

# BOLINAS HEARSAY NEWS

FRIDAY,  
SEPTEMBER  
30<sup>th</sup>, 2016

50¢  
inc. tax

## INSIDE TODAY'S HEARSAY NEWS:

PRISION YOGA  
FREE P.O. BOXES?  
REVIVING HALLOWEEN ON  
THE MESA  
"BOUNTY"  
A PICTURE OF A DEER  
And MORE

## WHAT'S HAPPENING??

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.

### LAND, SEA AND SKY

paintings by Brian MacKensie Bolinas Gallery. 52  
Wharf Rd. Weekends through October.

Sunday, October 2

### ADRIAN + MEREDITH

Live energetic folk music @ Smiley's, 8pm

Monday October-3

### CREATIVE NON-FICTION WRITING GROUP

6:30-8:30pm upstairs at Smiley's

Saturday, October 15

### FAURE'S REQUIEM

Full moon choral performance at Bolinas Cemetery,  
6:30pm

### LAND, SEA AND SKY

paintings by Brian MacKensie Bolinas Gallery. 52  
Wharf Rd. Opening reception 2-5.

Sunday October 16

### BOLINAS COMMUNITY CENTER MEMBERS DINNER

With a taco themed potluck, voting for BCC board and  
live music from Los Padres

Sunday, October 23

### ANALOG LIGHT JAM

We'll make beautiful projections together with simple  
materials, no computers, Faultline Institute class with  
Jeff Manson at the BCC 7-9pm, \$5-10 silding scale  
donation to help cover hall rental.



*Connecting with the landscape*

-Van Waring

## HAPPY, HAPPY BIRTHDAY!!!

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

October 3:


Zoë Gardner  
Susie Stewart  
Teresa Peacock  
Samira Nasra  
Lorelei Morris



TODAY'S HEARSAY BROUGHT TO YOU BY:  
(((JEFF MANSON: PASTE-UP and PRINTING)))  
(((KATHLEEN O'NEILL: ADS)))  
(((MICHAEL RAFFERTY: FOUNDER & PUBLISHER)))  
((( & YOU: EVERYONE IS A REPORTER!)))

# DOOBIE DECIBEL SYSTEM

DDS Band Featuring  
Jason Crosby, Roger McNamee,  
Dan "Leho" Lebowitz, Pete Sears  
& Dave Diamond



**JOIN DOOBIE DECIBEL SYSTEM  
NOO LIVE IN CONCERT AT:**

## SMILEY'S SALOON

**BOLINAS, CALIFORNIA  
FRIDAY, 09/30/16**

**SHOW: 9:00pm • 21+ • ADMISSION: \$5**

**GUESTS RECEIVE A ROCK POSTER BY  
GREGG GORDON COMMEMORATING THE SHOW**

**FOR MORE INFO & TO WATCH EVERY DOOBIE DECIBEL SYSTEM  
SHOW LIVE & FOR FREE VISIT: [WWW.DDSBAND.COM](http://WWW.DDSBAND.COM)**

©2016 Stanley Mouse & Doobie Decibel System • Promo 9-30-2016  
Art: Stanley Mouse • Layout: Alexandra Fischer

Good morning community,

The Prison Yoga Project is seeking on-going volunteers to help fulfill one of its core services: providing prisoners access to yoga.

We receive hundreds of letters each month from prisoners requesting the 100-page yoga manual published by the Project, which we in turn send to them free of cost. We need help reading these letters and creating the mailing lists that are forwarded to our distribution center.

This is an opportunity to get an intimate perspective of the American prison system and the people who are embroiled in it, while actively being a part of a solution to prevent recidivism--one human at a time.

If you are interested in learning more about this opportunity, please contact Adele Barbato at [adele@prisonyoga.org](mailto:adele@prisonyoga.org).

"I can see again!"

## CLEAR LIGHT WINDOW WASHING

*Bringing clear vision to  
West Marin for thirty years*

**Call Dale  
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Call 415 233 5736 or visit [amandarosskincare.com](http://amandarosskincare.com) to make an appointment.  
Friday-Monday 11-5 or by appointment. 7 Wharf Road, in the Sharon Building

**FRIDAY FARM STAND  
@ Star Route Farms  
Noon – 5PM  
COOL COASTAL GREENS  
AND THEN SOME!**

## GENERAL HOUSE CLEANING

**Window Cleaning , Garden Work  
and Solar Panel Cleaning**

*Years of experience, good references  
and reasonable prices!*

**415-663-0935**  
Roberto or Margarita






Last Saturday Bolinas Museum opened its exhibitions and programs BOUNTY! Celebrating coastal Marin's agricultural heritage, and today's producers. This program is about our greater community and we experienced generosity from coastal businesses that contributed wonderful locally sourced food and drink for the reception.

Coast Café's chef, Enrique, made melt-in-the mouth hors d'oeuvres of salmon (caught by Bolinas fisherman Jeremy Dierks) wrapped in long thin slices of zucchini from our farm Paradise Valley Produce. "Inverness Park Market" has been transformed by its owner Dan Thompson, into an inspired deli. He and chef John Sabbatini brought a grill and made delicious grilled cheese sandwiches with local bread, cheese, vegetables and fresh-snipped pea greens. Beth's, in Bolinas, brought focaccia with Paradise Valley Produce delicate squash. Apple Garden Farm sent hard cider. Hiedrun Meadery's poured sparkling mead made with honey from Bolinas wildflowers and Steve Doughty poured his Point Reyes Vineyard's wines, including a tasty low alcohol content red so your friends can drive home safely.

Thank you from all of us! Sandy Dierks



**Ken & Sam Levin**

**Window Cleaning**

**415.663.9669**

**West Marin's Best**



### LET'S REVIVE HALLOWEEN ON THE MESA!!!!

We all know that downtown, where all the kids gather for trick or treating, is full of empty houses. So we are thinking to revive an area on the Mesa where they could walk, Aspen through Maple, off Elm.

If you'd like to see the great kids of Bol in their costumes trick or treating, please put a pumpkin out!! Then they'll know you want them to stop by. Please call ChouChou with any questions. 868-2771 – Thanks!!

### SCARY STORIES IN BERKELEY

On Sunday Oct. 9 at 1 pm at the Silk Road House, 1944 University Ave. at 1 pm I'll tell two very strange stories, along with two other tellers. This is a program with "moderate thrills" – ages 8+ but for everyone who's intrigued by unusual tales. Hope to see you there. (If you want to carpool give me a call: 0636.)

---Neshama Franklin

### READING TO JOHN

On Tues. 10/6 at 10 am on KWMR (89.9) I'll read Katherine Anne Porter's short story, "Rope." This young couple, new to country living, run the gamut of emotions from frustration and disappointment to sweet contentment over the purchase of a piece of rope. Will this marriage survive? I'll finish up with reviews.

---Neshama Franklin

### Do you remember Faure's Requiem?

Those of us who sang the Requiem at the Bolinas Community Center or the Bolinas Cemetery with Molly Maguire will likely never forget it!

Well... we are singing again at the Bolinas Cemetery.

This time of year is traditionally a time when we remember our ancestors, as we move into the darker time of the year. We have found a Saturday, with a full moon, and are planning on luminaries. It is the singing that lights our souls.

The date is Saturday, October 15 at 6:30 pm.

There will be <sup>two more</sup> ~~four~~ rehearsals, Wednesdays, September 21st & 28th and October 5th and 12th, 7:00 – 8:15 pm. at the the Stinson Beach Community Presbyterian Church, next to the Stinson Beach Community Center.

There is a \$40 participation fee, with some scholarships available, until they run out.

I know you'll remember how to sing the Requiem if you've done it before (you just need to dust it off). Stacey Henderson has volunteered to provide us with tapes, mp3s, or midi files depending on what you like; she also has sheet music if you need that.

Also, if you know of someone who learned the Fauré's Requiem from somewhere else or wants to try and learn it on such a short schedule, they are most welcome! Spread the word.

If you don't want to sing, but would like to help us in other ways, we'd love that too!

Please RSVP to Stacey Henderson by calling 868-2004. Or email: staceyhenderson@compuserve.com The sooner the better!

Looking forward to singing with you!

– Kathleen, Molly and Stacey

**Creative Non-Fiction Writing Group**  
**Mon, October 3, 6:30-8:30 in the Capitan's**  
**Quarters, upstairs at Smiley's**  
**Free!**

Practice your craft, start something new, learn from others, get inspired, and find some accountability with your writing. Bring your personal essay, memoir, biography, investigative article, poem, and any other form of creative non-fiction you may be working on for some group feedback. No previous writing experience necessary, just a desire to delve into words. Contact

Adele, [adele.barbato@gmail.com](mailto:adele.barbato@gmail.com) or  
 Leila, [leilamonroe@gmail.com](mailto:leilamonroe@gmail.com) with any questions!

**SATURDAY, 10/1**

**COME CHECK IT OUT!**

# Herbals Sale

**9 AM - NOON**  
**305 OVERLOOK**

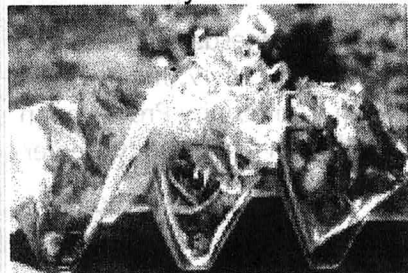
**TINCTURES & TONICS**

**SKIN CARE & SALVES**

**BODIES OF OTHER SEASONAL**  
**ESSENTIALS & TREATS!**

**415-868-2954**

**BCC Membership Taco Dinner**  
 with music by Los Padres coming up on 10/16



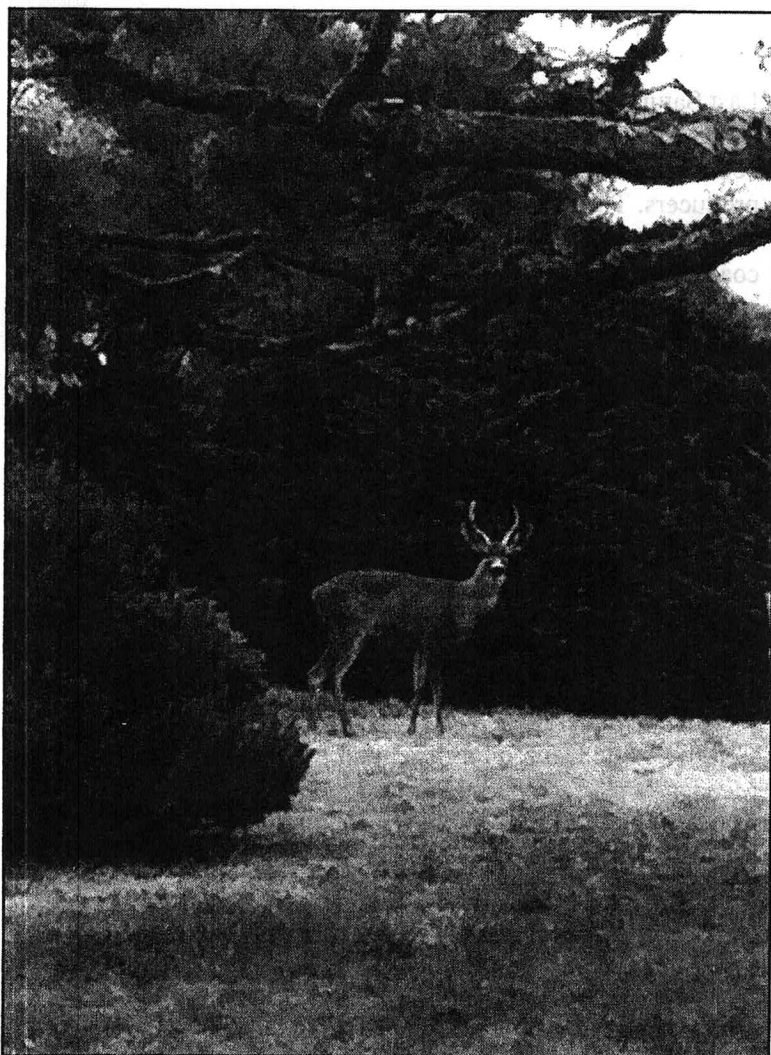
A BIG thank you to our Bolinas Community Center members that keep renewing their memberships each year, volunteer and help our community center thrive – we so appreciate you. Los Padres will be tearing it up for you all so bring your dancing shoes.

For those of you who haven't become members, there still is time – you can either visit the BCC office or pay your membership at [bocenter.org](http://bocenter.org)

Please come on October 16th for an evening of celebration as well as our usual voting for Board of Directors, laughs, fun and food.

This year's dinner will be taco orientated and we ask that you bring taco toppings!!!

-submitted by Jeff Manson



Lovely 4-point buck admiring his Bolinas view.

-Nicole Wright

EST. 1851 BOLINAS  
**SMILEY'S SALOON**  
 & HOTEL

## LIVE MUSIC THIS WEEK

**Friday, September 30**

**Doobie Decibel System.**

Folk, Psychedelic, Jam. (\$5, Show 9pm)

**Saturday, October 1**

**Marty O'Reilley.**

Trance based blues music with a drunken minor swing. (\$10, Show 9pm)

**Sunday, October 2**

**Adrien + Meredith Music & Sioux City**  
**Kid. Gypsy-Punk-Folk (Free, 8pm)**

**Monday, October 3**

**Epicenter Soundsystem. (FREE, 8pm)**

We make advance tickets available online and for popular shows, at the bar, so please join our email newsletter for ticket sale alerts,  
[www.smileysaloon.com/music](http://www.smileysaloon.com/music)



This was in the West Marin Feed... might be good in the Hearsay too...

### Residents entitled to free Post Office boxes

Residents living in more rural towns may find that the U.S. Postal Service does not deliver mail to their homes. Instead, those residents must obtain a Post Office Box in order to receive mail. Unfortunately, I have heard about people in this situation, in nearby communities and beyond, being charged a yearly fee for the post office box. If the U.S.P.S. refuses to deliver mail to your home, it must provide a no-fee PO box.

Typically, post offices in rural areas do not provide home delivery to residences within a quarter-mile radius of the post office, unless a residence happens to be on a rural carrier route.\* In order to get your PO box, you must go to the local post office and fill out Form 1093. It does not seem that those eligible for free boxes are able to submit this form online, as paid box customers are. Form 1093 itself makes no mention of free boxes, so people typically are unaware they may be entitled to a free box.

Form 1093 does refer to a "Group E" box. This is the Postal Service's cryptic way of referring to the free post office box. The Domestic Mailing Manual, a publication of the Postal Service, describes Group E boxes. The Manual's provisions are also incorporated into federal regulations, per the Code of Federal Regulations, Title 39, Section 111.1.

The relevant part of the Domestic Mailing Manual provides:

#### "4.6.2 FREE BOX SERVICE (GROUP E)

Customers may qualify for free (Group E) Post Office box service if their physical address or business location meets all of the following criteria:

- The physical address or business location is within the geographic delivery ZIP Code boundaries administered by a Post Office.
- The physical address or business location constitutes a potential carrier delivery point of service.
- The USPS chooses not to provide carrier delivery to the physical address or business location.
- The customer does not receive carrier delivery via an out-of-bounds delivery receptacle.

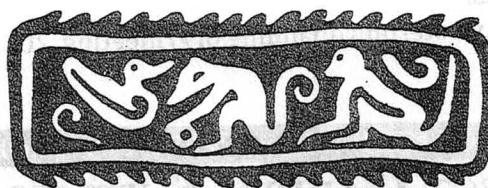
#### 4.6.3 ADDITIONAL STANDARDS FOR FREE BOX SERVICE

Only one free (Group E) Post Office box may be obtained for each potential carrier delivery point of service. Group E customers are assigned the smallest available box that will reasonably accommodate their daily mail volume. Eligibility for Group E boxes does not extend to individual tenants, contractors, employees, or other individuals receiving or eligible to receive single-point delivery such as delivery to a hotel, college, military installation, or transient trailer park. A customer must pay the applicable fee for each additional box requested beyond the initial box obtained at the Group E fee. The online application tools described in 4.3.1b cannot be used for free Post Office box service."

I have yet to see any notice posted within a rural postal facility mentioning possible eligibility for a free box. Nor does the Postal Service make this information easily found on its website, which is why it is posted here in as much detail as possible. If you live in a non-delivery area, do not allow the Postal Service to illegally charge a fee for your PO box! PO Boxes can cost upwards of \$40 per year, and the financially-struggling Postal Service has no incentive to hand out free boxes. The only charge the post office may legally assess is a minor one-time key deposit, usually a dollar or two.

If you already have a paid PO box, and believe your box should be free, discuss it with your local postmaster (and certainly demand a refund for any paid prior years). You have the relevant information on free boxes above, straight from the Postal Service's own regulations. By making customers fill out Form 1093, the Postal Service knows your residential address and certainly knows whether it delivers to your house and if you qualify for free box service. By charging a fee for qualified residents, the Postal Service is committing fraud. Don't let the USPS get away with it.

Mary Abbott



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dance palace

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or to join call 415-663-1075  
Save \$ by buying in advance  
Tickets at [www.dancepalace.org](http://www.dancepalace.org)

### 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](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](http://www.westernbirdbanding.org/meeting_2016.html)

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**PLANTS FOR THE COASTAL CLIMATE**

September 29, 2016 POINT REYES LIGHT

## Permaculture experts bid farewell to Bolinas home

By Anna Guth

The founders and co-directors of the Regenerative Design Institute, James Stark and Penny Livingston-Stark, recently announced their plans to leave Commonweal Garden in Bolinas. The site has been their home and the base for their permaculture and leadership organization for the last 13 years.

Although they will continue to direct R.D.I. and

teach worldwide, the couple is heading to Whidbey Island in Washington State to settle into a different pace of life. "We're excited about it, and I'm sure a little sad," Ms. Livingston-Stark said. "Our family is here. But it's so beautiful up there and we love our new place. We're off to new adventures."

Over 6,000 students have participated in R.D.I.'s

education programs, whose subjects range from leadership to physical vitality, ecotherapy, animal tracking and, most recently, herbalism.

According to Ms. Livingston-Stark, "[Permaculture] is a design system, basically. People think it's about gardening tips. But it's really about ecological literacy—ecological literacy in the realm of how to be a human being. How do we provide for our needs—whether it be food, water, shelter, sanity—in a way that's regenerative and actually beneficial for the earth? How do we provide more than we take? And what we've found is that this is actually doable."

A Marin native, Ms. Livingston-Stark started off in landscaping and market gardening. (With a laugh, she said she was a "back-to-the-lander. You might've heard of them.") Mr. Stark grew up on a sheep and cattle farm in Eastern Canada, later working in social justice and sustainable design. After meeting in California in the late 1980s, the couple united around a desire to transform the human relationship with the natural environment.

The Starks began developing the backyard of their three-quarter-acre home in Point Reyes with features like a cob cottage and a bread oven, a koi pond that recycles and reuses laundry and bath water, rainwater catchment systems and a permaculture food forest garden. Their home quickly attracted regular herds of people hoping for a tour. Using their backyard as a "living classroom," they began teaching permaculture classes.

Australians Bill Mollison and David Holmgren first coined the term "permaculture" in the mid-1970s, referring to the idea of a "permanent agriculture." Mr. Mollison's philosophy of "using food and natural resources that are abundant in such a way that we don't continually destroy life on earth" encompasses energy efficiency, sustainable building, water use and food production. In his 1991 publication, "Introduction to Permaculture," he wrote: "I think harmony with nature is possible only if we abandon the idea of superiority over the natural world." Today, there are permaculture demonstration sites, education programs and experts worldwide.

As the demand for their classes grew, the Starks expanded to two other sites, and they founded the Permaculture Institute of Northern California, or PINC.

Then, in 2003, they received a generous offer. Michael Lerner, president and co-founder of Commonweal, invited them to live and work on a 17-acre site near the center, in Bolinas. The spot, Commonweal Garden, had been developed in the late 1970s as an organic farm, but had been largely reclaimed by the wild and its infrastructure lay in disrepair.

Mr. Lerner described meeting the couple as he searched for the next directors of the garden. He had just had a heart attack, and had told them he was feeling fragile.

"My wife, Sharyle Patton, and I drove to Point Reyes and knocked on the gate of the compound that Penny and James had turned into an exquisite permaculture-based home and garden," he said. "We did talk for a while, and then I went to a lay in a bed of chamomile by a little watercourse in the sun. It felt so healing and peaceful and I knew beyond any doubt that Penny and James should inherit the Commonweal Garden. I knew it in my heart."

CONTINUES ON  
Page 7...



Commonweal supports a dozen different programs in three core fields—health and healing, art and education, and environment and justice. It has a 50-year lease on 60 acres on the southern end of the Point Reyes National Seashore and is home

to a retreat center as well as the garden.

With their expansive new site and Commonweal as their primary funder, the Starks founded the Regenerative Design Institute, a nonprofit whose mission was to “serve as a catalyst for a revolution in the way humans related to the natural world.”

“We were doing a lot of other things, like nature awareness, tracking, mentoring, group process, leadership training, and ‘inner work’ for personal growth,” Mr. Stark said. “None of that fit within the standard permaculture curriculum that was taught worldwide by other practitioners. We decided to call our work ‘regenerative design.’ That way, we could retain the brilliance of permaculture, while expanding our vision in other dimensions.”

Lydia Neilson was a student in the first-ever yearlong permaculture design course at R.D.I., which she now co-facilitates. Over her 10 years at the institute, she has watched the garden evolve—from the initial work to establish a small, productive farm to the days when many people lived and worked there, to the current project of downsizing. She said she has enjoyed watching the evolution of the Starks’ interests—which, Ms. Neilson said, invariably manifest as new components of the organization.

“For both of them individually and together, their magic is in the way that they hold space,” Ms. Neilson said. “They’ve really seen me go through a lot of ups and downs in my personal life, and they have held the most beautiful space for me personally. And then I see them also professionally, holding groups where really intense material and emotion is coming forth, and the safety and the humanness they have... It’s love.”

The Starks have historically had different roles within the organization. While she spearheads the permaculture design certificate training and classes that focus on ecology, he focuses on the leadership programs. With a master’s degree in spiritual psychology from the University of Santa Monica, Mr. Stark is primarily interested in exploring how a healthy “inner ecology” can impact one’s work in the world.

The couple admitted, with their usual good humor, that the leadership programs developed organically from one, haunting question. If people were leaving their programs invigorated and ready to create societal change, why weren’t any changes apparent? They said they realized they were attracting a certain kind of individual who was against the grain and, to some degree, alienated from society. In response, they decided they needed to focus on encouraging people to step up as leaders and visionaries.

“If there’s any crisis at the moment, it’s a crisis of imagination,” Mr. Stark said. “Everyone is spending all their time either in denial or panicking about how we’re going to do this, defining all the problems we have. But there isn’t a lot of capacity for people to really hunker down and imagine: What is this world that we want to live in? What is our 500-year plan? What’s the North Star that we want to start moving toward in this generation for future

Permaculture, to him, fundamentally addresses the challenge of the next generation. He said Commonweal Garden is “a nursery for a vision” for people to come out and begin to imagine the world they want to live in.

So what is the vision behind the Starks’ decision to leave their land?

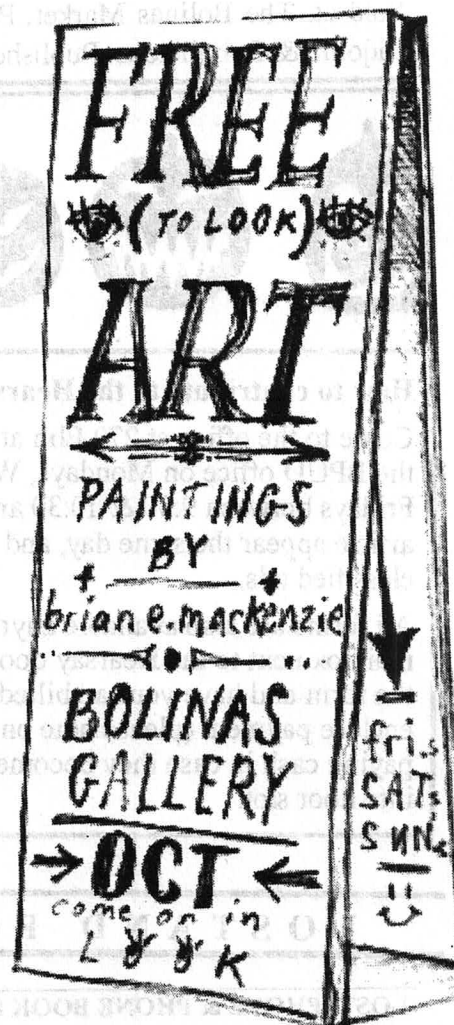
“We can’t assume an eldership role when we are totally overstretched,” he said. “The elder is somebody who has more spaciousness and has done their healing and their inner work and can re-

ally devolve, selflessly, the service of the generation that’s coming. This is an opportunity to begin to provide that spaciousness and to dig deeper into being in harmony in the natural world so that we can begin to support the millennials that are coming up. So, I’m totally stoked.”

Whidbey Island is home to two other organizations affiliated with Commonweal, and R.D.I. and the Starks will continue to receive the organization’s support after their move. That move won’t happen until 2018, before which they hope to secure funds to support a management team to maintain Commonweal Garden.

The Starks will be missed. They have not only been leaders through R.D.I.; she co-created an ecological design program at the San Francisco Institute of Architecture and the permaculture program at Occidental Arts and Ecology Center, and the couple co-founded local groups like the West Marin Growers Group and the Community Land Trust Association of Marin.

In a send-off, Mr. Lerner said: “Permaculture is one of the most beautiful embodiments of our ability to transform the place where we have been planted. Penny and James are prophets of that consciousness. May they be blessed with long and healthy lives of continuing service, and may our friendship and work together endure for many years to come.”



## POINT REYES BOOKS

Lynne Cox author of  
*Swimming in the Sink: An  
Episode of the Heart &  
Swimming to Antarctica: Tales  
of a Long-Distance Swimmer*  
Saturday, September 30, 7:00 p.m.

PR Presbyterian Church

Free event.

An Evening with  
Terry Tempest Williams  
Kate & Steve's  
Farewell Benefit

Saturday, October 22, 7:00 p.m.  
West Marin School Gymnasium

Pre-event Reception:  
5 p.m. at Toby's Gallery  
Tickets on-line and at bookstore.

### FARMSTEADS



The Future of Farmsteading in West Marin  
An inter-generational panel discussion  
featuring local growers & producers  
moderated by Sarah Henry, author of  
*Farmsteads of the California Coast*

Sunday, October 16, 3:00 p.m.

The Dance Palace

Tickets: \$10

In conjunction with Bolinas Museum's exhibit  
Bounty: Fine Food Production in Coastal  
Marin From 1834 to the 21st Century

For more information on these and other events, visit [www.ptreyesbooks.com](http://www.ptreyesbooks.com)

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# HEARSAY NEWS CLASSIFIEDS



## How to contribute to the Hearsay News in person

Come to the office at 270 Elm at Maple, behind the BPUD 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 forms 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.

## LOST AND FOUND

**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 415-868-1937**

BL 8/24

**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-925-708-6868**

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

## CLASSES



### Weekly Classes and Events Schedule

#### MONDAY

Somatic Exercise w/Cenize Rodriguez	8:45-10:00 am
Bo Babies & Toddlers Open Play Group (free)	10:00 - Noon
Pilates w/Lisa Townsend (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
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#### WEDNESDAY

Pilates w/Lisa Townsend	8:30 - 9:45 am
Diaspora w/Amber Hines	6:30 - 8:00 pm

#### THURSDAY

USDA food bank	12 noon
Congolese Dance w/ Sandor	6:00 - 7:30 pm

#### FRIDAY

Pilates Mat Class w/Lisa Townsend	9:00 - 10:00 am
Ballet w/Erika Townsend (no class 4 <sup>th</sup> Fridays)	10:30-12:00 pm
No Place Like Home (Free Brunch 4 <sup>th</sup> Fri of Month)	10:30 - 11:30 pm

#### SATURDAY

Diaspora Dance w/ Amber Hines	9:00 - 10:30 am
LTDCo w/Lisa	10:45 - 12:30 pm

#### SUNDAY

CommUnity Night (see website for details)	Noon - 6:00 pm
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Call 868-2128, check the Library Marquee, Calendar in BCC  
 Foyer or visit [www.bccenter.org](http://www.bccenter.org) for more info & special events!

## 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](mailto:868hearsay@gmail.com)

## Read the Hearsay Online

For 33¢ per day, more or less. Give yourself, a friend, or an expatriate member 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](mailto:868hearsay@gmail.com)

## FREE

**PLAY STRUCTURE: LITTLE TYKES, PLASTIC,**  
 multicolored, for small children. Easy to move. Email and I will send a photo. [s1idell@aol.com](mailto:s1idell@aol.com)

SI 5/4



# 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

## SERVICES

**CONFLICTS? DISPUTES?**  
**WEST MARIN MEDIATION CAN HELP-**  
confidential, effective, impartial, free. 415 459-4036

SG X

**BRUSH TO MEADOW TRANSFORMATION**  
Heavy-duty tractor. Mowing / backhoe / roto-tiller / disking /  
plowing / post-hole drilling. Don March -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

**ACCORDION MUSIC: Balkan and Rom (Gypsy) Styles**  
Available for Events, Restaurants, Circle Dances.  
Call or text Andrew 415 297-2535 Opa!

AC 10/21

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

LD 10/3

## 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](http://www.surveymonkey.com/r/BolinasVisitorSurvey)  
[www.surveymonkey.com/r/BolinasResidentSurvey](http://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



## 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

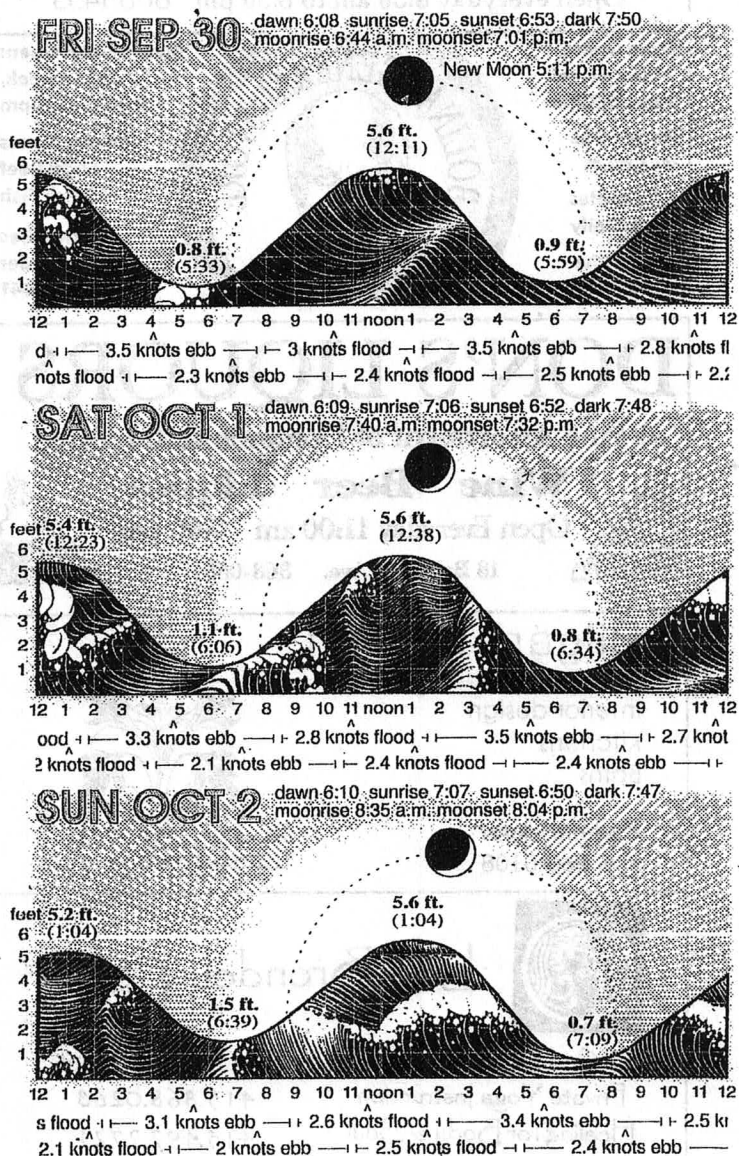
## HOUSING WANTED

**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](mailto: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.



# LOCAL ZONE

## Local Business Supports the Bolinas Hearsay News

### Sam's House

38 Wharf Road, Bolinas CA 94924

**SENIOR CARE HOME**

Tele/fax 415 868-2866

[www.samshousemarin.com](http://www.samshousemarin.com)

Facility

#216 801 549

People wishing to have a shower (Handicap or able, young or old)  
Call or turn up 10:00 a.m. Monday or by appointment

415 509-1740

Terry Donohue

### Notary Services

[terry@bolinasrealestate.com](mailto:terry@bolinasrealestate.com)

Bolinas Real Estate

### THE TIDE POOL

AMELIA STRATON, CMT#38184

**BIODYNAMIC CRANIAL TOUCH**

SOMATIC TOUCH FOR EMBODIED PRESENCE

[ameliastraton@gmail.com](mailto:ameliastraton@gmail.com)

415.868.8830

### BOLINAS PEOPLES STORE

*Organic, Natural & Local Food*

in'e-luc'ta'ble

**Fresh Sandwiches Made Daily**

Hot Soup

Tamales

Open everyday 8:30 am to 6:30 pm 868-1433

Store Open:

7 days a week

9am - 6:30pm

Hagen-Das

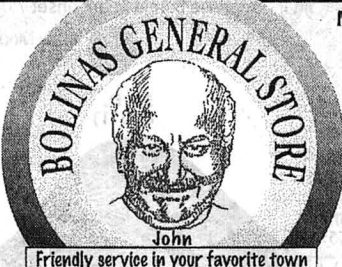
Ice Cream

Vegetables

Fresh Daily

Beer, Wine

& Liquor



Meat Market Open:

7 days a week,

9am to 6:30pm

Choice Meats

Local Beef

Fresh Fish

Sandwiches

Made to order

Phone 868-1441

### DON'S LIQUORS

A Fine Assortment of Domestic & Imported

**Wine Beer Liquor**

Open Everyday 11:00 am - 7:00 pm

18 Brighton Ave. 868-0551

### Bilgart Design

Interior design

Kitchens

Baths

Paulette Bilgart

415 868 0108

[bilgartdesign.com](http://bilgartdesign.com)



Lisa Brendel, CMT

Certified Massage Therapy

Private Yoga Instruction

Healing for Body & Soul

By Appointment

415.868.0268

415.497.2721



natural landscapes

lea earnheart & associates

415.868.9330

po box 1002 bolinas 94924

[learnheart@sbcglobal.net](mailto:learnheart@sbcglobal.net)

invite the wild into your garden

### VISUAL SCAPES

STONEWORK ~ LANDSCAPING ~ PONDS  
DESIGN, INSTALLATION & MAINTENANCE

RALPH "CHIP" WOOD

CELL: 517-2356 HOME: 868-2043

[CHIP@VISUALSCAPES.COM](mailto:CHIP@VISUALSCAPES.COM)

[WWW.VISUALSCAPES.COM](http://WWW.VISUALSCAPES.COM)

LIC C27 711776

### MALCOLM PONDER'S WEST MARIN TAX SERVICE

*Specializing in Small Business  
and Back Tax Returns*

[malcolmponder@hotmail.com](mailto:malcolmponder@hotmail.com)

[www.malcolmponder.com](http://www.malcolmponder.com)

(415) 868-1854



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Owner

Full-Charge Bookkeeping, Payroll, Year-end Prep, Plus

Confidentiality assured

(415) 868-2700

bringing order to your financial world



### BOLINAS BAY HARDWARE & MERCANTILE

Hardware, Lumber, Building & Landscape Supplies,  
Gifts, Home Decor, Toys & More!

1 Olema-Bolinas Rd. (415) 868-2900 Mon-Fri 8-5:30, Weekends 9-5



Representing 36 Local Artists  
but Showcasing 4 Exceptional

**Bolinas Fiber Artists**

Marlie de Swart

Patricia Briceno

Charmaine Krieger

Barbara MacDonald

Pt. Reyes Station ~ 415 663 9130 ~Th.to Mon. 11-5

### WILDLIFE GALLERY & STUDIO

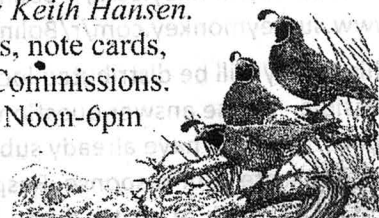
Bird & Wildlife Art by Keith Hansen.

Originals, prints, books, note cards,  
stationery, and more. Commissions.

Saturdays & Sundays, Noon-6pm

and by appointment.

868-0402



### SMALL DOG BOARDING & DAY CARE

Organic Meals & Treats Home Atmosphere

Hawk Weston

Bolinas 415 868-1309