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 HANAN 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 Hammertime
Kathleen O’Neill
Molly Brown

September 9: Brannigan Waycott
Ann Shea Kent

September 10: Cathy Tiller
Ed Pohlman
Laurie Riley
Sylvia Nakakach
Baraca Brock

September 11: Rio Patton

September 12: Belle Westen 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 BuJeste
Allan Maxeys
Cheryl Slough
Danielle Vincent
Cheryl Batson

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

GEFFO 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 physically, 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 go 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/Senior $40

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

MONDAY
Sept. 1, reggae, spin. 9-11,
MONDAY NIGHT LIVE
Tue. Sept. 2, 7-12
Jesse's GRAND POOL TOURNY
Wed. Sept. 3, 8-12, LARRY'S KARAOKE
Thurs., Sept. 4, 9-12, spec. cd, MICHAEL MUSKA
Fri. Sept. 5, 9-1, funky rockin' blues TOMMY ODETTO
Sat. Sept. 6, 9-1, EL RADIO FANTASTIQUE
Sun., Sept. 7, 9-12:30 OPEN MIC w/Diana
Mon. Sept. 8, reggae, spin. 9-11, MONDAY NIGHT LIVE
Tue. Sept. 9, 7-12 Jesse's GRAND POOL TOURNY
Wed. Sept. 10, 8-12:30, LARRY'S KARAOKE

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

Thurs. Sept. 18, 9-12:30, other rock, SKY COUNTRY
Fri. Sept. 19, 9-1 rock, orig. covers, OVERBIE
Sat. Sept. 20, 9-1, good ol' rockin' 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
Tues. Sept. 23, 7-12 Jesse's GRAND POOL TOURNY
Wed. Sept. 24, 8:30-12:30, LARRY'S KARAOKE

Thurs. 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, 8:30-12:30 OPEN MIC w/Elly
Mon. Sept. 29, 8:30-1 reggae, spin, MONDAY NIGHT LIVE
Tue. Sept. 30, 7-12 Jesse's GRAND POOL TOURNY
Wed. Oct. 1, 7-9:30, 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

Smiley's POOL TOURNAMENT
Every Tues. Night, 7:30 PM
1st Prize $75, 2nd Prize $50 - $100
3rd Prize Smiley's Cash $5 buyin
41 Wharf Rd. 868-1311

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 Bid Numbers for Labor Day are:
BBQ $ 6,563.00
BAR $ 3,150.00
DESSERT $ 1,067.00
T-SHIRT & MEMBERSHIPS $ 1,389.00
SILENT AUCTION $ 3,153.00
NET TOTAL $5,529.00

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 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.

---Ned Riley

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

bolinastownsend@gmail.com

209.523.4305

sadfa Greenwood, MD back issues at sadjascolumns.blogspot.com
### 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 my implement for the 2014-15 school year

15. Board Policy and Administrative Regulation 5113 - Student Attendance
   A review and discussion regarding policy and regulations 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 (FOFPAC) 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
21. | Biennial Notice-Conflict of Interest | Approve Biennial Conflict of Interest

### 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 (FOPAC)
   - Technology Committee
   - Green Team
   - Marin County School Boards Association (MCSBA)
   - Joint Legislative Action Committee (JLAC)
   - Playground, Social Environment & Campus Safety (PSECS)

23. **Public Comments**
   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.

### Future Agenda Items

**Item** | **Report** | **Common Core Presentation**
--- | --- | ---
1. | Report | Williams Uniform Complaint Quarterly for
2. | Consent | 2014
3. | Study & Information | Homework Policy revisions
   - Action

24. **Adjournment**
   The next regular Board meeting will be held on Tuesday, October 7, 2014
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.
### KWMR RADIO SCHEDULE

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<td>Wish Eyes Open</td>
<td>A Cuppa Jo</td>
<td>Rise and Shine</td>
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<td>Park View (weight)</td>
<td>In Being</td>
<td>Airwaves</td>
<td>Upstream</td>
<td>Peace of Mind</td>
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<td>KT's</td>
<td>Bikram</td>
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<td>The Bikram</td>
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<td>Train to Treasure</td>
<td>New Dimensions</td>
<td>New Movers &amp; Company</td>
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<td>Common Weal Conversations</td>
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<td>Farm &amp; Foodshed Report</td>
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<td>SPECIALS TBA</td>
<td>Sabinas' Art's Gallery</td>
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<td>Ocean Currents</td>
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<td>Barabas Beach Party</td>
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<td>Monday Night Music</td>
<td>Professor Iesen plays</td>
<td>Forms and Feelings (repeat)</td>
<td>Sonia Sumopols</td>
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### MON SEP 8
- Water Depth: 5.9 ft

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### TUE SEP 8
- Water Depth: 6.1 ft

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**WEEKEND DAWN**
- 5 AM: Sunrise Baroque

**MORNING MUSIC, TALK & NEWS**
- Morning Glory
- Day 6 (OBC)
- Sacred, Gospel, & World Music
- Viewpoint: The Peace We Live

**AFTERNOON MUSIC**
- Happy Days
- Riverwalk Jazz
- The Vinyl Cafe
- The Scoring Stages: To Hell & Back

**EVENING MUSIC & DRAMA**
- Celtic Universe
- Between Rock & A Jazz Place
- The Jazz Groove
- L.A. Theatre Works
- Starry in the Psychadelic Era with the Heimis

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**MON SEP 8**
- Water Depth: 5.9 ft

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**TUE SEP 8**
- Water Depth: 6.1 ft
**HOUSING WANTED**

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

DP 9/5

**LOST & FOUND**

LOST: MY LEFT TEVA SANDAL (BLUE BLACK-size 10) snatched from my door Sunday night. 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

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**CLASSES**

Weekly Schedule

**Monday**

- Boh Babies & Toddlers Open Play Group (free) 10:00 - 2:00 p.m.
- Modern Dance for Youth w/Lisa T. (9/8-9/29) 3:20-4:30 p.m.
- Chiropractic Adjustments w/Colleen (10/6-11/3) 3:00 - 5:00 p.m.
- Pilates w/Lisa Townsend (pre-register 848-0473) 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 - 11:45 p.m.
- Ballet w/Erika Townsend 12:00 - 1:30 p.m.

**Sunday**

- Brazilian Jiu-Jitsu w/Danny 9:30-10:45 a.m.
- Brazilian Dance w/Ana 11:00 - 12:15 p.m.
- Sunday Community Night (www.bocenter.org for details)

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**FOR SALE**

DRAFTER DRY DRY SEASONED FIREWOOD
Oak, Bay, Eucalyptus – Cut locally
Gospel Flat Farm 868-0221

**FREE**

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Call Diana 868-9249 or 207-841-8139

COMPACT FAX/COPIER IN VERY GOOD condition. 868-2902

FIREWOOD Call for appointment: 707-753-0820

FREE DENIM INSULATION. CALL 831-15317127

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free Birthday Treat at Bobolicious
Bring this coupon to receive a treat for your birthday!
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Heavy-duty tractor. Mowing / backhoe / roto-tiller / disking / plowing / post-hole drilling. Don March -0921

DMX

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‘Computer building, Internal cleaning. $35/hr
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DP 99

ANNOUNCEMENTS

HEALTH AND HEALING

CAREGIVER AVAILABLE
Excellent homecare, cleaner.
Call 868-1782 Anita & William

CH x

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 11, 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.
10. Next Meeting Date
11. Adjournment.

hearsaynews@yahoo.com

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