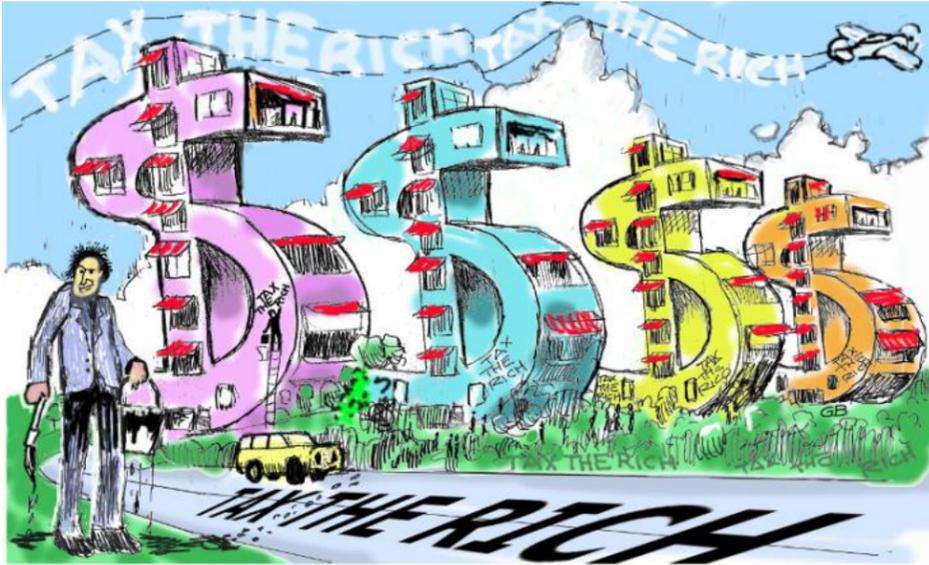


Vote Yes for Zoning Reform



Glen Birbeck



Rachel Albury

SHM Harbor Takeover Still Subject to Review Your views can be heard Monday night

The City Council will meet this Monday, November 1. Public comment is scheduled for 5:30 pm. On the agenda is an Order proposed by Nate Davis directing the City Manager to seek compensation (public easements etc.) for the diminished public access that will be caused by the SHM development. I plan to go and speak in favor, and I urge other concerned citizens to go too.

On Friday, the Submerged lands Coordinator of the Bureau of Parks and Lands will be visiting the site and meeting with the City manager. See email below.

--- Joe Steinberger

Subject: Visit to SHM Rockland Site - Submerged Lands
 Date: Thu, 28 Oct 2021 17:45:22 +0000
 From: Foust, Karen L <Karen.L.Foust@maine.gov>

As requested, this email serves to notify you that the Submerged Lands Program will be conducting a site visit to the SHM Rockland property on Friday November 5th at 1:30 pm.

Please note that the object of the site visit is for Bureau staff to view the location and gather information from the applicant, Harbormaster, and related State agencies that will allow the Bureau to respond to the comments that we have received regarding the public trust rights of fishing, fowling, navigation and recreation. The site visit will not provide an opportunity for further public comment.

Once the Bureau has finalized its review, Preliminary Findings will be issued. I will email you a copy of the Preliminary Findings and you will be given an opportunity to comment on them.

Respectfully,
 Karen Foust
 Submerged Lands Coordinator
 Bureau of Parks and Lands
 22 State House Station
 Augusta, ME 04333-0022
 (207) 287-6128

Exercise your right to vote this Tuesday, November 2

Voting begins at 8 AM Tuesday morning and runs until 8 PM, at the Flanagan Community Center, 61 Limerock Street. You may also vote at City Hall prior to voting day. There are many important local and state issues on the Ballot. Locally the Council requests your permission to borrow more money without a referendum, from \$100,000 to \$350,000. They also want you to approve an increase in their salaries from \$800 to \$4,000. I do not believe anyone runs for a seat on the City Council because it pays well. They are doing it out of their passion to improve the City they live in. Question # 7 I do support because it's asking the citizens if they wish to lower the amount of City regulations pertaining to housing. The question asks "Do you support amending zoning regulations to allow for smaller, more efficient and more affordable housing". Talk is cheap and for many years the City has said they are business friendly yet their record tells a different story. I hope you will vote on Tuesday and have your voice heard. I also hope you will join Joe Steinberger (who disagrees with much of what I have written here) and me next Wednesday on the Rockland Metro show. Our guest will be City Councilor Nate Davis. We will discuss the results of the election and the impact Tuesdays vote will have on the City going forward. Of course, you are always welcome to join our discussion by calling us at 593-0013. Join us Wednesday, November 3rd from 5 to 6 PM on WRFR, 93.3 fm and over Maine coast TV local channel 7. Your opinion counts, which is why I ask you to Vote on Tuesday and why I ask you to express your opinion on the Metro show and bys becoming a contributor to The Buzz. -- Steve Carroll



Local Talk Radio (and TV)
 With Hosts Joe Steinberger and Steve Carroll
 Wednesdays, 5-6 pm on WRFR 93.3 and MCTV Ch. 7

Six Questions with WRFR DJs

by Ron Staschak

This is a quick look at the DJs of WRFR. I will ask the same 5 questions and a follow up based on the interview.

My first guest is Rachel Albury. I had a wonderful talk with Rachel. I never realized how much she does for WRFR and the community.

What do you do at the radio station?

I started doing a show with my sister (Jo and Cheech). A few years later, my sister left the show, and I changed the name of the show to Cheech. I play music and interview musicians, artists, and others: Amnesty International, State of Maine employees, including the Maine CDC and Climate Council. I also helped the former station manager Jo Lindesy by training DJs and organized several fashion show fundraisers. Since last year I have been on the board of WRFR. I maintain the website. I also work closely with Dave Dyer, Chuck Gifford, and Joe Steinberger with some of the station's operations.

How long have you been volunteering?

I started in the summer of 2006, so 15 years.

Why did you decide to volunteer for a show/why did you want to have a show?

I had friends who had shows. My brother also had a show: Morning Train. In 2002 I was working with Joe's wife, Keiko, who told me about the radio station. I contacted Emily, the program manager, and asked about having a show.

Other than the show you host, what is your favorite WRFR show?

Morning Mental Health with Adrian Counce. Despite what you think, this is also a music show. I hear music on his show that I would not hear anywhere else.

Who is Cheech? My nickname

What types of music do you enjoy? Across the board. But, I like classic rock (60's-90's) best.

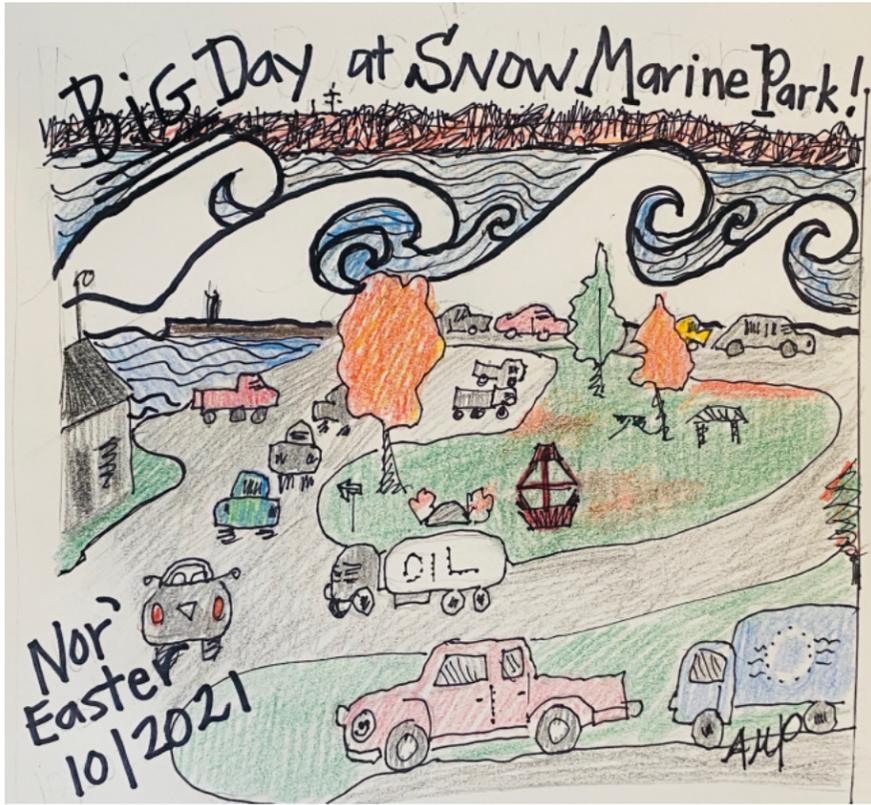
Is there a question I should have asked you but didn't.

Ask the DJ's who was your favorite guest.

Ok, who was your favorite guest?

My favorite- John Flansburgh from "They Might be Giants." I have also interviewed the Rock Coast Roller Derby teams (numerous times). I also had a phone interview with Cheerleaders from the Philadelphia Roller Derby team.

Reader comments and other contributions are always welcome at the Buzz: email steinberger@gwi.net - or on the Metro Show: call 593-0013



It was an exciting time on Mechanic St. today. The wind was howling, no TV. I don't know if you got down to see all the beautiful big waves and 2 grounded boats at Snow Marine Park. It was exciting watching the rescuing of a large sailboat. After it was freed, it took off bouncing up and down splashing out of our harbor! Horns blew! The crowd clapped! The second boat was upside down in the water. All we could see was the red hull sticking out. It was towed over to the dock and pulled out, turned right side up and was safely brought ashore safe in Snow Marine Park. ---Anne Pavalkis

STRAND ON THE AIR! Halloween Show

with Liz McLeod and the Strand Family Players
 Sunday, October 31 5:00 PM 6:00 PM
 On the Airwaves! WRFR



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Sponsoring your local all-volunteer radio station is community service, public relations, and advertising - all for just \$360 a year. We will record a 20-second announcement describing your business or organization and letting our listeners know how to find you. Your message will play at least once a day, every day of the year. To learn more, email Amie Daniels: sponsorwrfr@gmail.com.

Featured Sponsor



WEEK EIGHTY-FIVE

COVID-19 RANDOM NOTES WHILE SHELTERING IN PLACE

By Phyllis Merriam

Two relatives came by for coffee bringing Willow Bake Shoppe's authentic Maine donuts that brightened up an overcast Saturday morning. We traded family lore and artifacts amid laughter and love. Fully vaccinated relatives make for safe gatherings.

Next Sunday will be a day to celebrate those who worked who to eradicate polio, a virus that has killed or paralyzed millions worldwide. The only countries with contemporary polio endemics are Pakistan and Afghanistan. The Taliban agreed to re-start the Afghani polio vaccination of children under five on November 8. Ten million Afghan children under five need polio vaccines. I was lucky to have had minimal consequences from polio during the 1952 polio outbreak. I only had to wear ugly corrective shoes while my contemporaries were wearing fashionable penny loafers. I threw one shoe in the nearby river and told my mother I lost it. She must have known my plan but bought me penny loafers anyway. The worst part of having polio was the pounding headache, being held down by many medical staff during a lumbar puncture and being isolated from my family in hospital for many weeks of rehabilitation. I did fully recover with no after effects. Such was my luck compared to others left paralyzed. Anxious American parents rushed to line up their children to receive the vaccine when it became available in 1955. I often think about those times when I read about the anti-Vaxxers of today and the polarization and politicization of vaccines that did not exist then, which saved millions of lives.

Meanwhile, 100 BIW workers are demonstrating in opposition to their employer's Covid vaccine mandate. They say they'll quit if BIW doesn't cave to their demands.

Good luck finding similar employment with the salaries and benefits BIW offers.

I decided to go to Sandy Beach on this late October day that evolves into grey skies and rain with high winds that cause the few remaining pleasure boats in the harbor to seesaw on their moorings. Seagulls wind surf high over the ocean covered in white caps. The few dog walkers grip their hats from becoming airborne. The high winds lift my hair, giving me a free fright wig pre-Halloween.

Today Mother Nature is really angry. Her high winds sound like a freight train. We have no power to speak of - only one desk light that flickers a bit. No power to the kitchen or the rest of the house. A sailboat has been ripped from its moorings and crashed ashore near Dick's Beach. Needing my morning coffee to avoid a getting a no-caffeine-headache, I ventured to the South End Grocery that was fully functioning with plenty of coffee and breakfast sandwiches. Bless the South End Grocery! A South End shipyard employee was picking up coffee and ordering pizzas for his crew, who are trying to keep a ship from snapping its cables. The yard has no power. My need for coffee is so pathetically minor compared to the dangerous work the shipyard crew must undertake.

WRFR is community radio in Rockland

We have been broadcasting 24/7 since 2002.

At WRFR we are all volunteers - now more than 60 strong. We play the music and host the talk shows - and we play what we like and say what we think, subject only to the fcc rules against profanity and our own principle that we must treat all members of our community with respect. We serve also as our own administrators and our own technicians.

We are open to all and would very much like to have your help! To learn more, go to wrfr.org, or tune in to 93.3 fm!

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Get *The Buzz* at these Rockland locations: Good Tern Co-op • Dunkin' Donuts • Jensen's Pharmacy • Rock City Cafe • Southend Grocery

The Buzz is composed and printed by the Fellows of The Old School at the WRFR studios, 20 Gay Street, Rockland. Email: wrfr93.3@gmail.com