



Sit and Be Fit

Join Sandy Bodamer in Rockland Public Library's Community Room for a class designed for those who are new to fitness, rehabbing from an injury, or needing a chair supported exercise opportunity. Participants will work on strength, flexibility and balance using light weights, resistance bands and balls. An emphasis on building better balance and improving overall well-being is the goal. The six-week long fitness series will run August 16 through September 22 and take place Tuesdays & Thursdays from 1:30-2:15 PM.

Sign-ups are highly recommended, as class size limited to 15 participants. Resistance bands and balls are provided. Participants are asked to bring their own light weights (or water bottles or cans). Exercises also can be performed without weights.

Sandy Bodamer is the Senior Activities Coordinator for the Penobscot Bay YMCA, she has been working in the wellness field for over 30 years. Her passion for improving and enhancing the health and well-being of older adults has been a focus of her career. Sandy brings her love for group exercise to the active older adults in the community by providing a safe, effective, and fun workout.

For more information or to sign-up, contact Patricia King at 594-0310 or pking@rocklandmaine.gov or visit the Library during open hours.

The Meaning of Life - by Joe Steinberger, 77

I am getting old, and senile. We can pretend that all is well, and that we will go on, perfect, forever - but we are going to weaken, and die - maybe suddenly, maybe slowly. I am headed steeply downhill, and hanging on for dear life.

What is the meaning of it all? What will become of all the stuff I have acquired, of what I have learned and the accumulated good and bad of my contribution to my fellow man, and to the earth?

Is there any meaning? Is there any good and bad? Does it matter what I do, or what I have done?

For me there is a clear answer: yes. It does matter what we do in our lives. because we are part of something bigger than ourselves. To contribute to that something bigger, to our shared humanity, to our beautiful planet, to the universe that is beyond our comprehension, but that we can see on a clear dark night, so vast and beautiful.

We are animals, smart animals, but not so smart as we sometimes think we are. Our intelligence, such as it is, and our ability to collaborate with each other, has given us domination over all other species, made us something unique, capable of creation and of destruction unprecedented in the four billion year history of the earth.

Where did that intelligence come from? From God? From our evolution through natural selection? People have argued over that, but to me it is really the same thing. Nature, the nature of the universe and human nature, is God, and is the meaning of life. It is around us, behind us, and beyond us, not to be understood except in a very limited scientific way, and in a vague and beautiful way as the stars in that clear dark night, not to be taken too seriously, or too lightly, but enjoyed and passed on, as we pass on.

Beyond our ego and our greed, beyond our quest for status and recognition, there is a shared responsibility. Remembered or forgotten, what we contribute to the universe is what matters

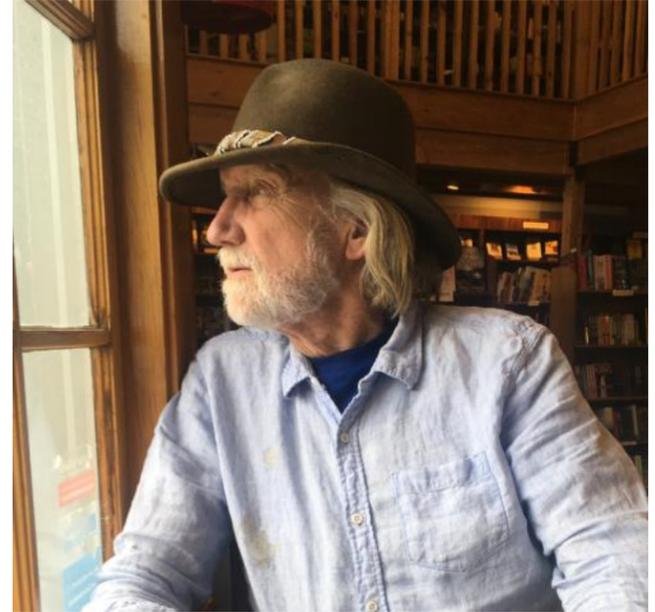
Regarding the article by Joe Steinberger and also the one by Steve Carroll in RMM 7/22/2022.

To Joe: I liked your historical perspective on our present fix, but I missed seeing the word "responsibility" anywhere. So, I wrote a simple ditty about that simple word.

Freedom without
Responsibility results in
Chaos.
Autocracy rises to save the day.
OMG!
Freedom has gone.
Democracy bumbles toward
Freedom with responsibility.
Democracy is my choice.

To Steve: I think you are riding the horse of old white men with tunnel vision. The real race is elsewhere. Keep writing.

- Phil Groce



interview with WRFR's

Ronald Van Heeswijk

by Ron Staschak

I must confess, I have not heard the Professor Bop show (Monday 7-9pm). It sounds like a show that I would enjoy.

What do you do at the radio station?

Play cd (sometimes), and lps. Mostly jazz, beatniks, Dusty Springfield

How long have you been volunteering?

Over 10 years

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

My friend talked me into it.

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

The Vinyl Hour with Kyle Swan

What type of music do you enjoy?

Jazz ever since my middle teens when I lived in Amsterdam, Holland. Listening to the Voice of America with Willis Conover. Many live concerts with visiting artists: Miles Davis (twice), John Coltrane, Dizzy Mingus, Duke Ellington, and Bud Powell. Really the gamut of who was who in these days. Max Roach. As far as pop music: Dusty Springfield, Marianne Faithful, Cat Stevens, Eliza Gilkyson, and Amy Winehouse.

Music I don't care for : Mitch Miller, Lawrence Welk, Rap, Miles Davis' glitter period.

I played the contrabass in a Dixieland group in the feared Dutch Army. I like to listen to Kyle Swan's program when I can stay awake.

I started at WRFR some 600 programs ago - with the help of my partner, Margaret Rauenhorst. She had her own slot at the beginning.

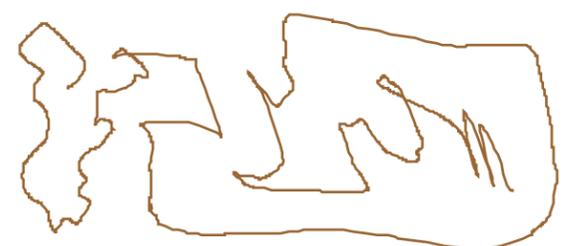
Hoping to continue with Professor Bop for the foreseeable future.

I miss our business meetings with the two Joe's. Bless them all.

Join the WRFR/Buzz team

Radio station WRFR and our magazine, the Buzz, are all-volunteer efforts. We are open to everyone, and we need your help.

Do you have skills that could help us give voice to our Rockland community? Then give me a call: 596-0731, or email steinberger@gwi.net. - Joe





Jazzy Summer Sounds at the Camden Snow Bowl

Camden Summer Sounds is a free outdoor concert series sponsored by First National Bank, the Town of Camden, and the opera house's Community Arts Fund.

The music begins 4 p.m. every Sunday in August at the Camden Snow Bowl, 20 Barnestown Road. No tickets are needed, just bring lawn seating and a picnic (water will be sold on-site).

Camden Summer Sounds commences Sunday, Aug. 7, with a jazz concert. The Denny Breau Trio will open, followed by the Novel Jazz Septet. Presented in the spirit of Jazz in June, the first Camden Summer Sounds will fill the open air with Maine-made jazz.

The musicians of Novel Jazz have been performing for more than three decades. They hail from all over Maine -- Belfast, Buxton, Chebeague Island, Gardiner, Newcastle, Vassalboro and Westbrook.

The Denny Breau Trio offers a wide variety of music styles. Breau is a consummate picker, evocative songwriter and fine singer.

Camden Summer Sounds began in 2020 and has grown to a full month of free-admission, seat-yourself outdoor concerts at the Snow Bowl. Rain location will be the Camden Opera House; check camdenoperahouse.com.

The series continues with blues Aug. 14, country/bluegrass Aug. 21 and folk Aug. 28. Details at camdenoperahouse.com.



Glen Birbeck responds, above, to the candidacy of Sam Hunkler, Independent for Maine Governor



The Rockland Metro Show
Wednesdays from 5 to 6 pm
on WRFR and MaineCoast.tv

On the Metro Show we try to have **the conversation America needs today**, Co-hosted by Steve Carroll and Joe Steinberger, the show features lively, friendly and constructive conversations between people from different backgrounds and political perspectives. Listen or watch, and call 593-0013 with your questions and comments.

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Get **The Buzz** at these Rockland locations: **Good Tern Co-op • Knight Marine • 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

WEEK ONE HUNDRED-TWENTY-FOUR

COVID-19 RANDOM NOTES WHILE SHELTERING IN PLACE

by Phyllis Merriam

Sitting in my car at Sandy Beach with the AC blasting in the 80 plus-degree humidity, I noticed the thick fog bank just past The Breakwater. Lots of sailboats at the horizon looked like ghost ships. It reminded me of The Flat Earth Society that touted the belief that if you sailed out that far you'd drop off the edge of the earth.

The heat and humidity have been so oppressive and unrelenting. I try to keep up my and my husband's frequent hydration. Keeping the windows closed and the AC going in one room – the escape room – helps. Mango doesn't seem too bothered. But I think he'd like to unzip his fur suit to be more comfortable. Despite that, he loves to cuddle in my lap while we nap in the coolness of the escape room.

This July weather reminds me of my summer job before my college sophomore year when I stayed with my New Jersey grandmother. I commuted by bus into Philadelphia's Market Street where my job at Wannamaker's department store was

dunning customers' overdue accounts. It was generally terribly monotonous but occasionally enlightening. Sometimes, the well-to-do Main Line matrons would want to try to argue with a nineteen year-old about their delinquent payments. By the time I commuted back to New Jersey and walked many blocks from the bus stop to my grandmother's, I felt faint from the humidity and would stick my head in the freezer to find relief.

Cracks are beginning to show in The Trump Cult: After the latest Jan. 6th hearing, Rupert Murdoch, formerly a Trump fan, excoriated Trump in the New York Post and WSJ, saying Trump "failed as commander-in-chief" on January 6th and, "has proven himself unworthy to be this country's chief executive again." And Fox News doesn't air Trump's rallies anymore. It looks like Trump's endless whining lies about the 2020 election is getting more than a little stale. Even some Right-Wingers seem to understand how close America came to a coup and how endangered Trump put his own VP. Republican focus groups are looking beyond Trump for a candidate that could serve eight years and focus on "white Christian ideals" vs. the past election.

More change is coming to Rockland's South End. The house at 80 Crescent Street built in 1877, and having deteriorated over time, was demolished in what seemed like half an hour to make way for a new home designed by my architect nephew. I know I'm biased. But his designs for other buildings are wonderful. Stay tuned.



photos by Laurie Southard and Rockland Historical Society

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