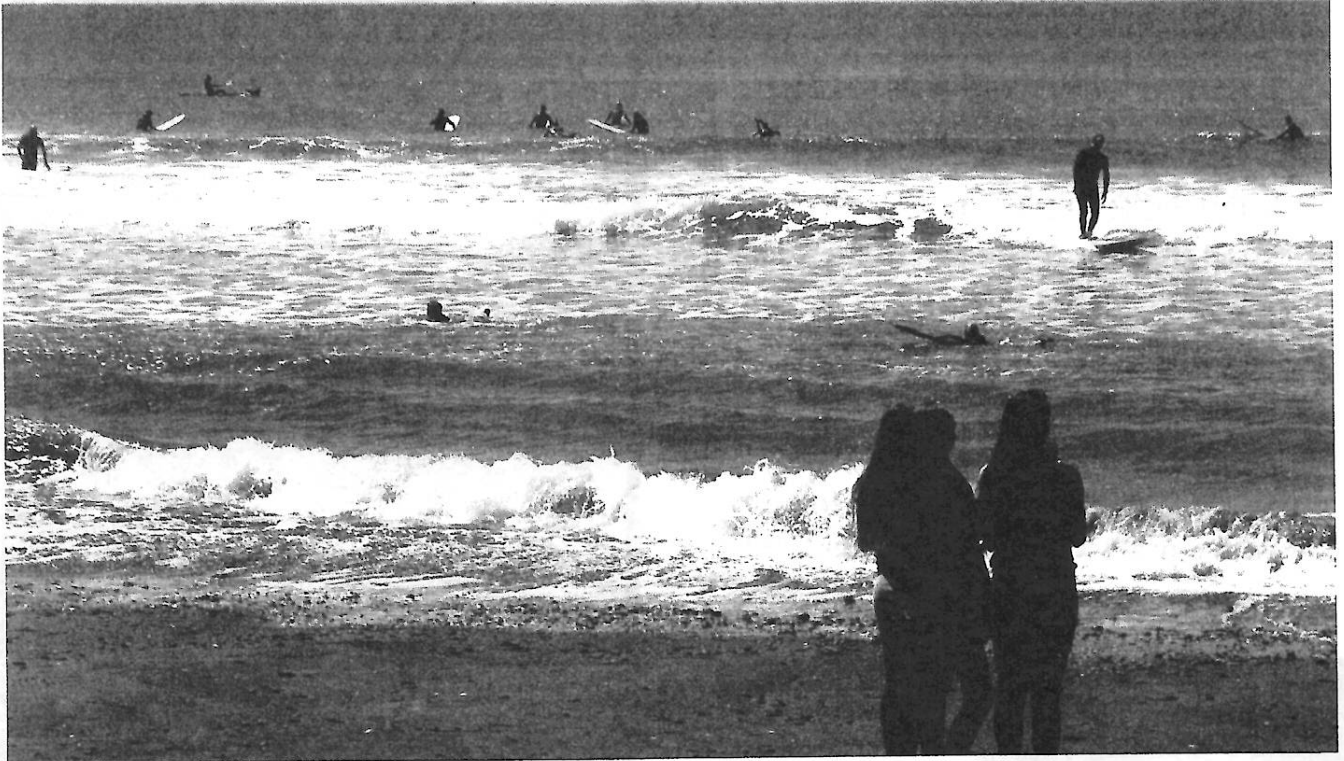


# Bolinas Hearsay News

Monday, July 11, 2016

50 Cents



Wayne Belles' paddle-out on Saturday. Photo by Georges Tamarelle

## WHAT'S HAPPENING??

Monday, July 11th

### **MESA PARK BOARD MEETING**

7pm Firehouse Community Room

### **LEARN TO MAKE VEGETARIAN SUMMER ROLLS**

with sushi chef Suzanne Griffin: Workshop for teens in grades 6-12. Pre registration encouraged Bolinas Library 3:30-5

Wednesday July 13

### **EXPLORATIONS IN JAZZ**

First of a 6 week Faultline Institute seminar with Ananda Brady, 7-9pm Bolinas Commons. \$5 bring a cushion and tea if you wish.

### **CHRISTY HAYES, LEO RONDEAU**

Texas folk @ Smiley's. 8pm

Thursday, July 14

### **RAMS**

A Grimur Hakonarson film @ The Commons, 7pm, \$5

### **CHRIS LATERZO + BUFFALO ROBE**

American cowboy rock @ Smiley's, 8pm

Friday, July 15

### **COO COO BIRDS**

Psychedelic rock @ Smiley's, 9pm, cover

Saturday, July 16

### **DANNY VITALI'S *INVERNESIA***

Album release party 4-10pm at Love Field in Point Reyes Station, w/ Jeff Manson Band, Sandy's, Danny Vitali, DJ Barbarella, Analog Light Show, Art Installation by Gabe Korty, Food, Drink, sunset over the ridge and more \$15 sponsored by KWMR

### **GUY FOX**

Dancy high-life vibes/alt rock @ Smiley's, 9pm, cover

Pasteup-----Ned Riley  
Books/ads-----June McAdams  
Press-----Jeff Manson

## HAPPY HAPPY BIRTHDAY!!!

**July 11: Emily Kate Winstead**

**July 12: Pat Dickens  
David Williard  
Billy Pierce  
Jennifer Meyer  
Rick Sutton**

**July 13: Dotty LeMieux  
Will Hipp  
Stefan Dô  
Sabine Jordan**

**July 14: Chip Wood**

**July 15: Jordan Materna  
Charlie Ross  
Maria Garrigues  
Nancy Heiner  
Vivienne Verdon-Roe  
Hosanna  
Katie Besenty**

**July 16: Iamuel McPherson  
Ashley Eva Brock**

**July 17: Bright Smith  
Jenna Churchman**



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](http://www.dancepalace.org)

**42nd Street Moon - A Broadway Nostalgia Celebration** Saturday, July 16, 8:00 PM A Broadway Nostalgia Celebration: The First 100 Years From Jerome Kern to Stephen Sondheim, the best of the classics, some new finds and some unexpected gems. An intimate evening brought to you by San Francisco's 42nd Street Moon, with a professional cast of 5 talented singers.



**Fong Ha**

**Workshop** Sunday, July 24, 1:00 PM Donations will be accepted Sifu Fong Ha Proudly Presents *The Essence of Tai Chi Chuan & Yiquan*

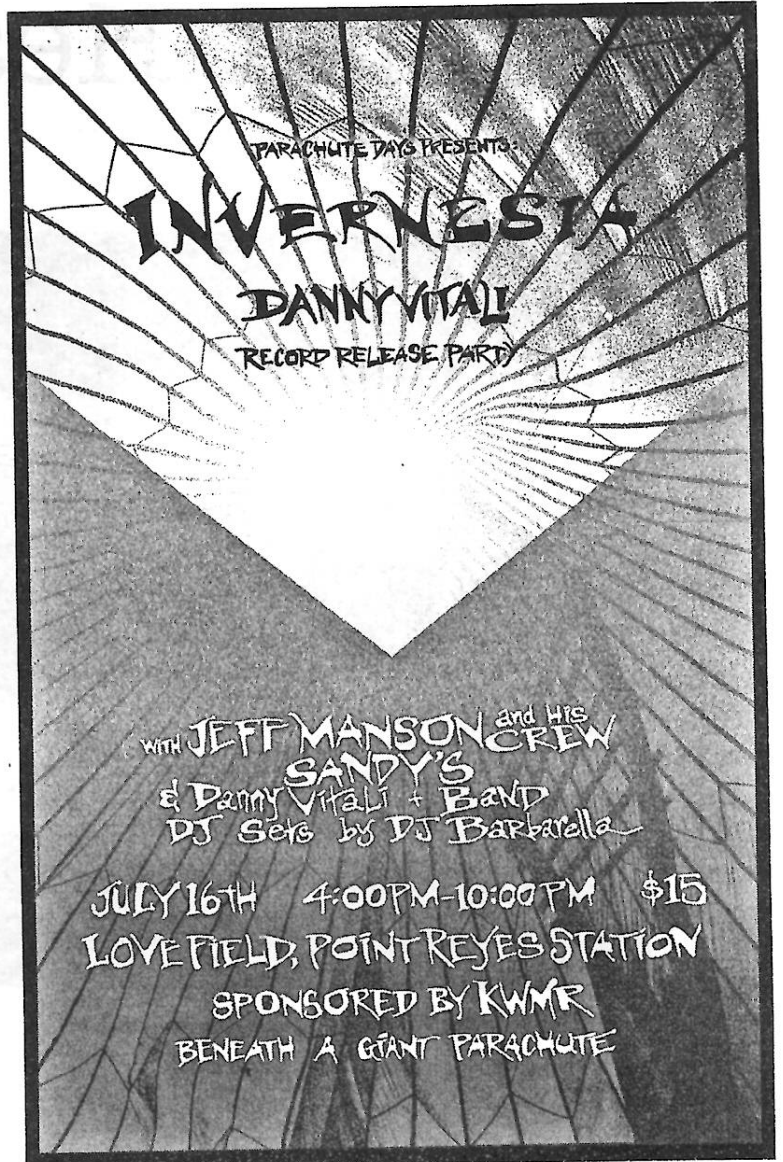
**GEORGE WINSTON PERFORMS IN SOLO PIANO CONCERT AT THE DANCE PALACE**

Saturday, August 6, 8:00 PM

Famed pianist George Winston returns to the Dance Palace Community & Cultural Center in Point Reyes Station for a solo concert on Saturday, August 6, at 8:00 PM. "The Summer Show" will include melodic spring and summer songs, a selection of Vince Guaraldi's "Peanuts" pieces, music inspired by New Orleans and stride piano traditions, and songs from Winston's upcoming albums.

Tickets are \$35 in advance / \$40 at the door. They are available now at [dancepalace.org](http://dancepalace.org) or by phoning (415) 663-1075. Please join George in support of our local food bank by bringing a donation of canned food to the concert. Collection baskets will be available at the entrance.

The Dance Palace is a vital, multi-purpose nonprofit community center in West Marin providing a wide variety of educational, recreational, cultural, and community services for people of all ages and backgrounds.



For: What's Happening  
"Explorations in Jazz"

Wednesdays July 13 – Aug 17  
7-9 at the Bolinas Commons  
22 Brighton Ave

Wednesday evening will be the first in a *FaultLine* series where we'll watch films and listen to great recordings, just to get a sense of what jazz is all about. I'll play only the best of Miles, Monk Mingus and 'Trane, and try to show that it's much more than endless noodling. It's our heritage, it's where the whole idea of "Cool" came from. It's what made America great.

(Please arrive on time so you won't miss my opening introduction)

Your \$5 minimum donation will go straight to the Bolinas Commons, where the *FaultLine* Institute now lives. Hope to see you there  
Ananda G Brady

# W'LACKER PACKIN' PAPA

We committed his ashes  
 to the sea  
 his spirit flies free  
 but to me  
 he will always be  
 just around the corner

- 7/9/16  
 lizbrown

## PRAYER SONG

As morning light dances through seashore mist,  
 Mother & Father began this prayer song:  
 "Child forgiveness is the way back home,  
 Forgive the past,  
 But don't forget your courage to Survive,  
 To Thrive,  
 Yes there has been and will be struggle,  
 Just and Unjust,  
 These are the lessons of the Great Fire Walk,  
 The Gift is what you learn in your heart,  
 Let your prayers replace fear with peace,  
 Know your own Journey,  
 Yet have compassion for the travels of your Sisters and Brothers,  
 Respect and listen to each other,  
 Together know the Harmony of your very next Breath,  
 Let Go,  
 Put Down,  
 All that keeps' you from Gratitude,  
 For it is Gratitude which will teach you Love,  
 Through love you will remember,  
 "The Greatness of who you really are!"

By Vicki Markin  
 7-8-16

Behaving as if the  
 God in ALL Life  
 Mattered ♡

Persis Norton ♡

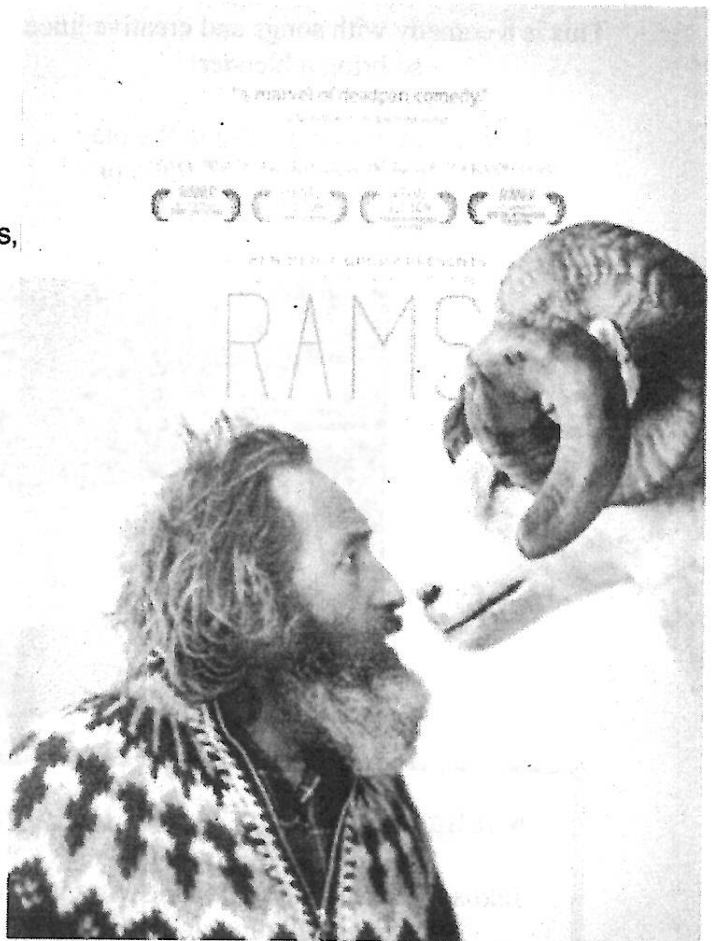
Thank you to everyone who came to the cob oven pig roast fundraiser dinner at the downtown park this last Saturday. It was a magical day: the sun seemed to shine perfectly on us, the food was divine, there was great spontaneous music, kids playing, people bonding and we made \$741. That means we are only \$60 shy of the \$800 Alethea budgeted to finish the seating, sink and counter tops by the oven. YEAH.

Special thanks the Alethea Patton and Susan and Jim Tacherra for donating pig to the dinner, Beth Setrakian for making supreme cob-baked galettes for the occasion, all those who stopped by a hung out while the pig roasted slow and low throughout the afternoon.

This week Sasha Rabin will be working on the cob finish work. Come down and say hello.

Reporting by Melinda Stone

## FLI CINEMA SERIES @ THE COMMONS



**BOLINAS COMMONS**  
**THURSDAY, JULY 14, 7PM**  
**\$5**

DE—LOVEALUTION

an original play  
written by Jerrund Bojeste.

We'll be performing at the  
Bolinas Community center.

We are looking for several more actors  
To complete our cast.

Performances are:

17<sup>th</sup> of August a Dress rehearsal (Wednesday)

AUGUST 19 – 20 – 21 (Friday – Saturday - Sunday)

AUGUST 27 – 28 (Saturday – Sunday)

Rehearsals will be this week till the end of July.  
A bit more intense for the first two weeks of August.

Actors could be from 19 years to 40 years old...  
preferably, however we could wander  
up or down a bit... makeup as you like it.

This is a story about family values and perceptions  
about who we are or think or believe we are. . .  
"To thine own self be true!"

A Billionaire family that falls through the cracks  
and de-evolves down the strata's  
of society and civilization.

This is a comedy with songs and creative juices,  
so bring a blender!

If your interested in joining the play  
Call Jerry Bojeste at 868-0686 or

jerrundbojeste@gmail.com

FRIDAY FARM STAND  
@ Star Route Farms  
Noon – 5PM  
COOL COASTAL GREENS  
AND THEN SOME!

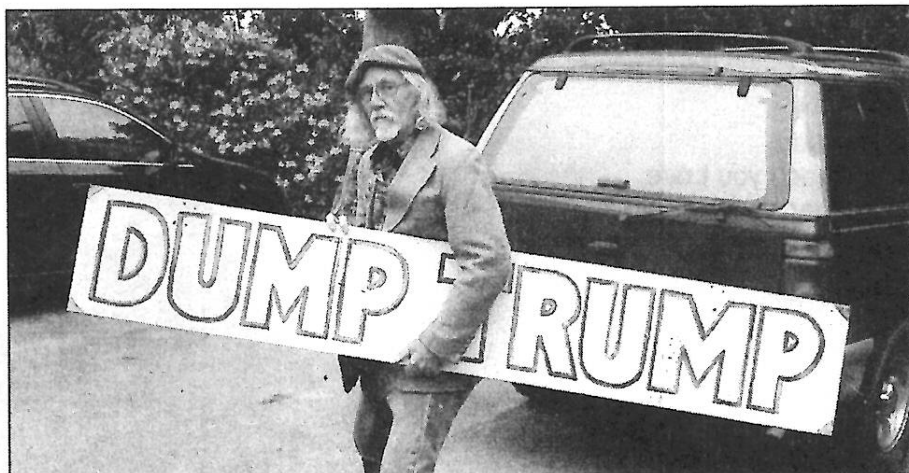
THREE GREAT THINGS ABOUT THIS PLACE...

- Getting back in harness after missing four Hearsays. It's great to be back.
- Sean Thackrey's opening Saturday at Commonweal: mesmerizing photographs—as complex as his wine.
- Sunny mornings are back, I hope for a while.

--Ned Riley



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



**Michael Rafferty ("AKA - IKEA MIKE")**

415-868-9049 – harraff@mac.com

Likes to assemble items following instructions  
in a foreign language with drawings.  
On location in your home, or picked-up  
unassembled and delivered as a finished  
product. Reasonable prices. Free estimates.  
Packaging disposal extra.



"Thrust Square Peg in Round Orb"

### That Sugar Film – Watch and Think!

In Australia, the average intake of sugar is 40 teaspoons a day. We're a little better in the US – we average 23 teaspoons daily – mainly from drinks and almost all processed food. Food manufacturers add sugar – to a breakfast cereal, ketchup, cola, teriyaki frozen dinners et al – until they reach the 'bliss point'. Any less wouldn't be as good tasting, any more would be too much. Think about that – 'the bliss point'. Is it any wonder that we are hooked on sweet tasting food?

*That Sugar Film* was made by an Australian journalist, Damon Gameau, who decided to ingest 40 teaspoons of sugar a day, although he had not been eating sugar for 5 years. He consulted doctors, and nutritionists before starting. He did not eat candy bars and ice cream, but selected supposedly healthy foods such as cereals, sports drinks, baked beans, and smoothies. He continued to exercise vigorously, and ate the same number of calories as he had before - 2,300 daily. However, he gained 15 pounds, mainly around his waist. Blood tests indicated that he was developing fat in his liver and a prediabetic state. He also noted a decreased attention span and moodiness.

Gameau traveled to an aboriginal community in northern Australia where the population consumed huge amounts of soft drinks and processed food, thanks to easy access to Coca-Cola and lack of fresh produce at the local food store. The health effects were devastating. Aboriginal communities are now trying to return to their old ways., with governmental support.. Gameau also visited a Kentucky town where there had been an epidemic

outbreak of 'Mountain Dew Mouth' - the result of drinking five or more daily cans of this cola that is loaded with sugar and caffeine. The film focuses on a teenager whose teeth are rotten and infected. He wants dentures, but his dentist has trouble with the tooth-extraction since his gums are so infected that local anesthetic works poorly. After the viewer watches his agony in shocking detail, the teenager says he will continue to drink Mountain Dew after he gets his false teeth. Obviously, there's a malicious 'bliss point' here – the addictive nature of sugar and soft drinks – when combined with poverty – is underlined.

The dramatic increase in obesity and diabetes in our country, and many societies worldwide, is related to our consumption of processed foods and added sugar. New labeling requirements by the FDA mandate that 'Added Sugars' in grams and as percent of Daily Values be added. While the FDA and the WHO say that added sugars should not exceed 10% of daily calories, many experts think that 5% is a better goal. This would mean 25 grams of sugar for most people, or 6 teaspoons. Compare this to the 23 teaspoons we are now consuming in the U.S.

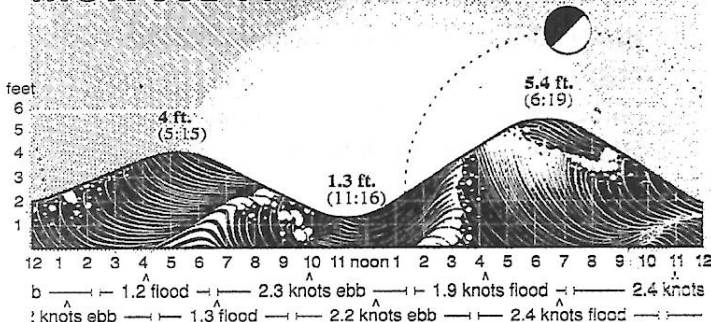
Until the new labels arrive, remember that there are 4 grams of sugar in one level teaspoon. You can figure it out by reading labels; don't exceed 25 grams. And one final point – when Damon Gameau finished his 60 day sugar diet, he went back to his regular weight, his belly size decreased, and his abnormal test results turned around completely.

*Sadja Greenwood, MD back issues at [sadjascolumns.blogspot.com](http://sadjascolumns.blogspot.com)*

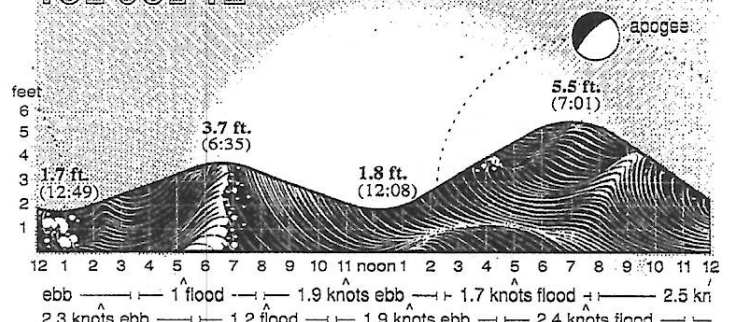
# KWMR RADIO SCHEDULE - APR

	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)	KWMR Music
7:00	NEWS & KWMR 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	Sunday Baroque
8:00	With Eyes Open!	Rise and Shine	Swimming Upstream	Top of the Morning / Pieces of Peace	new La Mañanita Alegre	The Wearious Traveler / Original Minds	Sunday Celebration
9:00	A Cuppa Jo / The Valley / Sound Science	Airwaves	Trash to Treasure / Fish Tales				
10:00	TURNING PAGES						
	At Nature's Pace	Reading to John / Vinyl Cafe (repeat)	Waves of Joy / Radio Bookmobile	For Children of All Ages / Casual Footsteps	new Libro Abierto	Day 6 (CBC)	
11:00	TALK & CURRENT AFFAIRS						
	Trailer Talk	Spirit & Mind / Questing	Cuerpo Corazón Comunidad	Let's Talk	Alternative Radio	Vida with Saga / Tallgating w/ Steve & Jaime	
12 pm	The Bioneers					AFTERNOON MUSIC	
	Farm & Foodshed Report	New Dimensions	Planetary Radio	Attunement / Commonweal Conversations	Reveal	Forms and Feelings	Happy Days
1:00	Ocean Currents / Post-Carbon	On Being with Krista Tippett	Climate One	Art's Desire / Hot Tech/Cool Science	Peace Paradigm / The Local Organon		Jazz Rhythm
2:00	AFTERNOON MUSIC						
	Cruisin'	Aztec Pride / Desde La Bahia	Classical Wednesday	Classical Thursday	Classical Friday	Hawai'i Calling / The Scoring Stage	The Vinyl Café
3:00							Learning / To Hell & Bach
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						
	Epicenter	Epicenter	Epicenter	Epicenter	Happy Hour	Circulo Musical	Elbow / Between Rock & A Jazz Place
6:00	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)	As It Happens (CBC)		EVENING MUSIC & DRAMA	
	EVENING MUSIC						
7:00	Release Me	Musical Varieté	Faultline Radio	Bakersfield & Beyond / Shorty's Bunkhouse	No Bad Vibes / Boy Voyage	Celtic Universe	Classic Radio Theater
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	Night Flight / Bring It On Home	The Jazz Groove	L.A. Theatre Works
10:00				Sit Down! / Get Down!			
11:00	Forms and Feelings (repeat)	Professor Kosmo	Sonic Sunspots	Under the Needle	The Latin Alternative	Saturday Night Function	Stuck in the Psychedelic Era with the Hermit
12 am	LATE NIGHT					LATE NIGHT	
	DeepWaking 12-1	KWMR Music	Sunspots to 1:30 KWMR Music	Best of British	Radio Goethe 12-1 KWMR Music	KWMR Music	Grateful Dead Hour

MON JUL 11 dawn: 4:49 sunrise 5:58 sunset 8:33 dark 9:42 moonset 12:29 a.m. moonrise 1:13 p.m.



TUE JUL 12 dawn 4:50 sunrise 5:58 sunset 8:33 dark 9:41 moonset 1:00 a.m. moonrise 2:08 p.m.



## FOR SALE

**WHITE INDOOR CLOSET 70" HX30 "W x 25" D**  
with doors-clothes rod & shelf \$30. Will deliver in Bolinas or Stinson. 415-717-6959

EF 7/6

**GRAY OUTDOOR CLOSET 71" HX56" W x 37" D**  
can be painted, pad locked. \$45. will deliver to Bolinas or Stinson. 415-717-6959

EF 7/6

### 868hearsay@gmail.com

Submit articles, ads and drawings by midnight Sunday, Tuesday or Thursday for publication the next day. And how to subscribe to the password-protected web site and read the hearsay online.

## Read the Hearsay Online

For 33¢ per day, more or less. Give yourself, a friend, or an expatriate member of your extended family the gift of local news three times per week, delivered electronically. Stay home. Save trees. Isolate.

Subscribe anonymously by contacting Michael Rafferty, Publisher and Online Editor, 868hearsay@gmail.com

## LOST AND FOUND

**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 marialidiamarcotulli@gmail.com

MM 6/29

**LOST: DID ANYONE PICK UP THE COUCH**  
pillow(grey/tan) dropped on the beginning of mesa road Sunday, 6/26 around 6pm. My friends lost it and need it to sit. Ilka Hartman-0419

IH 6/27

**LOST: KEYS ON YELLOW WRISTBAND.**  
Diana - 207 -841-8139

DL 6/22

**FOUND: SOME BOWLS AND ROLLING PIN**  
left at the Park after SunFest picnic.  
Pick up in backroom of Bookstore. Ananda

AB 6/15

**LOST/LEFT AT SUN FESTIVAL POTLUCK AT PARK:**  
light green pottery bowl with little notches for chopsticks, (a gift from my sister!) & pink glass salad plate with ridges.  
Please call Claire, 415 895 1657. Thanks!

CB 6/13

**FOUND: FISHING GEAR ON BEACH.**  
Give description of what you lost and it's yours. - 302-0426

C6/8

## CLASSES



### 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
Diaspora 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 4 <sup>th</sup> Fridays)	10:30-12:00 pm
No Place Like Home (Free Brunch 4 <sup>th</sup> Fri of Month)	10:30 - 11:30 pm

#### SATURDAY

Diaspora Dance w/ Amber Hines	9:00 - 10:30 am
LTDCo w/Lisa	10:45 - 12:30 pm

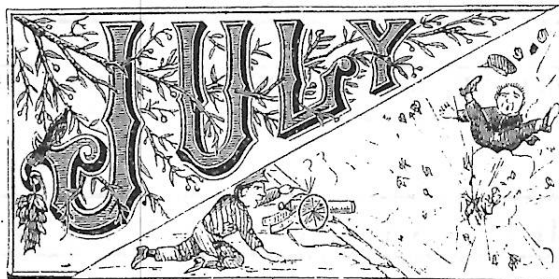
#### SUNDAY

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

Call 868-2128, check the Library Marquee, Calendar in BCC Foyer or visit [www.bocenter.org](http://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



## FREE

**DOUBLE-DOOR FREEZER/ REFRIGERATOR**  
Good working condition, 36" wide. Jim -1027

J 6/10

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

SI 5/4

# 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

## 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

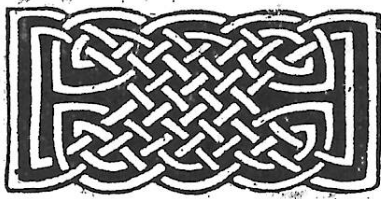
CHX

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

SRX

**AIRPORT? HOWARD DILLON HAS**  
a Subaru SW for all Bay Area (& beyond?) destinations.  
Many local refs 868-2144

HD x



## HELP WANTED

**BIG MESA FARM IS LOOKING FOR HELPING HANDS!**  
Harvest produce and other sorts of farm work. Must be able to  
move quickly, take instruction, and be a nice person.  
Paid position. 707 721 6299

CA 7/13

**DELIVERY DRIVER WANTED**  
Monday and Thursday afternoons to Fairfax. Good driving  
record and manual transmission competent. Some heavy  
lifting required. Thank you - 707 721 6299

CA 7/13

## FOR RENT

**FOR RENT : ROOM FOR RENT FOR ONE PERSON,**  
please- on Horseshoe Hill Road. 1-415-868-1782

CH X

## HOUSING WANTED

**SEEKING HOUSING IN EXCHANGE**  
Retired senior and Acupuncturist /Herbalist since 1994 is  
seeking housing in exchange for help with household support  
and lifestyle enhancement. I am well versed in healthy lifestyle  
of fresh, organic and/or vegan diet, practice of gi gong and many  
other (TCM) modalities that keep body, mind, and spirit in  
balance and strong, enhancing longevity and brain function.  
Recent excellent pet and house sitting references and two  
consecutive years as a winter caretaker and housitter.  
If interested call Anne McNicholl at 406-270-9062  
or email at annefiner@gmail.com

AM 7/6

## HEALTH & HEALING

**CAREGIVERS AVAILABLE**  
Excellent homocare  
Call 868-1782 Anita and William Henry

CH x



## NEEDED

**THE FREEBOX NEEDS SOME NEW DOORS**  
A solid door or even better two doors. Approximately 30" x80"  
Please contact StuArt - 2769

SA 7/24

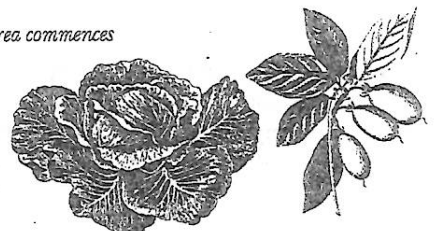
## Regular meetings in West Marin

Lagunitas School Board	3rd Thursday	6:00 p.m.	Campus
SGV Healthy Comm. Collab.	2nd Wednesday	3:30 p.m.	Comm Center
SGV Nutrition Advisory Co.	4th Thursday	3:30 p.m.	Comm Center
Laf. Ed. Foundation (LEAP)	1st Monday	7:00 p.m.	Lag. School
SGV Planning Group	2nd Monday	7:30 p.m.	Comm Center
Dance Palace Board	3rd Tuesday	6 p.m.	Dance Palace
Point Reyes-Olema 4-H	1st Monday	6:30 p.m.	WMS old gym
Bolinas Community Center	3rd Tuesday	5-7 p.m.	Bolinas Library
Point Reyes Village Assoc.	2nd Thursday	6:30-8:00	Dance Palace
Stinson Beach Village Assoc.	1st Saturday	10 a.m.	Dance Palace
W.M. Lions Club	1st/3rd Tuesday	7-9:00 p.m.	Sta. House Café
Brionas Lions Club	4th Thursday	7 p.m.	Rod & Boat Club
W.M. Rotary Club	Each Wednesday	8:00 a.m.	Toby's Feed Barn
W.M. Chamber of Commerce	1st Thursday	7:00 p.m.	Sta. House Café
Shoreline Unified School Board	3rd Thursday	7:00 p.m.	Rotating
W.M./Inverness School Site Council	TBA	TBA	W.M.S. staff room
KWWR Board	3rd Wednesday	6-7:30 p.m.	Fire Station
Inverness Public Utility District	4th Wednesday	9:00 a.m.	Library
Inverness Association	4th Wednesday	7:00 p.m.	Perry's Deli
Inverness Park Association	Date, time and location posted at		BCPUD office
Bolinas Comm. Public Utility Dist.	3rd Wednesday	7:30 p.m.	MMWD office
Marin Municipal Water District	1st/3rd Tuesdays	7:30 p.m.	Bolinas campus
Bo-Stin Union School Board	2nd Tuesdays	6 p.m.	SBCWD office
Stinson Beach Water District	3rd Saturday	9:30 a.m.	BBPUD office
Bodega Bay Public Utility District	3rd Wednesday	9:00 a.m.	Town Hall
Tomaes Village Comm. Serv. Dist.	2nd Wednesday	6:00 p.m.	Town Hall
Tomaes Town Hall Board	1st Wednesday	7:30 p.m.	Town Hall
Tomaes Design Review Board	3rd Wednesday	7:30 p.m.	Town Hall
Tomaes 4-H Club	3rd Monday	7 p.m.	Town Hall
North Marin Water District	1st/3rd Tuesdays	7:30 p.m.	NMWD office
Bolinas Fire Protection District	4th Mondays	7:30 p.m.	BFPD office
Tomaes Bay Youth Center	Last Tuesdays	6 p.m.	TBYC

## 11 July

*Theano/Goddess month of Kereia commences*

Commemorates Theano,  
wife of the Greek philoso-  
pher Pythagoras, who was a  
philosopher in her own right  
and sometimes seen as pa-  
troneess of vegetarianism.



**THE PAGAN BOOK OF DAYS**  
BY NIGEL PENNICK  
SUBMITTED BY JUNE MCADAMS