

Visit the WRFR Booth in the Business and Community Expo at the Samoset Resort

Tuesday, March 28, from 2:00 to 7:00 PM



Humble Jim

The ever so humble world famous Jim Gibson will be there with his guitar, Metro Show hosts Steve Carroll and Joe Steinberger will be there too, hunting up guests for their show, Dave Dyer, our sponsor coordinator, will be answering questions about WRFR sponsorship and signing people up, Ron Staschak, writer and bicyclist, will be there, together with many other of our 50 volunteers - at the WRFR booth, and roaming around the Expo meeting the many local businesses and community organizations who will be there.

The Chamber says "You'll be in good company at the 2023 Business & Community Expo!" We agree. Come visit!

At the Expo:

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and last but not least
WRFR-LP 93.3



The WRFR booth at the 2018 Expo - pre Covid

"And that's all I have to say about that"

by Ron Staschak

On a cold blustery day, I met Vic Gould at the Marshall Point Lighthouse. Vic is the guy everyone knows from the YMCA. We had a lively discussion. I have known Vic for years, but was fascinated with his life story. And I learned many things about him. This interview was one of the highlights of my year.

What is the most beautiful place you have been? Why?

I am going to say Cataratas de Iguazu. It is the widest waterfall in the world. When Eleanor Roosevelt saw it, she said. "Poor little Niagara Falls." I remember seeing flocks of parrots and lovebirds. Before I went to Iguazu, I visited the largest hydroelectric plant in the world. It is considered one of the seven man-made wonders of the world. The juxtaposition between the beauty of nature and the man-made hydroelectric plant was amazing.

My dad's house comes second. He was an architect. He designed a house using abandoned foundations in the Berkley/Oakland Hills. What a view!

What is the best advice you have ever received? Why was it good?

What the best advise you have ever given? Why do you think it was good.

"Don't be married to the results, but enjoy the journey." Which, since we are at Marshall Point Lighthouse, is kind of the same as Forrest Gump's line. "Life is like a box of chocolates; you never know what you are going to get until you bite into it." Couple this with the golden rule

If you are having a dinner party, what three people (real- either living or dead) would you invite?

In realty Tony, Sandy, and my sister. They know each other. They are the three people closest to me. They are very different, but would get along. Alison Disney and Mackenzie Scott. People who have tons of money and want to give their wealth away. Currently, I am curious about Sam Bankman-Fried.

Jo Lindsay has a show titled Afterwords in which she reads obituaries and plays a song that she feels encompasses the person's life. What song encompasses your life?

"Dirty Deeds Done Dirt Cheap." I like to do the dirty work. The work that needs to be done. When it comes to changing, I am stuck in the 80's. Hence, the license plate on my old truck. DDS DDC.

Is there a question I should have asked you?

The three most impactful experience of my life.

A one-month adventure with Outward Bound in Death Valley. It was the Colorado Outward Bound School. We learned survival. This was a high school graduation requirement The class was a titled Athenian Wilderness Experience. We were trained for two weeks on Mount Diablo in Northern California.

Getting sober with the help of AA. I am paraphrasing here. "I thank my creator for making me an alcoholic. As a result of joining AA, I improved my relationship with my H.P."

Being a labor coach for a friend.

I assume that you are an experience rather than a stuff person. Have you always been an experience kind of person?

I don't think so. It has been an evolution. I have watched people and noticed who is happy. My neighborhood (as a kid) was average, but became more affluent over time. People were stressed out and pissed off. The biggest decision was. Will I drive the Tesla or the Ferrari today? I had a friend who lived near the Oakland coliseum. I had to go through some less affluent neighborhoods to get to his house. I saw a lot of people who didn't know where their next meal was coming from. But they were enjoying the simple things: friends, community, a nice day, a BBQ. You know, money can get us experiences. But money doesn't make us happy. Where ever I am, I try to be happy. Be in the moment.

Tell me about your first bike.

I bought it for three dollars. It was the neighborhood bike. Everyone, at one time or another, learned to ride on it. I bought it from Bret. It was red single speed cruiser type bike. I may have been six or seven. After I leaned to ride, I sold it to Bret's younger brother- Eric. Later, my sister bought it.

When you went to Europe as a child, what are some memorable things/ events you saw?

I remember we lost my sister in the bazaar in Istanbul. I don't remember how we found her. We were riding in a cab and a hit a pedestrian. The cab was surrounded by the crowd. A shopkeeper saves my sister and myself. My dad was arrested. Because, "Americans are always in a hurry." Which is why we hit the pedestrian. We saw Apollo 13 moon landing while in the lobby of the Athens Hilton.

What I the strangest and best foods you have eaten?

A Brazilian dish called Feijoada. It is like gumbo: pork/sausage/beans/rice/ etc. It was delicious. Gazelle stew in South Africa was excellent. Thai food is great. The strangest was at Hippie Park in Rio De Jarno. It was overcooked okra. It was a burrito like thing. I don't remember what it was called. YECH!

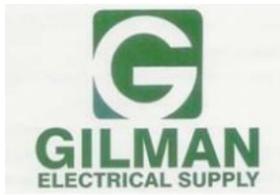
Penobscot Bay Orchestra in Rockland on March 16

Members of the Penobscot Bay Orchestra (and friends) will present small ensemble works in a Reading Room Concert at the Rockland Public Library on Thursday, March 16 at 6:00 PM.

The evening will include a Dvorak trio for two violins and viola by Joan and Edwin Hantz and Heidi Karod, a LeClaire violin duet with Heidi Karod and Julia Tranner, a Telemann violin duet by Julia Tranner and Betsy Levine, a cello and banjo duet playing a Bach Invention with Annegien Zuidema and Peter Proeller, and a clarinet duet with Paul Betz and Mitch Kihn.

Penobscot Bay Orchestra offers a rich musical experience for their players and the community. Their music supports compassionate fundraising activities and brings the joy of live music to the public.

The Library is located at 80 Union St. The event is free and open to all. For more information, call 594-0310 or email pkng@rocklandmaine.gov.



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Another Letter from Ecuador

Glen Birbeck, old man and frequent contributor of cartoons to the Buzz, is in South America for the season.

Joe

The wandering German wandered into Patrick's watering hole around noon. He quickly changed the conversation. Patrick had been recounting how he had fought the now lifted Covid restrictions, and won. The new topic, which Patrick had no use for, was levitating beetles. The beetles had a youtube video complete with the requisite disappeared Soviet scientist. Again I was reminded that I'd returned to Vilcabamba in southern Ecuador, and not much had changed. Not in the various watering holes I'd frequented four years earlier. Not in the topics for idle conversation. Patrick hadn't budged, his bar was still on Cabaza de Vaca. The German, who went by the monicker, "Yosh", had spent a year in Paraguay in the time I was in Maine. He didn't like it. Now he was about to leave for an oil patch job in North America. I'd first met him eight years earlier when I was new to Vilcabamba. Then he was looking for a compact source of a megawatt to power the quadcopter he wanted. Seems there was plenty of cheap land nearby and he wanted to build his finca on a few hectares of it. But, the catch was, the land was inaccessible. However with a big quadcopter powered by the magical megawatt you could fly tons of building material to the site. The "Magical Realism" style popularized by many Latin American writers is the daily norm for this subset of expats. What Marquez and Borges did for Macondo and the infinite library, applied psudo science accomplished for these expats. Some find a dull life to be reassuring and safe. Others need to spice life up with levitating beetles and free energy. To me the most interesting thing is human imagination.

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- thank you! -



HERRING GUT
COASTAL SCIENCE CENTER



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 for the converstion America needs today. Listen or watch, and call 593-0013 with your questions and comments.

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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

A Letter from Rome re Ukraine

Hi Joe,

I wish I didn't have to spend too much words about what is happening in Ukraine, still I have to say something. I am for an immediate cease fire, for negotiations, for diplomacy and not for a continuing escalation. After a year of war, after about 250,000 dead on both side, Ukrainian and Russian, no calculating injuries and huge destructions, we don't see an end. The majority of the Italian people is for peace and for an end of this insane, senseless, foolish conflict in the heart of Europe. A conflict that can only end with a world holocaust: i.e. the III World War. After that there would be no other world war, simply because there would be no more mankind, an extinction made by ourselves. Yet, I continue to hear from Zelensky, among the other innumerable nuts: we need More Weapons! More Weapons! More Weapons! Increasingly powerful and destructive. He has even signed a decree which says that it's forbidden to sit around a table with Putin in order to have talks.

I personally think that a reasonable compromise could be: Russians withdraw and population of Donbass represented by the separatist republics of Donetsk and Lugansk should decide with a referendum whether they want to remain with Ukraine, join Russia, or simply have more autonomy inside the present Ukrainian borders, and the same could be done with Crimea, though there already was a referendum in 2014 and then Crimeans decided to rejoin Russia. This time the referendum should be under the supervision of the U.N. Last but not least Ukraine should remain neutral and not join NATO.

About 60 years ago, in 1964, Stanley Kubrick made a great movie, Dr. Strangelove or: How I Learned to Stop Worrying and Love the Bomb, with a superb Peter Sellers. Our rulers and politicians should watch that movie. It teaches more than any university lecture or conference, more than any long newspaper article: it shows the deadly danger of a nuclear war, and how our planet could literally break out for the stupidity or a mistake of a handful of politicians and generals.

You'll find a link below. It's the documentary "Ukraine on Fire" made by Oliver Stone and the Ukrainian producer Igor Lopatonok in 2016. It's in English with Italian subtitles. It shows the prodromes, the harbingers of what would've subsequently happened. The documentary shows that the conflict in Ukraine didn't start on February 24, 2022. The reality is much more complex than what the mainstream or propaganda says every day H24. Good vision.

Sergio

Sergio Iavarone is a member of the international peace organization SERVAS, which facilitates international travel with home stays. I stayed with Sergio in Rome a few decades ago. He has visited me here In Rockland, and I have visited him a number of times since. Sergio recently retired from his career at RAI, the Italian national radio and television network.

I hope to see Sergio here in Rockland again this summer, and get him on the Metro Show!

- Joe Steinberger



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? Go wrfr.org

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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 David Dyer: sponsorwrfr@gmail.com.