

Bolinas Hearsay News

Monday, October 14, 2013

46 ¢ + tax



WHAT'S HAPPENING

Monday, October 14

HEAVENLY BODIES by Paul Koudounaris

Paul will share his research into the jeweled skeletons of the catacombs. Stinson Beach Library, 7pm

MESA PARK BOARD MEETING

Firehouse Community Room 7pm. (Agenda inside)

DALE POLISSAR TRIO

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

BCPUD (UTILITY DISTRICT)

Regular monthly meeting of Board of Directors @ 270 Elm Rd, 7:30pm. (Agenda inside)

Thursday, October 17

WHITECAPS

Regular monthly luncheon of Seniors' organization @ Road & Boat Club, 11:30am

FREE FLU IMMUNIZATION

Bolinas Community Center noon-2pm

ERIN & THE PROJECT

New band showcase @ Smiley's, 8:30pm

Friday, October 18

FUTURE TWIN/STANDARD POODLE

Live music @ Smiley's, 9:30pm

Saturday, October 19

COMMUNITY CENTER

Regular monthly meeting of Board of Directors @ St Aiden's, 10am

HARVEST CELEBRATION

And apple pressing @ Bolinas Children's Center, 270 Elm Rd, 11am-2pm. Games, food, bake sale, fresh cider and more. Info: -2550

FRIENDS OF SAM'S HOUSE

Special benefit & party: art sale, live music, local fine foods & wine, 265 Horseshoe Hill Rd., 4-6pm \$40 donation. Rsvp to foshmarin@aol.com or 868-2866

PETER ROWAN

Dance Palace, Pt. Reyes Station, 8pm \$26

Monarch Butterflies Return.

Photo by Curly Rigg

Sunday, October 20

PANCAKE BREAKFAST

Celebrating 50th Anniversary of Rod & Boat Club, @ the Club, 8:30-11am, \$5/person (1963 prices!)

Monday, October 21

THE MUSHROOM DOCTOR

The Wisdom Way of the Feminine Shaman, presentation @ Stinson Beach Library, 7pm

DORIS OBER

Home Grown sponsored conversation w/ author of 'The Alzheimer Years,' @ Firehouse, 7:30pm

Wednesday, October 23

TEA & POETRY AT STOCKSTILL HOUSE

Feat. Lynda Beigel, Sandra Cross, Lois Lancaster & Claudia Chapline 3-5pm 12051 HIGHWAY ONE, Point Reyes Station

Annie Crotts is staying at Sam's Place after breaking her foot—some lousy 91st birthday present!

--Lynda Beigel

pasteup
ads/books
press

Ned Riley
June McAdams
Jennie Pfeiffer

BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT

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



A Regular Meeting of the Board of Directors
October 16, 2013 7:30 p.m.

1. Call to Order.
2. Roll.
3. Manager's Report.
 - Update on the Terrace Avenue Water Main Relocation Project.
 - Update on the Terrace Avenue Bluff Stabilization Project.
 - Update on the Wastewater Treatment Plant Pump Station and Electrical Upgrade Project.
 - Update on Shared Personnel Between BCPUD and Bolinas Fire Protection District.
 - Update on BCPUD's Five-Year Capital Improvement Plan.
 - Drainage Project Manager's Report.
4. Community Expression.
5. Request for Financial Relief from Quarterly Water Bill pursuant to BCPUD Resolution 553 – 280 Elm Road (A. Coote).
6. Second Notice of Non-Compliance with Expanded Water Use Permit – 60 Mesa Road (N. McCarthy).
7. Magid Coastal Permit (14-5) and Second Unit Permit (14-6); Expanded Water Use Permit Application – 415 Yucca Road (M. Magid); *Public Hearing: Continued Obstruction within Zebra Right-of-Way.*
8. Request to Dedicate Bench on BCPUD Sewer Pond Property to Peter Warshall (K. Okamura, H. Kossman, S. Patton and D. Hadley).
9. Request to Transfer Water Meter from 32 Wharf Road to 101 Mesa Road; Expanded Water Use Permit Application (Mesa Park).
10. Amend District's Flexible Spending Plan to Comply with the Health Care Reform Act.
11. Volunteer Committee Reports
 - Alternative Energy:
 - Bolinas Lagoon Advisory Committee:
 - Community Path Update:
 - Downtown Parking & Traffic Committee: *Request to Revive Committee (M. Rafferty)*
 - Resource Recovery:
 - West Marin Mosquito Control Coordinating Council:
 - Sewer Pond Land Management Committee:
12. Other Business
 - a. Board Committee Reports
 - Finance:
 - Legal:
 - Mesa Septic, Flood Control and Roads:
 - Operations:
 - Park and Recreation:
 - Personnel: *Recommendation to Hire Part-Time Temporary Maintenance Worker*
 - Sewer:
 - b. Minutes of the September 18, 2013 Regular Meeting.
 - c. Warrants
 - d. Scheduling of Next Meeting(s)
13. Adjournment.

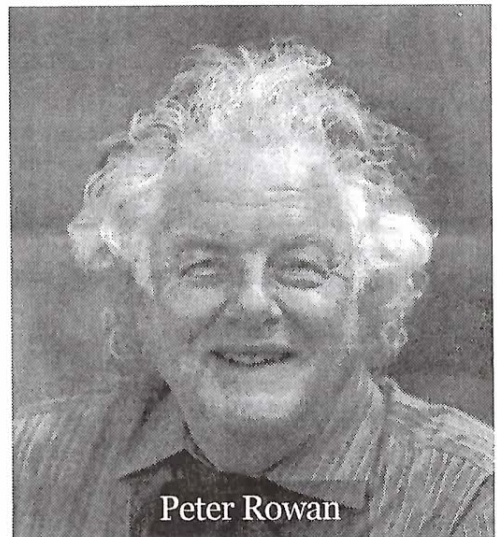


COMMUNITY & CULTURAL CENTER
dance palace

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

PETER ROWAN IN CONCERT

Grammy award winner and six-time Grammy nominee, West Marin's own Peter Rowan is a singer-songwriter with a career spanning more than five decades. From his early years playing under the tutelage of bluegrass veteran Bill Monroe, to his time in Old & In the Way, and his breakout as a solo musician and bandleader, Rowan has built a devoted, international fan base through a solid stream of records, collaborative projects, and constant touring.
Saturday, October 19, 8 PM / \$26 general, \$24 seniors, \$12 youth



Peter Rowan

Smiley's

POOL TOURNAMENT

Every Tues. Night, 7:30 pm

1st Prize \$75-\$100

8 2nd Prize \$25 6

3rd Prize Smiley's Cash

\$5 buyin

41 Wharf Rd. 868-1311

**SI PERKOFF HONORED
BY SAN FRANCISCO JAZZ CENTER**

I always feel privileged to play with Si Perkoff, but I feel especially so now: Si was honored last week by the new San Francisco Jazz Center as the pianist they chose to celebrate Thelonius Monk's birthday. He made a hit in that shiny new venue, and it was such a pleasure to see my old friend and colleague enthusiastically applauded by such an audience of connoisseurs.

My trio with Si will be playing at The Panama Hotel this Wednesday, Oct. 16, from 7 to 10 p.m., with the excellent Piro Patton on bass. Some Bolinas folk are planning to come, and I hope you'll join them.

Again I'll recommend the Panama: delicious food, charming atmosphere, and not too pricey.

From 4th Street, go south on "B" a few blocks--on the right at Bayview.

Dale Polissar

P.S. I have recorded two CD's with Si--available at Kaleidoscope or Bolinas Hardware.

Some Bolinas History and a Celebration

In September 1963, Ed Letter, Pete Martin, Ace Briggs, Pete Auer and Frank Mathew met and formed a new club in Bolinas, tentatively named the Bolinas Rod and Rudder Club. Later they settled on the name Bolinas Rod and Boat Club. The purpose was to "take a greater and more active part in the development of water recreation facilities for this area." And "for the conservation and propagation of fish and wildlife." Mission accomplished by attracting more and more fisherman (early rules only allowed men to be members) and other water enthusiasts who pledged to be a "public voice for boating and fishing interests in Bolinas, to work for a better understanding for the safety of all water recreation and to the preservation of the Fish & Game laws." Early members doggedly pursued the purchase of the little house now known as the Boat Club, on Wharf Road. They funded the Club's ownership with years of Sunday Pancake Breakfasts, which townspeople looked forward to each month.

Fast forward 50 years, the Club now has 200 members, admits women, has hosted 49 annual fishing derbies, members actively participate with regional agencies who manage our lagoon waters and land, maintains a string and docks for members boats and recreation, and keeps a tidy little clubhouse where members meet and socialize regularly.

We salute earliest members Annie Crotts, Bill Lyons and Pete Martin, as the Club celebrates 50 years this month by offering the community a **Pancake Breakfast, on Sunday, October 20, at 1963 prices: \$5 a person.** We will be flipping cakes and frying bacon from 8:30 until 11 am or until the food is gone. The Club hopes to see you there.

Thanks to Bill Lyons for making copies of the minutes of the very first Boat Club meeting available.

Mary Abbott, Secretary

THREE GREAT THINGS ABOUT THIS PLACE...

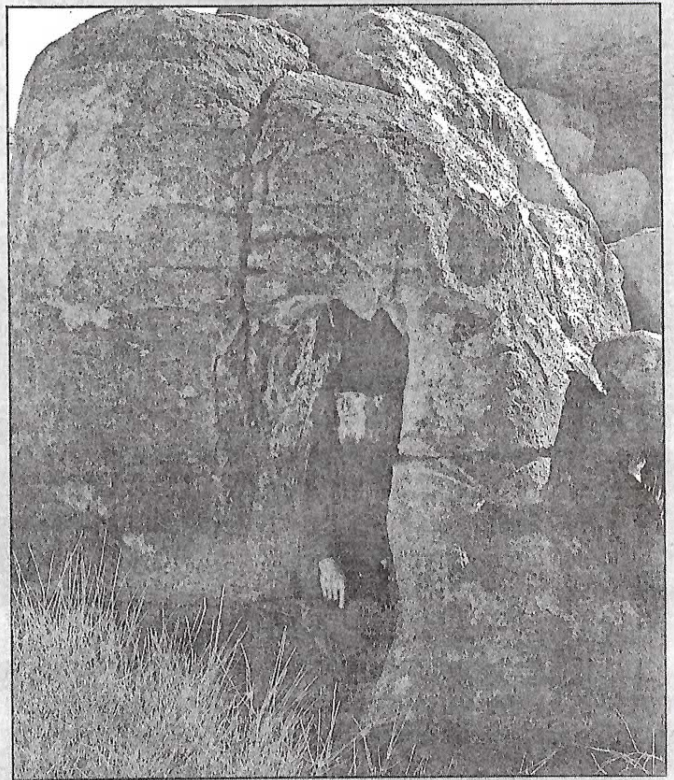
(1) A wonderful October wedding-- congratulations, Ben and Em (and baby Simone)

(2) An old-time musicians' baby shower-- beautiful tunes on a sunny Sunday afternoon.

(3) Getting the septic tank pumped. Now we're ready for the rains.

--Ned Riley

Eat Dog passes



Eat Dog of Bolinas died peacefully at 3 a.m. Friday October 4. Photo courtesy of Alethea Patton

HAPPY, HAPPY BIRTHDAY!!

October 14: Annie Crotts

**October 15: Jerry Bohlman
Jason Rodgers
Ruby Lee**

October 16: Kiowa Broek

**October 17: Heather Peacock
Kathy Sayers**

**October 18: Jane Okamura Sanders
Peter Gubbins**

**October 19: Magda
Micah
Ashley Ratcliffe
Candra Docherty
Stephen Haney
Perry Hooper
Richard Schoenherz**

**October 20: Anthony DiStasi
Leighton Norton
Kathy Sparling
Leo Kostelnik
Eddie Taylor**

HARVEST CELEBRATION AND APPLE PRESSING

Families of young children are invited to the Bolinas Children's Center on Saturday, October 19th from 11:00am to 2:00pm to celebrate the bounty of our garden and to play in our big back yard. We will have games, food, a bake sale, fresh apple cider and more. 270 Elm Rd. Bolinas. For more information, please call 868-2550.

Go to Health: What is it about brassicas?

I lead a discussion on nutrition at the Commonweal cancer retreats every few months, along with the renowned chef and author, Rebecca Katz. We have a handout of general suggestions for healthy meals, and then give each person individual guidance. One of our first guidelines is to eat a brassica vegetable every day. These vegetables include broccoli, arugula, kale, collards, mustard greens, bok choy, Brussels sprouts and turnips. The reasons these vegetables are important for people with cancer, and people who want to prevent cancer, have been studied at Johns Hopkins University's Brassica Chemoprotection Laboratory. They have focused on broccoli, which contains a compound known as sulforaphane. It is a potent natural inducer of what are called phase 2 detoxification enzymes. These enzymes break down free radicals and environmental toxins, enabling the body to excrete them in urine, bile or stool. The Johns Hopkins researchers found that these detoxifying enzymes were boosted in function by the sulforaphane in brassicas, and that broccoli contains high levels. Broccoli sprouts contain the highest amounts of sulforaphane, up to 50 times more than mature broccoli. Recent studies at Baylor College of Medicine have shown that a concentrated form of sulforaphane is active against lymphoblastic leukemia cells in the laboratory. Other researchers at the University of Arizona are looking into topical sulforaphane to prevent skin cancer. Preventive effects on breast, prostate and colon cancer are also under study.

It is important not to overcook broccoli, as this will destroy its ability to release anti-inflammatory and cancer protective compounds. Steam lightly for a few minutes. Since broccoli sprouts are such a potent source of sulforaphane, you should know that it is easy to make your own. You can call 800-695-2241 and order organic broccoli sprouting seed. If you are new to sprouting, consult sproutman.com. He has an almost overwhelming number of ideas and devices to help you sprout.

At the cancer retreats, we also suggest that people consider drinking the green tea or black tea with broccoli seed

extract, formulated at the Johns Hopkins Brassica Chemoprotection Laboratory. The tea is high in sulforaphane and related compounds. A portion of the proceeds from the sale of these teas will go to further Hopkins' research on vegetables. Regular and decaffeinated teas are available. If you don't have time for sprouting right now, just go for the tea. Call the Baltimore Tea and Coffee Company at 800-823-1408 to order. The teas do not taste like broccoli!

Sulforaphane is also found in kale, cabbage and all the other brassica (cruciferous) vegetables. If you don't like broccoli, you can still get the benefits of sulforaphane in these foods.

At the last cancer retreat, one of the participants was a patient at Johns Hopkins. She said that her oncologist had never mentioned the Brassica lab, and it seemed strange that she would come to California to find out about it. Yeah, California!

At the Commonweal cancer retreats, Rebecca Katz has come up with a good way to help people drink fluids, even when they are not feeling well. She suggests a special pitcher for water, in which you place orange and lemons slices, with the peel (organic is best), chunks of cucumber, and a sprig of thyme, mint or rosemary. Rebecca calls this 'spa in a glass'. It will be easier to drink than plain cold water, and will have beneficial qualities.

Sadja Greenwood, MD

You can find a copy of my novel, Changing the Rules, at Pt. Reyes Books, the Grand Hotel, Uniquities, or at Amazon.com.

AGENDA MESA PARK BOARD MEETING October 14, 2013 7:00 PM Bolinas Firehouse

Call to Order
Members present
Community Expression
Discussion with Fire Chief & fire board members concerning the requested hook-up with the Firehouse/Clinic sewer system: procedures, financial obligations.
Downtown Park:
Maintenance Report
Irrigation Report
Treasurer's Report
Up-date on election status
Other
Approve Warrants
Approve Minutes
Next meeting
Meeting adjourned

Submitted by Jane Mickelson

WEEKLY WRAP & RECAP 10/14/13

From JENNIEPFEIFFER

It was a busy week in our little town with everyone taking advantage of these last beautiful days before the rains come.

Monday night at the library there was an inspiring talk by Russ Faure-Brac, our local peace activist extraordinaire, who transitioned from Defense Engineer to Teacher of Peace. He enlightened the 30 or so people gathered to hear him speak, chronicling the number of major wars fought since recorded time, the cost of war, both human and financial, and then took us on a slide show journey showing his 10,000 mile cross country trip for peace on his Triumph motorcycle. We heard that our country's National Security Budget is \$1.3 trillion, and he carefully underscored what a trillion actually means: a million seconds is 12 days, a billion seconds is 32 years, and 1 trillion seconds is 32,000 years. A trillion is a lot of dollars. It's all in his motivational book "Transition to Peace", (which is available in the library, as well as for purchase) showing us that each of us can do our own something, if we commit ourselves to making a peaceful change in the world.

Wednesday night, the Bolinas Community Public Utility District sponsored a "Meet the BCPUD Board Candidates" night, held at the Firehouse community meeting room. Jennifer Blackman set the parameters, and Michael Rafferty was the keeper of the time, as each of the six candidates gave opening and closing comments, and in between, answered questions from the full house of interested community members. There are three seats coming up for renewal this go around and it looks like there is a good group of 6 qualified candidates, making recommendations difficult. I am a strong supporter of returning Jack Siedman to the Board. He is fair and balanced and during the 30 years since our first meeting, I have known him to be an enthusiastic community volunteer, working with kids in soccer and Little League, spending years on the School Board, the Mesa Park Board, and making himself available as a mediator, when necessary. I always use him as an example of how to chair a good meeting.

Grace Godino has been a long time member of our school community, and I worked with her as a colleague on the school staff, and know her to be a responsible worker, and a thoughtful counselor, showing she is aptly named as she shows "grace under fire." I would be happy to see her on the Board to help keep a balance as we lose the two women board members who have served us so well.

Another very long time friend and peer is StuArt, who is always there for Community, and has served many years working with the Bolinas Land Trust and the Bolinas Community Center. He has a very light and upbeat manner, making community activism very accessible. He has chronicled in song all the major events of our little town, and works hard to keep the town flowing in a beautiful way.

I've known Lyndon Comstock a shorter time, but have seen him in action in the neighborhood making himself available on local issues, and educating himself extensively on all infrastructure matters that come to his attention, such as roads, drainage, budget, and land use. I have great admiration for his diligence and pleasant manner, and highly recommend him. I realize that's already too many recommendations, which means you need to make your own choices, which is how it should be.

MARIN COUNTY
FREE LIBRARY

THE MUSHROOM DOCTOR

The Wisdom Way of the Feminine Shaman



Camila is a conduit of the knowledge and spirit of Mazatec native medicine. As the only American female apprentice of Doña Julieta, she is uniquely able to give us a special view. Come meet an extraordinary woman. Be amazed and delighted.

October 21 7 pm
Stinson Beach Library

All Library events are free. Call 415.868.0252 or visit www.marinlibrary.org

Events sponsored or conducted by the County of Marin are held in accessible sites. For accommodation requests call 415.473.3220 (voice), CRS dial 711) or email library@marincounty.org at least four work days in advance. Documents are available in alternative formats, upon request.



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The other two candidates, I have known for a shorter time, and have not had the opportunity to work with as extensively. I have always enjoyed my exchanges with Bill Braasch, but know that he is a part-timer here in Bolinas, which would make me hesitant to recommend him for the BCPUD Board. Remick Hart, is a new face to me, even though I understand he's been around for many years. I was interested to hear what he had to say and appreciate the enthusiasm he showed in stepping up to this difficult job.

Whoever your favorites are, I encourage everyone to exercise this important right we have to vote, either on Tuesday, November 5, or earlier by mailing in your ballot. And I urge everyone to support Mesa Park for our families, by voting yes on measure I.

Sorry to have missed the Food Festival on Saturday, but that was the day our family had a happy time witnessing son Ben Pfeiffer exchange marriage vows with the wonderful Emily Sims. They were supported in this lovely event by daughters Elycia and Simone, and were surrounded by sisters and bros, parents, and elders of the family at this small and beautiful event. Friends and community members are encouraged to offer congratulations on the occasion of seeing them out and about. jp



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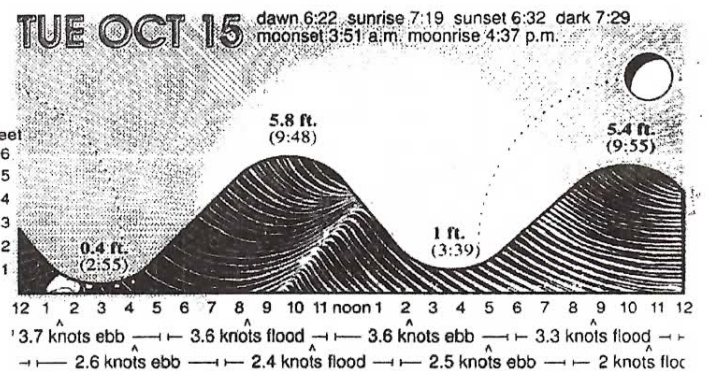
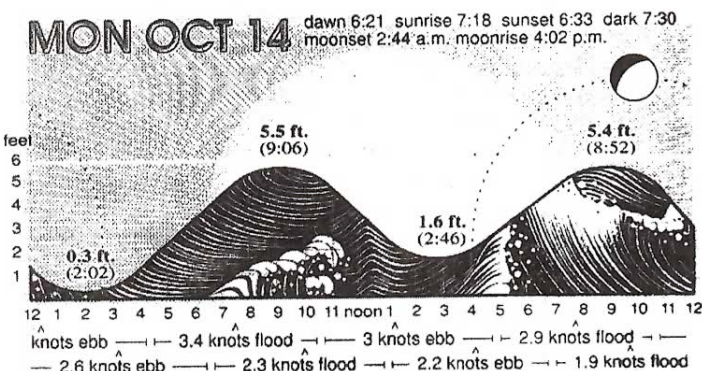


	Tue	Wed	Thu	Fri	Sat	Sun	
6	DeepWaking 12-1 am KWMR Night Music	Weekly Feed 12-1 am KWMR Night Music	KWMR Night Music	S Sunspots to 1:30 am KWMR Night Music	KWMR Night Music	Grateful Dead 12-1 am Radio Goethe 12-1 am KWMR Night Music	
7	Day 6 (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	6:00 am As It Happens Morning Glory KWMR Night Music Daybreak	
8	With Eyes Open Peter Asmus Park Wave-lengths L. Farley KT's Kitchen	Hear the World A Cuppa Jo with Dr. Joe Krista Tippett On Being (repeat)	Rise and Shine Mary Siedman Amber Distasi	Swimming Upstream Amanda Eichstaedt	Morning Blunder Howard Dillon Charlie Docherty	Hear the World (RNW) Art of the Song (repeat)	Barrio Vibes Solange Echeverria
9	Turning Pages # Janet Robbins # Lyons Filmer	Turning Pages # Neshama Franklin # Vinyl Café (repeat)	Turning Pages # Joy Maulitz # ViewPoint (repeat)	Turning Pages Janet Robbins	Krista Tippett On Being (through November)	Vicarious Traveler Vicki Leeds Original Minds Elia Haworth	Sunday Celebration of Sacred Music # Rick Clark
10	Open House The Bioneers	#1/#3 Specials TBA #2/4/5 Questing Calpestri & Mickelson	The Bioneers (repeat) Making Contact	An Organic Conversation	Nuestros Niños	Viewpoint Ellen Shehadeh The Place We Live Marc Matheson	# Guest Hosts 10 am BirdNote
12	The Farm and Foodshed Report Robin Carpenter	New Dimensions	Alternative Radio	Attune-ment Anthony Wright	Common-wealth Conversations	Specials TBA # Airwaves (repeat) # Tamas (repeat)	Forms and Feelings Happy Days Marcie Judelson Jazz with Kendrick Rand
1	West Marin Matters #1 J. Stock #2/4 Gong & Stephan #3/5 S. Santiago New	Spirit & Mind Anthony Wright	The Local Organon P. Fenn C. Schultz New Slot	KWMR Peace programs (repeat)	Philosophy Talk	New Peace Paradigm Stepanie Van Hook Coming Pieces of Peace	Jim Bennett Jazz Rhythm Dave Radlauer LAST SUNDAYS
2	Cruisin'..... Rick Clark	What's New? Jimo & Friends	New Day/Time Aztec Pride Jorge Ramirez	Classical Wednesday #1/5 Specials #2/4 Chris Breyer #3 Susan Deixler	Classical Thursday # Susan Santiago # Jeffry Wilkinson	Classical Friday #1 S. Henderson #2/4 N. Masonson	# Hawai'i Calling Susanna Henderson # World Playground Guest Hosts Riverwalk Jazz The Vinyl Café (CBC)
4	# Youth D.J. Project # The Latin Alternative	Art of the Song	Youth D.J. Project # Devon McMorrow #5 Coastal Airwaves Vickisa	TeaTime Books Mimi Calpestri Howard Dillon	#3 Janet Robbins #5 Specials	Circulo musical Jesus Martinez	Learnin' Kirven Brian Kirven To Hell & Bach Beth Underwood
5	New Time Trash to Treasure	Sabrina Artel's Trailer Talk	Open House	Open House: Tamas de inmigracion; Story Shed	Happy Hour	The Celtic Universe	Ears Akimbo's Elbow Room Between Rock and A Jazz Place
6	New Time Moyers & Company	Live Wire! Radio	Epicenter: West Marin Issues #1 Pt Reyes Dialogues Last: WM Political Reps	# Art's Desire # Hot Tech/Cool Science Julie Motz	Liberacha	# Loretta Farley # Lyons Filmer	Paul Flowerman Grey Shepard
7	Release Me...New music Amanda	Musical Varieté Charlie Morgan	Foggy Ridge Music Will Minor	West County Prowl Jeff Manson	Bakersfield & Beyond Mike Varley & Amanda Eichstaedt Shorty's Bunkhouse Shorty	Friday Funk Fest Fairfax Funkateer	Rick's Jazz Café Greg's Groove Choose Your Own Adventure The Kitchen Sink
8	New Time Barbarian Beach Party Katie Eberle	Silver Dollar Jukebox Peter Martinelli	Faultline Radio Jaimeo Crespo	Coast Highway Blues Larry Rippee	L.A. Theatre Works Contemporary and Classic Drama	Doctor Jazz Radio Programme - Breyer Magic Radio Chris Breyer	Rick Clark Gregory DeMascio Fred Smith Patrick Kleeman
10	Monday Night Mixtape	Professor Kosmo plays.....	The Latin Alternative	Sonic Sunspots Tony Palmer	NEW Best of British Unsigned New music from the UK Professor Kosmo plays....	Saturday Night Function # Marc Matheson # Jeff Wilkinson	Stuck in the Psychedelic Era with the Hermit
11	Jacoba Charles	Professor Kosmo plays.....	Professor Kosmo plays.....	Professor Kosmo plays.....	Professor Kosmo plays.....	Professor Kosmo plays.....	9.11.13

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ANNOUNCEMENTS

PANCAKE BREAKFAST – BOLINAS ROD & BOAT CLUB – Sunday, October 20th – 8:30-11:00

PE 10/18

LOST & FOUND • FREE • RIDE SHARE •

ARE PUBLIC SERVICE ADS, AND RUN FOR FREE.

Please keep ads to around 20 words.
We will run them for at least a week or until you ask for removal.

Hearsay Staff

FREE

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End of Evergreen. Come and take it.

JR 10/11

LOST & FOUND

LOST: SPRING GREEN BIG-SHIRT

Call 2283 if found

10/11 KO

LOST: KAYDON'S BIKE HELMET (SKATE STYLE)

Call 9036 if found

10/2 MA

LOST SUNGLASSES, WOMEN'S FRAME, brown with brown lenses, Dior. They are much missed! REWARD! 415-868-0681 917-209-4639

O 9/18

STOLEN BICYCLE: BLACK SCHWIN 3 SPEED with basket, white wall tires, lg. seat. Last seen on Gospel Flats may be downtown. Allan @ PO Box 254

AL 8/28

LOST: LABOR DAY-AMPLIFIER STAND-a pair of cowboy boots with wooden top. StuArt-2769

SC 9/9

LOST

Lost: A pair of very cool rayban sunglasses at farm stand art show opening last weekend, 9/7- (599) 288-3401

VW 9/13



CLASSES



Weekly Schedule

Monday

Chi Gung w/ Susie Stewart 10:00 - 11:00 a.m.
Pilates w/Lisa Townsend (pre-register 868-0473) 5:30 - 6:30 p.m.
Theater with Patrice Daley 7:00 - 8:30 p.m.

Tuesday

Yoga w/Lisa Brendel 8:30 - 10:00 a.m.
Bo Babies & Toddlers (Free Hangout) 1:00 - 3:00 p.m.
Pirate Pizza in BCC kitchen (pre-order 328-1066) 4:30 - 7:30 p.m.
Aerial Arts for Youth w/Joanna (starts 10/15) 3:30-5:45p.m.

Wednesday

Pilates w/Lisa Townsend 8:30 - 10:00 a.m.
After-School Theater w/ Lisa T. (starts 10/30) 3:30-5:00 p.m.
Theater with Patrice Daley 5:30 - 7:30 p.m.
Biblia en Español 8:00 - 9:30 p.m.

Thursday

Yoga w/Lisa Brendel 8:30 - 9:30 a.m.
USDA food bank 12 noon
After School Ballet w/Erika Townsend (Starts 9/5) 3:30-5:45 p.m.
Congolese Dance w/ Sandor 6:00 - 8:30 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

Yoga w/ Lisa Brendel 9:00 - 10:30 a.m.
Kids Movement Class (2-4 yrs) w/ Lisa Townsend 10:45 - 11:15 a.m.
Kids Movement Class (4-6 yrs) w/ Lisa Townsend 11:15 - 12:00 p.m.
Ballet w/ Erika Townsend 12:15 - 1:45 p.m.

Sunday

Yoga w/ Trishna (Classes start 9/8/13) 9:00 - 11:00 a.m.
Brazilian Dance with Anna (Classes start 9/8/13) 11:15 - 12:15 p.m.

Check the Library marquee or Calendar in BCC Foyer for special events. For More Info call 868-2128 or visit www.bocenter.org

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.

14 October

Winter's Day/Vinternatsblót

Winter's Day marks the beginning of the winter season in the old northern European calendar. Long-distance sailing and other summer activities also stopped on this day, as preparations for the winter took priority.

OCTOBER

15 October

Ides of October

In ancient Rome, the tradition of Winter's Day was held a day later than in the north. Here, the season of combat ended, and weapons were put away until the following year.



HEARSAY NEWS CLASSIFIEDS

To place an ad: come to the office, 270 Elm at Maple, on the left side of BPUD building. Ad forms are in a small mailbox next to door. Fill out form and drop in door slot. If you have included payment please note. Office hours: Monday, Wednesday and Friday between 9:00 & 11:00 am. Call 868-0138 for more info.

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DMX

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Submit articles, ads and drawings by midnight
Sunday, Tuesday or Thursday for publication the next
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site to read online and info on how to subscribe.



"Only the base"

I.
A knife-edge. A platform
of tip-toes. The ocean
leaves pale bones, mystic
green shrouds. Solitary forms.

The horizon is water.
The birds slosh through the drenched
sky, clouds of ink. Breath that
only the whales know.
Prone forms drink the air.

The dusk leaves time at odds
with the distant weight
of night. Small words pass for love.
Embraces amidst the rockfish. Night.

II.
"Tis a fountain of grace
to attend the ruby dawn"-
then coffee, tobacco
must supply the rest.

It was the cry of the gulls
and not of lovers
that woke the ire of the storm.
Or the cries of the lovers

incited the gulls. In the night
the gulls smelled love
and cried out. The ruby dawn
hears the echoes even now.

-J-P Voilleque



HOUSING WANTED

CALLING ON THE BOLINAS TRIBE, PLEASE HELP
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CMx

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MB 10/18

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speak with Annabelle or Warren.

A/X