

Bolinas Hearsay News

Monday, September 18, 2017

50 Cents



Diana Long: 'free spirited, ever forward.' Her memorial is Saturday. Photo by Curly Rigg

WHAT'S HAPPENING?

Monday, September 18, 2017

DOWNTOWN PARKING COMMITTEE

Meeting @ Firehouse mtg room, 7pm

Tuesday, September 19

BOLINAS COMMUNITY CENTER

Regular monthly meeting of the Board of Directors @ Library, 5pm

Wednesday, September 20

MUSIC AT THE FARMSTAND

featuring Van Waring, Kim Hett (Milky Mama) and the fabulous Shenandoah Davis, Gospel Flat Farmstand, 7pm

UTILITY DISTRICT (BCPUD)

Regular monthly meeting of the Board of Bolinas's primary governing body, 270 Elm Rd, 7:30pm

Thursday, September 21

BOLINAS-STINSON WHITECAPS

Regular monthly luncheon/meeting of seniors' organization @ Rod & Boat Club, 11:30am

MIKE SOPKO & RYAN SCOTT

Experimental jazz @ Smiley's, 8pm, no cover

Friday, September 22

AUTUMN EQUINOX

Summer ends; we enter the dark half of the year: more night than day. Fall begins @ 1:02 pm

GRATEFUL DEAD NIGHT # 6

Benefit @ Community Center; dinner & open mic 5-8pm
Followed by July 7-1989, Philadelphia Dead concert, 8pm,
\$10 and up / kids free. All proceeds go to help Ruby treat
Lyme Disease. Info: 415-847-6629

DIVIDED HEAVEN

Live folk music @ Smiley's, 9pm, \$5

HAPPY HAPPY BIRTHDAY!!!

- September 17: Max Kline
Chuck Hudina
- September 19: Gregory Shelley
Liza Lee Sternik
Ecordielle Rain Driscoll
- September 20: StuArt Chapman
Shari Dell
Kathy Bustamante
- September 21: Terra Dreven
Sean Morgan
David Fortna
Kathryn Hadley
Alex Klein
- September 22: Karen Willig
Terry Bell (remembered)
Sage Catalan
- September 23: Sam Nasra
Hanford Woods
- September 24: Martine Algier
Shelter Serra
Ivory Serra
Marisa Willow
Ole Schell
Pompellio (Scott Hannon)
Suzanne Marie

Saturday, September 23

OPENING RECEPTION

For three Museum exhibits by Hughen & Starkweather, Camille Seaman, & Ellen Litwiller; artist talks 2-3pm, reception 3-5pm

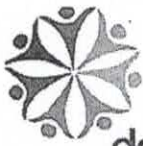
DIANA LONG REMEMBERED

Memorial gathering @ Community Center, 3-5pm. Bring finger food and drinks, kitchen not available; paper plates & glasses provided.

PAMELA PARKER'S FANTASTIC MACHINE

Live rock n roll @ Smiley's, 9pm, \$10

cont. p 5



COMMUNITY & CULTURAL CENTER
dance palace

For more information, to volunteer, or to join Call 415 663-1075
Save \$ by buying tickets in advance at: www.dancepalace.org

Thomas Schultz in Concert
09/24/2017 - 3:00pm to 5:00pm

Tickets are \$22 general, \$20 seniors, \$11 youth. Go online or contact (415) 663-1075 to purchase tickets.

Thomas Schultz returns to the Dance Palace for yet another amazing performance. This time, he will perform the music of Schubert (B-flat Sonata, the "Wanderer" Fantasia), and "Variations" by the Korean composer Hyo-shin Na.

Mr. Schultz has established an international reputation both as an interpreter of music from the classical tradition – particularly Bach, Beethoven, Schubert and Liszt – and as one of the leading exponents of the music of our time. Among his recent engagements are solo recitals in New York, San Francisco, Berlin, Paris, Ghent, Seoul, Taipei and Kyoto, and at the Schoenberg Festival in Vienna, the Piano Spheres series in Los Angeles, Korea's Tongyoung Festival, the Festival of New American Music in Sacramento and the April in Santa Cruz Festival. He has also appeared as a soloist at the Other Minds Festival in San Francisco, and in chamber music performances with the San Francisco Contemporary Music Players, the Da Camera Society of Houston, Robert Craft's 20th Century Classics Ensemble and the St. Lawrence String Quartet. In 2005 and 2010 he gave masterclasses on the piano music of the Second Viennese School at the Schoenberg Center in Vienna.

pasteup-----Ned Riley
ads/books----June McAdams
press-----Jennie Pfeiffer



Come here some sweet tunes next **WED the 20th**
At the **Gospel Flat Farmstand**
I will be playing some of Van Wah originals with some Jeff Manson and Isaiah Mead back-up. Kim Hett, mother and musician from Point Reyes will also be singing some ballads as well as touring musician Shenandoah Davis. Come check out what should be a lovely fall feeling evening! *-V. W. WAH*

EARTH WISDOM HEALER
Coming to Bolinas



Sarah MacLean Bicknell is a healer, teacher, and mentor. She has studied healing and ceremonial work in North American indigenous traditions for 25 years. She has training in North American Native and North European Native Traditions.

Join us for a **Free Talk**

at the Bolinas Community Center
Tuesday,
September 26, 2017
6-8 pm

TWO All Day Workshops

The Eye of the Shaman Workshop
September 30, 2017 9AM - 5 PM

Living Constellation Workshop
October 1, 2017 9AM - 5 PM

Workshops \$150 per day

For more information and to sign up for a class
email: Brooke@thehouseofwater.com

* Private healing available upon request *

TNS The New School at
COMMONWEAL
Nature • Culture • Consciousness

September 30, 3-4:30 pm (in Bolinas)
David Best
The Burning Man Temples

October 11, 3-5 pm (in Bolinas)
Jacob Needleman
The American Soul

451 Mesa Road • Bolinas

Information & registration: tns.commonweal.org

Lower Your Risk of Colorectal Cancer

A new report from the American Institute for Cancer Research finds evidence that physical activity and eating whole grains lowers the risk of cancer of the colon and rectum, while processed meats increase the risk. Edward Giovannucci, professor of nutrition and epidemiology at the Harvard School of Public Health, wrote "Colorectal cancer is one of the most common cancers, yet this report demonstrates there is a lot people can do to dramatically lower their risk." The new report evaluated scientific research worldwide, analyzing 99 studies that included data on 29 million people, of whom over a quarter million had colorectal cancer. Risk factors included consuming hot dogs, bacon and other processed meats regularly, eating high amounts of red meat such as beef or pork, being overweight or obese, and consuming two or more daily alcoholic drinks, such as wine or beer. On the other hand, eating about three servings of whole grains daily, such as brown rice, whole wheat or rye bread, quinoa (actually a seed, but good source of fiber) and other non-refined grains will lower the risk of colorectal cancer. A higher risk was observed with low intakes of non-starchy vegetables intakes. Lower risks were seen with fish and foods containing vitamin C, such as oranges, strawberries and spinach. According to Alice Bender, Director of Nutrition Programs for the American Institute of Cancer Research, "Replacing some of your refined grains with whole grains and eating mostly plant foods, such as fruits, vegetables and beans, will give you a diet packed with cancer protective compounds and help you manage your weight, which is so important to lower risk."

The most common cancers in the U.S, today are breast, lung, prostate and colorectal. Factors that reduce the risk of colorectal cancer, as suggested in this column, are also helpful in lowering the risk of breast, lung and prostate cancers. Maximize your intake of vegetables and fruits, go for varied colors, think fiber, keep your blood sugar low and even, and get yourself, and your dog, out for a walk. Next week - I'll report on how the bacteria in your gut - your microbiome, show subtle movements throughout the 24 hour cycle and influence your metabolism. If possible, keep a steady sleep schedule in tune with nature's light and dark.

Sadja Greenwood, MD sadjascolumns.blogspot.com for back issues

THREE GREAT THINGS ABOUT THIS PLACE...

- Summer's over, the nights are lengthening. On Friday, the Fall Equinox, the nights become longer than the days.
- We've revived the Saturday afternoon Irish music sessions up at Vladimir's Restaurant, in Inverness. Lot of contra-dance music as well.
- The first episode of Ken Burn's Vietnam War series: very well done, disturbing.

--Ned Riley

Baje su riesgo de cáncer colorrectal

Un nuevo informe del Instituto Americano para la Investigación del Cáncer encuentra pruebas de que la actividad física y comer granos enteros reduce el riesgo de cáncer de colon y recto, mientras que las carnes procesadas aumentan el riesgo. Edward Giovannucci, profesor de nutrición y epidemiología de la Escuela de Salud Pública de Harvard, escribió que "el cáncer colorrectal es uno de los cánceres más comunes, pero este informe demuestra que hay mucha gente que puede hacer para reducir drásticamente su riesgo". La investigación científica en todo el mundo, analizando 99 estudios que incluían datos sobre 29 millones de personas, de las cuales más de un cuarto de millones tenían cáncer colorrectal. Los factores de riesgo incluyen el consumo de perritos calientes, tocino y otras carnes procesadas regularmente, comiendo grandes cantidades de carne roja como la carne de res o de cerdo, el sobrepeso u obesidad, y el consumo de dos o más bebidas alcohólicas diarias, como el vino o la cerveza. Por otro lado, el consumo de tres porciones de granos enteros al día, como el arroz integral, el trigo integral o el pan de centeno, la quinua (en realidad una semilla, pero buena fuente de fibra) y otros granos no refinados reducirá el riesgo de cáncer colorrectal. Se observó un riesgo mayor con la ingesta baja de ingestas de hortalizas no almidonadas. Menores riesgos se observaron con los pescados y los alimentos que contienen la vitamina C, tales como naranjas, fresas y espinaca. Según Alice Bender, Directora de Programas de Nutrición del Instituto Americano de Investigación del Cáncer, "Reemplazar algunos de sus granos refinados con granos enteros y comer principalmente alimentos vegetales, como frutas, verduras y frijoles, le dará una dieta llena de proteínas protectoras del cáncer compuestas y ayudarle a manejar su peso, que es tan importante para reducir el riesgo".

Los cánceres más comunes en los Estados Unidos son el de mama, pulmón, próstata y colorrectal. Los factores que reducen el riesgo de cáncer colorrectal, como se sugiere en esta columna, también son útiles para reducir el riesgo de cánceres de mama, pulmón y próstata. Maximice su consumo de verduras y frutas, opte por colores variados, piense en fibra, mantenga su nivel de azúcar en la sangre bajo e incluso, y consiga que usted y su perro salgan a pasear. La próxima semana - voy a informar sobre cómo las bacterias en su intestino - su microbioma, mostrar movimientos sutiles a lo largo del ciclo de 24 horas e influir en su metabolismo. Si es posible, mantenga un horario de sueño estable en sintonía con la luz y la oscuridad de la naturaleza.

Sadja Greenwood, MD sadjascolumns.blogspot.com para los números anteriores



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MEMORIAL GATHERING FOR TERRY BELL
SATURDAY, SEPTEMBER 30TH 12:30 - 4:30
BOLINAS ROD & BOAT CLUB
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FAVORITE DISH TO SHARE



A Non-Profit, Tax Exempt [501(c)(3)] & 509(a)(2) Corporation, No. 23-7117192

PO Box 122, Bolinas, CA 94924

Phone/Fax: 415.868.2128

Email: Bolinascc@bocenter.org

Web: www.BoCenter.org

8/15/2017 5 PM @ Bolinas Library

Directors and Staff Present: President-StuArt Chapman, Manager Lia Sabbatini, Director & Secretary- Randi Arnold, Jeff Manson, June McAdams, Steve Wrenn, Sooze Mills, Magi Barror, Ayn Plant, Jan Broek

President's Report: Singing of the mission statement. Minutes and agenda approved.

Treasurer's Report: Tabled

Manager's Report: Manager discussed with Omar regarding the date change for the beach rave from Labor Day to another date. It was decided that the Beach rave will again happen on Labor Day but an option to change the date in the future is a possibility. A suggestion was made to pay a headliner band to draw a younger crowd but was decided that the BCC will continue to use local talent. The Labor Day BBQ is a fundraiser and the staff work very hard to limit expenses, it was decided that the BCC is not willing to pay money for talent, will work together to interest the youth.

The encroachment permit to close Wharf Road was granted again this year. Labor Day discussion of coordinating beer, chicken and Straus pick up. Round tables have been reserved. Thackrey Wines donated 6 cases for use on Labor Day. Zorro confirmed for sound. Stage set up done by Steve Hodges, Marco will do taping and staking. Shuttle confirmed. Luke Arnold, Tommy G and Magi will cook the potatoes and eggs. Mesa parking lot will have 4 people, 2 paid and 2 volunteers. Will use 3 or 4 people to walk traffic through the crowd between music sets. Friends of the Library and the nursery are donating new tree for in front of the library. Upcoming events are the "End of an era concert" celebrating all the years of Susan Tacherra's preschool. Community meeting regarding the purchase of Star Route farm by USF.

Director's Report: Asked the Bo-Stin fund for the max of \$3,000 for foyer remodel but only received \$1,500. Also wrote a grant request to Bothin for same project but was declined. Budget for remodel is \$14,000. Director will continue to search for additional funding. The Labor Day postcard is ready to be mailed. Village and Beach ask letter has brought in \$7,331 to date.

Other business: Uncle Sam donated \$220 to BCC from his 4th of July happening and \$40 to become a member of the BCC.

Meeting Adjourned 6:00

Submitted by Randi Arnold, Secretary

Briones Lions

Highway 1 Clean-Up

ALL ARE INVITED
Saturday, Sept. 23rd
Meet at 8:00 AM
at the Bolinas Wye



As Briones Lions Club President, it is my belief that garbage has never enhanced Nature's creations. Nonetheless, there are those few twisted individuals out there who insist that artistically tossing a few empty beer cans here and there, and stuffing a used bait bag under a rock, only adds to the scenery and makes for great photo ops!

Well, now that the summer's over, it's time to clean up after these artistic slobs.

Therefore, this Saturday, please come join the **Briones Lions Club** as we spend the morning picking up a summer's-worth of garbage along the shores of the Bolinas Lagoon between Stinson Beach and the Bolinas Wye

Event: Highway One Clean-up
When: 8:00 am Saturday, September 23, 2017
Who: All are invited
Where: Meet at the Bolinas Wye

Clothing: Please wear sturdy clothes that you don't mind getting dirty, a pair of work gloves & waterproof boots.

The Briones Lions Club will provide: Grabbers, garbage bags, safety vests & hard hats

For more information, please call: 415 868-2004

Matt Lewis, President
 Briones Lions Club
 Stinson Beach & Bolinas



"I can see again!"

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WHAT HAPPENED THIS WEEK
 Week in Review Recap from Jenniepfeiffer
 9-18-17 Monday Morning Memo

There were several updates this week on school matters. It looks as though all the issues causing delay of the new pre-k program for 4-year-olds have been handled, and the newly remodeled facilities will be open for children very soon. It has been an intense frustration for administration, staff, parents, and the Board, that this has been delayed so long. There were State bureaucratic policy misreads on the part of the licensing agency, coupled with some problems with the playground installation scheduling, delivery of materials, and company administrative competence. That has all been handled, and looks like many meetings later, things are back on track for opening.

In the past two weeks the School Board of Trustees has had three meetings: an emergency quick meeting Friday, giving the pre-school Director authority to follow up on the licensing paperwork; a regular monthly meeting on Tuesday; and a Board retreat on Strategic Planning. This is the report Superintendent Carroll gave to parents this week on our Strategic Planning:

Leadership & Governance

- The Board adopted a goal of creating a class configuration process that will include explicit input from parents and teachers before a final Board approval. That process will be in place this year.
- The Board clarified the conditions on when school wide decisions would go to the Board for a vote; when a majority of members wishes to take on a decision, the Board will do so.

Teaching and Learning

- The Board added a strategic goal for offering a Spanish language program to 7th and 8th graders and approved an action step for administration to research types of programs that would meet the school's needs.
- Independent Study: The Board spent a lot of time discussing the idea of independent study, part-time enrollment and possible community outreach related to that topic. As that is a complex issue with possible long term, fundamental impacts to the school, no strategic goals were set. However, the Board asked the Superintendent to gather information about community interest in the topic in order to continue the conversation.

Finance

- The Board set a strategic goal to draft language for a possible general obligation bond measure for facilities improvement and approved an action step asking the Facilities Needs Committee to create a list of potential projects.

There will be a facilities needs committee meeting this afternoon for more work on this. As always, Community input is encouraged, as this is a Bolinas-Stinson Community School. I am particularly interested in the families who are now homeschooling, and would love to do some information gathering on ways to work on how we can best meet the needs of all the children in the District. To that end we will Press on Regardless. jp

cont from p. 1

Sunday, September 24

BOX SHOW 2017

Gallery Route One in Point Reyes Station. Closing party followed by live auction, 158 pieces of box art, 2-3pm. Phone bids & info: 663-1347

Tuesday, September 26th

SARAH MACLEAN BICKNELL

Healer, teacher and mentor in North American indigenous traditions for over 25 years, @ Community Center, FREE 6pm - 8pm

Reducing Vegetation Along Our Roadways

The Bolinas Community Public Utility District and the Bolinas Fire Protection District are continuing efforts to reduce the overgrowth of vegetation by mowing along sections of the roadways of the gridded Mesa in order to provide needed access to BCPUD infrastructure and BFPD fire hydrants, enable drainage work and to reduce the extreme fire hazard presented by unmaintained vegetation growth.

As the fire department drives through the neighborhoods, we see areas of severe concern. Many roads are overgrown with so much brush that it is not possible to drive our fire engines through the roads. This means that, if a fire occurs, we will not be able to access the area and residents may not be able to evacuate. We must provide for resident and firefighter safety as much as possible: everyone needs a safe way in and out. Reducing the vegetation along the roadways is a critical step in providing for safer access for firefighters and safer evacuation for residents.

Please call the fire department at 868-1566 or the BCPUD at 868-1224 if you have any questions or would like more information.

Anita Tyrrell-Brown
 Fire Chief

Jennifer Blackman
 BCPUD General Manager

BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT



BCPUD BOX 390 270 ELM ROAD BOLINAS CALIFORNIA 94924 415 868 1224

A Meeting of the Land Stewardship Committee Of The Board Of Directors
 September 22, 2017, 3:00PM
 270 Elm Road, Bolinas

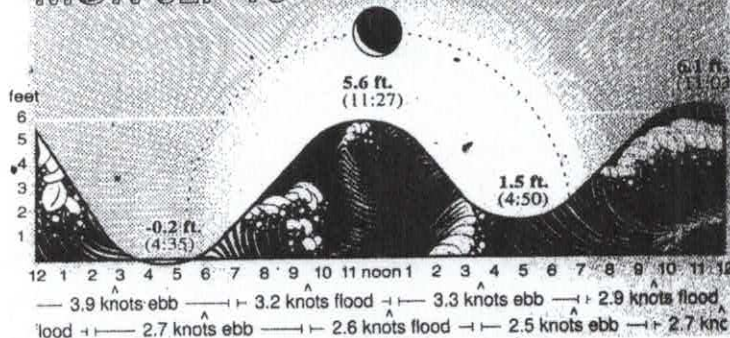
Agenda

1. Call to Order.
2. Roll.
3. Path Update (Ken)
4. Knoll Project - Phase I progress
 CalFire project
 The Whack n Weed day
 new date
 activities
 supplies and equipment
5. Fund raising
 do we need it - finances
 for what projects
 any grants available
6. Soil Test
7. Other
8. Next Meeting

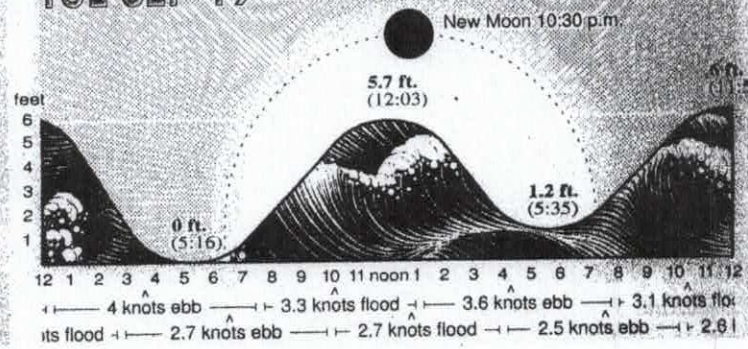
KWMR RADIO SCHEDULE - SEP

	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) National Native News	Flesta!
7:00	NEWS & KWMR MORNING SHOWS					MORNING MUSIC, TALK & NEWS	
	Day 6 (CBC) (repeat)	As It Happens (CBC) (repeat) National Native News	As It Happens (CBC) (repeat) National Native News	As It Happens (CBC) (repeat) National Native News	As It Happens (CBC) (repeat) National Native News	Morning Glory	Sunday Baroque
8:00	With Eyes Open / A Cuppa Jo	Rise and Shine	Swimming Upstream	Pieces of Peace	Milk St. Radio	The Vicarious Traveler / Original Minds	Sunday Celebration
9:00	Nature Notebook / new Specials / Sound Science	Airwaves	Trash to Treasure / Fish Tales	Top of the Morning / Art Scenes / Right Now	Speaking of Women / Inflection Point		
10:00	TURNING PAGES					Day 6 (CBC)	
	At Nature's Pace	Reading to John / Toon In	Waves of Joy / Magic Lantern	For Children of All Ages / Radio Bookmobile	Reader's Delight	Vida with Saga / Off-Center Sports	
11:00	TALK & CURRENT AFFAIRS						
	Trailer Talk	Spirit & Mind / Questing	Cuerpo Corazón Comunidad	Let's Talk	Reveal		
12 pm	The Bioneers	New Dimensions	Planetary Radio	Attune-ment / Common-weal Conversations	Alternative Radio	AFTERNOON MUSIC	
	Farm & Foodshed Report		Making Contact			Forms and Feelings	Happy Days
1:00	Ocean Currents / Specials	On Being with Krista Tippett	Climate One	Art's Desire / Hot Tech/Cool Science	Non-violence Radio / The Local Organon	Jazz Rhythm	
2:00	AFTERNOON MUSIC						
3:00	Cruisin'	Aztec Pride / Deade La Bahia	Classical Wednesday	Classical Thursday	Classical Friday	Hawai'i Calling / The Scoring Stage	Foraging with Betsy Nichols / The Kitchen Sink
4:00	Art of the Song	Youth DJ Project / Prof Kosmo	Youth DJ Project / Prof Kosmo	TeaTime Books (Coastal Airwaves)	The French Touch	Circulo Musical	Midnight in Luxembourg / To Hell & Bach
5:00	NEWS & CURRENT AFFAIRS				Happy Hour		
	Epicenter	Epicenter	Epicenter	Epicenter			
6:00	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)			
	National Native News	National Native News	National Native News	National Native News	EVENING MUSIC & DRAMA		
7:00	Release Me / Foggy Ridge Music	Musical Varleté	Faultline Radio	Bakersfield & Beyond / Shorty's Bunkhouse	Night Flight / Bring It On Home	Celtic Universe	Along For The Ride / Between Rock & A Jazz Place
8:00	Sessions from Chicken Point / Silver Dollar Jukebox	DJ Your Life / West County Prowl	Coast Highway Blues	Off The Cuff / Running With Scissors		The Jazz Groove	Rock of Ages
9:00	Forms and Feelings (repeat)	new After Dark	Sonic Sunspots	Sit Down! / Get Down!	No Bad Vibes / Megal-media Melange	Saturday Night Function	L.A. Theatre Works
10:00				Under the Needle			
11:00	LATE NIGHT					LATE NIGHT	
12 am	DeepWaking 12-1 KWMR Music	Stuck in the Psychedelic Era 12-2	Sunspots to 1:30 KWMR Music	Best of British 12-1 KWMR Music	Radio Goethe 12-1 KWMR Music	KWMR Music	Grateful Dead Hour

MON SEP 18 dawn 5:57 sunrise 6:55 sunset 7:12 dark 8:08
moonrise 5:11 a.m. moonset 6:39 p.m.



TUE SEP 19 dawn 5:58 sunrise 6:55 sunset 7:11 dark 8:08
moonrise 6:16 a.m. moonset 7:14 p.m.



WANTED

PAIR OF SOLID DOORS (NOT HOLLOW CORE)
 For the free box, approx. 30 X 80 inches. Please call-2769

SC X

FOR SALE

POWER MOWER: HEAVY DUTY SARLO
 3 speed self-propelled with 24" wide cut. Adjustable height.
 New drive belt. Needs tune up. Cuts well. \$150.
 868-1618

AS 9/22

Read the Hearsay Online

FOR 33¢ per day, more or less.
 Give yourself, a friend, or an expatriate member of your of your extended family the gift of local news three times per week, delivered electronically. Stay home. Save trees. Isolate. Subscribe anonymously by contacting Michael Rafferty, Publisher and Online Editor, 868hearsay@gmail.com

LOST AND FOUND

FOUND: A SIGNED CHECK WAS FOUND IN FRONT OF
 the Bolinas-Stinson School on the morning of Wed 8/23.
 Please call Kara in the school office at 868-1603
 to identify and claim it.

KB 8/25

LOST: I LEFT MY WHITE & BLACK BELL HELMET @
 People's Store on Sunday the 13th of August - \$20 reward.
 Please leave at the People's Store or call 415-868-9052. Thanks

PS 8/21

LOST: I PHONE 4, 8/10 EVENING ON WHARF -
 If found Please return to Dan at Smileys 415-868-1311

JA 8/18

LOST: LG CELLPHONE 8/1 BETWEEN
 2:30-4pm downtown or left in Jody Spangler's car. If found call
 Ilka Hartmann -0419 or Pamela Jane -0937 or leave the phone
 at Smiley's or at the Bolinas Market.

IH 8/2

FOUND: OSPREY PURPLE AND GREY BACKPACK
 on little mesa going up, at first curve.
 Call 868-9742 or (551) 404-3800 to claim.

SC 7/31

LOST: "HOLY ROLLER" SKATEBOARD
 Gold with holes drilled in it... 415 813 7531 - Oliver

OW 7/28

FOUND: VOLVO KEY WITH PUSH BUTTON REMOTE
 control on a College Of Marin lanyard with, a miniature piston
 on the key ring. Found on Overlook. Call 868-9052 to claim.

JMC 7/17

CLASSES



Weekly Classes and Events Schedule

MONDAY	
Somatic Exercise	9:30-10:45 am
Bo Babies & Toddlers Open Play Group (free)	12:00-2:00 pm
Pilates Mat w/Lisa Townsend	5:30-6:30 pm
Yoga w/Angela Sterpka	7:00-8:15 pm
TUESDAY	
Diaspora Dance for Elder Women w/Amber Hines	9:00-10:15 am
Pirate Pizza in the Plaza: Call (415)328-1066	3:00-7:00 pm
Contemporary Dance w/Lisa (teens & adults)	6:30-7:45 pm
WEDNESDAY	
Pilates Mat w/Lisa Townsend	8:30-9:45 am
Iyengar Yoga w/ Jennifer (Starts 9/13/17)	10:30-11:30 am
F.L.A.G.ship in front of Library (0-5yrs)	1:15pm - 2:30 pm
Beginning Yoga w/ Brenda Stine (September Series)	6:00-7:15 pm
THURSDAY	
Yoga Flow w/Brenda Stine	7:30-9:00 am
USDA food bank	12 noon
FRIDAY	
Pilates Mat w/Lisa Townsend	9:00-10:00 am
Ballet w/Erika Townsend (no class 4 th Fridays)	10:30-12:00 pm
No Place Like Home (Free Brunch 4 th Fri of Month)	12 noon
SATURDAY	
Diaspora Dance w/Amber Hines	9:00-10:30 am
SUNDAY	
Brazilian Dance w/Anna Gottr. (last Sunday of mth)	11:00-12:15 pm

Call 868-2128, check the Library Marquee, Calendar in BCC
 Foyer or visit www.bocenter.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 Mon's, Wed's and Fri's 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 case they become separated) & drop into door slot.

FREE

PIANO
 CALL 415-868-1782

CH 9/1

BROWN COUCH: UNFOLDS TO A DOUBLE BED.
 Call Peter-415-596-0041

P 8/2

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 to submit

SERVICES

CONFLICTS? DISPUTES?
WEST MARIN MEDIATION CAN HELP-
confidential, effective, impartial, free. 415-868-0493

SG X

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

DMX

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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

WINDOWMAN: REPAIRS SINGLE AND DOUBLE PANE
windows, sliding glass-door rollers, screens. Reasonable. No
extra charge for West Marin. Sean 415-699-6204

SB 10/15

HOUNDOG HEAVEN: DOG SITTING
By the day or overnight. Big enclosed yard.
Contact Judy 868-0782

JM 10/6

DRIVER: AIRPORT OR OVER THE HILL
Comfortable Toyota Matrix.
Call Dale -0782

DP 10/6

UNTIDY DIRTY DOG???
Dog baths, grooming. call 707-758-1038
or email: jenny.riviere@yahoo.com

JR 9/26

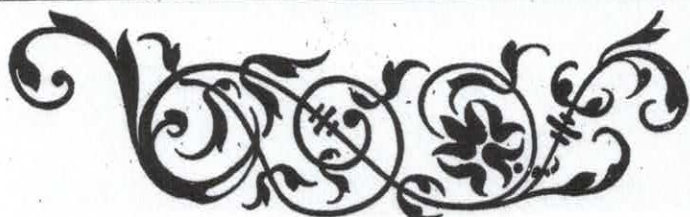


Classified ads that are free

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



HEALTH & HEALING

June McAdams, RN
Compassionate and Skilled
Hospice Care Home Care
Newborn to Elders
Coastal Marin Only
More than 39 years nursing experience
(415) 868-9052

FOR SALE / RENT

HOUSE IN OAXACA MEXICO
for sale or long-term rental. Contact
lynn.ohareberkson6@gmail.com or call 1-8178-6405363

LB 9/25

868hearsay@gmail.com

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

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



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
Lag. 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.	Comm Center
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
Tomasles Village Comm. Serv. Dist.	2nd Wednesday	7:00 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
Bolinas Fire Protection District	4th Mondays	7:00 p.m.	BFPD office
Tomasles Bay Youth Center	Last Tuesdays	6 p.m.	TBYC