

THE WEDNESDAY EDITION

BOLINAS HEARSAY NEWS

APRIL 3, 2013

WHAT'S HAPPENING

Tuesday, April 2

COMMUNITY NIGHT

Free movie "Thrive" @ Community Center, 7pm. Pirate Pizza available.

Wednesday, April 3

DEMONSTRATION AGAINST THE KEYSTONE X-L PIPELINE

In front of the Getty Mansion, 2970 Broadway @ Baker, S.F. 5:30pm. Obama will be there. Sponsored by 350.org & Credo.

WEST COUNTY PROWL

Jeff Manson's new coastal music radio show on KWMR debuts. 6:30pm featuring special live musical guests, "The Old Way"

Thursday, April 4

COAST CAFÉ CONCERT SERIES

Bart Hopkin, superb solo guitar @ Coast Café, 6-8pm

CRACKER JACK PREACHER

New talent showcase @ Smiley's, 8:30pm. No cover.

Friday April 5

KENT ISLAND RESTORATION WORK-DAY

VBohlen@marincounty.org for information

SCHOOL TRACK & FIELD DAY

LOVE LETTERS

A theatrical presentation by Porchlight Theater Company, Community Center, 8-10pm, \$15-25 advance, \$20-30 at the door, Students, Teachers & Seniors \$15 in advance, call 4150251-1027 (second show on Sat., April 6)

THE BOGUES

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

Saturday, April 6

ZEN MEDITATION

Monthly half-day sitting 9am-12noon, Dharma talk at 10:30am by Rev. Rick Slone. Come for all or part. All are welcome. St. Aidan's

TOM DIBBLEE: PLEIN AIRE/STUDIO PAINTER

Opening reception, Bolinas Gallery, 2-5pm

SECOND SATURDAY SALE

At Be-Right-On Square postponed until Sat., April 28

LOVE LETTERS

A theatrical presentation by Porchlight Theater Company, Community Center, 8-10pm

HIGH TIDE BLUES

Live blues w/ Pinkham, Dylan & Vitali @ Smiley's, 9:30pm. Cover.

Sunday, April 7

SANDY DIERKS

Talk on cultural significance of women & textile art in Central America @ Bolinas Museum, 2pm. W/ Camilla Martinez & Jane Mickelson.

REBECCA KATZ:

'The Longevity Kitchen: the top 16 Age-busting Power Foods, @ Commonweal, 2-4pm. Please register: www.The-New-School.org

Lucid Dream Song

by StuArt

I've been continuing my investigation of lucid dreaming with the aid of supplemental brain fodder. Basically what supplements do is replenish the neurotransmitters that promote consciousness. One is able to "wake up" in a dream, and be aware that one is dreaming. They call it lucid dreaming.

There are many levels of lucidity in lucid dreaming, from barely conscious to incredible vividness. One person compared high level lucid dreaming and everyday reality as similar to the difference between a 6 megapixel digital camera and a 12 megapixel camera.

I had a mid level lucid dream on Easter morning. I "woke up" in a big office that was filled with office workers who appeared to be sleepwalking as they went about their various duties (not unlike real office workers in reality.)

I was somewhat disheartened by the somnolent quality of the people in my dream, but I remembered something I'd told myself beforehand.

"Next time you're in a lucid dream, try singing as a technique to raise the vibratory rate."

So I started to sing to the office workers. My voice sounded full and bluesy, and I just made up some ditty with the lyric hook "Let's party!" Immediately all the down turned mouths opened and began to sing. I was inspired to sing louder, and I really began to belt out an up tempo bluesy party song.

The office workers began to dance as they sang along with me. Suddenly the sad office turned into a huge celebration. I knew I had discovered a powerful technique to raise consciousness in lucid dreaming.

After awhile I grew bored with all the partying and I decided to sing about something more meaningful. A simple song came to me: "All I want is peace and love now. All I want is peace and love."

I sang it to the happy office workers, who had been transformed by my singing. The song was utterly simple, but expressed an elemental truth. The office workers sang with me, and the party spirit in the office changed into something more holy and profound.

"I'm taking this song back with me to real world." I thought. I turned my head quickly to the side and woke myself out of the dream still singing the song.

I lay in bed on Easter morning and quietly sang the song over and over so I wouldn't forget it

Later I worked it out on guitar and I added a few arpeggios up and down the fretboard.

Sunday, April 7

ART SALE AT BOOKSTORE

Molas & huipiles from Sandy Dierks collection of Central American textile art on sale in the inner room of the Bookstore, 11am-1:30pm & 4:30-6pm

Monday, April 8

HOMEGROWN

Judy Molyneux & Dale Polissar in conversation with Joan Hamerman Robbins. Firehouse meeting room, 7:30pm

Tuesday, April 9

JOHN GOULDTHORPE

'A Romantic's Reality: Hillman's Approach - The Basics' @ Commonweal, 10am-12pm. Please register: www.The-New-School.org

Tuesday, Apr 9
10am-12pm

John Gouldthorpe
*A Romantic's Reality:
Hillman's Approach -
The Basics*

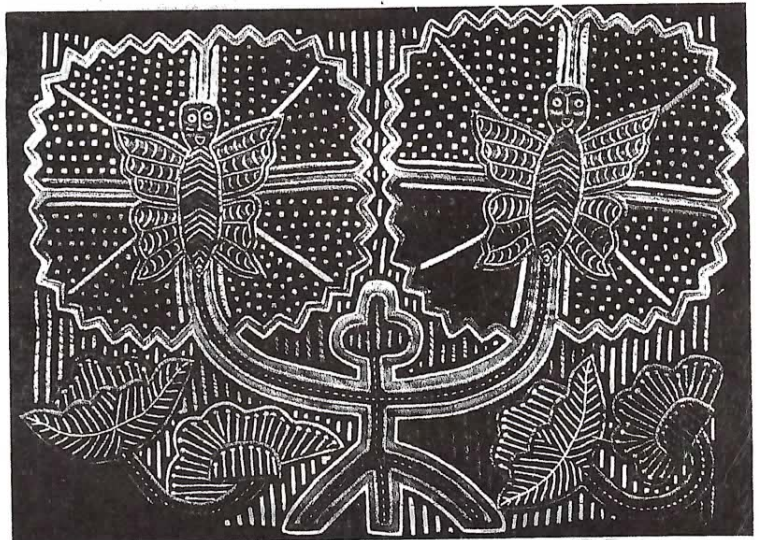
Held at Common-
weal. Please register
from our website.



Join Michael Lerner as he further explores archetypal psychology with West Marin's John Gouldthorpe—archetypal psychology student and teacher, romantic, and recovering Hillmaniac.

John Gouldthorpe has been immersed in the work of archetypal psychology for over 20 years. In 1989, through the suggestion of James Hillman, he studied with Gordon Tappan at Sonoma State and then stayed on for several years to teach the graduate seminar in Archetypal Psychology. Living in West Marin since 1994, he worked for 8 years helping to start KWMR; for several years he was chairman of West Marin Commons, and spent two years as president of the Point Reyes Village Association.

The New School at Commonweal
451 Mesa Road • Bolinas • 868.0970
the-new-school@commonweal.org



Mola Panel from Sandy Dierks's collection now on display at the Bolinas Museum.

An upcoming event to watch for is this Sunday's museum talk featuring, Sandy Dierks, Camila Martinez, and Jane Mickelson, about the museum's Mola Exhibit and the cultural significance of women and textiles of Central America. The talk will be at 2:00 at the museum, and before and after the lecture, Sandy will be hosting a Mola and quilt sale in the Inner Space Art Room at the Book Exchange. This will be from 11:00 to 1:30, and then again from 4:30 to 6:00pm. Check in at Uniquities for more information.

The April 2nd Saturday sale is to be held on the last Saturday, April 28th this month. For April Foolish reasons, you can call me about it if you're interested, 0144, jenniepfeiffer.

Correction

Oops! I made an error in last week's story about the Whitecaps luncheon. I was talking about Lillian Letter's green jello, and I referred to her husband as Frank.

Oops! Lillian's husband was Ed Letter, who sold me my first fishing license. I had a senior moment and confused Frank, Louise Pepper's husband with Ed, Lillian Letter's husband.

My apologies to all concerned. In case you missed it, here's the recipe again for Lillian's Green Jello Salad.

-StuArt

1 (6 oz.) pkg. lime Jello
1 (20 oz.) can pineapple
1 c. cottage cheese

Heat 2 cups of water boiling and dissolve Jello. Chill until slightly thick. Add undrained pineapple and cottage cheese. Pour into 1 1/2 quart mold. Chill. Immerse bottom of mold in warm water for 10 seconds, then flip onto a serving plate. Voila!

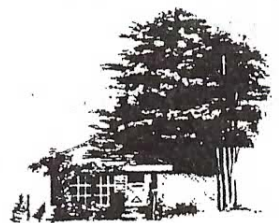
CHEESE STEAK

California Kobe Beef, Swiss
Cheese, Roasted Jalapeno Aioli
Mushrooms, Onions & Star
Route Greens on a Fresh Roll
Thursday @ BCC kitchen 5-7pm
Barbary Coast Bistro

StuArt Chapman, editor
June McAdams, ads
David Cattell, press

MIGUEL
BUSTAMANTE
DENTAL
CORPORATION

24 WHARF RD. BOLINAS
415 868 0911



LOVE LETTERS

by Porchlight Theater Company
COMMUNITY CENTER

Friday April 5th and Saturday April 6th,
8pm-10pm

Andrew Makepeace Ladd III and Melissa Gardner, both born to wealth and position, are childhood friends whose lifelong correspondence begins with birthday party thank-you notes and summer camp post-cards. Romantically attached, they continue to exchange letters through boarding school and their college years, through war and peace... physically apart, perhaps, but spiritually as close as only true lovers can be.

General Tickets: \$15-\$25 in advance; \$20-\$30 at the door. Students, Teachers, and Seniors: \$15 in advance all performances.

For tickets call 415-251-1027 or email info@porchlight.net. For more info see Visit Porchlight website

BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT

BOX 390 270 ELM ROAD BOLINAS CA 94924



TERRACE AVENUE WATER MAIN RELOCATION PROJECT ABOUT TO BEGIN!!!

To the Bolinas Community:

At long last, the Terrace Avenue Water Main Relocation Project is about to begin! The **tentative start date is April 8, 2013**, subject to approval from the State of California (which we expect shortly), and we anticipate that it will be completed within four to six weeks. During the course of the project, we request that you avoid traveling on Terrace Avenue on weekdays between the work hours of 8:00 a.m. and 5:00 p.m. Please use Overlook and Mesa Roads as an alternative route; doing so will greatly expedite the completion of our project and will be much less frustrating for you as you will avoid significant traffic delays. We will have signage in place on both ends of Terrace Avenue to remind you that the project is underway.

Please contact me if you have any questions. Thanks in advance for your cooperation and understanding as we install this important water system improvement project for our community.

Jennifer Blackman
General Manager

Sunday, Apr 7
2-4pm

Rebecca Katz
Longevity Kitchen

Held at Commonweal. Please register from our website.



The scientific community has come to recognize the extraordinary power good culinary choices have over our bodies. Taking the very best of this science into the kitchen, wellness authority Rebecca Katz, MS, proves that great taste and flavor, along with culturally specific, nutrient-dense foods, are the best ways to promote a healthy, long life. Join us for a conversation with Michael Lerner and Rebecca, looking at the research and recipes that went into her new book, *The Longevity Kitchen: Top 16 Age-Busting Power Foods*, and the work she does in Commonweal's Healing Kitchens Institute.

A consultant, speaker, teacher and chef, **Rebecca Katz** is the author of the award-winning cookbook *The Cancer-Fighting Kitchen: Nourishing Big-Flavor Recipes for Cancer Treatment and Beyond*.

The New School at Commonweal
451 Mesa Road • Bolinas • 868.0970
the-new-school@commonweal.org

SMILEY'S SCHOONER SALOON & HOTEL

BREAKFAST CLUB MENU \$4.75

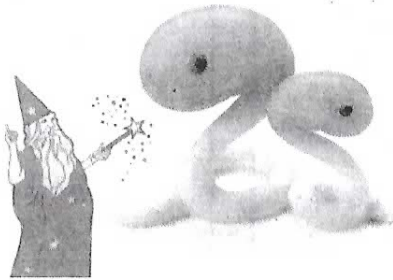
Coffee, Tea or Hot Chocolate
& Your Choice of
One of the Following

- Bagel & Cream Cheese with veggies
- Jimmy Dean Sausage, egg & cheese Croissant
- Hash Browns & Sausage or two hash browns
- Bovine Bakery Pastry
- Muffin or
- Two small Danishes

Art & Garden "Plant Magic"

Friday April 19th, 6pm-9pm, \$10
Saturday April 20th & Sunday
April 21st, 11am-6pm
Free Admission

We have fantastic speakers and events in store for the whole three-day weekend with a wonderful silent auction offering everything from massages to dinners, to weekend getaways and more.



Friday April 19th 2013

6pm **Doors open, \$10 donation, Gala Evening & Preview of**
 Silent Auction, Appetizers included

7pm **Lettuce Turnip the Beet - Food Security Now**
 Biodiversity Pioneer John Glavis with Bo Tierra Gardens

Saturday April 20th 2013

11am-6pm Free Admission, Herbs, Plants & Flowers for sale, Café,
 Oysters, Salads, Quiches, Tacos & BCC Bar

9:30 am **The Magic of the Wild Around Us** a walk in the Woods
 with Lea Earnheart. Please contact Lea at 868-9330 to make
 a reservation & get directions to meeting point. \$12
 individual, \$20 family, all proceeds benefit the Bolinas
 Community Center

12 noon **Kids Plant-a-Seed** in the Plaza

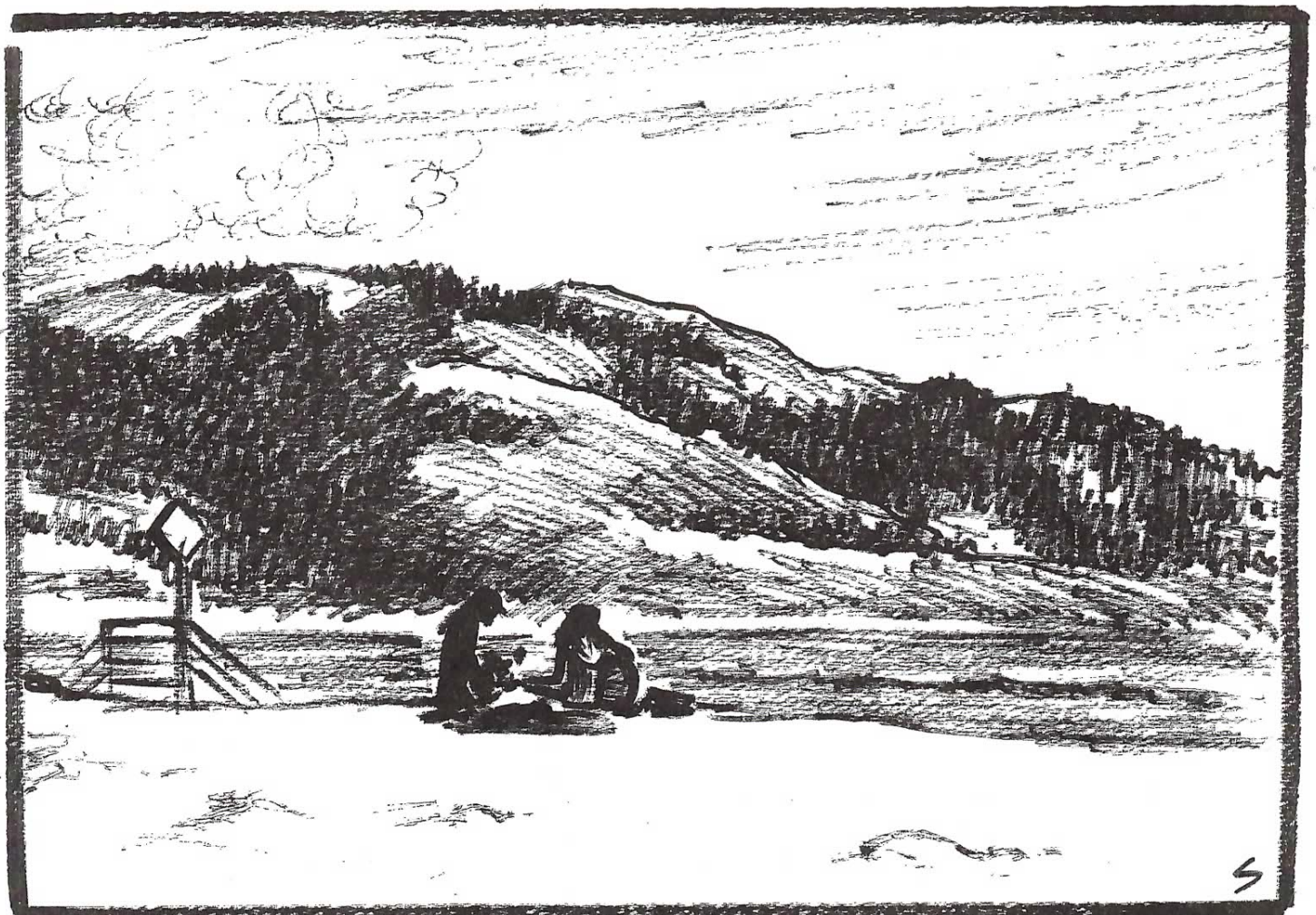
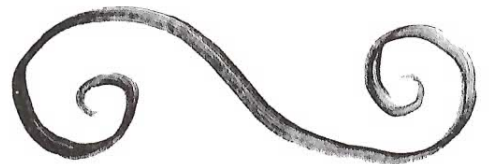


COMMUNITY &
CULTURAL CENTER
dance palace

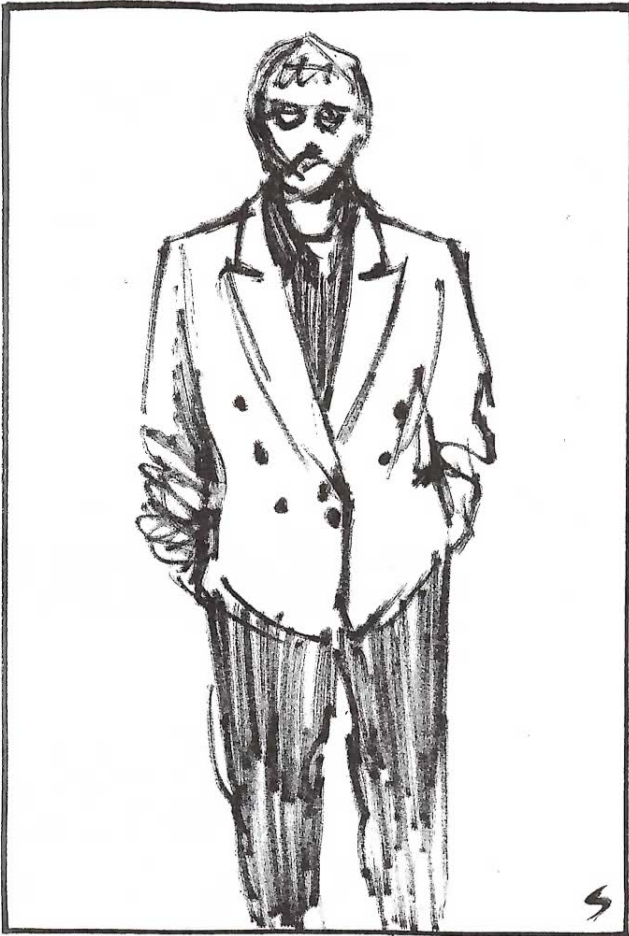
For more information, to volunteer,
or to join call 415-663-1075
Save \$ by buying in advance
Tickets at www.dancepalace.org

A West Marin release party, book-signing and sing-along for Marin's Mountain Play: 100 Years of Theatre on Mount Tamalpais will feature author Elisabeth Ptak, cover artist Tom Killion and **Mountain Play Executive Director Sara Pearson** at 3 p.m. at the Dance Palace Community and Cultural Center. Musical tributes from Mountain Play stars of the past and ice cream sandwiches prepared by pastry chef and author Claire Ptak on sale. Free; sponsored by Point Reyes Books.

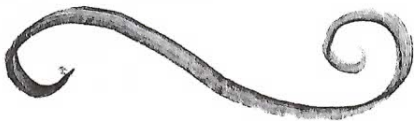
The San Francisco Opera Ensemble presents an intimate concert at 4 p.m. at the Dance Palace Community and Cultural Center. \$28 general, \$26 seniors, \$14 kids and teens; tickets available at dancepalace.org and at the door.



Guitar Duet on the Beach 4/2/13



Pine Tree in front of Calvary Presbyterian, Easter Sunday



Rev. Bob Grove, Easter Sunday

LIVE MUSIC AT THE BEACH

Fri., Sat. & Sun Nites MAR/APR

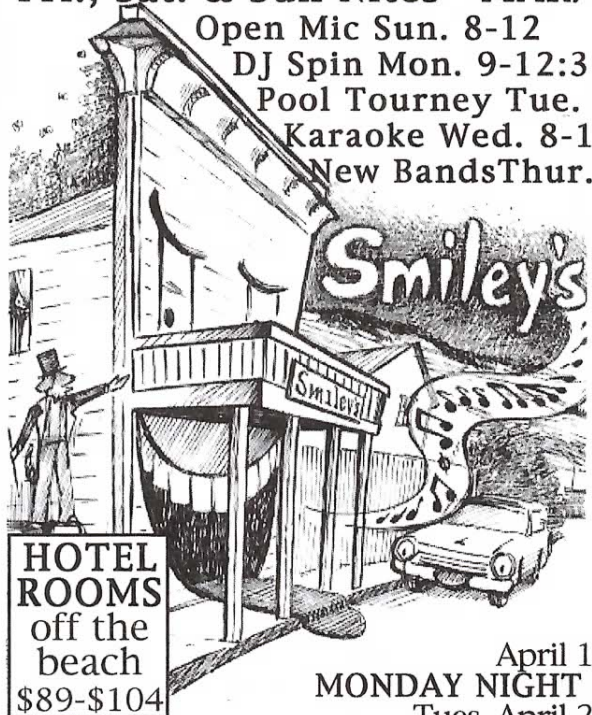
Open Mic Sun. 8-12

DJ Spin Mon. 9-12:30

Pool Tourney Tue. 8-12

Karaoke Wed. 8-12:30

New Bands Thur. 8-12



April 1, 8-12
MONDAY NIGHT LIVE!

Tues. April 2, 7-11

GRAND POOL TOURNEY w/Jesse

Weds. April 3, 8:30-12:30 **LARRY'S KARAOKE**

Thurs. April 4, 9-12

CRACKER JACK PREACHER

Friday, April 5, Irish rock **THE BOGUES**

Sat. April 6, 9-1 **HIGH TIDE BLUES** w/Pinkim,

Dillon & Vitali

Sun. April 7, 8-12 **OPEN MIC** w/EMILY

Mon. April 8, 8-12, rec spin, **MON. NITE LIVE!**

Tue. April 9, 7-11 Jesse's

GRAND POOL TOURNEY

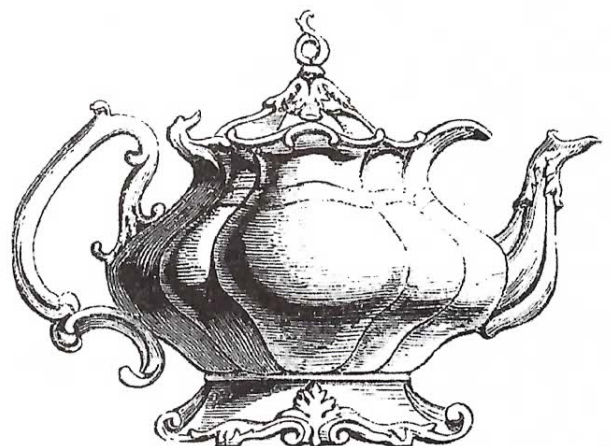
Wed. April. 10, 9:30-12:30 **LARRY'S KARAOKE**

Thurs. April 11, 9-12, sweet funk **LOVE'S IT**

Fri. Apr. 12, 9-1, alt. country, **BUXTER HOOT'N**

Sat. April 13, 9-1 Irish, **JUST FRIENDS**

SMILEY'S SCHOONER SALOON & HOTEL
41 Wharf Road, Bolinas 415-868-1311



"TEA ANYONE?"

The Bolinas Community Center is looking to borrow tea pots for our Mad Hatter's Tea Party! If you have an extra tea pot please contact the Community Center at 868-2128 or Vanessa at 559-288-340,1 Thanks! (This Tea Party will take place during our Art and Garden event April 19th-21st!)"

Welcome to Bolinas
 treat it like your home.
 Keep it neat and tidy
 like it was your own.
 Welcome to Bolinas
 nothing here to do,
 That's the way we like it
 hope that you do too.
 Welcome to Bolinas
 and our Golden Rule:
 Do to others as thyself
 and make it beautiful.
 -ANONYMOUS BOTCH 2006



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- Plus More...

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48 WHARF ROAD, 2ND FLOOR, BOLINAS

bringing order to your financial world



View from the Bench at Brighton 4/2/13



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.

SERVICES

BRUSH TO MEADOW TRANSFORMATION

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

DMX

HANDYMAN: HOME REPAIR, CARPENTRY,
painting,. Hauling too! 27 years experience. Local refs.
Steve Hill -2310

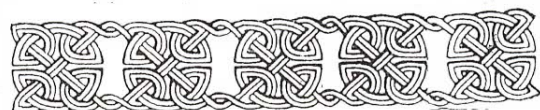
SHX

FIREWOOD • HYDRAULIC LOG-SPLITTING • HAULING
Dump Runs, Cow Manure, Recycling, Humane animal removal
- Skunks, Raccoons & Yellow Jackets. Carl Henry 868-1782

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AIRPORT? Howard Dillon's fast, comfortable, car for all
Bay Area pick-ups, early or late. Many satisfied local refs.
Phone 868-2144

HDX



SMILEY'S

SCHOONER SALOON & HOTEL

- INTERNET ACCESS • CHECK CASHING
 - WESTERN UNION • ATM & CREDIT CARDS
 - COLOR COPIER (B&W too)
- 41 Wharf Rd., Bolinas 415-868-1311

Community Mediation Board
868-0493

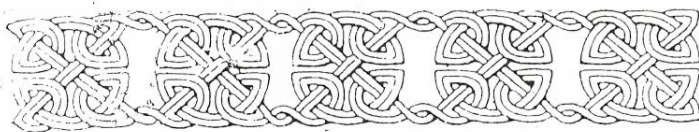
Involved in a conflict?
We have trained mediators.
Free, Confidential, Effective

X

TAX PREPARATION

Susan Hewlett Johnson 868-1134

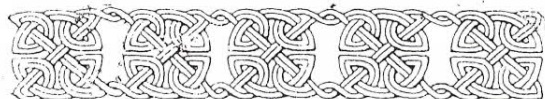
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hearsaynews@yahoo.com

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.



HEALTH AND HEALING

CAREGIVER AVAILABLE

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

CH X

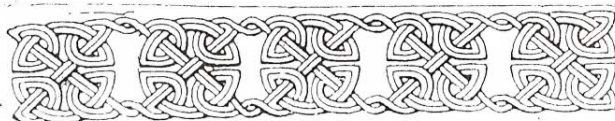
ORTHO-BIONOMY in SAN RAFAEL

Body: Release pain and tension, invite ease, stimulate self-healing. Gentle, effective help for stress, sprains, impact injuries, emotional holding, creative blocks, and more. 510-526-5414, Sara Sunstein (long-ago Bobo resident)

www.sarasunstein.com

SS 4/29

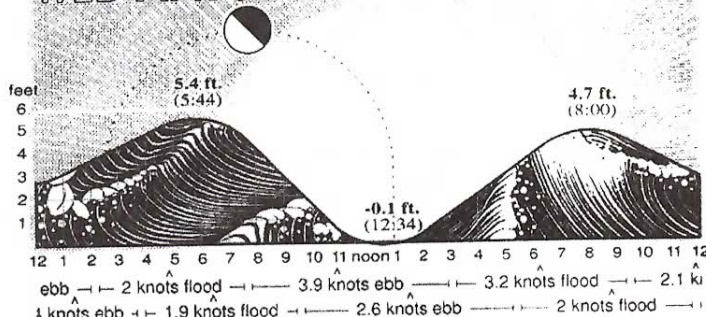
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Compassionate and Skilled
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Newborn to Elders
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More than 39 years nursing experience
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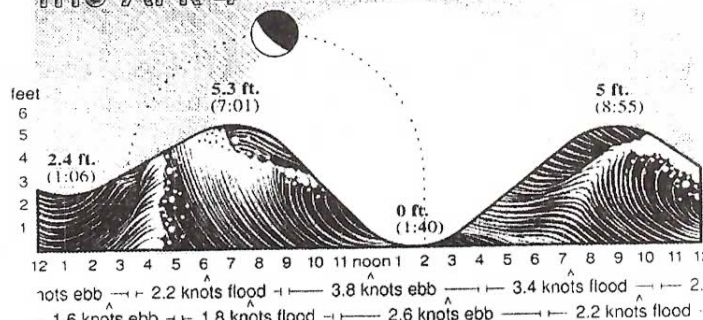
Art & Garden's Artist Panels

Pick-up your ^{free} canvas from the
Community Center office Mon-Fri
10am-2pm and let your creativity
soar with this year's theme of
"Plant Magic".

WED APR 3 dawn 5:54 sunrise 6:52 sunset 7:35 dark 8:33
moonrise 2:30 a.m. moonset 12:59 p.m.



THU APR 4 dawn 5:52 sunrise 6:50 sunset 7:36 dark 8:34
moonrise 3:15 a.m. moonset 2:05 p.m.



FOR SALE

DRY DRY DRY SEASONED FIREWOOD

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

DMx

FOR SALE

Above Ground Pool with propane heater & pump. 4 ft. high
x16 ft. across. Land Lord says it must go. \$1,000 OBO
Christine-0892

CS 4/5

FREE

Standard stand-up piano-Great to learn on-just 3 keys silent.
Molly-868-1762, 298-1762.

MB 4/5

FREE

1 rooster, 5 months old. Got too many in a shipment.
Christine 0892

CS 4/5



MISSING

Missing from the Rod and Boat Club St. Patricks Day
dinner: a brown leather handbag in a backpack shape and
bright pink wallet. Please return, no questions asked-868-
8862.

AM 3/18

LOST & FOUND

LOST

Lost Bicycle—from 455 Overlook Drive, Bolinas. Women's
"Huffy Comfortex", Silvery gold color, big seat, no
baskets. Please return or call Diana-1-207-841-8139

-NO QUESTIONS ASKED! 3/28 DL

LOST: 2/27 – SMALL ZIPPERED PURSE

Black on one side, colorful flowers on the other. Near the
Library & Gas Station. Please call -0902

MB3/1

BRACELET LOST SATURDAY, 2/2 AT CRAB FEAST
or somewhere downtown-woven beaded green, gold, white &
black bracelet. Please call 0321 if found

SV 2/4

A CORDLESS PHONE WAS FOUND

outside the Bolinas Library last Saturday. It is not a cell phone.
It was found on a bike outside the library.

1/25

LOST: DANGLY EARRING WITH PINK & CLEAR
teardrop shaped crystals and small leather pouch with square box
on December 25th. Please call 264-5541 if found

JA 1/2/13



CLASSES



Weekly Schedule

Sunday

Yoga w/ Trishna 9:00 - 11:00 a.m.
Brazilian Dance w/Anna 11:00 a.m. - noon
Ninjutsu Martial Arts for adults w/ Martin 5:00 - 6:30 p.m.

Monday

Pilates w/Lisa (pre-register 868-0473) 5:30 - 6:30 p.m.

Tuesday

Yoga w/Lisa Brendel 9:30 - 11:00 a.m.
Bo Babies 12:00 - 2:00 p.m.
Aerial Arts for Youth w/ Joanna 3:30 - 5:30 p.m.
Pirate Pizza in BCC kitchen (pre-order 328-1066) 4:30 - 7:30 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 5:30 - 7:30 p.m.
Biblia en Español 8:00 - 9:30 p.m.

Thursday

Yoga W/ Joody Marks (new class started 3/14) 8:00-9:30am
USDA food bank 12 noon
Ballet w/ Erika Townsend (new class starts 3/28) 2:00 - 3:00 p.m.
After-School Ballet w/ Erika Townsend 3:30 - 5:15 p.m.
Barbary Coast Bistro Food-To-Go in kitchen (328-1066) 5:00 - 7:00 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.
Ballet w/ Erika Townsend 12:00 - 1:30 a.m.

Check the Library marquee or Calendar in BCC Foyer for special
events. For More Info call 868-2128 or visit www.bocenter.org

HAPPY HAPPY BIRTHDAY!!!

April 2: Ed Dorn
Odessa Rhine
April 3: Michael Wolfe
Ru Axel Bradford-Ebey
Don Boekelheide
David Ainley
April 4: Bill Quist
Sonya Amoroso
Deborah Kasel
Lourdes Mora-Lopez
Estella Mora-Lopez
Chris Fontan
Diana Palomares
April 5: T Molly Patterson
Amal Nasra
April 6: Matthew Freeman
Nicholas Young
April 7: Mary Coleman-Barror
Julie Harris
Fran Healy
Richard Diaz

Marianne B. Patton, mother of Sharyle and Jake Patton,
mother-in-law to Michael Lerner, and friend to all who
knew her, died peacefully in her sleep April 1, just after
midnight.

"...unto whom my heart is certain the Lord will say
'Well done'."

--Jake and Sharyle Patton