

Bolinas Hearsay News

Monday, September 8, 2014

50 cents



Drawing by Gurly Rigg

WHAT'S HAPPENING?

Monday, September 8

MESA PARK BOARD MEETING
firehouse community room 7PM

Tuesday, September 9

SCHOOL DISTRICT (BSUSD)
Regular monthly meeting of the Board @ Bolinas campus library, closed session 5-6pm, open session 6pm. (Agenda inside)

SHUTTLE BUS TO SAN RAFAEL

Leaves from Wharf/Brighton corner, 10:20am; returns approx. 2:15pm

Wednesday, September 10

PHILANTHROPY: LESSONS IN HELPING THE POOREST. Kevin Starr, MD, Commonweal, 3PM

Thursday, September 11

ROCKIT SCIENCE
Live country blues @ Smiley's, 8:30pm. No cover.

Friday, September 12

ELI'S PSDSP
Live music @ Smiley's, 9pm. Cover.

Saturday, September 13

JERRY HANNAN BAND
Live Irish rock @ Smiley's, 9pm. Cover.

Sunday, September 14

INDIAN SUMMER KICKOFF PARTY
And potluck, w/ live music from Jeff Manson, at Gospel Flat Farm Stand, 7pm. Free.

Tuesday, September 16

JUST FRIENDS
w/ Charlie Docherty @ 19 Broadway, Fairfax

HAPPY HAPPY BIRTHDAY!!

September 8: Laurel Hammerman
Kathleen O'Neill
Molly Brown

September 9: Brannigan Waycott
Ann Shea Kent

September 10: Cathy Tiller
Ed Pohlman
Laurie Riley
Sylvia Nakkach
Baraca Broek

September 11: Rio Patton

September 12: Belle Weston Wood
Karly Zeno
Natasha Gubert
Heidi Adrienne Ford

September 13: Angela Vernon
Dominique Jackson
Abey Nasra
Bobby Saberi

September 14: Susie Senk
Malcolm Ponder
Gene Abbott
Gerrund BoJeste
Allan Maxey
Cheryl Stough
Danielle Vincent
Cheryl Batson

Find your Birthday Treat Coupon in the Classified Section of Today's Hearsay



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

SEPTEMBER

MUSIC DOCUMENTARY NIGHT

Very rare music documentaries accumulated over a period of years will be screened for the enjoyment of community members and to support young musicians in the West Marin School music program. Never screened commercially, broadcast on TV, or released to the public, these films have won numerous awards from film festivals all over the globe. There will be a short, post-viewing discussion following the film. Donations accepted. **Thursdays, September 25 & October 23, 7:30 PM, Free**

GEOFF HOYLE IN "GEEZER" A BENEFIT PERFORMANCE FOR THE DANCE PALACE

From a hysterical riff on life in a nursing home to The Venerable Bede's meditations on the meaning of life, from delightful reminiscences of his youth in England and young manhood in America to ruminations on ageing and mortality, Hoyle brings his irrepressible sense of comedy and trademark physicality, as well as a certain elegiac wistfulness, to this tour-de-force performance about what it is like to grow old. Gala dinner catered by Indian Peach at 6 PM, featuring Marin Sun Farm Meat and local produce, cheese and oysters. Dinner attendees will receive premium first two row seating for the performance. All proceeds to benefit Dance Palace scholarships and programs. **Saturday, September 13, 6 PM, Gala Dinner and Premium Seating for Performance \$100, 8 PM Performance only/ General/Seniors \$40**

Smiley's POOL TOURNAMENT

Every Tues. Night, 7:30 pm

1st Prize \$75-\$100

2nd Prize \$25

3rd Prize Smiley's Cash

\$5 buyin

41 Wharf Rd. 868-1311

LIVE MUSIC AT THE BEACH Fri. Sat. & Sun. Nite SEPT.

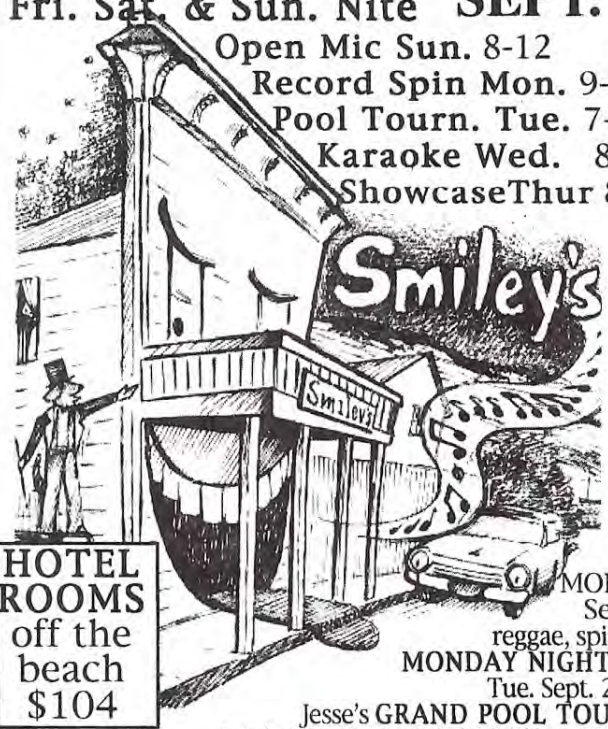
Open Mic Sun. 8-12

Record Spin Mon. 9-12

Pool Tourn. Tue. 7-11

Karaoke Wed. 8-12

Showcase Thur 8-12



**HOTEL ROOMS
off the
beach
\$104**

MONDAY Sept. 1, reggae, spin, 9-1
MONDAY NIGHT LIVE Tue. Sept. 2, 7-12
Jesse's GRAND POOL TOURNEY
Wed. Sept. 3, 8-12, LARRY'S KARAOKE
Thurs., Sept. 4, 9-12, spec. eclec. MICHAEL MUSIKA
Fri. Sept. 5, 9-1, funky rockn' blues TOMMY ODETTO
Sat. Sept. 6, 9-1, EL RADIO FANTASTIQUE
Sun., Sept. 7, 8-12:30 OPEN MIC w/Diana
Monday, Sept. 8, reggae, spin, 9-1, MONDAY NIGHT LIVE
Tue. Sept., 9 7-12 Jesse's GRAND POOL TOURNEY
Wed. Sept. 10, 8-12:30, LARRY'S KARAOKE

Thur. Sept. 11, 9-12, country blues, ROCKIT SCIENCE
Fri. Sept. 12, 9-1 Eli's PSDSP
Sat. Sept 13, 9-1, JERRY HANNAN BAND
Sun, Sept. 14, 8:30-12 OPEN MIC w/Emma Lee
Mon., Sept. 15, spin, reggae 9-1, MONDAY NIGHT LIVE
Tues. Sept. 16, 7-12 Jesse's GRAND POOL TOURNEY
Wed., Sept. 17 8:30-12:30, LARRY'S KARAOKE

Thurs. Sept. 18, 9-12:30, ethereal rock, SKY COUNTRY
Fri., Sept. 19, 9-1 rock, orig. covers, OVERBIE
Sat. Sept. 20, 9-1, good ol' rockn' roll, JUST FRIENDS
Sun. Sept. 21, 8:30-12:30, OPEN MIC w/Charlie
Mon. Sept. 22, 8:30-1 reggae, spin, MONDAY NIGHT LIVE!
Tue. Sept. 23, 7-12 Jesse's GRAND POOL TOURNEY
Wed. Sept. 24, 8:30-12:30, LARRY'S KARAOKE

Thur. Sept. 25, 9-12, Karmen Kimble & Alex Lasner
Fri. Sept. 26, 9-1, rock, TOM FINCH GROUP
Sat., SEPT. 27, 9-1, world music funk, JENNY KERR BAND
Sun, Sept. 28, 8:30-12 OPEN MIC w/Eli
Mon. Sept. 29, 8:30-1 reggae, spin, MONDAY NIGHT LIVE!
Tue. Sept. 30, 7-12 Jesse's GRAND POOL TOURNEY
Wed. Oct. 1, 7:30-9:30, MIDNIGHT ON THE WATER
Irish Birthday Party; 9:30 to 12:30 LARRY'S KARAOKE

SMILEY'S SCHOONER SALOON & HOTEL
41 Wharf Road in Bolinas 415-868-1311

September 5th 2014

Hello Friends and Neighbors

Labor Day sure was a success!! Thank you so much to everyone who contributed, donated items, bid on items, volunteered, help set-up, break-down, prepped, played music, you name it. Please visit our website for full details on our Star Volunteers and Donors for the event.

Our Net Numbers for Labor Day are:

| | | |
|------------------------|-------------|----------------------|
| BBQ | \$ 6,593.00 | |
| BAR | \$ 3,102.00 | |
| DESSERT | \$ 1,067.00 | |
| T-SHIRTS & MEMBERSHIPS | \$ 1,380.00 | |
| SILENT AUCTION | \$ 6,383.00 | (more \$ on the way) |
| NET TOTAL | \$18,525.00 | |

Once again - thank you everyone who helped!!

Flaxseed can help lower blood pressure

Flax plants, used for food and to make textiles (linen) have been used for thousands of years. Flax fibers spun into clothing have been found in a cave in the Republic of Georgia and dated as made 30,000 years ago. Modern science has found that flax seeds contain a plant form of omega-3 fatty acid (alpha linolenic acid) as well as lignans - substances that act as plant estrogens.

Lignans are also found in lower amounts in rye, wheat, oats, barley, soybeans, sesame seeds, cruciferous vegetables and in certain fruits such as strawberries and apricots. Flax seeds, but not flax seed oil by itself, has been found to be associated with a lower risk for breast cancer. A study from Duke University showed an association of flax seed with slower growth of prostate cancer.

A recent study from St. Boniface Hospital Research Center in Manitoba showed that people with high blood pressure and resultant leg pain from constricted blood vessels were helped by supplementing their diets with ground flax seeds. They took 30 grams a day, which is about 4 tablespoons, put into muffins and bars or eaten as plain ground flax. The flax seed provided abundant fiber, and the subjects did not gain weight during the 6 month trial. Subjects in the comparison group, also with high blood pressure, were given food enhanced with almonds and other ground nuts. Their blood pressures did not change during the 6 month study. The blood pressure reductions seen in the flaxseed group were impressive - systolic blood pressure was 10 mm Hg lower and diastolic 7 mm Hg lower after 6 months. In subjects with initial systolic blood pressure readings of 140 mmHg or higher, there was a reduction of 15 mm Hg systolic and 7 mm Hg diastolic. These figures compare favorably with the reductions seen with many blood pressure medications. It should be noted that subjects in this study continued their prescribed medications for blood pressure reduction. The authors cautioned that people trying flaxseed meal should remain under their doctor's care and not change their meds unless advised to do so.

A study from the University of Saskatchewan in 2009 showed that men, but not women, had reduced scores of factors in the 'metabolic syndrome' when they took flax seed components and engaged in a walking program. The metabolic syndrome is a cluster of conditions: increased blood pressure, high blood sugar, excess body fat around the waist and abnormal cholesterol levels. These factors can lead to an increased risk of heart disease, stroke and diabetes.

This article has given the reader several good reasons to try adding flax seeds to your diet. It's easy to do so, and the taste is nutty and pleasant. You can grind your own (with a spice or coffee grinder) from organic flax seed from the People's Store, or buy it

Philanthropy: Lessons in Helping the Poorest from Around the Globe

Most people agree that philanthropy, whether in the form of foreign aid or local grassroots projects, is a worthy undertaking. But many have long held that philanthropy often fails, wholly or in part, in terms of impact and sustainability. Sometimes it can even make things worse.

How do we make philanthropic efforts most effective? What has worked best around the world? Join TNS Host Steve Heilig in conversation with Dr. Kevin Starr—a pioneer in developing and supporting workable projects in health, ecology, and economic development—about effective philanthropic strategies and stories. Steve has also worked in developing nations, and co-authored an article with Starr titled *Hippocratic Philanthropy: Lessons from International Health*.

Reserve Seats

Wednesday, September 10 3:00 pm

Commonweal

Free; donations accepted gratefully

RSVPs are very helpful

Kevin Starr, MD

Kevin Starr, MD, directs the Mulago Foundation and is the founder and director of the Rainer Arnhold Fellows Program, focused on sustainable projects to help the very poorest people around the world. He practiced medicine for decades while exploring the world and for the past decade has devoted himself full-time to studying, designing, and supporting good work around the planet.

THREE GREAT THINGS ABOUT THIS PLACE...

(1) A bitter-sweet sign of the end of summer: the last of the blackberries. But replacing them is...

(2) The fall fruit harvest: tomatoes, melons, apples, pears and more. We are eating so well right now.

(3) The sunset has reappeared from behind the headlands and woodlands of Jack's Creek. Now we can stand on the bluff and watch it all the way into the water.

--Ned Riley

BALLET CLASSES - ONGOING

Bolinas Community Center

Saturdays 10:30 - Noon

\$60 for five classes and \$15 for drop-in

Teen/Adults - All levels welcomed

Instructor: Erika Townsend

bnetownsend@att.net, 209.523.4305

already ground. Be sure to refrigerate the ground flax. Put it on oatmeal, salad, stir fries or in shakes. Incorporate it into baked goods. There are lots of recipes for this on line. Ground flax adds fiber to your diet and can relieve constipation. Be sure to drink more fluids if you start using flax.

Post-menopausal women may enjoy the slight increase in safe plant estrogens from the flaxseed lignans. However, flax has not been shown to relieve hot flashes.

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

BOLINAS-STINSON UNION SCHOOL DISTRICT
 125 Olema-Bolinas Road
 Bolinas, CA 94924
 Phone: 415.868.1603 Fax: 415.868.9406

AGENDA
Regular Meeting of the Board of Trustees
Tuesday, September 9, 2014
Closed Session from 5pm to 6pm
Bolinas Campus, 2nd floor meeting room
Open Session at 6:00 p.m. Bolinas Campus
Library

Item # Topic/ Description

1. Call meeting to Order
2. Roll Call
3. Approval of Closed Session Agenda

Public Comments on Closed Session Agenda
 This is an opportunity for the public to address the Trustees on matters related to school business that is not on this agenda. No discussion, deliberation, or action can be taken by the Trustees unless the matter is placed on a subsequent agenda. Depending on the agenda, the Chair may limit each presenter to a specific time.

4. **Recess to Closed Session**
 The Board will meet with Legal Council to consider and may act on any of the following items in closed session. Any action taken in closed session will be reported in open session as required by law.
 - 4.1 Public Employee Discipline/Dismissal/Release [54957]
 - 4.2 Public Employee Appointment/Employment [54957]
5. **Reconvene into Open Session**
6. **Announcement of Reportable Action taken during Closed Session**
7. **Approval of Agenda / Introductions**
8. **Public Hearing Instructional Materials and Sufficiency**

Determination that Bolinas – Stinson Union School District has sufficient textbooks/Instructional materials that are aligned to the content standards and are consistent with the content and cycles of the curriculum framework adopted by the state board of education in Reading/Language arts, mathematics, science and history-social science and that each pupil, including each English learner, will have a standards- aligned textbook or instructional materials, or both, to use in class and to take home

9. Public Comments
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10. **Correspondence**
 - o **Incoming:**
 - 8/15/2015 from MCOE re: LCAP
 - 8/15/2015 from MCOE re: adopted budget
 - o **Outgoing: None**

REPORT

11. **Superintendent's Report**
 - 11.1 Enrollment
 - 11.2 Update on Pre-School facility
 - 11.3 Update on Measure B
 - 11.4 Faultline update
 - 11.5 Staff / Board meeting date
12. **Principal's Report**
 - 12.4 Report on the first days of school
 - 12.5 Teaching recess implementation report

Consent

13. **Approval of the following Consent agenda items**
Warrants dated:
 - 13.1 8/26/2014**Minutes from the following meetings:**
 - 13.2 8/19/2014 Regular meeting**Other:**

STUDY AND INFORMATION

14. **Teaching recess Program**
 A review of the "Teaching Recess Program" and what portion the District may implement for the 2014-15 school year
15. **Board Policy and Administrative Regulation 5113 - Student Attendance**
 A review and discussion regarding policy and regulation for student attendance reviewed and approved at the 8/19/14 meeting
16. **District Committees**
 Review charges of Fiscal Oversight and Facilities Planning Advisory Committee (FOFAC) and the original charges of Fiscal Oversight and Advisory Committee (FOAC) and Facilities Needs Committee (FNC)

BOARD CONSIDERATION

Item Topic/Description Discussion/Action

17. **Teaching recess Program**
 Approve program as discussed under Study and Information
18. **GANN Limit Resolution and Notification-Resolution 3 2014-2015**
 Approve Resolution 3 2014-2015
19. **Instructional Materials and Sufficiency Resolution – Resolution 4 2014-2015**
 Approve Resolution 4 2014-2015
20. **Unaudited Actuals Financial report Approval**
 Approve Unaudited Actuals Financial Report
21. **Biennial Notice-Conflict of Interest**
 Approve Biennial Conflict of Interest

Item Topic/Description REPORTS

22. **Board Member Reports**
 The Board President will request reports from the members of the Board pertaining to District/School committees on which they serve. These include:
 - Fiscal Oversight and Advisory Committee (and FNC) Harmon
 - Technology Committee Harmon
 - Green Team Pfeiffer
 - Marin County School Boards Association (MCSBA) Pfeiffer
 - Joint Legislative Action Committee (JLAC) Pfeiffer
 - Playground, Social Environment & Campus Safety (PSECS) Siedman
23. **Public Comments**
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24. Future Agenda Items

| | |
|---------------------------------|--|
| 1. Report | Common Core Presentation |
| 2. Consent | Williams Uniform Complaint Quarterly for 1 |
| 3. Study & Information / Action | Homework Policy revisions |

25. Adjournment
 The next regular Board meeting will be held on Tuesday, October 7, 2014

TNS The New School at COMMONWEAL

Nature • Culture • Consciousness

September 10, 3:00-5:00 pm

Kevin Starr, MD

Philanthropy: Lessons in Helping the Poorest Around the Globe

September 14, 9:00 am-12:00 pm

Shodo Harada Roshi

The Calligraphy of Emptiness; the Zen of Dying

October 2, 9:30 am-4:00 pm

Donald Abrams, MD

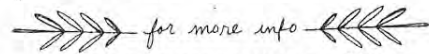
Integrative Cancer Care: Training for Health Professionals/Cancer Advocates

451 Mesa Road • Bolinas • 415.868.0970
tns.commonweal.org (website)

CURRENTLY SEEKING

Makers AND manufacturers

TEXTILES: KNITTING, CROCHET, QUILTING, SEWING, WEAVING, DYEING, RUGS, MACRAME
LEATHER: TOOLING, CRAFTING, STITCHING, BRAIDING, BAGS, BELTS, ACCESSORIES
ART + DESIGN: ILLUSTRATION, PHOTOGRAPHY, PAINTING, SCULPTURE, GRAPHIC DESIGN
FOOD: CANNING, PICKLING, SEA SALTS, JAMS, JELLIES, HERBS, HONEY, SAUCES, SYRUPS
APOTHECARY: ESSENTIAL OILS, SCENTS, SOUPS, LOTIONS, HAIR CARE
WOOD: WOODWORKING, TURNING, FURNITURE, CARVING
JEWELRY: BEADING, METALWORK, CASTING, SETTINGS and STONES
MORE: POTTERY, CANDLEMAKING, PAPERMAKING, SCREENPRINTING, GLASS WELDING, MOLDMAKING



for more info

MAKERS@EDITIONLOCAL.COM

1 844 326 3260

WWW.EDITIONLOCAL.COM

SPECIAL NOTICE

Dated: August 28, 2014

The Bolinas-Stinson Union School District

Board of Trustees will hold a
PUBLIC HEARING

at the Regular Board Meeting
on September 9, 2014 at 6:00 p.m.

This Hearing will be held at the
Bolinas Campus Library
125 Olema-Bolinas Road,
Bolinas, CA 94924

PUBLIC HEARING:

Instructional Materials Sufficiency
Determination that Bolinas – Stinson Union School District has sufficient textbooks/Instructional materials that are aligned to the content standards and are consistent with the content and cycles of the curriculum framework adopted by the state board of education in Reading/Language arts, Mathematics, Science and History-Social Science and that each pupil, including each English learner, will have a standards- aligned textbook or instructional materials, or both, to use in class and to take home.



FOR EVERYTHING YOU NEED

AND EVERYTHING YOU WANT

The morns are meeker than they were,
The nuts are getting brown;
The berry's cheek is plumper,
The rose is out of town.

The maple wears a gayer scarf,
The field a scarlet gown.
Lest I should be old-fashioned,
I'll put a trinket on.

- Emily Dickinson

HAPPY SEPTEMBER FROM BOLINAS HARDWARE

OPEN WEEKDAYS 8-5:30 | WEEKENDS 9-5
1 OLEMA-BOLINAS ROAD | BOLINAS | 415.868.2900
WWW.BOLINASBAYHARDWARE.COM



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- Plus More...

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48 WHARF ROAD, 2ND FLOOR, BOLINAS

bringing order to your financial world

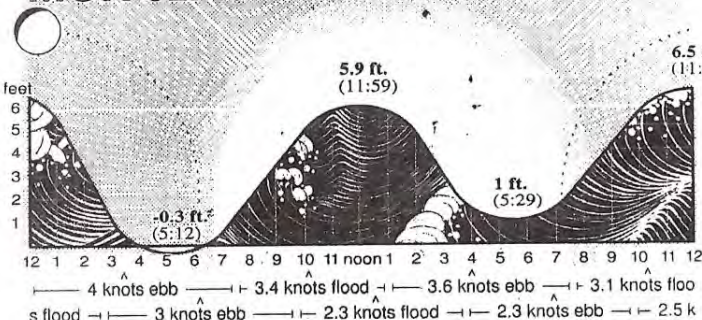
pasteup
ads/books
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Ned Riley
June McAdams
Jennie Pfeiffer

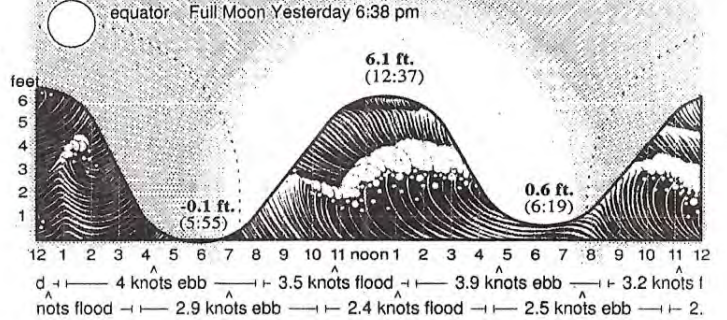
KWMMR RADIO SCHEDULE

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--------------|---|---|---------------------------------------|---|---|---|--------------------------------|
| 6:00 | DAWN | | | | | WEEKEND DAWN | |
| | KWMMR Music | Art of the Song | KWMMR Music | KWMMR Music | KWMMR Music | As It Happens (CBC) | 5 am Sunday Baroque |
| 7:00 | NEWS & KWMMR MORNING SHOWS | | | | | MORNING MUSIC, TALK & NEWS | |
| | Day 6 (CBC) (repeat) | As It Happens (CBC) (repeat) | As It Happens (CBC) (repeat) | As It Happens (CBC) (repeat) | As It Happens (CBC) (repeat) | Morning Glory | Daybreak |
| 8:00 | With Eyes Open! | Rise and Shine | Swimming Upstream | Top of the Morning / Pieces of Peace | | The Friday Guide | |
| 9:00 | A Cuppa Joe On Being (repeat) | Airwaves | Fish Tales | | | | |
| 10:00 | TURNING PAGES | | | | | Sunday Celebration of: Sacred, Gospel, & World Music | |
| | At Nature's Pace | Reading to John / Vinyl Café (repeat) | Waves / ViewPoint of Joy (repeat) | For Children of All Ages / Readers Delight | Libro Abierto | | |
| 11:00 | TALK & CURRENT AFFAIRS | | | | | ViewPoint / The Place We Live | |
| | The Bioneers | Spirit & Mind / Questing | Alternative Radio | Philosophy Talk | An Organic Conversation | | |
| 12 pm | Trash to Treasure | new Moyers & Company Making Contact | | Attune-ment / Common-wealth Conversations | | Specials TBA Sabrina Artel's Trailer Talk | |
| | Farm & Foodshed Report | | | | | | |
| 1:00 | Ocean Currents / Post-Carbon | On Being with Krista Tippett | new Climate One | Art's Desire / Hot Tech/Cool Science | Peace Paradigm / The Local Organon | AFTERNOON MUSIC | |
| 2:00 | AFTERNOON MUSIC & TALK | | | | | Happy Days Jazz Rhythm | |
| | Cruisin'..... | Aztec Pride / Dawn Chorus | Classical Wednesday | Classical Thursday | Classical Friday | | |
| 3:00 | new Youth DJ Project | | | | | Riverwalk Jazz The Vinyl Café | |
| 4:00 | | | | | | | |
| 5:00 | NEWS & CURRENT AFFAIRS | | | | | The Scoring Stage / To Hell & Bach | |
| | new Epicenter | new Epicenter | new Epicenter | new Epicenter | Happy Hour | | |
| 6:00 | As It Happens (CBC) | As It Happens (CBC) | As It Happens (CBC) | As It Happens (CBC) | EVENING MUSIC & DRAMA | | |
| 7:00 | Release Me | Musical Varieté | Foggy Ridge Music / West County Prowl | Bakersfield & Beyond / Shorty's Bunkhouse | Friday Funk Fest Dr. Jazz Radio Programme Magic Radio | | |
| 8:00 | Barbarian Beach Party / Silver Dollar Jukebox | | | Choose Your Own Adventure / Running With Scissors | | | |
| 9:00 | | | | Off the Cuff | | Coast Highway Blues | The Latin Alternative |
| 10:00 | Monday Night Mixtape / Professor Kosmo plays | | Forms and Feelings (repeat) | | Saturday Night Function Stuck in the Psychedelic Era with the Hermit | | |
| 11:00 | | | | | | | |
| 12 am | LATE NIGHT | | | | | LATE NIGHT | |
| | Weekly Feed 12-1 KWMMR Music | KWMMR Music | Sunspots to 1:30 KWMMR Music | KWMMR Music | Radio Goethe 12-1 KWMMR Music | KWMMR Music | DeepWaking 12-1 KWMMR Music |

MON SEP 8 dawn 5:48 - sunrise 6:46 - sunset 7:28 - dark 8:26
moonset 6:18 a.m. moonrise 7:13 p.m.



TUE SEP 9 dawn 5:49 - sunrise 6:47 - sunset 7:27 - dark 8:25
moonset 7:30 a.m. moonrise 7:52 p.m.



HOUSING WANTED

ITALIAN SPEAKING ANNA NEEDS A
 needs a 500+ sq ft. work/live space with reasonable rent.
 Visit her at www.lunafina.com 415 460-1069

DP 9/5



LOST & FOUND

LOST: MY LEFT TEVA SANDAL (BLUE BLACK-
 size 10) snatched from my door Sunday nite. Did your dog bring
 it home as a trophy? Larch/Fern -Jutta 686-2549

JR 9/3

FOUND ON ROAD TO AGATE BEACH - A NICE SILVER
 bike light with attachment that mounts on a bracket
 that is probably still on the bike!
 Please contact Bolinas Hardware at 868-2900 to claim.

BBH9/5

FOUND ON ELM: PADDLE (FOR STAND-UP PADDLE
 board) Please contact annyo@bolinas-stinson.org and describe.

AO9/5

FOUND: A CALICO CAT CAME TO MY HOME
 on Nymph / Elm- seems very sick. Ilka 0419

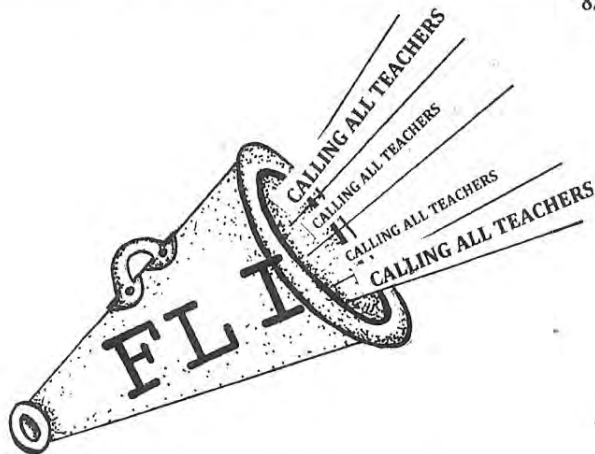
8/25 IH

LOST: RING, WHITE GOLD WITH DIAMONDS,
 sometime in the last couple of days.
 Please call 707-223-5800 if found.

CA 8/20

LOST: I PHONE-WHITE PHONE IN BLACK
 case with torn flower sticker on back Lost on sewer pond path.
 Please call 868-1186 if found.

8/11



Want to teach in Faultline this winter session?
Have some knowledge you want to share?
 It's easy.

Go to Faultlineinstitute.org and click on tab
 "I want to teach" then fill out the application form.
 Class times, size, dates, frequency and length of classes, costs, supplies
 are determined by each teacher.

Or

Call or e-mail us.

The session runs from October 1-November 21, 2014.
 Please send forms and class descriptions by September 10th.
 We hope to have the online catalog completed by September 15th.
See you in class!

Harriet Kossman, Dean of Meet and Greet
 868-1365 harrietskossman@gmail.com
 Michael Rafferty, Dean of Meet
 868-9049 harraff@mac.com

CLASSES



Weekly Schedule

Monday

Bo Babies & Toddlers Open Play Group (free) 10:00 - 2:00 p.m.
 Modern Dance for Youth w/Lisa T. (9/8-9/29) 3:30-4:30 pm
 Chiropractic Adjustments w/Colleen (10/6-11/3) 3:00 - 5:00 p.m.
 Pilates w/Lisa Townsend (pre-register 868-0473) 5:30 - 6:30 p.m.

Tuesday

Senior Stretch W/Anna Gottreich 11:00 - 12:00 p.m.
 Pirate Pizza (Pre-order at 328-1066) 4:30 - 7:30 p.m.

Wednesday

Pilates w/Lisa Townsend 8:30 -10:00 a.m.
 B-Cast theater w/Lisa T. (Starts 9/10/14) 3:30 - 5:00 p.m.
 Biblia en Español 8:00 - 9:30 p.m.

Thursday

USDA food bank 12 noon
 Congolese Dance w/ Sandor 6:00 - 7:30 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

Diaspora Dance w/Amber Hines (Adults/starts 9/20) 10:00 - 11:45p.m.
 Ballet w/ Erika Townsend 12:00 - 1:30 p.m.

Sunday

Brazilian JiuJitsu with Danny 9:30-10:45 a.m.
 Brazilian Dance with Anna 11:00 - 12:15 p.m.
 Sunday CommUnity Night (www.bocenter.org for details)

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

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DL8/29

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DP 8/27

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KS 9/8

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270 Elm at Maple, Left side of BPUD Building
Ad forms in smaller mail box, slot in door

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DP 9/8

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ANNOUNCEMENTS

The Bolinas Book Exchange

will be

closed for vacation

for two weeks from

Monday, September 15
through

Friday September 26.

Please

do not leave books

during that time;
they will only get

trashed.

Thank you.

-- Michael Rafferty, Prop.

BOLINAS COMMUNITY PUBLIC UTILITY DISTRICT



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

A Meeting of the Land Stewardship Committee Of The
Board Of Directors
September 12, 2014 3:00 p.m.
270 Elm Road, Bolinas

Agenda

1. Call to Order.
2. Roll.
3. Review Minutes.
4. Map Updates.
5. Habitat Restoration Grant: *Review Requirements and Commitment to Proceed; Assign Areas of Interest; Develop Timeline to Prepare Grant.*
6. Trails: *Current Conditions, Priority Areas, Possible Schedule.*
7. Discussion with BCPUD Staff.
8. Brighton Beach Project Update.
9. Community Expression.
10. Next Meeting Date
11. Adjournment.