WHAT'S HAPPENING?

Tuesday, August 19
ANANDA BRADY READS FROM HIS BOOK,
‘Odyssey: Ten Years on the Hippie Trail, my decade of overland travels in the 70s’ Bolinas Library 7pm, free.

SCHOOL BOARD REGULAR MONTHLY MEETING
5:00 pm closed session, 6:00pm open session in School Library

Thursday, August 21
BOLINAS-STINSON WHITECAPS
Regular monthly luncheon/meeting of seniors organization @ Rod & Boat Club, 11:30am. Main entree: meatloaf.

A MUSING
Poetry reading by Jan Broek & Dale Polissar at Bolinas Gallery, 7:30pm

Postponed- New Date To Be Announced—

LARISA MIGACHYOU
Live honkytonk music @ Smileys, 8:30pm

Friday, August 22
HIGH TIDE
Live blues @ Smileys, 9pm. Cover

Saturday, August 23
CHRISSY LYNNE BAND
Live world music, funk @ Smileys, 9pm. Cover.

Sunday, August 24
SCHOOL CHILDREN BLESSING
Grey Wolf & Buddha Baby will bless all children on the day before school starts, @ St Aidan’s Church Courtyard, 11:30am. Info: staidansbolinas@gmail.com

HAPPY HAPPY BIRTHDAY!!

August 18: Jessa Docherty
August 19: Dan Bellm
August 20: Kathy Kimball
August 21: Rowena Forest
August 22: Susie Buell
Vickisa Feinberg
Chris Whitefield
Leodro Brady
Whitey Whitefield
August 23: Donald Guravich
Melinda Griffith
August 24: Tana Jewell
Ginger McNew
Jessica Marchi
Sunny Friedrich
Chase Abbott
Lisa Griebel
Curly Rigg

Find your Birthday Treat Coupon in the Classified Section of Today’s Hearsay

pasteup ads/books press
Ned Riley
June McAdams
Jennie Pfeiffer
An unusual evening
featuring Flamenco

The Flamenco Society of the North Bay and the Dance Palace will present a special flamenco performance, An Open Letter to Flamenco, Saturday, August 23 at 7pm at the Dance Palace. This presentation brings an exciting and compelling multi media performance based on the art of letter writing as a way of communicating and expressing feelings.

Featuring dancer Clare Rodriguez, violinist Angelo Cruz Alonzo, guitarist Ricardo Diaz, and an appearance by a surprise special guest.

The public is invited to explore a world that blends the voice with the ink, the violin with the pen, the dance to the paper and the guitar to the hand that writes the letters.

Ricardo Diaz discovered the art of flamenco in San Francisco, where he began his studies with guitarist Jorge Licana. Soon he started traveling to Spain, where he studied with master guitarists “El El Epn”, “Canito”, “Chuscales,” and “El Viejin.”

Ricardo began performing in festivals, concerts and flamenco “Tablao” in the United States, Canada, South America, Asia and Europe. His work includes collaborations with international dance companies such as Teatro Flamenco and “La Tania” in San Francisco, Catedra Costa of Rome, Italy, Yastron of Albuquerque, New Mexico Carlota Santana of New York, and his own group, Traverasana.

Ricardo also has toured and performed with renowned flamenco artists such as Alejandro Granados, Jesus Montoya, “Canito”, Alfredo Lagos, Jose Anillo, Pastora Galvan, Rafael Amargo, Cristo Cortes and Andres Marin. He released “Traverasana” CD with Blue Light Records, available on iTunes, Amazon, CD Baby.

Ricardo and his wife Dinelle live in Sea Haven in Inverness.

Reserve tickets by calling (510) 792-8355 or email flamencos@carthlink.net

Tickets $15 general admission, $10 seniors and students, $10 students

For more information contact: Dinelle Abram

Phone: 415-747-1156.

On Labor Day Monday September 1st the Bolinas Community Center hosts Bolinas’ biggest party. Join your community for Dancing on Wharf Road and the Plaza to a line-up of local bands, tasty Barbecue, great Salads, homemade Desserts, a Kid’s Corner, and a unique Silent Auction. This is the BCC’s primary fund raiser of the year and we count on you!

Start your search now for fabulous items to donate! Something that could be a great treasure to someone else. When you donate, we'll give you a tax receipt so you can reduce your taxes, and you'll glow with the knowledge you are supporting the Center, the heart of our village.

Drop off donations at the office Thursday August 28th through Saturday August 30th, 10:00 – 4:00.

email: Randi@bocenter.org or call us at 868-2128.

Free parking at Mesa Park and free shuttle to downtown.

Please join us 12 noon to 6 p.m. on Labor Day.

Phone:(415)868-2128 email:Bolinasact@bocenter.org

www.bocenter.org P.O. Box 122, Bolinas, CA 94924

A Non-Profit, Tax Exempt 501(c)(3) Corporation No. 23-217292.

You can help:

★ Silent Auction set-up and staging. (Sat.)
★ Chop party & food prep. (Sun.)
★ Barbecue, cooks and servers. (Mon.)
★ Drinks and Beverages. (Mon.)
★ Desserts, donation of home-made goodies or be a Boboerly Cobbler Baker. (Mon.)
★ Set-up Crew. (Mon.)
★ Street Closure Teams, Olema-Bolinas & Mesa, Brighton & Wharf (Mon.)
★ Kids Corner. (Mon.)
★ Green Team, recycle and clean-up (Mon. eve.)
★ Kitchen Clean-up (Mon. eve.)

Contact us for specific hours and for other volunteer opportunities. 868-2128 or Lia@bocenter.org.
WHAT HAPPENED
MONDAY MORNING WEEK IN REVIEW
8/18/14 WRAP AND RECAP from Jenniepfeiffer

It was a week to consider the various ways we leave this life. It can be by our own choosing, as in the case of Robin Williams; by illness, as was the case with Jim Vest, whose passing of a year ago was marked Friday night at Smiley’s with an anniversary party hosted by Charlie Docherty and JUST FRIENDS; by just wearing out after a long life well spent as in the case of actor Lauren Bacall; or by a violent moment in a strange turn of events out of the blue, as was the case in Ferguson, Missouri, where Michael Brown was gunned down by police. Whatever the cause, death is a sad thing for those left behind. It leaves a gap in continuity that causes a pause in the forward momentum of our lives.

Robin Williams’ suicide on Monday was a shock. I’ve been a fan since he burst on the scene in the television series MORK AND MINDY, way back in the day, and I’ve enjoyed his work in so many movies. I remember seeing him at the annual Golden Gate Comedy in the Park event decades ago, a family favorite. I thought of him as a Martin friend, even though we never met, but he was so open and accessible I felt I knew him. He was amazingly upbeat, but every up has its downside and clearly Robin Williams had his. If there can be an up side to this tragedy, it would be the outpouring of reminiscences, love, and appreciation for the brilliance of Robin Williams. We can honor this delightful actor who opted to leave rather than suffer the indignities of Parkinson’s Disease. The choice was his to make, leaving us bereft, but with a memory of him as a vital, outrageously funny man. The sad irony here is that the details of this most private act have been exposed to such public scrutiny and judgment — though it is not for us to judge. We all have bright lights and dark shadows — impossible to know one without the other. I feel sure his very large soul will come bouncing back again some other time and place.

We lost another actor this week, Lauren Bacall whose 70 year stage and screen career brought to life many strong independent female characters in her long and active life. We definitely need more of those role models.

The week’s news has been filled with reports of the Missouri demonstrations of outrage at the lethal force used against an unarmed man in a suburb of St. Louis. It’s another in an increasing list of black men killed by police. How is it that if a person is white, it’s okay to carry automatic weapons into stores and restaurants, but people of color are in danger of being accosted and victimized by police even when unarmed. The very best thing about smart phones is the ability for the public to bring these incidents to light quickly. Hopefully, bringing this abuse of power more into the open will bring forward some much needed change.

I was sorry to miss the Smiley’s celebration of Jim Vest. I had a recent conversation with Charlie Docherty about the importance of marking the 1st anniversary of a person’s demise, the close of a year of mourning. I’ve thought of Jim so much over the past year, especially every time JUST FRIENDS played at Smiley’s. The dancing would take me back to the happy days of seeing Jim at the keyboards. I’m so sorry to miss moving my feet to that fine music. I’m sure it was a great night.

A fine celebration of life and living took place at the Bolinas Library Saturday with a poetry slam featuring the performance poetry of long time poet Clair Blotter, and an up and coming young Bolinas poet, Hannah Yearington, whose competence as a wordsmith was very skilled with a maturity that was striking, especially for a recent high school graduate. I will be looking forward to more from this young performance artist.

We will press on with the ups and downs, the life and death, and the dark and light of this existence. Things can change abruptly in a heartbeat. Nanu, nanu. JP

THREE GREAT THINGS ABOUT THIS PLACE...

(1) What a year for the naked ladies (amarilis)! I’ve never seen so many. The mesa is virtually forested with them in spite of the drought.

(2) It’s also been a great year for NO WIND. Or least very few windy days. I think that’s why we had such a great nectarine crop. Maybe amarilis too.

(3) Fresh cherry tomato salsa for the burritos. My sister brought hundreds of tomatoes over from Mill Valley. --Ned Riley

Seeking Bakers for Labor Day Dessert Table
Anyone willing to help by baking a sweet thing or two for the table and/or willing to work a 2 hour shift helping run the table or help with setup or breakdown please call June McAdams @ 9052. Thanks a lot, June
Fitter Faster with Interval Training

Interval training is a fitness practice that anyone can use, no matter what their level of activity. You alternate periods of light exercise, or even rest, with periods of relatively intense exercise - depending on your fitness level. You can do this when walking, running, biking, swimming, or using a stationary bike or other aerobic gym machine. If you don’t enjoy exercise that much, but know you should do it, or if you are short on time, the big advantage of interval training is that you can get results quite quickly. According to Martin Gibala, professor of Kinesiology at McMaster University in Ontario, 20 minutes three times a week is the usual time commitment. In these 20 minutes, you alternate recovery periods with hard effort. The protocol used by Gibala involves speeding up to 85-90% of your maximum heart rate for one minute, and then slowing down for one minute - you keep doing this 10 times during the 20 minutes.

So far, trials of this method have shown that interval training makes the heart a better pump, makes blood vessels more elastic, and makes muscles better at using oxygen. Average blood sugar levels were reduced after two weeks of interval training, in people with and without diabetes. This happens because exercised muscles have greatly enhanced ability to take up blood glucose.

People rode stationary bikes in the McMaster studies, because of the safety of this exercise, and the relative ease on joints. It’s important to realize that people can start interval training at any level of fitness. If your usual exercise is walking around the block, or around the mesa, try alternating faster walking for a minutes with slower for the next minute, and keep this up for 20 minutes. You don’t have to sprint if you are not used to doing so!

You should talk to your doctor or nurse practitioner about any proposed new exercise program if you have been inactive.

Remember - it’s also risky to sit on the couch all day!

A recent study from the University of Copenhagen in Denmark showed that for people with diabetes- alternating levels of walking intensity could be much more effective than walking at constant speed to help manage blood sugar. They measured insulin secretion after a glucose infusion, and did skeletal muscle biopsies, before and after a 4 month training period. Only the people who had been given interval walking training showed improved blood sugar control and insulin signaling in skeletal muscle (meaning increased insulin sensitivity). People who walked a comparable amount of time without interval training were the comparison group.

I love to walk and daydream, sing to myself, or talk with friends as I stroll. Whatever activity you like to do - carry on. "If it's physical, it's therapy" were the words on a t-shirt I saw long ago in Golden Gate Park. The only better t-shirt slogans I've see follow:

I got my shit together with a Clivus Multrum.

Fighting terrorism since 1432 (a group of Indians with long rifles)

Some Day my Prince will Come - and I wanna come too.

But I digress. See you on the mesa.

Sadja Greenwood Back issues at sadjascolumns.blogspot.com

Smiley’s
POOL TOURNAMENT
Every Tues. Night, 7:30 pm
1st Prize $75-$100
2nd Prize $25
3rd Prize Smiley’s Cash
S$ buyin
11 Wharf Rd. 663-1311

FREE BUS TO TRADER JOE’S
BOLINAS/STINSON BEACH FREE SHOPPING BUS
AUGUST 19 - NEXT TUESDAY
ROUND TRIP FROM BOLINAS-STINSON BEACH TO SAN RAFAEL TRADER JOE’S
STOPS IN BETWEEN BY REQUEST

FOR REQUIRED RESERVATIONS & INFO
ON TIME OF BUS STOPS IN
BOLINAS & STINSON BEACH
CALL: CHLOE AT SENIOR SERVICES
663-8148 Ex 103

PASS THE WORD
OPEN TO EVERYONE
DEPENDING ON SPACE
BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT
BCPUD, BOX 390 270 ELM ROAD
BOLINAS CALIFORNIA 94924

A Regular Meeting of the Board of Directors
August 20, 2014 7:30 p.m.

1. Call to Order.

2. Roll.

   - Update on the Terrace Avenue Bluff Stabilization Project
   - Update on the BCPUD Chlorine Disinfection Byproduct Reduction Project.
   - Update on BCPUD’s Five-Year Capital Improvement Plan.
   -- Drainage Project Manager’s Report.


6. Request to Install Donation Box at Brighton Beach Entrance (east side of street) and Relocate Existing Signage (to west side of street) (Bolinas Community Center).

7. Relocation and Improvement of Trash and Recycle Bins on BCPUD Property at Entrance to Brighton Beach – Presentation of Final Design (J. Arroyan).


9. Expanded Water Use Permit Application – 100 Mesa Road, APN # 193-020-45, 47 & 59 (B. Lee for Mesa Park).


12. BCPUD Sewer System Management Plan - 2014 Audit; Amendments to BCPUD’s Sewer System Management Plan.


15. Water Supply Update.

16. Volunteer Committee Reports
   -- Bolinas Lagoon Advisory Committee:
   -- Downtown Parking & Traffic Committee:
   -- Resource Recovery:
   -- Water Conservation Assistance Committee:
   -- West Marin Mosquito Control Coordinating Council:
   -- Land Stewardship Committee

17. Other Business
   a. Board Committee Reports
      -- Finance:
      -- Legal:
      -- Mesa Septic, Flood Control and Roads:
      -- Operations:

18. Adjournment.

MIND TRAVEL

Your brain is the universe
Thought is space

Time is slowing thought down
To your physical body

Think about where
You want to go

Why think about where
When your already there

To thine own universe
Be true...E=M Y LOVE

Jerrund Bojeste

Dear Friends, my car died-transmission went at 220G miles so I am looking for a mini-van or station-wagon with a degree of urgency. Anything will do short term to borrow or rent but my ideal would be a Toyota Sienna or Honda Odyssey or Subaru station-wagon; good condition, low miles & CHEAP! Ha! Anything considered...

Thanks, Howard Dillon - 868 2144

-- Park and Recreation:
-- Personnel:
-- Sewer:
b. Minutes of the July 16, 2014 Regular Meeting; Minutes of the August 12, 2014 Special Meeting.
c. Warrants
d. Scheduling of Next Meeting(s)
## KWMR RADIO SCHEDULE

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
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<tbody>
<tr>
<td>6:00</td>
<td>DWNR</td>
<td>KWME Music</td>
<td>ART OF THE SONG</td>
<td>KWME Music</td>
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<tr>
<td>7:00</td>
<td>NEWS &amp; KWMR MORNING SHOWS</td>
<td>KWME Music</td>
<td>KWME Music</td>
<td>KWME Music</td>
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<tr>
<td>8:00</td>
<td>Morning News Break</td>
<td>As It Happens (CBS) (replay)</td>
<td>As It Happens (CBS) (replay)</td>
<td>As It Happens (CBS) (replay)</td>
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<tr>
<td>9:00</td>
<td>Top of the Morning</td>
<td>Pieces of Peace</td>
<td>The Friday Guide</td>
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<tr>
<td>10:00</td>
<td>TURNING PAGES</td>
<td>Airwaves</td>
<td>Fish Tales</td>
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<tr>
<td>11:00</td>
<td>TALK &amp; CURRENT AFFAIRS</td>
<td>Turning Pages</td>
<td>Shoot the Arrow</td>
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<tr>
<td>12:00</td>
<td>News &amp; Current Affairs</td>
<td>News Dimensions</td>
<td>The Local Organist</td>
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<td>1:00</td>
<td>Lunch &amp; Learn</td>
<td>Vinyl Cafe (imprint)</td>
<td>Interview: Erik Sandberg</td>
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<tr>
<td>2:00</td>
<td>afternoon music &amp; talk</td>
<td>Interview: Krista Lindquist</td>
<td>Young DJ Project</td>
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<tr>
<td>3:00</td>
<td>Creations &amp; Discs</td>
<td>Moving Images</td>
<td>Open House</td>
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<td>4:00</td>
<td>Climate One</td>
<td>Youth Club Project</td>
<td>Youth DJ Project</td>
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<td>5:00</td>
<td>NEWS &amp; CURRENT AFFAIRS</td>
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<tr>
<td>6:00</td>
<td>Mayer's Company</td>
<td>Making Contact</td>
<td>Youth DJ Project</td>
<td>Happy Hour</td>
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<tr>
<td>7:00</td>
<td>EVENING MUSIC</td>
<td>Tidal Wave</td>
<td>Youth Club Project</td>
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<tr>
<td>8:00</td>
<td>Celtic Universe</td>
<td>Happy River</td>
<td>Youth Club Project</td>
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<tr>
<td>9:00</td>
<td>Oldies But Goodies</td>
<td>Happy River</td>
<td>Youth Club Project</td>
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<tr>
<td>10:00</td>
<td>Dr. Jazz Radio</td>
<td>Happy River</td>
<td>Youth Club Project</td>
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<tr>
<td>11:00</td>
<td>Monday Night Music</td>
<td>Happy River</td>
<td>Youth Club Project</td>
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<tr>
<td>12 am</td>
<td>LATE NIGHT</td>
<td>Youth Club Project</td>
<td>Youth Club Project</td>
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### Weekend Dawn

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<tr>
<th>Sat</th>
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<tr>
<td>6:00</td>
<td>As It Happens (CBS)</td>
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<td>7:00</td>
<td>Morning Glory</td>
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<td>8:00</td>
<td>Wine Time</td>
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<td>9:00</td>
<td>Reunion With A Friend</td>
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<td>10:00</td>
<td>Sunday Celebration</td>
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<td>11:00</td>
<td>The Place We Live</td>
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<td>12:00</td>
<td>Afternoon Music</td>
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<td>1:00</td>
<td>Forms and Feelings</td>
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<td>2:00</td>
<td>Evening Music &amp; Drama</td>
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<tr>
<td>3:00</td>
<td>Celtic Universe</td>
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<td>4:00</td>
<td>Oldies But Goodies</td>
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<td>5:00</td>
<td>Dr. Jazz Radio</td>
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<td>6:00</td>
<td>Monday Night Music</td>
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<td>7:00</td>
<td>L.A. The Honest</td>
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<td>8:00</td>
<td>Saturday Night</td>
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<td>Youth Club Project</td>
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<td>11:00</td>
<td>Youth Club Project</td>
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<td>12 am</td>
<td>LATE NIGHT</td>
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### Mon Aug 18
- 4.2 ft (1.28 m)
- 3.3 ft (1.01 m)
- 2.5 ft (0.76 m)
- 1.6 ft (0.49 m)
- 0.8 ft (0.24 m)
- 0.7 ft (0.21 m)
- 0.6 ft (0.18 m)
- 0.4 ft (0.12 m)

### Tue Aug 19
- 4.4 ft (1.34 m)
- 3.7 ft (1.13 m)
- 2.7 ft (0.82 m)
- 1.8 ft (0.55 m)
- 1.5 ft (0.46 m)
- 0.6 ft (0.18 m)
- 0.1 ft (0.03 m)
FOR SALE

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

ANTIQUITIES VARIETY. Thrift and Gift and Really Good Pet Food Emporium has: handknits and yarn to make beautiful things; collectibles, cards, and hand made ear rings; guitar, mandolin & ukulele strings; Legos, toys and small angel wings; dishes, DVD’s and recyclings. 868-8886, noon-5:00 most days.

LOST & FOUND

LOST: I PHONE-WHITE PHONE IN BLACK case with torn flower sticker on back. Lost on sewer pond path. Please call 868-1186 if found.

LOST: BIG BUNCH OF KEYS (ABOUT $8) including Toyota keys. In Bolinas between Bobolicious and Smiley’s. Call 415-686-2677 if found.

FOUND: MISSTAKENLY TAKEN FROM THE BEACH on Tuesday–small child’s blue O’Neill wetsuit w/ booties. Please call 868-9067 to recover.

FOUND: CAMERA ON THE BEACH. Call 1478 to describe and claim.

MISSING BIKE: WHOMEVER “BORROWED” THE mongoose threshold bicycle on Friday at 6pm from the People’s store bike rack, please return it to there. Tis my transportation–thanks... rusty handlebars, taped up seat, plastic fenders.

LOST: SMALL BABY DOLL ON MESA sewer pond area. About 6-7” with “love” written on her pink/orange romper. Plastic head, feet and hands, blue eyes. Please call -9950 if you have seen her!

How to contribute to the Hearsay News in person
Come to the office at 270 Elm at Maple, behind the BPUD office on Mon’s, Wed’s and Fri’s 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 mail box 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 pn your ad if you are paying cash in case they become separated) & drop into door slot.

ANNOUNCEMENT

SUBMIT YOUR UNPUBLISHED ART, POETRY, PROSE to West Marin Review by September 1. For submission guidelines visit westmarinreview.org

DO 8/29

CLASSES

DRUM SET LESSONS with Michael Pinkham-3073

Weekly Schedule

Monday Chiropractic Adjustments (June-August)
Pilates w/Lisa Townsend (pre-register 868-0473)
3:00 – 5:00 p.m.
6:00 – 7:00 p.m.

Tuesday Senior Stretch W/Anna Gottreich
11:00 – 12:00 p.m.
Bo Babies & Toddlers Open Play Group (free)
1:00 – 3:00 p.m.
Pirate Pizza (Pre-order @ 328-1066)
4:30 – 7:30 p.m.

Wednesday Pilates w/Lisa Townsend
8:30 – 10:00 a.m.
Biblia en Español
8:00 – 9:30 a.m.

Thursday USDA food bank
Congolese Dance w/ Sundor
6:00 – 7:30 p.m.
12 noon

Friday Pilates Mat Class w/Lisa Townsend
No Place Like Home (Free Branch 4th Fri of Month)
9:00 – 10:00 a.m.
10:30 – 11:30 p.m.

Saturday Soul Soup w/ Amber Hines (0-3yrs)
Ballet w/ Erika Townsend
6/14-7/26
11:00 – 11:45 p.m.
12:00 – 1:30 p.m.

Sunday Brazilian Dance with Anna
Sunday CommUnity Night (www.bocenter.org for details)
11:00 – 12:00 p.m.

FREE

3 HANDSOME, GENTLE ROOSTERS, to 3 great homes... their Dad is gorgeous and charming! 868-1618

AS 8/15

DRYER RUSTY BUT WORKS 0817

MM 8/11

HP PRINTER AND FAX MACHINE
HP Photosmart C5180 printer/copier and a separate HP 1040 fax/priner, both in excellent condition. James -2902

FREE Birthday Treat at Bobolicious
Bring this coupon to receive a treat for your Birthday!
Compliments of Bobolicious and The Hearsay News

JF 7/25
HEARSAY NEWS CLASSIFIEDS

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
Dumf 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’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

BASIC COMPUTER TRAINING & SETUP
‘Computer building, Internal cleaning. $35/hr
415 902-8268 ZMX

HOUSING WANTED

MARTINE & KAYDON SEEK HOUSING
by mid July. Sublet, house sit or long term. Convert your extra space to 2nd unit? 868-9036 MX

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 30 years nursing experience
(415) 868-9052

HELP WANTED

CROSSING GUARD WANTED FOR THE
Bolinas-Stinson campus. For more info please call
Jason Richardson at 868-1603. Thank you KB 8/18

WANTED

WILLIAM HENRY NEEDS A GOOD VEHICLE
operational with a reasonable price. 868-1782 or 233-1015

17 August

Odin’s Ordal (1)
The first day of Odin’s ordal on the world tree Yggdrasil, leading to the discovery of the runes. According to the Edda, Odin hung on the tree for nine days and nights. This is commemorated from 17 August to 25 August, the final day being the festival of the Discovery of the Runes, when Odin fell “screaming” from the tree, having gained the knowledge.

18 August

Odin’s Ordal (2)

19 August

Odin’s Ordal (3)/The Rustic Vinalia/Egyptian Day

Roman festival of the Rustic Vinalia is a day of offering to the ripening grapes. This is a festival of the goddess Venus (right), in her aspect as guardian of gardens, olive groves, and vineyards.

‘The Pagan Book of Days,’ by Nigel Pennick submitted by June McAdams

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