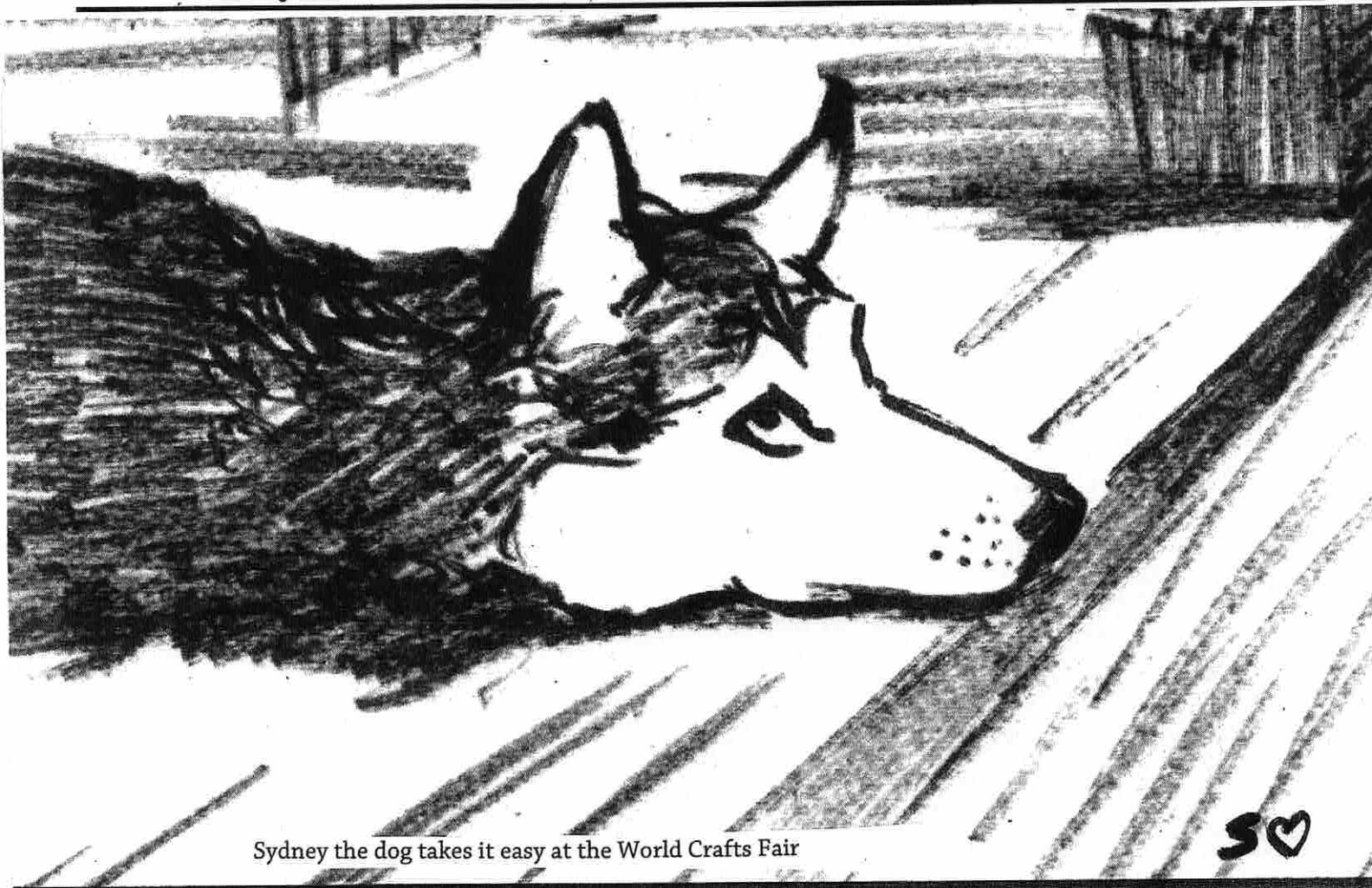


BOLINAS HEARSAY NEWS

Bolinas Hearsay News

Wednesday, December 27, 2017

50 cents (tax incl)



Sydney the dog takes it easy at the World Crafts Fair

WHAT'S HAPPENING?

Sunday, December 31

NEW YEAR'S DANCE

with Just Friends and the Psychedelic Seniors, 8pm,
admission \$10-20, Community Center

Monday, January 1

NEW YEAR'S DAY

first day of the new year 2018

THE HEARSAY NEWS WILL NOT BE PUBLISHED
ON MONDAY, NEW YEAR'S DAY.

HAPPY HAPPY BIRTHDAY!!!

**December 26: Brett Docherty
Ashley Huck
Cecily Gonzales
Chuck Hall
Sebastien Do**

December 27: Danielle Katz

**December 28: Michael Rafferty
Hacsi Horvath
Sage Appel
Jason Glavis
Peter Blank
Skyla Stover
Allison Bristow**

**December 31: David Franklin (remembered)
Miles Tune
Cabe Silverhame**

YAKIMA, Wash. -- Since fluttering out of downtown Yakima in September with 89 others, the Monarch butterfly known as C1775 has traveled 611 miles in less than two months. The butterfly was found in Bolinas, Calif. — in the San Francisco Bay area — on Nov. 18 as part of the annual Western Monarch Thanksgiving Count in California.

Bolinas is 611 miles south/southwest of Yakima, noted David James, Washington State University associate professor of entomology.

"This (release and tracking) has been done for more than two decades and gives us an idea of population trends," said James, who tracks Monarch migration patterns and released the cage of 90 butterflies that included C1775 on Sept. 22 as part of an ongoing study.

C1775 is the only Monarch recovered from the 90 released on Sept. 22. Five other Yakima-released Monarchs recovered in California so far this year were released at other times and ended up in Santa Cruz, James said. The straight-line distance between Yakima and Santa Cruz is 674 miles, he said.

"It is remarkable that five of the six were found in the same town in California," James said in an email. "In fact, four of the five were found at the same overwintering sites on the same trees.

"So they independently traveled more than 600 miles (likely taking different routes) but ended up at the same spot," he noted.

The tagging program has yielded "quite a lot" of data on migration from the Pacific Northwest to California since it began in 2012, James said. But there are still unanswered questions, such as how and why monarchs from one location manage to travel more than 600 miles and end up on the same tree.

"We don't know how they do this at all," James wrote. "One day we hope we will be able to microchip monarchs so we could follow the migration of individuals day by day."

submitted by Steve Heilig

Ever let Love and Truth, Peace and Light, Health and Harmony Prevail!

GLEANINGS *Mary Barror*

The three excerpts below came from a book called, "Thrive", published by National Geographic, By Dan Buettner

ARMANDO FUENTE'S GRANDFATHER'S RECIPE FOR HAPPINESS:

"Drink without getting drunk
Love without suffering jealousy
Eat without over-indulging
Never argue
And once in a while,
with great discretion,
misbehave"

"You can choose to be more optimistic, if you work at it. Humor leads to social bonding due to shared positive emotions and the discharge of negative ones"

Nicole Fuentes

"Danes score highest for trust in the World. This trust is traced to the Vikings, who told terrible things happening to people who didn't keep their word!"

"Live in simple faith
Just as this
trusting cherry
flowers, fades and falls"
Issa

"There are no friends or enemies,
Only teachers"
Dalai Lama

"Without inner peace, it is not possible to have world peace"
Dalai Lama

"So the challenge for each of us is to find some method, be it meditation, prayer, slowing down, or self-reflection to bring us back to our softer innate nature, existing behind the hardened shell of inner confusion and turmoil. However, the goal is not to always feel nice and peaceful, but to be with our experience and feelings just as they are; in turn, this simple let-it-be approach gives rise to a sense of well-being. And being Kinder, more embracing to our own inner turmoil makes us feel more at ease and kinder to others as well."

Pat Donegan

BEHIND MOUNTAINS

Behind mountains there are mountains, specters of challenge.
Do we rise to the occasion,
or do we succumb to the challenge?
Or do we look deep inside,
and do the best we can?

Behind mountains there are mountains, challenging our own best thoughts of ourselves.
Thoughts that challenge
the essence of our selves.

Behind mountains there are mountains, that in our moments of reality we see that in the continuity of all humanity, we are all flawed, we all make mistakes, we all have the ability to see beyond flaws, to embrace the greater sphere of the UNIVERSE.....

Magi Barror

"And if the earth no longer knows your name
Whisper to the silent earth: I'm flowing...
To the flashing water say: I AM"
Rainer Maria Rilke

Mary



STAR ROUTE FARMSTAND

**Cool Coastal Greens
and then some!**

Friday 12 - 5 PM • Roadside In Our Field

Ken & Sam Levin

Window Cleaning

415.663.9669

West Marin's Best





Dear Bolinas ~ After nearly 50 years, the following piece of writing still holds true for me. The place in my heart that is filled by our community of so many good people just gets bigger and fuller all the time. Thank you one and all for being so thoroughly YOU, each and everyone... somebody had to do it! And you do it splendidly! with love and blessings for the New Year, soozy mills



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

Arrangiarsi (pizza... & the art of living) 01/06/2018 - 6:00pm to 8:15pm \$16 in advance; \$20 day of screening Pizza from Stellina and gelato from Double 8 included in ticket price.

Fresh from sold out screenings at this year's Mill Valley Film Festival! From the Bay Area to Italy, Matteo Troncone searches for the meaning of life in this engaging, intimate documentary. Is it any surprise to discover that pizza is the answer?

The Duke Ellington Songbook 01/07/2018 - 2:00pm to 6:00pm Tickets: \$25 Patron tickets are \$50. Call (415) 663-1075 for more information.

An afternoon of wonderful entertainment starring NOAH GRIFFIN AND TERRY TIMBERLAKE THE DUKE ELLINGTON SONGBOOK 2 p.m., Sunday, January 7 Enjoy such Ellington classics like: Satin Doll, I Got it Bad and that Ain't Good, Mood Indigo, Sophisticated Lady, Don't Get Around Much any More, and many more great hits... Tickets: General Admission, \$25; Patron \$50 (Call the office for more information about Patron tickets at 663-1075) Credit card sales: Visa and Mastercard accepted.

MY HOMETOWN

The world moving comes to me here.
It breathes back,
this place we live,
full of weather and surprise.

We are all of us here coming to our senses.
Our curiosity burns wild wood,
curiosity on fire,
we are burning with it,
and we will burn again,
on a wind that takes us away,
returns us,
to this first and last love between the rain and the roots.

We found each other by our laughter.
Our eyes were open to culture as the cultivation of the soil,
the giving back,
the circle finding itself when we do as we would be done to.

We were taken along,
to a clear place,
where we remember each other in each other's dreams,
remember our dreams in the morning.

Folks do dream, daily and by night,
of coming from their hearts and the whole earth,
of growing things whose roots tangle through and through with
and plantings,
silver waters.

We dream of land in good heart,
where everything keeps it going for everything else,
where everyone keeps it going for everyone else,
as we come and we go in round days,
in starry wheeling nights.

soozy mills

EVERYONE IS KISSING EACH OTHER

Argenpizza, what lane am I in? I forgot to cross myself at the crosswalk!
I drove around for a whole week in heavy B.A. traffic with no brake lights!

No one seem to notice. . .at least no one warned me either!
Buenos Aires traffic is the big squeeze! As you pull up to a to a stop light. . .
hordes of motorcycles squeeze by like toothpaste!

Then cars, then buses squeeze by like toothpaste! There's a certain herd
intoxication to beeping one's horns and the light is still red!

Either you kill time or it kills you! A latino European cultural paradise at the
end of a continent! If you want to know what happened to the 60s? It's here!

The beatles are still an iconic popular group being played all over Argentina as
though Sergeant Pepper's album just came out yesterday!

One does not grow old here. . .you become younger! The most wonderful thing
about Argentina is being comfortable and passionate, singing in harmony and
dancing till the end of time!

J.Bojeste (B.A. 2017)

**Mostly Natives
Nursery**

**OUR ANNUAL
DECEMBER SALE
IS HERE!**

20% off all gallon
and 4" pots
from Dec. 1st - 31st
Open Daily, 10-5
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mostlynatives.com
54 B St.

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BUSTAMANTE
DENTAL
CORPORATION**



24 WHARF RD. BOLINAS
415 868 0911



Today's Hearsay by
StuArt Chapman, editor
Kathleen O'Neill, ads
Jeff Manson, printer

Bella Mann sells handmade soap and homemade jam at the Winter Faire



Bolinas ornaments

Photo of amanita muscaria by Lyndon Comstock (taken in our back yard, November 2017)
P.S. Don't eat these unless you know very well what you're doing; the amanita family is poisonous

Santa Is a Psychedelic Mushroom

By MATTHEW SALTON DEC. 21, 2017 New York Times

It's time to embrace the shamanistic side of Christmas.

It's the holiday season, and I'm thinking of mushrooms. The hallucinogenic *Amanita muscaria* to be exact — a red-and-white toadstool mushroom — most closely associated with fairy tales. At first glance, *Amanita muscaria* and the Christmas holiday appear to be an unlikely duo. But would it be too far-fetched to propose that the story of our modern Santa Claus, the omnipotent man who travels the globe in one night, bearing gifts, and who's camped out in shopping malls across the United States this month, is linked to a hallucinogenic mushroom-eating shaman from the Arctic?

I don't think so.

And neither do a number of scholars. As it turns out, the shamanic rituals of the Sami people of Lapland, a region in northern Finland known for its wintry climate and conifer forests, bear an uncanny semblance to the familiar narratives of Santa and Christmas that we have come to know.

According to the writer and mycologist Lawrence Millman, the shaman would make use of *Amanita muscaria*'s psychoactive effects in order to perform healing rituals. The use of *Amanita muscaria* as an entheogen (that is, a drug used to bring about a spiritual experience) would enable the shamans to act as intermediaries between the spirit and human world, bringing gifts of healing and problem-solving. (Although these mushrooms are poisonous, the Sami reduced their toxicity by drying them.) Various accounts describe the shaman and the rituals performed in ways that are fascinatingly similar to the narrative of Santa. An all-knowing man who defies space and time? Flying reindeer? Reindeer-drawn sleds? Climbing down the chimney? The giving of gifts? The tales of the Sami shamans have it all.

I can remember as a child being captivated by the festive spirit of Christmas, the glowing lights and the stories of Santa Claus. But as we grow older, we numb ourselves to that exuberant wonder and awe we felt as children. Exploring the unlikely roots of our Christmas folklore has given me a new perspective on the narrative I remember from childhood.

So, once upon a time, Santa was related in lineage to a psychedelic mushroom-eating shaman from Lapland? Sure. Maybe there's more to Santa than we had previously acknowledged. Like his shamanic forefathers, perhaps he's giving us a gift — one of knowledge and reflection, and one we certainly can't buy.

This Christmas, I think we should make room for one more story: one about mushrooms, shamans and ancient rituals.

— Arline Mathieu

"This Church"

It was fun to sing "This Church" to the congregation at Calvary Presbyterian before the Christmas caroling with Molly Maguire.

Calvary Presbyterian Church was originally built on Gospel Flat. A few years later the building was cut in half and hauled up the hill on log rollers with teams of horses.

Why? Maybe because there were more sinners downtown, which meant more business saving souls.

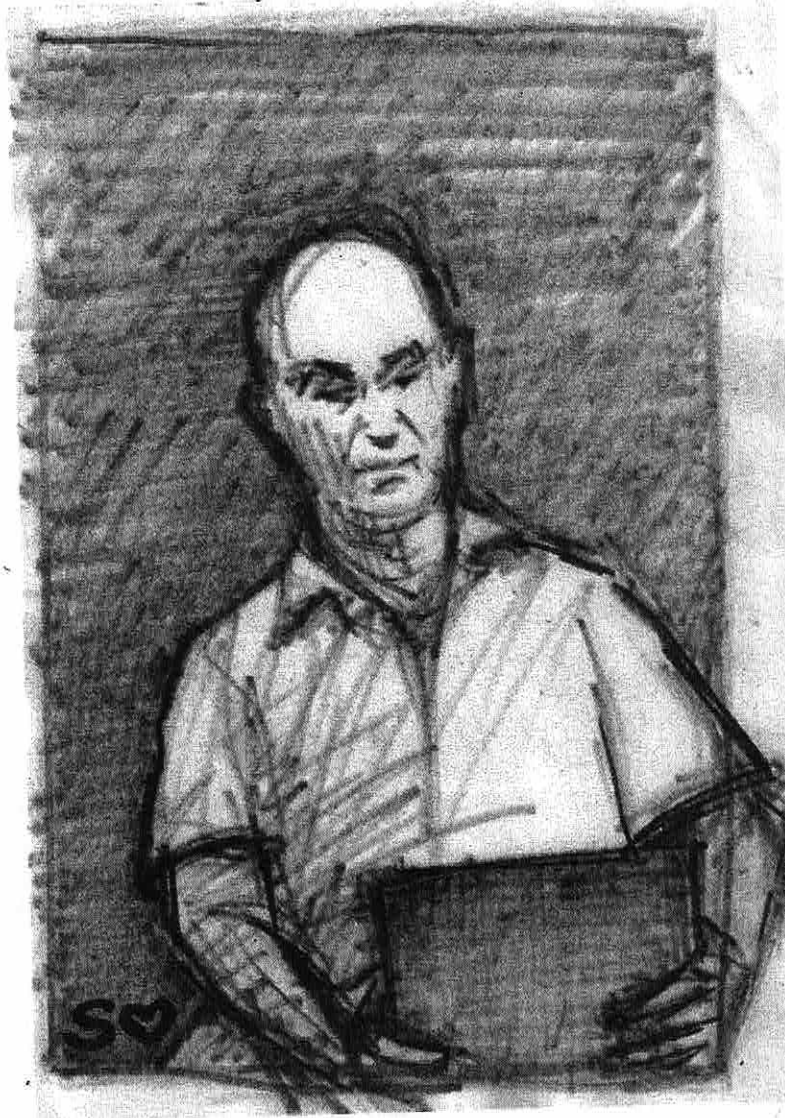
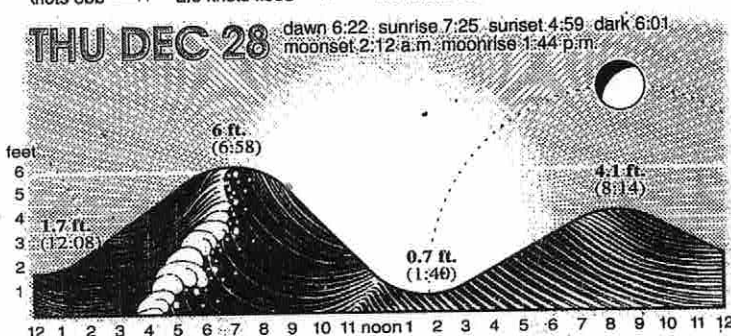
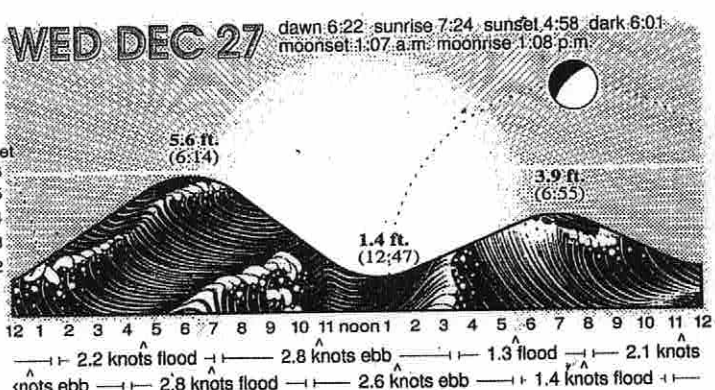
But now, 100 years later, the Calvary Presbyterian Church needs a new foundation, to replace "same old redwood sills." You can help by sending donations to Calvary Presbyterian Church, PO Box 297, Bolinas

Thank you, StuArt

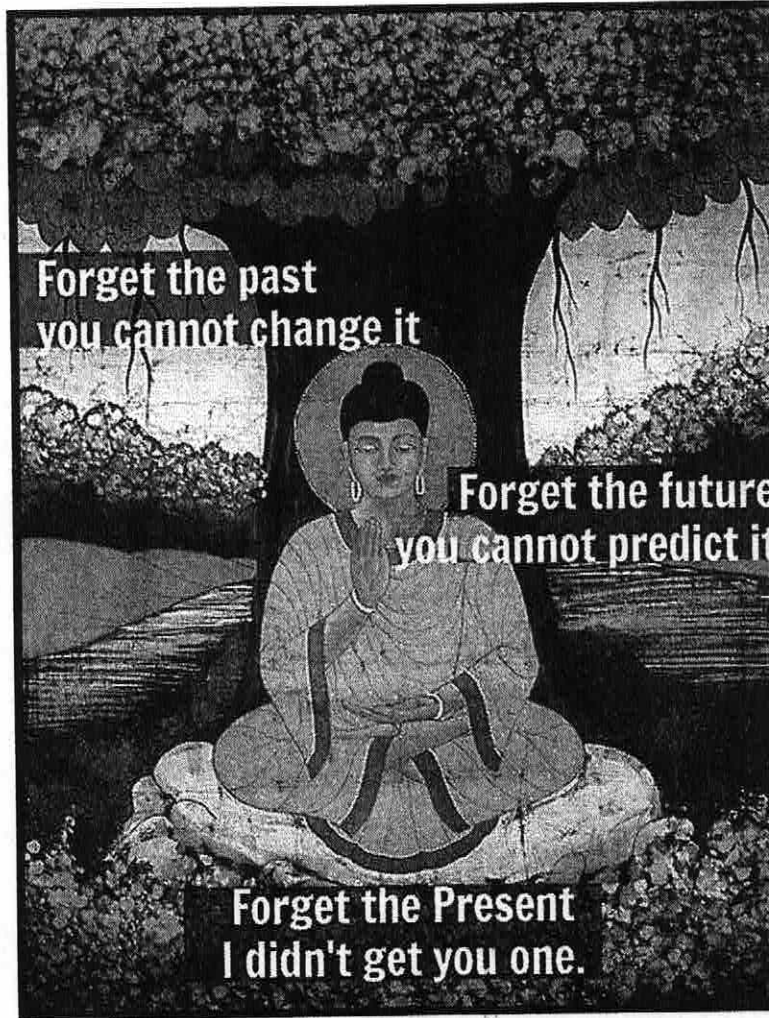
***This church - served many generations
and this church - seen many celebrations
but this church - needs a new foundation.
Because this church - is our church,
this church - is our church.***

***Built way back on Gospel Flat
and hauled up the hill.
Set back down on hallowed ground
where it is setting still,
corner Wharf and Brighton,
same old redwood sills.
Now's the time to lighten up the load.***

***This church - served many generations
and this church - seen many celebrations
and this church - needs your donation.
Because this church - is our church,
this church - is our church.***



Steve Wren reads from Santa's logbook at a Community Center Board meeting



submitted by Steve Heilig

FOR SALE

MAC OS HIGH SIERRA VERSION 10.13.2

iMac (21.5-inch, Late 2012) Processor: 2.7 GHz Intel Core i5,
 Memory: 8 GB 1600 MHz DDR3, Startup Disk: Macintosh HD,
 Graphics: NVIDIA GeForce GT 640M 512MB
 Mint Condition iMac, with wireless keyboard. Latest operating
 system - \$700 - refurbished by Apple when I purchased in 2013.
 868-1085 if you want to check it out. Phil Buchanan

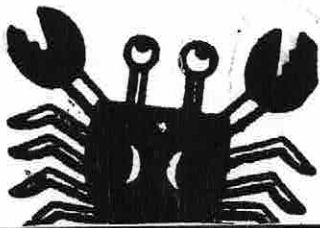
PB 1/10/18

WANTED

PAIR OF SOLID DOORS (NOT HOLLOW CORE)

For the Free Box, approx. 30 X 80 inches. Please call -2769

SC X



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

LOST AND FOUND

LOST: SMALL GUATAMALIAN COIN PURSE

between the coop and the park on Tues. Dec. 12. Please return to Mary -0902

MB 12/15/

LOST: 4X4 SKETCH PAINTING, GREEN AND BROWN

of a buffalo by Kale Likover. It was lost Sunday night 12/10, somewhere around the BCC, left in a brown sandwich bag, Curly Rigg-2102

CR 12/11

LOST: 4X4 SKETCH PAINTING, GREEN AND BROWN

of a buffalo by Kale Likover. It was lost Sunday night 12/10, somewhere around the BCC, left in a brown sandwich bag, Curly Rigg-2102

CR 12/11

LOST: SUNDAY EVENING ON DOGWOOD OR ELM, birthday envelope with blank card with pen attached and money inside. Please call Jan and Mesa Broek to return if you find.

415-302-0272-Thanks

MB 10/18

LOST: CREAM COLORED YOGA MAT & 2 BLUE

bricks were left in the BCC foyer by Jenifer the Iyengar Yoga teacher, 10/4. Please return to BCC if you see them.

Thanks! - Lia Kourula Sabbatini-868-2128

LS 10/11

CLASSES



Weekly Classes and Events Schedule

MONDAY

Somatic Exercise	9:30-10:45 am
Pilates Mat w/Lisa Townsend	5:30-6:30 pm
Yoga w/Angela Sterpka	7:00-8:15 pm

TUESDAY

Diaspora Dance for Elder Women w/Amber Hines	9:00-10:15 am
Pirate Pizza: Call (415) 328-1066 to preorder	3:00-7:00 pm
Aerial Arts for Youth w/ J. Haigood	3:45 - 5:45 pm
BCC Board of Directors Meeting (3 rd Tues of mnth in library)	5:00pm
Contemporary Dance w/Lisa (teens & adults)	6:30-7:45pm

WEDNESDAY

Pilates Mat w/Lisa Townsend	8:30-9:45 am
F.L.A.G.ship in front of Library (0-5yrs)	1:15pm - 2:30 pm
After School Theater w/L.Townsend (starts 11/8)	2:45 pm - 5:45pm
Beginning Yoga w/ Brenda Stine	6:00-7:15 pm

THURSDAY

Yoga Flow w/Brenda Stine	7:30-9:00 am
USDA food bank	12 noon

FRIDAY

Pilates Mat w/Lisa Townsend	9:00-10:00 am
Ballet w/Erika Townsend (no class 4 th Fridays)	10:30-12:00 pm
Move & Tumble w/KT(3-5 yrs) (11/10, 17 & 12/1)	12:30 - 1:30 pm
No Place Like Home (Free Brunch 4 th Fri of Month)	12 noon

SATURDAY

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

SUNDAY

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

FREE

DUX KING-SIZE BED AND HEADBOARD

Hardly used but stored for many years as it was too big for my space. Made in Sweden to last a lifetime.

415 261 7556

12/27/17

SOLID OAK LIBRARY TABLE.

Surface is a little scratched up but that's easily fixed. Call 415-572-9105. Or email edwincobb@gmail.com.

ED12/27/17

CORRUGATED FIBERGLASS GREENHOUSE PANELS,

20ft x 4ft, other various sizes. Older, some yellowing but usable. Call Mary -9895

MN 11/3

RIDE SHARE

RIDE TO SAN FRANCISCO SYMPHONY

There is a bus that leaves from Point Reyes that goes to Davies Symphony Hall in San Francisco. This happens 5 times this symphony season, October 26, November 16, February 15, 2018, April 12, May 31, 2018. The bus leaves at 10:00 am from the fire station in PRS and returns between 5:00 and 6:00 pm.

We arrive in SF around 11:30. The price for this ride is \$30 and you pay when you get on.

Any questions call Maria Garrigues 868-1898.

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

CONFLICTS? DISPUTES?
WEST MARIN MEDIATION CAN HELP-
confidential, effective, impartial, free. 415-868-0493

SG 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

AIRPORT? HOWARD DILLON HAS A SUBARU SW
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

IS YOUR DOG IN NEED OF A BATH OR HAIRCUT?
I have several years experience and I would love to help you out.
Please contact Jenny Riviere at jenny.riviere@yahoo.com
or 415-868-1134.

JR X

LIGHT HANDY WORK
Steve Hill - 2310

SH 1/10/18

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.

HELP WANTED

DAILY HELP WANTED
One hour every morning helping an elderly person bathe and
dress. \$20 per hour -call Joan Lyon 415-868-2943

JL 1/22

HELPER WANTED ON HOME IMPROVEMENT
project. 868-1801

CW 12/27

HEALTH & HEALING

June McAdams, RN
Compassionate and Skilled
Hospice Care Home Care
Newborn to Elders
Coastal Marin Only
More than 39 years nursing experience
(415) 868-9052

West Marin Branch Library Hours

Stinson Beach:

Mondays • 10 a.m. to 6 p.m.
Tuesdays • 2 to 9 p.m.
Fridays • 10 a.m. to 6 p.m.
Saturdays • 10 a.m. to 5 p.m.

Bolinas:

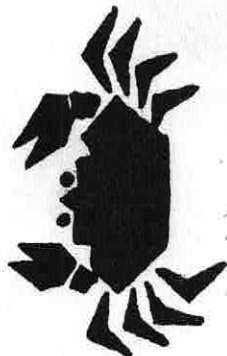
Mondays • 10 a.m. to 6 p.m.
Wednesdays • 10 a.m. to 6 p.m.
Thursdays • 1 to 9 p.m.
Saturdays • 10 a.m. to 5 p.m.

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.



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three times per week, delivered elec-
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