WHAT'S HAPPENING??

Monday, October 15

**BO-STIN YOUTH GROUP**
Meet at Stinson school bus stop for games, tutoring, snacks, 3:30pm. Info: Bolinas.stinson.youth.group@gmail.com

Tuesday, October 16

**BOLINAS COMMUNITY CENTER**
Regular monthly meeting of the Board @ Library, 5pm

Wednesday, October 17

**BCPUD (UTILITY DISTRICT)**
Regular monthly meeting of the Board @ 270 Elm Road 7:30pm. Please see agenda inside.

Thursday, October 18

**DANNY MONTANA**
plays country/blues/funk @ Coast Café, 6-8pm

Saturday, October 20

**KENT ISLAND WORKDAY**
Meet at Wharf Rd dock, 10am. RSVP Greg Reza 473-3778

**OCTOBOFEST**
Music by Five Against Four & Rainy Eyes, food by Mirita, beer from multiple local breweries; @ Community Center, 6:30pm, $15adv/$20 at door.

**THE HA**
Beach-funk Americana @ Smiley's, 9pm, cover

Sunday, October 21

**FIRE SAFETY DAY**
Demonstrations, displays, rides, hot-dogs & more @ Firehouse, 10am-2pm

**MICHAEL PINKHAM & FRIENDS**
Live jazz @ Smiley's, 5pm, no cover.

Saturday, October 27

**FREE TOXIC AWAY DAY**
Bring your household hazardous waste to Mesa Park from 9am-1pm

**CARNY HALLOWEEN BASH**
Los Padres, DJ Bones, Pirate Pizza Bolinas Community Center 7PM $20 Adults $10 Kids

HAPPY HAPPY BIRTHDAY!!

October 15:  Jerry Bohliman  
Jason Rodgers  
Ruby Lee

October 16:  Kiowa Broek

October 17:  Heather Peacock  
Kathy Sayers  
Penny Jane Pruit

October 18:  Jane Okamura Sanders  
Peter Gubbins

October 19:  Magda (remembered)  
Micah  
Ashley Ratcliffe  
Chandra Docherty  
Stephen Haney  
Perry Hooper  
Richard Schoenherz

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

October 21:  Connie Angland  
Marshy Lenz

pastcup.......Ned Riley  
ads/books....June McAdams
prest..........William McGovern
CLIFFSIDE YOGA AND MEDITATION
8-9am Tuesdays @ Ocean Parkway & Iris.
Search "Bolinas Nature Yoga" on FB for more
details. Recommended donation: $10-20
(NOTAFOF)

CO-WORK TUESDAYS @ BOLINAS
COMMONS
Bring a laptop, sketchbook, or just come to
hang out. Fast WiFi, coffee, pastries, and your
favorite neighbors. 10ish-4ish on Tuesdays at
22 Brighton (next to Surf Shop).

THREE GREAT THINGS ABOUT THIS PLACE...

• The first new shoots of grass after the autumn rain.

• Another well-attended, good-vibe Grateful Dead night;
thank you, Pam. The Grateful Dead Appreciation
Society band is getting seriously good.

• Coming up this weekend in Fairfax: the eighth annual
Irish Music Festival. If you’re in town around 4pm on
Saturday, our Vladimir’s session players will be holding
forth at the Good Earth market.

--Ned Riley

Pilates Mat Class Workshop
October 15th - December 17th
Monday Evenings
5:30pm - 6:45pm

Pilates is rooted in 6 principles
Concentration, Control, Centering,
Breath, Flow, & Precision.

Taught by Lisa Townsend, this 10-week session
will focus on your needs as well as:
Awareness of Breath, Strengthening your Core,
Improving your Posture, Increasing Flexibility,
Injury Prevention, Reducing Tension & Stress

To register please call 664-0473 or come class
10 Class series = $150 - 12 students max
WHAT HAPPENED
10-15-18 Monday Morning Recap
Week-in-Review from Jennie Pfeiffer Riley

This week there was art, there was music, there was more music, there were meetings, as well as many political mailings and emails coming in asking for votes and donations to political campaigns, and I heard (though was not able to get there this time 'round) there were objects that no longer sparked joy for their owners that were offered for sale at the Pop Up market day at Bolinas Commons, AND there were bunnies – mad (in the most delightful way) Madame Charlatania’s bunnies on display at her mad rabbit exhibit that is instructive, entertaining, and must be seen to be believed. It is raising funds for RAICES, refugee and immigrant community education services & legal aid support for our multi cultural friends – a very good cause.

An aside: sparkling joy is a reference to the book Spark Joy by Marie Kondo, that offers ways to reduce clutter, suggesting that if you hold an item close to your heart and it doesn’t “spark joy”, pass it on out of your life. This was a gift from a daughter who is always offering me helpful, loving ways to get rid of things she sees as weighing me down. I love that both of my children are so caring and concerned about me. I’m wondering how they will feel if many of the items in the house that don’t spark joy, and get passed on, actually belong to them. Household is now all about sparking joy.

Art is everywhere and if you haven’t had an opportunity to get to Bolinas Museum or the Bolinas Gallery next door, try to find a way to fit that into your schedule for a mind and imagination expanding experience. In the Gallery, it’s all black and white and moving and still, bringing to mind Willie Nelson’s reggae song line “I can be moving or I can be still, still’s still moving to me” as the AMAZING Chris Whitefield has drawn repeated lines close together with such a steady hand it defies understanding and then he sneaks in a bit of white space now and then to make some “wow” moments that trick the mind into motion. Exhibited with Chris’ work is Ruth Charlotte Kneas’ stark black mobiles, beautifully balanced, casting intriguing shadows on the white walls as viewers walk by creating a bit of breeze – all a beautiful study in still/movement.

Saturday was all about music. In the afternoon was the annual Kindred Souls Reunion party, so generously offered at the MacDonald’s open space, graciously hosted by Barbara and Suzanne, taking us back to the 70’s when Greg Shindell and the Kindred Souls were happening in Bolinas. Greg is a delightful songsmith, with loving and nostalgic tunes, humor sprinkled in a happy way and calling folks, even those who were around back in the day, on to the dance floor again, feeling the music connection. Greg is now a troubadour, singing tunes for travelers on the Skunk Train runs. The last few reunion celebrations, he has been accompanied by his son Malakai, extraordinary flute and didgeridoo player. Thanks to everyone who makes that wonderful event happen. The music spread on into the evening with another excellent Pamela Springer Grateful Dead Night production, with delicious Thai food by Nan Skinner, an entertaining open mic for Deadheads to bring forth their offerings, and an outstanding set of Dead favorites by the Grateful Dead Appreciation Society. Those locals have gotten to the pro level, with what I think is better than Dead deliveries.

There were two education related meetings, the regular monthly School Board meeting on Tuesday, and the Joint Legislative Action Committee meeting on Wednesday, at which there was a report that the Governor did not sign the legislation that changed school starting times for teens, until later in the mornings. Otherwise, we continue to support our students so they can become articulate lifelong learners.

Mail-in ballots are now being delivered, so I’m working on mine and will comment on some of the ballot items next week, after going through the stacks of literature.

---

"I can see again!"

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The Health Risks of Alcohol
On August 24, 2018, the Lancet published a paper based on a study from the University of Washington, concluding that there is no safe level of drinking alcohol. The Lancet is a renowned English and international medical journal. The study shows that in 2016, nearly 3 million deaths globally were attributed to alcohol use, including 12 percent of deaths in males between the ages of 15 and 49.
"The health risks associated with alcohol are massive," said Dr. Emmanuela Gakidou of the Institute for Health Metrics and Evaluation at the University of Washington and the senior author of the study. "Our findings are consistent with other recent research, which found clear and convincing correlations between drinking and premature death, cancer, and cardiovascular problems. Zero alcohol consumption minimizes the overall risk of health loss." Gakidou is a professor of health metrics sciences at the UW School of Medicine, and of global health at the UW School of Public Health.
The study does not distinguish between beer, wine, and hard liquor due to a lack of evidence when estimating the disease burden, Gakidou said. However, researchers used data on all alcohol-related deaths generally and related health outcomes to determine their conclusions.
Alcohol use patterns vary widely by country and by sex, the average consumption per drinker, and the attributable disease burden. Globally, more than 2 billion people were current drinkers in 2016; 63% were male. Alcohol use was less in countries with large numbers of Muslims, as Islam forbids and discourages drinking.
The study looked at deaths and overall poor health attributable to alcohol for 23 health outcomes, such as communicable and non-communicable diseases and injuries, including:
Cardiovascular diseases: atrial fibrillation and flutter, hemorrhagic stroke, ischemic stroke, hypertensive heart disease, ischemic heart disease, and alcoholic cardiomyopathy;
Cancers: breast, colorectal, liver, esophageal, larynx, lip and oral cavity, and nasal;
Other non-communicable diseases: cirrhosis of the liver due to alcohol use, diabetes, epilepsy, pancreatitis, and alcohol use disorders;
Communicable diseases: lower respiratory infections and tuberculosis;
Intentional injuries: interpersonal violence and self-harm;
Unintentional injuries: exposure to mechanical forces; poisonings; fire, heat, and hot substances; drowning; and other unintentional injuries; and Transportation-related injuries.
"We now understand that alcohol is one of the major causes of death in the world today," said Lancet Editor Richard Horton. "We need to act urgently to prevent these millions of deaths. The myth that one or two drinks a day are good for you is just that -- a myth. This study shatters that myth."
The take home message from this study is complicated. Companies providing beer, wine and hard liquor are enormously large and powerful, permeating the world of sports, dining and agriculture. Cutting down on alcohol use means resisting pressures from many directions -- advertising, friends, social events, and habits. If you want to abstain, and can go 3-4 days without alcohol, you are probably not seriously addicted and can make the shift. You may decide to have a single drink on special occasions, such as your birthday, but be sober at other events. If you have been a regular drinker and have great difficulty abstaining a day or two, you should see your doctor to discuss the possible use of temporary drugs to help you through the transition to sobriety. In either case, you should start going to AA meetings, both for help and to meet other non-drinkers. You will get a sponsor who will help your transition. Don't worry if you don't believe in a God -- the group itself, or nature, can function as your higher power.
Sadja Greenwood – back issues at sadjascolumnss.blogspot.com


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CALIFORNIA 94924  415 868 1224

A Regular Meeting of the Board of Directors  
Thursday, October 17, 2018  7:30 p.m.

1. Call to Order.

2. Roll.

   - Update on the Terrace Avenue Bluff Stabilization Project.
   - Update on the East Tank Rehabilitation Project – See item 10, below.
   - Update on the Wastewater Pump Station Upgrade and Pond Recirculation Project – See item 11, below.
   - Update on the BCPUD’s Fire Fuel Reduction Project.

4. Community Expression

5. Request for Financial Relief from Quarterly Water Bill pursuant to BCPUD Resolution 553 - 10 Mesa Road (B. Gallagher).

6. Request for BCPUD Board of Directors’ Endorsement of Measure W (Bolinas Community Land Trust).

7. Request for Letter of Support from the BCPUD for a CPUC-CASE application by CPUC grantee Inyo Networks, Inc. for “Bolinas Zone II” funding for an extension area of the currently funded Bolinas Gigabit Network (BGN) area.


9. BCPUD Board of Directors’ Clarification of District Policy with regard to Customers with Fenced-In Water Meters.

10. BCPUD Resolution 658: Approving Form of Contract Documents for the East Tank Rehabilitation Project and Awarding a Contract for the Project to the Lowest Responsible Qualified Bidder, Subject to Certain Conditions.

11. BCPUD Resolution 663: Approving the Sole Source Purchase of an Irrigation Pump Station as part of the BCPUD’s Wastewater Pump Station Upgrade and Pond Recirculation Project.

12. Amend BCPUD Resolution 572 (Update to BCPUD’s Conflict of Interest Code).

13. Audit/Amendments to BCPUD’s Sewer System Management Plan.


15. Volunteer Committee Reports:
   - Bolinas Lagoon Advisory Committee
   - Downtown Parking & Traffic Committee
   - Resource Recovery
   - West Marin Mosquito Control Coordinating Council
   - Land Stewardship Committee
   - Internet Access Committee

16. Other Business:
   a. Board Committee Reports.
   - Finance:
     - Legal:
     - Mesa Septic, Flood Control and Roads:
     - Operations:
     - Park and Recreation:
     - Personnel:
     - Sewer:
   b. Minutes of the September 19, 2018 regular Board meeting.
   c. Warrants.
   d. Scheduling of Next Meeting(s):

17. Adjournment.
### KWMR RADIO SCHEDULE - OCT

#### Mon - Sun

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<td>Art of the Song</td>
<td>Early Music Now</td>
<td>WXMUR Music</td>
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<td>WEEKEND DAWN</td>
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<td><strong>NEWS &amp; KWMMR MORNING SHOWS</strong></td>
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<td>MORNING MUSIC, TALK &amp; NEWS</td>
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<td>Morning Glory/Early Music Now</td>
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<td>Vics with Sage</td>
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<td>Rises &amp; Shine</td>
<td>Swimming Upstream</td>
<td>Top of the Morning</td>
<td>Art Scenes/Right Now</td>
<td>Women at Work</td>
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<td>At Nature’s Pace</td>
<td>Reading to John/Specials</td>
<td>Warmth of Joy/ Magic of Llamas</td>
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<td>Fish Tales</td>
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<td>Ocean Currents/TrailerTalk</td>
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<td>Farm &amp; Footed Report</td>
<td>On Living with Krista Tippett</td>
<td>Planetary Radio</td>
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<td>Milk Street Radio</td>
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### Topographic Maps

#### MON OCT 15

- **0 ft**: 4.6 ft (1.41)
- **1 ft**: 3.3 ft (1.02)
- **2 ft**: 8.5 ft (2.62)
- **3 ft**: 6.7 ft (2.04)
- **4 ft**: 4.0 ft (1.23)
- **5 ft**: 2.1 ft (0.68)
- **6 ft**: 1.8 ft (0.55)
- **7 ft**: 1.5 ft (0.46)
- **8 ft**: 1.2 ft (0.37)

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#### TUE OCT 16

- **0 ft**: 4.6 ft (1.41)
- **1 ft**: 3.3 ft (1.02)
- **2 ft**: 8.5 ft (2.62)
- **3 ft**: 6.7 ft (2.04)
- **4 ft**: 4.0 ft (1.23)
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- **6 ft**: 1.8 ft (0.55)
- **7 ft**: 1.5 ft (0.46)
- **8 ft**: 1.2 ft (0.37)

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### Notes

- **2 knots flood**
- **1.6 knots ebb**
- **1.1 knots flood**
- **2.9 knots ebb**
- **2.1 knots flood**
- **1.4 knots ebb**
- **1.8 knots flood**
- **4.2 knots ebb**
- **1.8 knots flood**
- **1.7 knots ebb**
- **0.6 knots flood**
- **2.8 knots ebb**
- **2.2 knots flood**
- **1.5 knots ebb**
- **1.6 knots flood**
S R V I C E S

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DMX

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– Skunks, Raccoons & Yellow Jackets. Carl Henry 868-1782

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Tuesdays • 10 a.m. to 6 p.m.
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Thursdays • 10 a.m. to 6 p.m.
Fridays • 10 a.m. to 6 p.m.
Saturdays • 10 a.m. to 6 p.m.
Bolinas:
Mondays • 10 a.m. to 6 p.m.
Wednesdays • 10 a.m. to 6 p.m.
Thursdays • 10 a.m. to 6 p.m.
Fridays • 10 a.m. to 6 p.m.
Saturdays • 10 a.m. to 6 p.m.
Point Reyes Station:
Mondays • 10 a.m. to 6 p.m.
Tuesdays • 10 a.m. to 6 p.m.
Wednesdays • 9 a.m. to 6 p.m.
Thursdays • 9 a.m. to 6 p.m.
Fridays • 9 a.m. to 6 p.m.
Saturdays • 9 a.m. to 6 p.m.
Inverness:
Mondays • 3 p.m. to 9 p.m.
Tuesdays • 3 p.m. to 9 p.m.
Wednesdays • 3 p.m. to 9 p.m.
Fridays • 3 p.m. to 9 p.m.
Saturdays • 3 p.m. to 9 p.m.
Regular meetings in West Marin
Lagunitas School Board
5th Thursday 7:00 p.m.
Sausalito School Board
2nd Monday 7:00 p.m.
Inverness Association
2nd Tuesday 7:00 p.m.
Inverness Park Association
2nd Thursday 7:00 p.m.
2nd Monday 7:00 p.m.
Marin Municipal Water District
2nd Monday 7:00 p.m.
Be-Stin Union School Board
2nd Monday 7:00 p.m.
Sausalito Water District
2nd Monday 7:00 p.m.
Bolinas Fire Protection District
2nd Monday 7:00 p.m.
Tartusse Bay-Youth Council
2nd Monday 7:00 p.m.

Submit articles, ads and drawings by midnight
Sunday, Tuesday or Thursday for publication the next day. Or request a link to the password-protected website to read online plus info on how to subscribe.
HOUSING WANTED

CLAUDIA THOMPSON WISHES TO RETURN to Bolinas, suggestions appreciated.
347 752-3280

CT 10/12

ANNOUNCEMENTS

TELEPHONE
I will be staying in Bolinas Oct 7-14. Would like to play tennis. 3.5-4.0 If interested contact me at: cferrell.varner@gmail.com

FV 10/31

The Bolinas Volunteer Firefighters
Present

Fire Safety Day

Sunday, October 21st, 2018
10am – 2pm
100 Mesa Road
Bolinas Fire Department

LOST & FOUND

LOST TOOL?
call, text or leave message
250.2445

RF 9/23

FOUND IN BCLT OFFICE: HANDMADE HEART
earrings, kids lime green & grey fleece zip up. If these belong to you, please call (868-8880) or stop by the BCLT office Monday - Thursday. We would love to have these items find their way home!

LF 8/24

FOUND: 1 PHONE T-MOBILE SERVICE @ 6:08pm TUES July 10, floating in the water’s edge by the wall – Wharf side of the beach. Surf shops were closed so I left it at Coast Cafe’
Needs a password to open it. 46 % charge-still working.
N.B. #2227

NB 7/11

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

HEARSAY NEWS CLASSIFIEDS

BOLINAS COMMUNITY CENTER

Weekly Classes and Events Schedule For October

MONDAY
Somatic Exercise
9:30am - 10:45 am
Pilates Mat w/Lisa Townsend
5:30pm - 6:30 pm

TUESDAY
Elder Diaspora Dance w/Amber Hines
9:00am – 10:15 am
Pirite Pizza: Call (415) 328-1066 to preorder
3:00pm - 7:00 pm
BCC Board of Directors Meeting (3rd Tues of month in library)
5:00pm
Contemporary Dance w/Lisa (teens & adults)
6:30pm - 7:30pm

WEDNESDAY
Pilates Mat w/Lisa Townsend
8:30 am -9:45 am
F.I.A.G.ship in front of Library (0-5yrs)
1:15 pm – 2:30 pm
After School theater starts 17th
2:45pm - 4:30pm

THURSDAY
USDA food bank
12 noon

FRIDAY
Pilates Mat w/Lisa Townsend
9:00am - 10:00 am
Ballet w/Erika Townsend (No class on the 28th) 10:30 - 12:00 pm
No Place Like Home (Free Brunch 4th Fri of Month) 12:00pm

SATURDAY
Diaspora Dance w/Amber Hines
9:00am - 10:30 am

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

FREE

WOOD COMPUTER DESK WITH SHELVES
3.5 feet wide, 2 ft. wide. 2 foot tall desk part, 4 ft. tall back. Excellent condition. 868-2277

JM 10/12

FREE VINTAGE O'KEEFE & MERRIT STOVE
Works but needs TLC. In front of my place. You pick-up. Tim 415-602-1869

TW 9/24

1980 TOYOTA TRUCK - DOLPHIN/CAMPER REMOVED
Perfect for someone who can build a tiny house on the flat bed. Currently parked on Fern between Poplar & Larch. No key. Needs new ignition. call: 415 302 8419

MA 9/17

QUEEN SIZED BED
Mattress, box springs and frame.
415 847-3919

FREE: CRAB APPLES-TELEPHONE: 868-1108

KC 8/20