



# The Lookout

Muir Woods Park Community Association

www.mounttam.org **October — November 2005**

telephone: 381-3119

## Are You Ready?

**Fire**, unlike Hurricane Katrina, can be on our doorstep in minutes — not days.

**Remember**, the Oakland fire occurred on October 20th - so we cannot think we are nearly out of danger. Don't be fooled. This summer's fog and recent rain have little impact on vegetation dryness, especially when the Santa Ana Winds out of the east begin - and begin they will.

**Let us all take this advice from Fire Captain Frank Neer:**

"If you see or smell smoke, or if you hear of a fire that might threaten our area, the best thing to do is LEAVE IMMEDIATELY. You can always return if the fire doesn't reach our area." *Why* take a chance?

**IF we each pull out of DENIAL, we can save ourselves and those we love.**

**Have your Emergency Evacuation Kit ready - Review your family exit plan.**

If you are ready to evacuate, you will avoid narrow, winding streets clogged with cars that can keep you from finding safety. If you have a neighbor who doesn't drive, talk to them now and offer to take them out. We cannot wait for or depend on the government.

*(Pages 3 & 4 contain specific information on preparation. Please pull them out, and use them.)*

## Mediterranean Night ! Saturday, October 8 th

The tables are set and the dance floor is being polished. Join us for a delightful evening of entertainment and a delicious full Mediterranean dinner.

Grecian Style barbequed lamb, spanakopeta (love that feta and spinach), Greek salad and Baklava will delight the palate while our local Exotic Belly Dancers delight the spirits.

No host bar and hors d'oeuvres at 6 pm.  
Dinner at 7 pm. Reservations are a MUST.  
Call Lynn Hindley at: 388-7252.

## Septic and Sewer Survey

Thank you to the 117 residents who returned their surveys! The survey committee has tabulated the results and they will have a report for our next newsletter. If you would like the information sooner, please contact Alison Shapiro at: 383-5282.

**Important.**—Note that the *correct* Throckmorton Ridge Fire Station phone number is: **388-5414**. It is Incorrect in the our new green community directory. Please make the change and also post the number near your phone.

**If you smell smoke, call the station. They will inform you of reported fires and will check your area.**

## **Our Community Loses a Well-Loved Neighbor Ruth Bramell**

Last week Ruth Bramell died peacefully at home with her husband Jim at her side. Ruth was a very loving and strong force in the Bramell family and this community. Ruth and Jim moved to their home on Mountain View over thirty years ago. There they raised two wonderful children, Amir and Chava / Davina (who gave her parents four beautiful grandchildren). All the while they were active in our community. If there was something we needed done, Ruth and Jim could always be counted on to help.

Ruth was a social activist all her life with strong ties to the movement for social justice in our county and country. She and Jim were long-time members of the Marin Peace and Justice Coalition. You probably noticed her in their weekly afternoon demonstrations at Camino Alto & East Blithedale. If there was a march for peace and equality, she would be there. Ruth was a stalwart member of the support group that formed to save KPFA (94.1), the local Pacifica Radio station. Pacifica is the only listener-sponsored radio station around, and she fought hard to keep its free-speech voice on the air.

Though hit by illness several times in her life, Ruth met each challenging event with deep fortitude and without bitterness. On Saturday, October 15 the Bramell family and friends will honor Ruth's wish that they hike to the top of the mountain. They will return in the afternoon to complete the celebration of Ruth's life and invite you to join them at their home.

Ruth loved living here and was one who hiked the mountain frequently. When you met her, you could feel her calm presence. She was not one to tell people what to do, she taught by example.

One could quote many poems that Ruth would have embraced. The following comes from someone who is suffering now; but, like Ruth, also celebrates each new day. May we take it to heart in her memory.

"When you run so fast to get somewhere  
You miss half the fun of getting there.  
When you worry and hurry through your day,  
It is like an unopened gift.... thrown away.

Life is not a race.  
Do take it slower  
Hear the music  
Before the song is over."

Ruth, you will be missed by all of us. With your new freedom, you can now just glide around the mountain you love so well. Our best thoughts are with you, Jim.

## **Beautiful Flat for Rent**

**Spacious (1,500 sq. feet) Mt. Tam flat architecturally designed loft style. Separate office space & garden patio. Available parking. Laundry and utilities included. Quiet, private \$1,650.**

**Pets welcome.**

**Call Marge Priest: 383-8119**



*Come Join Us!*

*Breakfast Saturday and Sunday 8 am – 11 am*

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

*Dinner Wednesday – Sunday 5:30 pm – 9/9:30 pm*

*Small Plates served Saturday and Sunday after lunch*

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## **MESSAGE ON THE MOUNTAIN**



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## **FIRE - Remembering Oakland in October**

As we sit in the middle of fire season, the most important knowledge we can have at this moment is this: **The minute we know there is a fire in the area, we MUST evacuate our homes immediately.**

Oakland should have taught the most uninformed or stubborn that **it is impossible to outrun a firestorm.**

### **Facts from the '91 Oakland fire:**

**25 people died. Several were in cars stuck in traffic jams!**

**The fire moved at 5 feet / second!**

**Fire ignited 1 building every 11 seconds.**

**790 homes were consumed in the first hour.**

**2,449 homes were destroyed.**

**150 people were injured.**

**1,600 acres burned**

**Out of control until the 4th day.**

Communications broke down almost immediately. People waited for directions and help instead of just getting out. Some tried to save their homes and lost their lives when they waited too long to leave and were trapped. Our streets are narrower and more winding than Oakland. Our water supply is limited. **Let's just get out.**

## **Your FIRE Evacuation Kit**

This kit is small and easy to prepare because a fire will not effect the Bay Area (unlike an earthquake) so you will be able to get generic supplies once you have left your home. See page 4 for earthquake needs.

**This kit can be put together in 40 min.** All time (and panic) saved if the time comes to leave!

- **Set of clothing and shoes** for each member of the house. (Warm jacket, hat, etc.)
- **Toiletries and extra eye glasses** (an old pair)
- **Copies of important papers / insurance policy / personal identification**
- **Important phone numbers, address book**
- **Cash, paper/pens, safety deposit box key**
- **Family pictures** (We take them for granted, but they help us remember others and other times.)
- **Store all items in a suitcase** that is easy to roll to the car (put it close to the exit of the house).  
You can also plac

## **Clearing Vegetation**

If you are still looking at this job, here are the fire department standards to put your property in compliance.

1. Remove all flammable vegetation and cut all grasses to less than 3" in a 30' on uphill/sides and 100' on downhill areas around all structures.
2. Remove all tree branches within 10' of the ground on all mature trees.
3. Remove all dead vegetation from roof and gutters all dead branches and foliage from trees and bushes.
4. Clear all dead vegetation on the ground.
5. Remove all tree branches less than 2' in diameter or with foliage, within 10' of the roof or chimney opening.
6. Driveways must be clear of vegetation 15' vertically and 5' horizontally from the edge.
7. Address numbers must be a minimum of 4' and be posted where clearly visible.

# Be Prepared for a Disaster!

**Earthquakes, storms and fires can cause major destruction and injury in our area.** Water pipelines and electrical power outages that affect wide areas of the Bay Area will effect us for weeks. No electrical power will impact our lives in many ways including the fact that the water district will be unable to pump water for drinking and toilet flushing! Are you prepared?

## Get These Items Under Your Beds Now!

1. **FLASHLIGHTS** - with fresh batteries and light sticks. Secure them to the bed. DO NOT use a flashlight if the smell of gas is present. It could cause a fire.
2. **SHOES** – **DO NOT jump out of bed barefoot!** Broken glass and debris may be on the floor. The most common injury in a disaster is cut feet. Wrap a pair of shoes in a plastic bag and secure to bed. You can throw a blanket to cover the floor until you can get your shoes, gloves, & light ready.
3. **Work Gloves** – Protect your hands for debris removal.
4. **Pry Bar** – Use leverage to open jammed doors, lift heavy objects, break window glass to escape. Have an escape ladder ready for upper floors.

## Basic Survival Needs

**A. Food** - that doesn't require refrigeration, little cooking, and does not increase thirst. Include pet food. Label with date; rotate every 6 months, April & October when clocks are reset. Get at least a 5-day supply for each person. Camp stove and fuel.

**B. Water** – Store a **minimum of 1 gallon / person / day**. 5 days MINIMUM. (See purification below.) Buy large containers or drums at a camping or earthquake store.

**C. Warmth** – Adequate dry clothing, sleeping bags, tent, shoes, etc.

**Light** – Flashlights, lanterns, extra batteries. Camping headlights keep your hands free.

**Communications** – radio with extra batteries, well-charged cell phone, address book.

**Money** - cash in small bills, (personal I.D. for credit card and check use)

**Medical** - Complete First Aid Kit plus personal medicines (in a sufficient quantity). Place in an easily accessed container. Store extra eyeglasses and contacts, too. Old ones are better than none!

### Sanitation

Personal hygiene needs, toilet paper, waste liners, a portable toilet, soap, disinfectant, (bleach for water).

### Prevent non-structural hazards

Fasten all bookcases, computers and other objects that can become flying objects. Correctly fasten your water heater. If a gas water heater falls, the gas line can rupture and pilot light can start a fire.

### Search and Rescue tools

Flashlights, batteries, gloves, crowbar, axe, duct tape, hammers nails, pliers, tarps, goggles, etc.

Place all items in waterproof containers or a shed outside the home so they are **NOT IN DANGER OF BEING INACCESSIBLE AFTER AN EARTHQUAKE!**

**Pure Water** Tap Water – 1 gallon / person / day MINIMUM. Store in opaque containers away from heat. Water from hot water tanks is drinkable. Turn off main valve to keep water from escaping. To purify water, boil it vigorously for 10 minutes, OR add liquid bleach with 5.24% sodium hypochlorite (Chlorine bleach) as its sole ingredient.

### Water Purification Procedure:

<u>Water Amount</u>	<u>Chlorine bleach for cloudy water</u>	<u>Chlorine bleach for clear water</u>
1 Gallon	16 drops	8 drops
5 Gallons	1 teaspoon	½ teaspoon

(Keep this section to guide your preparation.)

## Our Unsung Hero Does it Again!

### Keith Papulias and his faithful crew raised \$5,000 for our community at the Mill Valley Arts' Festival!

Twelve years and \$50,000 later, Keith Papulias is still giving to this community. Neighbors just don't get any better than this wonderful man. Keith has lived on King's Way almost since he graduated from college. He is generous, conscientious, energetic, and just an all around great guy.

THE place to really get great food at the faire is at our (Keith's!) booth. The tri-tip steaks he prepares with his family's PAPPY'S SEASONING are really beyond compare. The lines of people waiting to buy just keep forming. This event takes two LONG, 12-hour, on-your-feet days on the part of several of our neighbors who make up Keith's terrific team. The group began twelve years ago with Barney & Sue Lenheim, Lynn and Peter Hindley, Bob & Sue Olson, Bob Shapiro with Keith as grandmaster. Over the years others have pitched in to help — Gene Hamilton, Harold Dittmer, Lila Daniels, Eva Karlen, Cindy Brighton, Faybeth Diamond, and of course, Keith's great wife Wendy.

**On behalf of the neighborhood we send our sincere thanks to Keith and the entire crew.**

For those who may not know it, Keith is the owner of Metropole Mortgage on Throckmorton Ave., right down the hill. **When you, or someone you know, is refinancing or buying a house, Keith is the ONLY man to see.** Many of us on the mountain have Keith as our broker because he is so trustworthy, efficient and gets us the best rates! **We keep his number handy — right on the back of this newsletter under Metropole!**

### Amateur musicians wanted! Play Baroque & Classical music.

All skill levels invited to respond.  
Contact Arthur Deikman at: 381-0236 or  
deikman@sbcglobal.net.

**DISASTER** - The tragedy of Katrina reminds us of our own, different risks living on this mountain. If the label on this LOOKOUT is sent to **RESIDENT**, or is inaccurate, please let us know who you are. In the event of a disaster, your neighbors may become your family. Email [webmaster@mounttam.org](mailto:webmaster@mounttam.org) or write to: MWPCA, 40 Ridge Avenue, MV, 94941 or call 381-3119 and leave a message.

## Cook's Corner

### Autumn Pumpkin Muffins

2 1/2 C	all purpose flour	1/2 C	vegetable oil
3/4 C	sugar	3/4 C	milk
2 tsp.	baking powder	2C	pumpkin puree
1 tsp	baking soda	2	eggs, beaten
1 tsp.	salt	1T	orange zest
1/2 tsp.	ground allspice		
1/4 tsp.	nutmeg		
1/2 tsp.	ground ginger		
1/2 C	toasted chopped pecans (optional)		
3/4 C	chocolate chips (optional)		

Preheat oven to 375. Combine dry ingredients, sift into bowl. Stir in pecans and chocolate chips. Set aside. In a separate bowl whisk oil, milk, pumpkin, eggs and zest. Stir in dry ingredients with wooden spoon until just lightly mixed. Do not over mix. Coat muffin pan with butter or oil, dust with flour. Spoon batter into pans. Bake 25-30 min. until golden brown and toothpick comes out clean once inserted. Let cool in pan 5 min. Makes 10 - 12 muffins.

*This recipe is from the Flavored Breads by Mark Miller. Kit Harris of Washington Park swears (No, Kit never swears.) by it. Gee her little boys and husband Randy are lucky!*



**Welcome to the mountain's "Littlest Angel"** and new neighbor. Mojave Lewis Lovell, (8 lbs. & 21"), was born to Winona Lewis and John Lovell. This little Virgo was supposed to be a Libra (Oct. 7), but he made the decision to come in on his own time, 10 am, September 17. Isn't that just like a Virgo!

Winona and John moved to Washington Park Ave. two years ago. All the neighbors love them and are looking forward to hugging and kissing their little son, Mojave.

Congratulations, Winona and John!

## Community Calendar

### OCTOBER

Saturday	Oct. 8	Mediterranean Night	6:00 pm
Thursday	Oct. 13	Board Meeting	7:00 pm
Saturday	Oct. 15	Video Night	7:00 pm
Friday	Oct. 21	Plan Group	3:30 pm
Saturdays	Oct. 22	<b>CERT Training *</b>	
	Oct. 29	Attend both days.	
*Two-part	Training.	To sign up, see ad below..	

### NOVEMBER

Thursday	Nov. 10	Board Meeting	7:00 pm
Friday	Nov. 11	Annual Meeting	7:00 pm
Friday	Nov. 18	Plan Group	3:30 pm
Saturday	Nov. 19	Video Night	7:00 pm
Thursday	Nov. 24	Thanksgiving	

### Emergency Response Training

(CERT) classes will be held Oct. 22&29. A fee of \$25 includes training manual, hard hat and vest. To schedule, call 389-4138.

### Free Firewood

A dangerously leaning Douglas Fir tree was cut down recently. The wood is nicely stacked at the end of lower Washington Park Ave. Please feel free

## Board Meeting Highlights

Summer Break - The board did not have a meeting in the month of August.

**Meetings are held at the Clubhouse on the second Thursday of the month from 7:00 pm – 9:00 pm.**

**Everyone is welcome.** For complete minutes or to add agenda items (a week in advance of the meeting), contact Brad Silen, Board President at

president@mounttam.org.

### Help MyComputer

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Peter 383-1842 / 515-2642 cell

### Disaster Preparedness

Saturday, October 1

Live Demonstrations

Sausalito Bay Model (anytime 12 - 4 pm)

All major agencies will have booths and information. Talk with the Red Cross, police, fire, coast guard, etc.

## Thinking about “joining the club”?

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 .

### 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: \_\_\_\_\_

Address: \_\_\_\_\_ e-mail \_\_\_\_\_

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

## Saturday Video Night

at the Clubhouse

October 15

Saturday, October 15 7 pm

### Standing in the Shadows of Motown

If you like music and especially if you like MoTown, this is a great documentary about the characters that made MoTown happen. Director Paul Justman's music-infused documentary is based on the true story of the Funk Brothers -- the anonymous backup group that from 1959 to 1972 provided the music for nearly every hit produced by Berry Gordy's famous Motown Records. Narrated by Andre Brauer, the action revolves around a reunion of the talented musicians who lent their instruments to a multitude of hits during that amazing 13-year period.

Mark your calendar for this show NOW!

### Last Call — Non-fiction Book Club on Tam!

Like reading good non-fiction? A group of 10 - 12 neighbors will meet on a monthly basis and discuss a book of our choice.

Once we come together, we can decide on a time and place that works well for all of us.

Etta Deikman is the spark behind this group. To reserve your space, give Etta a call at: 383-2198.

### Fire Station Building News

Our fire station building was razed in July. The fire station is temporarily relocated in portable buildings on the premises.

The county has *now* decided the construction bid was too costly and is going to seek new bids. Completion of the building at least the end of 2006 or longer if there are bid issues.

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#### MOUNTAIN REAL ESTATE , Sept., 2005

##### Active

23 Ridge	3 bd / 2ba	\$ 995,000
2 Fern Lane	3 bd / 2.5ba	\$1,249,000
348 Panoramic	2 bd / 2 ba	\$1,850,000
47 Ridge	4 bd / 3.5ba	\$2,595,000

##### Sale Pending

50 Monte Cimas	3 bd / 2.5ba	\$ 999,000
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This information is provided to us courtesy of Yvonne Young.

### 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

#### MWPCA 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
Plan Group	Del Goetz	388-8493
Webmaster	Karen Buckter	381-1801



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