

Inner Woman

by StuArt

"Inner Woman" the play written and produced by Jerry Bojeste, was fabulous. It was a real community production. BoJeste called it "a work in progress."

At the end of "Inner Woman," BoJeste compared the production of the play to the birth of a child. "The baby is doing fine." he commented, referring to the labor pains of live theater.

It was fascinating to watch the actors and actresses, most of whom are familiar faces around town. Each character expressed aspects of the personality I knew.

For instance Howard Dillon was well cast as a lovelorn psychiatrist, Dr. Horatio Menzies. It was fun to watch Howard portraying himself, or an aspect of himself.

Mimi Calpestri was delightful as a fortune-telling Tarot reader. "Your future is my business." Like Howard as a psychiatrist, Mimi's role as a fortune teller seemed wonderfully appropriate. Mimi's makeup was beautifully applied by Phillipa.

Arianna Hooper was the main character, Nuxa Diamo, whose search for true love was the basis for the play. Arianna has a powerful presence on stage. I loved her outfits and the way she moved around the stage like a cat on a hot tin roof.

The "male" lead, Bjorn Von Toke, was acted by Jeff Manson. I put male in quotes because of Bjorn's other personality, Eve.

Best costume would have to go to Victoria Hazlett. Her radiant Goddess outfit was especially beautiful. Lena Grossman as Natasha Flippenova displayed her many talents, at one point sitting down at the piano offstage to belt out a bluesy number and at another point singing a song while accompanying herself on guitar.

Lisa Lisa was Mandy DeMandeur, an engaging and sympathetic lesbian. Nate Siedman played the randy lawyer, Basil Frank.

All of these characters eventually find true love. You'll have to see the play to find out how.

The staging of the play was well done. I especially liked the fade-to-black between the scenes, which were brief vignettes. Roger Crissinger played keyboards live between scenes. There were 21 scenes in all, yet the play moved right along. I also enjoyed the use of a projection scene in front of Nuxa at the steering wheel of an invisible automobile.

Jerry's daughter, Lia, the new general manager of the Community Center, made her debut as Lina Kalafuchki. Lia was especially attractive in a LBD (little black dress) at the disco.

The program describes "Inner Woman" as a "surreal journey into perceptions of what Love is... or could be!" The play explores the individual's search for the truth amidst the gender roles imposed by society.

True love, what is it, where is it? and also what flavor is it? As the program's notes say:

"Sex is a flavor, take a drink into the deep well of your soul." Some like vanilla, and some like rocky road.

WHAT'S HAPPENING?

Friday, October 7
YOM KIPPUR

Begins at sundown

SPECIAL "WORKING RETREAT" MEETING of the Bolinas-Stinson Union School District Governing Board; open session, 8:30 am-12, Commonweal Library

"INNER WOMAN"

a play by Jerry BoJeste, Bolinas Community Center, 8pm; \$15

JEB BRADY BAND

Live rock music, Smiley's, 9pm,

Saturday, October 8

SOUP SATURDAY

Everyone welcome for potato/cheese soup. St. Aidan's, noon, Free

"INNER WOMAN"

Bolinas Community Center, 8pm; \$15

DGIIN

Live gypsy/americana music @ Smiley's, 9pm

DRACONID METEOR SHOWERS after dark.

Sunday, October 9

BOLINAS MUSEUM FANDANGO

1200- un tour de Espanol; 1400- un concierto de antiqua musica de Alta California y las danzas traditional. Noon- Spanish language tour; 2pm- concert of early California music and dance; free, todos gratis

BOBOLISCIOUS SMOOTHIE LOUNGE 1 YEAR ANNIVERSARY PARTY

Food, drinks, raffles & music 3pm

Monday, October 10

COLUMBUS DAY HOLIDAY

Post office and many other offices closed.

MESA PARK

Board of Directors meeting, Firehouse, 7pm

Tuesday, October 11

SAVE THE STAGE!!!!

Public Meeting @ BCC, 4-6pm; There is a proposal to cancel the "Coastal Route" which is the only public transportation to Pt. Reyes from Bolinas.

FULL MOON

full 7:06pm. Moonrise 6:14pm

Sunday, October 16

HEALTH AND FIRE SAFETY DAY

11am-3pm, Bolinas Fire Department and Bolinas Community Health Center



ROYAL SHOP AND SWAP BIZARRE BAZAAR

2nd SUNDAY SALE ON BRIGHTON
SQUARE OCT. 9, 11:00 to 3:00.
Books of Collectible Stamps
VICKISA'S ART OPENING & READING
from ROSEBUD THE RESCUE DOG 2:00
Marcella's Delectable Comestibles
VANESSA'S HALLOWEEN

WANESSA'S HALLOWEEN MASK MAKING WORKSHOP Stuart's ART BUGGY and

lots of this and that. between the post office & bookstore. Flea Market: Bring stuff, Sell Stuff, Buy Stuff.







Stinson/Bolinas Community Fund October Grant Deadline Coming Soon!

Monday, October 31st is the deadline to get your grant application to the S/BCF. You can email, mail or hand in your application to the address listed below. Mailed applications must be postmarked by the 31st to be considered for this grant cycle.

Applications are available at the Bolinas and Stinson Beach Libraries, as well as on our website, www.sbcfgrants.org. If you are unable to obtain an application via these routes, please feel free to give me a call or email me and I will get one to you.

The Stinson/Bolinas Community Fund was created and is supported by a group of local donors to provide funding for projects that benefit the Stinson Beach and Bolinas communities. The donors who created this Fund act as the Fund's advisors, recommending which projects should be supported by this community effort. The maximum grant the Fund provides is \$3000 per grant cycle and there is no minimum amount.

To be eligible, an applicant must be an organization or individual whose project benefits the Stinson Beach and/or Bolinas communities. Projects that do not specifically benefit the Stinson Beach and/or Bolinas communities will not be considered for funding. The Fund assumes that all proposed projects will be completed within twelve months from the beginning of Fund support; if this is not the case, the applicant will be required to submit a letter explaining why. To be considered for future funding, grant recipients must submit a brief final report to the Stinson/Bolinas Community Fund Grants Program at the completion of their grant project evaluating the project's overall success.

Although matching funds, donated materials, equipment and services are not required, they are strongly encouraged and will make an application more competitive. If a grant includes a funding request for labor or services, utilizing local resources is encouraged.

Belle Wood belle_wood@att.net Stinson/Bolinas Community Fund P.O. Box 367 Stinson Beach, CA 94970 415-868-2043

READING TO JOHN

ON Tues. 10/11 at 10 am on KWMR (89.9) I'll tell the extraordinary folktale "White Bear King Valemon" in honor of the British storyteller Martin Shaw with whom I took a workshop recently. And I'll tell you about that experience as well. I'll finish up with a handful of reviews of books I've read recently.

CAN YOU BELIEVE IT, BOLINAS ?!

Bebelicious Smoothic Lounge

Celebrates ONE YEAR!!!



Come together Sunday, October 9th at 3pm to celebrate this anniversary.
ENJOY FOOD, SPIRITS, RAFFLE, MUSIC

AND A SMOOTHIE CONTEST

(additional performers & potluck dishes welcomed)

Meet October's Artist: Marianne Hale

3pm: Mingling & New Smoothie Samples
3:30: Greeting & Reflection
3:45: A Moment with Mimi Calpestri
4:00: Songs by StuArt
4:15: Open Floor

4:30 Raffle drawings & Contest Winner Announced

Goodness! I can hardly believe it myself! When Brandon Smith, carpenter, and Steve Matson, architect, were helping me create the Lounge, we were giving each other reminders throughout the process to take each giant obstacle with deep breaths because once we accomplished the task, the obstacle became a mere hurdle that shrunk in size making the next seem not so scarey. And, the cabinet maker, John Norton's mantra was "Everything's going to be just fine".

Then we opened. Talk about scarey! I all of a sudden had this infant in need of a lot of love and support to thrive. Bobolicious consisted of 9 employees who all then needed to be trained from working the register to making the smoothies which meant I had to not only know how to use the register but program it and teach others how to use it too! The first 3-6 months were filled with new discoveries of what each of us needed to be trained on, the development of a manual (what a concept:) and followed by a humble smile to my previous health food store employers (The People's Store, Judith Elliot, the Good Earth, etc)

Bobolicious nor would I be here today if it hadn't been for every single Bobolicious employee.

Justin Caron, a manager & friend, helped shape employees and myself through much of the learning process. Maitreya Silver, Amber Hines, Amalia Alghren, Terry Griebel, Jennifer Santiano, Paula Dietrich, Chloe McCollum, Karmen Healslip, Pam Springer, Tommy Glavey, Tina Kochan, Michelle Ocqvuist, Jack Stratton, Wesley Stratton. Each wanting to be part of this new addition to Bolinas. They have been flexible, resilient, giving and receiving to help me help the lounge grow with the needs of the public and with each other.

Because of the staff, this infant, learned to crawl, to walk, to fall down, to get back up and to run right through the Fourth of July & Labor Day straight into another year.

You the Customers, have been coming and going. I have seen the ebb and flow of the year's cycle and have watched you wake up for work, play in the sun, sing together at open mics, Trick or Treat, warm up from the cold rain (& snow!), gaggle like geese when trees fall, build Bobolicious snow people, and gather as family for community events such as births(now having smoothies), weddings and even deaths. You rose up and supported me while I left my full time job in the city, I moved 2 times (and counting), electricity was off bringing generators & fuel, the water mains broke to ensure water for coffee, I had the flu you brought me smoothies & soup, and not to mention the love YOU brought to each other here at BOBOLICIOUS SMOOHIE LOUNGE. I very much thank you and look forward to many more years!!!

love, love...

Julie

Ps...

It is the mission of Bobolicious to create a community refreshment stand that would provide healthy, wholesome and nutritious choices for enjoyment in a creative and socially conscious space. In this regard, I would like to reassure you, Bobolicious celebrates the NON-GMO PROJECT. Come in this month as we identify Non-GMO & Fair Trade products such as our coffee, teas, hot cocoas, soy milks & creamers, cacao nibs, and more!

New Hours (correction from previously misprinted)

Fri, Sat, Sun, Mon 7am-7pm; Wed 7am-2pm; Tues & Thurs 7am-6pm

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Soil Amendments



NTS FOR THE COASTAL CHIMATE

The Bolinas Volunteer Firefighters and CHA's Bolinas Community Health Center Present

Health and Fire Safety Day



Sunday, October 16, 2010 11am – 3pm 88 and 100 Mesa Road Bolinas Fire Department Bolinas Community Health Center

- West Marin Disaster Comunications Van
- **Smokey Bear**
- Fire Extinguisher Training BYO Extinguisher to be serviced Fire Engine Rides on the NEW ENGINE!
- Sodas and Grilled Hot Dogs! Benefiting AAR Burn Foundation
- Make an Address Sign for Free
- Bolinas Community Health Center Open House: Flu shots, Whooping Cough **Vaccinations**
- West Marin Senior Services: Support for Seniors and People with Disabilities.

COME JOIN THE FUN AT YOUR FIRE DEPARTMENT And HEALTH CENTER!!

MESA PARK AGENDA MONDAY, OCTOBER 10th, 2011 AT THE FIREHOUSE @ 7pm

Call to Order

COMMUNITY EXPRESSION

DOWNTOWN PARK-status

MAINTAINANCE REPORT

POOL DEVELOPMENT-status

IRRAGATION PROJECT-status

TREASURERS REPORT-status

OTHER

Approve Minutes of Last Meeting Approve Warrants Schedule Next Meeting, (November, 14th)

ADJOURN



October 9, Talk, 3:00 pm PR Presbyterian Church Kate Levinson, author of Emotional Currency October 8, Day-long Workshop

Friday, October 14, 7:30 pm, Dance Palace Mark Hertsgaard author of HOT: Living Through the Next 50 Years on Earth Benefit for Mesa Refuge

Sunday, October 16, 6:30 pm, Dance Palace Michael Ondaatje, author of The Cat's Table in Converation with Eric Karpeles Benefit for Point Reyes Books

For more information on these and other events:

www.ptreyesbooks.com 415.663.1542



Thanks to everyone who came to my birthday party at the beach. The friends, the music and the food were wonderful. But the best present of all was the beautiful, sunny, warm, windless day. Thank you again! -StuArt photo by Curliana

Hardly Strictly Everything: Musical Socialism at Its Best

I'm a music festival veteran; was too young for the original Woodstock but wound up going to many others, and even working at one for over a decade. My tolerance for crowding, mass madness, noise and food poisoning has decreased but I make sure to attend at least part of Hardly Strictly Bluegrass every year, and I think I've hit them all. Financier/banjoist (not sure what he'd list first these days) Warren Hellman is a musical socialist who brings an absolutely incredible free lineup to Golden Gate Park each year, and at a time of year when the climate is best – this year timed to just beat out the rain. He has said he does it in order to get a gig for his own group, The Wronglers. Whatever works! Very much is written about it; here's some more, a personal "ten best" from a long, beautiful, musical weekend.

- 1. Robert Plant and his Band of Joy. He looks like Gandalf the Great Grey Wizard how, and still retains his magical mystical powers. The band is superb, including the striking Patty Griffin and omnipresent guitarist Buddy Miller, and when they kick into Led Zeppelin tunes it's just nivana-ish (and I was never even that much of a Zep fan; but when he sang of Mordor and Gollum on a fantastic version of "Ramble On", it was wizardly). The guy has nothing to prove and seems to be having a great time up there.
- 2. John Prine. This guy was saddled with a 'new Dylan' tag when he first surfaced in the 1970s; what a curse. He outdid it tho, and is considered one of the greatest of songwriters. This time with a great band in black suits, he looked a bit like Homer Simpson but rocked and rolled and enthralled all present.
- 3. M. Ward and Bright Eyes. I put these two together as they were a one-two headlining punch of the best of the newer breed of singer/songwriters. I'd expected some fairly folky sounds but they both seemed intent on rocking hard, and they did. I did bust Mr. Ward skipping out on Mr. Oberst's set to catch Plant; who could blame him and one has to choose and, if lucky, catch half of each of many favorites.
- 4. Irma Thomas. The Queen of N'Awlin's soul. What a voice, what a presence, what a big funky horned band. This kind of sound just jumps out and grabs everybody in the area in the midst of the mellower vibe.
- 5. The Blind Boys of Alabama. Here too, the power of the voices and rhythms are just irresistible. As much boogalo in the crowd as any other act I saw all weekend, and for a Sunday gospel sermon no less. Triumph over adversity indeed; triumph over everything.
- 6. Steve Earle and the Dukes and Duchesses. A perennial favorite, and a true entertainer who pulls no punches proof that there is room for all political persuasions under this festival's sunny skies. And his cover of Eric Burden's goofy "San Francisco Nights" was no pandering, but a wondrous singalong.
- 7. Gillian Welch. Another every-year must-see; she and her partner David Rawlings are some sort of new standard for songs and singing and playing. And she too recognized the homecrowd with a crystal clear rendition of "White Rabbit" that, as my niece nicely put it, "just killed."
- 8. Ollabelle. This lesser-known group came highly recommended, and with reason. Two ringing female singers and great players; and one more ringer for the home crowd, a slowed-down beauteous rendition of the Dead's "Ripple."



- 9. Bela Fleck, Zakir Hussain, & Edgar Meyer. Wow. A banjo wielded mightily as a sitar in the only example of raga-grass I've heard. The audience was spellbound and homeboy Hussain, who plays with the greatest of masters, seemed to be having as much a good time as I've seen him show onstage, his hands a blur of mastery and a big smile on his face.
- 10. The crowd, staff, volunteers..... 250,000? 500k? 700k? All sorts of estimates out there, and who knows how many, really. But you'll not find better vibes in a city that size anwhere on the planet or beyond. More smiles per square acre than anyplace on the planet.
- -That's it, I guess (the legendary Ralph Stanley's Sunday bluegrass church session could replace one of these). I missed much, it's just unavoidable now with six stages going all day and too many people to wade through to get to everything one might want to see (sorry for me, Flatlanders, Queen Emmylou, Kris Kristofferson, and especially - Merle Haggard!). I wish it were less crowded but what to do? I also wish there was a chance there to donate to good local worthy causes - I'd even volunteer at a booth for, say, the San Francisco Food Bank, Planned Parenthood, the SPCA, the park itself, etc., as I expect this crowd would pony up generously in gratitude for the beautiful festival and the place it takes place within. But it's Mr. Hellman's party, his banjo pickin' gets better every year (and he put out a very nice Wronglers CD with guru Jimmie Dale Gilmore this year), he's provided for it to continue in his will; and really all one can say is: Thanks, sir. Yet again.

- Steve Heilig

Bolinas Museum Opening Reception Saturday Oct. 8, 3-5 PM

Coastal Californios: Spanish Life in West Marin 1776-1876 / Californios Costeras: La Vida Espanola del Oeste Marin 1776-1876 curated by historian Dewey Livingston. West Marin's non-Native American history began as part of the Span's Alta California and later, Mexico. Discovery of gold brought thousands of immigrants pouring into the land pushing the Californios aside, but their influence still resonates in our modern culture. The pioneer families of Bolinas, Rafael and Loretta Garcia (the first to settle Coastal Marin) and Ramona and Grigorio Briones and their descendents helped form the community that would become Bolinas. Historian Dewey Livingston has primarily focused this fascinating exhibition on the days of the great ranchos of West Marin.

Museum Director Vandy Seeburg added historic paintings by Hispanic artist Manuel Valencia who was an established artist in early San Francisco and painted in Bolinas. Vandy has also arranged a wonderful event on Sunday October 9th. There will be a Spanish language tour of the exhibition, followed at 2 PM by a lively free concert by The Alta California Orchestra, performing early California music in period costumes.

In the photography gallery: **Edgar Angelone** has an impeccable aesthetic for catching essence. Curated by Dieter Tremp, this exhibition is a celebration of the design genius of the Golden Gate Bridge and Frank Lloyd Wright's Marin County Civic Center. Angelone's elegant sense of form and also mystery, produces images that make fine art out of looking at architectural detail.

In the CMA gallery: An Artist Family Interprets the Land and Water of Point Reyes. Many of us are familiar with their beautiful book that combines the work of **Randall Fleming**, **Chris Reding** and their son, an accomplished videographer in Los Angeles, Jesse Redding Fleming. They have created a dynamic installation of paintings, film and sliding images on screens.

Also, a new selection from the Permanent Collection and the on going exhibition of The Last Wooden Schooner

Built in Bolinas- The Elizabeth Muir.

Food Bank

by StuArt

The Food Bank food giveaway is now happening on Thursday at noon at the Community Center. The San Francisco Food Bank is partnering with the Community Center to provide free food for those who need it.

Speaking of need. Roberto from the Food Bank said that he considers anyone to be qualified who wants to stand in line. Roberto added that the food giveaway is also directed towards the needy and the homeless, and he'd like to see more prepared food for those without a kitchen.

There was an abundance of food yesterday. Donnie, the Marin Food Bank truck driver, unloaded 3 pallets of food, including a huge box of day old bread from Trader Joe's. Lots of volunteers helped to carry the food into the Community Center. We had grown accustomed to staples in big washtubs. The variety and complexity of the stuff from Trader Joe's defied easy catergorization. It was a green grocer madhouse for a moment. But then things calmed down and the free food flowed out to the people who could use it.

There is a feeling of joy and abundance at the food giveaways. There is an overall feeling of gratitude and satisfaction that settles on the crowd. I am convinced that this feeling of sharing and abundance is a harbinger of the upcoming paradigm shift, when the planet wakes up to its galactic purpose.

There are now two food giveaways in Bolinas: Sundays at 1pm at Mesa Park and Thursdays at 12noon at the Community Center. We apprecioate.

The Hearsay News is preparing to publish the Local Zone phone directory. Representatives of the Hearsay News will be manning and womanning a table outside the Post Office to check names and numbers and assist people in getting the right look for the phone book. The actual times that Hearsay reps will be at the Post Office is a bit sketchy at this point. But if and when you see the Hearsay table, stop by and verify your name and number.

You can also get information and help at Uniquities and at the Hearsay Office during office hours (Mon,. Wed., & Fri. 9am-noon.) Any of our talented staff will be happy to assist you. Once we get this going, the Hearsay will publish a new, updated phone book every year. Making our own phone book like printing our own newspaper is an important part of building community.

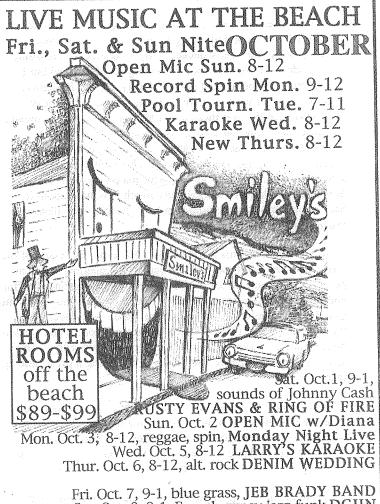
And speaking of building community, the Community Cenmter is celebrating its 60th Anniversary this year. The land that the Community Center was built on was once an artichoke field. To celebrate that fact I chose the artichoke as a totem vegaetable for the 60th Anniversary of the Bolinas Community Center.

Of course I have a bias towards artichoke. It is after all my nature name. Back in the 70's, when everyone in Bolinas had nature names - Ponderosa Pine, Cypress, Bird Brother - I chose Stuartichoke as my nature name. My name change didn't last, but Meg still calls me Stuartichoke.

I used to have artichoke parties up on the Mesa. I'd buy a crate of artichokes from the Peoples' Store, and invite my friends to bring special dips for the artichoke. I remember an especially tasty dip made from French sorrel and cream. There was also a big jar of mayo and mustard and curry powder. As the night progressed the dips got hotter and hotter.

At one artichoke party I had electric guitars and microphones set up. We came up with a stirring anthem that had a one word chorus - artichoke! .





Fri. Oct. 7, 9-1, blue grass, JEB BRADY BAND Sat. Oct. 8, 9-1, French gypsy jazz-funk DGIIN Sun. Oct. 9, 8-12, OPEN MIC w/Cheyenne Mon. Oct. 10, 8-12, reggae, spin, Monday Night Live Wed. Oct. 12, 8-12 LARRY'S KARAOKE Thurs. Oct. 13, 8-11, melodic JEFFERY MANSON

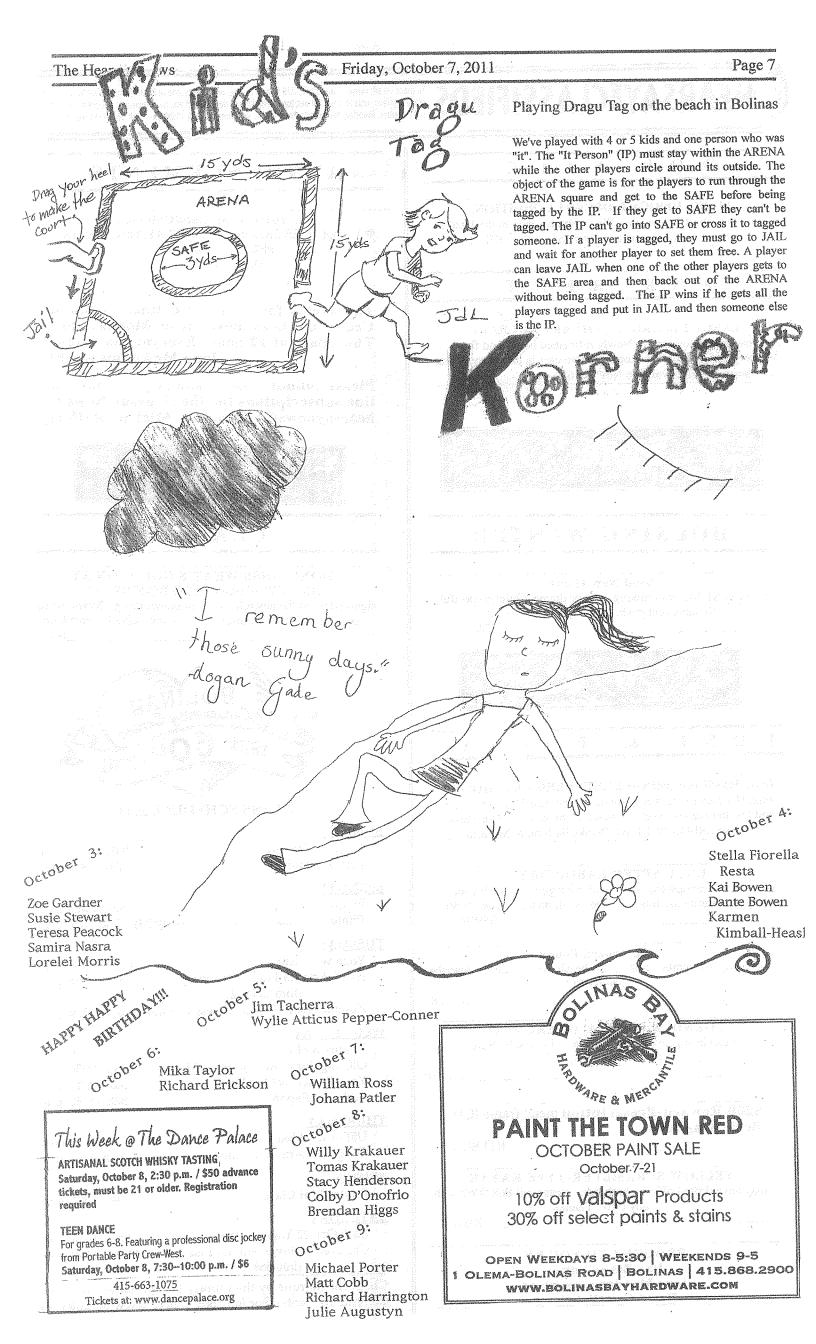
Fri. Oct. 14, 9-1, EMMA LEE PROJECT Sat. Oct. 15, 9-1, acoustic rock, TOM FINCH BAND Sun., Oct. 16, 8-12, OPEN MIC w/Emma Lee Mon. Oct. 17, 8-12, reggae, spin, Monday Night Live Wed. Oct. 19, 8-12, LARRY'S KARAOKE Thurs. Aug. Oct. 20, 8-12, ARNAZ & FRIENDS

Fri. Oct. 21, 9-1, reggae, record spin Friday Night Live Sat. Oct. 22, 9-1, rock, (OPEN) Sun. Oct. 23, 8-12, Open Mic w/New Moon Players Mon. Oct. 24, 8-12, reggae, spin, Monday Night Live Weds. Oct. 26, 8-12:30 MIDNIGHT ON THE WATER & Irish folk birthday celebration; PLUS! 9:30-12 LARRY'S KARAOKE Thurs. Oct. 27, 8-12, alt. CROSBY TYLER

Fri. Oct. 28, 9-1, Irish cajun rebel CULLANNS HOUNDS Sat. Oct. 29, 9-1, bluegrass, newgrass SAVANNAH BLUE Sun. Oct. 30, OPEN MIC w/Diana Mon. Oct. 31, 8-12, reggae, spin, Monday Night Live HALLOWEEN

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FOR PLANS AND STATE TO place an ad: come to the office, 270 Elm at Maple, on the left side of BPUD building. Ad forms are in a small mailbox next to door. Elll out form and drop in door slot. If you have included payment please note. Office hours: Monday, Wednesday and Friday between 9:00 & 11:00 am. Call 868-0138 for more info.

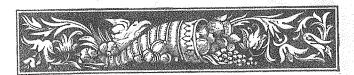
0 R S A L

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TA 10/31



S 0 0

DOG MISSING: BRINDLE SHEPHERD-GREYHOUND

mix. Her name is Jazz She got out of the gate Thursday night and lost her tag last week... guessing she is on the Big Mesa! Please call 415-868-1861 Thanks lia, John & Mikaela

LOST AFTER LABOR DAY:

Blue canvas canopy top cover. Did mine go home with yours? Help me reunite my lonely canopy with its top. Susie -1646 SS9/16.

Surfboard Found

Monday, September 26th on the beach. Please call to describe-Sandy-0205

SD9/28

FOUND: A COUPLE WEEKS AGO,

Red bicyle at gate on Alder, between Fern & Evergreen. Call 96661 to claim.

PB8/10

\$200 Reward-Prescription metal frame ICH

Berlin Sunglasses

RD 8/19

YELLOW SCRAMBLER-TYPE KAYAK may have drifted off on a high tide. please call 868-9067 with

any info. Thanks

KB 8/3

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ANNOUNCEMENTS

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The weekly food bank at Bolinas Community Center has been moved from Mondays to Thursdays at 12 noon. Everyone is welcome! June McAdams for BCC

Please submit articles and requests for online subscriptions for the Hearsay News to hearsaynews@yahoo.com Michael Rafferty



CLASSES

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CLASS SCHEDULE 2011

SUNDAY

Yoga w/Trishna 9:00 - 11:00 a.m. 7:00 - 8:30 p.m. Jujitsu w/Julian

9:00 a.m. - noon Figure Drawing Pilates w/Lisa (pre-register 868-0473) 5:30 - 6:30 p.m.

TUESDAY

9:30 - 11:00 a.m. Yoga w/Trishna 3:30 - 6:00 p.m. Arial Arts for kids w/Joanna

(Info 868-8821)

Zumba - Latin Dance Fitness w/Diane 6:30 -7:30 p.m.

WEDNESDAY

8:30 -10:00 a.m. Pilates w/Lisa QiGong for Aching Joints w/Tania 10:30 -11:30 a.m. Yoga Basics w/Trishna 5:00 - 6:15 p.m. 8:00 - 9:30 p.m. Biblia en Español

THURSDAY

12:00 noon USDA food bank 6:00-7:30 p.m. Congolese Arts w/Sandor

FRIDAY

9:00 -10:00 a.m. Pilates Mat Class w/Lisa

SATURDAY

Back Oct. 22 Yoga w/James 9:00-10:30 a.m. 11:00 - 11:45 a.m. Children's Movement w/Lisa (info 868-0473)

Check the marqué by the Library for special events at the Community Center. For Info. 868-2128 or www.bocenter.org

HEARSAY & CLASSIFIEDS

P.O. Box 327, Bolinas CA 94924 • 868-0138 Published every Monday, Wednesday & Friday for over 30 years.

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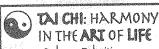
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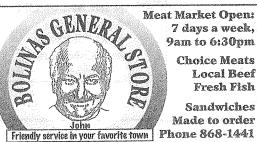


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