Bolinas Hearsay News

Monday, September 26, 2016

WHAT'S HAPPENING??

Monday, September 26, 2016
FIRE DISTRICT
Regular monthly meeting of the Board of Directors at the Firehouse, 7pm. (agenda inside)

Wednesday, September 28
MIDNIGHT ON THE WATER/BEANS ON TOAST
Local contra-dance band & British topical songwriter perform for Smiley's celebration of all September Birthdays, 7:30pm. Free.

Friday, September 30
DOOBIE DECIMAL SYSTEM
Live cross-genre, cross-generational music @ Smiley's, 9pm, cover.

Saturday, October 1
LYNN'S HERBALS SALE
At 305 Overlook Rd, 9am-noon

MARTY O'REILLY
And the Old Soul Orchestra, live roots music @ Smiley's, 9pm, cover.

Sunday, October 2
ADRIAN + MEREDITH
Live energetic folk music @ Smiley's, 8pm

HAPPY, HAPPY BIRTHDAY!!!

September 26:
Valerie Long
Dee O'Neal
Jim Quay

September 27:
Grace London
Amy Trivelpiece
Brian Lee
Flora Victoria Lee

September 28:
Joshua Ford
Jesse Butler
Mam Stephens

September 29:
Sheri Tiller (Cates)
Jon Bruner
Linda Beigel
Taran Donahue Lewis

September 30:
Jennifer Turney
Mesa Broek

October 1:
Huston Brown
Gillian Ranger
Don Stewart
Jmu Stewart

October 2:
Jonathan Siedman
Patrice Daley
Jill Field
Sarah Bruce
Aria Grace Sternik
Willard MacDonald

Paste-up: Ned Riley
Ads/books: Kathleen O'Neill
Press: Jeff Manson
Community Lunch -- Hosted by West Marin Senior Services
Thursday, September 29, 12:00 PM  Suggested Donations: $3 (over 60) / $6 (under 60).  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 11:00 am on the prior Monday.  Contact Cathy Bleecker, Nutrition Program Manager at West Marin Senior Services, (415) 663-8148 ext. 104.  Ongoing, Thursdays from 12:00 pm - 1:00 pm

Flu Immunization Clinic
Thursday, October 6, 1:00 PM to 6:00 PM
FREE flu immunization clinic, in coordination with the Coastal Health Alliance, Kaiser Permanente and Dominican University.

Western Bird Banding Association Meeting
Friday, October 7, 12:30 PM to 8:30 PM  The annual meeting of the Western Bird Banding Association  The WBBA was formed "to encourage and promote bird banding as a useful tool in the study of the biology and migration of western birds."
http://www.westernbirdbanding.org/meeting_2016.html

Western Bird Banding Association
Saturday, October 8, 9:00 AM to 9:00 PM  The annual meeting of the Western Bird Banding Association  The WBBA was formed "to encourage and promote bird banding as a useful tool in the study of the biology and migration of western birds."
http://www.westernbirdbanding.org/meeting_2016.html

From VJ©KISA:
Paul Mann will be my guest on Coastal Airwaves Thursday, September 29. KWMMR streaming at KWMMR.org or 89.3, 90.5 etc.

Plumber by trade, long time Bolinas resident, Warren Hellmann's barn bitch, recent Habitat for Humanity's volunteer, announcer for the Rooster Stage at Hardly Strictly Bluegrass festival and the Man Barn events. It is his 74th Birthday on that day I am so happy to welcome on his birthday.
Paul wrote to me
"Having been blessed with a long lifetime, with many a high road, back alley, muddy track and dry---some sorrows and pain, and much joy and laughter, I feel called to share the knowledge, skills and experience I've gathered."
"Returning to Vietnam, with your help, we can give a family a decent place to live and hope for a better future. More about this Thursday. Finding out about Habitat for Humanity and more"

THREE GREAT THINGS ABOUT THIS PLACE...
• The fact that the Standing Rock Sioux Reservation versus the pipeline struggle is finally getting broader attention. Thank you Jesse.
• A run of clear, bright sunrises!
• Good news from the VA on skin biopsies—always a good thing.

--Ned Riley
FIRE SEASON IS HERE!!

I'm sure everyone is enjoying the warm weather, finally. With these wonderful beach days comes greater concern of a devastating fire in Bolinas as we have been seeing in other parts of California.

We have great amounts of vegetation around our homes and encroaching upon our roads. In the event that a fire starts in Bolinas, it will be very difficult to get under control, especially when it is windy.

Residents should have already cut vegetation back from homes and roads. If you are still working on this, be extremely cautious not to cause a spark that may ignite a fire. Remove piles of debris near your home that can sustain fire such as brush, firewood or old lumber. Walk around your home. Can you get all the way around it without having to push through brush? We need to be able to walk around your home should an engine have to come to protect it. Give us room to work.

Do you enjoy the fact that your road is overgrown with brush because it prevents too much traffic? This could also potentially prevent you from evacuating or an engine getting to your house during a fire. Roadways must have 5 feet clear of vegetation on each side for safe travel under fire conditions. As we know, the dirt roads in Bolinas are not maintained by an agency.

WHAT HAPPENED THIS WEEK
9/26/16 Monday Morning Recap from Jennie Pfeiffer

It was a full house at the Bolinas Community Center yesterday for a well organized and facilitated (Evie Wilhelm has such a nice touch keeping things moving) town event that covered a wide range of topics: housing; parking; playground possibilities; an update of the Standing Rock Sioux protectors of the Missouri River (more on that at the Commons, 22 Brighton Wed. at 7:00) Mesa Skate Park; sewer ponds Land Stewardship Committee; and a Q & A from each of the two candidates for Board of Supervisors, taking Steve Kinsey’s place. That was a lot to pack into two hours. It was all good, all important, all needing in-depth review, which I can’t do at this time because I’m going to try to get over to the Civic Center this morning for the Planning hearing on the Coastal Commission updates to the Local Coastal Community plans. I will report on all of this when I return, so look for it in Wednesday’s Hearsay News.

Loved hearing Jeff Manson’s engaging songs at the Farmstand after the Town Meeting. Always love seeing what’s happening there.

Later, Jp

Neighbors must come together to ensure their roads are passable under any condition for personal and emergency vehicles.

Feel free to call us at 868-1566, we will be happy to come by and give you help and suggestions.

Help us to help you!

Anita Tyrrell-Brown
Fire Chief
Staying Calm and Centered

Here’s a new idea (for me, at least) from the New York Times earlier this week. I’ve been trying this way of tooth brushing and find it very different, and fun.

“Everyone should be brushing their teeth twice a day, bookending the day,” says Dr. Fern White, a dentist in Australia who practices mindful dentistry. “If you do so mindfully, you can also be ‘brushing your brain.’”

Apply the toothpaste to your toothbrush.

Begin to brush. Breathe through your nose, slowly and deliberately.

Relax your neck and jaw.

Loosen your grip on the toothbrush. Feel the bristles moving over your teeth and the gums.

Taste the toothpaste.

As you rinse, breathe deeply through your nose. Notice your clean teeth.

Feel gratitude for your teeth and all that they allow you to do — chewing, smiling, speaking.

Mindful brushing, says Dr. White, gives your brain a chance to rest and “sets a peaceful tone for the day ahead or the night ahead.”

Here’s another way to have a peaceful mind. I found it on an app called Insight Meditation; it’s by a Canadian named Randi Knipping. He suggests that you find a comfortable place to sit, close your eyes, and focus on breathing. Silently say the words ‘in’ and ‘out’ in your mind. For the first minute or so keep on silently saying ‘in’ and ‘out’—this may mean 5 to 10 complete breaths, depending on your breathing speed. Then change your silent words each minute or two, using the following sequence of phrases. The first word comes as you breathe in, the second as you exhale:

Deep Slow
Calm Ease

Smile Release (this is a half smile)

Present moment Wonderful moment

I find the final statement to be profound. When I am aware that this moment is full of wonder, I feel grateful and good, no matter what else has been happening. I hope this is helpful for you, dear reader.

– Sadja Greenwood

back copies at:
sadjascolumns.blogspot.com

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MEETING AGENDA
BOLINAS FIRE PROTECTION DISTRICT
BOARD OF DIRECTORS
MONDAY September 26, 2016 at 7:00PM
Location:
Bolinas Fire Department Community Meeting Room 100 Mesa Road
The site is open to the public and is wheelchair accessible.
(This agenda is posted in accordance with the Ralph M. Brown Act, California Government Code Section 54950, et seq.)

1. Call to Order and Roll Call
2. Approval of Agenda
3. Fire Chief’s Report
   a. Update on Terrace Avenue Surfer’s Overlook
   b. Update on Roads
   c. Update on Resource Recovery
   d. Fire Calls & Emergencies for August 2016
4. General Business
   a. Discussion: Vegetation removal on Bolinas roads.
   b. Action Item 1: Consider request from Point Reyes National Seashore to place sign on fire district property
5. Consent Calendar
   a. Approval of regular Minutes from the August 22, 2016 regular Board meeting
   b. Approval of warrant lists from August 17 – September 13, 2016
   c. Approval of account balances
6. Public Expression (The public may address the Board regarding matters not on the agenda.)
7. Board Member Report
8. Committee Reports
9. Personnel Matters (Board may go into a Closed Session.)
10. Announcement Re: Closed Session (if any)
11. Good of the Order
12. Adjournment

FRIDAY FARM STAND
@ Star Route Farms
Noon – 5PM
COOL COASTAL GREENS
AND THEN SOME!
Building Local Disaster Response Competence

Dear West Marin friends and neighbors,

What will you do the next time disaster strikes West Marin? We are in a time of extreme fire danger right now. Are you ready? Do you know your local Disaster Council Coordinator?

Community Emergency Response Team (CERT) training will teach you how to help yourselves and the community, but never ask you to extend beyond your level of comfort or confidence. Our priority for every CERT member is personal safety. CERT graduates walk away from the class with much more than learning to take care of themselves and their families.

Here is what CERT graduates say:

"Now that we have children, I realized that being prepared for a disaster was first on my list. CERT was amazing."

"In an emergency, I would rather help out than sit at home wondering what is going on."

"Even at 65 years old, I feel confident in my ability to help organize volunteers and do basic first aid."

"I was amazed how much I was able to do working with a team of people I'd just met the previous weekend."

Take the step. Register for the next West Marin CERT class on October 15 and 22. The cost of CERT Basic Training is $45 and scholarships are available!

To learn more about CERT and register for a class at www.ReadyMarin.org

or call/email Maggie at 415.485.3409 / coordinator@marincountycert.org

For updates on Fire Safety go to FireSafeMarin.org.

To get names and contact information for your own local Disaster Council, call 415.868.1618. Thank you for getting involved and taking care of yourselves and your communities!

Anne Sands
West Marin Disaster Council Coordinator
# KWMR Radio Schedule

## DAWN

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## NEWS & KWMR MORNING SHOWS

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## TURNING PAGES

- Nature’s Peace
- Reading / Vinyl Cafe to John
- Words of Joy / Radio Scandinavia
- For Children of All Ages / Classical Bookstuffs
- Larry Azceta

## TALK & CURRENT AFFAIRS

- Trailer Talk /pirit & Mind / Questing
- The Bionoers
- Farm & Foodshed Report
- New Dimensions
- Ocean Currents / Post-Carbon
- On Being with Krista Tippett
- Climate One

## AFTERNOON MUSIC

- Cruise / Aces Pride / Des circuito
- Classical Western
- Classical Thursday
- Classical Friday

## NEWS & CURRENT AFFAIRS

- As It Happens (CBC)
- As It Happens (CBC)
- As It Happens (CBC)

## EVENING MUSIC

- Release Me
- Musical Varieties
- Fatalist Radio
- Ben & Beyond
- Story’s Boshouse
- No Bravado / Spectacle
- Sessions from Chicken Point
- Silver Dollar Saturday
- West County Prowl
- Gold Highway Blues
- Off the Wall
- Running With Scissors
- Night Flight / Bring Home
- Sit Down / Get Down
- Under the Needle
- The Last Alternative

## LATE NIGHT

- Deep Water and More
- KWMR Music
- Spontaneous to 1:30
- KWML Music
- Best of British
- Radio Gaetz 12:1
- KWML Music

## SUNDAY

- WEEKEND DAWN
- As It Happens (CBC)
- KWML Music

## AFTERNOON MUSIC

- Forms and Feelings
- Jazz Rhythm
- The Vini Cafe
- Learning / To Heil & Bach
- Circulo Musical

## EVENING MUSIC

- Celtic Interlude
- Classic Radio Theater
- The Jazz Groove
- L.A. Theatre Works

## LATE NIGHT

- The French Touch
- Grateky Dead

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**MON Sep 26**

- 6:00 p.m. to 7:00 p.m.: KWML Music
- 7:00 p.m. to 8:00 p.m.: KWML Music
- 8:00 p.m. to 9:00 p.m.: KWML Music
- 9:00 p.m. to 10:00 p.m.: KWML Music
- 10:00 p.m. to 11:00 p.m.: KWML Music

**TUE Sep 27**

- 6:00 p.m. to 7:00 p.m.: KWML Music
- 7:00 p.m. to 8:00 p.m.: KWML Music
- 8:00 p.m. to 9:00 p.m.: KWML Music
- 9:00 p.m. to 10:00 p.m.: KWML Music
- 10:00 p.m. to 11:00 p.m.: KWML Music
SERVICES

CONFLICTS? DISPUTES?
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SG X

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AIRPORT? HOWARD DILLON HAS
a Subaru SW for all Bay Area (& beyond?) destinations.
Many local refs 868-2144
HD x

ACCORDION MUSIC: Balkan and Rom (Gypsy) Styles
Available for Events, Restaurants, Circle Dances.
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AC 10/21

STITCH WITCH
For all your sewing needs.
Alterations/ repairs/ design and construction
Bolinas Commons. Every Thursday 10-3
LD 10/3

HEALTH & HEALING

June McAdams, RN
Compassionate and Skilled
Hospice Care, Home Care
Newborn to Elders
Coastal Marin Only
More than 15 years nursing experience
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HOUSING WANTED

SUSTAINABILITY AND HEALTH WRITER AND
media/design professional seeks 1 bedroom simple/clean cottage
or cabin. Caretaker of home/property welcome too!
415.770.2882

LD 9/30

868hearsay@gmail.com
Submit articles, ads and drawings by midnight
Sunday, Tuesday or Thursday for publication the next day.
Or request a link to the password-protected web-
site to read online plus info on how to subscribe.

Please Help by Taking a Survey of
Downtown Parking and Traffic Problems

The Bolinas Downtown Parking and Traffic Committee (a
BCPUD ad hoc committee) needs your help as we are conducting
an important survey of Downtown Bolinas parking and
traffic issues. Please take 15 minutes to respond to this
survey and to share it with your network. We are
collecting responses from Residents and Visitors: this
information will help in exploring ways to reduce
congestion and parking problems.

Access the survey at,
www.surveymonkey.com/r/BolinasVisitorSurvey
www.surveymonkey.com/r/BolinasResidentSurvey

This survey will be distributed locally by the widest means
possible. Please answer questions with your personal
opinions. If you have already submitted a reply, please do
not duplicate your response. Responses will be tabulated
and made public at a later date. Thank you for your
attention.

Downtown Parking & Traffic Committee
Bruce Bowser, Chair
Leila Monroe
Liza Sternick
Evan Wilhelm
Zack Fuller
HEARSAY NEWS CLASSIFIEDS

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

L O S T & F O U N D

LOST: PHONE & PHONE BOOK 8/29 ON THE MESA IF found call 415 868-0882. Thanks
JM 8/31

LOST: MAKITA 18 VOLT POWER DRILL with battery, accidentally left outside @ Terrace & Canyon out of site of the road. If you found it by mistake, please return by calling 868-2102
GT 8/17

LOST: CAR KEYS IN LAWN. DOES ANYONE HAVE A METAL detector I can borrow? Bill Lyons 415-968-1937
BL 8/24

LOST - 1 SET OF KEYS HAS DROPPED NEAR OR on the beach parking lot on Saturday @ 1 PM. Has found a few keys (not the lost)... Has other random assorted keys)... Please call Jen or Heather. x 9689
HC/8/22

FOUND: RETAINERS, TOP AND BOTTOOM IN GREY case that says “Vivera retainers” on it. If these are yours please call 415-233 8736 to claim-Amber Distasi
AD 8/22

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-925-708-6668
R 7/18

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

BOLINAS COMMUNITY CENTER

Weekly Classes and Events Schedule
MONDAY
Somatic Exercise w/Cenicie Rodriguez 8:45-10:00 am
Bo Babies & Toddlers Open Play Group (free) 10:00 - Noon
Pilates w/Lisa Townsand (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 Townsand 8:30 - 9:45 am
Diaspora w/Amber Hines 6:30 - 8:00 pm

THURSDAY
USDA food bank
Congolese Dance w/ Sandor 6:00 - 7:30 pm

FRIDAY
Pilates Mat Class w/Lisa Townsand 9:00 - 10:00 am
Ballet w/Erika Townsand (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
LTDC 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.bccenter.org for more info & special events!

CLASSSES

How to contribute to the Hearsay News in person
Come to the office at 270 Elm at Maple, behind the PBUD 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 fornts 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 case they become separated) & drop into door slot.

F R E E

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