

POINT COUNTERPOINT

A JOURNAL FOR CIVIC COMMUNICATION

25¢

Fourth Issue

June 1974

Richmond, California



Point Richmond VS. THE TANK!



(Editor's note: The following article is a copy of a letter from Douglas Corbin, President of the Point Richmond Civic Group, to the Richmond City Council. I have printed it in its entirety because I believe its importance justifies its length)

On the evening of May 8 at the auditorium of the Washington School, some 60 Point Richmond residents responded to the Richmond Planning Department to hear details of the proposal of the Collier-Union-Petromark group to build and operate two 20,000 ton capacity tanks for storage of anhydrous ammonia at Ferry Point adjacent Bay Terminals and Petromark facilities; the ammonia would be transshipped via pressurized tank trucks and perhaps by rail to valley farmers for use as a fertilizer. Mr. Dow, chief engineer for the Collier-Union people, who would handle the construction, discussed the proposal and answered questions. Toward

the end of the two and one-half hour evening a request for a consensus of those present resulted in a unanimous expression of opposition to the tanks. The two city officials present and Mr. Dow did not vote; but there was no question about the views of the others there.

I should like to offer a few of the reasons: it is proposed to locate the tanks within about 2000 feet of the Richmond Yacht Club and the Brickyard Cove development. In the publication "American Standard Safety Requirements for the Storage and Handling of Anhydrous Ammonia", dated Jan. 26, 1966, there appears a table of minimum distances required between a storage container and "Institutional Occupancy". The recommended distance from occupied structures for a 350 ton tank is 1000 feet. Somewhat smaller distances are listed for smaller tanks; but the general relationship between tank size and distance is apparent from the table (not included)

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Announcements

I KI ZU Adventure Club

O KI ZU, Fifth grade Adventure Camp Fire Girls, have been busy. They went horseback riding, camped out at Samuel P Taylor Park, and took part in the Grand Council Fire at Helms School. They will sell sno-cones and soft drinks at the Flea Market on June 1st. Members are Donna Bill Shelly Copeland, Christine Darling, Karilu Elle, Georgette Astria, Theresa Healy and Ann Greiner.

NEWS FROM CUB SCOUTS PACK 135

Last meeting was Thursday May 16. We had 3 boys graduate from Webelos to boy scouts: Bradley Cosgrove, Marcus Peppard, and Daniel Weinstein. We had 8 boys graduate from cubs to webelos: Douglas Busby, Bobby Chavez, Tony Gerk, Dennis Price, Mark Healy, Eric Hoiland, Brian Pease, David Mac Dairmid and 6 boys remaining cubs: Jeff Albrow, John Garcia, David Travis, Rony Cosgrove, John Moore, Sten Hoiland.

On May 28, we are taking a trip thru the water treatment plant. Summer activities include:

- Miniture golf, Sat. June 8 (85¢)
- Summer camp at camp Herms, Monday June 24 thru Friday June 28. (\$4.50 for one week)
- Fishing trip at San Pablo Dam Saturday, July 6
- Tour of the Enterprise or the Coral Sea (date undecided)
- Family picnic at Kennedy Grove on Saturday, Aug. 10

Any boys wishing to join cub scouts may do so at the September meeting. (Sept. 26) when its back to scouting night. Cub Master, Beverly Price 232-2660

The Point Richmond Community Center and the West Side Branch of the library have started a free film program. Films will be shown in the Community Center, 139 Washington Street, on Monday nights at 7:30. If you would like to pick out a film, please stop by the library and look at the film catalogue.

The following films have been chosen for June:

June 3: FLYING DEUCES 70 minutes
One of the best and funniest Laurel and Hardy features. Ollie is jilted, drowning in the local "shark infested" river appears to be the only solution to his troubles--Stan is of course expected to accompany him. They are interrupted by an officer of the Foreign Legion who has a better idea. Following his advice, Ollie decides to forget the girl of his dreams by enlisting. Naturally, Stan goes along.

NIGHT OWLS 22 minutes
Laurel and Hardy help out a pal--in this case, a policeman--by attempting to rob a house so that he can have the glory of catching them. As might be expected, events turn out rather differently. The pantomimic talents of Laurel and Hardy more than compensate for a very fuzzy soundtrack

June 10: MARIJUANA--CBS REPORT
52 minutes

The arguments against smoking marijuana are hard proven facts. Why then do students find challenges and reasons to justify their use of it? Sonny Bono, of Sonny and Cher, explores and explains in detail the reasons for not smoking marijuana. Students are given an objective picture; the decision is theirs.

Library Announcements

(cont.)

June 10 (continued)
J.T. 51 minutes

J.T. is the story of a little boy who wanders through a hostile Harlem world of menacing classmates and adults. He tunes himself out of that world by loudly tuning in on a transistor radio which he carries with him everywhere. Then, while being chased by older boys, he finds a friend; and therein begins the poignant story of J.T. and his cat.

CHAIRY TALE 10 minutes

Experimental film about a young man who wishes to sit down and read, and a chair that refuses to be sat upon. Special camera techniques are used as the man woos the chair into behaving like an ordinary chair so that the appearance of a ballet is given. Background music is East Indian.

June 17: SAN FRANCISCO 115 minutes

The special effects for "San Francisco"--the earthquake and the outbreak of fire--were among the most realistic ever produced by a Hollywood studio. Stars: Clark Gable, Jeanette MacDonald, and Spencer Tracy.

BOTH SIDES NOW 4 minutes

June 24: BOB A JOB 26 minutes

Comedy for children. An "Our Gang" like group of English children are doing odd jobs to raise money. They encounter a tightwad who tries to cheat them, but his little money game backfires. Mild slapstick with a happy ending.

HELP, MY SNOWMAN IS BURNING DOWN 10 minutes

A sophisticated adult comedy which unfolds in the middle of the Hudson River with the skyline of New York City in the background. Music is provided by the Gerry Mulligan Quintet. The photography and camera tricks are excellent.

RETURN OF THE APEMAN 65 minutes

Bela Lugosi and John Carradine star in a mystery-horror tale of a man who turns into an ape.

Community Center

Mondays: Movie from 7:00--9:00 p.m.
Refreshments served.

Tuesdays: Boxing class from 3:30--5:00 p.m. For further details, contact Bobbie Herron, recreation leader. 7:00--8:30 p.m.: Traditional Belly-Dancing classes. Call Margaret Williams at the Recreation Center for further details.

Wednesdays: Record Hop from 7:00--9:30 p.m. Bring your favorite records.

Thursdays: 3:30--5:00 p.m. Boxing classes. 6:00--9:30 p.m.: Adult Night featuring card games, pool, dominoes, and ping pong. Refreshments served.

Fridays: Open discussion sessions on various subjects of interest. Refreshments served. 7:00--9:30 p.m.

Special Events: Community dinner featuring a five-course meal prepared by Gladys Ferguson and staff, June 12 from 2:30--4:00 p.m. Cost: \$1.00 paid in advance to buy food.

Thursdays: Swimming excursions to the plunge for children, twice monthly. Call Margaret Williams at 232-6140

The community center is located next to the library and is open Monday--Friday from 1:00--9:30 pm.



-Mid Dornan
234-5334

Happy June Birthday
Betty Pearson
Daniel Weinstein
Bob Dornan
Stacey Spinola
Anna Marie Healey
Anita Brougham
Dianne & Suzanne Squires
Omera Essary
DE Alderman

Birthstone: Pearl
Sign: June 1-22 Gemini
June 23-30 Cancer

NOTICE: The paper this column is printed on is made from dehydrated tiger skin--if thrown away without being read, a small capsule breaks, activating the tiger which climbs from the wastebasket and devours the non-reader!

VOTE JUNE 4th. In 1888 the Australian ballot was introduced so we could all vote in secret. Exercise that privilege at the June Primary. You have four polling places--Methodist Church, Baptist Church, Masonic Hall and Washington School. Check your sample ballot notice to find where you vote.

WHAT IS A FATHER? He's a tired grin in the evening... a big friend with love in his eyes... he's old, young and in-between... he's advisor, teacher, pal, Santa Claus and hero...he's the greatest man in the world. Remember him on Sunday, June 16--Father's Day.

If you doodle a lot of dots it shows your mind is thinking big thoughts.

Helen and Walt Pike journeyed back to the Point for the scout pancake breakfast, their sons having been former scouts in the troop.

"Spring Chicken" plaque awards, made by Judy Travis and Florence Wilson, were presented at the Spring Luncheon given by the United Methodist Women. Recipients in various categories were Mrs. Lee Williams, 'Rooster', Tony Tollivore (from Chevron Research), Ramona Robbins, Leora Streiff and Loretta Ginnell, a cousin of Marian Downey visiting from Chicago.

Congratulations to June High School Graduates: Nina Williamson, Carol Wyrick, Roni Roselius, Aldo Forner, Richard Hartynyk (photo)

After a series of farewell parties, Carl Paasch left the middle of May to serve in the U.S. Coast Guard.

John Valenti, Sr. 70, and a 67 year resident of the area, passed away. He made his home at 717 Western Drive.

If Trannie Dornan is smiling a lot lately it may be because she heard that "smiling makes you look thinner".

Man showing doctor his wife's hand. "She did it preparing dinner," he said. "It's frostbite."

Trivia *continued*

Ed Palenchar was honored by the City for his 30 years with the fire department.

Ryan Kurt Whiting arrived at Marin General Hospital and is the first child for the William Whittings.

Frank Shock is home after spending several months in the hospital.

CONGRATULATIONS to Ellis honor students from the Point (*-all A's)

Sharron Amantite*	Roxanne Elle*
Terry Autrey	Michelle Healy*
Melissa Allyn	Aldo Forner*
Amy Fletcher	Roni Roselius*
Jon Healy	Craig Healy
Sean McCaskey	Jodi Roselius
Jennifer Allaire	Nina Williamson
Carol Wyrick	

Former Washington school teacher, Delia Roeder, passed away at age 76

New Point residents from Durango, Colorado are the Dave Fellati family. They have purchased a home at 29 Oregon St. and are refurbishing it.

During their monthly birthday party for the folks at Church Lane Convalescent Home, one of the women from the Methodist Church asked the 94 year old, "What advice can you give the rest of us regarding your longevity?" She quickly and unhesitatingly replied, "I just tried to be somebody."

Vida Kizer, known to many in the Point as the Salvation Army Lady, is at Walker Convalescent Hospital, 955 23rd Street, Richmond, 94804. She brought sunshine to the hearts of many on her weekly travels. Why not bring some to her now--just send her a card to let her know you care.

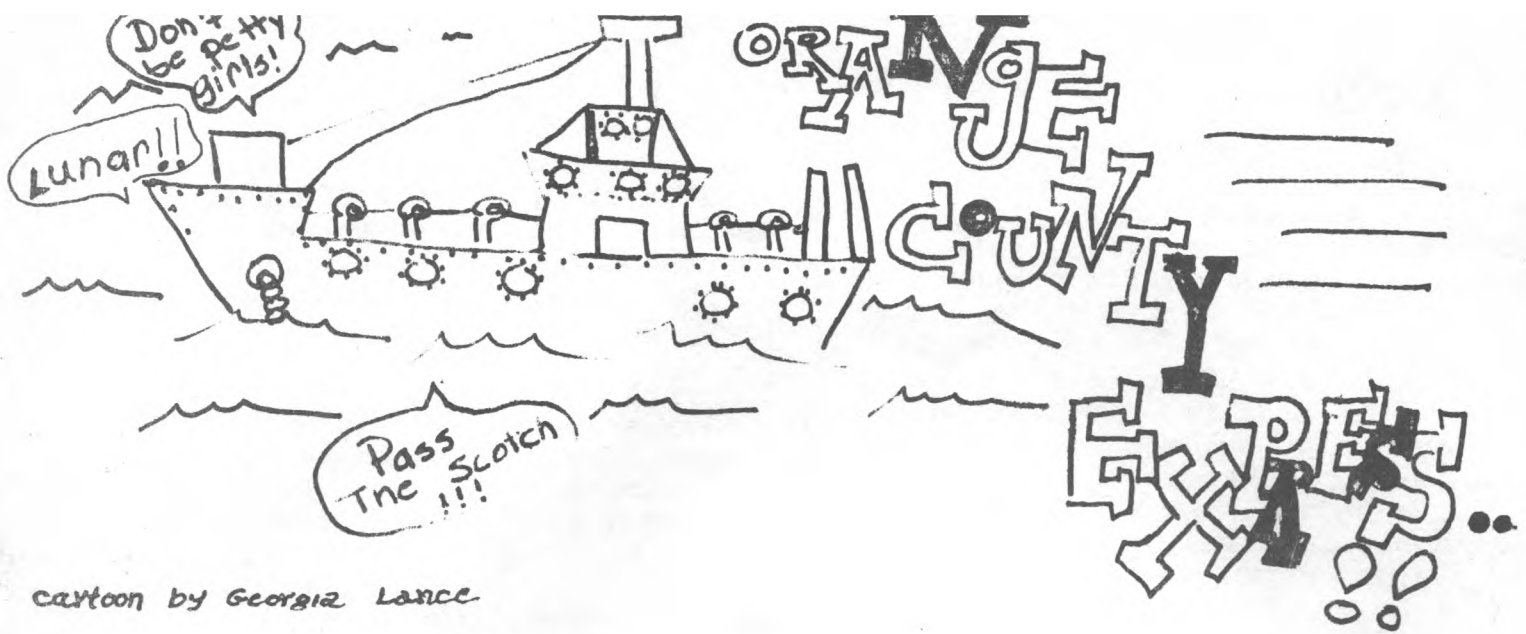
Worth quoting: "Maturing begins when we're content to feel we are right about something without feeling the necessity to prove someone else wrong."

Soon off the press will be a collection of poetry entitled, "The Sweet and Bittersweet", compiled by Helen Ford. The poems are from the pen of her father, the late George L. Norris, who lived on Nicholl Avenue for many years. His wife, Jessie, was active in the Methodist Church and PTA. Their daughter, Eleanor, and grandchildren, Bonnie and Virgil Bright lived with them and attended Washington School.

Middle age is when your narrow waist and broad mind begin to change places.

Community Involvement Center

On Wednesday, June 5, at 7:00 p.m. the Center will have a speaker from Discovery House. There will be a film and open discussion on drugs. The speaker's name is Jim Summers.



Cartoon by Georgia Lance

(Editor's note: Last month in the Point Counterpoint, Dorothy King wrote of a converted navy missile launcher about to embark on a voyage from Pt. Richmond to Miami--its crew to include 8 Pt. Richmond women and one man. This month we are fortunate in having Maureen Downey's impressionistic, first-hand account of that short but exciting trip.)

Thanks to a really hustling cocktail waitress, a group of men have been connived into buying a ship which offers free passage to faraway places and adventures Columbus would have marveled at experiencing.

Our ship--The Orange County Express is her name--(and the sting is her claim to fame). We've got eight women as crew members (Steve Sams works as official body guard) and nine retired naval officers as our superiors. (One is retired but not retiring.) We're headed for Panama, then to Miami; and great times will be had by all.

We moved on the ship at night with all the excitement of a New Year's Eve party. The road we've all chosen is one of no turning back and everyone seems quite pleased with the choice. With the help of several quarts of vodka and scotch, a couple of cases of beer, our trip has begun. The interior decorating started at once. The twenty years of accumulated dirt has been washed away revealing quarters gleaming white instead of grey.

I never thought an old navy boat could look like a hippy circus tent, but here it is in vibrant, living color. If one didn't have claustrophobia before, one would surely suffer from the affliction now. Hanging plants have been brought aboard to give a homey influence. A god's eye hangs from the communication center (very profound). We have Persian carpets on the deck to keep our feet warm. To complete the setting a stereo tape deck with a musical selection "Tower Records" would be proud to display has been added for our enjoyment.

The "ladies lounge" which our area has been named, is equipped with the finest conveniences of vanity. We've got electric hair curlers and hair dryers, irons and a fine collection of turquoise jewelry (so fashionable). It's amazing how we can't tear ourselves away from material conveniences as if our life blood would dry up without them.

The magical world of Disney couldn't compare to this place. We've even got a library which consists of Cosmopolitan's latest issue with bedtime stories on how women may achieve orgasm and the best metaphysical books published to date. Well, tomorrow we sail and this will be home for a month or so; if we can retain our sense of humor everything will be just fine.

Tomorrow is here and well, "we ain't a going nowhere."



BOAT...

continued

Epilogue: Too much negativity has stopped this old boat from going. There have been wonderful threats by phone (funny how people can't show their faces along with their words) like "If this boat tries to leave today, I'll blow it up!" Everyone said our trip wouldn't happen and it didn't. So, thanks to all for the positive good wishes on our venture. The people involved were wonderfully sincere and warm. Those we met will always be our friends and we'll miss them dearly.

The old boat went to rest in Antioch and is probably the cleanest ship that ever ran aground three times on the way to its final resting berth.

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THANKS FROM SCOUT TROOP 111

"Best breakfast ever"... "Can't wait until next year's breakfast".... "such efficiency and organization"... are but a few of the comments made at the annual scout troop 111 breakfast.

The boys and leaders thank the community and everyone that supported the event. It was the largest turnout in many years. The breakfast is a mini reunion of former scouts too as many return "to be waited on". Some are hard to recognize they have matured and cultivated facial foliage; some have families old enough to be scouts.

Sisters of scouts and Horizon Girls served as waitresses and they thank Suzanne Bartram, Roxanne Elle, Carol Darling, Sandra Kinter and Roberta Dornan. Pat Dornan was supervising hostess. Shirley Woodson kept the orders in order!

Cooks were leaders and former scouts: Stan Hawkins (Pinole), David Valentine (Rodeo), Richard Wara (Sacramento), Ben Woodson (El Sobrante) and Scoutmaster Bob Dornan.

Top salesmen who received tickets to Giants Baseball were 1. Dale Darling, 2. Evan Jahromi, 3. Jim Woodson, 4. Ivar Elle.

Proceeds provide camperships and they HOPE to have enough funds to replace some of the worn-out troop equipment this year. No scout has ever remained behind for lack of funds.

Summer Pioneer Camping in the Sierra Buttes will be from July 27 - August 4th.

... MUSICAL ARTS INVITES YOU TO SUMMER MUSIC by the ALVARADO CHORALE & SINFONIA ALVARADO Row Daniels, conductor

Beethoven .. Brahms .. Schubert
FRI. JUNE 14 8:00 SAT. JUNE 15
HARDING SCHOOL TWINITY CHURCH
EL CERRITO DANA I DURANT. BERKELEY

HERE AND THERE

with Dorothy King

Hats off to Point Richmond's favorite Hazel Carr. After Considerable hassles with city officials, Hazel finally got the green light to go ahead with the restoration of the once famous Mac Hotel. A full crew was busy this week and succeeded in putting a brand spanking new roof on. We all wish Hazel the best of luck in her endeavors.



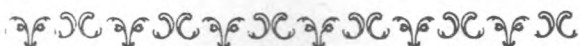
Thea Robertson, local architect, just signed a contract with model cities to design individual houses under the Relocation Program.



Becky Roberson was hostess to a number of her Point Richmond friends to celebrate her tenth birthday. Enjoying the chicken Bar-B-Que lunch and homemade ice cream were Hilary Lord, Sara Graff, Lisa Hadenfelt, Cati Farnay and Ronny and Bradley Cosgrove. Highlight of the party was a treasure hunt on the hillside. Many clues led to a bag of silver quarters concealed inside a ceramic frog.



John Larson, and his friends, Hap Turner and Peter Fegurale just returned from a trip through Canada, Washington and Oregon by volkswagon bus.



The owner of Taxis 'N Toadstools, Maureen Downey does handmade,,self-designed clothes for people who believe in magic. Her mother, Mrs. Phyllis Downey, does little gifts and paintings, hand made jewelry, as well as replicas of antique jewelry.



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& patio of fashion

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HERE & THERE... cont.

Art Nelson's ceramic class from Richmond Art Center had a big pit firing of ceramics at Keller's Beach Tuesday. About 40 students, among them our own Mardys Reynolds, under Mr. Nelson's directions, made the fire, put the pots in, and covered them with straw. After two hours the pots were removed, washed in bay water, and scrubbed down with beach sand. The results were beautiful--beautiful shiney black hues looking like the famous Mexican black pottery.



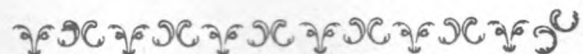
The cheese store at 31 Washington Avenue is a home-owned store, recently opened for business. The store has a fine assortment of cheese, great italian salami and delicious sandwiches. Stop by for a look and a taste. Jerrold is still selling his "junk" in a simpler version of the F.D.R. Palace adjoining the cheese store



Jimmy Wallace, son of Betty Moore, left for the army, Wednesday, May 22nd. He is on the "Buddy System" with his friend, Alven Kavanaugh.



Happy Birthday to Sheila Postiak and James T. Morre.



Congratulations Joel Waldman on your new fishing boat.

JUNE 28 & 29...

SINFONIA ALVARADO CONCERT

HANDEL · HAYDN · SCHUBERT

organ concerto piano concerto. Symphony 7.

9 1st Unitarian Church. Kensington / Trinity Methodist Berkeley
8:00.

A SHORT TRIP..... TO **BOYD MUSEUM**

by Michelle Brant

Well known, and well utilized by Marin county residents, few Point Richmonders brave the bridge fare to take advantage of the excellent classes offered for youngsters at the Boyd Museum of Science in San Rafael. Yet it is only 15 minutes drive from door to door and well worth going to visit. A sample of the Spring program included:
Nature trips for pre-schoolers and their parents with Elizabeth Terwilliger

Children's Nature Workshop (ages 3-5)

Animal Games and Dances (ages 4-8)

Life in the Salt Marsh (ages 9-12)

All About Birds (ages 9-12)

(Also All About Reptiles and All About Backpacking)

Wild Animal Care (ages 12 and up)

Ecology Walks for Women

To get there, take the San Rafael Bridge and go on 101 North. Exit at the San Rafael turnoff. Turn left of Third St. and continue down to B Street. Turn left on B Street and you will see in a few blocks, a sign pointing to Albert Park Lane. Turn left here. Park just before the tennis courts and you will see the entrance to the Boyd Museum (it is closed on Sunday and Monday).

PHANTOM PERSONAL

Happy Birthday Bill Roland (just a little late) from all your friends. (Especially me.)

- Unsigned

Catching up on -PTA-

At the last PTA meeting, May 9, plans were made to purchase four used typewriters for Washington school. The money will be raised in part by holding an extra "Hot Dog Day."

Parents and students of Washington school were treated to a special production put on by the Drama Club of Washington on May 29th.

Appearing in Rumplestiltskin were Donald Coates, Marc Moskowitz, Rickie Bobo, Bradley Crogg, Georgette Austrå, Kari Elle, Marc Moskowitz and Carolyn McDiarmid. The club turned in a fine performance helped along by the athletic antics of Rumplestiltskin. (Kari Elle)

Appearing in the Three Wishes, a short play with a long moral, were Ann Greiner, Aaron Bomardier, and Cynthia Newman. Another fine job by our local talent.

During the intermission between the two plays, Pat Holland, retiring PTA President, introduced the new slate of PTA officers:
President: David McDermott
Vice President: Marianne Egan
Secretary: Betty Busby
Treasurer: Penny Griener

We all look forward to an active PTA next year.





BY A. H. MEADS

SEEDS AND SEEDLINGS:

SEEDS MAY BE SAVED FROM ANY ANNUAL OR PERENNIAL GARDEN PLANT, AND FROM ANY SHRUB OR TREE, TO BE PLANTED AT A LATER TIME. SOME SEED WILL KEEP WELL, AND WILL PRODUCE PLANTS EXACTLY LIKE THE PARENT PLANT, YEAR AFTER YEAR. OTHER PLANTS PRODUCE SEED THAT QUICKLY DETERIORATES, OR SEED THAT WILL REVERT IN TIME TO THE SPECIES FROM WHICH HIGHLY IMPROVED HORTICULTURAL VARIETIES WERE DEVELOPED.

SOME SEED WILL DETERIOATE WITH AGE, AND THOUGH IT IS CAREFULLY PREPARED, MAY REFUSE TO GERMINATE. BEFORE PLANTING HOME GROWN SEED AND DEPENDING UPON IT IN SPRING TO PRODUCE A CROP, IT IS WISE TO MAKE A GERMINATION TEST. THIS IS DONE BY DUPLICATING AS FAR AS POSSIBLE THE CONDITIONS OF WARMTH AND MOISTURE THAT PLANTS NEED WHEN GROWING IN THE GARDEN.

TWENTY OR MORE SEEDS ARE COUNTED OUT FOR THE TEST, AND THE QUANTITY NOTED. THEY ARE THEN PLACED ON A LAYER OF ABSORBENT MATERIAL IN A SAUCER. ABSORBENT COTTON, BLOTTING PAPER, OR HEAVY CLOTH MAY BE USED. STERILE COTTON IS RECOMMENDED, BECAUSE IT WILL NOT MOULD QUICKLY. A SECOND LAYER OF MATERIAL IS PLACED OVER THE SEEDS, IT IS SPRINKLED WITH WATER AND THE EXCESS IS POURED OFF. THE SEED MAY START TO GERMINATE IN 24 HOURS, OR IT MAY TAKE TWO OR THREE WEEKS, IN THE MEANWHILE THE COVERING MATERIAL SHOULD NOT BE ALLOWED TO DRY OUT. THE TOP LAYER SHOULD BE LIFTED FROM TIME TO TIME TO ALLOW AIR TO REACH THE SEED. IF MOULD APPEARS NEAR THE SEED, THE COVERING LAYER MAY HAVE TO BE REMOVED ENTIRELY. SEED IS GERMINATED, FOR TESTING PURPOSES, WHEN IT HAS SWELLED AND PUT FORTH A SPROUT. THE GERMINATION TESTS WILL SHOW WHETHER THE SEED SHOULD BE USED AT ALL, AND HOW THICKLY IT SHOULD BE SOWN. EVEN IF ONLY A SMALL NUMBER OF

SEEDS GERMINATE, IT MAY BE WISE TO USE THE SEED, BECAUSE UNUSUALLY STRONG PLANTS ARE SAID TO RESULT FROM PLANTING OLD SEED.

THE FOLLOWING IS A LIST OF VEGETABLES WITH THE NUMBER OF YEARS INDICATED DURING WHICH THEIR SEEDS CAN BE EXPECTED TO BE VIABLE. IF THE SEED IS OLDER, IT SHOULD BE TESTED BEFORE USING: CORN, ONION, PARSNIP, SOY BEAN, SALSIFY, TWO YEARS; BEAN LEEK, PARSLEY, PEAS, THREE YEARS; BROCCOLI, CABBAGE CULIFLOWER, KOHLRABI, LETTUCE, OKRA, PUMPKIN, RADISH, SPINACH, AND TURNIP, FIVE YEARS; BEETS, EGGPLANT, MELONS, SQUASH, SIX YEARS; CELERY, EIGHT YEARS; CUCUMBER, ENDIVE, TEN YEARS.

WHETHER THE SEED IS PURCHASED OR HOME GROWN, TESTS SHOULD BE MADE IF IT EXCEEDS THE ABOVE AGES.

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HEALTH

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by A. H. MEADS

DR. SOMOGYI BELIEVES THE THE DISORDER IN THE FAT METABOLISM CREATES CONDITIONS WHICH INTERFERE WITH THE ACTION OF INSULIN WHICH IS PRESENT IN DIABETICS IN GOOD QUANTITIES.

HE POINTS OUT THAT WHILE DIABETES IS WORLD WIDE, IT SEEMS MORE PREVALENT IN RICHER THAN POORER COUNTRIES. DURING THE NEAR-FAMINE CONDITIONS OF WORLD WAR I WHEN FATS WERE ALMOST IMPOSSIBLE TO GET, DIABETES ALMOST DISAPPEARED IN GERMANY. AND DIABETES ALMOST VANISHED FROM HUNGRY GREECE IN 1942-43 DURING THE GERMAN-ITALIAN OCCUPATION.

WHILE DIABETES HAS LONG BEEN CONSIDERED AN INCURABLE DISEASE CONTROLLED BY INSULIN, DR. SOMOGYI BELIEVES THE DISEASE CAN BE "CURED" BY DIET. THE CURATIVE DIET HE PRESCRIBES DIFFERS FROM A CUSTOMARY NORMAL DIET, MAINLY BY RESTRICTION OF THE FAT RATION. ALL FOODS THAT CONTAIN APPRECIABLE AMOUNTS OF FAT MUST BE AVOIDED. THUS, FRIED FOOD IS TABOO. AND THE DIABETIC MUST NOT EAT MORE THAN IS NECESSARY TO MAINTAIN A NORMAL BODY WEIGHT. HE MUST REDUCE TO A NORMAL LEVER.

B6 AND MAGNESIUM

FOR YEARS WE HAVE KNOWN THAT THE BODY OF THE DIABETIC HAS DIFFICULTY IN DEALING WITH CARBOHYDRATES AND FATS. WE ALSO KNOW THAT THE B VITAMINS ARE ABSOLUTELY NECESSARY FOR THE PROPER USE OF THESE SUBSTANCES BY THE BODY AND WE KNOW THAT B VITAMINES HAVE BEEN REMOVED FROM OUR FOOD. TAKE B6 FOR INSTANCE. IT IS ONE OF THE B VITAMINES WHICH LIES ON THE CUTTING ROOM FLOOR WHEN GRAINS ARE PROCESSED. YET WHEN TOO LITTLE B6 (PYRIDOXINE) IS OBTAINED, TRYPTOPHAN, AN ESSENTIAL AMINO ACID FROM COMPLETE PROTEINS, IS NOT USED NORMALLY; INSTEAD IT IS CHANGED TO XANTHURENIC ACID. (J.P. BEHRE, ET AL., PROC. SOC. EXP. BIO. MED., 85, 389,

1954). IT WAS SHOWN THAT IN ANIMALS DEFICIENT IN VITAMINE B6, XANTHURENIC ACID IN THE BLOOD BECAME SO HIGH THAT IT DAMAGES THE PANCREAS WITHIN 48 HOURS AND DIABETES IS PRODUCED. THE BLOOD-SUGAR RISES FAR ABOVE NORMAL AND EXCESSIVE SUGAR SPILLS INTO THE URINE.

AS SOON AS VITAMINE B6 IS SUPPLIED, THE AMOUNT OF XANTHURENIC ACID DECREASES. IF THE PANCREAS HAS NOT BEEN SERIOUSLY HARMED, HEALTH IS RESTORED AND ALL DIABETIC SYMPTOMS DISAPPEAR. IF THE VITAMINE IS NOT GIVEN, THE CONDITION BECOMES WORSE AND THE ANIMAL DIES.

THE MINERAL MAGNESIUM DECREASES THE NEED FOR VITAMINE B6 AND WHEN IT IS INCREASED IN THE DIET, THE AMOUNT OF XANTHURENIC ACID IS REDUCED EVEN THOUGH NO VITAMINE B6 IS CONSUMED.

MAGNESIUM IS NEEDED TOO, TO ACTIVATE ENZYMES CONTAINING B6.
(CONTINUES NEXT MONTH)



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PHONE 235-2532

ished that the city of Richmond would even contemplate such an installation since the benefits to this city apparently are to be limited to ten jobs (Mr. Dow's figure) and a few thousand dollars in tax revenue--probably less than currently being paid by a handful of the people at the Washington School Meeting.

Finally, a consideration that may not be of overwhelming importance to those who do not live on the bay side of Point Richmond, including, apparently, Mr. Dow and the people associated with Petromark, is the devastating environmental degradation which will necessarily flow from the mere presence of the proposed tanks. Each would extend about 90 feet into the air (68' plus associated equipment on top) and would be more than three times the height of any adjacent currently existing tank. Each would have a diameter only slightly smaller than that of the largest tank there now, the largest blue and white Bay Terminals tank. The new tanks would extend well out into the recently cleared flat area constituting Ferry Point, the most prominent feature of the Point Richmond shoreline for most of us. The contract or proposes to paint them white "to blend with other tanks in the area".

If the last is insufficient to mollify those whose views will be affected, there is the satisfaction of knowing that residential real estate values cannot help but suffer, with consequent reduction in tax rates. There may be that virtue in adversity. On the other hand, expressions of opinion the other evening lead to the conclusion that Brickyard Cove residents may well feel betrayed if the city fathers allow this project to go forward. They find it hard to reconcile it with the city's encouragement of the creation of a costly (and highly taxed) waterfront residential area. Similarly, the many who have worked for the creation of George Miller Regional

Park wonder if years of progress toward a more livable Richmond are to be reversed in a moment.

We urge you to take a public position against the granting of an easement to cross Garrard with the necessary pipeline--that you follow the examples of Councilmen Bianco and Fernandez.



In The Coffeehouse

This clock here has seen many
faces stare into it
Yet how many more faces have been
Picked up, thought out or drained
down
Without noticing its hands moving
Not really looking at faces or
hands
Yet moving in a circle, in and out
Walking past tables, calling names
Lights going off and on
The front table is occupied by the
heavies
Slim Pickins! Someone said.
Someone said that the streets
looked wornout
Too many people had used them to
be impressive.

-Harvey Waldman

Jumbo

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*they just
up and Did it!*

(A REPORT
FROM ELWANDA GAMMELL
ON A SUCCESSFUL
COMMUNITY EFFORT.)

The parents of Wonderland Nursery School in Richmond are working together to build a playground for their children. The need for more varied and creative playground structures has long been recognized but the financial means has been lacking. Last November, a committee of six parents was formed to work out a design for the play structures and to search for free or low-cost building materials. Ron Gammill, chairman of the committee, donated his time to design the play structure and to get approval from school authorities. Through Jim Freemon, poles, tools, and hardware were donated by Pacific Telephone. Evelyn McGill learned of the community volunteer work of the National Guard, talked with Russel Lai, and he along with five other men from the 240th Signal Battalion Company B, donated a week-end of labor to build the structures.

Money for building materials (obtained at a reduced rate from a local lumber yard) came from a Nursery School sponsored flea-market sale and a donation from the Richmond Police Officers Association. Jim Freemon, Ron Gammill, and George Chism, who supervised the playground construction, organized the work and set telephone poles in the evenings in preparation for the structures, and on May 18th, the National Guard Volunteers along with nursery school parents finished the basic structures. Work will continue in the coming weeks.

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WANTED:

A Park You can Walk To

PART
III

Tantalizing hints about the various plans under consideration by the landscape consultants and the overview and Task Force groups served to encourage the George Miller Jr. Park protagonists, but it was not until February 1973, after nearly a year of tests and studies, that Arbegast and Newton presented their recommendations for initial development of the park to the public.

Actually the firm presented three schematic plans for the park; one for the entire 650--odd square acres on both sides of the Potrero San Pablo ridge, one for a smaller version of 350 square acres and one for the actual 8.5 acre property owned by the District.

Mr. Arbegast, who made the presentation, made it quite clear that the District should acquire all of the hill lands, explaining that regional parks should serve many functions, including recreation, education and open space preservation. He stressed the unique nature of the Point Richmond headlands. The area is the last in the Bay where one can stand on the tops of hills and get complete 360 degree views. It is the last area where one can look or walk from the hills directly to the Bay with no development getting in the way. And, perhaps most important, the combination of nature's and man's creations provide an ideal area for the study of man in his "total environment." Mr. Arbegast called the larger park an "urban threshold park" because it is in the midst of, and answers the needs of a highly urbanized and industrialized area, as well as providing an open space experience and regional

shoreline recreation.

The park that "can do things no other regional park can do" would have open meadows, hiking trails, magnificent views from the hills, picnic areas, day camp facilities, nature education sites, fishing and swimming possibilities, and play areas for children. Other elements include mini-bus service to alleviate the traffic situation, or the possibility of running the historic steam locomotives on the existing tracks in a loop to move people in and out of the park. But in order to achieve the highest and best use of the land "you must save the hillside."

Another proposal was drawn up with the premise that some of the lower slopes would be developed residentially. In this plan the upper portions of the ridge would be theoretically protected by imposing various zoning regulations on the land. The consultants were personally opposed to this plan "because even developments that were limited in height would intrude on the sweeping views from the ridge."

The design for the 8.5 acre property owned presently by the District was planned with the idea in mind that one day the small parcel would be part of a larger regional park. The plan calls for minimum development of the parcel, with major development on the bay side of the tracks where three small hooked peninsulas, or groins, would be created with bay fill to extend the amount of shoreline available to the public. A path would link this section with Keller's Beach. Sandy beaches, fishing and picnic areas, children's play areas and a small tidal study area would be created ~~inland around the little peninsula~~. A gently soaring pedestrian overpass across the tracks would connect the beach area with the 8.5 acres between the tracks and Garrard Avenue, where a parking lot, rest rooms, picnic meadows

A Park continued

and a play area would be set in a man-made mounding system and connected by a meandering path. It was made clear by Mr. Arbegast that the decisions as to whether or not the district moved to acquire more land (and especially hill land) at Pt. Richmond would depend primarily on the recommendations made by the Task Force and Overview in the Master Plan. However, assistant General Manager Jerry Kent commented that one phase of planning for the George Miller Jr. Park had been accelerated because the District hoped to acquire 250,000 cubic yds. of useable fill (for the little peninsulas) from another Richmond project, the Point Isabel Bulk Mail Center. Before any fill can be placed in the Bay, permits must be obtained from the Bay Conservation and Development Commission, the Army Corps of Engineers, and the Regional Water Quality Control Board, so applications had been filed for permission to accept and use the Mail Center fill. Regrettably, the District missed the opportunity to obtain this fill, but was alerted to the availability of suitable free fill from the Social Security Administration Payment Center site in mid-town Richmond, and arrangements were made to stock pile 80,000 cubic yards on the 8.5 acre park site off Garrard Avenue.

On June 18, 1973 the East Bay Regional Park District's eagerly awaited Master Plan was presented to the public. Out of about 100 originally proposed sites, forty had been chosen, following an exhaustive five-point evaluation which included (1) relative suitability of the site for a particular park use, (2) the need or demand for that use, (3) accessibility of the site, (4) threat of loss to development or other use, and (5) the ease of acquiring the site.

NEXT
MONTH ...

PART IV

PARK NEWS



(Editor's note: Progress toward realizing the park was made May 22 by the East Bay Regional Park District. The following is a news release from that meeting)

The two-county East Bay Regional Park District is going to take on the giant Santa Fe Railway in court. Its Directors, meeting in San Leandro, voted to file a condemnation action on 29 acres of flatland at Pt. Richmond to move the George Miller Jr. Regional Shoreline project off dead center.

The vote was six to one with Director Fred Blumberg of Lafayette casting the "no" vote. Director Mary Jefferds of Berkeley moved to take the action and the second came from Director Paul Badger, Pinole.

To provide the water-oriented park with a scenic hill backdrop, the Board also authorized Attorney John D. Rogers, EBRPD's specialist in condemnation matters, to continue negotiations with Santa Fe for some 40 acres of hill properties, immediately east of the bay flatlands.

In addition, the Board instructed Hulet C. Hornbeck, EBRPD Chief of Land and Water Acquisition and Management, to obtain option extensions on 22 Marine View Terrace properties in the hill area and continue to seek options on parcels where the owners have not signed agreements.

Finally, in the hope of obtaining additional funding for the big bayshore project, the Board authorized EBRPD General Manager Richard C. Trudeau to file an application for a \$400,000 Land and Water Conservation Fund grant to help underwrite the costs of the Santa Fe and Marine View Terrace properties and for development.

POINT RICHMONDS 3RD ANNUAL ART SHOW

SUNDAY
"ALL DAY"

JUNE 16,
~1974~

12:00

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PLUS MANY MORE!

NEWS ...

EAST BAY MUSIC CENTER

MUSIC AND DRAMA GROUPS PREPARED TO PERFORM FOR YOUR ORGANIZATION

Arrangements may be made for the Chamber Orchestra, the students' Wind Ensemble, the adult Drama Group, folk groups, and various other Center performing groups, to perform for functions organized by other community groups. The office will be pleased to pass on requests to the various performers.

CALENDAR

June 6 Thursday. Free Coffee Concert 7:45 P.M. Guest artist to be announced, plus Adult Drama Group, in Synge's Riders to the Sea, student Wind Ensemble

June 7 Friday. Last day for rebate for early enrollment for special summer programs.

June 17 Monday. Special Summer Programs begin at 1:00 p.m.

June 27 Thursday. Free Coffee Concert 7:45 p.m. Larry Washington and his group. Grace Lutheran.

Watch next month's Point Counterpoint for time and place of a free chamber orchestra concert at Pt. Richmond.

AD

VACATIONS - WEEKENDS - WORLD'S FAIR?

Rent- Deluxe new motorhome - 24' Pace Arrow, completely self-contained, sleeps 4-7 persons, dual air conditioners, over-size refrigerator-freezer, rangeoven, 4000 watt aux. power generator, forced air heat, many extra conveniences added by owner. Easy and relaxing to drive, reserve fuel tank, insured. Very low rates. Phone 233-4999 for reservations.

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The Rites of Spring



nce not so long ago, the whole town had come to celebrate the first golden day of Spring. Some came laden with rainbows of flowers, some came naked in sun-baked bodies, some carried small children on their shoulders, and others ran hand in hand down the grassy green slope to the sea. The day was sure to be one of our crowning successes. There would be swimming in the finally unpolluted waters, sand castles on the clean beach and mounds of pure, organic food from our own communal farms. Ah! What a glorious accomplishment was this day.

Only a few at first heeded the black speck in the sky which grew ever larger as it flew toward us. Then we all became aware of the jarring clatter of disorganized steel that issued from it. There was soon no doubt—it was the Reaper's hateful Leering Bird come to spy upon us. For a few minutes the great yellow-eyed Bird hovered above us in a cloud of foul smelling green smoke. Then it came down among us in a shattering grinding of gears and screws. The swirl of flying sand finally subsided and with a final screech of machinery, two black steel shutters snapped down over the yellow glass eyes.

As we all watched fixedly, the door of the Leering Bird swung open and, to our astonishment, out stepped the Reaper himself. He was dressed in a large grey flannel sack with small holes at the sides through which he could extend his arms, and a large hole at the top through which he could extend or retract his head. He looked very much like a large grey turtle stood up on end. His head came out as far down as his nose and he looked at us through small, blinking eyes. Finally his head rose to its full height and his voice rang out accusingly—“Perversel Perversel We will not allow you to ruin us with your perversities! Let the cameras record what I have spoken here today.” With that he receded back into his sack and was sucked back into the air of the Leering Bird.

All that day the great black Leering Bird hovered on the sidelines of our festivities, viewing the various activities. We wondered, doubtful, if the Reaper would ever come round to our way of thinking. What comfort could he possibly find in that ridiculous Leering Bird. His presence that day was dampening, but a healthy reminder of the obstacles still in our path. We watched as a group of children turned round and round throwing sand in the air, enthralled with their interpretive dance—the dance of the Leering Bird.

Sunflower

the RICHMOND MUNICIPAL NATATORIUM ~ ~ ~

Summer Swim Program

Fee: \$3.00 for 10 lessons
Days: Monday through Friday
Time: 9:00-9:45 a.m.; 9:45-10:30-11:15 a.m.; 11:15-12:00

Session	Day	Class Dates	Registrat.
A	M-F	6/24-7/5	6/22
B	M-F	7/8 -7/19	7/5
C	M-F	7/22-8/2	7/19
D	M-F	8/5 -8/16	8/2

Registration time is 9:00 a.m. to 12:00 noon. For further information please call the Aquatics Office at 232-1212, ext. 496.

EVERY AMERICAN
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A LIVESAVER



WANT ADS

Lost: Brindle Boxer, female, Listens to the name "Julie". Lost the evening of May 30th in Pt. Richmond. Any information leading to her return will be generously rewarded. Days, phone 234-2370; evenings phone 235-6213

Babysitting in my home during the day. Any age. Experience as a teacher in a day care center in New Hampshire. Call 232-6509 for more information.

Editor's NOTES



Want-ads are accepted until the 25th of each month. Babysitting and odd jobs for teens are free. All others are \$1 each. Call Doris Cort at 234-6989 with your ad.

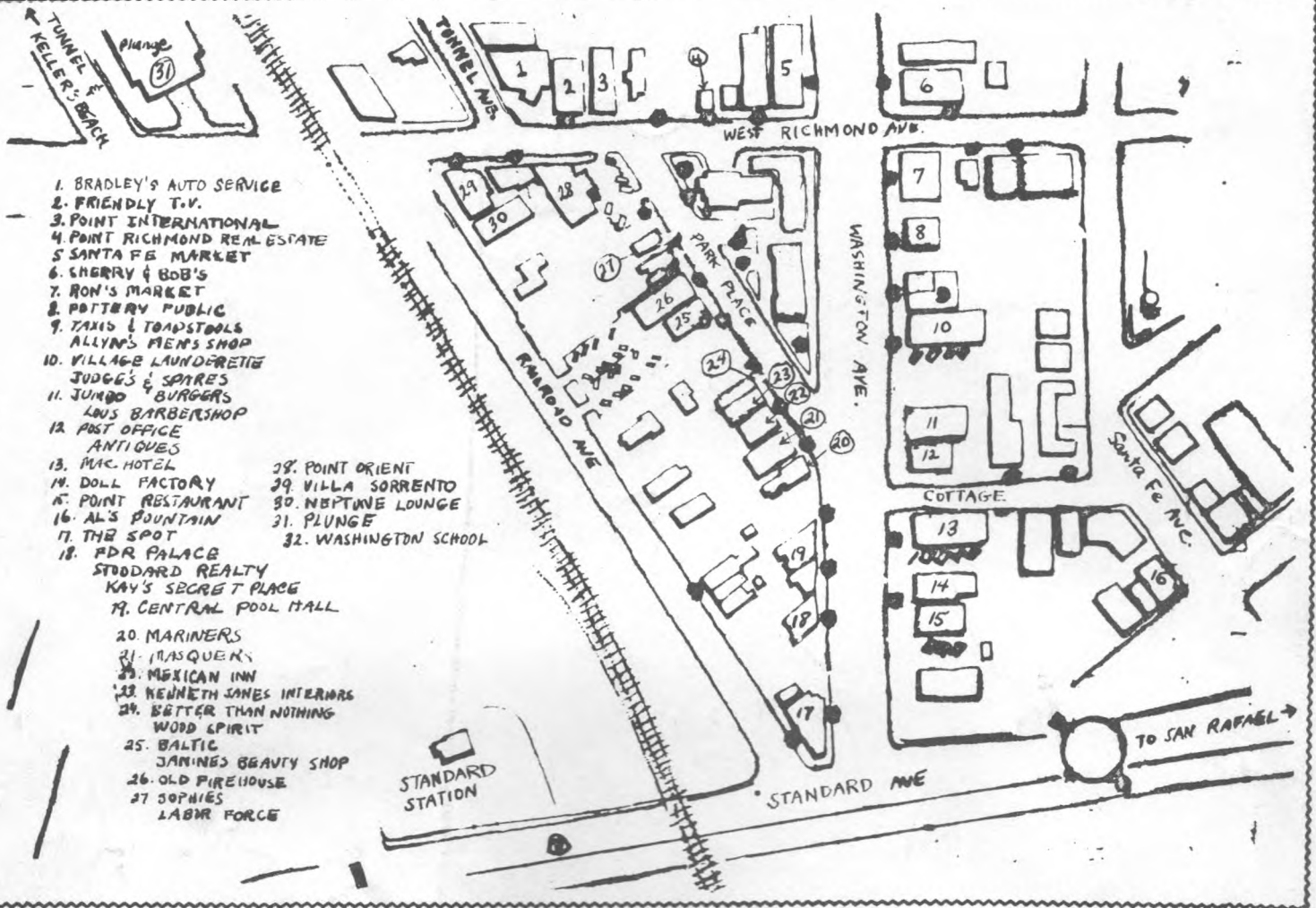
Any ads relating to the July 4th celebration will be free. The July issue will be printed June 29th to be on the stands by July 1st.

If you ave an idea for a column or an article you would like to write for the Point Counterpoint, call to talk it over. I am especially eager for a nostalgia column or a Point Richmond History column. 234-6989

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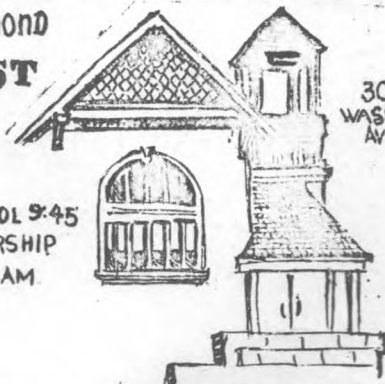
SUNDAY
MASS
8 AM
10 AM



WEEKDAY
MASS

POINT RICHMOND BAPTIST CHURCH

CHURCH SCHOOL 9:45
MORNING WORSHIP
11:00 AM



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AVE.

POINT COUNTERPOINT is published around the first of the month in Point Richmond, California by Doris Cort, 8 Western Drive, 234-6989.

News articles, poems, art work, stories, ads, letters to the editor are welcomed. Articles and letters must be signed.

Deadline is 10 days before the end of the month.

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