

Bolinas Hearsay News

Monday, January 9, 2017

50 Cents



The sewer farm ponds are filling up. Geese are happy.
Photo by Curly Rigg.

WHAT'S HAPPENING??

Monday, January 9

CHAS NOL

The New School at Commonweal presents 'Radical Faeries' in Cotati, 7-8:30pm. Info: tns.commonweal.org

MESA PARK

Board meeting, Firehouse Community Room, 7pm.
(Agenda inside.)

Tuesday, January 10

CHILDREN'S STORIES BY BILL PEET

read by Francis McDormand, Bolinas Library 4:30pm

Wednesday, January 11

ERIC LINDELL

Live funk, blues, blues-rock @ Smiley's, 8pm

Thursday, January 12

FULL WOLF MOON

Occurs @ 3:34am; moonrise @ 5:54pm

FOOD BANK

Community Center, noon

ACOUSTICALLY SPEAKING

Live Dead-oriented duo @ Smiley's, 9pm

Friday, January 13

LA LIBERTA

Including Beth Carusillo, performs @ Community Center, 7pm, \$10-20 sliding scale

CAVE CLOVE

Live Indie rock @ Smiley's, 9pm, cover

Saturday, January 14

GRATEFUL DEAD NIGHT # 4

At Community Center, open-mic 5-8pmish, then big-screen show; food, drinks, vendors; all proceeds benefit Zamora Moon, 5pm, \$10/kids free

URBAN GRASS

Live reggae-grass music @ Smiley's, 9pm, cover

Monday, January 16

PARKING AND TRAFFIC MEETING

Downtown Bolinas Parking & Traffic Committee meets @ Firehouse, 7pm

HAPPY BIRTHDAY BABY!!!!

January 9: Susan Burke-Woods
Scott Siedman
Lily Phillips-Leavitt
Brokk Phillips-Leavitt

January 10: Tenaya Tremp
Ida Severson
Matt Yerington

January 11: Michael Rabin
Nigel Ian Alexzander
Taylor Bartlome
Charlie Plant

January 13: Jan Broek
Raury Pierce
Anny Owens Densmore

January 14: Cassie Matson Kostelnik
Olivia Harmon

January 15: Russ Riviere Jr

paste-up
ads/books
press

Ned Riley
Kathleen O'Neill
Jeff Manson



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

Miwok Music Workshop

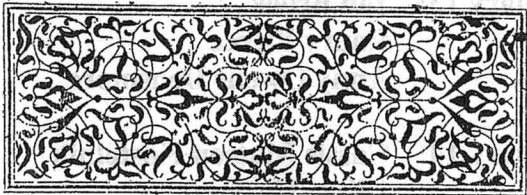
Saturday, January 14, 2:00 PM to 4:00 PM

This workshop brings to life the spirit of the Miwok culture through community song and chant. Participants will learn to sing songs in Miwok language. Sky Road Webb is a Tomales Bay Miwok storyteller who leads Coast Miwok songs and prayers at celebrations throughout Northern California, including at Kule Loklo in the Point Reyes National Seashore, and he was featured in the 2014 Mount Tamalpais documentary The Invisible Peak. Sky's presentation is hosted by Sound Orchard creative director Tim Weed. Financial assistance scholarships available. More information is at soundorchard.org. \$15 in advance, \$20 at the door

Patrick Ball - Celtic Harp Saturday, January 21, 7:30 PM \$18 in advance; \$20 at the door Patrick Ball is one of the premier Celtic harp players in the world and a captivating spoken word artist.

In playing the ancient, legendary brass-strung harp of Ireland with its crystalline, bell-like voice, and in performing marvelous tales of wit and enchantment, he not only brings new life to two cherished traditions, but blends them in concert to create "a richly theatrical and hauntingly beautiful performance."

10 x10 Performance Lab Sunday, January 22, 7:00 PM
Support blossoming artists of all ages in our community! Come to 10x10 PerformanceLab! At this experimental variety show & performance lab, up to 10 artists perform for up to 10 minutes each. You never know what you'll see. It's a place to do brave work and take risks. The audience is encouraged to stick around after the show to give feedback to the performers. **CALL FOR ARTISTS:** We are looking for artists of all ages. To sign up for a slot, please visit 10x10performancelab.com. For further info, contact Shelley at 10x10performancelab.com October 23, 2016; January 22, 2017; April 23, 2017; July 23, 2017 and October 22, 2017, 7 PM, \$10 at the door.



Ken & Sam Levin

Window Cleaning

415.663.9669

West Marin's Best



GRATEFUL DEAD NIGHT

"MAY THE 4 WINDS BLOW YOU SAFELY HOME..."

Grateful Dead Open Mic from 5-8pm
SCREENING OF JULY 24TH, 1987
OAKLAND STADIUM 8PM

all proceeds to benefit
ZAMORA MOON
www.gofundme.com/zamoramoon

SATURDAY, JAN 14TH

SHAKEDOWN VENDORS WELCOME please call 415-847-6629

\$10 Bolinas Community Center **KIDS**
MINIMUM 14 Wharf Road Bolinas, CA 94924 **FREE**

ALSO...
PINK SABBATH REUNION!!
AND FABULOUS SILENT AUCTION -NOT TO BE MISSED!

Downtown Bolinas Parking and Traffic Committee Meeting MONDAY Tuesday, January 16, 2017 - 7:00 p.m. Bolinas Fire Station Meeting Room

1. Review and adopt previous meeting's minutes.
2. Present and discuss results of Resident and Visitor Parking and Traffic Survey.
3. Information from past parking Committee members about lessons learned from 2006 process.
4. Review Strategic Approach and Action Items for 2017.
 - Input from Community members including Al Minvielle.
5. Receive updates from Committee, Guest Speakers, or Audience on any related processes: e.g. West Marin Coastal Village coordination, Brighton / Park Avenue Homeowners Group, County Planning, Pt. Reyes National Seashore traffic management.

WHAT HAPPENED THIS WEEK

1-9-17 Monday Morning Recap Week in Review
from Jennie Pfeiffer

It was a week all about stormy weather, a good time to catch up on email, communications, paperwork, and finances – or, as in my case, a time to get heavily into avoidance and hunker down in bed with a book or movie until the body starts to compost and seasonal affect disorder sets in and a walk is required, rain, wind, or storm. I hiked myself down to the cliffs at the end of Poplar around sunset last evening, although there was no sunset to see, just dark clouds, mighty winds and an angry ocean - not very pacific, which I understand means peaceful and calm. There were a lot of negative ions stirred up by the froth, which felt good after being indoors all day, and sent Miss Kitty, the dog (the little white fluffy dog, not so white or fluffy at that moment, but quite wet, bedraggled and filthy) into a state of high activity. It perplexes me how a dog, who is splashing in cold puddles and rolling in mud with obvious delight, can get so hostile about a nice warm clean-up bath. Even the very sight of a towel can send her hiding under the deepest recesses of couch or chairs.

This morning saw a bit of respite between storms and our Monday morning walking group, or at least some of us, were able to do our weekly hike around the sewer ponds.. It was more of a slog, as paths are quite water soaked. For those reading this, who may not be aware of the pond land (you really need to get out more), it is a beautiful place to walk, (provided one stays away from the spray area sprinklers), with much bird and wild life to see, beautiful views, and this time of year, many Canadian geese honking happily as their flight patterns circle above, ending with a splash dive into the ponds. The 90+ acres of open space land between the Big Mesa and town below, holds a series of ponds, developed in the 1970's, that recycles our sewer water from downtown by pumping it up to the uppermost holding pond, where it is filtered as gravity slowly helps it move along until it reaches the lowest pond, by which time it is rehabilitated in a remarkable way. It is quite a marvelous system and has served the town well for all these years. Up on the Mesa, we have septic tanks, which are not always so efficient in the rainy months unless one is conscientious about dry season maintenance.

Back in the day, when I first came to Bolinas, our town summer celebration Sun Festival would start at the beach with the baby blessing and some folk theater, and then parade up to the pond land for a variety of activities. I remember a certain startle the first time I saw a poster about the event, encouraging people to bring potluck dishes for a "grand picnic at the sewer ponds". Hmm...way better than it sounds.

It was a clear observation on our walk this morning, that the ground is saturated and the next round of storms, scheduled to come in heavily tomorrow early morning, will bring water that has no place to soak in, so the predicted precipitation will precipitate flooding and land slides. Children will be returning to school after a long winter break, so caution on the roads is essential. I heard a warning this morning that flooded roads are already causing emergency situations and 6-8 inches of moving water on the road can impede walking, 18-24 inches can carry an SUV away. Don't be depending on getting through flooded areas just because you have a higher ride.

This will all make a nice resolution to our drought problems next summer, but for now, be careful as you POR, Press on Regardless. Jp.

Firehouse Community Park Agency
Mesa Park Board Meeting
Jan. 9th, 2017 7 PM
Bolinas Firehouse Community Room
Contact: mesaparkboard@gmail.com

Call to Order:

Board Members Present:

Others Present:

Community Expression:

1.

Downtown Park:

1. Park Improvements: ordering trash cans
2. Border around redwood, is it complete?

Mesa Park:

1. Need to get a load of engineered woodchips for the playground.
2. Fixing the well: Quote updates
3. Graffiti removal on bathroom doors
4. Use of Roundup in Park

Treasurer's Report:

1. Upcoming audit schedule park checking account
2. Consolidate DT

Old News:

1. Center Post price

Other:

1. Manager Position
2. Board of Directors restructuring
3. Website progress and goals
Need: mission statement, pictures of DT Park, calendar update, FAQ, rules
- 4.

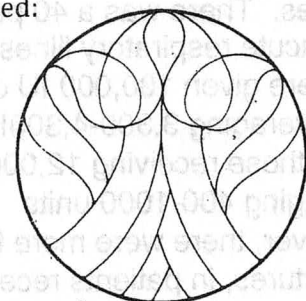
Approve Warrants:

1. \$1552.71

Approve Minutes:

Next Meeting:

Meeting adjourned:



P.S. to shake off the whiney winter blues, check out the Bo Community Center next Saturday. Pam Springer and crew are putting together another Grateful Dead night and rumor has it that a couple of birthdays will be celebrated, Jan Broek, and Adrienne Pfeiffer. Adrienne may be bringing some Pink Sabbath band mates along with some Grateful Dead covers, and since this is a fund-raiser for little Zamora Moon, daughter of P.S. fiddler, Marissa, it sounds like a good night to be there. jp

The Common Cold – Zinc Lozenges, Vitamins C & D and a Probiotic may Help

Zinc Acetate Lozenges

A recent analysis of randomized, placebo controlled trials of zinc lozenges, recently published in the British Journal of Clinical Pharmacology, showed that zinc acetate lozenges may reduce the duration of the common cold by nearly 3 days. The common cold is an infection caused by many different viruses.

The effect of zinc lozenges was not changed by allergy status, smoking, symptom severity, age, sex or ethnic group. High dose zinc acetate lozenges shortened the duration of common cold symptoms of nasal discharge by 34% nasal congestion by 37%, scratchy throat by 33% and cough by 46%. Zinc lozenges also shortened the duration of muscle aching by 54%. However, there was no evidence of zinc effect on headache or fever. Because high doses of zinc can cause side effects such as nausea, dosage of lozenges should not exceed 100 mg per day. Most zinc acetate lozenges have 18.75 mg of zinc; taking two daily is helpful for most people. Simply taking supplemental zinc in pill form may not have the same effects, because it is the zinc dissolved in saliva that is believed to be effective.

Vitamin C

According to an updated review of vitamin C and the common cold, vitamin C halved the incidence of contracting the common cold among people undergoing physical stress, such as marathon runners, or people working in the cold. Vitamin C may also reduce bronchoconstriction (asthma-like symptoms) caused by exercise.

Vitamin D

A recent report from the University of Colorado School of Medicine looked at the use of vitamin D among older, long-term care residents of nursing homes. There was a 40 percent reduction in acute respiratory illness among those who were given 100,000 IU of vitamin D per month (averaging 3,300-4,300IU daily) compared to those receiving 12,000 IU per month (averaging 400-1000 units daily). However, there were more falls, although not more fractures, in patients receiving the higher doses. Further study will look at giving patients a daily dose of vitamin D rather than very high dosages monthly. Numerous other studies of vitamin D have shown that supplements of D have lowered the incidence of respiratory infections in children and adults. Most studies have shown that a blood level of at least 30 ng/ml of vitamin D is desirable. Check with your primary care provider for a test of your vitamin D blood level. In the

meantime, taking a vitamin D supplement of 1000 IU is probably safe and desirable for most people, especially in the winter months when sun exposure is minimal at our latitude. Have some zinc acetate lozenges on hand. Keep up your vitamin C intake with citrus fruits and other raw fruits and vegetables, or take a supplement.

Probiotic Supplement

Consider taking a probiotic supplement as well – a study from the University of Medicine and Dentistry in New Jersey showed that students taking a probiotic supplement had a shorter duration of colds and symptoms that were 34% less severe. Include fermented foods such as yogurt in your daily diet as well.

Finally – if you haven't had a flu shot this year – it's still not too late. Go for it!

Sadja Greenwood, MD back issues at
sadjascolumns.blogspot.com

Does our Microbiome Affect our Mood?
sadjascolumns.blogspot.com

BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT



BCPUD BOX 390 270 ELM ROAD
BOLINAS CALIFORNIA 94924 415 868 1224

PLEASE READ: IMPORTANT NOTICE TO ALL CUSTOMERS OF THE BCPUD SEWER SYSTEM!

We are issuing this notice to all customers of the sewer system to request that you please check your property to determine whether any of your roof gutters and/or sump pumps are connected to the BCPUD's sewer system and, if so, please disconnect them immediately. In addition, please check to ensure your sewer lateral clean-out is properly capped. **The BCPUD sewer system is not a combined sewer/storm water system and our facilities are not designed to handle storm water flows in addition to sewage flows.** The BCPUD is experiencing a considerable increase in the volume of flows into the sewer system correlating with rain events. Our ongoing investigation into the increased flows suggests that customers may have connected roof gutters and/or sump pumps into the sewer system, or may have open/uncapped cleanouts. BCPUD staff requests that all customers to please disconnect these systems as soon as possible, particularly in light of the forecasted heavy rains. If you have any questions or need assistance, please contact the BCPUD at (415) 868-1224.

Thank you very much,

Jennifer Blackman
General Manager

A few years ago I sent the following poem to Bob Wall. We've been in constant contact since. I had not heard back from him in a month. Upon hearing of his recent passing, and reading the notice in the Hearsay, I updated it.

"Tallahassee Twig"

RIP: Bob Wall

The Village Elliott: 6/15

Bo Bo Bulldog friend, "Twig," adiosed.
Southern Man moved back South to Gulf Coast;
Change of coasts bittersweet,
Still he's proud of St. Pete;
Of town's library, Al Lang, he'd boast.

To backwoods, pert-near Tallahassee,
"Twig" moved to live with classy lassie;
Childhood good friend of his;
It ain't nobody's biz
That they're cousins; so don't get sassy.

"Twig's" Bro-Delt stayed in Athens, still there.
"When you visit your Godson," phoned "Bear",
"Change planes in Atlanta;
Got tickets from Santa:
UGa Football; I got us a pair."

Now the Great Scorekeeper made "Last Call",
On my friend, as He will for us all,
If I'm asked, I'll attest,
"Bob was one of the best,"
Adios, my good friend, Bobby Wall.

POINT REYES LIGHT January 5, 2017

West Marin brings stories from Standing Rock

By Silas Valentino

Last September, in a brimful Bolinas Community Center, Jesse McCollum rose to address his community about what he witnessed in North Dakota while defending the Standing Rock Sioux Reservation from the construction of the Dakota Access Pipeline. He called for participation from his peers, and directed the audience to the Facebook page "Bolinas Standing With Standing Rock."

When he finished, a woman stood from the crowd to provide context: "I know this isn't a Bolinas problem," she said. "But it's a human problem."

Activism spurred by Standing Rock has resonated in West Marin, where at least half-a-dozen

residents have travelled to North Dakota and returned home to inform and share with their neighbors what they experienced and how to move efforts forward.

Constance Washburn, an educator from Lagunitas, joined a supplies mission that delivered winter tents, wood stoves, generators, clothing, medical supplies, sleeping bags and over \$7,000 to the fields of protestors camping near the Missouri River in North Dakota over Thanksgiving week.

"That holiday is not popular [with the people I met]," she said. "They call it Thanks-taking, not Thanksgiving. I sat at the camp and heard their history of what Thanksgiving means after the genocide and massacring [of indigenous people]."

THREE GREAT THINGS ABOUT THIS PLACE...

- Another true mudder for the soccer club annals: soggy field, driving rain, five-a-side. Perfect.
- Redwood Credit Union. We've been doing bank stuff with them for a long time—way better than the big nasty B of A type banks.
- The post-New Years lull. Time to hunker down, stay home, make soup, take care of the indoor chores.

--Ned Riley



AMANDA ROSS

SKINCARE

Dear Bolinas Family,

We wish to offer our deepest heartfelt thanks and gratitude to this amazing community for your enormous support of Amanda Ross Skincare during the holiday season. Shopping locally makes all the difference for new small businesses like ours and we appreciate you!!!! Don't forget to use those gift certificates before they gather dust, a treatment at Amanda Ross Skincare will work wonders on your body and spirit to brighten up the winter.

We look forward to seeing you soon at the salon.

Love,

Amanda, Danielle, Amber, Alli, Indigo, Sarah, Izzy, Sakia and Lucia

Ms. Washburn joined a group of friends from Oakland in a caravan of three RVs carrying over 25 people from all different backgrounds, ages and nationalities. "I had been reading about Standing Rock, but I wanted to do something concrete," she said. "I can bring warm clothes to the people who are cold."

Elsewhere in West Marin, an active mobilization has been in effect. The Bolinas Gallery's Art Auction raised over \$7,000 to be donated, part of the sales from the La Libertà album release show last month at Yoga Toes Studio were also donated and in November, a protest rally occurred outside the Wells Fargo bank in Point Reyes Station. Proceeds from a few recent concerts have also been contributed.

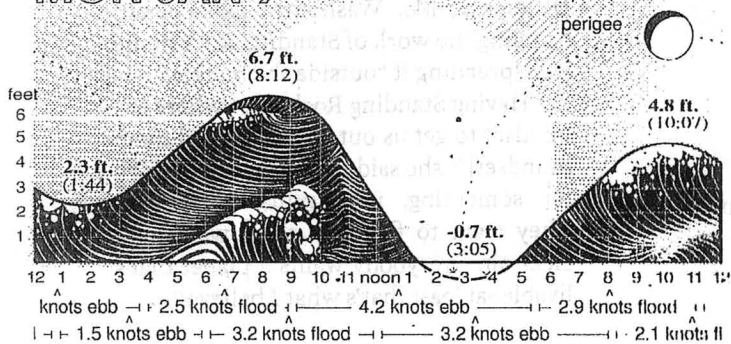
At a KWMR-sponsored event at the Point Reyes Presbyterian Church in December, Ms. Washburn spoke about bringing the work of Standing Rock home and spreading it "outside the bubble."

"Having Standing Rock everywhere is a mindset to get us out of this 'us and them [mindset]," she said. "People want to work for something, not against something. They want to fight for clean water and clear air. Everybody wants a planet that's livable—at least that's what I believe."

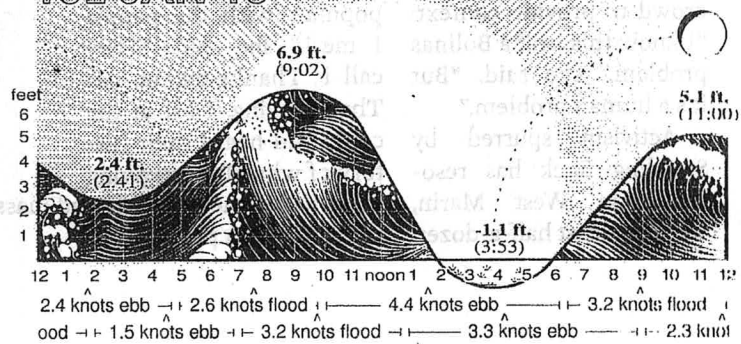
KWMR RADIO SCHEDULE

	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!	Rise and Shine	Swimming Upstream	Top of the Morning / Pieces of Peace	La Mañanita Alegre	The Vicarious Traveler / Original Minds	Sunday Celebration
9:00	A Cuppa Jo / The Valley / Sound Science	Airwaves	Trash to Treasure / Fish Tales				
10:00	TURNING PAGES					Day 6 (CBC)	Sunday Celebration
	At Nature's Pace	Reading / Vinyl Cafe to John / Vinyl Cafe (repeat)	Waves of Joy / Radio of Bookmobile	For Children of All Ages / Casual Footsteps	Libro Abierto		
11:00	TALK & CURRENT AFFAIRS					Vida with Saga / Tailgating Specials	
	Trailer Talk / The Bioneers	Spirit & Mind / Questing	Cuerpo Corazón Comunidad	Let's Talk	new Reveal		
12 pm	Farm & Foodshed Report	New Dimensions	Planetary Radio / Making Contact	Attune-ment / Commonweal Conversations	new Alternative Radio	AFTERNOON MUSIC	
1:00	Ocean / Post-Carbon	On Being with Krista Tippett	Climate One	Art's Desire / Hot Tech/Cool Science	Peace Paradigm / The Local Organon	Forms and Feelings	Happy Days / Jazz Rhythm
2:00	AFTERNOON MUSIC					Hawai'i Calling / The Scoring Stage	The Vinyl Café
3:00	Cruisein'	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 / To Hell & Curve / Bach	
5:00	NEWS & CURRENT AFFAIRS				Happy Hour	Circulo Musical	
	Epicenter	Epicenter	Epicenter	Epicenter			
6:00	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)		Elbow / Between Rock & A Jazz Place	
7:00	EVENING MUSIC					Celtic Universe	Classic Radio Theater
	Release Me	Musical Varieté	Faultline Radio	Bakersfield & Beyond / Shorty's Bunkhouse	No. Bad Vibes / Specials	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 Cuff / Running With Scissors	Night Flight / Bring It On Home	Saturday Night Function	Rock of Ages
9:00	Forms and Feelings (repeat)	Stuck in the Psychedelic Era with the Hermit	Sonic Sunspots	Sit Down! / Get Down!	Under the Needle		
10:00	LATE NIGHT					LATE NIGHT	
11:00	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 9 dawn 6:24 sunrise 7:25 sunset 5:09 dark 6:11 moonset 4:17 a.m. moonrise 2:53 p.m.



TUE JAN 10 dawn 6:24 sunrise 7:25 sunset 5:10 dark 6:12 moonset 5:24 a.m. moonrise 3:49 p.m.



HELP WANTED

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

NEEDED

MATTRESS - 55 INCHES WIDE (APPROX.)
 New or used. Free or will pay. 868-0686

JB 1/9



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 case they become separated) & drop into door slot.

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 w/Cenize Rodriguez	8:45-10:00am
Bo Babies & Toddlers Open Play Group (free)	10:00-Noon
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
Senior Stretch w/Anna Gottreich	11:00-12:00 pm
Brazilian Dance w/ Anna Gottreich	12:00-1:15pm
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 w/Amber Hines	6:30-8:00 pm

THURSDAY

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 th Fridays)	10:30-12:00pm
No Place Like Home (Free Brunch 4 th Fri of Month)	10:30-11:30 pm

SATURDAY

Diaspora Dance w/ Amber Hines	9:00-10:30 am
Dance for boys & girls w/Lisa 7-9 year olds	11:00am-Noon

SUNDAY

Belly Dancing w/ Amalia (no classes in Dec)	11:00-12:00pm
Iyengar Yoga w/ Jennifer (no classes in Dec)	5:30-7:00pm
CommUnity Night (see website for details)	Noon-6:00 pm

Call 868-2128, check the Library Marquee, Calendar in BCC
 Foyer or visit www.bccenter.org for more info & special events!

868hearsay@gmail.com

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

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

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

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

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

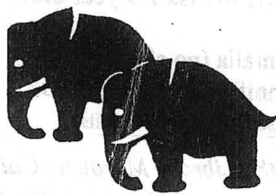
Fine Trimming • Hedges • Removals • Brush Chipping
Insured #676377 Steve Ryan 868-1584

SRX

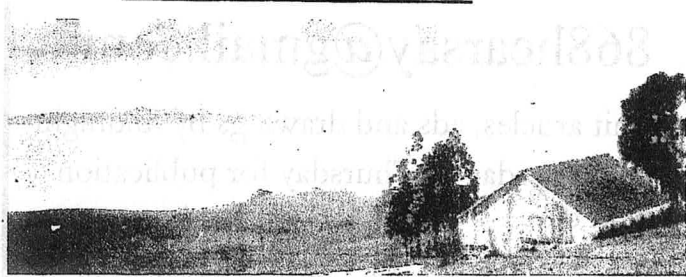
AIRPORT? HOWARD DILLON HAS

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

HD x



GRANT AVAILABLE



The Stinson Beach Historical Society is pleased to announce applications currently are being accepted for a grant of \$3,000.00 to help defray college or other postsecondary education expenses (including trade school, vocational college or graduate school). Anyone who has attended the Bolinas-Stinson School with a GPA 2.5 or higher may apply. Financial need will be taken into consideration in deciding who is to be awarded the grant. Applications for the grant must be mailed by March 15, 2017, and the grantee will be notified by May 1, 2017. Grant application forms may be downloaded at <http://stinsonbeachhistoricalsociety.org/grant>.

To learn more about the Stinson Beach Historical Society's grant, please contact Celeste Laprade at 415-868-0726.

HEALTH & HEALING

June McAdams, RN
Compassionate and Skilled
Hospice Care Home Care
Newborn to Elders
Coastal Marin Only
More than 39 years nursing experience
(415) 868-9052

HELP WANTED

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



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 Group	1st Tuesday	7-9:00 p.m.	Dance Palace
Point Reyes-Olema 4-H	3rd Monday	6:30 p.m.	Dance Palace
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.	SB Comm. Ctr.
W.M. Lions Club	1st 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	8:30 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	4th Thursday	3:15 p.m.	W.M.S. staff room
W.M./INV SNAC Comm.	4th Monday	3:15 p.m.	W.M. School
KWMR 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
Tomales Village Comm. Serv. Dist.	2nd Wednesday	6:00 p.m.	Town Hall
Tomales Town Hall Board	1st Wednesday	7:30 p.m.	Town Hall
Tomales Design Review Board	3rd Wednesday	7:30 p.m.	Town Hall
Tomales 4-H Club	3rd Monday	7 p.m.	Town Hall
North Marin Water District	1st/3rd Tuesdays	7:30 p.m.	NMWD office