WHAT'S HAPPENING??

Wednesday, September 21

BCPUD (UTILITY DISTRICT)
Regular monthly meeting of the Board, 270 Elm Road, 7:30pm. (Agenda inside)

Thursday, September 22

‘AMY’
Film about Amy Winehouse presented by Ananda @ BoCommons, 7pm, $5

DREAM
Live indie-noir music @ Smiley’s, 8pm

COMMUNITY LIFE AND TOURISM forum at Dance Palace, Point Reyes Station, prsva.org 6pm

AUTUMNAL EQUINOX starting today at 7:21am, each day will have more darkness than light, until light returns.

Friday, September 23

BCPUD
Land Stewardship Committee meeting, 270 Elm Rd, 3pm

BRETT HUNTER BAND
Live gospel blues @ Smiley’s, 9pm, cover.

DALE POLISSAR/BART HOPKIN
Eclectic clarinet/guitar jazz @ Tony’s Seafood, Marshall, 6-8pm, no cover.

Saturday, September 24

MARC SANCHEZ-COREA
on KWMR 89.9 radio 9-10 AM

Saturday, September 24

COMMONWEAL’S 40TH ANNIVERSARY
Music, food & reflections about 40 years work in Health & Healing, Education & the Arts, and Environment & Justice, Commonsweal, $100 sug. don.
RSVP: erin@commonweal.org

OPENING RECEPTION
'Bounty: fine food production in Coastal Marin, @ Bolinas Museum, preview talk 2pm, reception 3-5pm

LAND, SEA AND SKY
Paintings by Brian MacKenseie, Bolinas Gallery, 52 Wharf Rd. Opening reception 2-5. Sat. Oct 15

GUSHER WOMAN
Ocean & The Goddess, high noon, Brighton Beach

RKS
Live rock @ Smiley’s, 9pm, cover

MIDNIGHT ON THE WATER
Bolinas trad band @ Pt Reyes Farmers’ Market, 10am-1pm

BILL BERKSON MEMORIAL TRIBUTE
McRoskey Mattress Co, 1687 Market/Gough, SF, 7pm

Sunday, September 25

BOCAN MEETING
Updates on housing & parking efforts and more @ Community Center, 4pm

MUSIC AND HARVEST POTLUCK AT THE GOSPEL FLAT FARMSTAND
With Jeff Manson, Natural Bridges and Dawn Riding, 5pm bring a dish to share and a plate to eat off of.
I can be hurt by nothing but my thoughts.
-From A Course In Miracles (Workbook, pg. 426)

WISDOM OF THE SAGES
HONORING OUR ELDERS

There is a reason why wisdom is associated with age. Traditionally, elders have been the wise men and women of communities. Most spiritual leaders apprenticed for the majority of their lives before beginning their practice. In many parts of the world, elders are honored and respected for the wisdom they have gained through life experience. They are considered to be a valuable source of knowledge and have an important role to fulfill in passing on traditions and customs.

In many corners of the globe, nursing homes for the elderly are rare. Caring for one’s aging parents is considered an honor and a blessing. In other cultures it is not uncommon for three or four generations to live together under one roof. Immediate families consist of children, parents, grandparents, great-grandparents, and sometimes great-aunts and great-uncles. Such intergenerational coexistence is beneficial to all. There are caregivers for both young children and the elderly, and older relatives can pass down the family history to, and act as role models for, younger family members.

In Native American culture, elders are appreciated for their close connection to nature and the spiritual world. They are known as “wisdomkeepers,” acting as caretakers of the planet. Respected for their life experience and wisdom, African elders serve as mediators between deceased ancestors and living family members.

Honoring and respecting our elders is a way of building community and strengthening society. It helps us appreciate every stage of life and view aging in a positive light. After all, hopefully we ourselves will have the opportunity to become sages in our later years.

-Madisyn Taylor
"Daily OM"

The person who says it cannot be done should not interrupt the person who is doing it.
-Chinese proverb

AH

I want to love as deeply
As love allows
I want to fall into the center
Of a rose and see
And smell as much as I can
See and smell
I want to be trusted
My life at stake
Should I break loyalty
I want to dance
As high and rhythmically as
My body allows
I want to embrace
I want to sing
I want to find joy
In each moment
Something good to say
About the smallest thing
Gracias por la vida
Thank you for life
And breath
And the smile on my face

-Corlene Van Sluizer

There ain’t nothing but one thing wrong with every one of us, and that’s selfishness.
-Will Rodgers

A man wrapped up in himself makes a very small bundle.
-Benjamin Franklin

FRIDAY FARM STAND
@ Star Route Farms
Noon – 5PM
COOL COASTAL GREENS
AND THEN SOME!
Let's Make Sure That Every Day is Peace Day
Today we celebrate International Day of Peace with the 2016 theme being "The Sustainable Development Goals: Building Blocks for Peace." In 2001, the United Nations General Assembly declared September 21 as the International Day of Peace, "a day of global ceasefire and non-violence, an invitation to all nations and people to honor a cessation of hostilities for the duration of the Day."

-Martine Algier

Backyard Qigong
Four varieties of practices to increase your energy, loosen your joints, strengthen your immune system, and give you control over your emotions. Fall in love and get addicted to a daily practice!
Meet: weekly, Thursdays, 10-11am
Host: Tania Bedford
Contact: taniabedfordtb@gmail.com / (415) 868-2103
Registration details: $5-$10 a class / Private residence, outdoor class held at 30 Mesa Rd.

Natural Bridges
Jeff Manson
Dawn Riding
Sunday 9/25: BoCan Meeting Afterparty, at the Gospel Flat Farmstand with live music by Jeff Manson and his visiting friends, Dawn Riding and Natural Bridges.
After Sunday's important BoCan meeting, come on down to the Farmstand for a casual evening of songs, stories, shared food and community.
I'll sing a few of my songs, as will a couple of old friends. Dawn Riding will play some lovely, wide-ranging country folk music and my friend Matthew's band Natural Bridges will jam out some danceable funky originals to wrap up the evening.
We're going to try to start early, say around 6:30, or as soon as the meeting wraps up. Bring a dish to share and a plate to eat off of. Let's huddle together in the fading fall light and enjoy some harvest season good vibes.

Jeff Manson
First Youth Group
2016/2017
bolinasstinson youth group

We are so fortunate! Middle
schoolers have a place to
gather, explore and play
outside of school. Monday
afternoons because of the
generosity of John at The
Parkside, Mary at Stinson
Beach Community Center and
individual donors from our
sweet hamlet, young people get
to have tutoring, build
communication skills, be in
nature and thrive in a
supportive, social environment.
We gathered on the green this
past week- Isatta, Julia, Jasmin,
Symon, Marius, Alex, Lourdes,
Estella, Thalia, Fiona, Janet and
Enzo. In our gratitude circle we
expressed our thanks for waves
in the ocean, for friends,
family, coming together and ice
cream! We lined up at the
snack bar and even had
rainbow sprinkles to adorn our
soft serve.

Despite the grey skies, the
beach was a proper place to
run and climb. We walked all
the way down to the rocks and
spoke of some of the
responsible of being a part
of Bolinas Stinson Youth
Group. It's important that we
all are ambassadors and good
representations of The Den.
When we are at the park,
waiting in line for our after
school snack, or at the library
studying, our behavior is a
reflection of the organization
that supports us.

Kerry was overjoyed to see our
big group, We took up every
available spot in the
gallery/reading room at the
Stinson Beach Library. It's
exciting to already be thinking
of craft making projects to
offer at the Winter Faire in a
few months. We also passed
out membership packets for
parents and individuals to fill
out, and had fun taking each
other's photos for our BSYG
identification cards.

Savahna procured a huge stack
of pizza pies from the Parkside
that we took to the basket ball
court.

While we devoured yummy
slices, our teen talking circle
discussed one way we were
brave today, one way we were
kind and one way we failed. It
was striking how much people
have matured and are able to
express their personal
thoughts. For many, this is
their third year of coming to
The Den. It's such an important
step to being an adult, to have
confidence, trust and the ability
to communicate verbally one's
personal opinions. Hats off to
Don and Willow and all the
instructors who do such an
excellent job educating and
guiding at Bolinas-Stinson
School.

We ended our time together
playing fun, heated games of
Wolf Tag on the half court and
then settling into hilarious and
thoughtful games of Essence
while we waited for the Stage.

Who was the color aqua blue, a
fluffy dog like Amletto's
Stellina, the store Forever 21, a
white picket fence, figure
skating, France, a pink flower,
Vans shoes and a Mercedes
car? Why Julia of course!
We won't meet next week due to
staff development day. Please
fill out membership packets
and make sure everyone has a
permission form on file with
Kara to take the bus on
Mondays to Youth Group.
Submitted by Bridget
Bartholome

Dear Reader - Do you want to support our
Youth Group? We need your help! Send
your tax-deductible check, for any amount,
made out to the Bolinas Community Center,
with Youth Group in the memo line. PO Box
221, Bolinas 94924. Questions? Call 866-0493.

Ken & Sam Levin
Window Cleaning
415.663.9669
West Marin's Best
Common Voice Choir Fall Season Starts Next Week

The Fall 2016 season of Common Voice Choir begins on Mon. Sept. 26 in Stinson Beach and Tues. Sept. 26 in Point Reyes. The choir sings uplifting group harmony songs and chants from around the world. Tim Weed and Debbie Daly create a welcoming space for all voices. New members are welcome and you do not need to know how to read music. Stinson Chapter: Mondays 7:00-8:30pm at Stinson Beach Community Center; Point Reyes Chapter: Tuesdays 7:00-8:30pm at the Dance Palace. Dues are $200-$225, scholarships available. Hear music samples and get more info at www.CommonVoiceChoir.org or call 415-663-4018

-Debbie Daley

FAULTLINE CLASSES!

Don’t Forget to Sign up! Classes coming up!

Beginning Botanical Drawing with Graphite
Try your hand at botanical drawing. Build skills of observation working with graphite pencils. All students are welcome.

Meets: weekly / Wednesdays, 2-4pm
Host: Molly Brown
Contact: mollybrown77@gmail.com / (415) 298-1762
Registration details: $20 a class, class location at Commons

Backstage Insight, Movies on Music
“Amy”—the docu-movie about the quixotic singer/songwriter, stellar performer and personality, be-knighted by Tony Bennett as a ‘true jazz singer.’ Her steady rise to super-stardom and subsequent decline is thoroughly and unsurprisingly portrayed in all of its phases.

Meets: Thursdays: Sept. 22, 7pm for “Amy”
Host: Ananda Brady
Contact: odysy68@gmail.com / (415) 342-4968
Registration details: $5.00 a class / all proceeds go to the Commons / class location at Commons / bring a seat cushion or yoga mat for comfort, a thermos of tea, or whatever, for yourself

Practical IPM for the Home Gardener
Participants learn what integrated pest management is (and is not) and how to develop an IPM plan for their garden. Students gain methods for identifying pests and diseases, and practical tools for helping their plants defend themselves. We discuss the benefits and potential challenges of various approaches, including beneficial, predatory insects and microbes. We then explore a number of techniques and recipes for remedies made from simple ingredients out of the kitchen.

Meets: two times / Thursday, Sept. 22, 29, 4-5:30pm
Host: Michael Cavette
Contact: mcavette@yahoo.com / (415) 203-2406
Registration details: $15 a class / class location at Commons

SMILEY’S
LIVE MUSIC THIS WEEK

Wednesday, September 21
Larry-Oke!
Come belt out your favorite tunes! (FREE, Show 8pm)

Thursday, September 22
Dream
Indie Baroque Pop. (FREE, Show 8pm)

Friday, September 23
Bret Hunter Band & Evan Lanam
Sensual Improvisational, Singer/Songwriter. ($5, Show 9pm)

Saturday, September 24
R.K.S. (Renegade Knights)
Rock. ($5, Show 9pm)

Sunday, September 25
Open Mic w/Charlie
(Free, 5pm)

Monday, September 26
Epicenter Soundsystem
(FREE, 8pm)

We make advance tickets available online and for popular shows, at the bar, so please join our email newsletter for ticket sale alerts, www.smileyssaloon.com/music

DOOKIE DECIBEL SYSTEM NOW LIVE IN CONCERT AT:
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FOR MORE INFO AND TO WATCH EVERY
DOOKIE DECIBEL SYSTEM SHOW LIVE FOR FREE VISIT DOOKIEDECIBEL.COM
GUESTS RECEIVE A BACK PATCH BY GREG GORDON COMMEMORATING THE SHOW
Community Lunch -- Hosted by West Marin Senior Services
Thursday, September 22, 12:00 PM  Suggested Donations: $3 (over 60) / $6 (under 60). Break bread with friends at the community lunch every Thursday. Plus live music the first Thursday of each month. The organic food is prepared by Good Earth Natural Foods. Make reservations by 11:00am on the prior Monday. Contact Cathy Bleecker, Nutrition Program Manager at West Marin Senior Services, (415) 663-8148 ext. 104. Ongoing, Thursdays from 12:00pm - 1:00pm

Daniel Dietrich Artist Reception  Saturday, September 24, 1:00 PM to 3:00 PM  Daniel Dietrich is a full time wildlife photographer. His passion for photography was born at age 13 when he developed his first roll of film in the dark room. He has since touched down on every continent with his camera in pursuit of capturing wildlife images. Daniel owns and operates Point Reyes Safaris, a company dedicated to wildlife viewing and photography in Point Reyes National Seashore. He lives in Inverness with his wife Jessica and his two daughters Evelyn and Ruby. Daniel is the featured artist in the Lobby Gallery from Sept. 1 - Oct. 30. During the reception, Daniel will be showing some of his work in slide form in the Church Space.

West Marin Contact Jam - Fall 2016
Sunday, September 25, 11:00 AM
Sunday, October 30, 1:00 PM
Sunday, November 27, 11:00 AM
This Contact Dance Improvisation Jam invites participants to explore principles of Contact Improvisation in a beautiful space with welcoming dancers. Jam hosted by Maica Folch, Cory VanGelder and Christine Renaudin. Sunday, September 25: 11:00am-1:30pm (Main Hall) Sunday, October 30: 1:00pm-3:30pm (Church Space) Sunday, November 27: 11:00am-1:30pm (Main Hall) Sliding scale, $12 - $20

Do you remember Faure's Requiem?
Those of us who sang the Requiem at the Bolinas Community Center or the Bolinas Cemetery with Molly Maguire will likely never forget it!
Well... we are singing again at the Bolinas Cemetery.
This time of year is traditionally a time when we remember our ancestors, as we move into the darker time of the year. We have found a Saturday, with a full moon, and are planning on luminaries. It is the singing that lights our souls.
The date is Saturday, October 15 at 6:30 pm.
There will be four rehearsals, Wednesdays, September 21st & 28th and October 5th and 12th, 7:00 – 8:15 pm. at the the Stinson Beach Community Presbyterian Church, next to the Stinson Beach Community Center.
There is a $40 participation fee, with some scholarships available, until they run out.
I know you’ll remember how to sing the Requiem if you’ve done it before (you just need to dust it off). Stacey Henderson has volunteered to provide us with tapes, mp3s, or midi files depending on what you like; she also has sheet music if you need that.
Also, if you know of someone who learned the Faures Requiem from somewhere else or wants to try and learn it on such a short schedule, they are most welcome! Spread the word.
If you don't want to sing, but would like to help us in other ways, we'd love that too!
Please RSVP to Stacey Henderson by calling 868-2004. Or email: staceyhenderson@compsurse.com
The sooner the better!
Looking forward to singing with you!
– Kathleen, Molly and Stacey

The Common Wheel
One of the artistic genres I like to work in is “fortune wheels” – spinning discs with various cosmologies painted on them.
For a long time I’ve wanted to make a Common Wheel to reflect and celebrate Commonweal.
Progress was slow until Commonweal’s 40th Anniversary was announced. Then I had a realization about categorizing Commonweal’s amazing work – it wasn’t about Commonweal, it was about my relationship with Commonweal.
So instead of trying to categorize Commonweal, I thought about what I loved about Commonweal, and bingo! the door of inspiration opened and the Common Wheel made itself.
Happy Anniversary Commonweal Thank you for your inspiration!
Love, StuArt
(The actual Common Wheel is on display at the Post Office)

Bolinas Museum Opening Celebration
For BOUNTY! Celebrating Agriculture in Coastal Marin
Saturday, September 24

This program BOUNTY! celebrates our agricultural communities from Tomales and the Point Reyes Peninsula, down the coast to Muir Beach. Producing fine food is the heart of our coastal history. Did you know that at one time there were 25 dairies around Bolinas? Do you know that coastal Marin is internationally recognized for its innovative leaders, stewardship and exceptional food? Please join us for this community celebration! Locally sourced food generously provided by Coast Café and Inverness Park market who support many local growers.
2 PM talks by curators Elia Haworth and Sandy Diers and Douglas Gayeton of Lexicon of Sustainability. Reception 3-5 PM. Free.
S R E V I C E S

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SG X

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AC 10/21

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LD 10/3

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

TODAY’s HEARSAY BROUGHT TO YOU BY:
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HAPPY, HAPPY BIRTHDAY!!!

September 21:
Terra Dreven
Sean Morgan
David Fortna
Kathryn Hadley
Alex Klein

September 22:
Karen Willig
Terry Bell
Sage Catalan

September 23:
Sam Nasra
Hanford Woods

September 24:
Martine Algier
Shelter Serra
Ivory Serra
Marisa Willow
Ole Schell
Pompeillo
Suzanne Marie

September 25:
Suki Fourman
Hector Mora-Lopez
Omar Rifkin
Nathaniel Wood
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

LOST AND FOUND

LOST: PHONE & PHONE BOOK 8/29 ON THE MESA if found call 415 868-0882. Thanks JM 8/31

LOST: MAKITA 18 VOLT POWER DRILL with battery, accidently left outside @ Terrace & Canyon out of site of the road. If you found it by mistake, please return by calling 868-2102 GT 8/17

LOST: CAR KEYS IN LAWN. DOES ANYONE HAVE A METAL detector I can borrow? Bill Lyons 415-868-1937 BL 8/24

LOST - 1 SET OF KEYS WAS DROPPED NEAR OR on the beach downtown on Sunday, 8/14. Anyone who has found a set of keys (2 black car keys with other random assorted keys)... please call Jeff or Heather. x 9689 HC/8/22

FOUND: RETAINERS, TOP AND BOTTOM IN GREY case that says “Vivere retainers” on it. If these are yours please call 415-233-8736 to claim-Amber Distasi AD 8/22

OUR FRIEND LOST HIS WEDDING RING ON SATURDAY July 16 at the channel. Hoping a friendly sea creature found it. It says “DI” and a date. Call 9525 if found. AW 7/18

LOST: WOMAN’S WEDDING RING - GOLD, ON BEACH? Phone 916- 606-4265 ? 7/18

LOST: OAKLEY GREY & BLUE SUNGLASSES NEAR Bass Lake, around noon time 7/15-Randy-925-708-6868 R 7/18

FOUND: PRESCRIPTION SUNGLASSES: THURSDAY June 23, in sand by the shore around 8pm. Just about swept to sea. You must be missing them-super good looking rims & goggles-black thick cat frames with whitish interior. Send e-mail mariadiliamarcotulli@gmail.com MM 6/29

LOST: KEYS ON YELLOW WRISTBAND. Diana – 207-841-8139 DL 6/22

Weekly Classes and Events Schedule

MONDAY
Somatic Exercise w/Cenize Rodriguez 8:45 - 10:00 am
Bo Babies & Toddlers Open Play Group (free) 10:00 - Noon
Pilates w/Lisa Townsend (pre-register 868-0473) 5:30-6:30 pm
Yoga w/ Angela Sterpka 7:00-8:15 pm

TUESDAY
Senior Stretch w/Anna Gottreich 11:00 - 12:00 pm

WEDNESDAY
Pilates w/Lisa Townsend 8:30 - 9:45 am
Diapora w/Amber Hines 6:30 - 8:00 pm

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

FRIDAY
Pilates Mat Class w/Lisa Townsend 9:00 - 10:00 am
Ballet w/Erika Townsend (no class 4th Fridays) 10:30-12:00 pm
No Place Like Home (Free Brunch 4th Fri of Month) 10:30 - 11:30 pm

SATURDAY
Diapora Dance w/ Amber Hines 9:00 - 10:30 am
LTDco w/Lisa 10:45 - 12:30 pm

SUNDAY
CommUnity Night (see website for details) Noon - 6:00 pm

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

How to contribute to the HearSay News in person

Come to the office at 270 Elm at Maple, behind the PBUD office on Mondays, Wednesdays and Fridays between 9:30 & 10:30 am to have your article appear the same day, and until 11:00 am for classified ads.

Ad forms are also available anytime in the small mailbox next to the HearSay door. You can fill out the form and have your ad billed to you, or you can enclose payment (please note on your ad if you are paying cash in case they become separated) & drop into door slot.

FREE

PLAY STYLE: LITTLE TUKES, PLASTIC, multicolored, for small children. Easy to move. Email and I will send a photo. slidell@aol.com