Ken Botto's work is on display at the San Francisco airport through January.

INSIDE:

- Sadja's GO TO HEALTH column
- Coyote sightings
- Polissar poetry

WHAT'S HAPPENING

Tuesday, January 15
COMMUNITY NIGHT
"Vermont Boy in West Oakland, Community Center, 7pm, FREE

Wednesday, January 16
BCPUD (UTILITY DISTRICT)
Regular monthly meeting of the Board of Directors @ 270 Elm, 7:30pm

Thursday, January 17
COAST CAFE CONCERT SERIES
Live music, food & drink specials @ Coast Cafe, 6-8pm

BRIDGE BROKE & FRO-ZEN
New bluegrass live @ Smiley's, 8:30pm

Friday, January 18
JAZZ JAM
With Michael Pinkham @ Smiley's 9pm

Saturday, January 19
FREEBOX FOLLIES
Freebox Fashion Show at the Community Center, the famous, fabulous extravaganza, 7:30pm

WASTED NOISE
Live reggae/funk @ Smiley's, 9pm

Thursday, January 24
BE MUSED: A POETRY HAPPENING
Jan Broek & Dale Polissar Reading at Llewellyn Ludlow's Painting Show, Bolinas Gallery 7-9pm

Tuesday, Jan 29
SINGER-SONGWRITER SHOWCASE
Feat. Van Waring, Jan Broek, Kacey Johansing, Jeff Manson & more, Bolinas Library 7-9pm FREE tea and snacks provided
JOHN MCCUTCHEON
The Washington Post described John as
folk music’s "Rustic Renaissance Man," a
moniker flawed only by its understatement.
"Calling John McCutcheon a
‘folksinger’ is like saying Deion Sanders
is just a football player..." (Dallas Morning
News). Besides his usual circuit of major
concert halls and theaters, John is equally
at home in an elementary school audi-
torium, on a festival stage, or at a farm rally.
He is a whirlwind of energy packing five
lifetimes into one. His thirty recordings
have garnered every imaginable honor
including seven Grammy nominations.
He has produced more than twenty albums
of other artists, from traditional fiddlers
to contemporary singer-songwriters to
educational and documentary works.
Saturday, January 19, 8 PM
Tickets $22 general / $20 seniors / $11
youth
Saturday, January 19 / 8 PM

THE OLD FASHIONED TUESDAYS STRIKE
BACK
The greater West Marin area is invited to
grab a pseudonym, don a colorful swing
suit or paisley cake dress, step into some
dancing shoes, and hurry down to the
Dance Palace for "The Old Fashioned
Tuesdays Strike Back." Featuring a nine-
piece "Deep Lounge" band, the Dance
Palace will be converted into the "Velvet
Pelican Lounge," a 1950s/60s-style cock-
tail lobby featuring live music and theatre
by various community characters.
Saturday, January 26 / 7:30 PM
Tickets: $10 in advance at brownpapertickets.com / $15 at the door

BOBOLICIOUS
New Year Resolutions

BAKERY SCHEDULE

SUNDAY
Oatmeal, Peach Sticky Buns, GF Choc Cake
MONDAY
Lassagna (serving at 11:30am)
TUESDAY
Blueberry Muffins, Apple Pie, GF Choc Cake
WEDNESDAY
Oatmeal, Apple Pie, GF Choc Cake
THURSDAY
Blueberry Muffins, Lemon Meringue Pie, GF Choc Cake
FRIDAY
GF Choc Cake, Banana Bread
SATURDAY
Oatmeal, Pick of the Week, GF Choc Cake, Banana Bread

ALSO BAKED DAILY at Bobolicious: Biscone, Crumb Cake, Fresh Ground Peanut Butter Blondies, Cherry Jalapeno Cornbread®, and Cranberry® (plain or with Haz & Cheese)

(All Organic ingredients used except those with *)

NEW STORE HOURS
OPEN DAILY!!!
Rocky Brook, CA 94953
Ph: 415-683-1311

Mon Jan 14
10 am Turning Pages. A Sand County Almanac by Aldo Leopold.

1 pm Post-Carbon. Co-ops, worker-owned enterprises: Rae Levine,
Melissa Young, Mark Dworkin.

6:30 pm Release Me. White Bicycles, record producer/writer Joe Boyd.

Tue Jan 15
9 am Airwaves. Journalist Susannah Cahalan Brain on Fire: My Month
of Madness. 9:30 am - The Alzheimer’s Prevention Cookbook, Marwan
Sabbagh, M.D.

Wed Jan 16

Schedules & More Info at www.kwmr.org

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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. 683-1311
Go to Health: Dr. Jamie Goetz, EMDR, and Ecopsychology

Dr. Jamie Goetz is the psychologist at our Bolinas clinic. He sees people who are working with relationship difficulties, anxiety, panic attacks, depression, smoking cessation, eating disorders, drug and alcohol addiction, trauma and post-traumatic stress disorders and other problems. In his own words he "uses a variety of therapies and interventions – in his clinical practice he describes his therapeutic approach as always collaborative and guided by a deep respect for the uniqueness of each individual." The work he does "is intended to build on people's innate strengths, intelligence and abilities, to solve problems and facilitate personal growth." Goetz notes that in many cases of addiction there are underlying causes, such as depression, which should be addressed to help with a solution.

Dr. Goetz uses EMDR (eye movement desensitization and reprocessing) with people who have endured trauma. The theory behind EMDR is that when a traumatic or distressing experience occurs, it may overwhelm the brain's usual coping mechanisms. The memory and associated stimuli of the event are inadequately processed, and remain stored differently from our ordinary memories. In EMDR therapy, as these distressing memories are brought back, the person can process them in a way that reduces their power. The eye movement of EMDR is similar to the rapid eye movement of REM sleep, enabling people to develop more adaptive coping mechanisms.

Dr. Goetz recounts his journey to the profession of psychology as having evolved out of a passion for outdoor adventure. For over a decade he worked with severely emotionally disturbed adolescents at a residential treatment program with a strong wilderness component. Through his own outdoor pursuits and experiences with teens in the wilderness, he has recognized the profound effects that a positive relationship with nature can have on a person's health and well-being. Dr Goetz wrote his doctoral dissertation on "Ecopsychology," an emerging field of psychology that examines both the negative health effects of becoming disconnected from nature, and the beneficial effects of establishing healthy relations with the natural world.

Goetz notes that one of the important books in the field of ecopsychology is Last Child in the Woods, by Richard Louv. Louv links the lack of nature in the lives of many children today, fixated on their screens, and living in cities, to the rises in obesity, attention deficit disorders, and depression. Louv calls the problem "nature deficit disorder" and writes that direct exposure to nature is essential for children and adults. Goetz adds that our destruction of the natural environment has a negative effect on our psyches, and there are positive changes when we reconnect with nature, by hiking, gardening and doing something about restoring the environment.

Goetz thinks that marijuana use is helpful for nausea and some other medical problems. However, he cautions that the varieties available today are extremely strong, and can be a problem for adolescents and many people in relationships. If one partner is a chronic user and the other is not, the user may have lost motivation and drive, and be caught up in a personal world that is out of touch with reality. This is difficult for the other partner. Adolescents need firm guidance from parents on drug use and other issues; they may rebel against this, but without guidelines they can feel lost.

Jamie Goetz is a thoughtful and compassionate psychologist. We are lucky to have him working at our clinic. He is in Bolinas on Thursdays and Fridays and at the Point Reyes clinic on Monday, Tuesday and Wednesday. Sadja Greenwood, MD · back issues at sadjascolumns.blogspot.com
Sad News

Thursday afternoon I turned onto Hawthorn from Acher & saw a coyote cross the road ahead.

Saturday, the coyote was running ahead of my car on the same stretch. This time it had a small animal in its mouth. I think it was a black & white cat.

So, if you live in that area and are missing... sorry.

Other pet owners might take note that this happened at 3:45 in the afternoon.

Creeps me out. I have cats that are frequently out in the afternoon.

-- Al Mettich
1/14/13

THREE GREAT THINGS ABOUT THIS PLACE...

(1) Golden late afternoon sun falling across the emerald green soccer field; game over, all peaceful.

(2) Having new baby granddaughter out for a whole weekend.

(3) Being lucky enough to have a hot tub available to float in, in the frosty night looking up at the stars.

--Ned Riley

Moon talk

Moon talk. The language of gods.

The wind-whistle walking alone
In the star-swarmed cold.

Children being born,
And wrinkled children dying....
A sucking in and out of space.

What do the waves say?

Hush..... Hush.....

Infinitude of crystalline sands —
Toss them into the air:
There somewhere a green one whirls....

And creatures stroll its gardens
With pale and delicate hands.

— Dale Polissar

"BE MUSED" Poem reading with Jan Broek
Thursday, 1/24 at the Bolinas Gallery, 7 pm

WEEK IN REVIEW 1/14/13

From Jenniepfeiffer Riley, taking time out from the 2012 poetical recap I’ve been working on, to get back to the here and now and say how much I miss Mary and Barbie Rothwell. Saturday’s memorial at the Rod and Boat Club, was planned as a celebration of Barbie’s life, but turned into a combined good bye to Barb and her mother, Mary. Mary, not able to recover from the set back brought on by the loss of the lifeline that Barb was for her, slipped away from this life in the wee hours of Saturday morning. It was a cold but beautiful day and the reunion of so many people gathered to remember these two lifelong residents of Bolinas was amazing. These two women touched so many lives here that the venue was a crush of people, spilling out onto Wharf Road. There was such a variety of participants, representing a diverse cross-section of the area: families of friends and classmates of John Rene, there to show love and support for him; his teachers; Barb’s teachers and school friends from her years at Bolinas school in the seventies and beyond; horse riding companions; Mary’s large circle of admirers; and the many community members who worked with Barb on so many projects around town.

There is a beautiful photo on the internet of the amazing hot air balloon lantern launch down at Wharf Beach at sunset, for the final farewell — very moving. All best love to John Rene and his family in his new location, and a very large “thank you” to all those many people who worked so hard to put this sensational send off together — particularly Angela Calpestri, Debbie Morrison, Luke Anderson and many others, for organizing and hosting. JP
A Regular Meeting of the Board of Directors
January 16, 2013  7:30 p.m.

1. Call to Order.

2. Roll.

   - Update on the Terrace Avenue Water Main Relocation Project.
   - Update on the Terrace Avenue Bluff Stabilization Project.
   - Update on the Wastewater Treatment Plant Pump Station and Electrical Upgrade Project.
   - Drainage Project Manager’s Report.


5. Carlin Lot Line Adjustment (LL 13-4) – Carlin (350 Ocean Parkway) and Tedo (165 Rosewood Road).


8. Approve Fats, Oils and Grease (“FOG”) Informational Mailing to BCPUD customers.

9. Approve Budget Schedule for the BCPUD’s Fiscal Year 2012-13 Budget.

10. Election of BCPUD Board Officers/Committee Assignments.

11. Update on Water Supply Augmentation Project.

12. Volunteer Committee Reports
    - Alternative Energy:
    - Bolinas Lagoon Advisory Committee:
    - Community Path Update:
    - Downtown Parking & Traffic Committee:
    - Resource Recovery:
    - West Marin Mosquito Control Coordinating Council:

13. Other Business
    a. Board Committee Reports
       -- Finance:
       -- Legal:
       -- Mesa Septic, Flood Control and Roads:
       -- Operations:
       -- Park and Recreation:
       -- Personnel:
       -- Sewer:
       c. Warrants
       d. Scheduling of Next Meeting(s)

SERVICES

BRUSH TO MEADOW TRANSFORMATION
Heavy-duty tractor. Mowing / backhoe / rototiller / disking / plowing / post-hole drilling. Don March-0921

DMX

TREE SERVICE
Fine Trimming • Hedges • Removals • Brush Chipping
Insured #676377
Steve Ryan 668-1584

SRX

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

SHX

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

CHX

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

HDX

ANNOUNCEMENTS

REQUEST FOR SEALED BIDS:
For Sale 1993 Toyota Truck
12/20/2012
For Sale: 1993 Toyota Truck, standard box. The truck has approximately 200,000 miles on it; Runs well; has some minor rust. Interested parties please submit sealed bids to: Bolinas-Stinson Union School District 125 Olema Bolinas Road, Bolinas, CA 94924. Bids will be received until Friday, January 18, 2013. They will be opened on Monday, January 21, 2013. A minimum bid of $750 is required. The selected bidder will be required to remit the entire sale price in the form of a cashier’s check or money order payable to Bolinas-Stinson Union School District on January 21, 2013. The owner reserves the right to accept or reject any bids which are contrary to the best interests of School District, or is in anyway incomplete, nonresponsible, or to waive irregularities within the Bid received.

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

S E R V I C E S

THE RAINS ARE OVER! A public service announcement by CLEAR LIGHT WINDOW WASHING-0787

DP 1/18

HEALTH AND HEALING

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

June McAdams, RN
Compassionate and Skilled
Hospice Care • Home Care
Newborn to Elders
Coastal Marin Only
More than 25 years nursing experience
(415) 868-9052

13 January

In some places, New Year’s observances such as wasailing (paying homage to apple trees) are still performed on this day. Day of the Norse ceremony of Mulmagsbli, Midwinter’s Offering, called Tiingveld Day in Old England and sacred to Tiu, the ancient Teutonic chief god, ruler of the year. This day falls twenty days after Yule.

14 January

15 January

Garmentalia (second festival)/Egyptian Day

16 January

Concordia
The goddess Concordia, principle of harmonious relations with all, is honored.

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.
FOR SALE

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

DMx

Leonara DeNarie, jewelry maker, is joining the Uniquities Variety, Thrift and Gift and Really Good Pet Food Emporium collective, which presently includes Barbara MacDonald, June McAdams, Howard Dillon, David Cattell, and Jenniepeiffer. Stop in and see her lovely hand built earrings, bracelets and necklaces, along with our eclectic collection of thrift and gift items.

submitted by Jenniepeiffer

WANTED

Wanted-room to stay in exchange, part time cook, housekeeper. Please call-530-209-2328

SA 1/18

LOST & FOUND

FOUND: @ BCC - WOMAN'S JACKET reversible green and black with gold pin. Claim at Bolinas Community Center office.

BCC/1/11

LOST: OLIVE GREEN CASHMERE GLOVE on Terrace or Overlook on Thursday 12/27-868-0339.

Thank you.

JM 1/11

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

LOST: BLACK PERSOL SUNGLASSES inside of black smith case. Lost Sunday, 12/30, after soccer-maybe on bike path? 9931

BL 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 9159

RD 12/17

LOST: MY GRANDDAUGHTER'S SILVER METAL, case. 3-4" with a fairy design on it and her Xmas $5 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 pink on one side If found please call Marlene 868-9036

MA 12/10

CLASSES

Class Schedule
Sunday
Yoga w/ Trishna 9:00 - 11:00 a.m.
Brazilian Dance w/ Ana 11:00 a.m. - noon
Ninjutsu Martial Arts for adults w/ Martin 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. 1/14/13) 6:45 - 9:45 p.m.

Tuesday
Yoga w/Lisa Brendel 9:30 - 11:00 a.m.
Bo Babies 12:00 - 2:00 p.m.
Dance with Eleanor 2:00 - 3:00 p.m.
Aerial 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 5:30 - 7:30 p.m.
Biblia en Español 8:00 - 9:30 p.m.

Thursday
Yoga w/ Trishna 8:00 - 9:30 a.m.
USDA food bank 12 noon
Congolese Dance & Song w/Sandor (cont. 2/14/13) 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 11:00 - 11:45 a.m.
Ballet w/ Erika Townsend 12:00 - 1:30 a.m.

Check the Library marques 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.