

BOLINAS HEARSAY NEWS

Do I Contradict Myself?

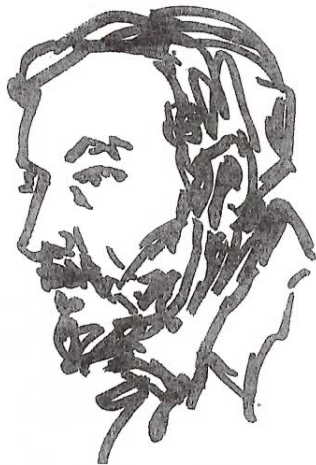
by StuArt

Last Sunday's group reading of Walt Whitman's "Song of Myself" was massive. 52 different people read the 52 stanzas of Whitman's epic poem to the crowd of Whitman fans filling the Big Room at Commonweal. The group reading of "Song of Myself" was organized by the New School at Commonweal.

I felt drawn to draw at the Whitman reading. It was a unique opportunity to sketch 52 people at one sitting. I sat in the front row with my sketch pad.



Michael Lerner gave a brief introduction. He was my first sketch. I was just warming up. Although the sketch didn't look that much like Michael, I thought it captured a sweet essence of the man.



Eric Karpeles brainstormed the event.



Eric introduced Robert Haas, the former Poet Laureate of the United States. Haas is a vivid character, and it was easy to render his likeness.

WHAT'S HAPPENING?

Friday, October 28

CARLYN HUNTER

Botanical watercolors, Bolinas Gallery, noon-5pm, also Sat. & Sun.

CULANN'S HOUNDS

Irish/Cajun music, Smiley's, 9pm

Saturday, October 29

THE ROARING COAST VARIETY SHOW

Audition for the show, Community Center, 1-3pm

SAVANNAH BLUE

Bluegrass/newgrass Smiley's 9pm

Sunday, October 30

BOLINAS POOL Spaghetti Dinner, ^{rsup:} 868-5667
music, Bolinas Community Center, 5pm

Monday, October 31

COSTUME PING PONG TOURNAMENT

2nd Annual, Brighton Square, 3-5pm

STINSON BOLINAS COMMUNITY FUND

Deadline for grant application. Info: belle-wood@att.net

HALLOWEEN - Trick or treat!

Tuesday, November 1

ALL SAINTS DAY/DIA DE LOS ANGELITOS

Honoring young children & those who died in car crashes

Wednesday, November 2

SAMHAIN

Celtic celebration of the onset of winter

DIA DE LOS MUERTOS

Honoring our ancestors

Thursday, November 3

REBECCA KATZ & JEANNE WALLACE, PhD, CNC

The Cancer Fighting Kitchen with Susan Braun

Commonweal, 451 Mesa Rd. 2-4pm

rsvptoTheNewSchool@commonweal.org

Friday, November 4

PHOTOGRAPHS by ISABELLE WINSTEAD

Exhibit opens, Bolinas Post Office, 3:30-4pm

Sunday, November 6

THE ROARING COAST VARIETY SHOW

A benefit for the Bolinas Community Center, 5pm

Sunday, November 13

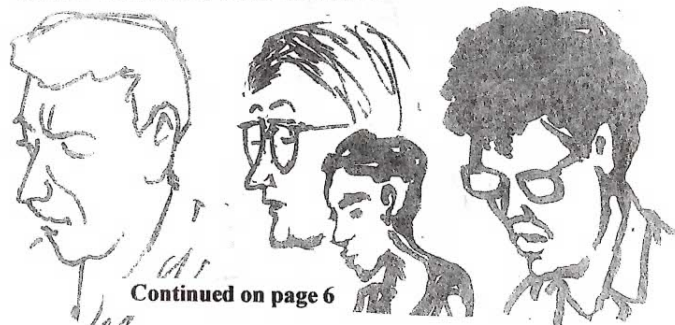
LAST SECOND SUNDAY SALE OF THE YEAR

Brighton Square, 10am-2pm

Saturday, November

CRITICAL MASS BIKE PATH CELEBRATION #2

STAY TUNED FOR DETAILS



Continued on page 6

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

GLEANINGS Mary Barror

DEAR BOLINAS TRIBE,

THIS WILL BE MY LAST GLEANINGS UNTIL JANUARY, 2012 AD, AS I AM BUSY SEWING, JAMMING, BOTTLING "GOOD STUFF" FOR THE BOLINAS CHRISTMAS FAIRE, DECEMBER 9TH, 10TH, & 11TH. HOPE WE SEE YOU ALL AT THE FAIRE! MY SON, JEFFREY, WILL BE IN BOLINAS ON THOSE DAYS SELLING HIS HONEY AS WELL. COME AND HAVE FUN WITH US!!!

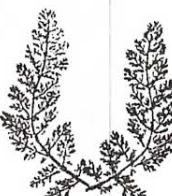
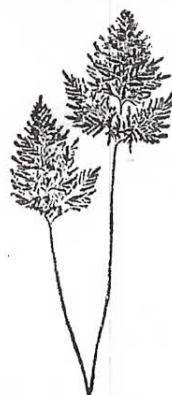
MARY



IT'S APPLE TIME !!!

IT IS ONLY GIVING THAT STIMULATES. IMPART AS MUCH AS YOU CAN OF YOUR OWN SPIRITUAL BEING TO THOSE WHO ARE ON THE ROAD WITH YOU, AND ACCEPT AS SOMETHING PRECIOUS WHAT COME BACK TO YOU FROM THEM...

ALBERT SCHWEITZER



THERE ARE TWO WAYS TO LIVE:
ONE IS THAT NOTHING IS A
MIRACLE,
THE OTHER IS THAT EVERY-
THING IS A MIRACLE...

ALBERT EINSTEIN

A FLOWER CANNOT LIVE WITHOUT
SUNSHINE
A MAN CANNOT LIVE WITHOUT
LOVE

ANON



LOST

*Stand still. The trees ahead and bushes beside you
Are not lost. Wherever you are is called Here,
And you must treat it as a powerful stranger,
Must ask permission to know it and be known.
The forest breathes. Listen. It answers,
I have made this place around you.
If you leave it, you may come back again, saying Here.
No trees are the same to Raven.
No two branches are the same to Wren.
If what a tree or a bush does is lost on you,
You are surely lost. Stand still. The forest knows
Where you are. You must let it find you.*

David Wagoner



Mary



Whitman readers at Commonweal on Sunday

A Pool in Bolinas?

We do hope you've seen the posters around Bolinas and Stinson Beach telling of a family spaghetti dinner at the Community Center on 30 Oct. at 5 o'clock.

This event is an opportunity for those who would love to have a pool in our towns (school district) to learn about and weigh in on the pool feasibility plans that a group of locals have been working on for over a year.

There is limited seating so let us know if you would like to join us. Please say how many will attend: Call (415) 868-5667, or email, info@ThePoolinBolinas.org. This is first come, first serve.

Your steering committee for The Pool in Bolinas.
Submitted by Anna Mohn Gade

Two Hot Tips

No More WWW: Apparently most people are unaware that you almost never need to enter "www" at the front of a page request. If you do, it is just stripped off anyway. For example, the domain name for the Stinson/Bolinas Community Fund is sbcfgrants.org. If you type www.sbcfgrants.org into your browser's location text box, when the request arrives at the web server it will be "redirected" to sbcfgrants.org, in effect stripping off the www.

Important Survey for Seniors and People with Disabilities: Marin County's Division of Aging & Adult Services of the Department of Health and Human Services is conducting a survey, a "needs assessment", for seniors and those with disabilities and their caregivers. If you fall into any of those categories, enlightened self-interest says you should fill out a questionnaire. It is anonymous, so you won't be giving away any secrets. Particulars and forms or links may be found at <http://whitecapsbsb.org/forum.aspx> (Nota Bene!)

-- Roger Kovach

FRIENDS OF BOLINAS

JUDY MOLYNEUX HAS GRACIOUSLY DONATED A WONDERFUL COLLECTIBLE BANNER SHE CREATED FOR DALE POLISSAR'S "DÉJÀ VU" SHOW.

THE BANNER CURRENTLY HANGS IN THE CENTER ABOVE THE FIREPLACE, STOP BY AND CHECK IT OUT.

SHE HAS DONATED THIS TO THE COMMUNITY CENTER TO SELL TO THE HIGHEST BIDDER, MONIES TO GO TO THE COMMUNITY CENTER. SEND US A BID, VIA PHONE MESSAGE 868.2128, EMAIL RANDI@BOCENTER.ORG, OR STOP BY AND IF WE ARE NOT THERE JUST WRITE YOUR NAME, PHONE # AND BID AMOUNT AND SLIP IT INTO THE OFFICE MAIL SLOT.

THANK YOU SO VERY MUCH

RANDI ARNOLD

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Soil Amendments

PLANTS FOR THE COASTAL CLIMATE

LIVE MUSIC AT THE BEACH

Fri., Sat. & Sun Nites

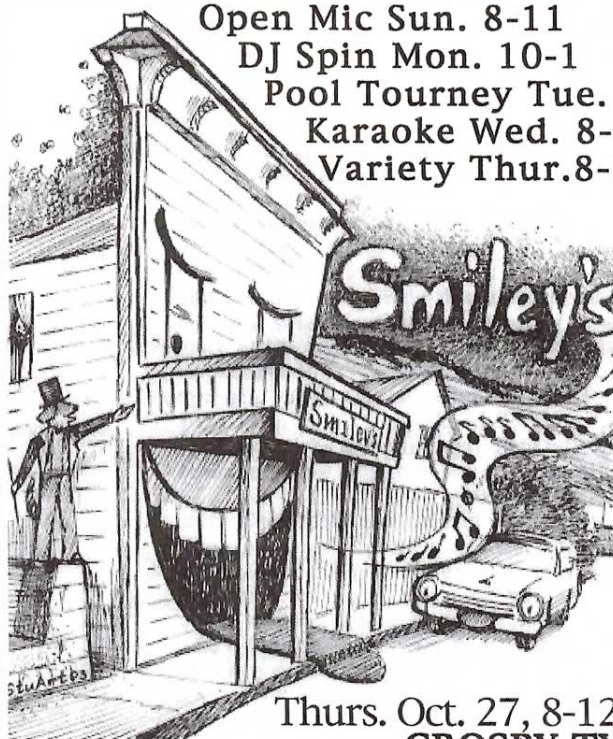
Open Mic Sun. 8-11

DJ Spin Mon. 10-1

Pool Tourney Tue. 11

Karaoke Wed. 8-11

Variety Thur. 8-11



Thurs. Oct. 27, 8-12, alt.
CROSBY TYLER

Fri. Oct. 28, 9-1, Halloween Irish cajun-rebel
CULLANNS HOUNDS

Sat. Oct. 29, 9-1, bluegrass, newgrass
SAVANNAH BLUE

Sun. Oct. 30, Halloween costumed
OPEN MIC w/Diana

Mon. Oct. 31, 8-12, Halloween reggae, spin, **Monday Night Live**

Weds. Nov. 2, 8-12, **LARRY'S KARAOKE**

Thurs. Nov. 3, 8-12
GRAVEL SHOVELERS

SMILEY'S SCHOONER SALOON & HOTEL
41 Wharf Road, Bolinas 415-868-1311

Bethany Coleman-Atherton

Tuesday 6 September 2011

Expatriate Post: Dispatch to Boboland from a Small Town near France - VII

For what it's worth, here are a few things I believe:

1. Cats are alien spies. I know this for a fact because dogs don't like them. Moreover, cats have duped us into believing that they are capable of expressing affection. Their diaphragmatic and laryngeal paroxysms otherwise known as "purring" occur at between 25 and 150 Hertz. Apparently, sound frequencies in this range can promote healing and improve bone density. Now, as we all know, the real bugaboo amongst astronauts in zero gravity situations is muscle atrophy and bone density loss. Without further ado, I think you get my drift. Furthermore, cats dislike water. Hello!!? There is no water in outer space except on Mars which, of course, is frozen solid. Cats hate ice cubes. Just put some in their water bowl if you don't believe me. And, finally, cats stare at blank walls for hours. Those of you who remember that thought-provoking, multi-dimensional classic of the eighties, "Buckaroo Banzai Across the 8th Dimension," know exactly where I'm coming from.

2. Water is the nectar of the Gods. This is a no-brainer. When was the last time you found yourself lost in the desert with your tongue drying up and salt spittle beading at the corners of your mouth (just like your noxious fourth grade teacher) craving a hot, triple grande, whole milk, extra caramel, soy mocha with whip from Starbucks?

3. What doesn't kill me makes me stronger. (Nietzsche) You got that right!

4. Rocks tell no lies. That's why I spend a lot of time in their company.

5. Turner's painting of Ovid being exiled from Rome is the greatest painting ever conceived.

All of which leads me to the subject of haunted houses (don't ask me why; the oblique topography of my brain will make you seasick).

What I really dislike about haunted houses is that typically some killjoy comes along and takes the "haunted" out of the house. *"That peculiar moaning sound occurs because of some ancient Roman lead pipes forgotten in the stone wall and with the intermittent incidence of the Sirocco blowing from the Sahara. . ."* Who asked that pedant prat for his opinion anyway? Stuff like that really rubs my fur the wrong way. Who cares about some old lead pipes . . .?! Look at what they did to Caligula and Nero. Anybody can get gout from lead-tainted wine. But the ghost, the bereaved specter, was special; a legacy, a family member, part of the nuclear unit sharing the same living quarters, so to speak, and giving nothing less than spice to the moldering pile called, "The Bent Wind," or "The Chuckling Leaf." The French just love to give names to their houses. They also love to tell the story of the phantom Count or Marquis who walk the halls regretting the adulterous wife they walled up in the east wing (the word for this by the way is *immurement*).

I particularly take offense to the explanation of ghost ships. Ho, ye of little intrigue. Okay, I will admit that the term *Fata Morgana* is rather romantic coming from the Latin for fairy and Arthurian legend's Morgan le Fay, but its rather plodding explanation of thermal inversion, ho hum ducts and bent light completely blows my phantom ships out of the water. 'Get bent,' I mutter and mourn my pirates and their tattered, gossamer sails and the diminished possibility of treasure at the end of Duxbury Reef.

Oh, that was the *Flying Dutchman* of our youth! . . . that ghostly bell on the sunken ship in the brittle embrace of the reef and the treasure still there for the taking . . . We looked and looked and stuck our toes and fingers in a million sea anemones and dislodged enough periwinkles to fill buckets. Treasure did come up on the beach, once. A certain family made its fortune. I went to school with one of the heirs. Ah, ambergris! Known as *dragon's spittle fragrance* to the ancient Chinese and invaluable during the Black Death in Europe because it was believed that carrying a ball of it would ward off plague, the solid gray mass had humble beginnings. Whether it was vomit or fecal matter from a sperm whale, it ultimately acquired a sweet, musky odor and was indispensable in the perfume industry. However, in customary fashion, I digress.

Our house was haunted. Anybody coming out from San Francisco for a long weekend knew that savory little fact. Consequently, they played Bob Dylan and Sergio Mendes full-blast until all hours and drank lots of wine while twisting the

night away and when the sun squeezed through the fog if we were so lucky, the haggard house party would fight the dogs and cats for pillow space while the host, my father, mixed up gin fizzes.

One day, my father found a hidden compartment in the linen closet. Inside, there was a box. On tenterhooks, he waited for my mother to return from the shops before he opened it up. You would think he had found Sir Francis Drake crouching in our cupboard. What they did find in the box was...a breast pump from the roaring twenties. Maybe it was Isadora Duncan's.

But truly and without exaggeration, we had creeping shadows and pacing whatnots and a secret tunnel and guests that fled in the night. There was an inexplicable light and comments such as, "There's something in that room..." No wonder I suffer a sleep disorder of gargantuan proportions.

Alas, my house in France has no ghost, although there is a secret room in the tower. An eccentric Baron who made his fortune in mohair built the house and lived here with his chickens, Vizsla hunting dogs, 40,000 cats and a Baroness with a very scary mole.

As my youngest son leaves the nest and heads for Japan where they have a wide variety of ghosts, even Buddhist ones, my footsteps echo down the halls like so many ghost minions. The only phantoms here are memories of plaintive voices calling out: "Mom, there's nothing in the fridge to eat!" or "Hey, that's my soccer jersey!" or "Who ate the rest of the chocolate mousse!"

One final belief: Cats are very self-centered. They find a human heating pad, turn on the purr unit and mend all that ails them in preparation for the arrival of the "Mother Ship." Don't think it's because they're going to form an orderly line and zip up the gangplank with tails at attention. Do you honestly think they remember alien protocol after four bazillion years? I don't think so. They're gonna get out of Dodge and head for the nearest *wherever it is cats go* when they're freaked, like the linen closet.

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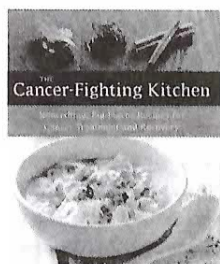


Carlyn Hunter
showing her
Botanical Watercolours
and
Ceramics

Bolinas Gallery
52 Wharf Rd, Bolinas
Extended until November 13, 2011
carlyn@hunterco.com
tel. 14156063408

Since its earliest days of hotels and ranches, Bolinas has had a strong sense of community. For decades, the Women's Club on the hill served as a gathering place for local events, from dances to memorials. Then in the early 1950s it was decided that the town needed a new building: a community center and firehouse. Townspeople, ranch families and weekenders worked together to raise every dollar from baking, handcraft and rummage sales. Locals donated land and volunteers did the construction. The Bolinas Community Center was built with heart and determination! It has served generations of people and always improved. When a new firehouse was built, the Bolinas Library moved into the front space as its permanent home. Always busy with diverse events, classes, and programs, the Bolinas Community Center has served Bolinas for 60 years! Supporting the Center, whether you are a resident or visitor means supporting our shared sense of community spirit.

Elia Haworth
History Curator
Bolinas Museum



Thursday, November 3
2pm - 4pm

The Cancer Fighting Kitchen

Rebecca Katz and
Jeanne Wallace, PhD, CNC

A cancer diagnosis is shocking, disorienting, and capable of scrambling anybody's mental GPS—not to mention their culinary compass. To find a stabilizing force, a grounding activity such as cooking and eating well can provide more than nourishment; it can offer a huge psychological boost.

Rebecca Katz is an expert on the role of food in supporting health during cancer treatment. Rebecca is executive chef for The Center for Mind-Body Medicine's Food As Medicine and Cancer-Guides® Training Programs, and is author of The Cancer-Fighting Kitchen: Nourishing Big-Flavor Recipes for Cancer Treatment and Beyond.

Jeanne M. Wallace, PhD, CNC, is widely regarded as one of the nation's prominent experts in nutritional oncology. She is founder and director of Nutritional Solutions, providing consulting to cancer patients about evidence-based dietary, nutritional, and botanical support to complement conventional cancer care.

RSVP to TheNewSchool@commonweal.org
No charge for the event; donations accepted

The New School at Commonweal
451 Mesa Road • Bolinas
868.0960 www.The-New-School.org

WIN IN CHINA FILM REVIEW

by Jenny Riviere

It is my pleasure to review Bolinas native Ole Schell's much anticipated second documentary, *Win in China*.

While the film features a host of young Chinese rappers, Ferrari salesmen and punk rockers it focuses primarily on the creation of the world's largest and most lucrative business-plan competition of the same name. In the film over 120,000 eccentric entrepreneurs compete for 5 million dollars to invest in their start-up business plans. Ole was given unprecedented access to the show's creator, the contestants and the judges in Beijing. His documentary opens a window not only to Chinese capitalism or "Socialism with Chinese Characteristics" but also to the country's rapidly changing youth culture. The irony of a "communist" country putting on the largest business competition of its kind is not lost in the film and is explored by the likes of Atlantic Monthly writer, James Fallows. Ole's father, Orville, is also in the film so it was a family project—which is another reason I loved it. Yes, I loved it, and keep in mind I'm not a regular documentary watcher. I recommend it to all, because everyone can take something away from it.

Ole's proud mom, Ilka, told me *Win in China* was shown at the United Nations in New York, many Ivy League Universities—including twice at Harvard—while touring through India and being shown theatrically in Great Britain. It was seen at the Council of Foreign Relations in Washington, DC and at the Asia Society in both New York and Washington DC. It was featured on CNN, BBC, and NPR. And to top all of that off, it was played at the Sidwell Friends' school where the Obama children, Sasha and Malia, attend. Talk about a local boy making good. So I write this review with much pride in my heart. Before I saw this film I had no idea how much China's economy has grown through entrepreneurship. I knew a bit about the communism aspect, but I learned a great deal more. This film is available on DVD from True South Studios.

Also I want to remind you all the Ole's other film, *Picture Me: A Models' Diary*, came out theatrically last fall in many countries and is now available on Netflix and Blockbuster. It will be on the Sundance Channel this November.

METALES M5 BRASS QUINTET 🎺🎷

Brassy, sassy, and classic: Metales M5 is Mexico's leading brass quintet. M5 programs range through the brass literature and include classical and world music, contemporary repertoire and pops arrangements. The five musicians break the barriers of musical genres as they take the blues to the opera and Bach to the roads of Michoacán. M5 mixes the well-known with the unexpected: surprising, virtuosic and always entertaining. With their skills for fine classical chamber music, showmanship, non-stop interaction with the audience, and Latin American charm, the group gives a concert that becomes a unique musical-theatrical performance. This project received support from California Presenters; WESTAF, the Western States Arts Federation; and the National Endowment for the Arts. **Friday, October 28, 8:00 p.m. / Advance tickets \$24 general, \$22 seniors; At the door \$27 general, \$25 seniors**

This Week @ The Dance Palace

415-663-1075 |
Tickets at: www.dancepalace.org

The marker with a brush tip made lines that were less cartoony. But there was the danger of getting hung up in detail.

I sketched with two sizes of markers. The jumbo marker made big fat lines. I was forced to simplify facial features.

I was tired by the time I had sketched 20 people reading Whitman. I entertained the idea of quitting.

But I felt the spirit of Arthur Okamura hover over me there in the Big Room at Commonweal. With his encouragement I knew there would be no problem finishing the assignment.

I was glad I didn't have to draw upside down.

With Arthur's help I worked faster. I'd dash off a sketch, not worry or fuss over it, just get it done.

Sometimes it worked.

Sometimes it didn't.

I'd sketch the person as quickly as possible, then sit back, relax, close my eyes and soak in the living, loving language of Walt Whitman. My left brain seemed especially receptive to the words of Whitman.

It was challenging to draw people as they were speaking. I tried to analyze lip movement as I drew, but very mouth was different.

Ears too were different. I often got hung up studying the ears of the person I was sketching. Ears and lips, I thought. It's all about ears and lips.

Finally it was over. The audience and all the readers stood and applauded each other. I have never heard such thunderous applause in the Big Room at Commonweal.

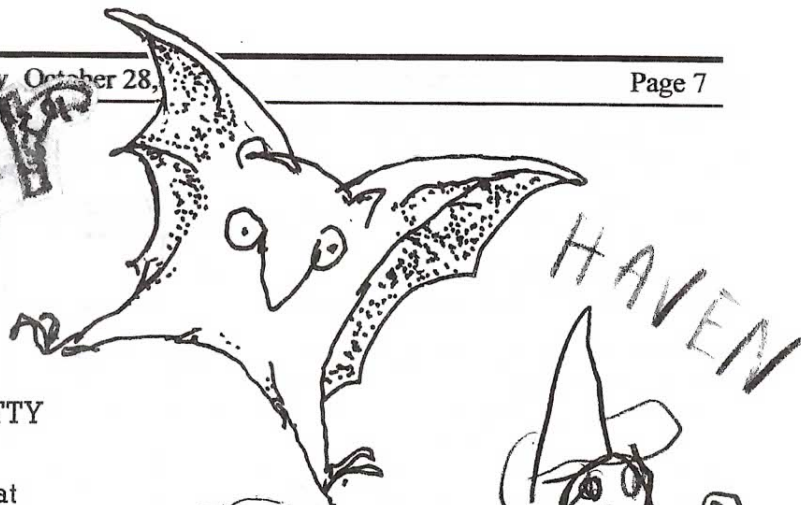
It was a magnificent initiation, Whitman's Song of Myself sung by 52 Myselfs, a unique expression of unitive consciousness through shared poetry.

Thank you to the New School at Commonweal, and the 52 Myselfs.

Whitman readers at Commonweal on Sunday

stu art

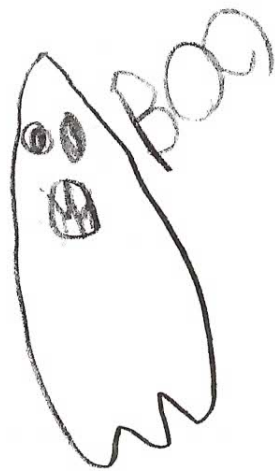
Kids' Corner



BATTY

The baby bat
Screamed out in fright,
"Turn on the dark,
I'm afraid of the light."

Wendy Stein



HAPPY
HAPPY
BIRTHDAY!!!

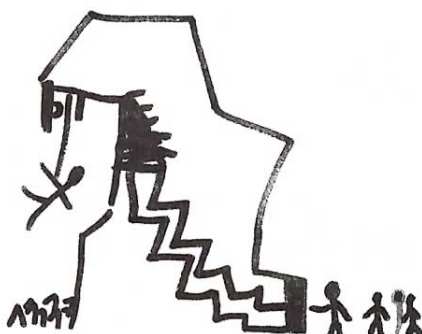
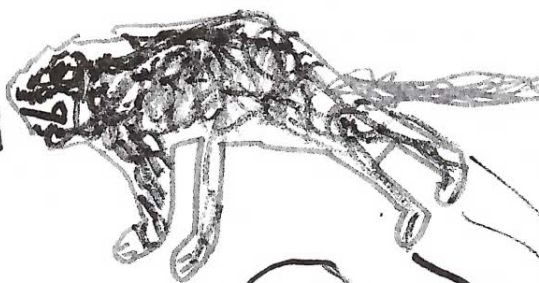
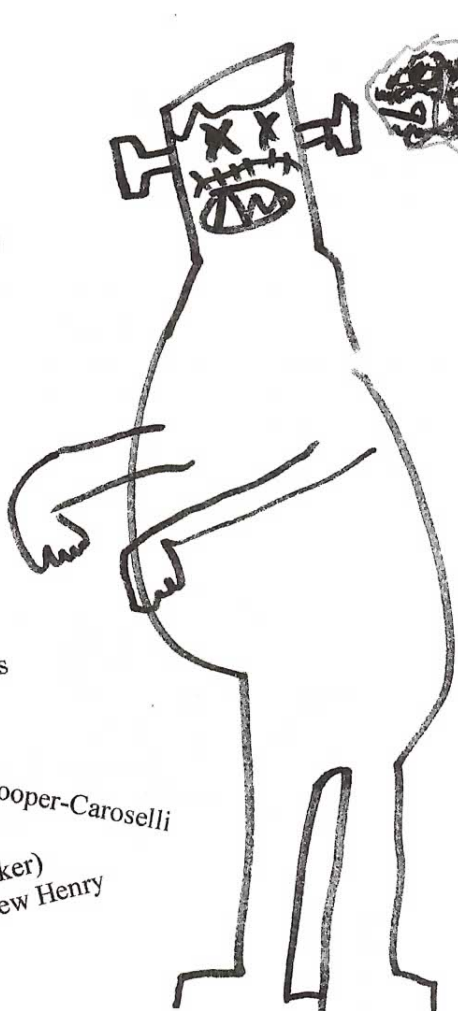
October 26:
Diana Alstad
Ahren Tiller
Waz Thomas

October 27:
Rowen Damio Cooper-Caroselli
Emmaline Craig

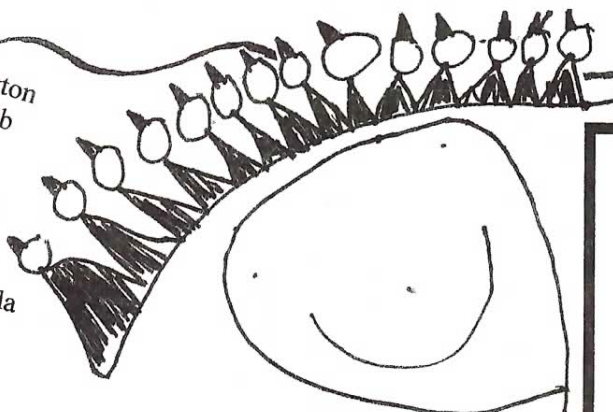
October 28:
Butch (HD Lueker)
William Matthew Henry
Yoey Kahn

October 29:
Jim Harrington
Heather Cobb
Erwan Bezie
Flower Sierra

October 30:
Richard Estrada



KAELEN



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from Fairies to Fiends**
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HADEN





HEARSAY NEWS CLASSIFIEDS

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. Fill 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.

HELP WANTED

PROGRAM ASSISTANT FOR ISHI AT COMMONWEAL

The Institute for the Study of Health and Illness (ISHI) at Commonweal is in search of an experienced assistant for its Healer's Art program. The award-winning 20-year old Healer's Art course is taught to first year medical students at 70+ medical schools here and abroad, providing medical students with an opportunity to explore and ground their future practices in the time-honored values of compassionate healing and human connection.

We are looking for a creative problem-solver who is a master of details and enjoys helping others succeed; someone with executive level support experience and excellent computer and data management skills; someone with a collaborative spirit and a service oriented perspective who is seeking long-term, non-profit work in a small, unconventional work environment in a beautiful coastal setting. Other essential skills include:

- an aptitude for mastering new software and internet technologies quickly and easily
- excellent Excel and Filemaker skills with an understanding of database functions and capabilities
- excellent writing skills (grant writing skills a plus)
- experience organizing and streamlining filing and other business systems
- meeting and workshop planning and coordination
- building networks through social media

Experience in an academic setting or allopathic healthcare environment a plus.

The Institute for the Study of Health and Illness at Commonweal is an undergraduate and post-graduate professional development institute for physicians, nurses, medical students and other healthcare clinicians who wish to renew and strengthen their commitment to service, and reclaim the traditional values of compassionate care and healing as the foundation of medical practice. F/T with benefits. In-house only. Please send resume w/cover letter that outlines why you would be a good fit for this job and why you are interested in this position, along with salary requirements to jobs@commonweal.org

TA 10/31

LOST & FOUND

LOST A SET OF KEYS DOWNTOWN
this past Tuesday PM. If found please call -2405

J 10/28

Black horn rim Foster Grant prescription eye glasses lost at Agate Beach-Sean. Contact Claire or Howard @868-2144

HD 10/17

Leather-bound journal found

It has some water damage "Operation Bloodhound" - this last week on beach below Palomarin Trailhead. Please call Steve @ 415-9022434 to identify/claim.

SH 10/17

Hat Found

"Skipper Hat" - Call Howard to describe 8682144

HD 10/17

Honda Keys(with remote lock)

Where: Evergreen between MESA and Poplar
When: Saturday morning, October 8-
Now at: Post Office bulletin board

DR 10/10

Surfboard Found

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

SD9/28.

ANNOUNCEMENTS

**The Roaring Coast
Variety Show
A Benefit for the
Fabulous, One and Only
BOLINAS COMMUNITY CENTER!**
Sunday November 6th at 5 PM

Come show us your talent and audition at the center on **Saturday October 29 from 1-3 PM**
The wackier the better! And all ages are welcome!!!

For more information and questions contact

Kate Hawk at [415-300-6931](tel:415-300-6931) or email at

katefinneran@yahoo.com KS 11/4

HALLOWEEN HAS COME TO UNIQUITIES! We have masks, costumes, hats, and we are featuring phenomenal StuArt HALLOWEEN TIES, starting this weekend through Day of the Dead. jp11/1

CLASSES

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THE NEW SCHOOL AT COMMONWEAL!**
sign-up free at the newschool@commonweal.org. Download past podcasts at www.commonweal.org/new-school/events.html NSx



CLASS SCHEDULE 2011

SUNDAY

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

MONDAY

Pilates w/Lisa (pre-register 868-0473)	5:30 - 6:30 p.m.
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TUESDAY

Yoga w/Trishna	9:30 - 11:00 a.m.
Arial Arts for kids w/Joanna (Info 868-8821)	3:30 - 6:00 p.m.
Zumba - Latin Dance Fitness w/Diane	6:30 - 7:30 p.m.

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

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

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

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EO 10/28

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11/1

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MB 11/2

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11/1


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-- Michael Rafferty, Online Editor

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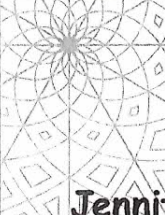
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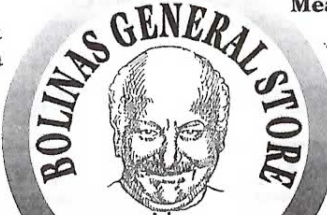
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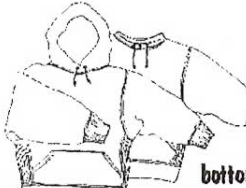


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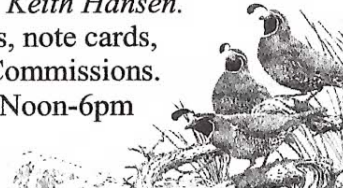


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