

Bolinas Hearsay News

Monday, December 31, 2012

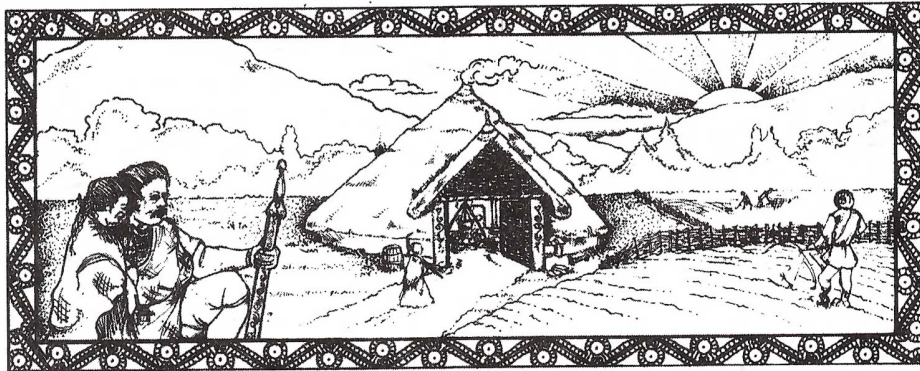
46 ¢ + tax

JANUARY

THE WELCOME OF THE DOOR

*I pray for a house roofed, sheltered, shining
a house wherein is honor and welcome.*

IRISH, SEVENTH CENTURY



WHAT'S HAPPENING

Monday, December 31

MUSIC & ART & ART MODELS

A Benefit Live Auction for "Figure It Out" the life drawing class at the Community Center, 6:45-9:45pm, \$10 admission. for auction, \$25 to draw

NEW YEARS EVE LIVE

Epicenter Sound System @ Smiley's, 9pm

Tuesday, January 1, 2013

NEW YEARS HOLIDAY

Thursday, January 3

COAST CAFÉ CONCERT SERIES

Dale Polissar & Bart Hopkin play eclectic jazz @ Coast Café, 6-8pm

LA MANDANGA

New band showcase @ Smiley's, 8:30pm

Friday, January 4

DGIIN

Live gypsy jazz @ Smiley's. 9pm. Cover.

Saturday, January 5

TOM FINCH GROUP

Live rock music @ Smiley's, 9pm. Cover.

Saturday, January 12

BARBIE ROTHWELL MEMORIAL

Rod and Boat Club, noon-6pm

HAPPY HAPPY BIRTHDAY!!!

December 31: David Franklin

Miles Tune

Cabe Silverhame

January 1: Rosemary Sanchez

Jill Moore

January 2: Eat Dog

January 4: Marcella Robinson

Cathy Cook

Barbara Kayfetz

Luigi Resta

January 5: James Danse

Hilary McClintock-Brooks

Marilyn Goldberg

January 6: Boh Russum

Grace Alexander

NOTICE:

We have word that Jane Blethen was taken by ambulance over the hill with symptoms of a possible stroke. More information to come.

--Monday editor

pasteup
ads/books
press

Ned Riley
June McAdams
David Cattell

LIVE MUSIC AT THE BEACH

Fri. Sat. & Sun. Nites JANUARY
 Open Mic Sun. 8-11
 DJ Spin Mon 10-1
 Pool Tourney Tue 7-11
 Karaoke Wed 8-11
 New Band Showcase
 Thur 8-12



HOTEL ROOMS
 off the beach
 \$!04

• **BE SAFE**
 • **STAY CLOSE TO HOME**

CELEBRATE NEW YEAR'S EVE IN BOLINAS

Special Guests!
 Ladies drinks half-price from 7-9 pm
 Mon. Dec. 31, 8-1, reggae, dance hall

NEW YEARS EVE LIVE EPICENTER SOUND SYSTEM

Coast Café
 New Year Specials

New Year's Eve Dinner
 Special: Local Beef Prime Rib Roast
 5:00 - 9:00 pm

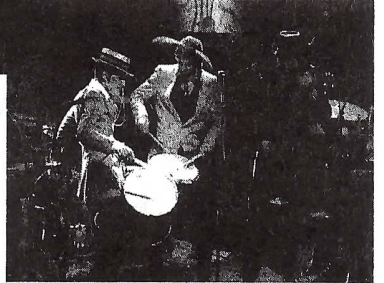
New Year's Day Brunch
 Special: Black Eyed Peas and Collard Greens
 8:00 - 3:00 pm

Plus our usual menu favorites .
 (415) 868-2298



• • •
El Radio Fantastique plays the Dance Palace on New Year's Eve.

Join El Radio Fantastique on New Year's Eve as they hijack the Dance Palace to perform the last rites for the year 2012.



Bring in the new year with elegance! And eye-popping mischief! Fancy attire encouraged.

As a living music-breathing entity, El Radio Fantastique's 8-piece band is a stitched together b-movie creature - part rumba band in purgatory, part cinematic chamber group, part shipwrecked serenade. Event admission includes soup, snacks and midnight champagne toast. Full bar.

Show is on Monday December 31, 8:30 PM.
 Tickets are \$55 advance purchase, \$65 day of show.
 21 and over only. Tickets are available in advance at www.dancepalace.org & at the door.

The Dance Palace, 5th & B Streets Point Reyes Station.
 For more information, to volunteer, or to join, contact (415) 663-1075, dance@horizoncable.com, or www.dancepalace.org.

BOLINAS DON'T DRIVE DRUNK

To celebrate my 25th AA birthday (1/2/88) I am offering Bolinas Don't Drive Drunk: From 10pm to 3am New Year's Eve/Day I will drive your drunk self to your Bolinas home. This is not a taxi service, it's meant to save lives. **DON'T DRIVE DRUNK. No pontificating either!**

-- Debbie Morrison, 0382



Christine Cunha, Owner
 415.868.2700

- Full-Charge Bookkeeping
- Payroll
- Year-End Prep
- Mail Service
- Plus More...

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48 WHARF ROAD, 2ND FLOOR, BOLINAS

bringing order to your financial world

Go to Health – About Dr. Mike Witte

Here in Bolinas we are very lucky to have a spacious, new health center with 3 excellent doctors, a psychologist, physician assistants, nurse practitioners, nurses and supporting staff. In this article I am profiling Dr. Mike Witte, the Medical Director of the 3-site Coastal Health Alliance practice. He is board certified in family practice and pediatrics. In my next column I will write about Dr. Anna O'Malley and Dr. Wendi Joiner, who recently joined the practice.

Here are Dr. Witte's wise words on his approach to medical care: "Over the years of providing health care to our rural communities, I have become passionate to ensuring that our care is truly patient-centered (or "person-centered!"). To me, this means that each person we care for becomes involved, at the level for which we help them become ready to participate, in decision-making regarding their healthcare. I believe strongly that this extends to everyone, from conception—to grave. Birth and death are not medical events, nor are many of life's normal passages. Often, our tasks are to help patients through the minefields of choices with respect to their health and illnesses, being mindful of honoring personal choice as well as the dangers of "modern medicine". The direction of our care for out patients needs to be driven by the principles of bio-ethics:

autonomy: the highest goal is that every person is empowered and informed enough to control their own healthcare.

benevolence: our interventions (treatments) are benign and truly helpful in their design and their results.

non-malevolence: "above all else, do no harm"--from the Hippocratic Oath—do nothing that creates harm to those for whom you care. This is so important now with so many technologies and so many people on multiple chronic medications. Our job must include understanding and communicating the dangers they can bring along with their potential benefits.

inclusion: people for whom we care are centrally included in all decisions regarding their care.

I am very mindful of how badly broken our healthcare system is. After seeing many families through more than a generation of life crises, I have become

deeply committed to healthcare "system-change". No one should ever be denied the best and most effective healthcare based on how they are able to pay for it. I visited Cuba with a group of Healthcare leaders in November.

Whatever else we might believe about their political system, Cubans have committed their resources to ensuring that good healthcare is available to each of the over 11 million people in Cuba. No one pays for healthcare. All doctors must become family doctors first, and practice family medicine for at least two years, before going on to train in other specialties. There is one doctor for every 140 patients across the entire country.

(In the U.S., there is one doctor for over 1,100 people). The healthcare outcomes there with respect to infant mortality and life expectancy---are better than ours--at a fraction of the cost. And of course this is only one example of many, whose countries have far better outcomes than the U.S. for much less money.

We are entering an era of healthcare reform here in the U.S. which will certainly look much different than Cuba's. But the central principle of healthcare delivery being a responsibility of a society is certainly something that we must continue to strive for. "Payment reform" should really mean that what are called "essential benefits" in healthcare are a mature society's job to provide, equally, to every citizen and visitor. ("Essential benefits" are often defined as what members of the U.S. Congress have in their insurance plans.)

Ironically, to provide this care, we have far too few "primary care providers" in the U.S. --Under Obamacare, when over 33 million people become newly insured, this will become an even more critical problem. Our way of alleviating this problem at the Coastal Health Alliance is developing the concept of "team care". We are assigning each of our regular patients to a team of providers and support staff, who will be responsible for providing them their regular healthcare. In this way, everyone on our staff will become a familiar name and face to patients in their care. We will all have an important role in helping our patients. This will allow our "providers" (doctors, nurse practitioners, and physician assistants) more time for direct care of patients, and involves our other staff more intimately

cont. next page

From: Lia Sabbatini
Sent: Dec 28, 2012 4:49 PM
To: "liabocenter@yahoo.com"
Subject: BCC January 2013 events

Happy
New Year

Hello sweet
village friends,

Here we are at
the end of 2012 and the World is still spinning - thank goodness!

December was a
fun-filled month with our yearly fairs. A big thank you goes to all the vendors
that brought their hearts, souls, passion and beauty to the fairs! And thank
you all who came down enjoyed the fun and made both fairs successful. Molly
Maguire held a heart warming evening with Christmas carols and Jeffrey Manson
showed a fun collaboration of photos from 2012 at his slideshow last weekend.
Jeff also makes a mean Indian meal so don't miss out on the next one,
they only happen a few times a year! The Christmas Day Dinner was a sweet
success, as was the Winter Solstice Celebration - thank you Jodi, Martine
and everyone else who helped make both events happen.

Monday December 31, 6:45-9:45pm
Benefit Live Auction
of art for "Figure it Out". Art Models and Deep Musicians.
Sliding scale for art buyers and appreciators, starting at \$10.00, to get
inside where art is being created. First \$5, goes to any piece you want to bid
on.
\$25 to Draw in the class. Join us and bring materials, large paper and a
drawing board. May you sell a piece and double your money and be helping
"Figure it Out".

Class changes in January 2013

In January
Patrice Daley's Theater Workshop starts (January 9th). For all
who are interested, please pre-register and call Patrice at 868-2758. Lisa
Brendel's yoga class on Thursdays is moving to Tuesday mornings 9:30 am
- 11am (January 8th). Trisha will be back from her worldly travels
and starting up yoga on January 13th. Please see our calendar (in
attachments) for all class times and don't forget to look at the calendar
posted in the BCC foyer for the latest updates. *cont next page*

cont. from prev. page:

in our essential work. We will be
continually asking for feedback from
patients as to how we are doing!"

Dr. Witte works in Point Reyes on
Thursday, Friday and every other
Saturday. He is in Bolinas every other
Tuesday. Stay tuned. Next week I will
profile Drs. Anna O'Malley and Wendi
Joiner; both are specialists in family
practice and studied at the Integrative
Medicine program of Dr. Andrew Weil
at the University of Arizona.
Sadja Greenwood, MD
sadjascolumns.blogspot.com

Smiley's
POOL TOURNAMENT
Every Tues. Night, 7:30 pm
1st Prize \$75-\$100
2nd Prize \$25
3rd Prize Smiley's Cash
\$5 buyin
41 Wharf Rd. 868-1311

Here are the upcoming events for January:

Tuesday January 1, 4:30-7:30pm
Pirate
Pizza at the BCC kitchen
The 13th pizza
order for the day receives a free pizza in honor of 2013!
Please call (415) 328-1066 to pre-order!

Tuesday
January 8, 7pm
CommUnity Surf
Movie
Step into
Liquid (2003), directed by Dana Brown. 87 minutes.
Free event!

Tuesday
January 15, 7pm
CommUnity Night
Shorter
version of
Vermont Boy in East Oakland performed by Michael Sommers:

THREE GREAT THINGS ABOUT THIS PLACE...

- (1) Epiphany, or Twelfth Night, January 6; the first date your senses tell you that the Solstice is past and the days are actually lengthening.
- (2) Snoods, or tubular scarves. I've been wearing mine constantly.
- (3) Seeing the last of the multitudinous gift exchanges. Are we actually finally done with Christmas?

--Ned Riley

Bill Quist's Favorite Musical Experiences of 2012:

- Molly Maguire's Bolinas Cemetery presentation of Faure's Requiem.
- The annual Messiah sing-along (Molly, again)
- Singing with Annie Crotts at the Rod & Boat Club



Submitted by Jennie Pfeiffer
Recap of 2012 Recaps will be back next week.

Watch for ticks when out

The Marin/Sonoma Mosquito and Vector Control District is warning residents to take precautions while playing in the outdoors this winter, as ticks are out in force. The western black-legged tick, also called a deer tick, is most active from fall through early spring (the nymphs, or juveniles, are most active in the spring and summer). Tick bites can transmit the bacterium that causes Lyme disease, named after the town in Connecticut where it was discovered in the 1970s, as well as other infectious diseases. Lyme can begin with mild flu-like symptoms but, if left untreated, may develop over time into serious chronic health problems affecting many bodily systems. The district this week urged people to watch for ticks in grassy, brushy or wooded areas and noted that, contrary to popular belief, ticks do not jump, fly or fall out of trees. Rather, adult ticks wait with legs outstretched on the tips of vegetation for passersby. The most common way a person becomes a host is by sitting on a log or leaning against a tree, followed by walking or sitting in leaf litter, research shows. Ticks can remain on their hosts for hours and even days, with the risk of infection growing with the length of time they remain attached. In Sonoma and Marin Counties, the district estimates that 3 to 5 percent of adult ticks carry the Lyme bacterium. Officials suggest that hikers wear light-colored clothing, long sleeves and pants, apply repellent containing DEET to exposed areas, shower after exposure and remove attached ticks properly—using fine-tipped tweezers applied close to the skin's surface to steadily pull the insect out, and then washing well.

Pt Reyes Light 12/27/12



90.5 FM + 89.9 FM
WWW.KWMR.ORG

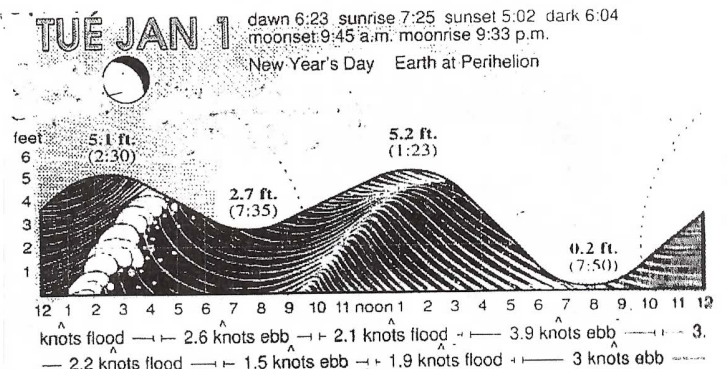
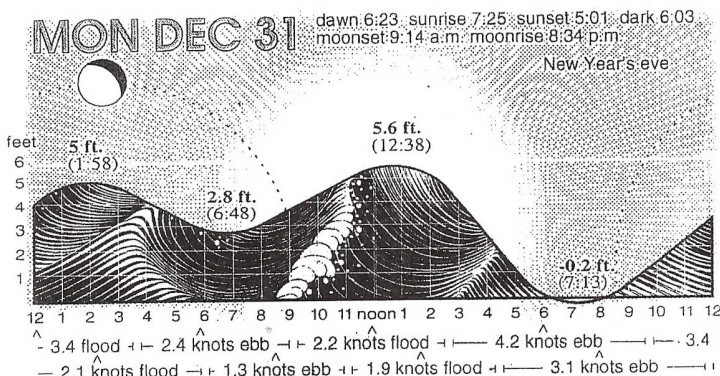


	Mon	Tue	Wed	Thu	FRI	Sat	Sun
6	DeepWaking 12-1 am KWMR Night Music	Weekly Feed 12-1 am KWMR Night Music	KWMR Night Music	S Sunspots to 1:30 am KWMR Night Music	KWMR Night Music	Grateful Dead 12-1 am KWMR Night Music 6:00 am As It Happens	KWMR Night Music
7	Day 6 (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	Morning Glory # Gregory DeMascio # Anneke van der Veen	Daybreak # Gregory DeMascio # Anneke van der Veen
8	With Eyes Open! Peter Asmus	Guest Hosts Rise and Shine Mary Siedman	Specials	Swimming Upstream Morning Blunder	Barrio Vibes		
9	KT's Kitchen	8:30 am Park Wave-lengths Loretta Farley	Fish Tales Dave Cook	Amanda Eichstaedt Howard Dillon Charlie Doucherty	Solange Echeverria	Vicarious Traveler Vicki Leeds	Original Minds Elia Haworth
10	Turning Pages # Janet Robbins # Lyons Filmer	Turning Pages # Neshama Franklin # Joy Maulitz	Turning Pages Classics Janet Robbins	Turning Pages Kerry Livingston	Turning Pages # Bilingual Storytime # Specials	Krista Tippet On Being	Sunday Celebration of Sacred Music Rick Clark
11	Open House The Bioneers	#1/3 Taylor + McGee Maurice & Seana #2/4/5 Questing Calpestri & Mickelson	The Bioneers (repeat) Making Contact	An Organic Conversation	Nuestros Niños	Viewpoint Ellen Shehadeh	The Place We Live Marc Matheson
12	The Farm and Foodshed Report Robin Carpenter	New Dimensions	Alternative Radio	Attunement Anthony Wright	Commonweal Conversations	Voces de Nuestro Mundo Interviews by Raul Gallyot (repeat)	Forms and Feelings Happy Days Marcie Judelson Jazz Rhythm LAST SUNDAYS
1	West Marin Matters #1 Stock #2/4 Gong & Stephan #3/5 Faure-Brac	Spirit & Mind Anthony Wright	Your Own Health and Fitness	Philosophy Talk	What Matters Most Susannah Baldwin	ViewPoint (repeat)	Jim Bennett
2	Cruisin'..... Rick Clark	What's New? #1 Jimo & Tammy #2-5 Specials	Classical Wednesday #1/5 Specials #2/4 Chris Breyer #3 Susan Dexler	Classical Thursday # Susan Santiago # Jeffrey Wilkinson	Classical Friday #1 S. Henderson #2/4 N. Masonson	World Playground #1/3 Hawai'i Calling Susanna Henderson #2/4 Africa & Diaspora Mark Potts	Riverwalk Jazz The Vinyl Café (CBC)
3							
4	# Aztec Pride Jorge Ramirez # The Latin Alternative	Art of the Song	Krista Tippet On Being #5 Coastal Airwaves Vickisa	TeaTime Books Mimi Calpestri Howard Dillon	#3 Janet Robbins #5 Specials	Circulo musical	Learnin' Kirven To Hell & Bach Beth Underwood
5	Moyers & Company	Sabrina Artel's Trailer Talk	Open House	Open House: Temas de inmigración; Story Shed	Happy Hour	Jesus Martinez	Brian Kirven
6	Trash to Treasure Madeline Hope	NEW SERIES Live Wire! Radio	Epicenter: West Marin Issues #1 Pt Reyes Dialogues Jacob Needleman	# Art's Desire # Hot Tech/Cool Science	Liberacha	The Celtic Universe # Loretta Farley # Lyons Filmer	Ears Akimbo's Elbow Room Paul Flowerman Grey Shepard
7	Release Me..... New Music with Amanda E	Musical Varieté Charlie Morgan	Ridin' the Rails..... on The Americana Express with the Roots Gang Mike V, Amanda, Will, Sally Phillips	Bakersfield & Beyond Amanda & Mike V	Shorty's Bunkhouse Shorty	Friday Funk Fest Fairfax Funkateer	Choose Your Own Adventure The Kitchen Sink Patrick Kleeman
8	El Barrio	Silver Dollar Jukebox	Faultline Radio	Coast Highway Blues	8:30 pm NEW TIME	Rick's Jazz Café Rick Clark	Greg's Groove Gregory DeMascio
9	Gus Conde	Peter Martinelli	Jaimo Crespo	Larry Rippee	L.A. THEATRE WORKS	Chris Breyer	Fred Smith
10	Monday Night Mixtape	Amateur's Guide to Life Christian Anthony	The Latin Alternative	Sonic Sunspots Tony Palmer	Professor Kosmo plays.....	Saturday Night Function # Mark Potts # Marc Matheson	Stuck in the Psychedelic Era with the Hermit
11	Jacoba Charles	Professor Kosmo plays...	Ernesto Lechner and Josh Norek Professor Kosmo plays.....				

Office 415/663-8068

STREAMING on KWMR.ORG

Studio 415/663-8492/8317



FOR SALE

DRY DRY DRY SEASONED FIREWOOD

Oak, Bay, Eucalyptus - Cut locally
Gospel Flat Farm 868-0921

DMx

Uniquities has reasonably priced calendars for the
New Year, lucky/ unlucky 2013. Open daily, noon to
5:00. Jp1/7/13

FOR RENT

BEAUTIFUL COTTAGE IN GARDEN SETTING
on Big Mesa. \$1500/mo 868-9709

JF12/31

LOST & FOUND

LOST: DARK GREEN BERET

Missing for a week or so.
-KO 868-2283

K 012/28

LOST

Black persol sunglasses inside of black smith case-lost
Sunday, 12/30, after soccer-maybe on bike path? 9931

BL 12/31

LOST

1 olive green cashmere glove on Terrace or Overlook on
Thursday 12/27-868-0339. Thank you.

JM 12/31

LOST KEYS, EITHER ON POPLAR, THE TRAIL FROM
the end of poplar down to Agate Beach or on the Beach.
If found call 9359

RD 12/17

LOST: MY GRANDDAUGHTER'S SILVER METAL,
case. 3-4" with a fairy design on it and her Xmas \$\$ inside. Lost
at end of Opal on Alder at bus stop. Marisa 415 259-8739

MW 12/21

LOST: PRESCRIPTION GLASSES WITH DARK BLUE
frames- @ Winter Faire on Friday, 12/7
- if found, contact Robin-0527

R12/10

LOST: MY FAVORITE HAT! SMALL VELVET,
black on one side and spotted on one side
If found please call Martine 868-9036

MA 12/10

LOST: RAY BAN DRIVING GLASSES
Green with blue on backside of glasses. Prescription with
transitional lenses. 415 259-8739 thank you

MW 12/7

MISSING BLACK MALE CAT

He has scabby ears and His territory is between
Maple/Oak and Elm. -0419

IH 12/7

LOST: ORNATE GOLDEN EARING
At Community Center Thanksgiving Dinner or nearby.
If found please call - 1018 - Thank you

SL11/30

CLASSES

DON'T MISS WHAT'S GOING ON AT
THE NEW SCHOOL AT COMMONWEAL!
sign-up free at the newschool@commonweal.org

Download past podcasts at
www.commonweal.org/newschool/events.html

NSx



Class Schedule

Sunday

Yoga w/ Trishna continues in January 9:00 - 11:00 a.m.
Brazilian Dance w/Anna 11:00 a.m. - noon
Ninjutsu Martial Arts w/ Martin Adult Class 6:30 - 8:00 p.m.

Monday

Pilates w/Lisa (pre-register 868-0473) 5:30 - 6:30 p.m.
Figure Drawing every other Mon. cont. 12/17 6:45 - 9:45 p.m.

Tuesday

Bo Babies 12:00 - 2:00 p.m.
Dance with Eleanor 2:00 - 3:00 p.m.
Ariel Arts for Youth w/ Joanna 3:30 - 5:30 p.m.
CommUnity Nights 6:00/7:00 p.m.

W/ free movies, games or music. Call -2128 for details

Wednesday

Pilates w/Lisa 8:30 - 10:00 a.m.
After-School Theater w/ Lisa Townsend 3:30 - 5:00 p.m.
Theater with Patrice Daley ~ starting Jan. 9th 5:15 - 7:45 p.m.
Biblia en Español 8:00 - 9:30 p.m.

Thursday

Yoga w/ Trishna continues in January 8:00 - 9:30 a.m.
USDA food bank 12 noon
Yoga w/Lisa Brendel 4:00 - 5:30 p.m.
Congolese Dance & song w/ Sandor 6:00 - 8:30 p.m.

Friday

Pilates Mat Class w/Lisa 9:00 - 10:00 a.m.

Saturday

Yoga w/ Lisa Brendel 9:00 - 10:30 a.m.
Creative Movement w/ Lisa continues in Jan. 11:00 - 11:45 a.m.
Ballet w/Erika Townsend continues in Jan. 12:00 - 1:30 a.m.

Check the Library marquee or Calendar in BCC Foyer for special
events at the Community Center. For More Info call 868-2128 or
visit Bocenter.org

How to contribute to the Hearsay News in person

Come to the office at 270 Elm at Maple, behind the BPUD
office on Mondays, Wednesdays and Fridays between 9:30
& 10:30 am to have your article appear the same day, and
until 11:00 am for classified ads.

Ad forms are also available anytime in the small mailbox
next to the Hearsay door. You can fill out the form and
have your ad billed to you, or you can enclose payment
(please note on your ad if you are paying cash in as they
might become separated) & drop into door slot.

hearsaynews@yahoo.com

Submit articles, ads and drawings by midnight
Sunday, Tuesday or Thursday for publication
the next day.

Or to request a link to the password-protected website
to read online and info on how to subscribe online.



HEARSAY NEWS CLASSIFIEDS

To place an ad: come to the office, 270 Elm at Maple, on the left side of BPUD building. Ad forms are in a small mailbox next to door. Fill out form and drop in door slot. If you have included payment please note. Office hours: Monday, Wednesday and Friday between 9:00 & 11:00 am. Call 868-0138 for more info.

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DMX

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- Skunks, Raccoons & Yellow Jackets. Carl Henry 868-1782

CHX

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HDX

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868-0493

Involved in a conflict?

We have trained mediators.
Free, Confidential, Effective

X

WEST MARIN PROFESSIONAL

"CATERED" HAIR CUTTING.

Call Angela for appointment -1840

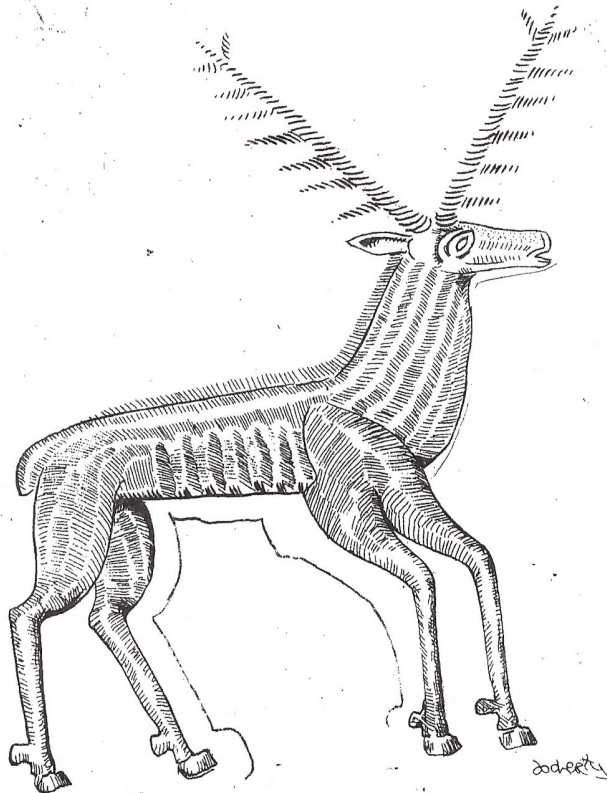
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HEALTH AND HEALING

CAREGIVER AVAILABLE

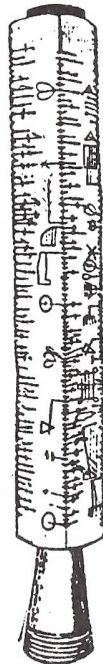
Excellent homcare, cleaner.
Call 868-1782 Anita & William

CH x



31 December

New Year's Eve/Hogmanay/Asatru Twelfth Night



New Year's Eve/Hogmanay commemorates the solar divinity, Hogmagog. Traditional festivities include dressing in hides and horns of animals—"guising"—burning smoking sticks (Hogmanays) to ward off evil sprites, and eating special cakes. At the moment of the new year, doors are opened and utensils rattled to drive off the last psychic vestiges of the old year and welcome the new:

*Get up, good wife, and shake your feathers,
And dinna think that we are beggars;
For we are bairns come out to play,
Get up and gie' us our Hogmanay.*