

Bolinas Hearsay News



WEDNESDAY, JULY 20, 2016

SUMMER AT THE FREEBOX

46C (50C WITH TAX)

WHAT'S HAPPENING??

Wednesday, July 20

EXPLORATIONS IN JAZZ

(2nd in a series) more Miles, Art Blakey & the Jazz Messengers, Horace Silver, Bolinas Commons, 7pm, \$5 sug. donation

BCPUD (UTILITY DISTRICT)

Regular monthly meeting of the Board. @ 270 Elm Rd, 7:30pm

DALE POLISSAR TRIO WITH BART HOPKIN

Clarinet and guitar jazz at the Panama Hotel, San Rafael 7-10pm

Thursday, July 21

BOLINAS-STINSON WHITECAPS

Regular monthly luncheon meeting of elders group @ Rod & Boat Club, 11:30am

ADULT COLORING AT THE BOLINAS LIBRARY

7pm. Free event, art supplies and treats provided. Come draw with us in this meditative, fun evening!

PANORAMIC SEA HAPPENING

(Attempt at Reconstruction) An Introduction/Invitation with Pawel Kruk, Bolinas Commons, 7pm (coffee provided)

Friday, July 22

NO PLACE LIKE HOME BRUNCH

All Welcome, Community Center 11am

THE OLD FOLKS

Rock/country/blues/rockabilly @ Smiley's, 9pm, cover.

Saturday, July 23

SALT SUNS

Acoustic traditional music in the Museum Courtyard, 2pm. Free.

ROBIN G

Singer/songwriter @ Smiley's, 9pm, cover

Sunday, July 24

MEMORIAL SERVICE FOR BILL BERKSON

SFAI Lecture Hall, 800 Chestnut Street, SF 2pm

ROSES & CIGARETTES

Live music @ Smiley's, 8pm, cover

Monday, July 25

CORECONTACT

A contemporary dance workshop, Community Center, 7-8:15pm, \$10-15 drop-in, sliding scale w/

TODAY'S HEARSAY BROUGHT TO YOU BY:

(((STU HEART: EDITOR)))

(((JUNE McADAMS: ADS)))

(((A. BLEEKER + L. KRIZ: PRESS)))

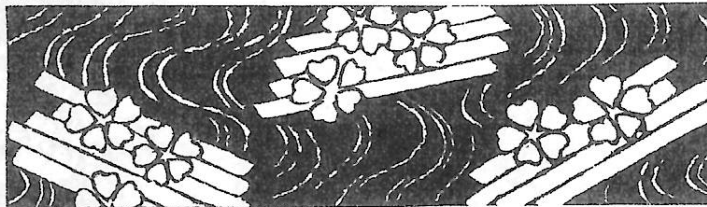
& You: Everyone is a Reporter!

Ever let Love and Truth, Peace and Light, Health and Harmony Prevail!

GLEANINGS *Mary Barror*

Artist

劍者



Facing blank paper
Is an artist's terror.

When an artist creates, he or she is like a shaman. Inspiration comes as a gift. Those who follow Tao are the same. Their awareness of Tao is not something they have cleverly formulated, nor is it something that they possess. Tao comes to them like a gift. That is why the arts and Tao are so closely allied: The act of receiving and expressing is the same.

Just as an artist dreads not being able to make art, so too does one who follows Tao dread not feeling Tao.

There are many times when we are called upon to be creative: an athlete on the field, a lecturer before an audience, a musician on stage, a cook at the stove, a parent with a child. How do we keep the channel open? Some people try by maintaining tidy and regular lives, others by being constantly active. We are all different, and there is no right or wrong. The only thing that counts is feeling Tao in your own life and maintaining that feeling as much of the time as possible. If you find those special things that are latent in you and learn to express them, then you will know Tao.

*Deng Ming-Dao
365 Tao*

Warbler

This year we have two gorgeous
yellow-throated warblers nesting in the honeysuckle bush.

The other day I stuck my head in the bush.

The nestlings weigh one-twentieth of an ounce,
about the size of a honey bee. We stare at
each other, startled by our existence.

In a month or so, when they reach the size
of a bumblebee's, they'll fly to Costa Rica without a map,

- Jim Harrison

Wharf Road Bench
A Moment of Grace

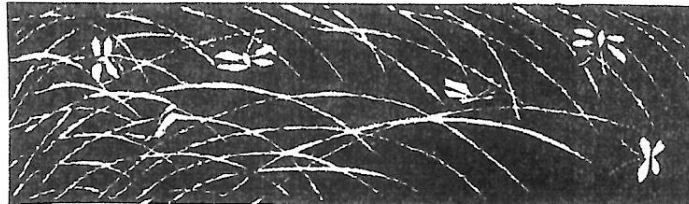
That morning
sitting on
the sun-warmed bench
High above the mouth
of the lagoon
Slack Tide
shimmering in the sun
like a vest
made of golden coins...

a sudden CALM
sweeps over me
and through
my very bones
becoming
a deep, delicious
BLISS...
a UNITY
a HARMONY
with EVERYTHING
that IS.....

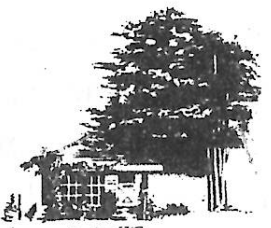
*Mary Barror
July 16, 2016*

"Be joyful though you have considered all the facts."
- Wendell Berry

Mary



MIGUEL
BUSTAMANTE
DENTAL
CORPORATION



24 WHARF RD. BOLINAS
415 868 0911

FRIDAY FARM STAND
@ Star Route Farms
Noon – 5PM
COOL COASTAL GREENS
AND THEN SOME!

"Explorations in Jazz" - Second in Series of Six

We'll jump right in to more early Miles Davis and will follow his career throughout my series, as he happened to be one of, if not *the*, primary leader of directional changes for the entire throng of jazz players for several decades.

I'll introduce Art Blakey and Horace Silver, Drummer and Pianist/composer respectively, who formed the group named The Jazz Messengers in the 1950's. They amicably split to head two schools which spawned many famous players in the years to come.

I'll show as many videos of live performances as I can find, and play some of my favorite recordings.

Drop on down to the Bolinas Commons/FaultLine Institute – and tune in to some great sounds that you may have never heard before.

Bring your yoga mat if you like, nice to listen lying down, with eyes closed.

Wednesday eve 7-9pm 22 Brighton Ave. behind the bookstore.

\$5 donation requested Ananda

Tonight in the Jazz Class

Vintage videos from the 50's and early 60's of on-stage performances by **Art Blakey and the Jazz Messengers** **The Horace Silver Quintet**

PLUS

A one-hour PBS documentary which spans **Miles Davis'** musical career, including commentaries, TV broadcasts, stage performances and studio recording scenes.

I'm sure you'll enjoy these, please join us.

Ananda

Bolinas Commons, 20 Brighton Ave
7-9 pm

SMILEY'S
LIVE MUSIC THIS WEEK

Wednesday, July 20

Larry-Oke!

Come belt out your favorite tunes. (FREE, Show 8pm)

Thursday, July 21

DJ Samir Neffati

Dub, Downtempo, Electro, House. (FREE, Show 9pm)

Friday, July 22

The Old Folks

Garage Folk. (\$5, Show 9pm)

Saturday, July 23

Intuitive Compass and Robin G

Original Folk of the West and Indie Pop-Rock. (\$10, Show 9pm)

Sunday, July 24

Roses & Cigarettes

Americana/Roots, Rock. (FREE, 8pm)

Monday, July 25

Reggae with Epicenter Soundsystem

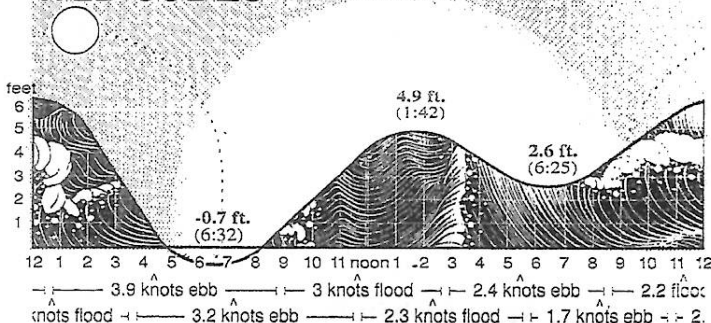
(FREE, 8pm)

We make advance tickets available online and for popular shows, at the bar, so please join our email newsletter for ticket sale alerts, www.smileyssaloon.com/music

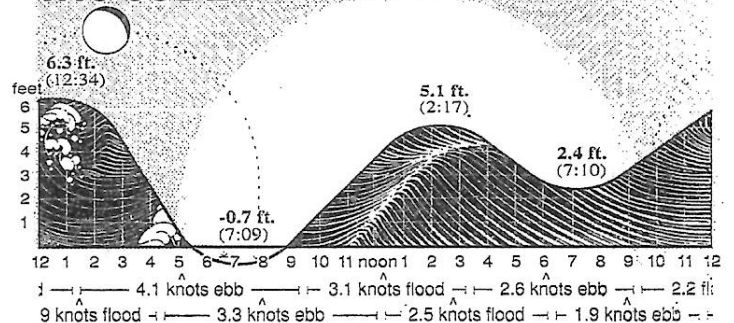
CORECONTACT
A CONTEMPORARY DANCE WORKSHOP
Monday Nights 7pm-8:15pm
@ the BCC
taught by Lisa Townsend
Begins July 11th
\$10-\$15. drop in, sliding scale

Bolinas
Hardware Store
&
Lumber Yard
Closed
For Vacation
Sunday, July 24
All Day

WED JUL 20 dawn 4:57 sunrise 6:04 sunset 8:28 dark 9:35
moonset 6:54 a.m. moonrise 9:01 p.m.



THU JUL 21 dawn 4:58 sunrise 6:05 sunset 8:27 dark 9:34
moonset 7:56 a.m. moonrise 9:41 p.m.





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



Fong Ha

Workshop Sunday, July 24, 1:00 PM
Donations will be accepted. Sifu Fong Ha Proudly Presents *The Essence of Tai Chi Chuan & Yiquan*

WMSS Fraud

Lecture Thursday, August 4, 1:30 PM
This presentation will be in conjunction with Legal Aid of Marin and Bank of Marin. The presenters will focus on seniors, fraud issues and how to avoid scams. More details coming.

Reception - Kris

Brown Thursday, August 4, 4:00 PM
Long-time Inverness resident Kris Brown loves painting in nature. Her previous work using pastels has led to her current work in oils. She will be the featured artist in the Lobby Gallery starting August 1. Lobby reception on August 4, 2016, from 4:00pm - 6:00pm.

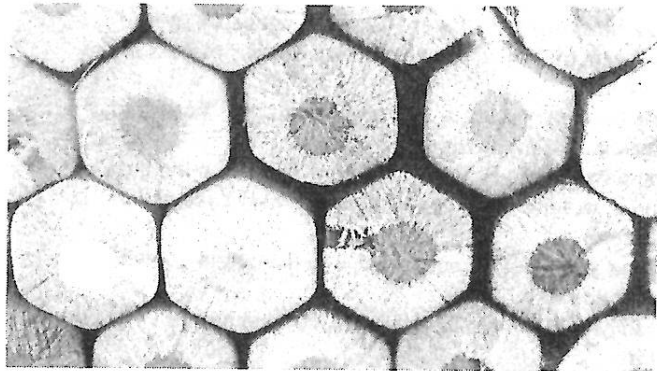


George

Winston - Solo Piano

Concert Saturday, August 6, 8:00 PM
\$35 in advance, \$40 at the door. George Winston returns with "The Summer Show," a solo piano concert. The evening will include melodic spring and summer songs, some of Vince Guaraldi's "Peanuts" pieces, music inspired by the New Orleans and stride piano traditions, and songs from his upcoming albums. Since 1972, Winston has released thirteen solo piano albums. His latest releases are "Love Will Come—The Music Of Vince Guaraldi, Volume 2 (2010)," and "Gulf Coast Blues & Impressions 2—A Louisiana Wetlands Benefit (2012)." Please join George in support of our local food bank by bringing a donation of canned food to the concert. Collection baskets will be at the entrance. Saturday, August 6, 8:00pm. Tickets \$35 in advance / \$40 at the door

**ADULT COLORING
AT THE BOLINAS LIBRARY**



Come draw with us
in this meditative, fun evening event
art supplies, treats and tea provided
Every Third Thursday

THURSDAY, JULY 21st at 7PM

**BOLINAS LIBRARY
14 WHARF ROAD**

All Library events are free. Call 415.868-1171 or visit www.marinlibrary.org

Requests for accommodations may be made by calling (415) 473-3220 (voice/TTY) or 711 for the California Relay Service or Emailing library@marincounty.org at least four work days in advance of the event.



Camilla as Elephant (from the back)
in Jungle Book

**The conclusion of Bill Berkson's
poem "Twilight Time":**

...& walking
along on straight, starlit roads:
Brighton, Terrace, Ocean Parkway, Grove
& Juniper, Kale,
Laurel, Maple, & on
down Cherry, a little ways up Nymph
here to there
the days are endless
though they surely go...

-From his book "Blue is the Hero:
Poems 1960-1975"
Submitted with condolences to
his Bolinas Family:

Lynn O'Hare Berkson
Lisa (Kleinberg) Ellerby
Andrew Kleinberg
Chou Chou (O'Hare) Mora Lopez
Moses Berkson

-Steve Heilig and Joanne Kyger

Dear Friends,

Please join San Francisco Art Institute in remembering and honoring the life of poet, art critic, and much-loved SFAI professor emeritus Bill Berkson.


Memorial Service

Sunday, July 24, 2016 | 2pm
Lecture Hall | 800 Chestnut Street
Reception to follow

Questions?

Contact Sarah Morrison by email or call 415.749.4516.

The memorial is open to the public and we anticipate high attendance. Seating in the Lecture Hall is limited; overflow seating with a simulcast of the program will be available in the SFAI Café.



Ken & Sam Levin
Window Cleaning
415.663.9669
West Marin's Best

IMAGINAL THEATRE

Every Sunday at the Community Center

MORNING HEART CIRCLE @ THE LABYRINTH - BO PARK

Meditation - shared stories - soul support

8:00 - 9:00am

PERFORMANCE ARTS STUDIO CLASSES

A body-based exploration of experiential theatre using improvisation, Butoh, mime; moder, primal & traditional dance; masks, spoken word and sacred voice utilizing low-tech production & environmental venues

9:00-10:30am

ALL DANCE

Drop-in open floor free-spirit dancing

World music • guest DJs

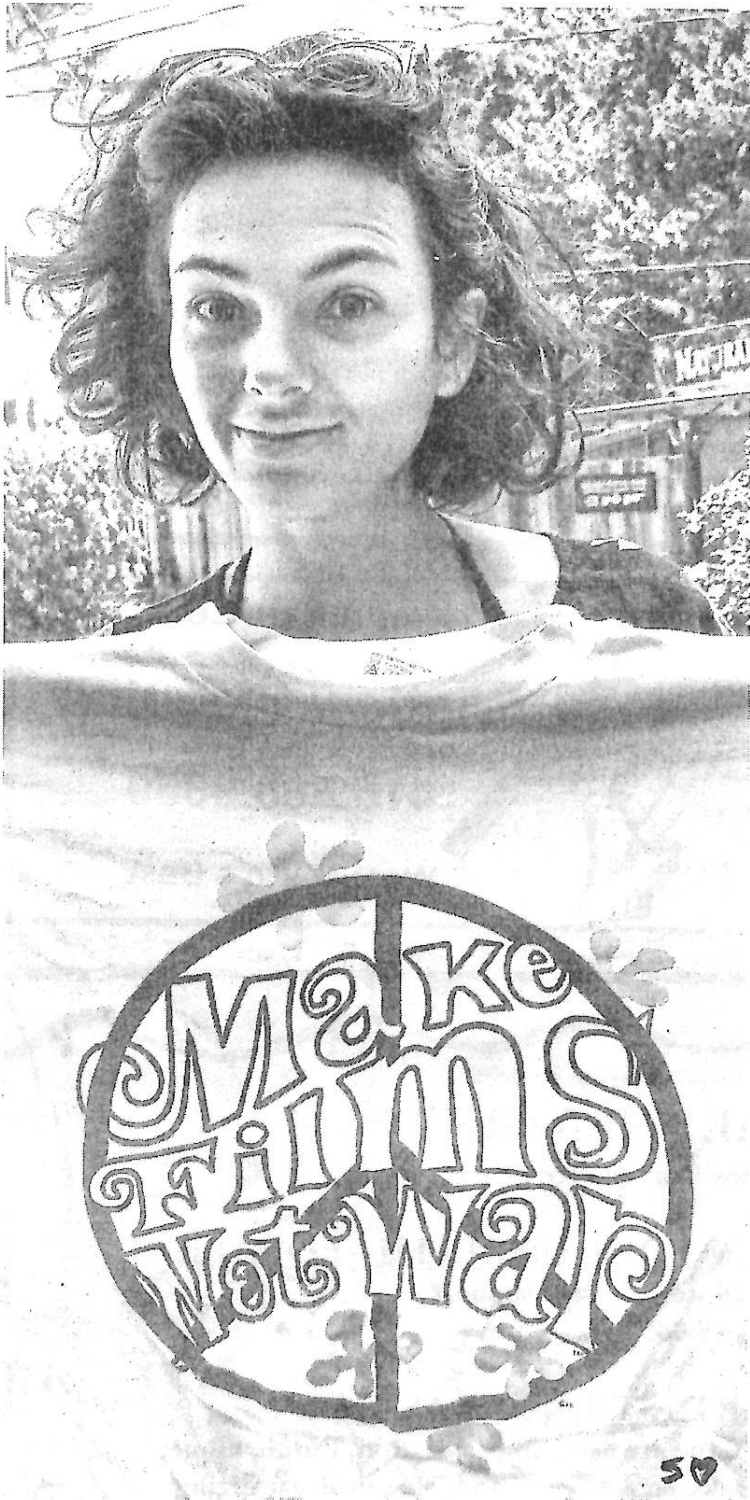
Sweat Your Prayers / Shake Your Fears

10:30 - 12noon

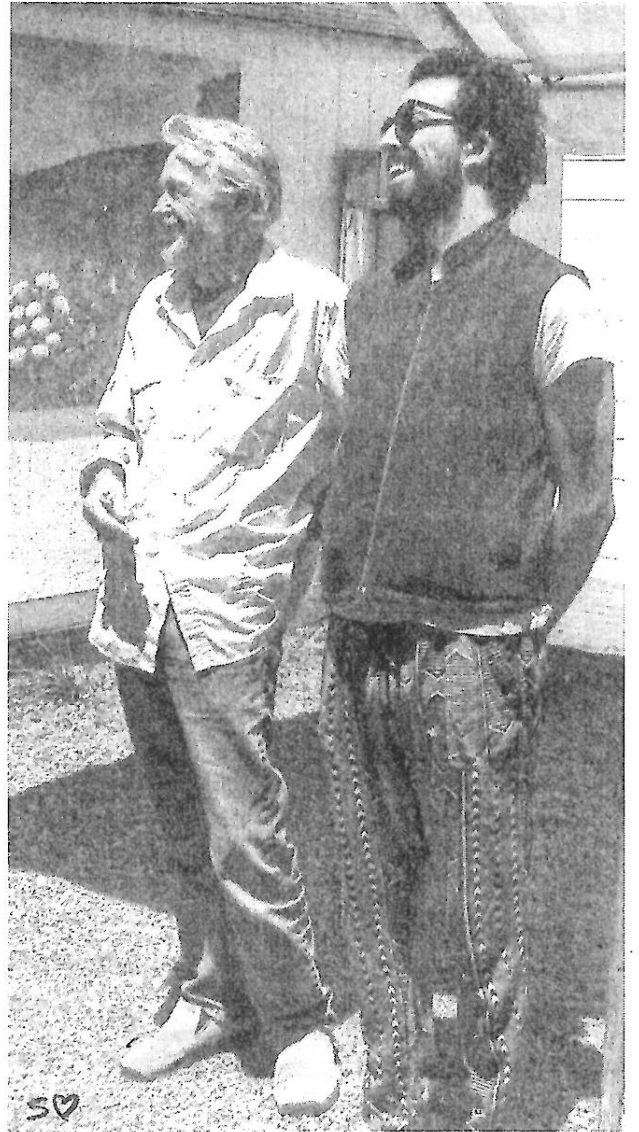
Every Sunday at the Bolinas Community Center

By donation, no one turned away for lack of funds

IMAGINAL THEATRE Creative Director John Glavis, is returning to an earlier lifetime's passion in performance following nearly three decades as a biodiversity researcher and farmer. With former experience in dramatic arts and professional dance John's interest in indigenous ceremony and shamanism along with wild travels has guided his passion for performance as a community building phenomena. This studio class is the foundation for an on-going experimental theatre group.



"Make films not war" – Summer



"Make films not war" – Ananda and Perry agree



THE ART OF PRESENCE

Offering another workshop from Faultline session. The Art of Presence on 7/23. My experimental workshop for exploring the relationship between the nervous system and wellbeing. This class will be more self work exercises with some partnering. Perhaps you want to come with a friend and have your own partner. Please call me at 8830 or email ameliastraton@gmail.com if you would like to attend.

10-1 this Saturday at my downtown home.
Amelia Straton



Elder Fire – Tuesday night at RDI

NEEDED

SEARCHING: DOES ANYONE HAVE A FREEZER
they are planning to sell or donate? Will come and takes it away.
Please call Mimi -9275 or write < mcalpestri@gmail.com >

MC/7/22

THE FREEBOX NEEDS SOME NEW DOORS
A solid door or even better two doors. Approximately 30" x80"
Please contact StuArt - 2769

SA 7/24

868hearsay@gmail.com

Submit articles, ads and drawings by midnight
Sunday, Tuesday or Thursday for publication the
next day. And how to subscribe to the password-
protected web site and read the hearsay online.

LOST AND FOUND

OUR FRIEND LOST HIS WEDDING RING ON
SATURDAY July 16 at the channel. Hoping a friendly sea
creature found it. It says "DJ" and a date. Call 9525 if found.

AW 7/18

LOST: WOMAN'S WEDDING RING- GOLD, ON
BEACH? Phone 916- 606- 4265

? 7/18

LOST: OAKLEY GREY & BLUE SUNGLASSES NEAR
Bass Lake, around noon time 7/15-Randy-925-708-6868

R 7/18

LOST: MISSING MY "WELCOME" SKATEBOARD from
the lobby of BCC. Last seen on Friday night 7/8/16. It has a
black & white image of a goat on its underside. Please Call 868-
0473. No questions asked. Thank you, Lucian P.

LP 7/13

FOUND: PRESCRIPTION SUNGLASSES: THURSDAY
June 23, in sand by the shore around 8pm. Just about swept to
sea. You must be missing them-super good looking rims &
goggles-black thick cat frames with whitish interior. Send e-
mail marialidiamarcotulli@gmail.com

MM 6/29

LOST: KEYS ON YELLOW WRISTBAND.
Diana - 207 -841-8139

DL 6/22

FOUND: SOME BOWLS AND ROLLING PIN
left at the Park after SunFest picnic.
Pick up in backroom of Bookstore. Ananda

AB 6/15

LOST/LEFT AT SUN FESTIVAL POTLUCK AT PARK:
light green pottery bowl with little notches for chopsticks, (a gift
from my sister!) & pink glass salad plate with ridges.
Plse call Claire, 415 895 1657. Thanks!

CB 6/13

FOUND: FISHING GEAR ON BEACH.
Give description of what you lost and it's yours. - 302-0426

C6/8

CLASSES



Weekly Classes and Events Schedule

MONDAY

Somatic Exercise w/Cenize Rodriguez 8:45-10:00 am
Bo Babies & Toddlers Open Play Group (free) 10:00 - Noon
Pilates w/Lisa Townsend (pre-register 868-0473) 5:30-6:30 pm
Yoga w/ Angela Sterpka 7:00-8:15 pm

TUESDAY

Senior Stretch W/Anna Gottreich 11:00 - 12:00 pm

WEDNESDAY

Pilates w/Lisa Townsend 8:30 - 9:45 am
Diaspora w/Amber Hines 6:30 - 8:00 pm

THURSDAY

USDA food bank 12 noon
Congoese Dance w/ Sandor 6:00 - 7:30 pm

FRIDAY

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

SATURDAY

Diaspora Dance w/ Amber Hines 9:00 - 10:30 am
LTDCo w/Lisa 10:45 - 12:30 pm

SUNDAY

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 for more info & special events!

Read the Hearsay Online

For 33¢ per day, more or less. Give
yourself, a friend, or an expatriate
member of your extended family
the gift of local news three times per week,
delivered electronically. Stay home. Save trees.
Isolate.

Subscribe anonymously by contacting
Michael Rafferty, Publisher and Online Editor,
868hearsay@gmail.com

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

PLAY STRUCTURE: LITTLE TYKES, PLASTIC,
multicolored, for small children. Easy to move. Email and I
will send a photo. slidell@aol.com

SI 5/4

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

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

I CAN PET-SIT YOUR PET FOR FREE. THIS OFFER
lasts until my first customer- kittens, rodents, amphibians, birds
and reptiles. Call Pearl @ 9525

PW 7/22

FOR SALE

4 -HUNTER DOUGLAS ROMAN STYLE SHADES, 2-6FT
\$20 each , 2- 6' wide \$15 each , 1-46" wide \$15 , 1-23.5" wide
\$10, carl 868-9539

CS 7/22

HAPPY HAPPY BIRTHDAY!!!

- July 18:** Marcie Kossman
Avis Bourne
- July 20:** Clea Scheiman
Judith Larner Lowry
- July 21:** Cody May
Ethan Okamura
- July 22:** Nicholas Henry
Ibarra Isabella Demmerle
Tristan Patterson
- July 23:** John Costello
Garnett
Angel Taylor
- July 24:** Arne Jurgens
Casey Alford
Rod MacDonald

HEALTH & HEALING

CAREGIVERS AVAILABLE

Excellent homecare
Call 868-1782 Anita and William Henry

CH x



CHILDCARE AVAILABLE -NEWBORN TO 2 years.
Local Auntie, elder nanny. Call Jutta at 415-686-2549.

JR 7/29

FOR RENT

FOR RENT : ROOM FOR RENT FOR ONE PERSON,
please- on Horseshoe Hill Road. 1-415-868-1782

CH X

Seeking Housing in Exchange

Retired senior and Acupuncturist /Herbalist since 1994 is seeking housing in exchange for help with household support and lifestyle enhancement. I am well versed in healthy lifestyle of fresh, organic and/or vegan diet, practice of gi gong and many other (TCM) modalities that keep body, mind, and spirit in balance and strong, enhancing longevity and brain function.

Recent excellent pet and house sitting references and two consecutive years as a winter caretaker and housitter.

If interested call Anne McNicholl at 406-270-9062 or email at annefiner@gmail.com 7/22

