

THE HEARSAY

WEDNESDAY MARCH 30, 2016



WHAT'S HAPPENING??

Wednesday, March 30

MIDNIGHT ON THE WATER

Plays traditional contradance music for Smiley's celebration of all March birthdays, 7:30-9:30pm. Free.

Thursday, March 31

EMILY ZISMAN folk & Americana music @ Smiley's, 8pm.

Friday, April 1

APRIL FOOLS' DAY don't believe anything you're told.
B-CAST Bolinas/Stinson Children's After School Theater,
Bolinas Community Center, 7 pm \$10 adult, \$5 youth

SOMETHING LIKE SEDUCTION

Live reggae-rock @ Smiley's, 9pm, cover.

Saturday, April 2

ZEN MEDITATION 9am-2pm St Aigens; dharma talk 1030 by
Layla Smith.all welcome for all or part.

OPENING RECEPTION: GOATEAM GATHERING

Collective art show @ Gospel Flat Farm Stand gallery, 4-9pm

OPENING RECEPTION For three new exhibits @ Bolinas
Museum, preview w/ artists 2-3pm, reception 3-5pm,

WHITING TENNIS singer-songwriter museum courtyard, 4pm

B-CAST performances at 3pm and 7pm, community center.

STEVEN GRAVES BAND

Live California country music @ Smiley's, 9pm, cover

Sunday, April 3

KARAOKE AT THE COMMUNITY CENTER All ages
fundraiser for the Bolinas Bay arts scholarship fund, plus dinner:
bring salad or dessert to share. 5pm \$5-10

Wednesday, April 6

DALE POLISSAR TRIO

w/ Si Perkoff & Piro Patton @ Panama Hotel, SR, 7-10pm

THE FRAGRANCE WITHIN

OPENING THE FLOWER OF THE HEART
THE SKY THE SPIRIT OF LIGHT

WE HOLD THE FLAME OF LOVE
IN OUR EYES

SEE THE OCEAN OF SENSUALITY
SOOTHE THE MONKEY OF THE MIND

WE WILL JOURNEY TOGETHER
WE WALK TO A MOUNTAIN

TO FIND AN ANSWER
TO THE WHY

INSIDE IS A FLOWER BUD
THIS FLOWER IS FREEDOM

TOUCH IT WITH YOUR
CONSCIOUS LIGHT

B^OE

TODAY'S HEARSAY BROUGHT TO YOU BY:
STEVE HEILIG, JUNE MCADAMS, JEFF MANSON
AND FOUR DOGS (all reporters).



LIVE MUSIC THIS WEEK

Wednesday, March 30

Midnight the Water. Local Favorites! (FREE, Show 8pm)

Thursday, March 31

Emily Zisman. Rootsy, Acoustic/Americana Songwriting. (\$5, Show 9pm)

Friday, April 1

Something Like

Seduction. Reggae/Alternative. (\$5, Show 9pm)

Saturday, April 2

Steven Graves

Band. Conscious American Roots Music. (\$10, Show 10pm)

Sunday, April 3

Open Mic

with Eli. (FREE, 8pm)

Monday, April 4

Reggae with Epicenter

Soundssystem. (FREE, 8pm)

We make advance tickets available online and for popular shows, at the bar, so please join our email newsletter for ticket sale alerts, www.smileysaloon.com/music

**MIGUEL
BUSTAMANTE
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CORPORATION**

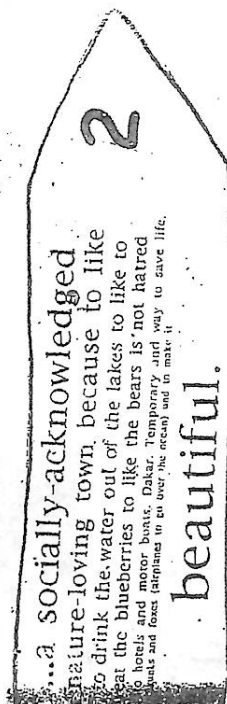
24 WHARF RD. BOLINAS
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Cashier/Receptionist: for successful West Marin environmental non-profit. Cashier for the Bookstore and primary office contact person for Audubon Canyon Ranch (ACR) Headquarters on weekends and holidays April through July (approx. 15 hrs. per week). Retail experience and knowledge of MSWord and Excel a plus. Up to \$18.00 hr. Email resume and cover letter to: acr@egret.org or mail to: ACR, 4900 Hwy. 1, Stinson Beach, CA 94970. EOE No phone calls please. Deadline: 3/25/16



DOGS CALM FEARS



B-CAST

Bolinas/Stinson-Beach Children's After School Theater Presents Selections from

*Chekhov/Stoppard/Williams/Simon
Wilde/Churchill/Wilder/Rostand/Zindel
Sondheim/Bock/Larson/Kander/Minchin*

Friday April 1st @ 7pm
Saturday April 2nd @ 3pm & 7pm

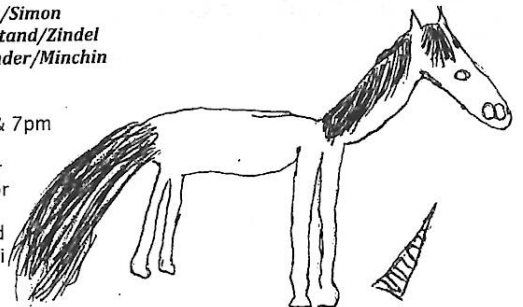
Bolinas Community Center
\$10 adult/\$5 youth, @ door

Directed by Lisa Townsend
Assisted by Amber Di Stasi

CAST MEMBERS

Lourdes Mora-Lopez Izzy Winstead Elijah Yerington Eliot Hall
Lana Glavis Alex Clapp Grace Rodriguez Tahlia Amanson
Tenaya Tremp Estella Mora-Lopez Mark Harmon Emily Winstead
Maitrella Rodriguez Lucian Patton Bella Mann Xanthe Patton

Made possible in part by The Stinson-Beach Bolinas Community Fund & The Bolinas-Stinson Beach School Foundation



STEVEN GRAVES BAND

SMILEY'S, SATURDAY, APRIL 2, 9PM

This 5 piece all original Americana band has been expanding their audience nationally through the release of their sixth CD titled "Mission Bell" and are celebrating an successful year of national radio play and touring throughout the West Coast.

Steven describes his "socially conscious" roots music: "We're kind of our own genre! I like to throw elements of country, folk rock, gospel and even reggae into the melting pot and see what emerges. We are all about authenticity and making music that is inspiring and helps people feel good!" Steven puts a fresh spin on old school country and folk rock not only with stellar instrumentation (sax, electric and acoustic guitars, keys, drums, bass) and soaring vocal harmonies, but also with spiritualism that permeates most of his writing. He was nominated in 2013 for a Native American Music Award and has worked closely with grassroots organizations helping Native American communities.

For more information: www.stevengravesmusic.com

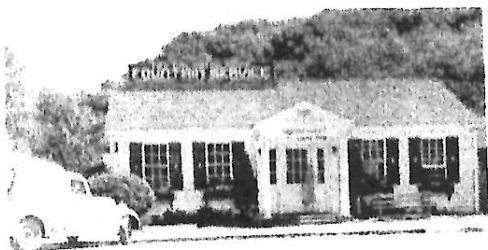
'American roots music, compellingly honest, beautifully crafted and fully realized songs that just happen to be in the Americana realm. Really good stuff.'

- Dennis McNally | Grateful Dead Publicist

- submitted by Steve Heilig

KNOW YOUR BO

Brothers Joseph and Louis Petar were prominent and instrumental men in the history of Bolinas. In 1906, Joseph was a part owner of the general store and Louis captained the *Owl*, the schooner that transported the store's supplies. In 1932, Joseph built a building next to his store where his daughter ran a tearoom and soda fountain called the *Colonial* until she left Bolinas to work for Walt Disney. In the late 1960's, it was *Snarley's*, a soda fountain and bait shop. Across the street, *Smiley's*, the schooner saloon and bait shop had already been continuously operating for over a hundred years. Next door was a restaurant, *Scowley's*. The Spangler family turned *Snarley's* into a café known as *The Shop*. Joseph's building continues to serve Bolinas – today it is the home of *The Coast Café*.



The sign atop the Colonial Shop advertises "Fountain Service"

The above information is taken from:
Wharf Road: A Self-Guided Stroll Through Early Bolinas
By Elia Haworth & Lucy Van Sands Seeburg

Submitted by Nate Siedman

We are here on earth to do good to others. What the others are here for, I don't know.
W.H. Auden



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or to join call 415-663-1075
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Paul Smith Solo Piano Recital

Saturday, April 2, 7:00 PM
Free admission! Donations accepted.
Paul Smith received his undergraduate education at the Royal College of Musis in London, studied piano with John Lill and Bernard Roberts, and spent an additional year at the Vienna Academy. He graduated with a master's degree from Dominican College, studying piano with Julian White. Paul is the artistic director of Contemporary Opera Marin, which specializes in the production, performance, and commissioning of contemporary operas. He is also the founder and artistic director of the Music From Marin summer festival.

A READING & CONVERSATION WITH BILL PRESS

Saturday, April 9, 7:00 PM
\$10 at the door
BUYER'S RÉMORSE: HOW OBAMA LET PROGRESSIVES DOWN
Bill Press, prominent liberal syndicated radio and television host (and part-time Inverness resident), concisely explains the many ways he says President Obama has failed to live up to either his promises or his progressive potential. In his new book, Press reflects back on what for many progressives has been a disappointing presidency and comes to a depressing conclusion: Obama grossly misunderstood the mandate of the enthusiastic crowds that swarmed him on the campaign trail.



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48 WHARF ROAD, 2ND FLOOR, BOLINAS

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BOLINAS: At 2:35 p.m. a gray-haired man in a black leather jacket said someone had stolen his custom Harley Davidson on Brighton.

BOLINAS: At 8:15 a.m. a deputy observed light and lawful traffic at the school.

HAPPY HAPPY BIRTHDAY!!!

- | | |
|-----------|--|
| March 30: | George Ross
Elaine Westlake
Ramona Zeno
Dr John Doss
Ella Rey Miller-Hodge |
| March 31 | John Ridella
Bob Demmerle |
| April 2: | Ed Dorn
Odessa Rhine |
| April 3: | Michael Wolfe
Ru Axel Bradford-Ebey
Don Boekelheide
David Ainley |



ATTENTION ALL CITIZENS

It is that time of year when the BCC prepares for the annual Art & Garden Silent Auction. If you would like to donate a service or merchandise gift certificate please contact us. 868.2128, stop by or email randi@bocenter.org. Thank you.

Send News to the Hearsay at
868hearsay@gmail.com

Gather. Explore. Play! **Bolinasstinsonyouthgroup** **3/28/16**

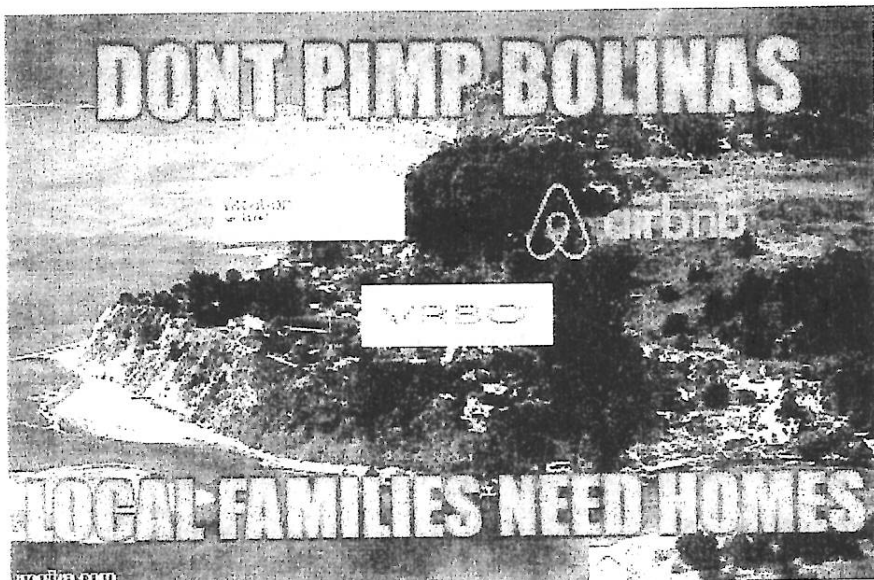
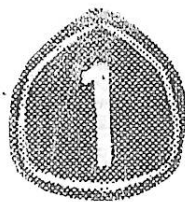
Sweet Youth Group this past Monday! Jasmin, Julia, Symon, Lily and Fiona joined us for a perfect Spring afternoon. The beach was full of folks on holiday. We shared stories of Easter baskets, brunches and barbecues. We also spoke of things we were looking forward to; discussing anticipation of the immediate (ice cream), the near future (vacation to Hollywood) and goals (healing body parts).

Subtracting negative fractions and other math problems were tackled at the library. Sending our thoughts and well wishes to Kerry who is in Turkey! Can't wait to hear about her adventure.

We excitedly rented the new release Mocking Jay 2, reminiscing on our popcorn night in the library when we all watched the original Hunger Games and discussed the issues it raised a little over a year ago. We almost got to the full conclusion of the long film, but we will continue our talk on the ethics of the choices the heroine Katniss makes. Looking forward to seeing everyone's performance in Lisa Townsend's show this weekend!

Dear Reader – Do you want to support our Youth Group? We need your help! Send your tax-deductible check, for any amount, made out to the Bolinas Community Center, with Youth Group in the memo line. POBox 221. Bolinas 94924. Questions? Call 868-0493.

Submitted by Bridget Bartholome



The Art and Garden fundraiser for the Bolinas Community Center is only a month away. This year, the focus is on honoring and learning about the flora and fauna that has inhabited this place – Bolinas, west of west, before we second people arrived - a community as old as the hills.

To honor these plant and animal ancestors, we have decided to hold an All Species parade followed by a maypole dance (in costume!) in the downtown park on Sunday, May 1st.

This is a shout out to all children, elders, costume makers, mask makers, dancers, musicians, clowns & actors to lend your talents and energy to make this an event we can tell our grandchildren about. What is your inner animal? Is it a Dusky Footed Wood Rat? A Black Tailed Mule Deer? Maybe a Golden Crowned Sparrow? What is your totem plant? Yerba Buena? Coyote Bush? Blue-eyed grass?

A few animals and plants you might consider representing in the parade:

Striped Skunk (*Mephitis mephitis*)
Bobcat (*Lynx rufus*)
Coyote (*Canis latrans*)
Townsend's Big-eared Bat (*Plecotus townsendii*)
Red-legged Frog (*Rana aurora*)
Coast Range Fence Lizard (*Sceloporus occidentalis bocourtii*)
Western Bumblebee (*Bombus occidentalis*) – I love the latin names for things...
Monarch Butterfly (*Danaus plexippus*)
Great Horned Owl (*Bubo virginianus*)
California Quail (*Callipepla californica*)
Pacific Giant Octopus (*Enteroctopus dofleini*)
Harbor Seal (*Phoca vitulina*)

Baby Blue Eyes (*Nemophila menziesii*)
Farewell to Spring (*Clarkia rubicunda*)
Coastal Poppy (*Eschscholzia maritime*)
Stinging Nettle (*Urtica dioica*)
Flowering Currant (*Ribes sanguineum*)
Blue Blossom (*Ceanothus thyrsiflorus*)
Purple Bush Lupine (*Lupinus propinquus*)

Coast Live Oak (*Quercus agrifolia*)
Coast Redwood (*Sequoia sempervirens*)

To name a few....

Contact Alethea at aletheapatton@sbeglobal.net for more information. Two mask/costume making workshops will be held at the new Bolinas Commons – dates to be announced soon.

Yerba Buena

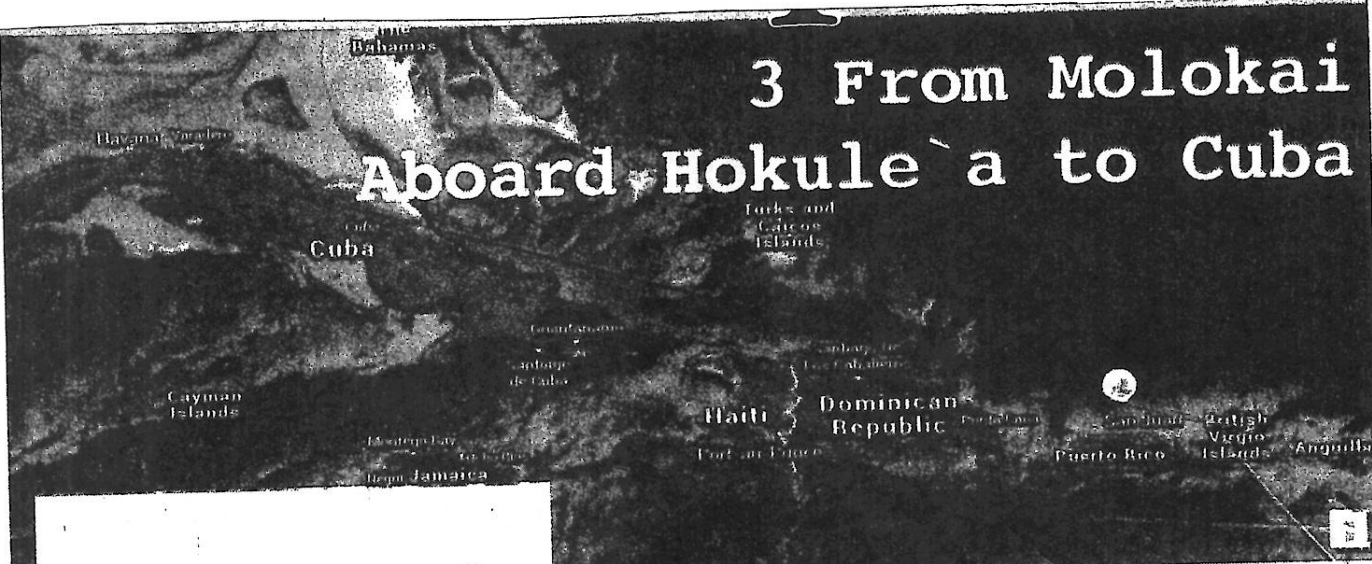
Yerba Buena smells so sweet
Spreading across the damp forest floor
Dropping roots here and there
With its tiny white flowers
And bright green leaves
It makes a tea that soothes
A city is named after this plant
This Yerba Buena, this good herb.

-Rio Patton
1997

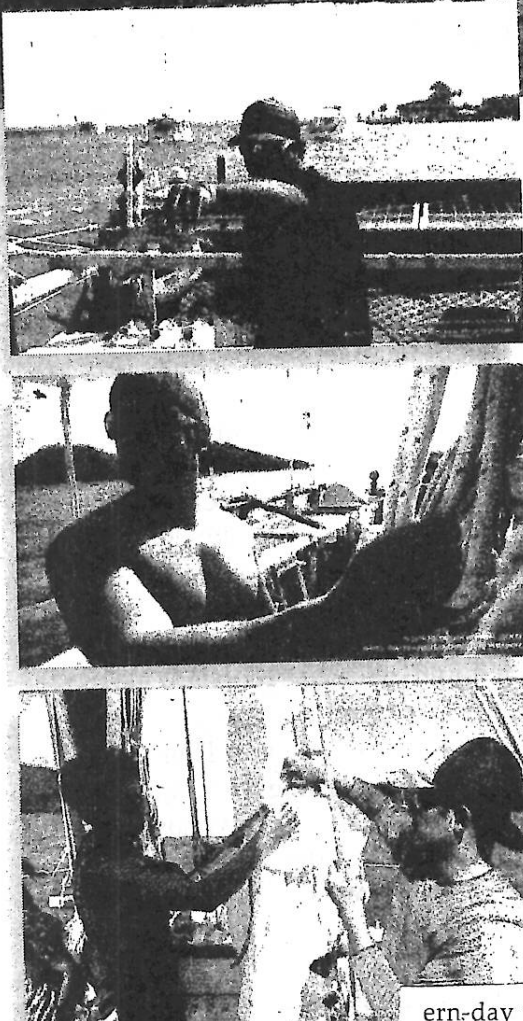
NOBODY UNDERSTANDS
WHAT IS GOING ON.



3 From Molokai Aboard Hokule'a to Cuba



A Google map tracks Hokule'a's voyage from the British Virgin Islands to Cuba, taking place this week, via Hokulea.com. At left, Molokai crew members aboard the voyaging canoe: top left, Kawika Crivello, Eric Co at middle left, Todd Yamashita at bottom.



Photos courtesy of Polynesian Voyaging Society, 'Oiwi TV. Photographers Todd Yamashita (center photo) and Maui Tauotaha (top and bottom).

By Catherine Cluett | Editor

Three Molokai residents are joining Hokule'a's Malama Honua Worldwide Voyage on its leg from the British Virgin Islands to Havana, Cuba. Todd Yamashita, Kawika Crivello and Eric Co are currently crewmembers on the 1,080 nautical mile journey that left port last Friday and is expected to take about a week en route. From Cuba, Hokule'a will continue north to the voyage's first Continental U.S. port in Florida around the end of March.

Yamashita, who works in communications at the Polynesian Voyaging Society, is also majority owner of The Molokai Dispatch. Co has worked for many years in marine conservation, while Crivello is a Molokai educator.

So far, since departing Hawaii in May 2014, Hokule'a has sailed more than 21,000 nautical miles and made stops in 12 countries and 55 ports. Along the way, more than 180 volunteer crewmembers have helped to sail Hokule'a to spread the message of malama honua (or taking care of Island Earth) by promoting sustainability and environmental consciousness, as well as exchanging ideas with the countries she has visited.

Yamashita, Crivello and Co, along with fellow crew members, spent seven days in the British Virgin Islands discussing ocean conservation efforts with locals and gearing up for the voyage to Cuba.

"As far as the eye can see, this ocean is dotted with what can only be assumed is one of the most impressive collections of mod-

ern-day vessels anywhere," wrote Co in a crew blog posted on Hokulea.com on March 9. "...And nestled amongst them all, delivered only by the elements and guided only by its heritage, sits a small, simple, unpowered traditional sailing canoe from Hawaii."

He wrote that word of their stay spread quickly.

"Hundreds of visitors have come to visit Hokule'a in the short time since we have arrived, many in wonder at a worldwide voyage with a mission of worldwide implications," said Co. "Compared to the high-powered boats around us, a double hulled sailing canoe finding itself two thirds around the world with no motors was enough to leave some in disbelief."

Stay tuned for more updates from the Molokai crew in the coming weeks and visit Hokulea.com to follow their journey.

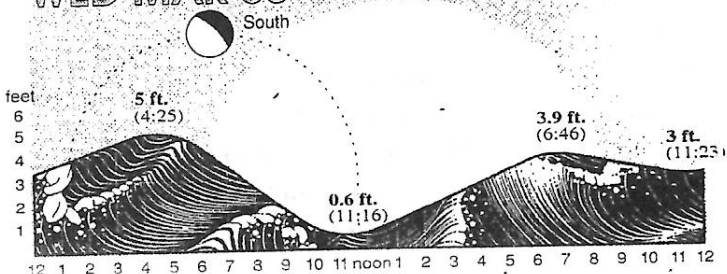
A Follow Up ON
HAWAII'S DOUBLE
HULLED CANOE.
SAIL POWER ONLY!

THE HOKULE'A
WAS IN CUBA
the end of MARCH AND NOW FINDS
herself two thirds around the world.
THIS UAKA, WITH FIVE SISTER VESSELS,
ARRIVED AT BOLINAS AT THIS SAME

Steve Helling

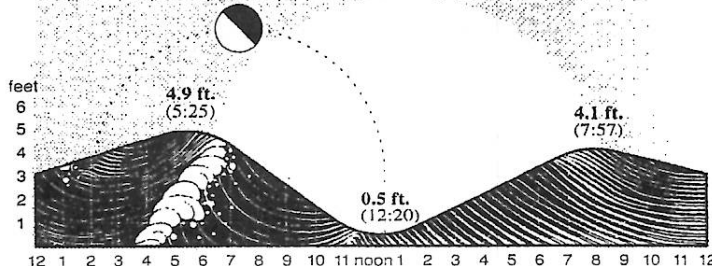
WED MAR 30

dawn 6:00 sunrise 6:57 sunset 7:32 dark 8:29
moonrise 1:16 a.m. moonset 11:38 a.m.



THU MAR 31

dawn 5:58 sunrise 6:56 sunset 7:32 dark 8:30
moonrise 2:07 a.m. moonset 12:30 p.m.



Benefits of Steaming Vegetables, and News about "Roundup"

The April issue of the Tufts University Health and Nutrition Letter has an article on the benefits of steaming vegetables. They cite research from the University of Illinois on different ways of cooking broccoli. Broccoli (like other cruciferous vegetables) contains a plant compound called sulforaphane, which has shown ant-cancer action in laboratory tests. But for sulforaphane to form, another broccoli compound must be present—an enzyme called myrosinase.

The University of Illinois scientists found that only when broccoli is steamed, for as long as five minutes, did it retain the myrosinase necessary to form the cancer-fighting sulforaphane. Boiling and microwaving broccoli, even for just one minute, destroyed the enzyme.

Those findings follow a 2008 study published in the Journal of Agricultural and Food Chemistry, which reported that steaming was the only cooking method to preserve glucosinolates—a group of cancer-fighting compounds in broccoli and other cruciferous vegetables. In fact, steaming actually increased total glucosinolates by 30% compared to raw broccoli. Boiling and frying both led to substantial degradation of glucosinolates, with frying causing an 84% loss of these healthy compounds. To clarify – glucosinolate is a precursor to sulforaphane – they are basically the same compound.

Sulforaphane is being studied in the Brassica Chemoprotection Laboratory at Johns Hopkins. This unique laboratory is exclusively dedicated to identifying edible plants that are particularly rich in protective enzyme-inducer activity. This lab has an amazing story, to be revealed in a future column.

Another study found that steaming spinach and broccoli better preserved levels of folate, an important B vitamin. Even after nearly five minutes of steaming spinach and 15 minutes steaming broccoli, folate loss was negligible. Boiling the same vegetables, however, lost more than half the folate in each.

A 2009 Chinese study found that only steaming preserved the chlorophyll, vitamin C, soluble proteins and soluble

sugars in broccoli that were lost in microwaving, boiling, and stir-frying. Some nutrients, such as water-soluble vitamin C and most B vitamins, are rapidly lost to boiling; steaming retains more of these vitamins because the food comes into less contact with the water

Heat destroys vitamin C by speeding the rate at which the vitamin reacts with oxygen in the air, so raw vegetables typically have more vitamin C than steamed ones. But since vitamin C is so prevalent in fruits and vegetables, cooking is often worth the trade-off.

Many nutrients are fat-soluble, including vitamin A, vitamin D, vitamin E, vitamin K and carotenoids like beta-carotene and lycopene. So even if you steam your food to minimize the loss of these nutrients, tossing steamed vegetables in a little oil will help your body absorb these fat-soluble nutrients.

For easy and effective steaming, use a steamer that keeps the food out of the water. You can add herbs, spices or aromatic ingredients like garlic or onions to the steaming water, or replace the water entirely with broth.

Testing for Glyphosate (Roundup) in Food: The U.S. Food and Drug Administration confirmed on Thursday that it would begin testing for residues of the controversial herbicide glyphosate on foods sold in the U.S. for the first time this year. Glyphosate, the active ingredient in Roundup, is widely sprayed on American farms, and is the most-used agricultural chemical in the world. It has been labeled "probably carcinogenic to humans" by the United Nations' International Agency for Research on Cancer, though a European food safety agency has disputed those claims. The FDA says it didn't test food for glyphosate in the past because the "available methods" would have been "very cost- and labor-intensive to implement." The FDA has recently developed streamlined methods to test for the chemical. "The agency is now preparing plans for Fiscal Year 2016 to measure glyphosate in soybeans, corn, milk, and eggs, among other potential foods. Stay tuned for more on this topic, including what is going on in the Senate - attempts to block the Vermont law to mandate GMO labeling on all foods, due to go into effect July first. GMO foods are sprayed with glyphosate. Sadjia Greenwood, MD *back columns at sadjiascolumns.blogspot.com*

Apologies to Sadjia Greenwood and to readers from the Monday editor, for the scrambled version of her column that appeared in the Monday Hearsay. Here is the corrected text:
--Ned Riley

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HEARSAY NEWS CLASSIFIEDS

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MS 3/28

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LOST AND FOUND

LOST: LARGE MAN'S NAVAJO SILVER BRACELET on
the beach or street in Bolinas or Stinson- sentimental value
wedding gift. If found please call 868-1321-Thank you.

3/16

LOST; PRESCRIPTION SUGGLASSES DOWNTOWN
MONDAY MORNING. IF YOU FOUND THEM PLEASE
CALL 868-0882 Thanks!

IE 2/17

LOST: BLACK PADDED JACKET WITH SLEEVES.
Diana-868-9249

DL 2/10

FOUND: "BLACK KIRKLAND JACKET" IN THE MUD.
IT IS MEDIUM. It had a note in the pocket with the phone
number-707-303-5875 Rob Borello. I left several messages on
his voice mail, but have had no answer. It is a fairly new jacket.
Please call Joan at 1-415-868-2943.

JL 2/1

LOST: A COLLAPSIBLE FIDDLE STAND.
On Wednesday 12/30 at the Midnight on the Water gig at
Smiley's, If located, please call Ned @ -0144.

NR 1/11

CLASSES



Weekly Classes and Events Schedule

MONDAY

Somatic Exercise w/Cenize Rodriguez	8:45-10:00am
Bo Babies & Toddlers Open Play Group (free)	10:00 - Noon
Modern Dance for Youth w/ Lisa Townsend	3:30-5:20 pm
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
Aerial Arts for Youth	3:30 - 6:00 pm

WEDNESDAY

Pilates w/Lisa Townsend	8:30 - 9:45 am
After-School Theater w/Lisa	3:30 - 6:00 pm
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 th Fridays)	10:30-12:00pm
No Place Like Home (Free Brunch 4 th Fri of Month)	10:30 - 11:30 pm

SATURDAY

Diaspora Dance w/ Amber Hines	9:00 - 10:30 am
LTDCo w/Lisa	10:45 - 12:30pm

SUNDAY

Brazilian Dance with Anna Gottreich	11:00 - 12:15 pm
CommUnity Night (see website for details)	Noon - 6:00 pm

Call 868-2128, check the Library Marquee, Calendar in BCC
Foyer or visit 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
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VW 2/17

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SD 2/5

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CG 4/11

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CH X

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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 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



KWMR Radio Highlights

FRI Nonviolence vs. ISIS 1 PM
SAT Weekend dance tunes 10 PM
SUN The Three Trials of Oscar Wilde 8 PM
MON Marine science with NOAA expert 1 PM
TUE Tuesday Latin jazz groove mix 2 PM
WED Cuerpo Corazón Comunidad 11 AM

- More information at KWMR.org -

FM 90.5 Point Reyes Station
89.9 Bolinas
92.3 San Geronimo Valley