

The Lookout

Muir Woods Park Community Association

www.mounttam.org

June & July 2005

telephone: 381-3119

Newsletter Highlights

What's on your Summer calendar? You can fill it in with all the great happenings listed in this month's LOOKOUT. How about kicking off the season with our annual and delicious **Community Pancake Breakfast on Sunday, June 5th**? Don't forget our monthly **Saturday Video Night** at the clubhouse (pizza, wine, friends — what's not to like). **Audubon Canyon Ranch** has over 200 heron and egret chicks! Stop by and see how the "pros" raise kids and are finished in 10 weeks! **Feel like a stroll on the beach? Check out Stinson's real low weekend tide times inside.**

Don't want to cook? How about *walking* to a fine restaurant? **Mountain Home Inn** has begun a "**Locals Special**" dinner for community residents on Wednesday and Thursday nights. We checked out the great food. Our review is on page 4. See "**Oklahoma**" at the **Mountain Play** this June for a great outing with family and friends. Picnic and the mountain play - Then there is picnic and hike - The Coast Trail below Ridgecrest Blvd. just west of Rock Springs), can't be beat for ocean views. On the Ocean View Trail is a beautiful new bench dedicated to the memory of our neighbor, Mimi Farina. Early morning walks in **Muir Woods** are so special that John Muir and Thoreau would be jealous. Maybe they are! You name it, we've GOT IT! Let's enjoy it.

Community Day

Sunday, June 5

- **Annual Pancake Breakfast at the Clubhouse 8 am — 12 noon**
Eggs, bacon, sausage, juice, coffee, tea & hot chocolate too!
Kids 6-16, Seniors 62 + : \$3.00 Adults : \$5.00
- **Meet our Fire Captain, Frank Neer, and learn ways to prepare for wildfires and earthquakes.**
(Proceeds from the breakfast support our disaster preparedness work.)
- **Bring the kids! New fire truck on display!**
- **Disaster Brigade Liaisons Meet 12 noon —** Thank you to our dedicated liaisons from Disaster Brigade who volunteer to check neighborhood homes in case of a disaster. The liaison meeting follows breakfast at 12 noon and ends at 1 pm.
- **Work Day begins at 1 pm —** We have several easy projects that "many hands will make light." Remember, 15 volunteer hours over two years gives you a substantial reduction on clubhouse rental rates. Prefer to help on another day? Call Karen Buckter at 381-1801.





“Out and About” This Summer

The Mountain Play this year is “Oklahoma.” Grab a friend and a picnic lunch, and you can catch the play at 1 pm on June 5, 11, 12, 19. Call for tickets (383-1100) or browse it: www.mountainplay.org. The theatre is on land donated by William Kent in 1913. In 1933 the CCC placed the huge serpentine stones to create 4,000 seats. It was backbreaking work, but at the height of the depression, it was good work still worthy of appreciation. MWPCA board member, Barry Joseph, is also on the board of the play. Thanks, Barry, for all you do.

Audubon Canyon Ranch - not “just for the birds” The breeding season is in full swing with over 200 chicks spread out over 100 nests of blue herons and great egrets (and one snowy egret nest). Walk up to the overlook and view the parents feeding their constantly hungry chicks. Watch the downy chicks grow and exercise their wings in preparation for fledging (leaving the nest) by mid-summer. Egrets and herons feed their young differently. If you don't know their differences, you can ask at the ranch. (Open weekends and holidays 10 am – 4 pm until July 17th. Weekdays by appointment.)

Stinson & Muir Beach — Did you know that often when it is foggy on the mountain, the beach areas may already be in sun? Tots to teens LOVE the ocean! It is great to walk the beach anytime, but at real low tides you can walk way out and even around the bolder area at the south end of the Stinson. Brown pelicans are back for the season. The seals have birthed their pups, so watch for them popping up beyond the surf. Catch the low tides this summer around 9 am on the weekends of June 11 & 12, 25 & 26, and at 8 am on July 9 & 10, 24 & 25.

“First Tuesday”, Mill Valley
On the first Tuesday of each month from 6-8 pm there is a **special evening open house at Artisans' Gallery at 78 East Blithedale**. It is a wonderful opportunity to see new works from local artists on special display for the month. Beautiful art, wine, and finger foods at the gallery give a delectable touch to an elegant “evening out” - - - without going far from home. From Artisans, you may walk to the local galleries and businesses that display the chosen artists' works. **Mark the calendar: June 7 & July 5. 388-2044**

Volcano's in Marin? - - - Hurry!

Want to take a fun outing and find proof of our volcanic activity? Here's the deal...**There are hot springs** (very sulfur smelling ones) at a secret spot along the shore between Stinson and Steep Ravine. **You can only get to them when they are not under water at a minus 1.5 tide or lower.** The next such tides are June 21 (5:30 am), 22 (6:30 am), 23 (7:12 am), 24 (8 am), and Saturday, 25 at 8:51 am.

Benny Vogensen is sharing the family secret to finding the hot springs with us. You must allow 45 minutes from Highway One at the entrance of Steep Ravine to hike down to the cabins and then walk north on the beach to the big rock slide area toward Stinson.

When you first smell sulfur, and feel the sand under your feet have a slight increase in warmth, **dig** your shovel into the sand and put your foot into the hole to feel for warmth. If you have found a good spot, it is almost too hot to leave your foot in. Keep digging around the area to create a pool of water a couple inches deep. Sit in the puddle and throw shovels full of hot sand over yourself to stay warm. If you can stand the smell, you should have fun. Kids love it. The tide returns quickly, so get there in time to enjoy it.

There is also a natural pool in the rocks and sand south of Stinson Beach. We are not sure just where it is, but if you are willing at points to walk through water around 1 foot deep, head south from Stinson at a low tide of minus 1.9 (June 22,23), you will find it - just follow your nose. You will probably meet locals there!



Comedy Tuesdays

Maybe what you need is, “A few good LAUGHS”! Try out “Mark Pitta & Friends” at the Throckmorton Theatre (old Odd Fellows) across from the Sweetwater. The comedy is supposed to be great. Admission (\$15) is worth the enjoyment and positive health effects that laughter is supposed to bring. Shows start at 8 pm and often sell out, so call 383-9600 or browse it at: 142throckmortontheatre.com.

Walk to the theatre on Saturday night!

Join us for a popcorn-filled outing right here in our neighborhood clubhouse. **There is no admission fee.** Popcorn is \$2. Anyone disturbing the movie-watching experience will be duct-taped and painted plaid. Video night will usually be on the middle Saturday of each month. Cindy Norman, a resident on Edgewood and "devotee" of fine films, documentaries and Bugs Bunny has volunteered to head this up and offer great selections. **All movies will be preceded by a CARTOON!**

Eternal Sunshine of the Spotless Mind

A couple (Jim Carrey and Kate Winslet) undergo a procedure to erase each other from their memories when their relationship turns sour, but it is only through the process of loss that they discover what they had together. We don't want to give away too much! If you want to see a trailer, go to: <http://us.imdb.com/title/tt0338013/trailers>. This is not the Jim Carrey that you know from the comedies. You will get to see his talent really shine in this drama/romance.

(Rated R for language and sexual content.)

Saturday, July 16 Animals Are Beautiful People

Paddy O'Byrne narrates this entertaining and humorous look at African wildlife from the creator of "The Gods Must Be Crazy". This family film, filled with fascinating footage, compares animals and humans -- and finds much in common between the two. We heard good things about this film and decided to give it a try!

(Let Cindy know if you have ideas for films or would like to help with the programs. Reach her at: info@smokinmohawk.com. or 389-MUIR.)

Saturday, August 20

A night of Star gazing & and a sci fi

video We're bringing a picnic and our big telescope. Picnic at 6:00 pm, video at 7:00 pm, and star-gazing as soon as they come out! Bring your scope and a picnic dinner. For information, call Karen Buckter 381-1801.

SIREN TEST

Check your calendar. If it is the First MONDAY of the month and you hear our siren at 12 noon, you are hearing our new test time.

Community Calendar

JUNE

Saturday	June 4	CPR Training	1- 4 pm
Sunday	June 5	Pancake Breakfast Liaison Meeting Workday	8 - 12n 12-1 pm 1- 4 pm
Thursday	June 9	Board Meeting	7:00 pm
Friday	June 17	Planning Group	3:30 pm
Saturday	June 18	Video Night	7:00 pm
Sunday	June 19	Father's Day	

JULY

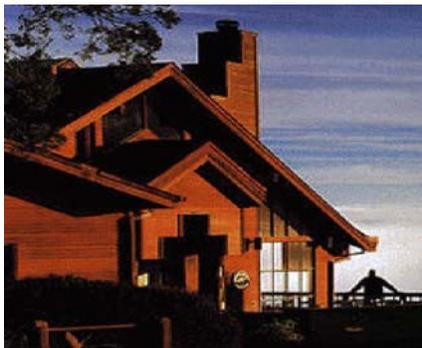
Monday	July 4	Independence Day	
Thursday	July 14	Board Meeting	7:00 pm
Friday	July 15		3:30 pm
Saturday	July 16	Video Night	7:00 pm

AUGUST

Thursday	Aug. 11		7:00 pm
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Restaurant Review

MOUNTAIN HOME INN THE VIEW IS GREAT.....



AND, SO IS THE FOOD!

When friends and I were out hiking recently, we got hungry right as we approached the Mountain Home Inn (funny how that happens), so we stopped in for lunch. We sat at a table with the view that always satiates our spirits.

But what choices to satiate our appetites? Given the variety of enticing entrees and the fact that the owners and their staff support local farms, free-range meats, wild seafood, and sustainable agriculture, we had no trouble here!

We each decided on the free range Petaluma chicken. It was delicious and a generous portion! We said, "these baby greens are light and delicious like those at Green Gulch Farm," and found that was where they came from!

There are luncheon entrees from huevos rancheros and a frittata to a salmon B.L.T., smoked turkey breast and cheeseburgers. **At \$10 - \$12 plus view, lunch at The Mountain Home Inn is a "win, win".**

The next week neighbors went to experience the "Locals' Special Dinner". They chose the top sirloin and the duck breast and were delighted with their delicious and leisurely dining experience. "Specials" (Wednesday & Thursday) allow locals to choose their main entrée and either a first course or a dessert for \$26.

Service was pleasant and prompt. I would recommend, however, that when they see tiny children coming (we brought a two-year-old on my second trip), the staff should focus on helping families settle in quickly for the benefit of all! The restaurant even has children's toys!

(Continued on this page, column two.)

General manager Josh Sperry has drawn together a delightful staff who have a refreshing enthusiasm for the quality of their work and the dining experience they want for their guests.

It was a pleasure to compliment **Chef Gregg Sessler** on his food. Gregg loves what he does and brings us experience from his work in New Orleans, the Florida Keys and Maine. This man really knows how to cook — and where to live!

Beverage Director J.J. Clifton — is the man behind the fine, eclectic wine list. He has helped the Inn to specialize in presenting fine wines from small northern California and Oregon wineries. Most are not available in local stores or large chains so this is a chance to experience select wines new to you.

Stop by and pick up the latest wine cellar list; better yet, join me for dinner, and we will try these wines together! We can enjoy as much as we want, because we can walk home and not worry about driving!

Mountain Home Inn is closed on Monday and Tuesday. If you are going for lunch on the busy summer weekends, reservations will save you a LONG wait. For a menu and more info, see their ad on page six.

Marie Annette McCabe

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6 Washington Pk. 1 bd/2.5 ba \$ 949,000

3 St Jude 2 bd/2.5 ba \$1,850,000

Temporarily Withdrawn

120 Marin View 1 bd/1 ba \$1,250,000
(2 small cottages)

*This information provided courtesy of Yvonne Young,
Pacific Union 464-3788*



Good Old Days on Mt. Tam

As remembered by Florentine O’Roarke

Toll gates at the Four Corners’ entrance to Muir Woods? No? “Yes”, says Florentine O’Roarke! Our great local conservationist, William Kent, deeded Muir Woods to public land during the 30’s. The gate keeper had a hut and collected 25 cents per person or 50 cents per car.

Locals on foot skirted the toll gate and took the Dipsea Trail. Where it met Frank’s Valley Road, there was a little sandwich stand erected on weekends and that 25 cents bought two sandwiches and a drink!

The area south of Four Corners was the Diaz dairy ranch. The Diaz ranch house would have been on your right as you made the turn from the dusty road (Shoreline) onto Panoramic. **Milk from Diaz ranch was taken to Bolinas** on wagons and then shipped to SF.

The **stage coach** came up Sequoia Valley Rd., cut across Bay View Drive which, while it was a rutted, dirt road, was a shorter and less muddy cut to Panoramic.

Bus service came in 1942 and made 3 round trips from Bolinas to S.F with a stop in Marin City. Always on time except for mudslides. SURE WISH WE HAD IT TODAY!

Donations

Our sincere thanks go out to those of you who made the special effort and sent the association contributions to increase funding for our services to the community.

Lighting Fund

Supervisor Steve Kinsey - “You saved the day!”
Bruce Jeffress
Charles Penman

General Fund

Phillip Phythian
Ann Hardham

Disaster Fund

Virginia Soper

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Peter 383-1842 / 515-2642 cell
PeterSpear@words-b-us.com

Club Membership Drive

Our area has 360 homes and we have received 150 memberships to the association so far this year. Perhaps you have been thinking about getting more involved in enjoying this community. We invite you to join us in any of the association’s activities. If you also take out a membership, you will be supporting the clubhouse, this newsletter, all our events (see the calendar) and the work of the Disaster Brigade.

Membership is open to ALL mountain residents — renters and homeowners.

MWPCA MEMBERSHIP / DONATIONS

\$45 Household membership _____ \$15 Seniors (includes newsletter) _____

General Donation \$ _____ \$10 Lookout subscription for non-residents _____

Designated Donation: \$ _____ CIRCLE ! Bldg. Improvements Sewer

Name: _____ Phone: _____

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Mail to: Muir Woods Park Community Assn., 40 Ridge Ave., Mill Valley, CA 94941



We now offer a "locals dinner special" on Wednesday and Thursday of two courses at \$26 per person (excludes beverage, tax and gratuity). The dinner menu is a seasonally changing price fixed menu consisting of three to four options for each course.

We support sustainable agriculture through local farms and farmers' markets, free-range meats and wild seafood.

An example of some current choices includes:

Seared Maple Leaf Farm Duck Breast with Fiddleheads, Spring Torpedo Onions, English Peas and Fingerling Potatoes

Grilled Top Sirloin, Wild Mushroom Gratin, Braised Broccoli Rabe, Jus Reduction

Pan Roasted Corvina Bass, Globe Artichoke Risotto with Proscutto and Lemon

Handmade Ravioli of Proscutto, English Peas and Fromage Blanc

Lunch from 11:30 am — 3 pm and dinner from 5:30 pm - 9/9:30 pm are served Wednesday through Sunday. Breakfast from 8 am — 11 am open to the public on Saturday and Sunday. We also offer our "small plates" service from 3:30 pm until closing on Saturday and Sunday during the summer season.

Keep an eye out for our wine dinner series and special dinner events.

We hope to see you soon!



Barks, Bites, and Best Friends

Most people like dogs, especially their own. Where the "rub" can come in is having to endure excessive barking or meeting a dog, not on a leash, that we fear may bite us or our children.

Warning Barks are Normal - A dog may bark when its territory is approached. Warning barks that subside are normal and tolerable. Incessant barking impacts a great many neighbors as sound travels easily around open mountain areas. Example: Have you heard Jackson, the donkey, calling out over the canyon? He is on Summit. He might as well be down the block! (Fortunately, Jackson isn't persistent.)

If a dog is left out while the owners are gone and barks continually, discuss it with the neighbors as they may be unaware. The Marin Humane Society will definitely follow up on nuisance barking and aggressive dogs, but it is usually simpler to visit with the owner and try to work it out.

Dogs Off Leash - not OK

Neighbors on our own streets and mountain trails have been frightened and bitten over the past year. Why? Because some owners allow their dogs to run OFF LEASH. We moved here because of the beauty and want to feel safe walking in nature.

Once a walker is frightened or bitten by a dog, the damage is done. Saying, "he doesn't bite" - after the frightening event (especially damaging to small children) is no help.

Homeowners must ensure (via fence or leash) that dogs cannot run off their property onto roads where they can endanger children or adults.

County Sheriff Complaint Reporting 499-7000

The sheriff will send a deputy out for a nuisance report on a barking dog. If you are reporting an aggressive dog or a dog bite, the Sheriff's office will have the Marin Humane Society come out.

STATE PARK LANDS — NO DOGS

All trails west of Panoramic — Sun, Ocean View, etc.

WATER DISTRICT — All dogs ON Leash

All trails above the fire station — Bootjack, Nora, Railroad Grade, etc.

MILL VALLEY — All dogs ON Leash

Tenderfoot, Cypress, etc. **Note:** Dogs can run free, under voice command, at Mill Valley's dog park.

STINSON BEACH - NO DOGS

Dogs ON Leash OK north of the public beach.

Plan Group Report

- The Survey questionnaire was approved and will go in the mail in the next month.
- A review of the current plans for the new Fire Station by our group revealed disappointment with the building design and its lack of keeping with the character of our community. It was agreed that we should continue to lobby for ways to make the building more attractive.

Emergency Preparedness Classes

Our CPR training class will be on Saturday, June 4, 1 - 4 pm, at the clubhouse. \$10 book fee. Contact Del Goetz at 388-8493.

Emergency Response Training (CERT) classes are on June 4&5, and Oct. 22&29. Fee of \$25 includes training manual, hard hat and vest. To schedule, call 389-4138.

Our heart-felt condolences go to

Gisela Heiling whose husband, Heinz, passed away in March. Gisela and Heinz have lived on Panoramic for many years. Gisela was in the hospital recovering from a broken leg when Heinz suddenly died. She is home now and able to walk and drive again. Neighbors are checking in and hope to be of help.

People in the News

The Marin Women's Hall of Fame chose two of our neighbors this year!

Dr. Rachel Naomi Remen, who lives on Sequoia Valley Rd., is a 1962 graduate of Cornell Medical School. She is Clinical Professor of Family and Community Medicine at the UCSF School of Medicine. As a clinician for 20 years, Dr. Remen worked with people with cancer and their families and practiced in Marin County. In 1986 she became co-founder and medical director of the Commonwealth Cancer Help Program in Bolinas, featured by Bill Moyers in his PBS series "Healing and the Mind."

She was among the first to recognize the psychological and spiritual impact of cancer on people and their families and develop innovative methods to mobilize the healing power of every individual in recovering their personal wholeness. She is the best-selling author of *Kitchen Table Wisdom: Stories That Heal* and *My Grandfather's Blessings: Stories of Strength, Refuge and Belonging*.

Dr. Remen loves living on the mountain. Years ago she bought an older home in need of TLC (and her good design ideas) and lovingly restored it.

Congratulations, Dr. Remen!

Marilyn Smith (formerly of Edgewood and now in Sonoma) was also an honoree of the Hall of Fame. She came to Mill Valley in 1957 from Kansas (with a degree in music education). She and her husband, Bob, raised five children here.

Marilyn became involved with music at Old Mill School. Before she knew it, she was producing musicals for Steve Riffkin, then a student teacher. When the Board of the Mountain Play discovered they needed a shuttle bus system to get crowds on and off the mountain, they asked Marilyn to produce the next year's play – mainly because she had busing experience!

Marilyn's first Mountain Play (1977) was "Clothes," a musical written by George Leonard and Susan Trott, with original music by Steve Riffkin. It was the switch to *musical* theatre from plays that really brought out Marin audiences. She continued as Executive Director until retiring in 1999, after 23 years. The Mountain Play, is in its 92nd season. All this would not have happened without Marilyn Smith.

Board Meeting Highlights

Meetings are held at the Clubhouse on the second Thursday of the month 7— 9 pm. Everyone is welcome. For complete minutes or to add agenda items (one week in advance of mtg.), Contact Mark Montaigne, recording secretary, 381-3523. Fivemark@aol.com

April 14th meeting: A roof leak was noted over the back room and composition shingles were installed. Approval was given to install a concrete patio outside the French doors (a section of which will house our generator). An audit of the association's books was deemed advisable for the November general meeting. We seek an informal, pro bono review of our records.

May 12th meeting: A lawn mower was purchased for use in maintaining club property. While we are \$2,100 above the reserve fund level, cash flow needs to increase. We are currently seeking group rentals for the facility and communication methods to broadcast its availability. A proposal is to be submitted to possibly secure a grant from the Marin Community Foundation to help fund repairs and improvements such as replacement of exterior siding and windows plus lighting of the lower parking lot.

Building Report

The electrical upgrade and track lighting are complete. Ceiling fan to follow. We look forward to the building of a shed at the back to secure the lawnmower, barbecues, etc. The painting of our sign (green) at Four Corners has been favorably received.

2005 MWPCA Board Officers & Directors

President	Brad Silen	332-3202
Vice President	Etta Deikman	383-2198
Treasurer	Karen Buckter	381-1801
Rec. Secretary	Mark Montaine	381-3523
Director	Lila Daniels	383-8422
Director	Lynn Hindley	388-7252
Director	Barry Joseph	383-2624
Director	Jennifer Sheetz	383-3185
Director	Carol Stern	388-0824
Director	Marie A. McCabe	381-0980

Committees

Clubhouse Rentals	Lynn Hindley	388-7252
Com. Planning	Steve Thompson	388-9630
Membership	Etta Deikman	383-2198
Mt. Emergency	Del Goetz	388-8493
Newsletter	Marie A. McCabe	381-0980
Parenting	Brad Silen	332-3202
Social Committee	Lynn Hindley	388-7252
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