

Bolinas Hearsay News

Monday, June 24, 2019

50 Cents



Photo of Bill Lyons and Augie (I don't know the cats name). Johanna Scutt

HAPPY BIRTHDAY BABY

- June 24:** Noah Green
Miles Cassidy Peacock
Ilene Danse
- June 25:** Finn Thorpe-Mc Quaid Ynguesson
John Bryant
Bobbi Kimball
Heidi Hattar
- June 26:** Tait Stephenson
Karl Danskin
- June 27:** Jody Angel
Beth Klymer
Greg Marcotte
Maitreya
Max Brimhall
Becky Tacherra
- June 28:** Erik Ford
- June 29:** Sandy Stephens
Satchel Matson Kostelnik
- June 30:** Susanna Acevedo
Viki Hall

WHAT'S HAPPENING?

Wednesday, June 26

BILL LYONS MEMORIAL

Celebration at Our Lady of Angels Church, 1721 Hillside Drive, Burlingame, 10:30am

FLAGSHIP LIBRARY BUS

visits Bolinas w/ bilingual kids activities, 1:15-2:30pm

Thursday, June 27

BRIONES LIONS CLUB

Regular monthly meeting @ Rod & Boat Club, 7pm.

Friday, June 28

NO PLACE LIKE HOME

Monthly free brunch open to everyone, @ Community Center, noon.

Saturday, June 29

FAMILY FUN DAY

At the Museum w/ Janis Yerington: hands-on art projects, free to all ages, 2-4pm

BOLINAS STINSON SCHOOL REUNION

At the Community Center, 4pm-12am. Music, Chloe's food, cash bar, dancing, old friends and teachers. \$10

Sunday, June 30

LOVE PARTY 2019

Birthday bash for Maitreya & benefit to get Garnet rolling; live reggae at the Community Center, w/ Mikey General, Prezident Brown, Kulcha Knox, Lee Tafari, Tuff lion, Messenjah Selah, \$18/free under 18

pasteup.....Ned Riley
ads/books.....June McAdams
press.....Nicole Lavelle



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



dance palace



Dance Palace Summer Camp 2019!
06/25-27/2019 - 9:00am to 3:00pm

DANCE PALACE CAMP is a place where children can be themselves while participating in traditional, good old-fashioned summer camp activities in a community of caring people. Kids 6-12 explore the West Marin environment, and foster their creativity and imagination with fun, hands-on, activities that build friendships, kindness, cooperation, and encourage respect for our planet. Campers are clustered by age into 3 groups of 10 to 15 children and take part in a wide variety of activities daily. With our low camper-to-staff ratio (7:1), we provide high quality, personal attention to all campers and their families.

North Marin Water District Annual Board Meeting

06/25/2019 - 6:00pm

Details to come...

Location: Church



Hearsay News Presents
 Wednesday Night, July 17, 2019
 Starting at 7:15 pm... *The Bolinas Community Public Utility District Board of Directors*
STREAMING LIVE AND IN REAL TIME
 (no recording will be made)
 go to WWW.PSCP.TV
 search for BCPUDJuly17,2019

What Happened 6/24/19 from Jenniepfeiffer

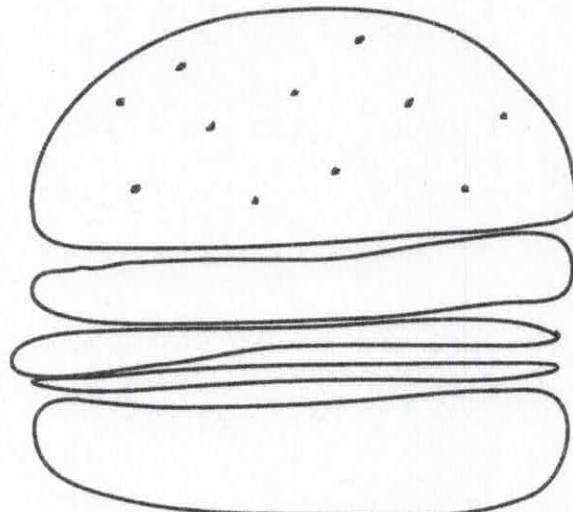
What Happened won't be happening today because there's too much happening. Will have to catch up on the recap later.
Sent from my iPad



THREE GREAT THINGS ABOUT THIS PLACE...

- **The Eel River:** still mesmerizing. This year it was the orange and red Western Tanager that topped the list of wonders.
- **The eternal churn of musicians:** sadly attend one old band friend's leaving party, and meet a bunch of new musicians.
- **The Women's World Cup soccer matches.** There have been flashes of brilliance, many from our own USA team. They just may win it all.

--Ned Riley



BURGER SHACK
THURS-MON
11AM-3PM
@eleven

11 WHARF ROAD BOLINAS

**Bolinas 4th of July Celebration
Volunteers Needed!**

For over 120 years, the town of Bolinas has celebrated the 4th of July in a big way. And since 1971, the Briones Lions Club has had the honor and privilege of hosting the activities and events that truly make the Independence Day Celebration in Bolinas the "Town Event" each year.

The Briones Lions Club is seeking volunteers to help performing the following duties to keep our town, residents, their guests, and visitors safe during the 4th of July Celebration in Bolinas. If we are unable to keep this event safe, the event will be cancelled!

All we ask is 1.5 to 2.5 hours of your time.

Here is a list of the duties & shifts that need filling:

- **July 3rd & 5th (5:30pm & 8am):**
 - "NO PARKING" taping and staking of Olema-Bolinas & Mesa Rds, & Terrace Ave. - Installation and Removal. (4)
- **July 4th:**
 - **Traffic Control:**
 - **Intersection at Wharf & Brighton (Shifts):**
 - 8am to 10am: 1 person needed
 - 10am to 12pm: 1 person needed
 - **Intersection at Olema-Bolinas & Mesa Roads (shifts):**
 - 2pm to 4pm: 2 people are needed
 - **Intersection at Terrace & Overlook (shifts):**
 - 7:30am to 10am: 2 people needed
 - 12pm to 2pm: 1 person needed
 - 2pm to 4pm: 2 people needed
 - **Parking Lot Attendants at Mesa Park (shifts):**
 - 7:30am to 10am: 2 people needed
 - 10am to 12pm: 2 people needed
 - 12pm to 2pm: 2 people needed
 - 2pm to 4pm: 2 people needed.
 - **Parade Ushers (shift):**
 - 10:30am to 12:30pm: 2 - 4 people needed

To sign-up, please call:

- Wiki Newcomb at 415 868-9811 or
- Matt Lewis at 415 307-3889



long rays . . . early days

happy summer Solstice, Hearsay team
cheers, curly




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



Duxberry Farm
K-9 Sports Center & Training Field

Announcing New Dog Training Classes to start on Saturday, June 22
Check our Website for Information click on the K9 tab at :
www.duxberry.org
Located on the corner of Cherry and Maple on the Bolinas Mesa





SUMMER MORNING

A Non-Profit, Tax Exempt [501(c)(3)] & 509(a)(2) Corporation, No. 23-7117192

PO Box 122, Bolinas, CA 94924
Phone/Fax: 415.868.2128
Email: Bolinascc@bocenter.org
Web: www.BoCenter.org
5/21/2019 5 PM @ Bolinas Library

the other half of
the moon
lingering in the
western sky
to enjoy the sunrise

Directors and Staff Present: General Manager Kate Ryan-Ross, Director & Secretary- Randi Arnold, Bobbie Likover, June McAdams, Maitreya Silver, Jan Broek, Sooze Mills, Alex Bleeker, William McGovern, Gene Marchi, Mark Dolen, Magi Barror, Mary Barror

-6/22/19
liz brown

President's Report: Tabled

Meeting chaired by Kate and Randi.
April minutes and May agenda approved

Old business: Update on status of meeting with BCLT & BCC with neighbor. No date set yet. Chips will be delivered and spread before Memorial Day. Update on researching parcel tax, Kate has not heard back from Rodini's office. Mark spoke with the county and believes another entity needs to sponsor the BCC for a parcel tax. Randi will follow up with county.

SEARCHED 6/21/19
At Peet's on Cole Street, Steve Heilig was listening. "Hey, did you hear that Leah Garchik is retiring?" one older man asked another. "Leaf garlic? What's that?" was the reply. "Never mind," said the first.

Manager's Report: Labor day committee meeting set for June 11 5:30 in the BCC office. Review of Art, Garden & Food Festival financials. The food and auction exceeded years past, bar and baked goods did less. Attendance was down, shuttle not used and was a deficit due to paying for van, gas and parking attendants. Shut it down half way through the day. Lack of attendance attributed to weather and other events in west Marin. The current rewriting of the old BCC information pamphlet was discussed, this will be available at all events, and can be used by the event managers to educate event attendees on the goals and purposes of the BCC. It will also be included in next fundraising letter. Decision was made to not have a membership table at the Memorial Day BBQ. Will continue to have at Winter Faire, Labor Day and Art, Garden & Food Festival. General discussion about upcoming Memorial Day event.

historically tends to run at a budget deficit until after the Labor Day fundraiser. This is a budget deficit only, the BCC has funds.

Director's Report: Discussion of the 3 owned properties by the BCC and what to do with them. They generate no income and the BCC pays property taxes. Randi will contact county and get more information and also need to access value. Randi will also research how to modify bylaws in order to facilitate sale of property which currently needs the approval of majority of membership. Prior to current staff employment a mailing was generated to achieve a majority vote to sell properties but was not monitored and was unsuccessful. Director worked with Annie Densmore to create and submit a grant request proposal as the fiscal sponsor to the WMF for Annie's musical project. The annual \$3,000 grant from the county for Village and Beach cleanup was denied for the first time in 8 years but the supervisor is attempting to grant a larger amount to the BCC in the next fiscal year for outstanding projects and general fund support.

Treasurer's Report: (Presented by Alex Bleeker in Susan's absence) BCC operating at a deficit. Due to the fact bookkeeper's reports did not have most current Art, Garden & Food Festival numbers it was concluded the deficit was \$2,000 less than reports reflected. Also discussed the fact that BCC

Other business: None
Meeting adjourned 6:41

Submitted by Secretary, Randi Arnold

Do Not Open or Crush Tablets or Capsules Without Checking with Your Doctor or Pharmacist!

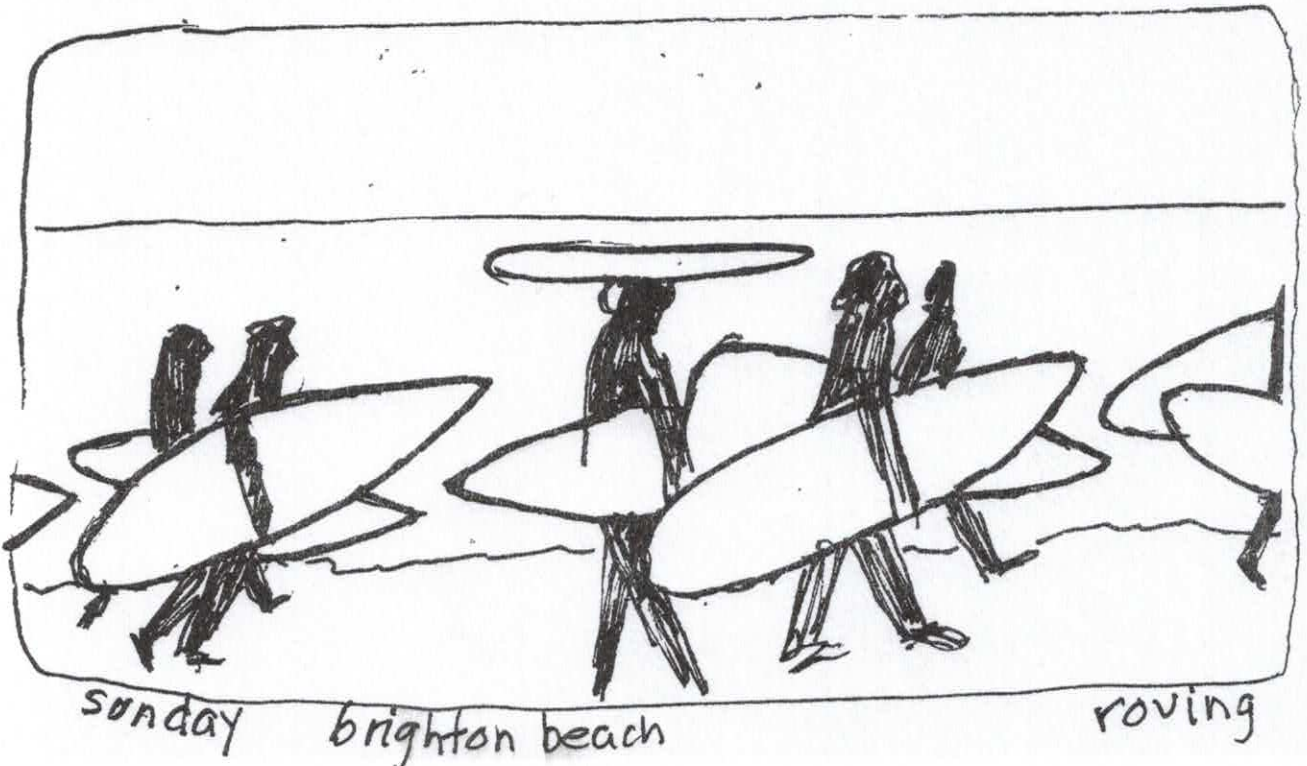
Information in this column comes from Public Citizen's newsletter: *Worst Pills, Best Pills News*. Some patients find it difficult or impossible to swallow large tablets or capsules. This is especially true of the elderly, people with Parkinson's disease or dementia, and young children. To cope with this problem, patients may crush or chew tablets, or open capsules and sprinkle the resulting powder or fragments onto food or into liquids. A review article from *Prescribe International* in 2014 warned that for many medicines this may have very serious results. Drug companies combine their medicines so that they will be released at a specific rate and in specific locations in the digestive tract, such as the stomach or small intestines. Crushing, opening or chewing the medication can result in overdosing, underdosing or direct toxic injury to the lining of the mouth, stomach, or intestines. Drugs that have a low margin of safety for overdosing include digoxin (Lanoxin) and blood thinners. Serious injuries including death can occur with tampering with these drugs. A drug such as Prilosec, frequently given for gastroesophageal reflux (so called heartburn) and/or ulcers can be made ineffective by crushing or chewing the tablet, allowing the stomach acid to inactivate the Prilosec and rendering the drug ineffective. Prilosec and related drugs are available over the counter. The label advises consumers to swallow the medicine whole. Many people ignore these warnings. Do not be one of them! You should never crush a tablet, open a capsule or chew one without checking first with the prescribing health care provider or the dispensing pharmacist. There may be a smaller tablet or capsule of the same drug, or another drug that you can swallow, or that can be safely crushed or opened before ingesting.

Sadja Greenwood Back
issues:sadjascolumns.blogspot.com

Poem.
Hi, It's Bray E
||The Unknown Forgiver||
The Soul of my heart, sits on a silent branch
a thorn-forgotten lifetimes ago - I can't
not feel the wound, it is, merely a hard
dot-under the skin of time, walking
through the garden of life, testing the
Souls of all time - swirls- a whirlwind
of everything tangibly real, yet
(thing) tangibly unattainable.
The eyes stare nowhere while
shut: the world evolves, the soul
increases and thoughts Reemerge. New,
not old. - strange, no longer unforgiven
and then, just then. I see. the heart on
the top of the forgotten tree
The continuum Book... secret! Still Beating. - B. 6/19

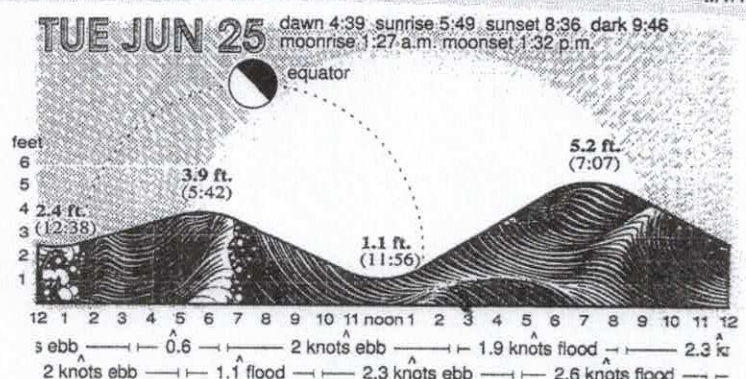
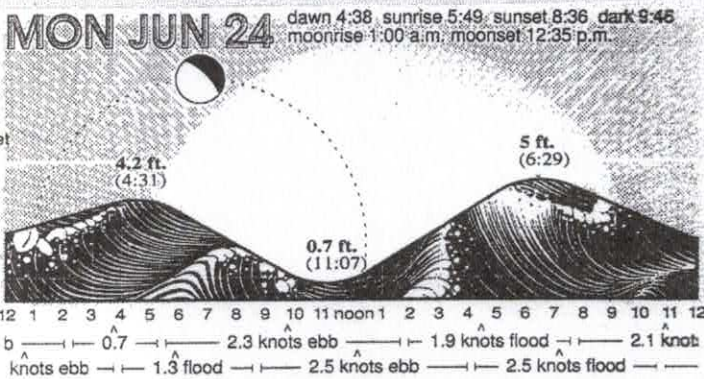
 **WEST MARIN FITNESS**
A BODY IN MOTION STAYS IN MOTION

Join Now \$99 Includes Training
\$69 a Month Gym Membership
Personal Training Available
Open 7 days a week, 5 AM - 11 PM
415-663-1762 • westmarinfitness@gmail.com
65 Third St. #11 Point Reyes Station



KWMR RADIO SCHEDULE - JUNE

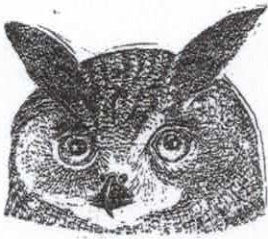
	Mon	Tue	Wed	Thu	Fri	Sat	Sun
6:00	DAWN					WEEKEND DAWN	
	Art of the Song	Early Music Now	KWMR Music	KWMR Music	KWMR Music	As It Happens (CBC) National Native News	Fiestal
7:00	NEWS & KWMR MORNING SHOWS					MORNING MUSIC, TALK & NEWS	
	Day 6 (CBC) (repeat)	As It Happens (CBC) (repeat) National Native News	As It Happens (CBC) (repeat) National Native News	As It Happens (CBC) (repeat) National Native News	As It Happens (CBC) (repeat) National Native News	Morning Glory/ Early Music Now	Sunday Baroque
8:00	With Eyes Open! A Cuppa Jo	Rise and Shine	Swimming Upstream	Pieces of Peace	Milk Street Radio		
9:00	Nature Notebook Heart of the Valley New, In the Coastal Garden	Airwaves	Trash to Treasure Fish Tales	Top of the Morning Art Scenes / Right Now	Non-violence Radio / Holding Court	Day 6 (CBC)	Sunday Celebration
10:00	TURNING PAGES						
	At Nature's Pace	Reading to John / Specials	Waves of Joy / Magic Lantern	For Children of All Ages / Radio Book Mobile	Reader's Delight	Vida with Saga / Off-Center Sports	
11:00	TALK & CURRENT AFFAIRS						
	Ocean Currents / Second Monday	Attunement / Questing	Cuerpo Corazón Comunidad	Specials	Reveal		
12 pm	Farm & Foodshed Report	On Being with Krista Tippett	Planetary Radio Making Contact	Let's Talk	Alternative Radio	AFTERNOON MUSIC	
1:00	Milk Street Radio	Infection Point	Climate One	Art's Desire / Hot Tech/Cool Science	Commonweal Conversations	Forms and Feelings	Happy Days Jazz Rhythm
2:00	AFTERNOON MUSIC						
3:00	Cruisin'	NEW Putumayo World Music / Global Village	Classical Wednesday	Classical Thursday	Classical Friday	Hawai'i Calling / Desde La Bahia	Foraging with Betsy Nichols / The Kitchen Sink
4:00	Youth DJ Project / Specials	Youth DJ Project / Specials	Youth DJ Project / Specials	TeaTime Books (Coastal Airwaves)	The French Touch	Circulo Musical	Midnight in Luxembourg / To Hell & Bach
5:00	NEWS & CURRENT AFFAIRS				Happy Hour		
	Epicenter	Epicenter	Epicenter	Epicenter			
6:00	As It Happens (CBC) National Native News	As It Happens (CBC) National Native News	As It Happens (CBC) National Native News	As It Happens (CBC) National Native News	EVENING MUSIC & DRAMA		
7:00	Release Me / Foggy Ridge Music	Musical Varieté	West County Prowl / Running With Scissors	Bakersfield & Beyond / Shorty's Bunk House	Night Flight / Bring It On Home	Celtic Universe	Along For The Ride / Between Rock & A Jazz Place
8:00	Sessions from Chicken Point / Silver Dollar Jukebox	DJ Your Life / Trance Continental	Coast Highway Blues	Highway of Heartaches / Off The Cuff		Forms and Feelings	The Jazz Groove
9:00	Megalomedia Mélange	After Dark	Sonic Sunspots	New Bashment Radio / Prof Kozmo	Cool Jazz Countdown		Saturday Night Function
10:00	LATE NIGHT					LATE NIGHT	
11:00	DeepWaking 12-1 Spirit & Mind 1-2 New Dimensions 2-3	Stuck in the Psychedelic Era 12-2	Sunspots to 1:30 KWMR Music	Under the Needle	Radio Goethe 12-1 KWMR Music	The Latin Alternative	Grateful Dead Hour



WANTED

LOVING FAMILY OF FIVE AIMING TO SHARE OUR gifts, talents and hearts with Bolinas. Skillful, dedicated father with a passion for yoga and good music, with land surveying, solar & handyman experience; and mother gifted in healing arts with a passion to blossom in more artistic expressions, including painting, photography, poetry, music & dance. Our three children are kind, respectful, fun-loving & well mannered. We need a home. Beginning this summer or as soon as possible. We're also willing to house-sit for a time, if that's available before a long-term option. We'll certainly take very good care of the place and be great neighbors:) Please contact Temple at 828-768-0312 or temple4thebenefitofall@gmail.com to set up a meeting to discuss possibilities. Gratitude & Blessings!!!!

TI 7/3



ANNOUNCEMENTS

AL-ANON MEETING - WEDNESDAY 6:30-7:30 PM
 @ St Aidens. All Welcome

JA X

Read the Hearsay Online

FOR 33¢ per day, more or less. Give yourself, a friend, or an expatriate member of your 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

LOST & FOUND

LOST AT BOLINAS SCHOOL ON JUNE 1
 Johnny's black Nixon Supertide watch. Left on lunch table when playing basketball. Please call 868-1442

JG 6/14

LOST: CHARCOAL GREY FRINGED WOOL SHAWL (in the style that is composed of two rectangles attached together)
 Last week. Please call-0116 if located. Thanks!

SM 6/5

LOST: BLACK ROLLERSKATES. LAST SEEN AFTER THE JULY 4 PARADE. Please call Charles at 415-868-9792 OR charles @practice.place if you found them.

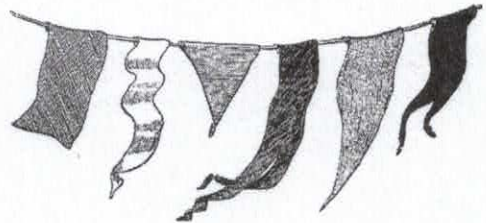
CH 6/3



Weekly Classes and Events Schedule For June

MONDAY	
Somatic Exercise	9:30 am - 10:45 am
BOBO Baby Group	1:30 pm - 3:15 pm
After School Theater w/ Lisa	3:30 pm - 5:00 pm
Pilates Mat w/Lisa Townsend	5:30 pm - 6:45 pm
TUESDAY	
Elder Diaspora Dance w/Amber Hines	9:00 am - 10:15 am
Pirate Pizza: Call (415) 328-1066 to preorder	3:00 pm - 7:00 pm
BCC Board of Directors Meeting (3 rd Tues of month in library)	5:00pm
Contemporary Dance w/Lisa (teens & adults)	6:30 pm - 7:30 pm
WEDNESDAY	
Pilates Mat w/Lisa Townsend	8:30 am - 9:45 am
F.L.A.G.ship in front of Library (0-5yrs)	1:15 pm - 2:30 pm
THURSDAY	
USDA Food Bank	12:00 pm
FRIDAY	
Pilates Mat w/Lisa Townsend	9:00 am - 10:00 am
Ballet w/Erika Townsend (No class on the 28th)	10:30 - 12:00 pm
No Place Like Home (Free Brunch 4 th Fri of Month)	12:00 pm
SATURDAY	
Diaspora Dance w/Amber Hines	9:00 am - 10:30 am
SUNDAY	
KT Moves & Tumble (ages 2.5-5yrs) ONLY the 16 th	11 am - 12pm

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



ADVERTISE IN THE *Hearsay*

PROMOTE YOUR BUSINESS

REACH LOCALS AND VISITORS

SUPPORT YOUR FAVORITE
 BOLINAS NEWSPAPER

PRINT IS THE WAY TO GO

We can help you design your ad!

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 to submit

SERVICES

AIRPORT? HOWARD DILLON HAS A 2010 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

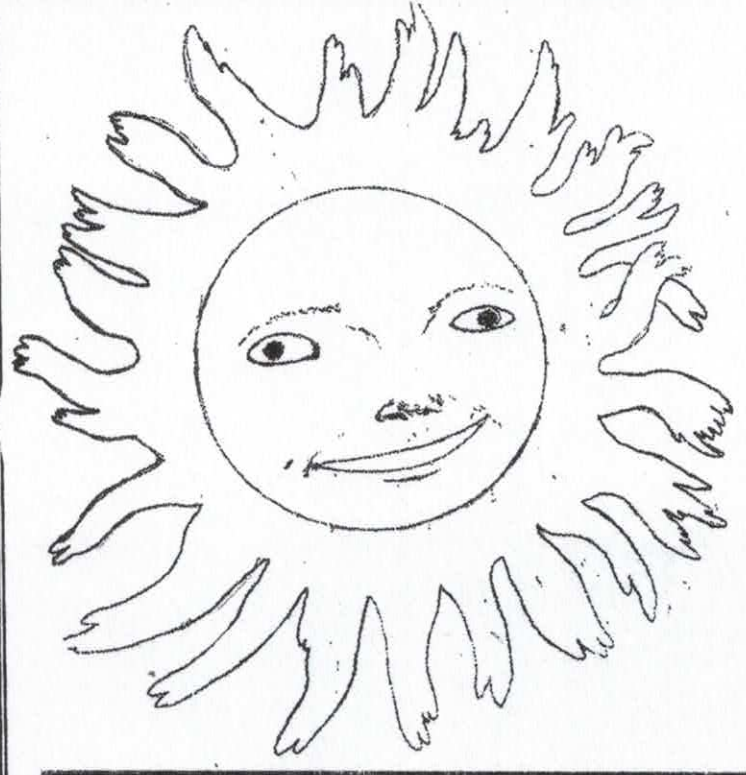
DMX

FIREWOOD • HYDRAULIC LOG-SPLITTING • HAULING
 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



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.

POET'S NIGHT



Friday
JULY 5th
5:00 pm

at the
Bolinas Community Center

Door \$5 - \$10 Suggested Donation

- Poetry Open Mic

Music 7:30 pm MJoy 9:00 pm Minus One

Cash Bar

More details at bocenter.org

Bolinas Community Center Fundraising Event

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.