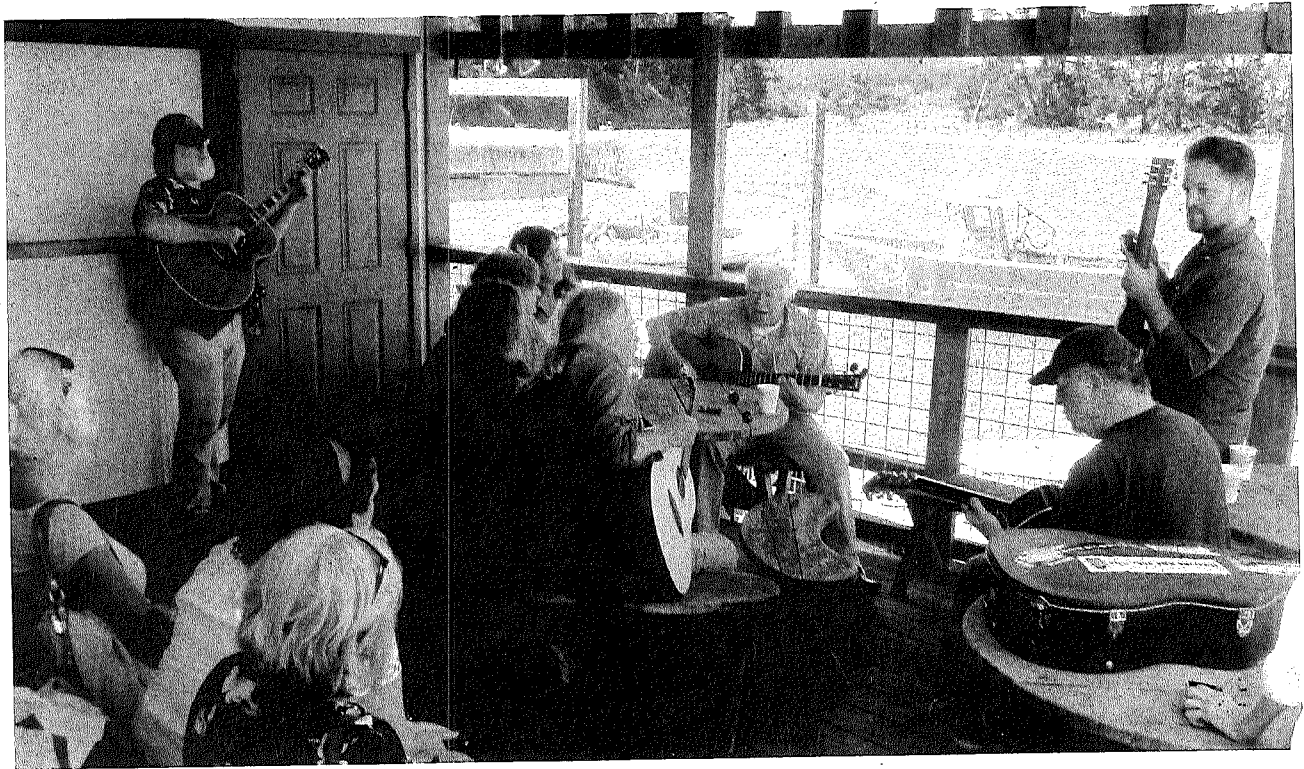


Bolinas Hearsay News

Monday, August 10, 2015

50 cents



Singing 'Amazing Grace' to the gentle rhythm of the tidal waters at the Rod & Boat Club at Mark Rafferty's wake on Sunday. Photo by Curly Rigg

Congratulations Trevor!
Trevor is a Grandpa

Ruby Willis ^{to} daughter
of Orrison & Ali Willis.
Aug 4th

Angela Vernon
(step - Grandma)

WHAT'S HAPPENING?

Monday, August 10, 2015

MESA PARK

Meeting of the Board of Directors @ Firehouse,
7pm. (Agenda inside)

Tuesday, August 11

'VILLAGE' MOVEMENT

Organizational meeting to coordinate resources for
aging in place, @ Firehouse, 3-5pm

END OF LIFE CHOICES

Julia Maxwell, Hospice nurse, leads discussion @
Community Center, 7-9pm. Repeats Tues 8/18

HAPPY HAPPY BIRTHDAY!!!

August 10:	Susan Sanders Lily Field Bill Braasch
August 11:	Jim Anderson Teri Jo Wheeler
August 12:	Eleanor Lyman Elijah Yerington
August 13:	Mark Butler Tyrone Cree Brendel John Kent
August 14:	Ananda Brady Jesse Barrow
August 15:	Jesse Harold Tacherra Robin Elizabeth Ross
August 16:	Cara Marcus Cyrus Hazzard

Wednesday, August 12

PERSEID METEOR SHOWER

Peaks tonight, showing all week.

Thursday, August 13

PHILIP CODY

Live Americana music @ Smiley's, 8pm. No cover.

Friday, August 14

SUN HOP FAT

Ethiopian jazz & funk @ Smiley's, 9pm, \$5 cover.

Saturday, August 15

HARRY & THE HITMEN

Bolinas Boogie @ Smiley's, 9pm, \$10

Dear Editor,

As I try to find the words to express how passionate my husband and I are about surfing and how even more passionate we are about passing the surf stoke onto our children, I regret to say that we feel a certain sadness when we take our children to my husband's home break. We have found a great disconnect in the surfing community, as surfing in Bolinas has become a profit based operation. The shores of Bolinas during the week are dominated by various surf camps that are run by people for profit. My children cannot even surf the waters, which were once a paradise for the children of Bolinas, as they are trampled by hundreds of inexperienced, beginner surfers, whose parents are paying thousands of dollars to put them in these surf camps. I fear for their safety in the water. It is with even greater sadness to know that none of these profits are being put back into the community, or at least we have not seen this occur. Not only do the local children have nowhere to surf anymore, or a way to connect to the ocean and find a certain peace within themselves, these surf camp owners have not attempted to offer scholarships for the local children, take them on outings to other surf spots, or give some sort of support for the local kids. My own children feel intimidated in the water; there are bus loads of kids, leaving no parking, and the once peaceful journey to the beach has now become a frustrating and dangerous battle-not just one day a week, but everyday during the week. Why don't these surf camps take the kids to Stinson? Shouldn't Stinson take this overload? Or, do surf camp owners not want to gain the proper permitting and go through these processes, since Stinson is a federal beach? There are also lifeguards at Stinson, ample parking and a 5 mile beach at their leisure. I propose that these surf camp owners, who have disrespectfully taken over our beaches, pay a large fee, which in turn is put into a fund for the Bolinas community, for beach maintenance, or for Bolinas youth outreach. Another option would be that a tax be imposed on these surf camp owners and the funds, again, go directly back into the Bolinas Community, helping local children purchase wetsuits, surfboards and commission surf trips to other places, such as Santa Cruz. These are not my ideas alone and have been expressed by other children and parents in the community, as well as my own children, who try and surf the water they call home, everyday. If anything, I hope this has raised some sort of awareness of the heartbreak we feel when just trying to pass the love of surfing onto our children, at the beach my husband once surfed as a child.

Sincerely,

Christina Dierks, Presley Forrest and Evan Forrest



COMMUNITY & CULTURAL CENTER

dance palace

AUGUST

VOLUNTEER WORK DAY & PICNIC

A day dedicated to sprucing up the Dance Palace. There are projects for all skill levels and ages. The Dance Palace Community & Cultural Center would not run without our amazing team of volunteers and friends and it would never look so nice without everyone pitching in once a year.

Saturday, August 15, 9 AM - 1 PM

CLOSED FOR RENOVATIONS

The Dance Palace will be closed for renovations August 24 - 29.

WHAT WAS THAT MUSIC THAT BILL QUIST PLAYED AT TOM D'ONOFRIO'S MEMORIAL?

Bill called in to say it was composed by Sergei Prokofieff, The Balcony Scene from his Romeo and Juliet Suite. The Piece was chosen because of the tragic nature of cancer & Tom's zest for life and love of women.

Submitted by Bill Quist

End of Life Choices

Julia Maxwell will offer information on end of life choices at the Community Center tomorrow, Tuesday evening, August 11, from 7 to 9 pm.

The class, which is free, repeats in 2 weeks on Tuesday, August 18 at the same time.

Julia is a retired hospice nurse from Bolinas. She has previously offered this information in Point Reyes and the San Geronimo Valley.

Susie Stewart

THREE GREAT THINGS ABOUT THIS PLACE...

(1) Mark Rafferty's wake Sunday at the Rod & Boat Club. A premature end to, by all accounts, an excellent, creative life.

(2) Sunny Sunday morning French toast outside on the porch, shaded by the lemon tree.

(3) 'Burrito night' chez our place, to celebrate Patricia's 4th Masters degree. Congratulations, Ms Hickey.

--Ned Riley

pasteup
ads/books
press

Ned Riley
June McAdams
Jennie Pfeiffer

Al Anon Weekly Meeting-St. Aidan Church

Wednesday 8:30-9:30 am

Diana - 9249

A New Approach to Interval Training

It has long been known that highly motivated athletes benefit from interval training, but that most people don't stick to programs that call for all-out effort for 4 minutes, or even 30 seconds. It's hard! Researchers in Denmark looked for easier ways to improve athletic endurance that would keep people motivated, even non-athletes. They devised a method called 30-20-10 (some prefer to call it 10-20-30) that keeps the all-out effort down to 10 seconds, and yet is effective in improving overall speed, endurance, and also may bring down blood pressure and LDL cholesterol in some adherents. Here's how it works. Warm up at an easy pace by jogging, riding a bike, rowing, or walking before you begin the intervals. Then start by spending the first 30 seconds at a easy, gentle pace, the second 20 seconds going moderately hard, and the final 10 seconds in all out effort. Do five of these 30-20-10 intervals in a row, and then rest for two minutes by standing or walking slowly. Do one more set of the five intervals and then stop for the day. The Danish researchers recommend that you take a day off between this method of training.

If you are already a jogger, rower or cyclist, this type of interval training may help you improve your speed in less time and with less pain. If you are not in shape, be sure to have a checkup with your healthcare provider, and start with a gentle walking program. Don't take chances with your heart! If all goes well, you can bring interval training into your walking program as time goes on.

The Mind Diet

Researchers at Rush University in Chicago have published a study in the journal *Alzheimer's and Dementia* in which they describe the benefits of what they call the MIND Diet. This diet, a combination of the Mediterranean diet and the Dietary Approach to Stop Hypertension (the DASH diet) was shown to lower the risk of Alzheimer's by as much as 53% in participants who adhered to the plan rigorously, and by about 35 % in those who followed it moderately well. The diet advises people to eat

the following foods: green leafy vegetables, other vegetables, nuts, berries, beans, whole grains, fish, poultry, olive oil and a glass of wine. Salad is advised daily, along with another vegetable. Three servings of whole grains are advised. The diet also involves snacking on nuts most days, eating beans every day or so, poultry and berries at least twice a week and fish at least once a week. Blueberries and strawberries are considered especially helpful for the brain.

Foods to avoid include: red meat, butter and stick margarine, cheese, pastries and sweets, fried foods and fast foods. Butter should be less than a tablespoon daily, the other foods should be eaten less than once a week.

Subjects for the Rush University study were volunteers already participating in the Rush Memory and Aging Project. They were enlisted among residents of Chicago-area retirement communities and senior public housing. The study began in 1997; an optional food frequency questionnaire was added from 2004 to 20013. There were 923 volunteers, and 144 cases of Alzheimer's developed in this cohort. In this study, the diet plan was shown to lower the risk of Alzheimer's by as much as 53% in participants who adhered to the plan rigorously, and by about 35 % in those who followed it moderately well.

It is important to know that there are lifestyle interventions that can help reduce the risk of dementia. Exercise is one of them, and the dietary approaches outlined here (familiar to all my readers!) can be added to the list. Give a virtual hug to our local farmers and the workers at the People's Store, who make adherence to a healthy diet so easy and pleasant.

*Sadja Greenwood See my blog
sadjascolumns.blogspot.com for past
columns*



Ken & Sam Levin

Window Cleaning

415.663.9669

West Marin's Best

I will. Become ascetic. I will. Become sublimated. I will. Become addicted to the excesses of capital and move to California where runaway queers transform into radical inclusionists and equality vigilantes. Chakratic auras of passive aggression. I will. Make art with the sophists and sycophants. They speak about love like politicians speak about democracy. Vote with hearts. Attention currency. Unpegged. I've moved through my Dionysian phase into my Apollonian. These bits are modular. These ideas are no bodies. What I don't know could fill a million libraries. Or an Internet. With a parallel universe of user generated individualized ads. Wandering the cul-de-sac of algorithms jumping up and down to try to see over the billboards. They absorb everything. Every transgression a punchline and product placement. Ressentiment? Rad sentiment says auto correct. We're drowning in it antonin. I mean friedrich. I mean Agnes. I mean Emerson. But not the racist parts. I mean history. The acorn that maps the forest. The vegetable oils are poisonous. The problems with using limit cases. Grass fed but grass is an acronym for corn, soy, asbestos, fracking solution, hormones and antibiotic pellets. Something is gifted to me and I intervene. Deleuze and guattari or Andalusian guitars?

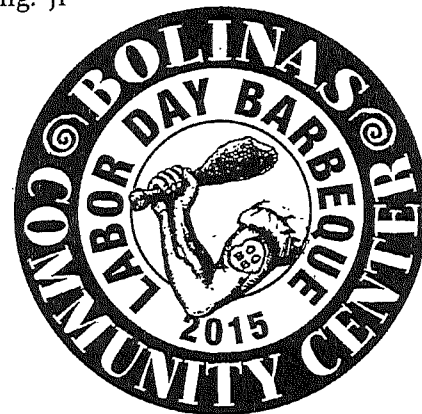
Perry Shimon



MONDAY MORNING WEEK IN REVIEW FROM JENNIE PFEIFFER, is on break for August and while I'm on break life keeps on happening for some and ending for others. Tragically, we lost Mark Rafferty last week, remembering his life and songs with a wake on Sunday, the Rod and Boat Club filled with family and friends. Love to Michael and the Rafferty clan.

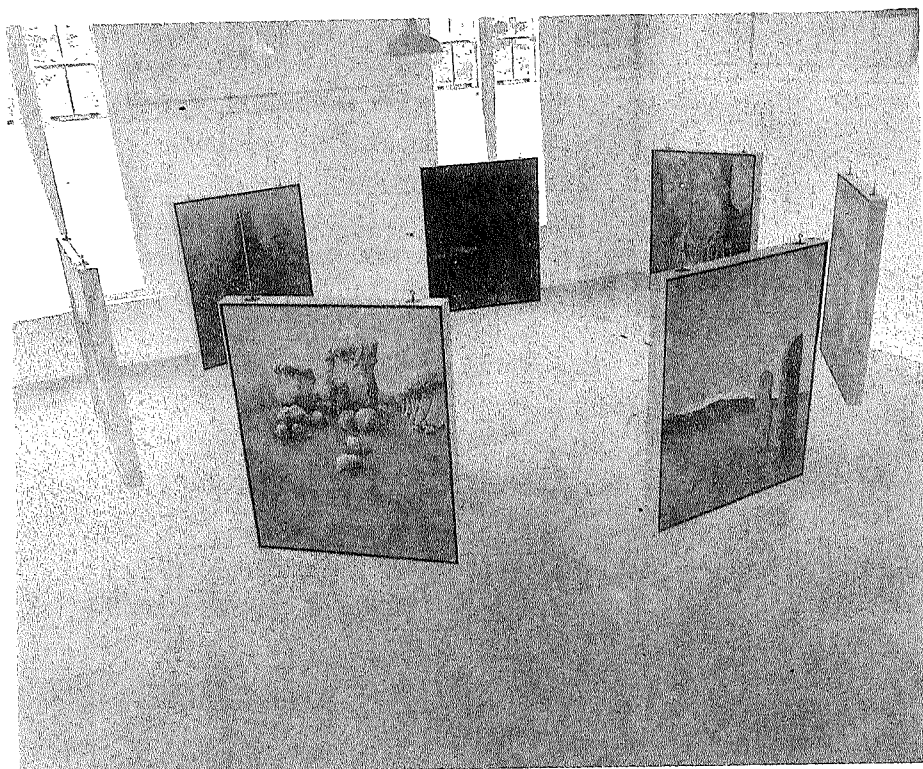
This morning, I heard of the passing of beautiful, charming, ever delightful Audrey Auld Mezera, singer/song writer and enthusiastic participant in all life has to offer. Holding Mez Mezera close in heartfelt thoughts.

The world will be a sadder place without these two good humored voices, now added to the heavenly choir. Take care out there. Loving hearts can only handle so much grieving. JP



SPIRIT OF PLACES

- AN INSTALLATION BY DIETER TREMP -



COMMONWEAL GALLERY EXHIBITION SPACE

1 Aug. through 30 Sept., weekdays 9:00 to 5:00 p.m.

Artist Reception: Saturday, 5 Sept., 3:00 to 5:00 p.m

"I can see again!"

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West Marin for thirty years*

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- Payroll
- Year-End Prep
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48 WHARF ROAD, 2ND FLOOR, BOLINAS

bringing order to your financial world

Mesa Park Board Meeting Aug 10th, 2015 7 PM Bolinas Firehouse Community Room

Call to Order:

Board Members Present:

Others:

Community Expression:

- 1) Melinda Stone: Bobop Dinner use of pizza oven.
- 2) Makers Market

Downtown Park:

- 1) Pizza oven key

Mesa Park:

- 1) Posting official signs about over night parking
- 2) Orange dust on soccer field
- 3) Fixing/adjusting sprinkler system in outfield
- 4) Adjusting auto locks on bathrooms

Irrigation Report:

Treasurer's Report:

- 1) Budget

Old News:

- 1) Job description for Chas/Arn/Meadow Mowing
- 2) Pricing of fencing for hillside in Downtown Park
- 3) Plum tree limb hanging over Women's Bathroom - partially split, now dropping plums (also could be contributing to the mold issue inside the bathrooms, due to restricted ventilation).
- 4) Pittisporum (sp?) and a pine tree growing over the property line impacting the BCLT apartment (behind the Gibson House).
- 5) Gopher abatement- Zachary Smith, Smith's Gopher Trapping Service
- 6) Snack shack pricing (\$5,000-\$6,000)
- 7) Park Website for booking cobb oven- Dylan
- 8)

Other:

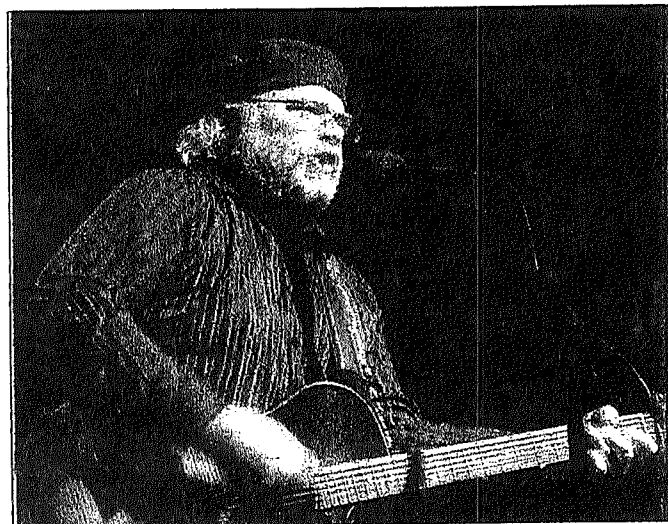
- 1) Sending a group text when issues arise

Approve Warrants:

Approve Minutes:

Next Meeting:

Meeting adjourned:



COURTESY OF WEST COAST SONGWRITERS

Mark Rafferty was found dead two days after he was arrested in a road-rage assault case.

By Gary Klien

gklien@marinij.com

@GaryKlien on Twitter

A Bolinas man arrested in a road-rage assault case Monday was found dead Wednesday in an apparent suicide.

Mark Rafferty, 62, was found inside a car after the California Highway Patrol received a report of a possibly crashed vehicle off Lakeville Highway in rural Sonoma County. The car was in a field just north of Highway 37.

Police determined the car did not crash, but that Rafferty apparently parked there to asphyxiate himself, CHP Officer Jon Sloat said. The case was turned over to the Sonoma County Coroner's Office for an autopsy and further investigation.

Rafferty had been arrested Monday afternoon after an incident on Point Reyes-Petaluma Road west of Nicasio Valley Road. Police said a cyclist drifted in front of Rafferty's car, forcing Rafferty to brake hard.

Rafferty yelled at the cyclist, the cyclist made a rude hand gesture, and Rafferty allegedly rammed the cyclist with his car and knocked him off the road, the CHP alleged.

The cyclist, Charles Keane-Zirepolo of San Francisco, declined medical treatment.

Rafferty was booked into Marin County Jail on suspicion of assault with a deadly weapon. He was released on bail pending a review by the Marin County District Attorney's Office.

Rafferty has no history of criminal charges in Marin Superior Court.

Police described Rafferty as a Bolinas resident, but a friend said he had been staying in Sonoma County for a driving job he recently lost because the client died.

Rafferty was a former site manager at Commonweal, a nonprofit educational and health center in Bolinas, from 1999 until leaving last year.

"We will remember him for his kindness, his sense of humor, his passion for music and song-writing, and his dedication to our work," said Michael Lerner, president of Commonweal. "We are holding Mark and his family in our thoughts and prayers."

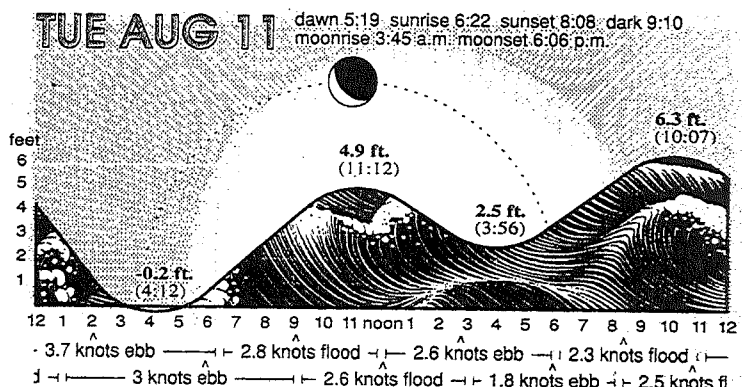
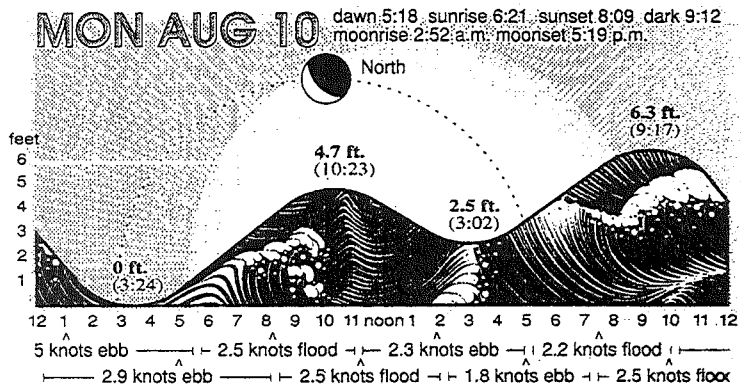
Rafferty was a 1972 graduate of Rockwell City/Lytton High School in Rockwell City, Iowa, according to his Facebook page. His survivors include a sister, Maureen Rafferty Sorensen, whose Facebook page — www.facebook.com/maureen.r.sorensen — received dozens of posts in memory of her brother.

Ian Crombie, executive director of San Carlos-based West Coast Songwriter, said Rafferty was well known in the musical community. Rafferty, a guitarist and songwriter, volunteered his time to run musical shows in Petaluma and often performed at local venues himself.

"He was actually kind of a jovial person," Crombie said. "He always seemed a really good person. ... I don't know why any of this happened, but it's so sad because he's such a nice guy."

KWMR RADIO SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
6:00	DAWN					WEEKEND DAWN		
	KWMR Music	KWMR Music	KWMR Music	KWMR Music	KWMR Music	As It Happens (CBC)	5 am Sunday Baroque	
7:00	NEWS & KWMR MORNING SHOWS					MORNING MUSIC, TALK & NEWS		
	Day 6 (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	As It Happens (CBC) (repeat)	Morning Glory	Daybreak	
8:00	With Eyes Open!	A Cuppa Jo	Rise and Shine	Swimming Upstream	Top of the Morning / Pieces of Peace			The Friday Guide
9:00	Park Wave- lengths / coming The Valley. KT's Kitchen / YDP: Retro Rock Hour	Airwaves	Fish Tales					
10:00	TURNING PAGES					Day 6 (CBC)		
	At Nature's Pace	Reading / Vinyl Cafe to John / (repeat)	Waves of Joy / Radio Bookmobile	For Children of All Ages / coming Casual Footsteps	Libro Abierto	Sunday Celebration		
11:00	TALK & CURRENT AFFAIRS						Vida with Saga / new Reveal	
12 pm	Trash to Treasure	Spirit & Mind / Questing	Alternative Radio	Philosophy Talk	Cuerpo Corazón Comunidad			
	The Bioneers							
1:00	Farm & Foodshed Report	New Dimensions	Planetary Radio	Attune- ment / Common- weal Convers- ations	An Organic Conversation	AFTERNOON MUSIC		
			Making Contact			Forms and Feelings	Happy Days	
2:00	Ocean Currents / Post- Carbon	On Being with Krista Tippett	Climate One	Art's Desire / Hot Tech/Cool Science	Peace Paradigm / The Local Radio / Organon		Jazz Rhythm	
3:00	AFTERNOON MUSIC					Hawai'i Calling / Woodstock West	Riverwalk Jazz	
4:00	Cruisin'	Aztec Pride / Professor Kosmo	Classical Wednesday	Classical Thursday	Classical Friday		The Vinyl Café	
5:00	new Art of the Song	Youth DJ Project: "The Loft"	Youth DJ Project / Prof Kosmo	TeaTime Books (Coastal Airwaves)		Circulo Musical	Learnin' / To Hell & Kirven / Bach	
6:00	NEWS & CURRENT AFFAIRS				Happy Hour			
	Epicenter	Epicenter	Epicenter	Epicenter				
7:00	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	new Night Flight / new Boy Voyage	EVENING MUSIC & DRAMA		
8:00	EVENING MUSIC					Celtic Universe	Elbow Room / Between Rock & A Jazz Place	
9:00	Release Me	Musical Varieté	Foggy Ridge / West County Prowl	Bakersfield & Beyond / Shorty's Bunkhouse	Magic Radio	The Jazz Groove	L.A. Theatre Works	
10:00	Barbarian Beach Party / Silver Dollar Jukebox	Faultline Radio	Coast Highway Blues	Off The Cuff / Running With Scissors				
11:00	Forms and Feelings (repeat)	DJ Your Life / Professor Kosmo	Sonic Sunspots	Sit Down!	Grateful Dead Hour	Saturday Night Function	Stuck in the Psychedelic Era with the Hermit	
12 am				The Latin Alternative				
	LATE NIGHT					LATE NIGHT		
	KWMR Music	KWMR Music	Sunspots to 1:30 KWMR Music	Best of British	Radio Goethe 12-1 KWMR Music	KWMR Music	DeepWaking 12-1 KWMR Music	



FOR SALE

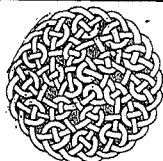
CHILD'S IKEA KITCHEN SINK/STOVE SET Wooden utensils & food (including pizza!) Wooden Doll House with a few furniture pieces Please call Lisa or Xanthe @ 0473

LT/7/31

DRY DRY DRY SEASONED FIREWOOD

Oak, Bay, Eucalyptus – Cut locally
 Gospel Flat Farm 868-0921

DMx



WANTED

LOVE SEAT OR SMALL COUCH

Tina Anne -2523

TA/8/12

I HAVE A FULLY SELF CONTAINED

8ft x 22ft motor home and need a space where I may park and occupy it. No services need to be provided other than the space.

No trades/pay rent only. Low profile, very quiet.

Local references. Contact Phil Shaw at e-mail:

BREEZERSTORM@gmail.com

PS X

WANTED: BICYCLE FOR BURNING MAN

StuArt- 868-2769

SC X

Classified ads that are free

As a public service to help the recycling of things ~ the finding and returning of things ~ and the need for transportation, the Bolinas Hearsay news will print for free ads in the categories

LOST & FOUND. FREE and RIDE SHARE.

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 hearsaynews@yahoo.com

Maximum approx. 20 words, will run at least one week, often longer

LOST AND FOUND

REI SUN PROTECTION HAT-TAN FABRIC.

Much needed. Call Martine 868 9036

MA 8/7

LIBRARY BOOK LEFT AT BOOKSTORE...OOPS

If you bought it, please return to library. "Pirate Diary: The Journal of Jake Carpenter." Happy to reimburse you.

Call Will 246-1446

WM 8/7

FOUND: IF YOU LEFT A BOWL, DISH OR PLATTER

at Tom D'Onofrio's Memorial call Joy @ 0982. Thanks, Joy

JC 8/5

LOST: CELL PHONE OLD CASIO BUTTON

phone! reward! Between school, town, Terrace, Elm, Opal.

Ron Brown- Return to Fire Dept.

RB 6/22

LOST: SMALL PADDED CAMERA BLACK CASE

lost in park during The Sun Festival on Sunday.

If found, call 0938

M6/22

CLASSES



Weekly Classes and Events Schedule

MONDAY

Bo Babies & Toddlers Open Play Group (free) 10:00 - Noon
 Pilates w/Lisa Townsend (pre-register 868-0473) 5:30 - 6:30 p.m.

TUESDAY

Senior Stretch W/Anna Gottreich 11:00 - 12:00 p.m.

WEDNESDAY

Pilates w/Lisa Townsend 8:30 - 9:45 a.m.
 Ninjitsu w/ Martin (Starts 1/14/15) 6:30 - 8:00 p.m.

THURSDAY

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

FRIDAY

Pilates Mat Class w/Lisa Townsend 9:00 - 10:00 a.m.
 No Place Like Home (Free Brunch 4th Fri of Month) 10:30 - 11:30 p.m.

SATURDAY

Diaspora Dance w/ Amber Hines 9:00 - 10:15 a.m.
 Ballet w/ Erika Townsend 10:30 - Noon

SUNDAY

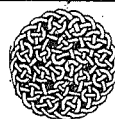
Brazilian Dance with Anna Gottreich 11:00 - 12:15 p.m.
 CommUnity Night (see website for details) 6:00 - 9:00 p.m.

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

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 as they might become separated) & drop into door slot.



FREE

FUTON WITH DARK WOOD FRAME

in good condition. - 9950. Thank you! Erica

EM 8/3

WE ARE REORGANIZING OUR SUPPLIES

and have a lot of extra white greenhouse shade cloth. Very handy stuff. Outside the fence on Poplar at Aspen till it's gone.

MN 7/31

JUNIOR LOFT BED W/ 3 DRAWER CHEST, DESK

& bookcase. Single mattress. Great shape - outgrown.

L 80", W 42", H 46". Call 9851 - vm342-6347

SS 7/24

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

PROFESSIONAL WRITING, RESEARCH, MARKETING
A (transplanted) local seeking telework -- part time/ project.
Political advocate for nonprofit. Master's Degree.

Local/professional references.
Andrew.W.Cattell@gmail.com 415.717.5342

AC 8/14

BRUSH TO MEADOW TRANSFORMATION
Heavy-duty tractor. Mowing / backhoe / roto-tiller / disking /
plowing / post-hole drilling. Don Murch -0921

DMX

HANDYMAN: HOME REPAIR, CARPENTRY,
painting, Hauling too! 27 years experience. Local refs.
Steve Hill -2310

SHX

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

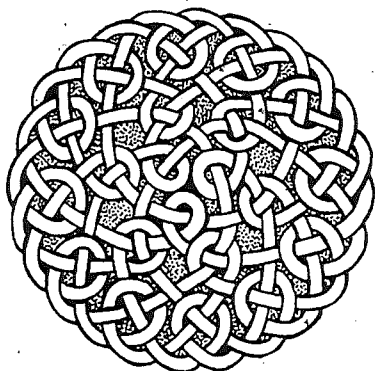
AIRPORT? HOWARD DILLON HAS
a Subaru SW for all Bay Area (& beyond?) destinations.
Many local refs 868-2144

HD x

ANNOUNCEMENT

LOVE DOGS FOR LIFE, INC., is an amazing non-profit that is dedicated to helping pets stay with their people through financial or life changing setbacks. There are delightful **Love Dogs for Life** products - mugs, bags, shirts, magnets, and art items, available for sale at *Uniquities Variety, Thrift & Gift* and *Really Good Pet Food Emporium*. All proceeds go to help fund this helpful and much used organization.

JP8/3/15



hearsaynews@yahoo.com

Submit articles, ads and drawings by midnight
Sunday, Tuesday or Thursday for publication
the next day.

Or to request a link to the password-protected website
to read online and info on how to subscribe online.

HEALTH & HEALING

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Excellent homocare & cleaning.
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CH x



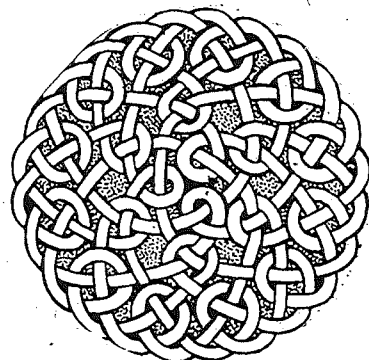
HOUSING WANTED

30 YEAR RESIDENT, ACTIVIST, POET & SURVIVOR
seeks cozy room or in law unit. Clean, quiet, widowed, needing
home by October. Sandy 1340 solartimeseditor@gmail.com

WV 8/13

Looking for a small home, can pay up to \$1,000! Juan and
Azucena and toddler Regina. 415-858-9782 or 415-868-0419
Ilka

IH 8/21



Regular meetings in West Marin

Lagunitas School Board	3rd Thursday	6:00 p.m.	Campus
SGV Healthy Comm. Collab'	2nd Wednesday	3:30 p.m.	Comm Center
SGV Nutrition Advisory Co.	4th Thursday	3:30 p.m.	Comm Center
Laf. Ed. Foundation (LEAP)	1st Monday	7:00 p.m.	Lag. School
SGV Planning Group	2nd Monday	7:30 p.m.	Comm Center
Dance Palace Board	1st Tuesday	7-9:00 p.m.	Dance Palace
Point Reyes-Olema 4-H	3rd Monday	6:30 p.m.	Dance Palace
Bolinas Community Center	3rd Tuesday	5-7:30 p.m.	Bolinas Library
Point Reyes Village Assoc.	2nd Thursday	7-8:00 p.m.	Dance Palace
Stinson Beach Village Assoc.	1st Saturday	10 a.m.	SB Comm. Ctr.
W.M. Lions Club	1st Tuesday	7-9:00 p.m.	Sta. House Café
Briones Lions Club	4th Thursday	7 p.m.	Rod & Boat Club
W.M. Rotary Club	Each Wednesday	8:30 a.m.	Toby's Feed Barn
W.M. Chamber of Commerce	1st Thursday	7:00 p.m.	Sta. House Café
Shoreline Unified School Board	3rd Thursday	7:00 p.m.	Rotating
W.M./Inverness School Site Council	4th Thursday	3:15 p.m.	W.M.S. staff room
W.M./INV SNAC Comm.	4th Monday	3:15 p.m.	W.M. School
KWMR Board	3rd Wednesday	6-7:30 p.m.	Fire Station
Inverness Public Utility District	4th Wednesday	9:00 a.m.	Fire Station
Inverness Association	4th Wednesday	7:00 p.m.	Library
Inverness Park Association	Date, time and location posted at Perry's Deli		
Bolinas Comm. Public Utility Dist.	3rd Wednesday	7:30 p.m.	BCPUD office
Marin Municipal Water District	1st/3rd Tuesdays	7:30 p.m.	MMWD office
Bo-Stin Union School Board	2nd Tuesdays	6 p.m.	Bolinas campus
Stinson Beach Water District	3rd Saturday	9:30 a.m.	SBCWD office
Bodega Bay Public Utility District	3rd Wednesday	9:00 a.m.	BBPUD office
Tomasles Village Comm. Serv. Dist.	2nd Wednesday	6:00 p.m.	Town Hall
Tomasles Town Hall Board	1st Wednesday	7:30 p.m.	Town Hall
Tomasles Design Review Board	3rd Wednesday	7:30 p.m.	Town Hall
Tomasles 4-H Club	3rd Monday	7 p.m.	Town Hall
North Marin Water District	1st/3rd Tuesdays	7:30 p.m.	NMWD office