

# Bolinas Hearsay News

Monday, September 12, 2016

50 Cents



The Naked Lady blooming season is coming to an end.  
Until next summer. photo: Curly Rigg

## WHAT'S HAPPENING??

Monday, September 12

### MESA PARK BOARD MEETING

7pm Firehouse

Tuesday, September 13

### A COUPLE OF POETS

Julie Rogers & David Meltzer, Stinson Beach Library, 7pm

Thursday, September 15

### BOLINAS-STINSON WHITECAPS

Regular monthly luncheon meeting of seniors group @  
Rod & Boat Club, Wharf Rd, 11:30am

Friday, September 16

### FULL HARVEST MOON

12:05pm

### JETHRO JEREMIAH

Live music @ Smiley's, 9pm, cover.

Saturday, September 17

### BAD APPLE STRING BAND

Live music @ Smiley's, 9pm, cover.

### CALIFORNIA ORCHIDS FALL SALE

9am-4pm. [www.californiaorchids.com](http://www.californiaorchids.com)

Sunday, September 18

### BOX SHOW CLOSING PARTY

And live auction @ Gallery Rte One, Pt Reyes, party 2-  
3pm, auction 3pm

Thursday, September 22

### AUTUMNAL EQUINOX

Starting today at 7:21am, each day will have more  
darkness than light, until the light returns.

Saturday, September 24

### COMMONWEAL'S 40<sup>TH</sup> ANNIVERSARY

Music, food & reflections about 40 years of work in Health  
&b Healing, Education & the Arts, and Environment &  
Justice, Commonweal, RSVP: [erin@commonweal.org](mailto:erin@commonweal.org)

### GUSHING WOMAN

Ocean & the Goddess, high noon, Brighton Beach

## HAPPY, HAPPY BIRTHDAY!!!

September 12:

Belle Wood  
Karly Zeno  
Natasha Gubert  
Heidi Adrienne Ford

September 13:

Angela Vernon  
Dominique Jackson  
Abey Nasra  
Bobby Saberi

September 14:

Suzie Senk  
Malcolm Ponder  
Gerrund Bo Jeste  
Allan Maxie  
Cheryl Stough  
Danielle Vincent  
Cheryl Batson

September 15:

Pamela Jane Lewis  
Laura DiStasi  
Elnora Mae Phillips

September 16:

Laurie Patton  
Marion Webber  
Megan Matson  
Zephyr Forest  
Lori Morgan  
Jerrye Sean  
Raven Angelica

September 17:

Max Kline

Pasteup  
Ads/books  
Press

Ned Riley  
June McAdams  
Jeff Manson

COMMUNITY &  
CULTURAL CENTER

dance palace

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

## The Art of

### Vitality Tuesday, September

13, 7:00 PM Join Anna  
O'Malley and James Stark in an  
exploration of human health  
within an ecological  
framework. Weaving science  
and experience with  
interpersonal connection, Anna  
and James will present how to  
create an ecology that will  
enable you to be fully expressed  
in optimal health and vitality.  
We'll envision what this might  
look like in our West Marin  
community.

## Sarah Cahill and Kate Stenberg in Concert

Sunday, September 18, 2:00 PM

Pianist Sarah Cahill and Violinist Kate  
Stenberg perform! Their program  
includes:

Brahms: Sonata for Violin and Piano  
in A major, op. 100

Mozart: Sonata for Violin and Piano in  
B-flat major, K. 454

Debussy: Sonata for Violin and Piano  
in G minor

Cowell: Sonata for Violin and Piano

Ruth Crawford: Sonata for Violin and  
Piano

Alan Hovhaness: Khirgiz Suite, for  
Violin and Piano, Op.73, No.1

\$20, general admission

## Community Forum with Supervisory Candidate Dominic Grossi

Monday, September 19, 6:30 PM to  
8:30 PM

Community forum to meet and ask  
questions of Supervisory Candidate  
Dominic Grossi.

Hello Hearsay,

California Orchids Fall Sale  
Saturday, 9am-4pm

Thanks, Mary

Mary Nisbet/California Orchids  
[www.californiaorchids.com](http://www.californiaorchids.com)

## THE BCLT IS LOOKING FOR MORE BOARD MEMBERS

In our efforts to provide additional affordable housing,  
The Bolinas Community Land Trust is seeking to  
expand our Board of Directors. We believe a successful  
Board should properly represent the diverse nature of  
our community.

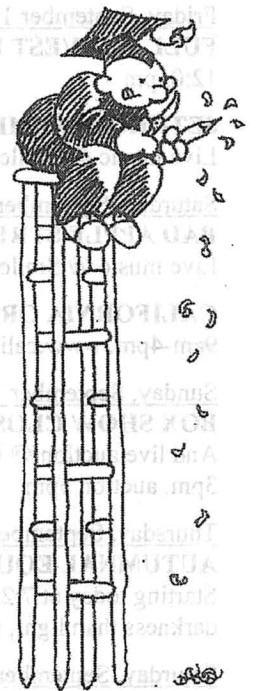
If you are interested in participating in this important  
local organization please send a short bio and reasons  
for your interest to our Executive Director, Jerry  
Bernstein at: [Jeromeb2339@gmail.com](mailto:Jeromeb2339@gmail.com)

For more information and/or questions please  
visit our website or email us at:  
[bolinascommunitylandtrust@gmail.com](mailto:bolinascommunitylandtrust@gmail.com)

"Sign-up now for Faultline classes, starts next  
week! Look for catalogs at the library,  
bookstore, post office and People Store, or go  
online [Bolinascommons.org/Faultline](http://Bolinascommons.org/Faultline). Take a  
class on dreaming, pest management, soil  
culture, paper marbling, music appreciation,  
natural dyes and so much more!!!!!! Hope to  
see you in class!

-Your three-headed dean,  
Van Waring  
Harriet Kossman  
Jeff Warrin

**FAULTLINE  
INSTITUTE**



**FRIDAY FARM STAND  
@ Star Route Farms  
Noon – 5PM**

**COOL COASTAL GREENS  
AND THEN SOME!**

## THREE GREAT THINGS ABOUT THIS PLACE...

- Debbie Morrison. We bonded over the adoption of MsSkitty and our family will always be grateful. Go in peace, Debbie.
- Our Labor Day street party. The greatest.
- Last week's run of sunny mornings. Let's hope they return soon.

--Ned Riley



## **Some Tested Ways to Prevent Cancer or Stop its Spread**

**\*Don't smoke, and drink alcohol sparingly or not at all.** Recent studies have shown an association between alcohol and cancers of the throat, esophagus, liver, colon, rectum, and breast. Even light drinking increases the risk of breast cancer.

**\*Get up and move whenever you can.** Walking is a great exercise, and so is dancing. Aim for 30 minutes a day, or more, of your favorite movement. Keep your weight within the normal range - ask your primary care provider to help you with this.

**\*Avoid white flour, sugar, sweetened drinks and junk food, to keep your blood sugar low and even.** Eat whole foods with their natural fiber intact. Eat sweet potatoes, winter squash and fruits when you want something sweet.

**\*Eat lots of vegetables, and include a member of the brassica family every day.** Brassica vegetables include kale, collards, cabbage, broccoli, arugula, mustard greens, bok choy Brussels sprouts and turnips. Johns Hopkins University has a laboratory studying the effects of brassica vegetables against cancer. In addition to Brassicas, deeply colored vegetables and fruits are the best. Eat whole fruits, not their juices, to keep your blood sugar from spiking.

**\*Drink green tea - compounds in green tea act against cancer.** Consider buying a green tea with the beneficial compounds of brassicas. The Johns Hopkins Brassica lab sponsors such a green tea - regular or decaf - which you can order from the Baltimore Coffee and Tea Company - 800-423-1408.

**\*Include herbs and spices in your diet.** Try a daily salad that includes herbs such as parsley, basil, mint, cilantro, thyme, oregano, marjoram, rosemary and other herbs you enjoy. For further information on herbs and spices, look at the book *Healing Spices*, by BB Aggarwal. Dr. Aggarwal worked at the M.D. Anderson Cancer Center in Houston. He feels that turmeric is one of the most promising anti-cancer spices, and suggests that everyone

take a 500 mg supplement of curcumin (the active ingredient in turmeric) daily.

[www.curcuminresearch.org](http://www.curcuminresearch.org)

**\*Eat mushrooms often, always well cooked.** Studies from Japan and China show that many kinds of mushrooms act against cancer.

**\*Eat plenty of garlic, onions, & scallions - raw or cooked as desired.**

**\*Eat one or two Brazil nuts daily -** selenium in these nuts is an immune booster. Walnuts may be helpful for breast cancer. Nuts are a healthy snack at any time.

**\*Use extra virgin olive oil as your fat for cooking and salads.**

**\*Drink plenty of water.** You can flavor it with mint leaves and slices of orange, lemon or cucumber.

Remember that tea, coffee, broths and soups also count as liquids. Coffee has been found to decrease the risk of cancers of the colon and rectum, whether it is plain, decaf, instant or espresso.

**\*Go to LowBlueLights.com to read about the anti-cancer benefits of melatonin and its promotion of restorative sleep.** If possible, get blue-blocking glasses and wear them 1-2 hours before your regular bedtime. These glasses are available from the website, and also from BluBlocker.com. Blocking the blue component of light allows for the natural outflow of melatonin from the pineal gland. Use melatonin tablets under the tongue if you need a sleeping pill.

**\*To find accurate information on nutrition and supplements, go to ScienceDaily on the web, or write the word 'university' in your search.** This will help you avoid websites that are selling you something. Several newsletters will keep you up to date on cancer prevention: Tufts University's Health and Nutrition Letter - monthly, \$36/year - 800-274-7581, and Nutrition Action Health Letter, published by the Center for Science in the Public Interest - 10 issues a year; \$24, - [nutritionaction.com](http://nutritionaction.com).

Continued next page

Firehouse Community Park Agency  
Mesa Park Board Meeting  
Sept. 12th, 2016 7 PM  
Bolin's Firehouse Community Room  
Contact: mesaparkboard@gmail.com

## Call to Order:

## Board Members Present:

1. Victoria Maier's resignation from the board.

## Others Present:

## Community Expression:

1. Michael Cavet- Compost tea for the soccer fields

## Downtown Park:

1. Cobb Oven repair and costs.
2. Need to order trash cans for the front of the park.

## Mesa Park:

1. Skate Park renovation-total \$18k without Proof lab and Mesa Park contribution. Would like to announce an amount from the park that can be put on the go-fund-me account and then proof lab will be able to meet the amount.
2. Parking lot repair
3. Need to get a load of engineered woodchips for the playground.
4. Norcal Well quote \$9750.00, do we have the previous quote?
5. Order new cap for water tank-Mark
6. Need a water gauge on the water tanks to measure how long it takes to refill.

## Treasurer's Report:

- 1.

## Old News:

1. Center Post price and timeline?
2. Website progress?

## Other:

2. Create add for a manager position.

## Approve Warrants:

1. Total \$14096.43

## Approve Minutes:

Meeting adjourned: Submitted by Victoria Maier

Continued from previous page

**\*For the latest information on organic and conventional produce and other key environmental issues, check out the Environmental Working Group at [www.ewg.org](http://www.ewg.org). Look for their recommendations on "The dirty dozen and the clean fifteen", indicating which foods you should always buy organic, such as strawberries and apples.**

**\*Stay connected with your friends, family, support systems and the things that make you happy. Last but not least - avoiding isolation is very important for our survival.**

**Sadja Greenwood, MD, back issues:**  
[sadjascolumrts.blogspot.com](http://sadjascolumrts.blogspot.com)

## WHAT HAPPENED THIS WEEK

9/12/16 Monday Morning Recap from Jenniepfeiffer

The very sad news of the end of life of long time Bolinas Community member, Debbie Morrison, arrived the day before Labor Day. Endings are always a startle, no matter when or what the circumstances. Even though we know that all things end and life passes, it is easier to push that thought to the back of the mind, like a dark cloud that at any time might obscure the brightness of a sunny day, but is kept hidden until that time. The slow down of the music at the end of the carousel or merry-go-round ride is always an unhappy surprise, even knowing at the start there would be a limited time to enjoy the experience. Things will go on but will not be the same, and we will not be seeing the "Dog Crate" car around town with Debbie and her dogs. Sad farewell to Debbie and condolences to Tom, family and friends.

Among the things continuing on, was Labor Day, the official end of summer vacations, and the Community Center's annual awesome town party with Bar-B-Q and silent auction, music and dancing in the street. It's always a pleasure, and amazing to see how many people continue to step up to help put on this outstanding reunion event. Thanks to everyone who worked so long and hard to make in another memorable day, celebrating laborers, and labor unions and workers of the world.

On Wednesday, the long trip began for our beautiful braves, Jesse McCollum, his daughter Chloe Dancer, and Tommy Glavey, travelling to North Dakota to represent us in standing with the Standing Rock Sioux Nation to protect the water of the Missouri River from the Dakota Access Oil Pipeline. They got there safely in Tommy's truck, which was filled with supplies and gifts and good wishes from many of us here, for the people who are working there to protect the water from potential oil contamination. Right after they got there, President Obama called for a halt (though temporary, allowing further study) so looks like they brought good Karma with them. I am honored to live in a place that is home to such righteous people and I thank them for this trip and for keeping us posted on facebook.

Saturday night at the Bolinas Community Center was the Third Grateful Dead event that Pamela Springer has coordinated with Julie Augustyn and a team of dedicated fundraisers. Each event has been in support of a worthy cause, this one was to bring awareness to the devastation that childhood cancer brings to the lives of affected children and their families. It was another beautiful night at the Center, with the hope of raising money for Zamora Moon, fighting DIPG, Diffuse Intrinsic Pontine Glioma, a brain cancer that affects the central nervous system of children 5-10. It has no cure, no funding, and consequently no hope. It has a 0% survival rate. Zamora's mother is a kindergarten teacher and musician, the fiddle player with the local Bay Area band Pink Sabbath. Our hearts and love go out to this brave 8 year old and her family who are trying everything they can to give her more time on this earth. Hate to see the carousel ride end for her in such an untimely way. Big love, jp



**Ken & Sam Levin**

**Window Cleaning**

**415.663.9669**

**West Marin's Best**





CENTRAL PRESS/GETTY IMAGES

Editors of the underground magazine *Oz*, from left, Felix Dennis, James Anderson and Richard Neville, in 1971, during their appeal of convictions under the Obscene Publications Act.

## Richard Neville, 74, a Founder of *Oz*, A Counterculture Magazine of the '60s

By SAM ROBERTS

Richard Neville, who challenged societal taboos and obscenity standards as a founder of the satirical countercultural magazine *Oz* in the 1960s, died on Sunday in Byron Bay, Australia. He was 74.

The cause was complications of dementia, his daughter Lucy said.

Mr. Neville would evolve into a futurist who envisioned a "race between self-discovery and self-destruction," as he put it. But his greatest legacy was *Oz*, which was started with two other budding journalists — all barely out of college — from his parents' home in suburban Sydney on April Fools' Day in 1963.

Four years later, it spawned a more famous and raffish London offspring that sold over 80,000 copies at its peak and became a paradigm of the underground magazine.

With his co-founders — Richard Walsh, editor of a Sydney University student newspaper, and the artist Martin Sharp — Mr. Neville inaugurated *Oz* with a historical account of the chastity belt and an exposé of back-alley abortions. They later peppered it with, among other things, radical feminist essays by Germaine Greer and risqué cartoons by R. Crumb.

Lampooning sexual mores, revealing racism and mocking priggishness, *Oz* incited fusty establishment elders in Australia and London and provoked what was, at the time, Britain's longest and possibly most colorful obscenity trial.

Over six weeks in 1971, Mr. Neville eloquently mounted his own defense; the comedian Marty Feldman was called as an expert witness; John Lennon and Yoko Ono recorded a pop single ("God Save Us") to raise funds for the defense; and Anna Wintour, a young British national, offered to marry Mr. Neville, who was her boyfriend and boss at the magazine, to keep him from being deported after he was convicted.

The case was the basis of a 1991 BBC television production called "The Trials of *Oz*," starring Hugh Grant as Mr. Neville.

"He was a provocateur, an adventurer and a journalist," Geoffrey Robertson, a lawyer who aided the defense, told *The Guardian*.

Throughout his life, Mr. Neville opposed violence, derided orthodoxy and demonstrated what Mr. Robertson described as "a commitment to sexual equality, rock 'n' roll and human rights" and an "endless curiosity about what lay beneath the emperor's newest clothes."

Adapting a Neville axiom 25 years later, Tony Blair declared during a New Labour election campaign in the mid-1990s: "As Richard Neville said, there is only an inch of difference between us and the Conservatives, but it is an inch worth living in."

Richard Clive Neville was born in Sydney, Australia, on Dec. 15, 1941, the son of Clive Neville, a bookkeeper who became managing director of a newspaper, *Country Life*, and the former Betty MacKnight, a journalist.

He graduated with a bachelor's degree from the University of

Neville appeared to be urinating on a government building. The three were convicted and sentenced to up to six months' hard labor, but the verdict was overturned on appeal because the magistrate had misdirected the jury.

Mr. Neville worked as an advertising copywriter and a movie reviewer before moving to Britain. He published the first issue of *London Oz* in 1967 in what he assumed would be a more forgiving cultural climate. It wasn't, not with the "Oz Guide to Taking LSD" or a special edition on "The Pornography of Violence" or, perhaps most notoriously, the May 1970 issue, which prompted the obscenity trial.

The issue was guest-edited by teenagers who had responded to an invitation by the magazine to include whatever content they chose. One submitted cartoon showed a bear's genitalia.

Mr. Neville was tried with two colleagues at *London Oz* — Jim Anderson, a fellow Australian, and Felix Dennis, a former rock drummer who went on to become a media mogul. (He died in 2014.)

The three were acquitted of conspiring to corrupt public morals, but the judge directed a guilty verdict for obscenity. Mr. Neville was sentenced to 15 months in prison. But that verdict, too, was reversed on appeal.

*Oz* ceased publication in November 1973, after Mr. Neville had left the magazine.

Mr. Neville wrote several books, including "Playpower" (1970), predicting that technology would allow more leisure time, and "Hippie Hippie Shake" (1995) a memoir. In the late 1970s, he was a New York-based freelance writer and collaborated with Julie Clarke, a television reporter, on "The Life and Crimes of Charles Sobhraj," a 1979 counterculture-gone-amok biography of a serial killer who preyed on Western tourists in Southeast Asia.

He and Ms. Clarke later married. She survives him, along with their daughters, Angelica and Lucy Neville.

Mr. Neville was a commentator on television programs in Australia in the 1980s and founded the Australian Futures Foundation in 1997.

He later said that he had left *Oz* because he was tired. Besides, he said, the '60s — the "stuff going on in the ether that was beginning to make life quite a lot different from the life of our parents," as he put it in 2013 — were over.

But he also defended that decade's cultural explosion, saying "it was perhaps commercialized, it was marketed, it can be ridiculed, but at the same time, at its core, it had a genuine spirit of hope for humankind."

Unlike many contemporaries, though, he did not go in for nostalgia.

"The thing that was important about the way he thought was he always welcomed the future," Germaine Greer said this week on Australian television. "He looked forward to the new."

Michelle Innis contributed reporting from Sydney, Australia.

### *He defended himself in a colorful British obscenity trial.*

New South Wales, where he edited the cheeky student newspaper. In founding *Oz* with Mr. Walsh and Mr. Sharp (who died in 2013), he was animated by the American satirists Lenny Bruce and Mort Sahl. (The name was inspired by a contraction for Australia, as well as L. Frank Baum's books.)

A year later, they were charged with obscenity on the basis of a cover photograph in which Mr.

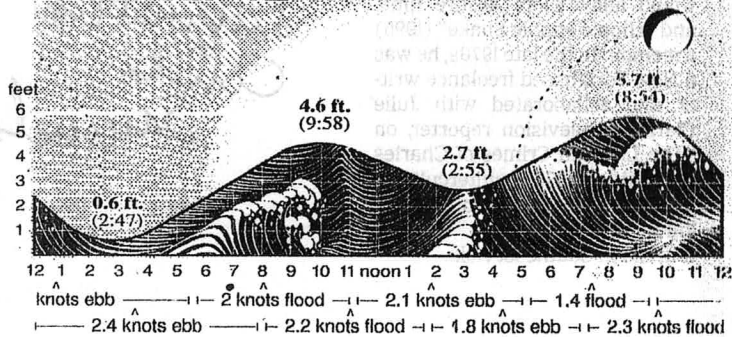
Sat N.Y. Times  
Submitted  
Cinda  
Samuels



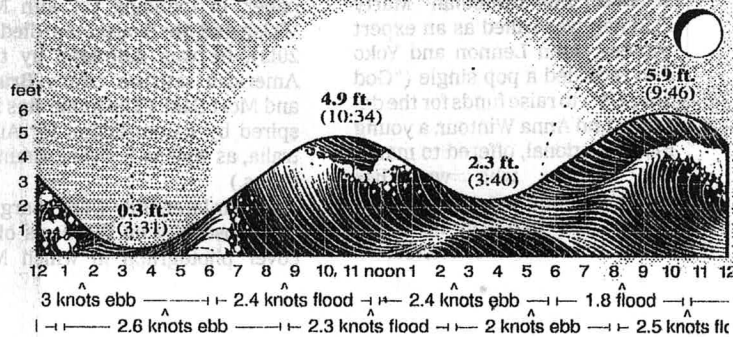
# KWMR RADIO SCHEDULE

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
	DAWN					WEEKEND DAWN	
6:00	KWMR Music	KWMR Music	KWMR Music	KWMR Music	KWMR Music	As It Happens (CBC)	KWMR Music
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	Sunday Baroque
8:00	With Eyes Open! A Cuppa Joe	Rise and Shine	Swimming Upstream	Top of the Morning Pieces of Peace	La Mañanita Alegre		
9:00	Park Wave-lengths The Valley Sound Science	Airwaves	Trash to Treasure Fish Tales		Specials		
10:00	TURNING PAGES					Day 6 (CBC)	Sunday Celebration
	At Nature's Pace	Reading / Vinyl Cafe to John (repeat)	Waves of Joy Radio Bookmobile	For Children of All Ages Casual Footsteps	Libro Abierto		
11:00	TALK & CURRENT AFFAIRS					Vida with Saga Tailgating Specials	
	Trailer Talk	Spirit & Mind Questing	Cuerpo Corazón Comunidad	Let's Talk	new Reveal		
12 pm	The Bioneers	New Dimensions	Planetary Radio	Commonweal Conversations	new Alternative Radio	AFTERNOON MUSIC	
	Farm & Foodshed Report		Making Contact			Happy Days	
1:00	Ocean Currents Post-Carbon	On Being with Krista Tippett	Climate One	Art's Desire Hot Tech/Cool Science	Peace Paradigm Radio The Local Organon	Forms and Feelings	Jazz Rhythm
2:00	AFTERNOON MUSIC					Hawai'i Calling The Scoring Stage	The Vinyl Café
	Cruisin'	Aztec Pride Desde La Bahla	Classical Wednesday	Classical Thursday	Classical Friday		
3:00	Art of the Song	Youth DJ Project / Prof Kosmo	Youth DJ Project / Prof Kosmo	TeaTime Books (Coastal Airwaves)	The French Touch	Learning Curve To Hell & Bach	
4:00							
5:00	NEWS & CURRENT AFFAIRS					Circulo Musical	
	Epicenter	Epicenter	Epicenter	Epicenter	Happy Hour		
6:00	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)		EVENING MUSIC & DRAMA	
	EVENING MUSIC					Celtic Universe	Classic Radio Theater
7:00	Release Me	Musical Varieté	Faultline Radio	Bakersfield & Beyond Shorty's Bunkhouse	No Bad Vibes Specials		
8:00	Sessions from Chicken Point Silver Dollar Jukebox	DJ Your Life West County Prowl	Coast Highway Blues	Off The Cuff Running With Scissors			
9:00	Forms and Feelings (repeat)	Stuck in the Psychedelic Era with the Hermit	Sonic Sunspots	Sit Down! Get Down!	Night Elight Bring It On Home	The Jazz Groove	L.A. Theatre Works
10:00				Under the Needle			
11:00	LATE NIGHT					LATE NIGHT	
12 am	DeepWaking 12-1	KWMR Music	Sunspots to 1:30 KWMR Music	Best of British	Radio Goethe 12-1 KWMR Music	The French Touch (repeat)	Grateful Dead Hour

MON SEP 12 dawn 5:52 - sunrise 6:50 - sunset 7:21 - dark 8:19  
moonset 2:24 a.m. moonrise 4:45 p.m.



TUE SEP 13 dawn 5:53 - sunrise 6:51 - sunset 7:20 - dark 8:17  
moonset 3:23 a.m. moonrise 5:29 p.m.





# 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 /  
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CHX

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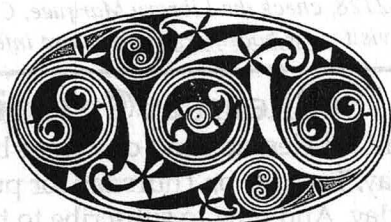
SRX

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

HD x

Now is the time to be planning for fall/winter installation  
of CA native landscapes. Please call if you'd like our help.  
**natural landscapes/Lea Earnheart & Associates**  
415.868.9330 [learnheart@sbcglobal.net](mailto:learnheart@sbcglobal.net)

LE 9/16



## How to contribute to the Hearsay News in person

Come to the office at 270 Elm at Maple, behind the  
BPUD office on Mons, Weds and Fris 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 mail  
box 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.

## Read the Hearsay Online

**F**or 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  
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[868hearsay@gmail.com](mailto:868hearsay@gmail.com)

## HEALTH & HEALING

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Newborn to Elders  
Coastal Marin Only  
More than 39 years nursing experience  
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## HOUSING WANTED

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simple shelter. Excellent references. Secure, steady income.  
Canyon, 302-0426

C 9/14

**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

## 13 September

*Ides of September/Lectisternia/Runic half-month of Ken commences*

**I**n the Roman festival of the Lectisternia  
was held in honor of Jupiter, Juno, and  
Minerva. The rune Ken represents the  
flaming torch within the royal hall, the  
time of the creative fire—the forge  
where natural materials are transmuted  
by the actions of the human will into a  
mystical third, an artefact that could  
not otherwise come into being. The  
positive aspects of sexuality immanent in the god-  
dess Freyja and the god Frey come into play at this time.



**The Pagan Book of Days**  
By Nigel Pennick  
Submitted by June McAdams

## 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	3rd Tuesday	6 p.m.	Dance Palace
Point Reyes-Olema 4-H	1st Monday	6:30 p.m.	WMS old gym
Bolinas Community Center	3rd Tuesday	5-7 p.m.	Bolinas Library
Point Reyes Village Assoc.	2nd Thursday	6:30-8:00	Dance Palace
Stinson Beach Village Assoc.	1st Saturday	10 a.m.	Dance Palace
W.M. Lions Club	1st/3rd 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	8:00 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	TBA	TBA	W.M.S. staff room
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
Tomesles Village Comm. Serv. Dist.	2nd Wednesday	6:00 p.m.	Town Hall
Tomesles Town Hall Board	4th Mondays	7:30 p.m.	Town Hall
Tomesles Design Review Board	3rd Wednesday	7:30 p.m.	Town Hall
Tomesles 4-H Club	3rd Monday	7 p.m.	Town Hall
North Marin Water District	1st/3rd Tuesdays	7:30 p.m.	NMWD office
Bolinas Fire Protection District	4th Mondays	7:30 p.m.	BFPD office
Tomesles Bay Youth Center	Last Tuesdays	6 p.m.	TBYC

## FOR SALE

**DELICIOUS LOCAL GRASS-FED BEEF NOW AVAILABLE!** Steer lived the good life up on the Mesa. Now ready for your freezer! Fresh-frozen hamburger @ \$8.50 lb....Ten-2 lb packages for \$170. Call Jim at Tacherra Ranch 868-1477...Support Local Agriculture!

JT 9/7

## LOST AND FOUND

**FOUND ON HAWTHORNE PATH-200 BLOCK. OLD** leather suitcase filled with family pictures. 1908-1963. Letters to Robert and Dorothy Latham. Call 868-0272.

DG 9/12

**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

**LOST - 1 SET OF KEYS WAS DROPPED NEAR OR** on the beach downtown on Sunday, 8/14. Anyone who has found a set of keys (2 black car keys with other random assorted keys)... please call Jeff or Heather. x 9689

HC/8/22

**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.bocenter.org](http://www.bocenter.org) for more info & special events!

### 868hearsay@gmail.com

Submit articles, ads and drawings by midnight Sunday, Tuesday or Thursday for publication the next day. And how to subscribe to the password-protected web site and read the hearsay online.



### 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)

## FREE

**FREE: DRYER-CALL 9356, LEAVE A MESSAGE OR** [mcalpestri@gmail.com](mailto:mcalpestri@gmail.com)

MC 8/10

**PLAY STRUCTURE: LITTLE TYKES, PLASTIC,** multicolored, for small children. Easy to move. Email and I will send a photo. [s1dell@aol.com](mailto:s1dell@aol.com)

SI 5/4