called to respond to various fires throughout the state. The Marin County Fire department has had engines and personnel at the Sites complex, Robbers fire, Forest Incident, Sixteen Complex, Bull Run Complex, Holloway fire, Rush fire, and the Ponderosa Fire.

The Marin County Fire Department participates in a state wide mutual aid system that draws resources from departments across the state. The Marin County Fire Department has the ability to put reserve engines into service so there is no interruption in services to the taxpayer.

We have also had numerous fires throughout the county that have varied from 1 acre to the largest of 120 acres. There have been no loss of any residences as of yet.



Since June we have kept track of the live fuel moistures on Mt Tam. They start off around 120% and typically will reach the critical level of 60% in October. This year we hit the critical level in early September. Due to dry live fuels and a large dead fuel load in the water district we are at **High Fire Danger** until we get some rain.

We would like to remind residents to remain vigilant with their fire safety during the fall. Some actions that can help are cleaning of chimneys, do not block the roads with parking (12 feet clearance), have your address clearly visible from the street, and clear 100' from around all structures.

If there are any questions regarding fire safety please contact the Throckmorton Ridge Fire Station.

Jeremey Pierce  
Captain, Marin County Fire  
Throckmorton Ridge Station  
415-473-6717

I see a "Sleeping Maiden hill" looking after the coastal bay,  
Lying at one of her feet...  
But I see so much more than a name...  
I see nature reaching out with tree covered slopes  
To welcome walkers, sitters, watchers, bikers...  
She even opens her slopes to ashes,  
Those of one who loved her as much as I.

This Tamalpais, this place of rest to those who live under her spell...  
Haven called home...  
Friendships for life...  
Safe haven to walk freely among her families,  
Blending our family of children with her  
Deer families  
Raccoon families,  
Skunk families  
Great horned owl (on my roof at night) families with...  
Spring wild flower burgeoning bouquets of  
Iris, poppies, lupine, shooting stars,  
Blue eyed grass, mallow,  
Zigadine, mountain pain brush proudly announcing  
Grassland greetings from late Feb. to late Oct....

This top to bottom and back to the top;  
This watershed apex of three giants melding into one pot...  
This paradise of nature  
Shake hands on my point.  
And, it feels to me,  
Like they take me into their family,  
"No questions asked",  
Only one request...  
Respect Us! Please!  
Spread the word!

- Jean Sublett

## **Lookout emailed to most this Issue...and, the Directory is well underway**

If you have changes to make in your contact information,  
please contact Judy Sparks Graham at [jsgrlg@comcast.net](mailto:jsgrlg@comcast.net)

For more information, please contact Lila or Carol:  
- Lila Sparks-Daniels, [lilasd@aol.com](mailto:lilasd@aol.com)  
- Carol Stern: [huckleberrycas@yahoo.com](mailto:huckleberrycas@yahoo.com)

## **Lookout Seeks Contributors for 2013**

If you have an idea to pursue or you'd like to share  
something, just contact Lila with a suggestion.  
Typically, articles run 500 words. Photographs are  
always welcome and enrich our reading. Send  
ideas to: [lilasd@aol.com](mailto:lilasd@aol.com)

## **Thank you, Lookout Contributors**

This is the last 2012 issue of the Lookout and I want to  
take a moment to thank all of you who have contrib-  
uted to the issues. This year your words and photos  
are valued by so many in the neighborhood.

The role of editor is not without its challenges, but with  
so many wonderful contributors, you have made my  
"job" such a pleasure.

So, I want to acknowledge those of you who took the  
time to send me articles, poems, photos, and relevant  
information. Thank you:

JimBramell	Claire Calvino
Diane Curtis	Arthur Deikman
Kathleen Delehanty	Faybeth Diamond
Rhonda Dubin	Judy Sparks Graham
Nancy Gribler	Hindley, Lynn
Peter Hindley	Johnson, Susan
John Lovell	Mia Monroe
Chuck Nolte	Jeremey Pierce
Linda Sawtelle	Bob Scheibach
Jennifer Sheetz	Carol Stern
Jean Sublett	Sutat

Lila Sparks-Daniels  
Lookout Editor



## Tale for a foggy night



When I was a smaller boy than I am now, my brother Frank and I spent a lot of time roaming the hills just west of the Panoramic Highway.

We had a summer cabin in the area, and often went for long walks in the woods, which we found full of strange things. We found the remains of a passenger car from the mountain railroad, we found old medicine bottles and once the skull of a cow.

We discovered a mysterious road that ran from Ridge Avenue into a grove of redwoods, and there, abandoned, was an aged truck. We always wondered who drove it there and left it to rust. We also found a few aged cabins, all dust and spider webs. One belonged to a man our father once knew.

He said an old man had built it, but had disappeared a long time ago; when the afternoon sun was right, we could look in the window and see an empty cabin, the single table set as if for dinner. Being boys with considerable imagination, we thought the cabin might be haunted by the spirit of a man who had gone away and not returned.

We also noticed the black-winged turkey buzzards which flew slowly, as if on the wings of the wind, over the hill, looking, looking.

We loved the mountain and the woods, but were wary as well. Who knew what lurked in the dark forest? One night, our parents allowed that we were old enough to spend a night, alone at our cabin. We all loved Marin and felt it was absolutely safe.

We were half-grown, I think, big enough for an expedition to the cabin, but small enough to be terrified of the dark night. It was one of those nights on the cusp of autumn when the fog rolls in from the ocean, over the mine ridge, down to Muir Woods, and over Throckmorton Ridge. Anyone who has spent time on the slopes of the mountain knows what kind of fog it was: dark, and deep. It was windy as well, the fog dripping on the roof, like rain.

We didn't have a radio, so we decided to read a book aloud. It was a Sherlock Holmes mystery: the Hound of the Baskervilles. You may know the plot: Holmes and Dr. Watson are brought in to solve a murder. There is a curse, as well, and the killer – who frightens his victims to death – is an enormous, coal-black hound, part myth, and all evil, who attacks travelers by night on an English moor. We turned out the light, as I recall, read aloud, by flickering candlelight. We took turns, each trying to frighten the other.

We read: "There was a tinge of melancholy" upon the moor, Holmes noticed, a feeling of foreboding. We read on: "A strong wind sang sadly as it bent the trees....a half moon shone through the dark, flying clouds, on to the wild and empty moor..."

We recalled how a man had found a body in the moors, surrounded by footprints: "Footprints?" asked Sherlock Holmes. "Mr. Holmes, it was the footprints of a gigantic hound!" Just then, just then, a dog howled. He was not far away, either.

Frank and I were, of course, terrified. I think our hearts stopped cold. Never again, we said, would we ever, ever, spend another foggy night on the mountain. Never.

But of course, we have. We are much older now, no longer boys. And we were entertaining some family members the other day with boyhood stories. "What would you do," Frank asked me, "If it was a foggy night, and you heard a dog howl like that again?" I knew the answer in a second: "I'd pull the covers over my head," I said.

The years may pass, but you never really forget a foggy night on the slopes of Tamalpais.

- Carl Nolte



## 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.

Come welcome Sutat to the neighborhood by joining him and others at 6:30 PM each Wednesday evening. A sign is posted at Four Corners as a reminder.

Also, be sure to see his article on page 4 of the Lookout.

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.

Alain Pinel Realtors  
DRE#00897634  
415/755-8300  
kwhite@apr.com

ACTIVE		
192 Adams St.	2BR/BA	\$850,000
39 Castle Rock Dr.	4BR/3.5BA	1,575,000
14 Monte Cimas	4BR/3.5BA	1,649,000
98 Washington Pk	3BR/2.5BA	1,795,000
746 Sequoia Vly	5BR/4BA	2,345,000
820 Edgewood Ave	5BR/4BA	2,795,000
55 Ridge Ave	4BR/4BA	3,250,000
CONTINGENT		
161 Bayview Dr.	2BR/1BA	450,000
1040 Edgewood Ave	4BR/4.5BA	3,800,000
PENDING		
631 Sequoia Vly Rd	4BR/3BA	769,000
SOLD		
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**Lookout Alert:** 2012 is the year we've begun distributing the Lookout via email in living color! Many people comment on how much they prefer the vibrant color version and how quickly they receive it.

**Next issue will begin 2013.** Those of you who want to receive both an emailed version and printed version will be asked to contribute \$10 toward printing. If we don't have your email address yet please send it to lilasd@aol.com. She'll make sure it gets included in the system.

You can always visit our website: <http://www.mounttam.org> for current and past issues.

# THE LOOKOUT

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 40 Ridge Avenue  
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### Committees

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

## MWPCA Community Calendar See online for updates

### OCTOBER

1:00 PM	7	Jazz Fest & Oysters
7:00 PM	TBD	Board Meeting
TBD	TBD	Kids' Pumpkin Carving Party
3:00 PM	24	Mt. Tam Purls

### NOVEMBER

6:00 PM	9	Annual Potluck & Election
3:00	14	Mt. Tam Purls

### DECEMBER

6:00 PM	1	Artists Holiday Faire Reception
10:00 AM	2	Faire Continues
6:00 PM	9	Adult Holiday Cocktail Party
TBD	23	Children's Holiday Party

### Clubhouse Available for Rent

Rates, rules, forms, calendar and all information about what is included are on the website: <http://www.mounttam.org>. Special member discounts.