

Bolinas Hearsay News

Monday, May 29, 2017

50 Cents



Backyard beauty in a Big Mesa garden. Photo by Curly Rigg.

WHAT'S HAPPENING?

Monday, May 29

MEMORIAL DAY HOLIDAY

Library & P.O. closed; check w/ businesses & offices for changes in hours.

MEMORIAL DAY BBQ PARTY

In the plaza, with live music from Bobo Tempo & Coastal Scrubbers, bbq & beer. Proceeds benefit the Community Center, noon-5pm

Wednesday, May 31

MIDNIGHT ON THE WATER

Bolinas's own contra-dance band provides acoustic traditional music for Smiley's celebration of all May birthdays, 7:30-9:30pm. Free.

Thursday, June 1,

BOLINAS BOOK CLUB

Discusses "the heart" by Maylis de Kerangal, Library, 7pm, free.

MATT BRADFORD

Plays folk & blues @ Smiley's, 8pm, no cover.

Friday, June 2

PARACHUTE DAYS FUNDRAISER

Featuring music by Danny Vitali, Alex Bleeker, Jesse DeNatali, food by Casa Mañana and lights by Misto Reef. Toby's Feed Barn, Pt Reyes, 5:30pm \$10-15 sliding scale.

SOMETHING LIKE SEDUCTION

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

Saturday, June 3

WILD WOMEN'S WATERCOLOR WEEKEND

Group painting show with Van Waring, Emily Underwood, Holly Mulder-Wollan and Maria Shoettler. Opening reception at Gospel Flat Farmstand, 4pm, dance party at 6

THE GOOD, THE BAD & MENDONESIA

Live new-grass @ Smiley's, 9pm, \$10 cover.

WESTERN WEEKEND CELEBRATION

In Pt Reyes, all day. Animal judging at Toby's Feed Barn.

NESHAMA FRANKLIN TELLS FOLKTALES

Around the campfire at the Olema Ranch Campground, 8pm, just make your way...

HAPPY HAPPY BIRTHDAY!!!

- May 29:** Isabelle Marguerite Winstead
- May 30:** Simon Bruce
Nancy Condy
Jimmy Friedrich
Sunshine Appleby
- May 31:** Janet Kjelmry
Elizabeth Rose Tacherra
John Rene
- June 2:** Valent Matson Kostelnik
- June 3:** Tony DiStasi
Buckminster James Reed
- June 4:** Steve Rosenberg
Ole Mole Poblano
Tommy Glavey
Perry Shimon
- June 5:** Elizabeth (Weber) Weinstein
Andrew Kleinberg
Jim Bourne
Lea Earnheart

Pasteup.....Ned Riley

Ads/books.....June McAdams

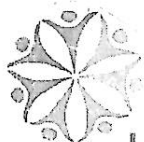
Press.....Jennie Pfeiffer

Sunday, June 4

WESTERN WEEKEND CELEBRATION continues in Pt Reyes. Parade downtown, noon.

KING & ACE

Live Americana music @ Smiley's, 8pm, no cover.



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

Point Reyes Station Village Association Meeting
06/08/2017 - 6:30pm The Point Reyes Station Village Association meets the second Thursday of each month at 6:30pm.

C-Smart Public Workshop
06/08/2017 - 6:30pm to 8:30pm

EAC Annual Members Meeting & Potluck
06/09/2017 - 6:30pm to 9:00pm
Join EAC board and staff for our annual member meeting. It's a wonderful way to kick start the summer while enjoying excellent food by West Marin's top chefs, honoring a community member with EAC's Peter Behr award, and enjoying an environmentally focused keynote program.

Music from Marin Summer Festival
2017 06/11/2017 - 7:00pm to 9:00pm
The Music from Marin Summer Festival returns to the Dance Palace for two Sunday performances: June 11 and 25 at 7:00pm. The Music from Marin Summer Festival brings 14 FREE chamber music and chamber operas to communities throughout Marin and returns to the Dance Palace for the fourth year in a row. Paul Smith, Music Director and pianist, continues his ongoing series devoted to chamber arrangements of piano concertos and symphonies by major composers. Program 1 Sunday, June 11 at 7:00

Ludwig van Beethoven / Franz Liszt - Symphony no. 9 for 2 pianos Ronald Cavaye and Paul Smith revive Franz Liszt's stunning transcription of Beethoven's masterpiece. Hear the 9th Symphony as you've never heard it before!. FREE admission.

THREE GREAT THINGS ABOUT THIS PLACE...

- The majestic remnants of a great blue whale reminding us that there ARE Leviathans out there.
 - I counted eight varieties of flowers blossoming in our back yard garden. Such profusion of beauty.
 - Berry season has begun.
- Ned Riley

BOLINAS: At 2 p.m. someone said Redwood High students were holding a street rally in town.

BOLINAS: At 2:08 p.m. someone reported a rape between minors.

DOGTOWN: At 4:09 p.m. a resident reported trespassing by a neighbor.

BOLINAS: At 8:48 a.m. someone was camping on the beach.

DOGTOWN: At 10:47 a.m. a woman asked for a civil standby.

BOLINAS: At 6:37 p.m. someone reported rumors of threats.

BOLINAS: At 8:17 a.m. a man was talking about killing terrorists and bombing houses.

BOLINAS: At 12:53 p.m. a woman said six people were living in bushes off Jute Road.

-- Pt Reyes Light 5/25/17

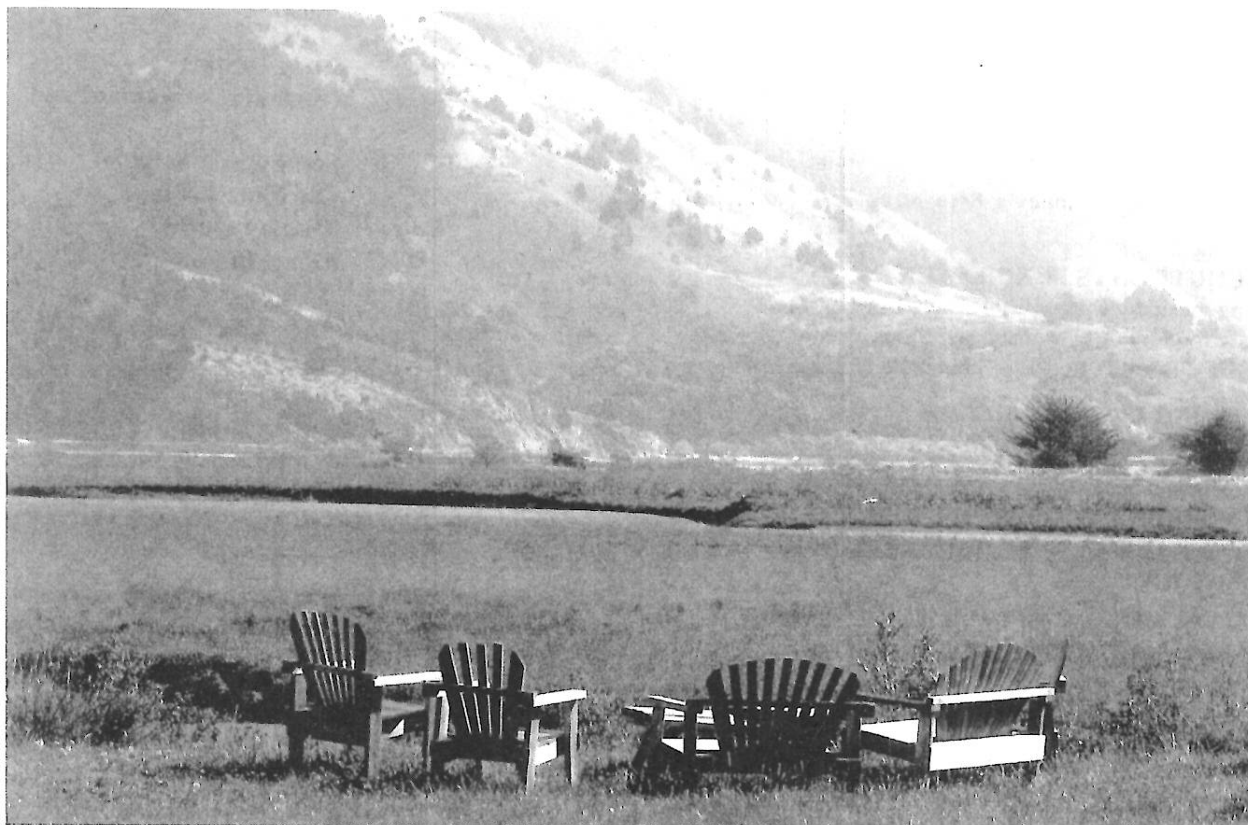


Photo by Curly Rigg.

Osteoporosis and Yogurt

A recent study from Trinity College in Dublin, Ireland is the largest observational study to date of bone measurements in older men and women and dairy intake. After taking into account traditional risk factors for bone strength or frailty, the researchers found that increased yogurt intake was associated with higher hip bone density and a significantly reduced risk of osteoporosis in older Irish men and women.

The study analyzed a wide range of factors that could contribute to bone strength or weakness, such as BMI, kidney function, physical activity or inactivity, servings of milk or cheese, calcium and vitamin D supplements, smoking, and alcohol use. After adjusting for these factors, total hip and femoral neck bone density in women were 3.1 – 3.9% higher among those with the highest yogurt intakes compared to the lowest. In men, the biomarker of bone breakdown was 9.5% lower in those with the highest yogurt intakes compared to the lowest – showing reduced bone turnover. Vitamin D supplements were also associated with significantly reduced risk in both men and women.

Lead author of the study and research fellow at the Centre for Medical Gerontology, Trinity, Dr Eamon Laird said: "Yogurt is a rich source of different bone promoting nutrients and thus our findings in some ways are not surprising. The data suggest that improving yogurt intakes could be a strategy for maintaining bone health but it needs verification through future research as it is observational."

Dr Miriam Casey, senior investigator of this study and Consultant Physician at St James's Hospital Dublin said: "The results demonstrate a significant association of bone health and frailty with a relatively simple and cheap food product. What is now needed is verification of these observations from randomized controlled trials as we still don't understand the exact mechanisms which could be due to the benefits of microbiota or the macro and micro nutrient composition of the yogurt."

The study included 1,057 women and 763 men who underwent a bone-mineral-density (BMD) assessment and 2,624 women and 1,290 men who had their physical function measured. Yogurt consumption information was obtained from a questionnaire and categorized as never, 2-3 times per week and more than one serving per day.

The Irish study did not look at the type of yogurt eaten, and whether it was sweetened or unsweetened. However, it is wise to consider the fat and sugar content of the yogurt you eat if you are planning to increase your intake. A study done by

Kaiser Permanente researchers suggests that women with breast cancer should avoid high-fat dairy foods, which may contain more estrogen from the cows' milk fat. Avoiding too much sugar in your diet, a smart move for all of us, may mean that you find ways to enjoy plain yogurt with fruit, or eat it as they do in India, with spicy lentils (dal).

Previous studies on milk intake and osteoporosis have shown mixed results in terms of fractures and bone density. One study showed benefits from both milk and yogurt in the diet. This is the first large study to show that yogurt may be more beneficial than other dairy products.

Sadja Greenwood – back issues at sadjascolumns.blogspot.com

Local director named for public preschool

By Silas Valentino

The Bolinas-Stinson Union School District has named the director for its new 4-year-old preschool program: Victoria Maier. The Bolinas resident and mother of one had worked as the head teacher at the Bolinas Children's Center since moving to the area four years ago. "My goal has always been to work more with preschool groups," said Ms. Maier, who graduated from the University of California, Berkeley, with degrees in political science and German. John Carroll, the district's superintendent, said the position attracted a strong applicant pool but it was Ms. Maier's overt positivity that earned her the job. "We're really enthusiastic about it and she's super optimistic, with a can-do attitude," he said. The public program is expected to start next year with 16 students. Ms. Maier said she's begun envisioning the program's play-based structure and mapping out the space on the Stinson Beach campus. Since the program's announcement, some in the community have raised concerns about how the free program would affect the area's two longstanding preschools—the Bolinas Children's Center and the Stinson Beach Preschool. The latter, a more than 50-year-old Montessori-based program, is shuttering in June. Laura DiStasi, the director of the Bolinas Children's Center, has said the new program could change the nature of the education she offers and even threaten her viability. Ms. Maier said there has since been communication between the programs to help ease any competition. "It's always good to have options for families," she said. "And in the end, I feel the [new preschool] is a great service in the community, especially when preschool can be expensive for some families." Before moving to Bolinas, Ms. Maier lived in San Francisco and worked for the human rights organization Global Exchange. She said working with children is a life calling. "After working at the Bolinas Children's Center, it hit me that this is my passion," she said. "Helping kids find joy in learning is my creative outlet."

Pt Reyes Light 5/25/17

WHAT HAPPENED THIS WEEK

5/29/17 MONDAY Review from Jennie Pfeiffer

Again the letter "M" -- bringing this Monday Morning's Memorial Day memo to you -- memories, mourning, and memorials. As I have been reminded by survivors of military service on several occasions, it is a meaningful day of remembrance, a solemn occasion. Salutations such as "HAPPY Memorial Day" are not the message we're going for here. It is a day for mourning the fallen; many, I would say, misguided into thinking it's all about fighting for freedom, protecting the homeland, "making the world a safer place" -- certainly all important concepts. In reality, it is usually about money and power and religious domination. So, solemn it is, but that is not to say a little music, merriment, and meat or veggies on the grill are verboten. Barbeque is always appropriate as a way to celebrate life and death, and it is happening right now at the Community Center, (B-B-Q, not life and death), so head to the Plaza, to join with neighbors in a multicultural day of remembrance and music as we come together to imagine peace, because the many millennia of war hasn't worked out so well for us. The lost loved ones in war are all ages, genders, colors, nationalities, and species.

In consideration of mourning the passing of all species, many members of the community, (along with a multitude of curiosity seekers from elsewhere who have found their way to this remote beach, despite our best efforts to remain reclusive, leaving so many footprints there wasn't a bit of smooth sand by Sunday), have been magically mesmerized by the massive, marine mammal that washed up on our Agate Beach shore Thursday evening, a tragic end to a majestic being. This mighty Blue Whale mother, whose life and migrations have been tracked by scientists since the 1990's, was in her prime, they say, measuring almost 80 feet long. The necropsy by the Marine Mammal Center, revealed she had a broken spine and ribs, plus internal injuries, her death was due to a blunt force to the head, probably a collision with an ocean going vessel, another casualty of commerce, a frequent fate for these endangered giants. Her eyes were removed for study as to the affect of sonar testing, along with other parts and samples taken for further scrutiny, until by Saturday morning, what was left was a sadly mauled carcass, an indignity to such a noble beast, (an olfactory indignity as well, with many of us nearby residents waking with a start Friday morning, before news of the whale, with a sinking feeling there was a Mesa wide septic failure) alas such is the nature of life and death.

Other "M" events of the week included marking excellence in education Thursday afternoon at the annual Golden Bell Awards for outstanding District employees: Nuria Lee, lead instructor in our visual arts program, and June Barbera, an invaluable middle school teaching assistant for decades.

Making marvelous art was Friday's celebration, as the Bolinas-Stinson School honored our young artists at the spectacular 45th Annual School Art Show. It was, as always, a delightful visual cacophony of color, line, shape, form, and self-expression. Many thanks to the intrepid art instructors, Nuria, Kathy, Ron, and Janis, who do such a tremendous job with paper, clay, wood, and multi-media, cultivating creativity in our students.

Also, Friday, was another musically marvelous Grateful Dead night fund-raiser, managed magnificently once again by Pam Springer, who has donated so much love and time to the Community. I over-indulged myself, first by some major munching of excellent food by the Burrito People (thanks Shari Dell and Charles Whitefield and the outstanding kitchen crew), and then with overzealous bids on Silent Auction art and artifacts. It was easy to do with so many desirable items generously donated by local businesses and community members, and because I want to see our young Ruby girl, Pam's delightful daughter, recover from Lyme's Disease, a harsh interrupter of her adolescent exuberance.

Saturday there was more food and fun, as Spaghetti was paired with the magic of Bingo, to raise funds for the Bolinas Children's Center preschool program. The hall was packed and the food was good with even a gluten-free pasta choice. It was a reminder that life goes on as these young children, some of them children of past preschoolers of the Center, are here to give us hope as we strive to perpetuate the species by nurturing our young ones, making memories through Spaghetti and Bingo, road improvement parties, (Alder Road Saturday), and all these community events that move us forward in a caring way.

In remembering those lost to us, I have been told that the Memorial for Herman Berlandt, poet laureate of Bolinas and inspiration behind the Bay Area Poetry Museum, will be July 16th in the Community Center.

In the larger world, we mourn the loss of Gregg Allman of the Allman Brother's Band, as we put out a "thank you" to him, wherever he is in the Cosmos, for the memories provided by all that good time music of our youthful days.

And that's pretty much how it goes: we move through our lives making memories, sometimes making music and art, having families, mourning loss, memorializing the remembered, imagining peace, ever hopeful, pressing on regardless, until we run into a blunt, or perhaps sharp or explosive object and end up like a beached whale, another pile of flotsam and jetsam. All best on this Memorial Day. jp



Ken & Sam Levin
Window Cleaning
415.663.9669
West Marin's Best



Sunday June 11th
 A Midsummer Night's Dream
 Presented by BCAST
 Directed by Lisa Townsend
 7pm
 \$10 adults, \$5 Kids

From: Lisa Townsend

Minutes from the April 17, 2017, Bolinas Fire Protection District Board Meeting

Pres. Bass called the regular meeting of the Bolinas Fire Protection District to order at 7:00PM. Vice Pres. Chiera, Dir. Kimball, Dir. Shaw and Dir. Gade (arrived at 7:35) were present. Also present: Chief Brown and Admin Asst. Cadance Lynam.

MSC Kimball/Shaw (unan.) to approve the agenda.

CHIEF'S REPORT

Planning

- Ongoing-
- 20 Nymph Road – Demolish existing residence, new construction
- 324 Ocean Parkway – Addition
- 23 Rafael Way – Single family residence remodel
- 28 Crescente – Single family residence
- 350 Fern – Studio addition
- 415 Yucca – Legalize Second Unit
- 380 Larch Road – New septic system, habitat restoration
- 555 Dogwood – New Construction
- 210 Laurel – Legalize second unit
- 350 Lauff Ranch Rd. – Legalize multiple structures
- 4900 Shoreline Highway - Remodel
- 120 Horseshoe Hill Rd – Addition, remodel
- 10 Olema-Bolinas Rd – Second Unit
- 11 Brighton – propane tank placement
- 370 Overlook – Remodel, addition of 2nd unit
- 12 Olema-Bolinas Road – 2nd Unit
- 105 Wharf Road – Second Unit

New
None.

Training

Asst. Chief Marcotte held Extrication training on Saturday, April 8th. Several firefighters attended from Stinson Beach and Inverness. Several hours were spent reviewing safety, vehicle construction and tool use. Saturday, April 22nd will be a similar training with additional focus on patient extrication and handling. The class presented by BC Mike St. John reviewing Search and Rescue Awareness was extremely well presented and received. Inverness Fire Chief Jim Fox and a few firefighters attended as well. BC St. John reviewed the team's procedures and how firefighters can be an integral part of the incident. He also had a search dog demonstration that was very impressive. Less than a week after the training, the fire department responded to a missing person report in Bolinas. It went well with the lessons learned, the person was found in about an hour and a half by a deputy.

Asst. Chief Marcotte will be providing CPR training to Commonweal employees on Wednesday, April 19th. Capt. Krakauer and Asst. Chief Marcotte attended a Tsunami Workshop on April 6th provided by Marin County OES. The presentation helped to solidify information they were both familiar with in addition to introducing them to the California Tsunami Evacuation Playbook. The short, 18 page playbook contains reference material, an Evacuation/Response Decision Tree, historic tsunami modeling results and a Quick Reference Guide for real-time response activities. The book now lives in the preplanning binder in U219.

Disaster Council

Ian Johnson, Asst. Chief Marcotte, Cadance and Chief Brown met for several hours on March 29th to work on DOC supplies and steps to follow. There was a tremendous amount of progress in simplifying the process. Ian was able to identify and repair problems with one of the disaster phone lines. Steve is working on installing new mapping software which will then allow the printing of new, large maps for use during an event. The top of the cabinets were also reorganized so it only holds clearly labeled maps and charts that are needed for deployment.

Resource Recovery

The next meeting will be held on April 24th. Chief Brown will not be able to attend but will ask for an update upon her return. The discussion will focus on the increase in tipping fees and the departure of Sarah Sanders as the RRP secretary.

Building and Grounds

Update provided under Board Committee Reports.

General Operations/Administration

A representative of the California Special Districts Association stopped by the office last week. She was in the area visiting all of the special districts offering a three month free trial membership. In the distant past, the District chose not to become members but Chief Brown accepted the trial membership to see what is currently offered by the CSDA. The CSDA offers many resource materials covering issues such as Public Records Act Compliance, transparency requirements, and Board Member handbooks. They also offer a range of conferences and webinars on legislative issues, risk management, leadership development and effective meeting management. The Board can decide whether or not to maintain a membership and what that would cost at the June meeting when the trial membership ends.

Chief Brown put together two new flyers for Seasonal and Resident Firefighter positions. The Resident Firefighter position is an unpaid, minimum twenty four hour commitment to a shift at the Bolinas Fire Station. The position offers those who have less experience an opportunity to train and build their resume in working with the District. The Seasonal Firefighter position will cover five days a week beginning July 1st through October 31st allowing two personnel to be on duty every day. The hope is to split the five day a week position between two people. Information about the positions and applications are available at the Fire Station and online at bolinasfire.org.

Personnel

Update provided under Board Committee Reports.

GENERAL BUSINESS

No Update.

CONSENT CALENDAR

MSC-Kimball/Shaw (unan.) to approve the Minutes from the March 27th Regular Meeting and approval of the warrant lists from March 22nd – April 11th 2017. MSC-Kimball/Shaw (unan.) to approve the financial reports for January 2017, and the account balances.

PUBLIC EXPRESSION

None.

BOARD MEMBER REPORT

No Update.

COMMITTEE REPORTS

Updates from Finance and Budget, Personnel, Building and Grounds and Operations Working Group- Finance and Budget Committee- Dir. Kimball has been working on updating a spread sheet that includes revenues and shows the major fluctuations in expenditures. The Finance and Budget Committee will begin working with the Personnel Committee May 2nd to draft a preliminary budget FY17-18. The goal is to have a draft ready by the May Board meeting and have an adoption of the budget at the June meeting. Buildings and Grounds- The Buildings and Grounds Committee is continuing to research facility issues that need to be examined and the cost of maintenance and repairs. Two contractors have been contacted for opinions. Chief Brown has been looking into working with Maze and Associates as the fire departments new bookkeepers since Kaaren Gaan has retired. Maze and Associates also works with the Inverness District and the BCPUD, receiving many good reviews.

PERSONNEL MATTERS

None.

ANNOUNCEMENT

None.

GOOD OF THE ORDER

None.

ADJOURNMENT

MSC, Kimball/ Shaw (unan.) to adjourn the meeting at 7:40 PM.

Respectfully submitted,

Cadance Lynam
Admin Assistant

Note: Minutes of all Board meetings are available for review at the Bolinas Library and on the District's website www.bolinasfire.org.

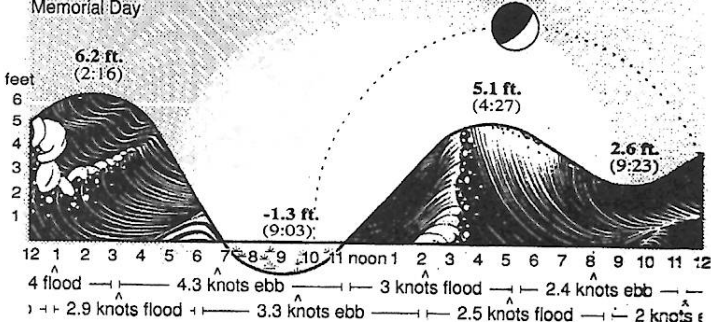


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 WINDOW WASHING**
*Bringing clear vision to
 West Marin for thirty years*
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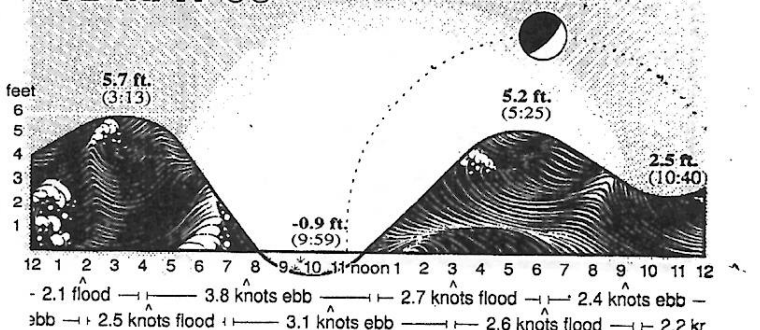
KWMR RADIO SCHEDULE - MAY

	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)	Fiesta!
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 / The Valley Sound Science	Airwaves	Trash to Treasure Fish Tales	Top of the Morning / Specials / Right Now	Speaking of Women / Inflection Point		
10:00	TURNING PAGES					Day 6 (CBC)	
	At Nature's Pace	Reading to John / Specials	Waves of Joy / Specials	For Children of All Ages / Radio Bookmobile	Reader's Delight	Vida with Saga / new Off-Center Sports	
11:00	TALK & CURRENT AFFAIRS						
	Trailer Talk	Spirit & Mind / Questing	Cuerpo Corazón Comunidad	Let's Talk	Reveal		
12 pm	The Bioneers						
	Farm & Foodshed Report	New Dimensions	Planetary Radio	Attune-ment / Commonweal Conversations	Alternative Radio	AFTERNOON MUSIC	
1:00	Ocean Currents / Post-Carbon	On Being with Krista Tippett	Making Contact	Art's Desire / Hot Tech/Cool Science	Non-violence / The Local Radio / Organon	Forms and Feelings	Happy Days
2:00	AFTERNOON MUSIC						
3:00	Cruise'n	Aztec Pride / Desde La Bahla	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		
5:00	NEWS & CURRENT AFFAIRS					Happy Hour	
	Epicenter	Epicenter	Epicenter	Epicenter		Circulo Musical	
6:00	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)		Midnight in Luxembourg / To Hell & Bach	
	National Native News	National Native News	National Native News	National Native News		EVENING MUSIC & DRAMA	
7:00	EVENING MUSIC					Celtic Universe	
	Release Me / Foggy Ridge Music	Musical Variete	Faultline Radio	Bakersfield & Beyond / Shorby's Bunkhouse	Night Flight / Bring It On Home	new Along For The Ride / Between Rock & A Jazz Place	
8:00							
9:00	Sessions from Chicken Point / Silver Dollar Jukebox	DJ Your Life / West County Prowl	Coast Highway Blues	Off The Cuff / Running With Scissors	No Bad Vibes / Megalo-media Melange	The Jazz Groove	
10:00						Rock of Ages	
11:00	Forms and Feelings (repeat)	Stuck in the Psychedelic Era / new 1970s Jim	Sonic Sunspots	Sit Down! / Got Down!	Under the Needle	Saturday Night Function	
						L.A. Theatre Works	
12 am	LATE NIGHT					LATE NIGHT	
	DeepWaking 12-1 KWMR Music	KWMR Music	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 MAY 29 dawn 4:42 sunrise 5:51 sunset 8:24 dark 9:33
moonrise 10:03 a.m. Memorial Day



TUE MAY 30 dawn 4:42 sunrise 5:50 sunset 8:25 dark 9:34
moonset 12:21 a.m. moonrise 11:08 a.m.



SERVICES

SEEKING HOUSE/PET SITTING.
Please call jacque at 505-692-3474 or email
j.mallegni@gmail.com

JM 6/28

SUBLET

A SPECIAL RUSTIC BOLINAS HOME NEEDS
a cat loving subletter from July 6th to August 31.
8 weeks. \$1000. Call or text 973-900-7787.

TK 5/26

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



LOST AND FOUND

LOST: BLACK MOTOROLA SMART PHONE LOST ON
Elm between Dogwood and overlook noon Sunday the 21st.
please call 415-997 8369 if found.

SM 5/22

LOST: SMALL SILVER BROOCH / PIN
Design Looks Arabic. 1.5 x 1.5 inches. Micah -0938

M 4/28

LOST: OUR BELOVED CAT "MCGYVER", LIVES ON
Wharf Rd. (behind the Market) Dark gray/black markings on
his back and over one eye. Last seen Thursday April 6 on Ocean
Parkway. We MISS HIM!! Please call if seen or with any
info!!! 415-264-3137, 415-264-3215, 415-577-4560 or 415-847-
4016 Thanks for your help!!

BS 4/24

LOST: THREE KEYS SOMEWHERE IN BOLINAS OR
Stinson, on simple wire key ring. Two of these are ordinary
looking, but the third key is much larger, oddly shaped, and a
kind of grayish steel color.. They are very important to me.
Richard Pfeffer 868-2103

RP 4/3

FOUND: FREINDLY CREAMY COLORERED CAT
(part Siamese?). Found on vacant lot sunning itself. Eyes
weeping and needs care. Disappeared when we returned with
food and water. Call 868-1321

3/31

LOST: 4 RINGS, 1 PAIR GOLD EARRINGS. IF YOU found
these items in a pair of socks wrapped in Jewelers cloth , please
contact Connie-415-847-7103. Reward if returned- I donated a
bag of clothing to the Free Box in January or February.

CPL 3/15

CLASSES



Weekly Classes and Events Schedule

MONDAY

Somatic Exercise	9:30-10:45am
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	9:00-10:15am
Soul Soup w/Amber Hines (0-3yr)	10:30-11:15am
Senior Stretch w/Brenda Stine	11:30-12:30 pm
Contemporary Dance w/ Lisa (teens & adults)	6:30-7:45pm

WEDNESDAY

Pilates Mat w/Lisa Townsend	8:30-9:45am
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THURSDAY

Yoga Flow with Brenda Stein	7:30 - 9:00 am
USDA food bank	12 noon
Congolese Dance w/ Sandor (Back in June!)	6:00-7:30 pm

FRIDAY

Pilates Mat 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)	12 noon

SATURDAY

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

CommUnity Night (see website for details)	Noon-6:00 pm
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Call 868-2128, check the Library Marquee, Calendar in BCC
Foyer or visit www.bocenter.org for more info & special events!

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

WANTED

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

SC X

FREE

FREE: CALIFORNIA KING MATTRESS AND BOX SPRINGS- used but in very good condition-in Pt. Richmond Storage. You pick up. Call 415-246-1446. WM

WM 5/24

ANNOUNCEMENTS

ALANON MEETING - FRIDAYS 8AM AT ST AIDENS
All welcome

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. 415 459-4036

SG X

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

DMX

FIREWOOD • HYDRAULIC LOG-SPLITTING • HAULING
Dump Runs, Cow Manure, Recycling, Humane animal removal
- Skunks, Raccoons & Yellow Jackets. Carl Henry 868-1782

CHX

TREE SERVICE
Fine Trimming • Hedges • Removals • Brush Chipping
Insured #676377 Steve Ryan 868-1584

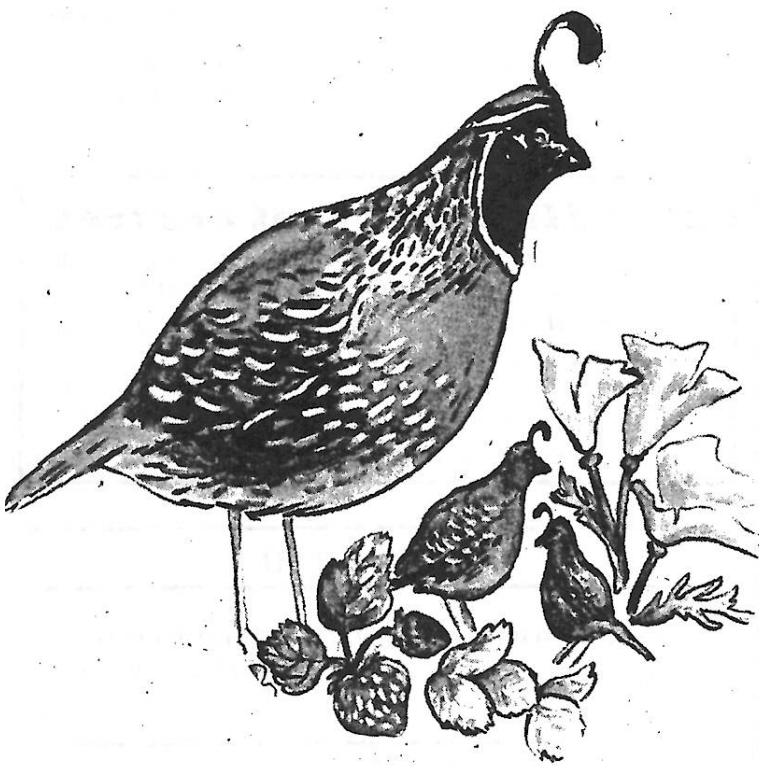
SRX

AIRPORT? HOWARD DILLON HAS
a Súbaru 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 415-669-6204

SB 3/2



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.

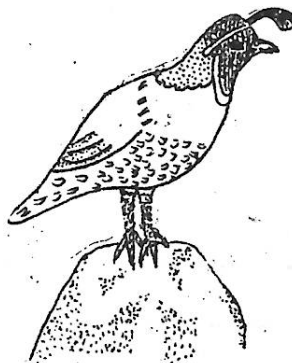
HEALTH & HEALING

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

HELP WANTED

SEEKING EXPERIENCED BOOKKEEPER
for small Bolinas Business. 5-6 hours per week.
Call 415-858-5718.

LS / X



West Marin Branch Library Hours

Stinson Beach:

Mondays • 10 a.m. to 6 p.m.
Tuesdays • 2 to 9 p.m.
Fridays • 10 a.m. to 6 p.m.
Saturdays • 10 a.m. to 5 p.m.

Bolinas:

Mondays • 10 a.m. to 6 p.m.
Wednesdays • 10 a.m. to 6 p.m.
Thursdays • 1 to 9 p.m.
Saturdays • 10 a.m. to 5 p.m.

Point Reyes Station:

Mondays • 10 a.m. to 6 p.m.
Tuesdays • 2 to 9 p.m.
Thursdays • 2 to 9 p.m.
Fridays • 10 a.m. to 2 p.m.
Saturdays • 10 a.m. to 2 p.m.

Inverness:

Mondays • 3 to 9 p.m.
Tuesdays • 10 a.m. to 6 p.m.
Wednesdays • 10 a.m. to 6 p.m.
Fridays • 3 to 6 p.m.
Saturdays • 10 a.m. to 1 p.m.