

POINT COUNTERPOINT

A JOURNAL FOR CIVIC COMMUNICATION

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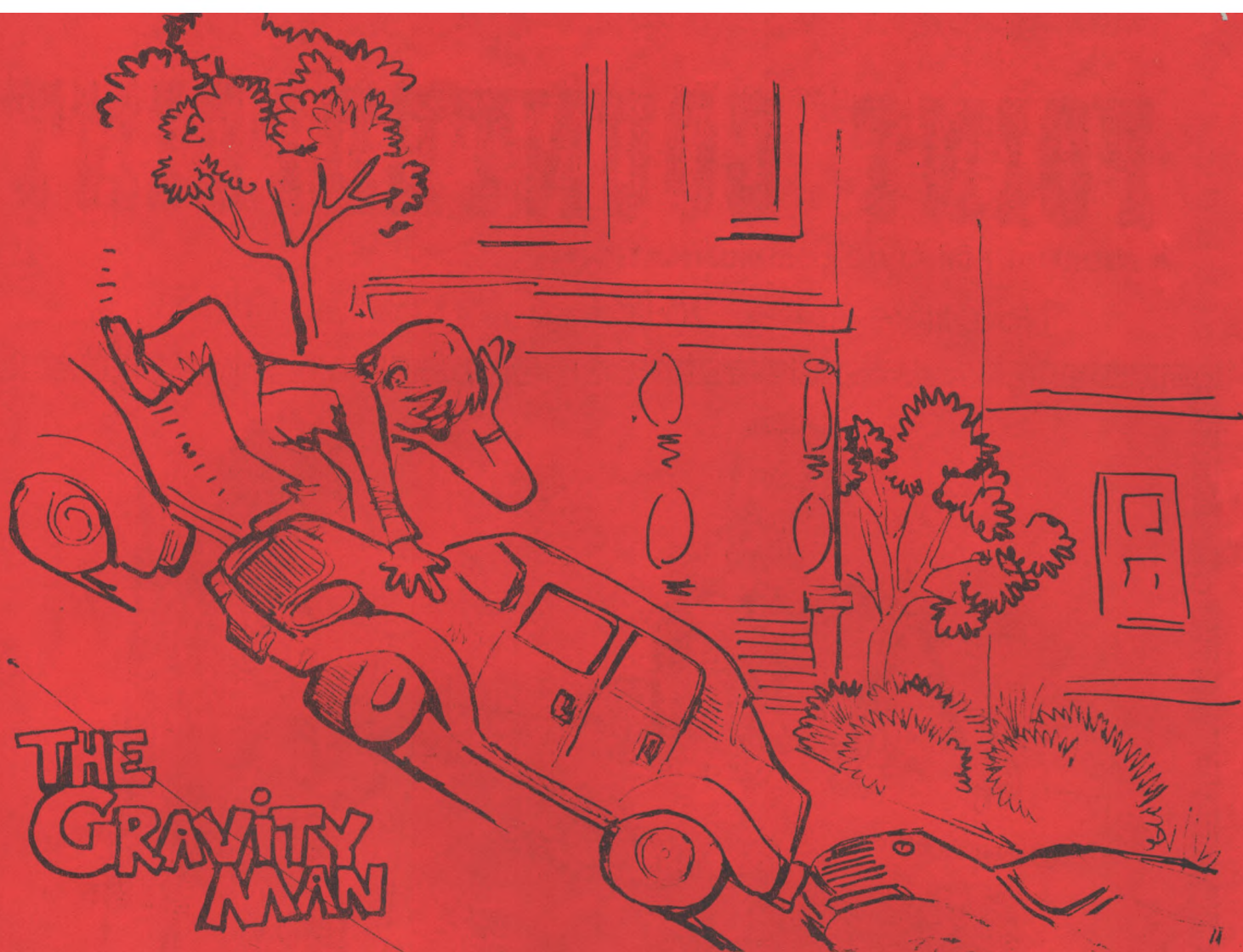
November, 1974 · Ninth Issue · Richmond, California



HOW TO CARVE TURKEY

traditional carving method

1. Remove drumstick and thigh by pressing leg away from body. Joint connecting leg to backbone will often snap free or may be severed easily with knife point. Cut dark meat completely from body contour carefully with knife.
2. To slice dark meat, place drumstick and thigh on separate plate and cut through connecting joint. Both pieces may be individually sliced. Tilt drumstick to convenient angle, slicing toward plate.
3. To slice thigh meat, hold firmly on plate with fork. Cut even slices parallel to the bone.
4. In preparing breast for easy slicing, place knife parallel and as close to wing as possible. Make deep cut into breast, cutting right to bone. This is your base cut. All breast slices will stop at this vertical cut.
5. After base cut, begin to slice breast. Carve downward, ending at base cut. Start each new slice slightly higher upon breast. Keep slices thin and even.



Dan Robertson

On Founder's Day, I saw my old friend Leroy walking along Washington, peering into parked cars. It is a hobby of his. He looks at the dashboard of one, "That's fine, that's okay!" He looks in another, "Now that's the truth. No problem there." But sometimes he looks into a car and gets upset. "That is a damned lie! That is an outrage!"

He found one like that, a Cadillac, and was swearing when I walked up and said "Hi Leroy, where you been?" not having seen him for several months.

"Look at this speedometer," he demanded. "Oh what a lie, what a phony!" He pointed at this asomatous, fogbird Cadillac that looks like it was owned by a man who dries his hair with an electric blower every morning, owns discount jewelry stores, has a wife who wears mink stoles, and who lives in Brickyard Cove.

"This Cadillac guy is a phony!", Leroy said, as we walked back toward the Festival.

He was really angry because he suspected that the owner of the car has hired someone to turn the speedometer back. People who have cars like that strain hard to impress their friends, and furthermore, they have friends who are impressed with junk like low mileage on the Caddy. They deserve friends like that, too.

Leroy should know all about it. He is a bit crazy, but he has a nice little one man business in San Francisco, turning back speedometers for some of the best car dealers in the city. He is listed as a speedometer repairman, but he does most of his work at night, carrying his little black bag of tools along Van Ness like a doctor. But, oddly enough, Leroy gets really angry whenever he sees a car on the street that he thinks has been turned back.

Announcements

Learning Festival

November 18 through November 26, Washington School will present a Learning Festival. All kinds of learning games will be for sale at prices ranging from .39 to \$7.00. This is a chance to stock up on some meaningful Christmas presents for your young brood. Publicity packets and displays will be forthcoming to all Washington School parents.

Country Fair

Mark your calendar--get out your checks and gingham--grab a friend and come to the Annual Point Country Fair at the First Methodist Church on Friday, November 8th from 11:30 to 3:30!

They feature quality kitchen fresh baked goodies, hand-crafted ifts and a gourmet farm-style luncheon! It's a reunion of old timers and get-acquainted for new comers.

Funds are being raised to replace or restore the four big entrance doors which were damaged several years ago when a car crashed into them. Plan NOW to attend. For more information, contact Uldine Adams Nickola (232-6904) or President Frances Smith (233-7001). See you there.

Business Association

The Pt. Richmond Business Association is to be congratulated for its presentation of the first Settler's Day event. A good time was had by all who attended. I hope you didn't miss the West Side Library's contribution--an afternoon film presentation of Saturday morning's participants, the first opportunity for many of us to see ourselves on television.

The Business Association is looking for more members. The only requirement for membership at present is that the person be interested in Pt. Richmond's development. Call Bill Eaton at 2335688 for more information. Coming up December 15th will be a party for the Association at the Baltic with the Madrigal Singers to entertain.

Madrigal Singers Audition

Now that our group is based in Point Richmond, we invite local singers to join us. We especially need tenors to join us in singing Renaissance songs. If you missed our recent performance at the Baltic, we invite you to attend our Christmas Concert on December 7th at the Methodist Church. We will be joined by the Pt. Richmond Recorder and Giggling Society.

For more information call me, Kathy Jensen, 232-1612.





Mid Dornan
234-5334

HAPPY NOVEMBER BIRTHDAY

Ann Greiner	Joel Waldman
Gertrude Paasch	Kirk Weirick
Jack Elle	Christine Darling
Chris Falletti	Bo Amantite
Betty Dornan	Jim Anderson
Lynn Darling	Corinne Doty
Paul Cort	Jason McGill
Jeanne Eger	Jane Furston

We often forget to count our blessings, hence a special day is set aside to remind us. Take time right now to list one reason you are thankful _____

Be sure to vote on November 5th, but please read the ballot propositions before voting. Also, check your sample ballot envelope to verify your polling place as the Point has four precincts.

Did you know TWO candidates for two important legislative offices live in the Point? And within the same block area? They are Assemblyman John Knox and US Congressman candidate, Gary Fernandez.

The wonders of the Point continue to impress me. Last night a family of three graceful coastal deer sauntered across our street into the driveway and down the road. What with our friendly (?) raccoon, the birds and the red squirrels who share the walnut crop, we have our own wilderness area.

Mixed emotions: When the pound man picks up someone's wandering dog as you step into the dog's "do".

It's an imaginative person that came up with the name of the Cancer Society's benefit shoppe, "Touch of Class" featuring gently worn and gently used items.

Dee Alderman's geodesic plastic dome in front of his Golden Gate home is attracting attention. He's experimenting with controlled temperatures and hydroponic growing of vegetables and in December when his corn, sprouts, cauliflower etc. are garden fresh, we summer farmers will be envious.

Clare Byrant, jewelry student and Art Center Board member, had a recent display of his works at the CCC Gem and Minerals Show. His outstanding pieces were also represented at the San Pablo Gem Show.

The Art Center, one of the finest in the country, reminds you of their annual Bazaar on Sunday, December 8th.

Remember when movies were rated on how good they were and not on who was allowed to see them!

Halloween 'trick or treaters' delighted in marching up the inviting steps at 322 West Richmond Avenue and 29 Oregon Avenue! The owners had huge seasonal arrangements on the door, hanging pots, planters, groups of pumpkins and jack-o-lanterns! The beauty of this decor was enjoyed by all those passerbys too old for the "fun stuff".

Drivid con't.

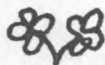
Are you interested to know that the dividing white line markings on highways are 9 feet long and have 13 foot spaces in between!



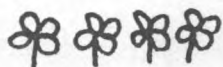
There is always a lot to be thankful for if you take time to look for it and at this moment, I'm thinking how nice it is that wrinkles don't hurt!



For those who neglected to tell the Editor what a great issue the last PCP was, this is a reminder. People ARE interested in the history of the Point. One old-timer commented he was disgusted with these 'johnny-come-latelys' (a 1915 resident) who think they know the facts about the Point. P.S. The old-timer (!) will be interviewed in an upcoming issue.



For every person who fails to give thanks because he has so little to be thankful for, there are hundreds who fail to give thanks because they have been given so many blessings. Take time to list a second blessing



Scorpions

November is Birthday Month at the Villa Sorrento, honoring all November Birthdays and in particular:

Anita Capps
Joe Guerrero
Jim Calverese
Joe Martinez
Freddie Martinez
Frances Ayers



Greeting Cards

Below is an ink drawing by Pat Galton. She has this and other drawings available in greeting cards at 20 cents each. If you are interested in buying some or seeing her other designs, give her a call at 237-4966.



Parks Meeting

A meeting of the East Bay Regional Parks District will be held in Richmond on Nov. 6 at 7:30 at City Hall, the Bermuda Room. Rumor has it that some "good news" about the George Miller Jr. Park will be the subject of the meeting and the reason for holding the meeting in Richmond.



Library News

- Nov. 4 The Captain from Koipenick
Munro
- Nov. 11 39 Steps
Double Trouble
- Nov. 18 Of Mice and Men
- Nov. 25 Blue Angel
People Soup
- Dec. 2 The Rink
Elsa and Her Cubs

The films are shown at the Pt. Richmond Community Center; please call 32-6140 after 1:00 pm to get the correct curtain time.

BOOKS

Reviewed by Carol Bold, West Side Branch Librarian

A Taste of Blackberries by Doris Buchanan Smith is written for children ten years or older. A boy's best friend dies suddenly, and the whole neighborhood is involved in helping with food, baby sitting, and any loving care possible. The story focuses on the reaction and adjustment of the boy who loses his friend forever.

One copy is available at the West Side Branch Library on the little rack for new J books. If someone else crowded you to it, put in a request, and we'll get it for you as soon as possible.

All Creatures Great and Small by James Herriot was published in 1972; his

current best seller. Since I wait in line with the rest of the library patrons for books, these reviews must be of books available. This review, therefore, is of the earlier work.

With gentle humore, Dr. Herriot describes the period of his life after he becomes a qualified veterinary surgeon until he gains the respect of his clients and wins a lovely wife. The setting is Yorkshire, England in 1937, and his practice is as an assistant to Dr. Siegfried Farnon who has a brother named Tristar

Siegfried never listens. James says, "I rather suspect the calf may be developing diphtheria." Siegfried: "Pneumonia, eh? How have you been treating it?" Finally, after futile attempts to straighten out the confusion, Siegfried gives friendly and tolerant advice saying, "James, James. I've not the slightest doubt you tried in your own way to tell me about this case, but we haven't all got the gift of communication. It is simply a matter of marshalling your facts and presenting them in an orderly manner." Tristan finds Jim trying to extricate his foot from a cardboard box he has kicked in exasperation and suggests a night out with a blind date. Too many pints later Jim and his equally drunken date encounter the cool and sober young lady Jim hopes to marry.

Vignettes of farmers and other residents of the area near Scotland, their families, and troubles with their animals comprise the story. I began to wonder about the difficulty in becoming presentable for courting after a busy day in the barnyard. All I learned was that too much bath salts aggravates the problem.

I can hardly wait for my name to come to the top of the request list for All Things Bright and Beautiful, which possibly may be followed by the third line in the source of his titles, a short 19th century poem:

All things bright and beautiful,
All creatures great and small,
All things wise and wonderful,
The Lord God made them all.

Cecil Frances Alexander
1818-1859

Washington School News

WASHINGTON SCHOOL P.T.A. HOTDOG DAY ANNOUNCEMENT

During this year the P.T.A. Hot Dog Day Committee will be asking the parents of each class to help with one hot dog sale each month by donating homemade cupcakes, cookies, etc.

With your cooperation the P.T.A. will be able to raise sufficient funds to finance special projects for your children.

The hotdog sales will be held the 1st and 3rd Wednesday of each month. Anyone willing to help us on these Wednesday mornings, please call 237-3566 or 237-5083.

A sincere thank you to all the parents of Mrs. Holder's Kindergarten Class for bringing in the delicious oatmeal cookies for the Hot Dog Sale of October 1.

Joan Neptune
Hot Dog Chairman
Washington School

The October 2, 1974 meeting of the Washington School P.T.A., was called to order at 7:45 p.m. by President Dave MacDiarmid.

Reports of the various committees were heard, the most immediate being the Settlers Day Booth. Barbara Martin, Chairperson reported a \$5.00 booth fee, and preliminary plans were underway. Anyone wishing to help should contact her as soon as possible.

Items of interest and use are still being accepted for teachers rooms. Please check your list of wanted items - all is appreciated.

Mrs. Nowling will be the Faculty representative for the Counterpoint School News Column.

The Snack Program has been tabled for the time for lack of funds. It was hoped that it could be resumed at a later date.

Saturday morning, Oct. 12th will be the first in a series of movies to be shown at the Washington School Auditorium. Admission will be 25¢ and refreshments will be sold. All parents are welcome. Flyers will be sent home announcing the next movie.

A Wine Tasting Party will be held on Sat. December 7th. Tickets will be available soon.

The Membership Drive will be held the first week of November. Membership will be \$1.00, and all parents, and interested people are invited to join in support of the Washington School P.T.A., and Washington school children.

Miss Briggs reported a pilot program is to be initiated soon that will coordinate school and recreational activities.

Mrs. Nancy Spencer presented a very interesting report outlining the Educational Course in Resource Leadership Professional Development given by Dr. Robert Shore. Of particular interest to all personnel, R.S.V.P. volunteers, and parents from Washington -- will be a workshop to be held on October 23rd at Cortez School from 1:30 p.m. - 4:00 p.m. An announcement will be forthcoming to all parents of Washington School preceeding the Workshop.

Mrs. Warner, Ass't. Principal requested all Resource Survey Forms be returned to her, for evaluation and processing. All interested individuals in the community area of Washington School are invited to take part in the survey.

Various requests for materials that can be used for class projects from teachers, were to be centralized thru Miss Gwen Krause.

Mrs. Stan Price will obtain information as to a West Bend Party concerning the Coffeepot project. Watch for party date.

Next P.T.A. meeting - November 6, 1974
Refreshments - Babysitting provided
Room 8 - 7:30 p.m.

jfb

Joanne Busby

Story Hour



STORIES FOR CHILDREN

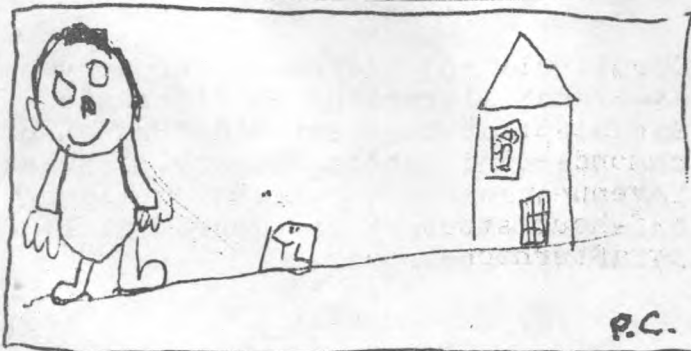
Carol Bold and Elaine Reuter serve as branch librarians on alternate Saturdays at the West Side Branch of the Richmond Public Library, 135 Washington Avenue. We welcome children to a half-hour story program at 1:30 Saturday afternoons.

Notes From Mrs. Gold's Class

Room 6- By Brad Cosgrove

My name is Brad Cosgrove
I am in the sixth grade.
My Class is planning a
trip for the end of the
year. We have to raise
our own money. One
of our projects is
collecting Aluminum
cans. We would
greatly appreciate
any donations of Alum-
inum cans. Please
bring them to Washington
School, to Room 6, or call
this number (232-1436)

Thank you !!!



P.C. 7.

NEWS FROM PACK 135

Oct 18, 1974 all WEBLOS went on an overnight campout at Samuel P. Taylor. Left Friday night and returned Saturday morning. Leaders who went were Ed Hoiland, David MacDiarmid, and Joe Travis. These three are our new WEBLOS leaders. Any boy wishing to become a WEBLO may do so if he is 10 years old.

Oct 24, 1974 both cub packs went to MacDonalds hamburgers and received a small drink and a bog of french fries. Our two new leaders for the CUBS are Janet Falletti, Pt. Richmond, and Beverly Heck, Atchison Village.

The pack is having a good will drive the week of Nov. 9, through Nov. 15. All boys will be in the Point collecting any usable items; they will have plastic bags to be filled. Anyone wishing to donate anything may call and have it picked up. These items go for Xmas for the Salvation Army and the Good Will Industries. Start saving now. For pick-up call 232-2660

The Pack is so excited about our first hamburger sale at Washington School Wednesday, Nov. 27; hamburgers will sell for 35 cents each. Anyone wishing to donate cupcakes for this event would be most appreciated. We hope this is a BIG success, if so there will be another sale in April or May.

We have a Xmas party in December. January is our snow trip; February 20 is our annual Blue and Gold Dinner, March, a Derby Car Race; April, a Scout-O-Rama and May the Pack closes for the summer.

We also go on tours during the year to places like the Bakery, Police Dept Brookside Hospital, Water Treatment Plant; fun things like fishing, roller-skating, miniture golf, wrestling, picnics, swimming, etc. Any boys wishing to join may do so in person at our pack meetings, which are held at Washington School on the third thursday of each month at 7:30 sharp, or call Beverly Price, Cubmaster 232-2660

THE EARLY DAYS AS SEEN THRU THE EYES OF

ULDINE ADAMS NICKOLA

by Gary Darling

Uldine Adams Nickola was born in 1903 at 222 Martina Avenue and is at present 71 years later, still living there. She went to Standard Avenue School for three years and then to Washington School for the rest of her elementary schooling. She graduated from Vocational High School, now known as McClymonds High School in Oakland.

Her father, working for Northwestern Pacific Railroad, helped build the railroad from San Francisco, north to Eureka. He then started working for Santa Fe Railroad in Fresno and helped build the railroad running from Fresno to Stockton, then to Richmond. He and his wife arrived here in Pt. Richmond in 1899 and had their home built at 222 Martina. All together Uldine's father worked for the railroad for 54 years and retired in the early 40's.

Uldine vividly remembers her life style as a child, being based around the school, church and home groups. One of the home groups in which she was involved was the first Camp Fire group in Pt. Richmond. She is still a great supporter of the Camp Fire organization and is a sponsor for the group here in the Point.

Among the public recreation sites best remembered was Cosy Cove (at present a private beach next to Keller's Beach) where there was a dance pavillion and many of the social activities would take place there. Also there was a Nickelodeon (located near Richmond Supply Co.) where many good shows were viewed by everyone. It cost a nickel to get in.

Uldine and her friends liked to go and dig clams (behind what now is Washington School on Vine St.). In those days there was water surrounding Pt. Richmond, which was filled in when World War II erupted and such great

changes took place. A lot of the dirt used for fill was the dirt that came from the building of the tunnel for the cars to go through.

A winery called Wine Haven was located where the housing at Pt. Molate is now. It was the largest winery in the world. The buildings of the actual winery are still standing out there by the homes at Pt. Molate. Besides the winery there was a hotel, restaurant, post office, housing for the people that worked at the winery, etc. This winery was forced to close down in 1921 when Prohibition came.

Another point of interest mentioned by Uldine was that the land for all of the four churches - Methodist, Baptist, Catholic and Episcopal was donated by one of the first pioneers of Pt. Richmond, a Mr. Tewksbury. Those four churches are still located on the original property and only the Methodist church has been rebuilt.

Uldine's memories of Pt. Richmond, as a busy community of people, many hotels and businesses will be cherished by many residents of Pt. Richmond.



More Point Pioneer profiles to follow.....

Community Center

Chuck Massey

The Point Richmond Community Center for those of you who don't know, is located at 139 Washington, next to the library. The center is mainly used by teens of Point Richmond. However, the facility is open for use by any Pt. Richmond resident or organization, Pot luck dinners, meeting, Receptions, etc.

In addition to the teen drop-in periods the Center offers a continuous course in belly dancing taught by Margaret Williams on Tuesdays from 7 pm to 8:30 pm. This is open to anyone. On Thursdays a Modern Jazz Dancing Class taught by Mae Sinnawi is also open to everyone.

Ronna Moore, senior Recreation Leader, has the teen girls making a quilt to raffie off at Christmas. Also she is organizing a cooking class for teens and adults.

The Center is planning a number of excursions this Fall. Incidentally, to anyone interested in finding day care facilities; the Center has a reference guide to all child care centers in the East Bay.

Monday night has been generally been set aside for movies. The schedule is posted both in this publication and on the door of the Community Center. If you have any questions or would like to reserve the facility, call the Center Director, Chuck Massey at 32-6140 between 1 pm and 9:30 pm Monday through Friday.



Neighborhood Meeting

Tom Butt

A second Community Development Commission neighborhood meeting for citizens to discuss and recommend priorities in community development needs will be held in the Point Richmond Community Center on Thursday, 7 November at 7:30.

The first neighborhood meeting held on 17 October attracted some 12 Point Richmonders to the Point Restaurant where they discussed and enumerated a number of areas of potential community development need. As a beginning, the neighborhood profile prepared by city staff listed renovation of the Plunge as the only program under consideration for funding with federal grants. The list was then enlarged by the group to include:

- a. Additional waterfront parkland and improved parking and accessibility to existing parks including Keller's Beach as well as Point Molate.
- b. Moving Richmond Museum to Point Richmond
- c. Improving vehicular access to Point Richmond through improvements to the railroad crossing and Cutting Blvd. intersections
- d. Expanding commercial parking in the Village
- e. Improvements to the Community Center and programs for teenagers.
- f. Preserving the traditional range of housing opportunities that exist in Point Richmond
- g. Providing design input into proposed Hoffman Freeway as it relates to Point Richmond
- h. Maintaining the pedestrian scale of Point Richmond

It appeared to be the consensus of many present that Point Richmond offers

continued

Meeting (Cont)

a unique lifestyle which accepts and appreciates a wide range of social, economic and racial groups. Preservation and enhancement of this lifestyle might well be a proper and useful application of community development funds.

In contrast to prior federal programs for community development funding (notably model cities) the new Housing and Community Development Act of 1974 (signed into law by President Ford in August) provides for a community wide citizens advisory council and a block grant funding approach without categorical application guidelines. Richmond will receive over \$4 million for 1975 and a slightly lesser amount over the following two years.

At the next neighborhood meeting, City Staff will present an amended Point Richmond neighborhood profile statement, and it is hoped that subsequent citizen participation in proposing and evaluating community needs will result in a consensus of relative priorities. These needs will then be presented for consideration to the entire Community Development Commission for possible inclusion in a plan to be submitted to the City Council for approval and then to HUD for funding.

Anyone desiring detailed information on the Community Development Commission and how it affects Point Richmond should contact our neighborhood representative on the Commission, Tom Butt. He may be reached by phone at 236-7435 or in the office of Interactive Resources, Inc. at 39 Washington Avenue.



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BY A. H. MEADS

SINCE THE WINTER MONTHS WILL SOON BE UPON US, I THOUGHT IT WOULD BE OK AT THIS TIME FOR THOSE OF YOU WHO WOULD LIKE TO START A SOILLESS GARDEN INDORS FOR THE WINTER.

PLANTS MAY BE GROWN IN ANY MEDIUM THAT WILL ANCHOR THE ROOTS, PROVIDING THE NECESSARY GROWTH-PROMOTING SUBSTANCES ARE SUPPLIED IN AN AVAILABLE FORM. ALL ELEMENTS THAT PLANTS ORDINARLY TAKE FROM THE SOIL ARE SOLUBLE IN WATER. THE CONCENTRATION VARIES WITH THE TEMPERATURE IN WHICH THE PLANTS ARE GROWING WITH THE AMOUNT OF WATER VAPOR THAT IS PRESENT IN THE AIR, THE TIME OF THE YEAR, THE INTENSITY AND QUALITY OF THE LIGHT, AND THE KIND OF THE PLANT THAT IS TO BE GROWN.

TOMATOES, FOR INSTANCE, REQUIRE A LARGE AMOUNT OF SUNSHINE AND MUST HAVE A MORE HIGHLY CONCENTRATED SOLUTION IN THE WINTER THAN IN THE SUMMER. IN OTHER WORDS, WHEN A PLANT GIVES OFF A LOT OF WATER THROUGH THEIR FOLIAGE, THEY WILL WILT IF THE AMOUNT OF SALTS IN THE SOLUTION IN WHICH THEY ARE GROWING IS TOO HIGH.

MAKING UP A SOLUTION FOR SOILLESS CULTURE.

A COMPLETE NUTRIENT SOLUTION MAY BE MADE FROM THREE PRIMARY SALTS: PRIMARY POTASSIUM PHOSPHATE, CALCIUM NITRATE, AND MAGNESIUM SULPHATE.

THESE SALTS ARE USED IN VARIOUS PROPORTIONS, BUT A COMBINATION THAT HAS GIVEN GOOD RESULTS WITH MOST PLANTS IS MADE AS FOLLOWS:

PRIMARY POTASSIUM PHOSPHATE - 2 PARTS
CALCIUM NITRATE - 8 PARTS.
MAGNESIUM SULPHATE - 5 PARTS.

A LEVER TABLESPOON OF THIS MIXTURE WILL, WHEN ADDED RO A GALLON OF WATER, MAKE A GOOD SOLUTION FOR MOST PURPOSES.

IF PLANTS DO NOT SEEM TO GROW WELL ENOUGH, A HALF TABLESPOONFUL MORE MAY BE ADDED. IN ADDITION, A CRYSTAL OF FERROUS SULPHATE THE SIZE OF A PEA SHOULD BE ADDED. BORON AND MANGANESE ARE ALSO NEEDED IN MINUTE QUANTITIES, IF WATER IS USED IN WHICH IT IS LACKING.

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saturday 9-5

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OPEN WEEKDAYS
CORNET STANDARD & SANTA FE

HEALTH

Comes first

by

A. H. MEADS

DR. OHSAWA CREATED A LIST OF 7 BASIC SECRETS FOR MACROBIOTIC HEALING. THESE ARE BASED ON EMPHASIZING EITHER THE YIN OR THE YANG FOODS (LISTED PERVIOUSLY) FOR HEALING OF THE INFLUENCED ORGANS AND CONDITIONS (ALSO LISTED PERVIOUSLY). DR. OHSAWA TREATED SEVERAL THOUSAND PATIENTS BY SELECTING HEALING FOODS BY PRESCRIBING THE FOLLOWING SEVEN BASIC SECRETS OF ALL-NATURAL HEALING:

SECRET #1. EAT FOODS THAT ARE PURE, WHOLESOME AND NATURAL. ALL FOODS SHOULD BE AS NATURAL AS POSSIBLE, AND AS CLOSE TO THEIR NATURAL STATE AS POSSIBLE. AVOID PROCESSED FOODS CANNED AND CHEMICAL FOODS. IF POSSIBLE, YOU SHOULD GRIND YOUR OWN FLOURS FROM UNBLEACHED GRAINS. SOUPS SHOULD BE MADE FROM NATURAL VEGETABLES AND ORGANIC MEATS OR FISH.

AVOID PROCESSED MIXES OR ARTIFICIAL FLAVORINGS.

SECRET #2. SELECT FOODS THAT GROW AND THRIVE NATURALLY IN YOUR LOCAL AREA AND EAT THEM IN SEASON. ALL FOODS SHOULD BE OF A NATURAL SOURCE. IF A FOOD CANNOT BE GROWN IN YOUR CLIMATIC REGION OR IS OUT OF SEASON, IT SHOULD BE ELIMINATED BECAUSE IT MAY BE RESPONSIBLE FOR UNSETTING YOUR YIN-YANG BALANCE.

SECRET #3. CHEW ALL YOUR FOODS AND SIP ALL YOUR LIQUIDS. CHEW YOUR FOODS TO HELP STIMULATE THE DIGESTIVE PROCESSES AND THEREBY PROMOTE BETTER ASSIMILATION. ENZYMES ARE SENT FORTH TO PROMOTE BETTER DIGESTION WHEN FOODS ARE CHEWED AND WHEN LIQUIDS ARE SIPPED. NEVER GULP DOWN YOUR FOOD. PROPER CHEWING WILL HELP BRING ABOUT A SOOTHING YIN-YANG BALANCE AND PROMOTE A FEELING OF LIGHTNESS AND ENERGY.

SECRET #4. EATING SHOULD BE ENJOYED IN A CLIMATE OF HEALTHFUL HUNGER AND NOT ON A TIME-CLOCK SCHEDULE. HUNGER IS NATURE'S SIGNAL FOR FOOD INTAKE. (IT IS SAID TO BE THE GIFT OF THE ORIENTAL DEITIES,) THE ORIENTALS NOT THAT WITHOUT HUNGER, THE BLOOD IS STILL CONCENTRATED IN THE LOWER REGIONS, AND IT MAY CAUSE A DIGESTIVE BURDEN TO CALL FORTH MORE BLOOD DURING EATING. AN ESSENTIAL SECRET OF MACROBIOTIC HEALING IS TO EAT ONLY WHEN HUNGRY, INSTEAD OF ADHERING TO A TIME-CLOCK SCHEDULE.

SECRET #5. WHEN YOU EAT, REFLECT ORIENTAL SERENITY AND EXPRESS SILENT GRATITUDE FOR YOUR FOOD. THE DELICATE YIN-YANG BALANCE BECOMES SHARPLY UPSET DURING THE TIMES OF FATIGUE, ANGER OR UPSET. A MOMENT OF MEDITATION IS EMOTIONALLY SOOTHING AND PROMOTES BETTER ASSIMILATION.

SECRET #6. EAT ONLY TWO MEALS A DAY. THE AMAZING VITALITY OF MANY PEOPLE MAY BE THIS HEALTH SECRET.

EAT JUST TWO MEALS PER DAY: YOUR BREAKFAST SHOULD BE ENJOYED IN THE MORNING, AFTER YOU HAVE PERMITTED YOUR BODY TIME TO AWAKEN AND BECOME RECEPTIVE TO THE FOODS IT IS TO BE GIVEN.

YOUR LARGER MEAL SHOULD BE MUCH LATER IN THE DAY - AT LEAST FIVE HOURS BEFORE BEDTIME. THIS IS SAID TO HELP INDUCE A MORE DEEP AND REFRESHING SLEEP.

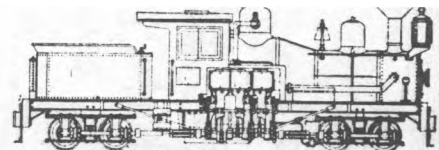
SECRET #7. BE JOYOUS IN ACTIVITY AND EXERCISE. KEEP YOURSELF ACTIVE. MACROBIOTIC FOLLOWERS SHOULD GO TO THE BEACH, THE MOUNTAINS, THE FORESTS. THEY SHOULD BREATHE THE FRESH PURE CLEAN AIR, TO RELISH IN THE WOODS AND STREAM. THEY ARE TOLD TO ENJOY THE FEELING OF THE GENTLE BREEZES AND WARM SUNSHINE AGAINST THEIR BODY.

NOW ENJOY THE SECRETS OF GOOD HEALTH BY FOLLOWING THE ABOVE SECRETS.

FOR THOSE WHO HAVE ASKED THE SOURCE OF INFORMATION TO THE DIABETICS, THEY ARE BY PERMISSION: CALIF. DIABETIC ASSN. UNIVERSITY OF CALIF RESEARCH, AND RESEARCH OF PREVENTION AND LANCELOT MAGAZINES.

Amtrak to Colorado

- John Strayer



Memories of three hour late arrivals, expensive, tasteless meals and trying to sleep in a crowded chair car left me a little skeptical as my wife, Sue, our six-year-old son, Jason and I prepared for a trip to Colorado via Amtrak, the newly formed government corporation now running the passenger rail service.

Carrying thirty lbs. of munchies, camera equipment and various paraphernalia and with Jason wearing an engineer's hat and "tracks are back" pin, we boarded the San Francisco Zephyr at the Oakland station for our 9:20 am departure.

By afternoon we had left the bay area behind and were winding our way over the Sierra passing through several tunnels, one dated 1864. During the night we crossed Nevada and Utah traveling across the center of Great Salt Lake and on into Wyoming by morning.

We were dissatisfied in not having a dome car and were told that not all the trains had them because they were in for repairs. We did have one on the return trip, however.

As we neared Cheyenne there were many antelope grazing near the tracks and the terrain was less desolate. From Cheyenne our destination was only a couple hours away and we were soon pulling into Denver's Union Station. Right on time!

Another pleasant surprise was the food. The most expensive dinner was roast rib eye with salad, baked potato and vegetable. A bargain at \$3.75 and quite good too.

A fellow passenger retired from the railroad said that when he began working over fifty years ago that the trains ran 85mph. Due to poor roadbeds our train never approached that speed and most of the time we jogged along at about 50 mph.

The only tense moments occurred as we prepared to board for the return trip and found we had been victimized by the reservations computer.

However this was quickly solved by riding in the dome car till the people we were double booked with got off in Cheyenne.

Despite its shortcomings we found Amtrak to be a pleasant and comfortable way to travel. The employees on the train were amiable and willing to explain the workings of the train or answer questions about the countryside and the steward didn't seem to mind as he went about his business with Jason being a caboose on his coattail.

Poem

Model/mimic Pierid/fall
figure/ground evanescent flutter
eluding precisely this interconnecting
modular

all
dervish tangentsign butterfly you are
turned chill frosts heiroglyph
enticing you to stay

Mimic/wish Model/mime
Pierid bright dark ground fall rhyme
evanescent cadence gently fluted sky
an aster isk i touched along the quiet
sun on wing is fire and also sky
and alltooquickthewinter comes
you were a butterfly turned
evanescence flutter cold commanded
then to fall
eluding precisely this interconnecting
modular

all knowing the spring
and leaves won't fly

Jim Milstead

The Sea Of Dreams



One evening not long after our Founder's death, we stayed on in the dinner room to discuss Continuing Krishna's suggestion that we appoint an honorary Philosopher King. It was Continuing Krishna's opinion that the voice of one wise man was worth more than a slim majority. We would not, of course, have to accept the opinion of our philosopher but we would weigh his advice more carefully than that of others. The truth was, we still missed our Founder. We all sympathized with Continuing Krishna's suggestion, but many of us felt disinclined to accept his proposal. After all, we could weigh carefully the advice of those we considered wise without giving them titles. Also, we felt concern over what might possibly be an abdication of our own responsibilities to think and decide. The evening ended with many unresolved proposals. We retired quite late.

If we had not been so tired we might have noticed the black bank of fog gathering on the horizon. It had come once before, soon after the troubled founding of our community. The black sea of dreams. By the middle of the night, as we slept, it was upon us. The heavy black particles of mist stole over us, oozing into our lungs, filling our blood streams, clammy with moisture. As we tossed and turned it settled heavily over our bodies, lifting us into dark dreams. Ominous phantom shapes grew out of it, taking hold of our minds. There was the horror of death and dying, the misery of pain and a cold irrational fear of it. We tried to cry out, fighting to be rid of it, afraid to open our eyes and see only the unrelenting blackness. We reached out for one another, but only the blackness reached back, holding us tight in its grasp. All the night we lived in the world of potential evil, knowing the power within us to act out the black suggestions. Now there was the face of terror distorted in an un-ending scream, the face of cruelty, rigid and smiling, the pale, unforgiving face of death, and always the faces were our own. The night seemed endless, but eternities later it did end and with it went the sea of dreams.

The next morning we were badly shaken. Some of the children were hysterical, never having experienced the black mist before. We huddled together, gathering strength and calm from one another. "It has passed, it has passed," we told the children. "We are all together still." Finally we made our way to the breakfast room and many cups of steaming milk and cereal. The sun shone in all around us making the night unreal by contrast. We talked about our dreams and gradually they lost their hold upon us. We decided to leave the discussion of a Philosopher King and approved of Sparkling Red Wine's final statement on the matter: "If there is one among us who would be a Philosopher King, we will come in time to know of it."

Sunflower



from
the
Origin

Tewksbury

TELL IT TO THE TURKEY:

What's happening with the Central Pool Hall? In the past two years devoted patrons of the colorful establishment on Washington Street have watched it disintegrate. Toilets are stopped up, pool cues aren't queued, tables aren't level, lights don't work, and worst of all, motorcycle gangs seem to appreciate the new atmosphere. Wouldn't it be nice to have the old days back when all of us here in town could enjoy the leisurely afternoons and evenings of congeniality and pool games? Let's look at a unique feature of this town: we are a heterogeneous group of people living in a homogeneous setting. Hippies, red-necks, artists, iconoclasts, respectable-straight, young and old, alike used to congregate in a spirit of harmony in one of Pt. Richmond's most self-representative institutions: The Central Pool Hall. Don't know about you but we miss it...

TRITE BUT TRUE BUT TRY AND KEEP IT QUIET:

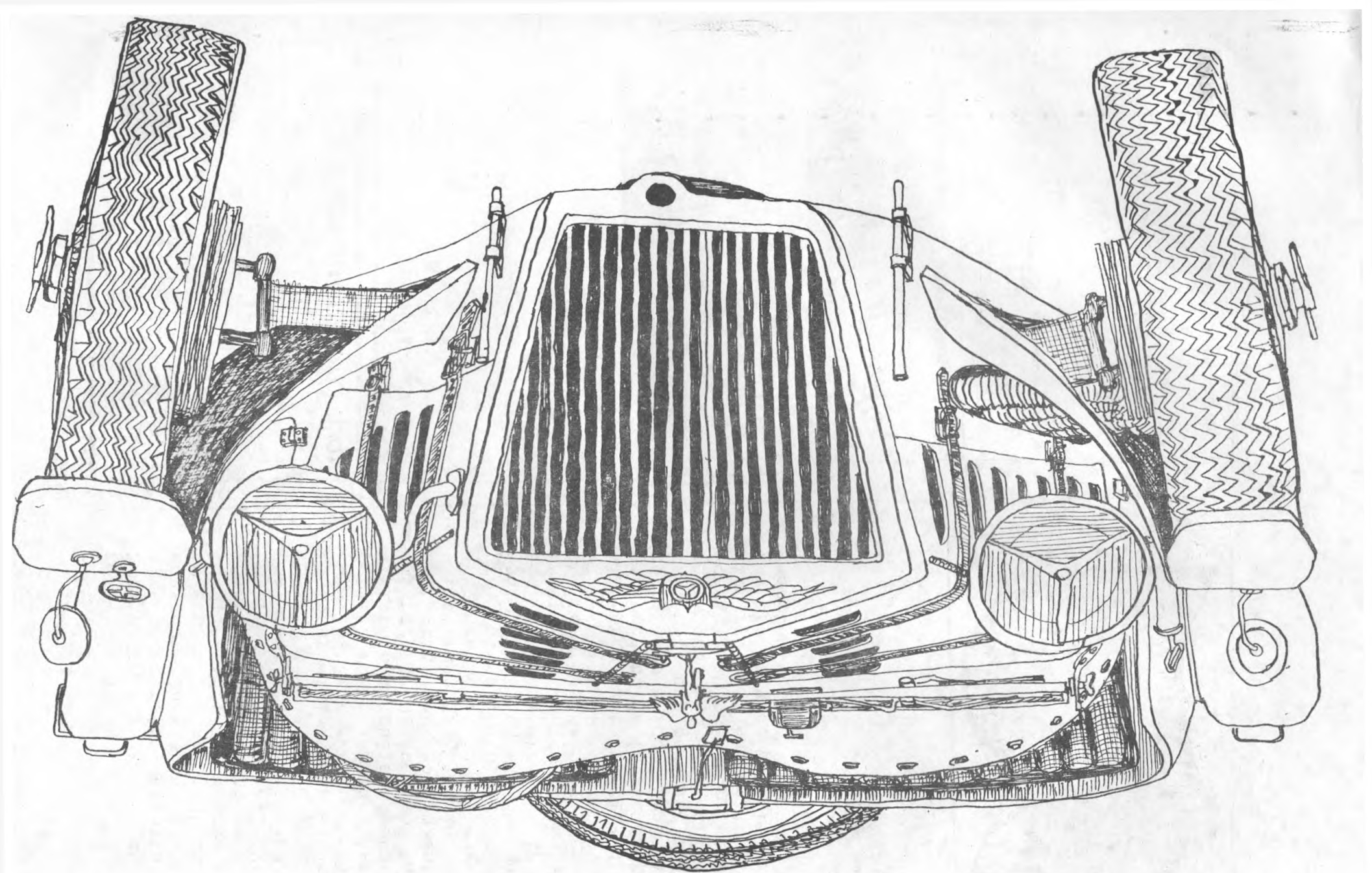
Rumors about town tell us of a tremendous bonfire party hosted by Ray Reynolds on the west waters of Pt. Richmond. An enviable time was had by all. The large assemblage was treated to a new food product called "Empanadas," a spicy meat sauce inside a fried bread dough originally indigenous to the country of Portugal. From what we hear someone is planning to retail these tasty items in town soon. We hear they're good so watch for them.....

Vince Hickey, New Orleans-blues-jazz artist, playing Saturday nights at the Baltic, added a fifth member to his capable quartet. The sounds and dancing are even better.....Daisey does it again: John O. Daisey, tax consultant, and surely up to his old tricks, is still close-mouthed about his plans for the Hotel Mac.....

.....Beautiful superstar, Barbara Armstrong, looking well after her long diet, may have started a new trend. Pt. Richmond, famed for overindulgent women with wide posteriors, may look forward to a host of women following Barbara's example and slimming down. We hear many are jumping on the bandwagon and going on Barbara's diet after her spectacular success. Let's hope so.....Speaking of Barbara, her big biker boyfriend certainly seems to have tamed her.....Catch a new addition in the form of Linda Boynof at the base playing with Rich Tapp on the guitar at the Point Restaurant.... Joel Beck and David Boyd, after being permanently 86ed, unconditionally readmitted to the Spot bar to drink and listen to Tommy Dorsey and Fats Waller as long as they wish on the juke box.....

....Michael, "Lavin all the way to the bank," recently noticed snuggling with a mysterious blonde in various taverns. Asked for comment, the waterbed magnate only mumbled something about a new life on conventional mattresses....As prominent members of Pt. Richmond's cafe society (otherwise known as "town drunds"), we have found the best way to gather information for this column is to be in Jumbo's between 7 and 9 in the morning who's having breakfast with who tells a lot about what went on the night before.....Did you know John-John and Captain Rob have been on the wagon for the past month?....Direct from the wreck: the happiest guy in town with a new job must be Chuck Massey as

manager of the local Recreational Center. Good vibes about the whole thing from the young people. Chuck plans to integrate adult programs at night with classic films. Check into it and find out what's going on.....



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Feeling that we should do our part to make the current recession credible, I have come up with an idea that seems to be generating some enthusiasm. Talented and idealistic as we are here in the Point, we often find we have services to offer but no money. Hence--the "Services Exchange" is born.

No money will exchange hands in the Services Exchange. The idea is a service for a service. Are you an artist in a studio apartment who eats out more than you like? Are you a fantastic cook who wouldn't know a paint brush from a hole in the ground? Get together. Do you have a dead tree but no chain saw? Do you have a chain saw but need somebody to help you with your wiring? If you are interested in the concept, check out the form on the next page.

All forms that are filled out and returned to me (or to Jumbo's) will be bound into a loose-leaf binder (so that more can be added and old ones taken out) and kept at Jumbo's and possibly another copy at the West Side Library. Any suggestions for expanding the service will be gratefully accepted.



Name, Address and Phone Number

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or contribute

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carpentry
plumbing
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jewelry
cloths
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babysitting
typing
books
tools
writing
stained glass
roofing
painting
hauling
yard work
quilts
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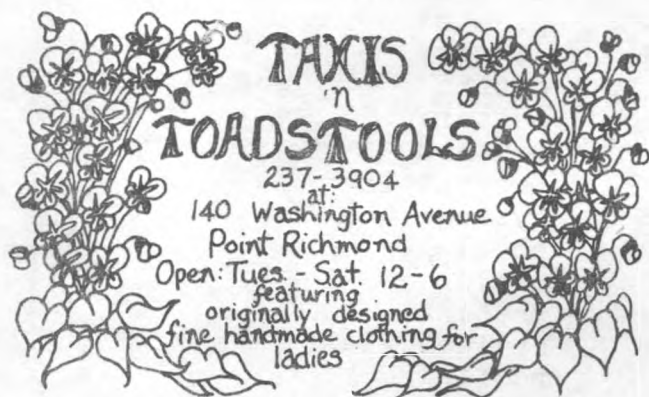




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& patio of fashion

Gravity Man (cont)

He comes over to Point Richmond every now and then to look at San Quentin. He is a connoisseur of views of San Quentin, and the one from Golden Gate is his favorite. He really loves to look at San Quentin.

"What's going on around here," Leroy asked as we turned on to Park Place, "What's Founder's Day?"

"Beats me. Some flack from San Francisco dreamed it up. I'm selling pumpkins though. Today, Leroy, I am a big butter and egg man from Point Richmond, hustling pumpkins like mad!"

But he took a look at my booth, where my wife, Lynn Erskine, my daughters and a lot of kids were busy selling, and he notices that I am walking around drinking wine and eating one of Dave Boyd's empanadas, and he says, "You must be doing the brain work, right?"

"Absolutely! Right you are. Count the cash! Do public relations! The women and children can handle all the other sordid details."

We walked past Dorothy and Jane, who were telling fortunes, past the glassblower, past Joel Beck and the face painting booth and into the Baltic. Everybody in the Baltic looked a little blurred around the edges. You know how it is at Point Richmond celebrations after three O'clock.

When we got our beers, Leroy asked, "Listen, what have you invented lately? What inventions have you got going?"

Leroy is obsessed with the idea that all his friends are inventors. If he really dislikes a person, he tells them that they couldn't invent the side of a barn. If you are his friend, you try to come up with an invention.

Con't...

"well, let's see, Leroy. My latest invention is, ah, a way to survive if you are shipwrecked and wind up in a rowboat."

"Does it have anything to do with goats?"

"Goats? No, my invention is that if you are shipwrecked and don't have any paddles, you should take out a big roll of scotch tape, and wrap up all your fingers and your whole hand clear up to the wrist. Keep your hand flat, and wrap it really tight! When you are done, you can then use your hand like a paddle and paddle to land. If you are in a really skinny boat, you could wrap both hands and get to land twice as fast!"

He could see the logic of that, but he said, "But what if you don't have any scotch tape?"

"Use masking tape."

While he was thinking that over, we sipped our beers and watched the people pass by.

Abruptly, Leroy said, "I have been thinking a lot about gravity lately. I think gravity is one of our most important inventions!"

"Absolutely!" I agreed, "To me, it's one of the biggies. It ranks at the top, right up there with fermentation and lust!"

Leroy said, "It is impossible that anyone with an ugly name like Newton could have invented anything as beautiful as gravity. Fig cookies, yes. Gravity, no."

"Who do you think invented gravity, Leroy?"

"Archimedes! You can forget all that apple on the beaner stuff. Archimedes invented gravity. In fact, if he hadn't invented gravity, Newton wouldn't have even been here. He would have been floating out past Jupiter or even farther. You ever think of that?"

con't... 20.

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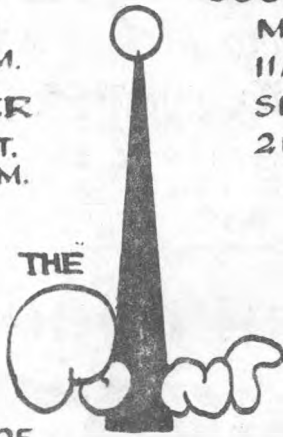
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It had never occurred to me. We drank a toast to gravity. We drank a toast to a couple of young girls who passed by and who were doing a notable job resisting gravity. Later, we took some pumpkin booth profits and went to do public relations in another saloon.

On the way, we passed by this fellow who was on his hands and knees in the street, barking at his dog. The dog was barking back. "The city should keep these streets smoother than they do," Leroy mentioned, "A person could tear his Levis when he wants to have a conversation with his dog."

Inside the saloon, two girls were having a fistfight, pulling hair, knocking things over.

"I always enjoy these Point Richmond celebrations," Leroy said. Later, he had to go and I last saw him walking up Washington, peering into parked cars, with the puzzled police following silently behind him, trying to figure what he was doing. All he was doing was going up to see San Quentin. The night view of San Quentin is the best, Leroy says.





HEAR HERE !

by Donna Roselius



It's possible you haven't noticed the increase in quality and quantity of musical events and educational opportunities. Where? Close enough to be overlooked. Those of us who tend to look for "really good entertainment" beginning at the edge of Berkeley, and extending into San Francisco can, without embarrassment, look at Richmond. Many people from the Berkeley-Oakland area (as well as people in Pinole, El Sobrante and San Pablo) are enjoying the musical offering emanating from Richmond. Why not you?

The East Bay Music Center, located at 24th and Barrett, Richmond, has an amazing variety of classes and lessons in the Performing Arts. Grace Lutheran Church houses most of the school, but it has bulged out into other parts of the community for many of its classes. Stop in to pick up a brochure. There are far too many classes in everything from drama to dance to music to begin listing. By this time (after four years of existence) the school offers something for almost any age or interest. Approximately 500 people attend the school, and find, among its forty faculty members, the best available in the East Bay.

Besides just offering training in the performing arts, the school presents free -- FREE Coffee Concerts each 2nd and 4th Thursday, at 7:45 in Grace Lutheran's Fellowship Hall. The next one will be a Flute-Guitar concert (besides performances by students), featuring Janet Woodhams and Peter Draper. Come and sample the kind of music you can find here.

A more formal concert series includes the "New Port Costa Players", presenting Haydn's comic opera, "The Apothecary", in an English version by Donald Pippin. This concert will be presented November 7, 8, and 9, at 8:30. The 7th and 9th will be at the Unitarian Fellowship Church in Berkeley; the 8th, at the Richmond Art Center, Main Gallery.

On November 21 and 22, "Los Flamencos de la Bahia" will present music and dance. at the same locations; the 22nd

OPEN HOUSE at the Music Center will accompany a pancake breakfast (only \$1), on November 16, from 8 to noon. If you want to visit, have breakfast, enjoy some music and see what's going on, please come. Door prizes will also be given, including a TV set, donated by the El Cerrito Jaycees.

BUT THAT'S NOT ALL.

There is another very active organization that has been presenting concerts in this area for two years. This year, Musical Arts has grown larger, and better. It has changed the name of its orchestra to the Contra Costa Symphony, and of its large chorus to the Contra Costa Symphonic Chorus. Ron Daniels is Musical Director and conductor of the Symphony; Joseph Liebling is conductor of the Chorus. Other small choral groups include a Chamber Chorus, an Experimental Chorus and the largely Point-Richmond based Madrigal Singers.

The first concert in their concert series included both the large chorus and the symphony orchestra in Dvorak's "Requiem." The next concert, on November 22 and 23 will feature its Young Musicians Award Winner, Jeanni Boyd, in a Pergolesi flute Concerto and Griffes' Tone Poem. Samuel Barber's First Essay for Orchestra and Bach's Suite No. 3 will complete the concert. The November 22 concert is at First Presbyterian Church on Barrett Ave., Richmond, and the 23rd, at Trinity Methodist in Berkeley.

The original chamber version of Handel's Messiah, with Baroque setting and orchestration, will be presented December 13 and 14, at the First Unitarian Church, Kensington, and at Trinity Methodist. This performance has had turn-away crowds in the last two years, so if you want to attend, call Musical Arts for a ticket. (233-1466.)

If you like music, dance, drama -- of any kind, you're likely to find it close enough to touch. Call the Music Center (234-5624), and Musical Arts (233-1466) for more complete information!



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Masquer's

A new play at the Masquer's is always a treat because I know that two free tickets will be mailed to the Point Counterpoint. Last month Pat Sinnawi and I attended opening night for the Inspector General, a satiric farce about political corruption under the tsars of Russia in the 19th century.

The play shows what can happen when an entire town is taken in by a fast talker in a "comedy of errors". It is a delightful portrayal of believable characters with their individual fears and failings. I recommend it enthusiastically.

The play will continue at the Masquer's Playhouse, 105 Park Place Friday and Saturday evenings at 8:30 pm through November 23rd. Reservations can be made by calling 233-4295 after 3:00pm. Tickets are \$2.50 each.

I wonder if many towns the size of Pt. Richmond are able to boast of having their own playhouse?

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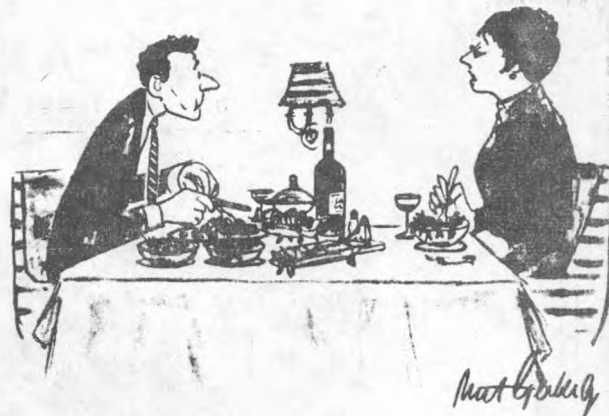
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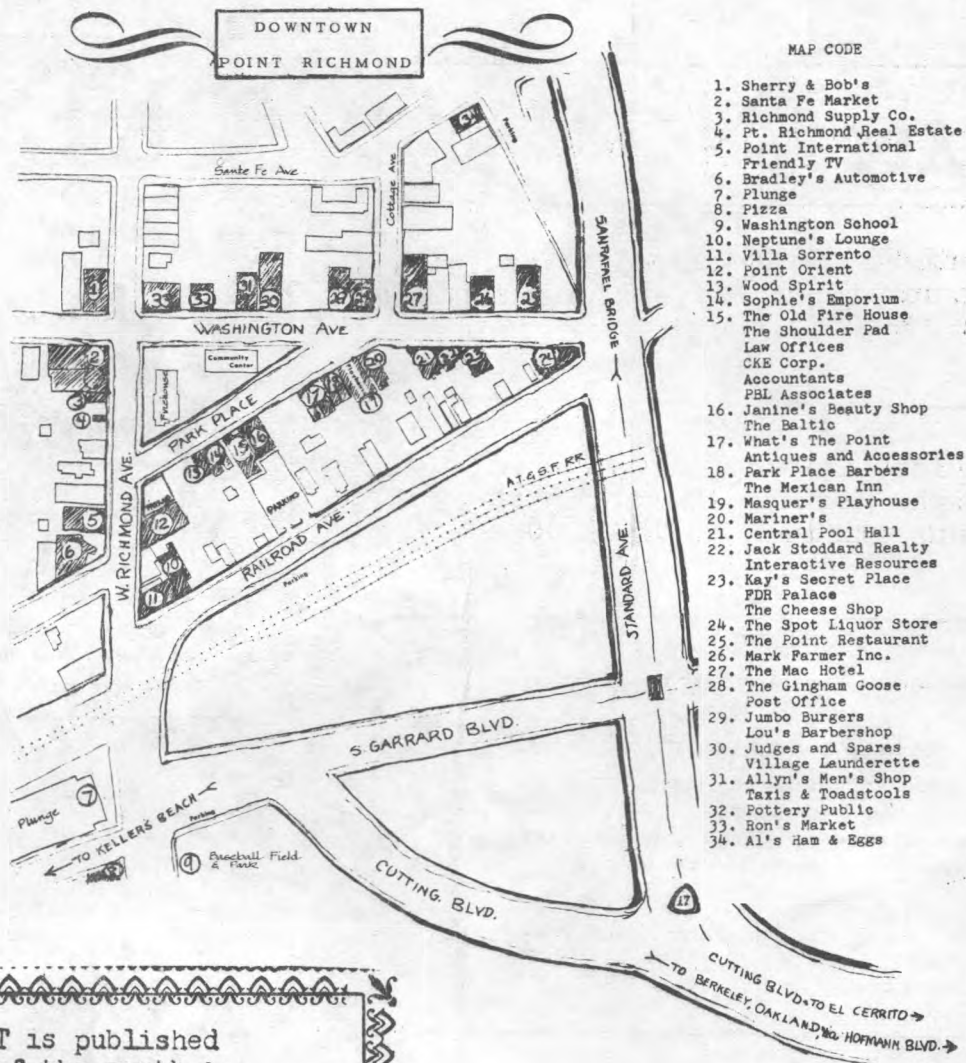
Editor's NOTES



A very big thanks to all the contri-
butors this month. I knew it was
going to be hard to follow a Point
Richmond History Issue, but with a
little help from my friends, this one
turned out pretty well.

Next month the Point Counterpoint will
have a guest editor, Jeanne Eger, who
was responsible for the paper's re-
birth early this year. I will be
taking it easy for a month, and tryin
to put together the Service Exchange
binder. (Forms on page 18)

I still need recipies and art work.
The number to call for suggestions,
contributions, complaints, etc. is
234-6989.



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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