WHAT'S HAPPENING!!

Monday, December 17
FIRE PROTECTION DISTRICT
Monthly meeting of the Board @ Firehouse, 7pm

Wednesday, December 19
JAPANESE FOOD, ART, SAKE
At Bo Commons, 5-8pm

UTILITY DISTRICT (BCPUD)
Regular monthly meeting of the Board, 270 Elm Rd., 7:30pm

Thursday, December 20
BOLINAS-STINSON WHITECAPS
Regular monthly luncheon meeting of seniors’ group @ Rod & Boat Club, 11:30pm

LAND ETHICS & INTEGRAL ECOLOGY
Round-table discussion @ Star Route Farms, 6:30-8:30pm

AUSTIN QUATTLEBAUM
Live 3 finger banjo @ Smiley’s, 8pm, no cover

Friday, December 21
WINTER SOLSTICE
At 2:21pm, the light begins to return

TOY DISTRIBUTION
@ Community Center, 1:30-3:30pm

CHRISTMAS CAROL SING-ALONG
Led by Molly Maguire @ Calvary Presbyterian Church, 6pm

SHARKMOUTH
A mean new outlook on the Apocalypse @ Smiley’s, 9pm, cover

Saturday, December 22
THE HAPPYS
Surf/pop/punk/grunge music @ Smiley’s, 9pm, cover

GOOD FORTUNE DANCE JAM
For Luke Temple & Charlie Callahan birthdays, 7pm @ Old Western, Pt Reyes, 9pm, $10

PROMISE OF ~ A BRIGHT, PRE-CHRISTMAS WEEK. Photo by Curly Rigg

HAPPY HAPPY BIRTHDAY!!

December 17: Benjamin Hewlett
December 19: Bob Dill
Sarah Thomas
Thom Haley
December 20: Josh Churchman
Kael Patier
Media Aranda
December 21: Richie Quinones Jr
Vickie Heiner
December 22: Jacob ‘Jake’ Glavis

Sunday, December 23
END OF ADVENT CAROL SERVICE
@ St Aidan’s Church, 10am

RADIOKEYS
Live roots-rock music @ Smiley’s, 8pm

Monday, December 24
CHRISTMAS EVE CANDLELIGHT SERVICE
@ St Aidan’s Church, 5:30pm

pasteup........ Ned Riley
ads/books..... June McAdams
press.......... William McGovern
Season's Greetings

FRI DAY DEC. 21ST
1:30 PM – 3:30 PM
TOY DISTRIBUTION

Holiday Gift Program — gifts and supplies are provided to low-income families in partnership with Point Reyes Bodega, the Califia Highway Patrol, and the temas Paloma Community Center.

VIERNES DE DICIEMBRE
21
1:30 PM – 3:30 PM
DISTRIBUCIÓN DE JUEGUETES

Programa de regalos entretenidos: se proporcionan alimentos y juguetes a familias de bajos ingresos en colaboración con los Reyes Bodega, la Policía de Califia, Puerto de Realtor de Califia y el Centro Cultural de Dance Palace.

From: St. Aidan's Church staidanabolinas@gmail.com
Subject: Christmas Services at St. Aidan's
Date: December 17, 2018 at 8:56 AM
To: Hesney 868heasney@gmail.com

December 23, Sunday, 10 am: End of Advent Carol Service
December 24, Monday, 5:30 pm: Candlelight Christmas Eve Service

The Rev. Carol Luther, Priestess
St. Aidan's Episcopal Church
Bolinas, CA
"Breathing Life over the Deep"

At the Bolinas Community Center
14 Wharf Rd
Bolinas CA 94924

West Marin Community Services
11431 State Route One, Suite 10
P.O. Box 1093
Point Reyes Station CA 94956
(415) 663-8361
info@westmarincom
munityservices.org

At the Bolinas Community Center
14 Wharf Rd
Bolinas CA 94924

West Marin Community Services
11431 State Route One, Suite 10
P.O. Box 1093
Point Reyes Station CA 94956
(415) 663-8361
info@westmarincom
munityservices.org

11 Eleven
Bolinas, CA
415.866.1133
11wharfroad.com
elevenbolinas@gmail.com

COMMUNITY A
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

Point Reyes Community Lunch EVERY THURSDAY - 12:00pm BY WEST MARIN SENIOR SERVICES
Break bread with friends at the community lunch every Thursday. Plus live music the first Thursday of each month.

The organic food is prepared by Good Earth Natural Foods. Make reservations by 11 AM on the prior Monday. Contact the Nutrition Program Manager at West Marin Senior Services, 415-663-8148, x. 104.

Annual Point Reyes Christmas Bird Count Dinner
2018 12/15/2018 - 5:00pm to 9:00pm
The Point Reyes Christmas Bird Count is an annual tradition that has been a definitive cusp of the status, trends, and distribution of the 200 plus species wintering in the Point Reyes area.

At this compilation dinner participants tally the species seen and generally enjoy the birding highlight of the season. Interested people should go to http://www.pointreyesnmbc.com/ for more information.

Sing Along Messiah
12/16/2018 - 3:00pm
Join us for one of our community’s most fulfilling holiday events at this sing-along of the most glorious and exciting choral masterpiece ever written. Fun for music lovers and listeners of all ages; no experience necessary. Directed by Molly Maguire and accompanist Bill Quist.

Tickets: $20 general admission, $18 seniors, $5 for youths under 18
Location: Main Hall
Raisins and Green Tea Can Help your Teeth and Gums

Dr. Christine D. Wu is a professor and Associate Dean for Research at the University of Illinois at Chicago College of Dentistry. For several years she has studied compounds that can fight the bacteria that cause cavities and gum disease. She has looked at antioxidant compounds in raisins and found that oleic acid in raisins inhibits the growth of two species of oral bacteria – Streptococcus mutans, which causes cavities, and Porphyromonas gingivalis, which causes periodontal (gum) disease. The compound blocked S. mutans from adhering to tooth surfaces. Adherence is crucial for bacteria to form dental plaque, the sticky biofilm consisting of oral bacteria that accumulates on teeth. When you eat a sugary meal, these bacteria release acids that erode the tooth enamel. “Raisins are perceived as sweet and sticky, said Dr. Wu, “and any food that contains sugar and is sticky is assumed to cause cavities. But our study suggests the contrary. Phytochemicals in raisins may benefit oral health by fighting bacteria that cause cavities and gum disease.” However, bran cereals that have added sugar and raisins are not the best. Finding a cereal without added sugar such as oatmeal, and adding raisins to it would be better. Raisins can also be enjoyed as a snack, along with nuts, during the day. People with diabetes should test their blood sugar values if they snack on raisins, as data about this has been controversial.

The ability of tea to fight dental caries has been suggested for decades. The polyphenols in tea, especially EGCG (epigallocatechin gallate) have been shown to inhibit dental plaque accumulation, but the exact mechanisms are not clear. Dr. Wu and her colleagues think that EGCG suppresses genes in S. mutans and prevents the initial attachment of this bacterium to the teeth, and thus the formation of mature biofilms. The effects of EGCG on other properties of S. mutans were also studied. The research showed a dose dependent inhibition of the initial attachment of S mutans and also an effect on the genes of this bacterium. These findings suggest that EGCG may represent a novel and natural way to inhibit biofilm formation on the teeth. EGCG is also being studied in laboratories throughout the world for its properties to combat many systemic diseases. Stay tuned.

You may be aware that green tea has much more EGCG than black tea, although they come from the same plant. Researchers have warned that excessive amounts of EGCG found in some supplements can lead to toxicity and liver damage, so it is prudent to avoid high doses of this supplement. Brew green tea and swirl it around in your mouth before swallowing. Enjoy one or more cups a day, depending on your tolerance for caffeine, Green tea has about 1/3 to 1/2 the caffeine as coffee. Kudicha green tea is made of the stems, stalks and twigs of the tea plant and is naturally low in caffeine. Powdered green tea, such as matcha, is considerably stronger. Water to brew a cup of green tea should be less than boiling temperature, around 150 to 160 degrees F. May all be well on your next trip to the dentist!

Ralph’s Rain Report
Last 24 hours. 0.67 inches
This rain event 1.11 inches
Fri to this AM.

I was thinking, what is an inch of rain?
First, rain is measured as a function of precipitation over a given time period. The normal time period is 24 hours, in real high rain areas and big storms the time function gets shortened to best represent the amount of rain falling. I try to check my gauge at 8AM and report the amount that was collected 8AM to 8AM, 24 hours. But, that doesn’t give us the volume of rain that fell.

So, how much water is in an inch of rain? If it rains 1.00 inch overnight, how much water did that produce? If a swimming pool collects an inch of rain the water level will ideally rise close to an inch, but there are variables to deal with.

Let’s think of it this way. If we take a 20X100 parcel on the Mesa, make it perfectly level, get rid of trees, shrubs and obstacles such as buildings & fences, then put a one-inch lip around the perimeter and make it hold water, like a cake pan; and if it rains to the point the pan fills to the lip, we have one inch of rain. The 2000 sq feet of the pan, at one inch, will hold approximately 1250 gallons of water. Your 80X100 foot lot will collect 4 times that amount, about 5000 gallons which would be a tank with a 9-foot diameter X 12 feet tall. On a larger scale, it would be about 27,225 gallons per acre. Of course, there are many variables that enter into the equation, such as wind, rainfall distribution, wind deflection, splashing, angle of the rain, slope of the ground and so forth.

So, the volume of water, is the function of time (24hours), the collection area (watershed) and the variables. Just imagine the amount of water that is dropped on the whole Mesa in a rain storm.
A rain gauge reduces the collection area down to a 4-inch diameter with a graduated collection tube. Is it accurate? Yes! But, the amount of rain I collect may be different than what you collect. Location, Location!

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

Sadja Greenwood back issues at sadiascolumns.blogspot.com
WHAT HAPPENED
12-17-18 Monday Morning Recap
Week-in-Review from Jennie Pfeiffer-Riley

No column today. Our household is passing around a very naughty holiday bug so not able to get out this weekend for enjoying the many events of the season. We were able to move forward with a delightful Simone birthday grand daughter gathering of a gaggle of gals and guys, 5, 6, 7 year olds, which got the adrenaline going just enough to move through the day on Saturday, then it was a stormy Sunday under the covers, along with a very sick dog who had found several pieces of Princess Cake left within reach, which she ate and later shared with us as they came up in various spots around the rugs and the couch, and added to the family's general disinterest of the day. All are much better today. Many Monday meetings, so POR (press on regardless).

Hi there,
I have a huge problem my grandma has dementia and her senior dog needs to find a home. I have had him with me for the past week or so and unfortunately with my living situation I can not keep him. I'm seeing if you could put it in the Hearsay? If so here's a description about him

Pierre is about 12-14 years old. He is a little feisty at first and he does get startled very easily and has some aggression. If he's with a mellow quiet zone he's a lot more comfortable. Once he's comfortable he loves to cuddle and sleep a lot.
He loves to play with his toys for a few minutes then likes to rest!
He loves to go for little walks and he loves to dig little holes.
He spent most of his days resting with my grandma but sadly she has Dementia and she can't keep him:( I would love to take him but it breaks my heart and I sadly can't because I work to much and my living situation is too much for him he is used to being with my grandma all the time so I would love if someone who is home a lot and is very mellow could love him for the rest of his life!!
If anyone would like to hear more about him please contact me at 415-859-5988
Thank you so much Savaeha Rippe

THREE GREAT THINGS ABOUT THIS PLACE...

• All this seasonal celebration is exhilarating, but it can leave those of us who are not Believers—who in fact are serious skeptics—feeling like imposters. Fortunately there IS a celebration for the rest of us. Sorry Jerry, it's NOT Festivus but...

• The Winter Solstice! For me it's easy to get all mystical, contemplating the long, slow return of solar warmth and light, reviving the creatures of the earth. I'll light a candle to that: Friday at 2:23pm it begins.

• Michael Pollan. The man is a national treasure. If you need proof, I'll be returning his 'Cooked' to the library this afternoon after the Hearsay is done. Check it out.

--Ned Riley
Husband, father, friend, long time Bolinas resident, former manager of the BPUD, and avid landscape photographer,

PHIL BUCHANAN
passed away peacefully on September 12, 2018.

His family welcomes you to join them in a

- CELEBRATION OF LIFE -

THE GALLERY AT COMMONWEAL
DECEMBER 27, 2018 AT 2:00 P.M.

BOLINAS COMMUNITY PUBLIC UTILITY
DISTRICT
BOX 390 270 ELM ROAD BOLINAS
CALIFORNIA 94924  415 868 1224

A Regular Meeting of the Board of Directors
December 19, 2018  7:30 p.m.

1. Call to Order.

2. Roll.

   -- Update on the Terrace Avenue Bluff Stabilization Project.
   -- Update on the East Tank Rehabilitation Project.
   -- Update on the Wastewater Pump Station Upgrade and Pond Recirculation Project.
   -- Update on the BCPU District Fire Fuel Reduction Project.
   -- Town Hall re: Impacts of Tourism in West Marin – Point Reyes Station, February 21, 2019.

4. Community Expression

5. Certificate of Appointment In-Lieu of Election and Oath of Office (Directors Comstock, Godino and Sedman).


8. Request for Revision to Expanded Water Use Permit: Maximum Quarterly Water Use Limit per BCPU District Resolution 655 – 77 Crescenta (C. Post).

9. Request for BCPU Letter of Support for College of Marin’s Restoration of the Marine Lab Field Station on Wharf Road, Bolinas.

10. BCPU Letter to Customers with Fenced-In Water Meters and Water Service Lines: BCPU Needs Access to its Water System Infrastructure, Please Relocate Your Fence or Construct a “Jog” To Provide Access to the BCPU for Repair, Maintenance and Meter Reading.


12. Volunteer Committee Reports:
   -- Bolinas Lagoon Advisory Committee:
   -- Downtown Parking & Traffic Committee:
   -- Resource Recovery:
   -- West Marin Mosquito Control Coordinating Council:
   -- Land Stewardship Committee:
   -- Internet Access Committee:

13. Other Business.
   a. Board Committee Reports.
      -- Finance:
      -- Legal:
      -- Mesa Septic, Flood Control and Roads:
      -- Operations:
      -- Park and Recreation:
      -- Personnel:
      -- Sewer:
   b. Minutes of the November 28, 2018 regular Board meeting.
   c. Warrants.
   d. Scheduling of Next Meeting(s):

### KWMR RADIO SCHEDULE - DEC

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**MON-DEC-17**
- Low tide: 12:17, sunset: 7:19
- 4.5 knots flood
- 2.8 knots ebb
- 1.2 knots flood
- 0.5 knots ebb

**TUE-DEC-18**
- Low tide: 12:01, sunset: 7:00
- 4.5 knots flood
- 2.8 knots ebb
- 1.2 knots flood
- 0.5 knots ebb

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**KWAMCO**
- Signal Range: 12.5 miles
- Reception: 12.2 kHz

**KWMM**
- Signal Range: 12.5 miles
- Reception: 12.2 kHz
ANNOUNCEMENT

5 ACTORS WANTED SS
Stinson Beach Community Church Christmas Eve Pageant.
Paid Gig. Call Dianna 415 868-9569

West Marin Branch
Library Hours

Stinson Beach:
Mondays • 10 a.m. to 6 p.m.
Tuesdays • 1 to 9 p.m.
Fridays • 10 a.m. to 6 p.m.
Saturdays • 10 a.m. to 5 p.m.

Bolinas:
Mondays • 10 a.m. to 6 p.m.
Wednesdays • 10 a.m. to 6 p.m.
Thursdays • 1 to 9 p.m.
Saturdays • 10 a.m. to 5 p.m.

Point Reyes Station:
Mondays • 10 a.m. to 6 p.m.
Tuesdays • 2 to 9 p.m.
Thursdays • 2 to 9 p.m.
Fridays • 10 a.m. to 2 p.m.
Saturdays • 10 a.m. to 2 p.m.

Inverness:
Mondays • 3 to 9 p.m.
Tuesdays • 10 a.m. to 6 p.m.
Wednesdays • 10 a.m. to 6 p.m.
Fridays • 3 to 6 p.m.
Saturdays • 10 a.m. to 1 p.m.

Weekly Classes and Events Schedule For December

MONDAY
Somatic Exercise
Pilates Mat w/Lisa Townsend
9:30am - 10:45 am
5:30pm - 6:30 pm

TUESDAY
Elder Diaspora Dance w/Amber Hines
9:00am - 10:15 am
Pirate Pizza: Call (415) 228-1066 to preorder
3:00pm - 7:00 pm
Aerial Arts w/Joanna - Beginners 7yrs +
3:45pm - 4:45pm
Aerial Arts w/ Joanna - Intermediate
4:45pm - 6:00pm
BCC Board of Directors Meeting (3rd Tues of month in library) 5:00pm
Contemporary Dance w/Lisa (teens & adults) 6:30pm - 7:30pm

WEDNESDAY
Pilates Mat w/Lisa Townsend
8:30am - 9:45 am
F.L.A.G. ship in front of Library (6-5yrs) 1:15pm - 2:30 pm
After School Theater w/ Lisa (only 5 & 12yrs) 2:45pm - 4:30pm

THURSDAY
USDA Food Bank
12 noon

FRIDAY
Pilates Mat w/Lisa Townsend
9:00am - 10:00 am
Ballet w/Erika Townsend (No class on the 28th) 10:30 - 12:00 pm
No Place Like Home (Free Brunch 4th Fri of Month) 12:00pm

SATURDAY
Diaspora Dance w/Amber Hines
9:00am - 10:30 am

SUNDAY

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

ANNOUNCEMENT

ALANON MEETING WEDNESDAYS 6:30
St Aiden’s Church Brighton @ Park Ave

LOST & FOUND

LOST: KINDLE BOOK READER
Return to Bolinas People’s Store for $100 reward

LOST: PRIUS CAR KEY IN BLACK PLASTIC BOX.
Call 415 868-2409 if found.

FOUND: SILVER HOOP EARRING, IN BCC AFTER
square dance last Saturday. Call 1418 to retrieve.

FIND THE Hearsay Online

FOR 35¢ per day, more or less.
Give yourself, a friend, or an ex-
patriate member of your of your extended family the gift of local news
two times per week, delivered elec-
Subscribe anonymously by contacting
Michael Rafferty, Publisher and Online
Editor, 868hearsay@gmail.com

FREE

TWO AKC TEACUP YORKSHIRE TERRIER PUPPIES,
one male, one female for free. If interested contact-
jennyfitz@gmail.com
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 to submit

SERVICES

AIRPORT? HOWARD DILLON HAS A 2018 SUBARU
Outback for all Bay Area & beyond destinations.
Many local refs 868-2144

HD X

WINDOWMAN: REPAIRS SINGLE AND DOUBLE PANE
windows, sliding glass-door rollers, screens. Reasonable.
No extra charge for West Marin. Sean 415-699-6204

SB 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

CHX

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

SRX

HELP WANTED

HANDYPERSON FOR MINOR PLUMBING,
construction and yard work needed. Se habla espanol.
Contact Nancy at: nancy_j@baymoon.com

NJ 12/21

HOUSING WANTED

LOOKING FOR HOUSING-CAN PAY UP TO S15 PER MONTH. Transsexual male, 37, meditative, yogic, mother nature oriented, dogwalker danielelalamail@gmail.com

DL 12/31

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.