

# Bolinas Hearsay News

Monday, January 23, 2017

50 Cents

## HAPPY BIRTHDAY BABY!!!!

- January 23: Moses Berkson  
Ilka Hartmann  
Ryder Wood  
John Krielcamp
- January 24: Winna Hostetler  
Nicole Young  
Kristen Noel  
Nancy Zacher
- January 25: Diana Haney  
Jasper Willow  
Dianne Bramwell  
Logan Malvin
- January 26: Jade Patterson
- January 27: Linda Weyrick  
Mike Sutton
- January 28: Annie Coughlin  
Rio Ariel Forest  
James Robertson  
John Sabbatini
- January 29: Violet Tipaldi  
Judy Olsen  
Jim Bohman  
Rick Gordon  
Skyla Smith  
Matt Lundy  
Abel Pacific



photo by Georges Tamarelle

## WHAT'S HAPPENING??

Monday, January 23, 2017

### **FIRE DISTRICT**

Regular monthly meeting of the Board of Directors @ Firehouse, 7:30pm. Agenda inside.

Tuesday, January 24

### **MINDFUL PARENTING**

An interactive session for parents of students w/ Roni Habib of EQ Schools @ Quesada bldg., Bolinas campus. Hot soup & childcare provided! Dinner 5:30pm, event 6:30

### **SINGER SONGWRITER NIGHT**

at the Bolinas Library featuring local musicians; Van Waring, Alex Bleeker, and more! 7pm

Wednesday, January 25

### **MIDNIGHT ON THE WATER**

Acoustic contradance band plays for Smiley's celebration of all January birthdays, 7:30-9:30pm. Free..

Thursday, January 26

### **DINNER WITH THE BRIONES LIONS CLUB**

Come learn what they do, membership drive, @ Rod & Boat Club, 7pm

### **ERICA SUNSHINE LEE**

Live singer/songwriter @ Smiley's, 8pm

### **DEATH MAKES LIFE POSSIBLE**

Film & discussion presented by West Marin Senior Services, Commonweal and Hospice-by the Bay @ Dance Palace, Pt Reyes, 1-3:30pm

Friday, January 27

### **INTEGRATIVE CANCER CARE FORUM**

Presented by Commonweal & the Symington Foundation @ Commonweal, 10am-5:30pm, \$40. Info & RSVP: [tns.commonweal.org](http://tns.commonweal.org)

### **MIDWINTER CONCERT SERIES I:**

18<sup>th</sup> Century Baroque: Bill Quist plays 'The Many Moods of J S Bach' @ Bolinas Catholic Church, 7pm \$1-100 donation.

### **HUNTER & THE DIRTY JACKS**

California rock & roll @ Smiley's, 9pm, cover

Saturday, January 28

### **BIG BLU SOUL REVIEW**

60s & 70s soul/funk/jazz @ Smiley's, 9pm, cover.

Sunday, January 29

### **ALL VILLAGE FAMILY DANCE**

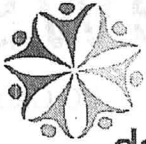
with Amber Hines Live Music with Los Padres & Dinner by Mirta!! 3-5pm \$12-\$20 pp or \$25 for family.

### **NAKED WALRUS**

Live rock& roll @ Smiley's, 8pm

**Pasteup  
Ads/books  
Press**

**Ned Riley  
June McAdams  
Jennie Pfeiffer**



COMMUNITY & CULTURAL CENTER

dance palace

For more information, to volunteer, or to join Call 415 663-1075 Save \$ by buying tickets in advance at: www.dancepalace.org

Youth in Arts - 'Til

Dawn Tuesday, January 24, 10:00 AM to 11:00 AM Tuesday, January 24, 11:00 AM

Death Makes Life Possible - Film

screening/conversation presented by

WMSS Thursday, January 26, 1:30 PM to 3:00 PM "Death Makes Life Possible" - Film screening & conversation presented by West Marin Senior Services.

Resist Trump Agenda - West Marin Saturday,

January 28, 3:00 PM to 6:00 PM Resist Trump Agenda - West Marin - Meets Saturday, January 28 at 3:00 TO 5:00 PM in Church space more information, contact binggong@sonic.net or call (415)766-1439.

PLEASE All Community Members,

Come to this important Event tomorrow night at the Bolinas Campus. We will listen to Roni Habib From E.Q. schools speak about social-emotional positive communication. He will be working with our school for THE REMAINDER of this year, to help implement a program. This information can help with all communication between people of all ages.

Come see this important step your school is taking! Your school is vibrant, come check it out first hand. Thank You Bob Demmerle

Tuesday January 24th Quesada Building—Bolinas Campus Dinner 5:30-6:30pm Event 6:30-8:00

BOLINAS - STINSON BEACH COMMUNITIES,

West Marin Senior Services

presents

Death Makes LIFE Possible

Thursday, January 26th @ 1:30pm

at The Dance Palace Church Space 503 B Street Point Reyes Station

Co-sponsored by:

The New School & Hospice by the Bay

"Could facing our mortality inspire us to live our lives more fully?"

The film expands our perspectives on the ultimate mystery facing each of us. When we release our fear of death, we open to an immensely richer life here and now.

How do we incorporate this profound insight into our everyday lives? Dr. Marilyn Schlitz presents a wealth of teachings and practical guidance on how to turn this taboo topic into a source of peace, hope, connection, and compassion.



Join Dr. Schlitz, in person, along with WMSS staff Hospice by the Bay & Dr. David Lakes for spirited discussion after the 60 minute film.

BOLINAS PEOPLE'S STORE

Looking for a local job?

We are now hiring for Saturday, Sunday, Monday and Tuesdays. Two mornings and two afternoon shifts available.

Get involved with your community food source.

Calling for the next generation of comrades.

Pick up an application at the store ASAP !!

## It's Do, or Die for the Briones Lions Club

Dear Friends and Neighbors of Stinson Beach & Bolinas:

**Your Briones Lions Club needs 17 new members, signed-up and entrance fees paid, by the end of its General Meeting, this Thursday evening, January 26th, or the Club will have to shut its doors at the end of February.**

*The Lions' motto is, "We Serve!"*

And, for 51 years, the Briones Lions have been *Serving* the communities of Stinson Beach and Bolinas in many ways:

- The Lions provide glasses and eye exams for our Students and citizens in need.
- The Lions provide medical and dental care for those in need.
- Install benches in our parks and various locations in our towns.
- We installed the Technology Plan, Program and Computer Lab at the Bolinas-Stinson Union School District along with professional development for the teachers and staff.
- We have provided much needed funds helping our local college, medical and law students achieve their degrees.
- We have even helped one person to realize a his lifelong dream by covering the transportation costs needed to get to Arizona, so that he could play starting-catcher for the Giants' Minor League Team during Spring Training.
- We sponsor and perform the Lagoon Clean-up between Stinson Beach & Bolinas with Cal-Trans' "Adopt a Highway" Program.
- We sponsor students in Pony Club and Summer Camp,
- We sponsor Doctors and Dentists without Boarders.
- We help folks in need with fixing a window, a screen door or gain access to their homes.
- We do what we can!

And, since 1971, The Briones Lions Club has organized and sponsored the Annual 4th of July Celebration in Bolinas and is carrying on a tradition that has last for more than 120 years! For the past 45 years the Briones Lions have been committed to providing all the 4th of July traditions that you have come to know and love: The Tug of War between Stinson Beach Bolinas, The Parade, The BBQ, the Beach Games and Music. We are also responsible for keeping this event safe for the entire family by limiting the access to downtown, staking and flagging the roads, ensuring emergency vehicle access, providing senior and handicap access, all the signage, a stagecoach to shuttle folks in an out of town, provide bathrooms, coordinate the many volunteers that provide security at our three Road Check-Points, and, then clean up and put it all away for next year.

If you like helping those in need, or see something that needs fixing, or simply, want to make life just a little bit better for those in the Community, then the Briones Lions Club is for you!

**Q. What Kinds of People are Lions?**

**A. They are hard working men and women who "don't have the time," who want to *Serve* their community, and, who would rather do it, than sit around talking about it!**

If this sounds like the kind of organization that you would to Join, then the Briones Lions Club needs you!

Here is what you need to do:

1. Come Join us for dinner, Thursday, January 26, 2017 at the Bolinas Rod & Boat Club, at 7pm and learn more about the Briones Lions.
2. Fill out a Membership Application.
3. Bring your checkbook or cash, for there is, unfortunately, an entry fee of \$25 and membership dues of \$40 that will you will need to pay (scholarships are available, for no volunteer, who is willing to work, will be turned away!).

If we don't have 17 new participating members by the end of the meeting Thursday Night, the Briones Lions Club will close its doors at the end of February! This is the last chance.

Please, Don't put it off! Come join the Briones Lions before it's too late!

For More information, please contact:

- Connie Pepper Lewis at 415-847-7103
- Mike Aitken at 415-868-1796
- Matt Lewis at 415-868-2004

Sincerely,

**Matt Lewis, President  
Stinson Beach & Bolinas  
Briones Lions Club**

THREE GREAT THINGS ABOUT THIS PLACE...

- A tree full of glistening ripe Meyers lemons.
- The Lagunitas Creek estuary, flowing chocolate-brown into Tomales Bay on a rainy Saturday.
- One of the earliest signs of spring: the bright-orange willow twigs are turning ever so slightly greener.

--Ned Riley



Ken & Sam Levin

**Window Cleaning**

415.663.9669

West Marin's Best

## New Data on Prunes & Osteoporosis Prevention

This is an update of a column I wrote in 2015, with some new data on the benefits of prunes on osteoporosis. Prunes are now called dried plums by some nutritionists and prune makers, because of their negative image as a medicinal food for the elderly. Don't be put off – read on!

Osteoporosis – Studies from Florida State University, published in the British Journal of Nutrition, showed that in rats subjected to treatments that produced osteoporosis, prunes in the diet were able to reverse bone loss. In a human study, a group of post-menopausal women was given 100 grams of prunes per day (about 10 prunes) and a comparison group was told to consume 100 grams of dried apples. After 12 months, the group eating the prunes had significantly higher bone mineral density in the ulna (an arm bone) and spine. Authors of the study said that prunes are able to suppress bone breakdown, which tends to exceed new bone growth as people age. This effect may be due to good levels of the mineral boron in prunes. Other foods high in boron are plums, grapes, avocados, almonds and peanuts.

A recent study from the Texas A&M Research center showed that prunes protect against the bone loss caused by ionizing radiation. UC Irvine and UC San Francisco also participated in this research. The study, done in mice, showed that consuming dried plums can protect from ionizing radiation that increases oxidative damage in skeletal tissues and results in an imbalance in bone remodeling. "Bone loss caused by ionizing radiation is a potential health concern for those in occupations or in situations that expose them to radiation," the study said. "This is relevant to not only astronauts in space, but also cancer patients, those undergoing radiotherapy, radiation workers and victims of nuclear accidents."

The team investigated interventions they thought might prevent bone damage and oxidative stress-related factors leading to

cancellous bone loss, also known as "spongy bone," from exposure to both low linear energy transfer and high linear energy transfer radiation. They evaluated different interventions with antioxidant or anti-inflammatory properties, including an antioxidant cocktail, dihydrolipoic acid, ibuprofen and dried plum, to determine their ability to prevent bone loss and to blunt the expression of genes in marrow cells that lead to the breakdown of bone. They found that prunes "contain biologically active components that may provide effective interventions for loss of structural integrity caused by radiotherapy or unavoidable exposure to space radiation incurred over long-duration spaceflight." They noted that prunes contain various bioactive compounds, including polyphenols that are known for their high antioxidant and anti-inflammatory properties.

Laxative Effect – Prunes are well known for their ability to help with constipation. They are a safe laxative for most people. This is due to their fiber and high sorbitol content, which retains fluid in the intestines. Sorbitol is a natural sugar found in many fruits. It is metabolized relatively slowly, so that prunes do not cause a rapid rise in blood sugar. Many people with diabetes can eat them in moderation (but check with your health care provider).

Colon Cancer – Research from Texas A&M University and the University of North Carolina has shown that prunes can positively affect gut bacteria (the microbiome) and help to reduce the risk of colon cancer. There are trillions of bacteria in the intestinal tract – more than 400 individual species have been identified. Disruptions to the microbiome are involved in intestinal inflammation, which can promote the development of colon cancer. Prunes contain antioxidant compounds that can neutralize free radicals that damage DNA. In a rat study on colon cancer antecedents, rats fed with prunes (and their regular chow) showed significantly reduced numbers of precancerous changes in the intestinal walls compared to a control group.

*cont. next page*

MEETING AGENDA  
 BOLINAS FIRE PROTECTION  
 DISTRICT  
 BOARD OF DIRECTORS  
 MONDAY January 23, 2017 at  
 7:00PM

Location:

Bolinas Fire Department Community Meeting Room 100 Mesa Road  
 The site is open to the public and is wheelchair accessible.

(This agenda is posted in accordance with the Ralph M. Brown Act, California Government Code Section 54950, et seq.)

1. Call to Order and Roll Call
2. Approval of Agenda
3. Fire Chief's Report
  - a. Update on Terrace Avenue Surfer's Overlook
  - b. Update on Roads
  - c. Update on Resource Recovery
  - d. Fire Calls & Emergencies for December 2016
- 4: General Business
  - a. **Action Item #1** Election of Officers
  - b. **Action Item #2** Formation of Committees
  - c. **Action Item #3** Meeting schedule for 2017
  - d. Discussion: Special Meeting/Retreat to discuss issues facing District
  - e. Discussion: Policy regarding delinquent parcel taxes in District
5. Consent Calendar
  - a. Approval of the Minutes from the December 5<sup>th</sup> Special Meeting and the December 19<sup>th</sup> regular Meeting.
  - b. Approval of warrant lists from December 14<sup>th</sup>, 2016– January 17<sup>th</sup>, 2017
  - c. Approval of financial reports for August and September 2016
  - d. Approval of account balances
6. Public Expression (The public may address the Board regarding matters not on the agenda.)
7. Board Member Report
8. Committee Reports
9. Personnel Matters (Board may go into a Closed Session.)
10. Announcement Re: Closed Session (if any)
11. Good of the Order
12. Adjournment

Weight Loss – Research by the University of Liverpool found that eating prunes as part of a weight loss diet helped in weight control. 100 overweight or obese men and women were tested for 12 weeks. Half the subjects were given about 14 prunes per day along with their diet, and the other half got advice on healthy snacks. The group that ate prunes lost 4.4 pounds and an inch from their waist. The control group lost 3.5 pounds and .7 inches from the waist. Also, the group eating prunes experienced greater feelings of fullness during the weight loss diet. The diets were matched for calories.

Some people don't like the taste of prunes, and may need to disguise them in shakes and stir-fries. If you have colon cancer in your family; if your diet is high in red or processed meat; if you have osteoporosis in your family, or have low bone density yourself, you may want to give prunes a chance.

*Sadja Greenwood, MD*

**WHAT HAPPENED THIS WEEK**  
 1-23-17 Monday Morning Recap Week in Review  
 from Jennie Pfeiffer

Recap is brought by the letter "R" today, as Monday started the week with a Remembrance of the Righteous Reverend Dr. Martin Luther King, Jr., civil Rights Revolutionary and Reformer for Race equality, and ended with a Respectful, Resolved, Resistance Saturday as millions of marching Rabble Rousers, Released Rage by Returning to the streets - a Radiant, Radical army of love, coming together on Roads all Round the world, Repudiating the Rancor of the Repugnant Reptilian Reprobate sworn in as President on Friday's Retched inauguration day -- apologies for the Run-on sentence. It sure felt good to Reclaim some Respect for women, children, and families of every sort, in a sea of pink pussy hats.

Yesterday there was a Resilient group of additional marchers that made their way to the beach in the Rain, then Returned to a warm and friendly gathering at the Bolinas Community Center. Thanks to, Soozy Mills and her cohort, for organizing. Coming together has made everything feel more manageable as we Resolve to press on Regardless.

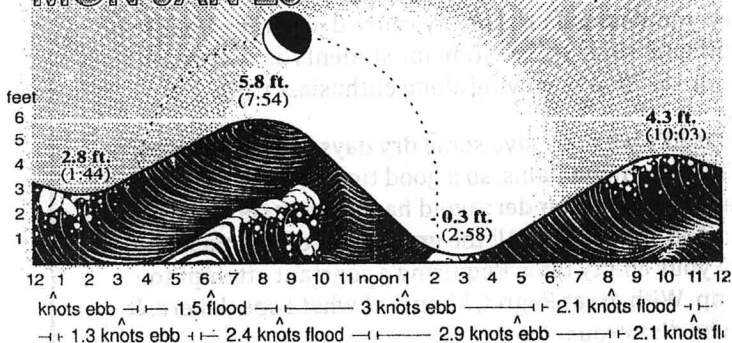
Otherwise in the week there was a Tuesday school board meeting with more conversation about the 4yr old program, scheduled to start next September. On Thursday, Board members and Superintendents of Marin went to Sacramento to meet with lawmakers and political advocates for education, and get some explanation Regarding the Governor's preliminary budget. The looming budgetary disaster for districts is the major increase in Retirement funding needs for employees, with no help from the State for that increase. That is major and I will keep you updated on that. My cause d jour is to work for automatic voter registration for students as they reach the age of 18. That is moving along enthusiastically.

Looks like we may have some dry days coming up, with a Respite from the Rains, so a good time to work on drainage. Big Reminder: avoid having your septic tank pumped at this time. All the ground water will pour back into your empty tank, Requiring a constant attempt to pump. With great Regret, I know of what I speak here. It can be disastrous. jp

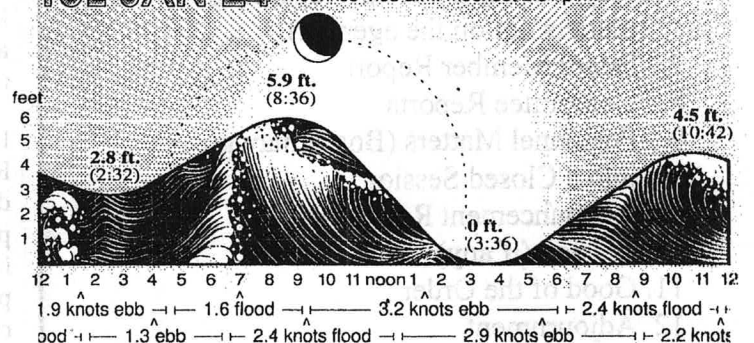
# KWMR RADIO SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00	DAWN					WEEKEND DAWN	
	KWMR Music	KWMR Music	KWMR Music	KWMR Music	KWMR Music	As It Happens (CBC)	KWMR Music
7:00	NEWS & KWMR MORNING SHOWS					MORNING MUSIC, TALK & NEWS	
	Day 6 (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	Morning Glory	Sunday Baroque
8:00	With Eyes Open! / A Cuppa Jo	Rise and Shine	Swimming Upstream	Top of the Morning / Pieces of Peace	La Mañanita Alegre		
9:00	Park Wave-lengths / The Valley / Sound Science	Airwaves	Trash to Treasure / Fish Tales		Specials		
10:00	TURNING PAGES					The Vexatious Traveler / Original Minds	Sunday Celebration
	At Nature's Pace	Reading to John / Vinyl Cafe (repeat)	Waves of Joy / Radio Bookmobile	For Children of All Ages / Casual Footsteps	Libro Abierto		
11:00	TALK & CURRENT AFFAIRS					Vida with Saga / Talking Specials	
	Trailer Talk	Spirit & Mind / Questing	Cuerpo Corazón Comunidad	Let's Talk	new Reveal		
12 pm	The Bioneers	New Dimensions	Planetary Radio	Attune-ment / Commonweal Conversations	new Alternative Radio	AFTERNOON MUSIC	
	Farm & Foodshed Report		Making Contact			Happy Days	
1:00	Ocean Currents / Post-Carbon	On Being with Krista Tippett	Climate One	Art's Desire / Hot Tech/Cool Science	Peace Paradigm / The Local Radio / Organon	Forms and Feelings	Jazz Rhythm
2:00	AFTERNOON MUSIC					Hawai'i Calling / The Scoring Stage	The Vinyl Café
3:00	Cruise!	Aztec Pride / Desde La Bahía	Classical Wednesday	Classical Thursday	Classical Friday		
4:00	Art of the Song	Youth DJ Project / Prof Kosmo	Youth DJ Project / Prof Kosmo	TeaTime Books (Coastal Airwaves)	The French Touch	Learning Curve / To Hell & Bach	
5:00	NEWS & CURRENT AFFAIRS					Circulo Musical	Elbow Room / Between Rock & A Jazz Place
	Epicenter	Epicenter	Epicenter	Epicenter	Happy Hour		
6:00	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	No Bad Vibes / Specials	EVENING MUSIC & DRAMA	
	EVENING MUSIC					Celtic Universe	Classic Radio Theater
7:00	Release Me	Musical Varieté	Faultline Radio	Bakersfield & Beyond / Shorty's Bunkhouse	Night Eject / Bring It On Home	The Jazz Groove	L.A. Theatre Works
8:00	Sessions from Chicken Point / Silver Dollar Jukebox	DJ Your Life / West County Prowl	Coast Highway Blues	Off The Curl / Running With Scissors			
9:00	Forms and Feelings (repeat)	Stuck in the Psychedelic Era with the Hermit	Solo Sunspots	Sit Down! / Get Down!	The Latin Alternative	Saturday Night Function	Rock of Ages
10:00				Under the Needle			
11:00	LATE NIGHT					LATE NIGHT	
12 am	DeepWaking 12-1	KWMR Music	Sunspots to 1:30 KWMR Music	Best of British	Radio Goethe 12-1 KWMR Music	The French Touch (repeat)	Grateful Dead Hour

MON JAN 23 dawn 6:20 sunrise 7:20 sunset 5:24 dark 6:24 moonrise 3:40 a.m. moonset 2:06 p.m.



TUE JAN 24 dawn 6:20 sunrise 7:20 sunset 5:25 dark 6:25 moonrise 4:33 a.m. moonset 2:51 p.m.



## HELP WANTED

**THE BOLINAS CHILDREN'S CENTER HAS AN**  
 opening for a part-time pre-school teacher, Experience and ECE  
 units preferred. Please call Laura at 868-2550 or email  
 ldistasi@camarin.org

LD 1/27

### ARTISTS' MODELS NEEDED

Drawing group wishes to hire models, posing nude or clothed.  
 Fair pay/2.5 hrs. Info: Sally 868-0784, Joyce 868-1008.

JC 1/27

### SEEKING SPIRIT HOUSE TENDERS FOR 2017

IT'S THAT TIME OF YEAR AGAIN TO  
 FIND 8 PEOPLE WILLING TO TEND  
 THIS SHRINE RIGHT IN THE MIDDLE  
 OF OUR SWEET LITTLE TOWN. IF WE  
 FIND 8 PEOPLE, EACH OF US WILL  
 ONLY HAVE TO SPRUCE UP AND  
 CLEAN THE SPACE EVERY 2 MONTHS!  
 CALL JUNE MCADAMS@ 868-9052 IF  
 YOU WOULD LIKE TO HELP.  
 THANKS, JUNE MCADAMS



## LOST & FOUND

**FOUND: ONE PAIR OF GLASSES FOUND ON TERRACE**  
 Ave. on Saturday morning (12/31/16). They are brownish, low  
 prescription, in Ray Ban frames. Call 415-497-6975

BD 1/4

**LOST: HAND BEADED EARING; SILVER COLOR glass**  
 top, turquoise glass blade shaped ends in strands. Dropped  
 outside Community Center kitchen door, Friday, 12/16...  
 .flower sierra 831-747-4540

FS 12/21

**FOUND ON BEACH A MAN'S WEDDING BAND.** CALL to  
 identify and claim-868-2840

WH 12/19

**LOST: NEW PAIR OF NIKON MONARCH 3**  
 8x42 binoculars at Agate Beach parking lot on Monday (to my  
 great sorrow). Anyone find them? Thanks. Joy Jamgochian,  
 peterandjoy82@gmail.com.

JJ 12/2

**LOST: POWER CHORD FOR MY LENOVO IDEAPAD.**  
 Must have fallen downtown or Mesa on 11/16 or 17. Please call  
 if found. Thanks. Jody Angel 415-264-5541

11/18 JA

**LOST: AT BOLINAS FOOD GIVE AWAY AT BCC LAST**  
 Thursday, Hawaiian pineapple small thermal bag. Very  
 sentimental value. If found, please contact Mary Barror @  
 415-868-0902. Thank you

MB 11/16

## CLASSES



### Weekly Classes and Events Schedule

#### MONDAY

Somatic Exercise (back in March!)	8:45-10:00am
Bo Babies & Toddlers Open Play Group (free)	9:30-10:45 am
Pilates Mat w/Lisa Townsend	5:30-6:30 pm
Yoga w/ Angela Sterpka	7:00-8:15 pm

#### TUESDAY

Diaspora Dance for Elder Women w/Amber Hines	9:00-10:15am
Soul Soup w/Amber Hines (0-3yrs)	10:30-11:15am
Senior Stretch w/Brenda Stein	11:30-12:30 pm
Aerial Arts for Youth w/ Joanna (Starts 2/7/17)	3:30-6:00pm
Contemporary Dance w/ Lisa (teens & adults)	6:30-8:00pm

#### WEDNESDAY

Pilates Mat w/Lisa Townsend	8:30-9:45am
After School Theater w/Lisa T	3:30-5:30pm
Diaspora Dance w/Amber Hines	6:30-8:00 pm

#### THURSDAY

Yoga Flow with Brenda Stein	7:30 - 9:00 am
USDA food bank	12 noon
Congolese Dance w/ Sandor	6:00-7:30 pm

#### FRIDAY

Pilates Mat w/Lisa Townsend	9:00-10:00 am
Ballet w/Erika Townsend (no class 4 <sup>th</sup> Fridays)	10:30-12:00pm
No Place Like Home (Free Brunch 4 <sup>th</sup> Fri of Month)	10:30-11:30 pm

#### SATURDAY

Diaspora Dance w/ Amber Hines	9:00-10:30 am
Ballet & Acrobatics/ KT (ages 7-9)	11:00-12:00 pm
Tumbling & Hula-hoops/ KT (ages 3.5-6)	12:00-12:45 pm

#### SUNDAY

Belly Dancing w/ Amalia	11:00-12:00pm
CommUnity Night (see website for details)	Noon-6:00 pm

Call 868-2128, check the Library Marquee, Calendar in BCC  
 Foyer or visit [www.bocenter.org](http://www.bocenter.org) for more info & special events!



### Classified ads that are free

As a public service, the Bolinas Hearsay News will print  
 ads in the categories **LOST & FOUND**, **FREE** and  
**RIDE SHARE** at no charge. Maximum approx. 20 words,  
 it will run at least one week, often longer.  
 Drop your ad through the slot in the door at our office on  
 the left side of the PBUD building at 370 Elm Street.  
 Or email to [868hearsay@gmail.com](mailto:868hearsay@gmail.com)

## FREE

**6 PALM TREES,**  
 ranging from 6 to 15 feet. Call 530 902 3520

RS-W12/23

# HEARSAY NEWS CLASSIFIEDS

Office Hours M.W.F. 9ish to 11ish. Call 868-0138  
270 Elm at Maple, Left side of BPUD Building  
Ad forms in smaller mail box, slot in door

## SERVICES

### TAX TIME!

Susan Hewlett Johnson  
868-1134 ~ cell 415 497-0877

SHJ 3/27

### CONFLICTS? DISPUTES?

**WEST MARIN MEDIATION CAN HELP-**  
confidential, effective, impartial, free. 415 459-4036

SG X

### BRUSH TO MEADOW TRANSFORMATION

Heavy-duty tractor. Mowing / backhoe / roto-tiller / disking /  
plowing / post-hole drilling. Don Murch -0921

DMX

### FIREWOOD • HYDRAULIC LOG-SPLITTING • HAULING

Dump Runs, Cow Manure, Recycling, Humane animal removal  
- Skunks, Raccoons & Yellow Jackets. Carl Henry 868-1782

CHX

### TREE SERVICE

Fine Trimming • Hedges • Removals • Brush Chipping  
Insured #676377 Steve Ryan 868-1584

SRX

### AIRPORT? HOWARD DILLON HAS

a Subaru SW for all Bay Area (& beyond?) destinations.  
Many local refs 868-2144

HD x

### TREE WORK, BRUSH CHIPPING AND

storm cleanup. Call Lorenzo Ferlinghetti  
415 965-9121

LD 1/27

## Regular meetings in West Marin

Lagunitas School Board	3rd Thursday	6:00 p.m.	Campus
SGV Healthy Comm. Collab.	2nd Wednesday	3:30 p.m.	Comm Center
SGV Nutrition Advisory Co.	4th Thursday	3:30 p.m.	Comm Center
Laf. Ed. Foundation (LEAP)	1st Monday	7:00 p.m.	Lag. School
SGV Planning Group	2nd Monday	7:30 p.m.	Comm Center
Dance Palace Board	1st Tuesday	7-9:00 p.m.	Dance Palace
Point Reyes-Olema 4-H	1st Monday	6:30 p.m.	WMS old gym
Bolinas Community Center	3rd Tuesday	5-7 p.m.	Bolinas Library
Point Reyes Village Assoc.	2nd Thursday	7-8:00 p.m.	Dance Palace
Stinson Beach Village Assoc.	1st Saturday	10 a.m.	Dance Palace
W.M. Lions Club	1st/3rd Tuesday	7-9:00 p.m.	Sta. House Café
Briones Lions Club	4th Thursday	7 p.m.	Rod & Boat Club
W.M. Rotary Club	Each Wednesday	8:00 a.m.	Toby's Feed Barn
W.M. Chamber of Commerce	1st Thursday	7:00 p.m.	Sta. House Café
Shoreline Unified School Board	3rd Thursday	7:00 p.m.	Rotating
W.M./Inverness School Site Council	TBA	TBA	W.M.S. staff room
KWWR Board	3rd Wednesday	6-7:30 p.m.	Fire Station
Inverness Public Utility District	4th Wednesday	9:00 a.m.	Fire Station
Inverness Association	4th Wednesday	7:00 p.m.	Library
Inverness Park Association	Date, time, and location posted at Perry's Deli		
Bolinas Comm. Public Utility Dist.	3rd Wednesday	7:30 p.m.	BCPUD office
Marin Municipal Water District	1st/3rd Tuesdays	7:30 p.m.	MMWD office
Bo-Stin Union School Board	2nd Tuesdays	6 p.m.	Bolinas campus
Stinson Beach Water District	3rd Saturday	9:30 a.m.	SBCWD office
Bodega Bay Public Utility District	3rd Wednesday	9:00 a.m.	BBPUD office
Tomasles Village Comm. Serv. Dist.	2nd Wednesday	6:00 p.m.	Town Hall
Tomasles Town Hall Board	1st Wednesday	7:30 p.m.	Town Hall
Tomasles Design Review Board	3rd Wednesday	7:30 p.m.	Town Hall
Tomasles 4-H Club	3rd Monday	7 p.m.	Town Hall
North Marin Water District	1st/3rd Tuesdays	7:30 p.m.	NMWD office
Bolinas Fire Protection District	4th Mondays	7:30 p.m.	BFPD office
Tomasles Bay Youth Center	Last Tuesdays	6 p.m.	TBYC

## HEALTH & HEALING

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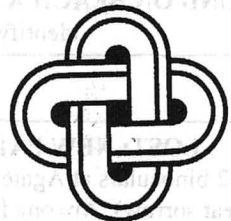
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### 23 January

*Goddess month of Bridhe commences*

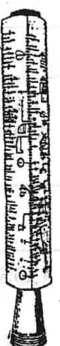
At right is St. Bridget's cross, a traditional  
symbol of protection.



### 24 January

*Cornish Tinnars' and Seafarers' Day/St. Paul's Eve*

Cornish Tinner's and Seafarer's Day is an old "labor day," celebrating the new season of sailing and mining in Cornwall. In the old wooden calendars known as clog almanacks (right), rimstocks, or prime-staves, each eve or aften was marked by the letter A.



**PAGAN BOOK OF DAYS**

**BY NIGEL PENNICK**

**SUBMITTED BY JUNE MCADAMS**