



The Pescadero Fish Wrap

May/June Issue

Community Story: Lynne Bowman

Lynne Bowman and her husband, Rodger Reinhart, have called Pescadero home for almost 25 years and has no intention of leaving anytime soon. She loves the peaceful nature of the small coastal town along with the unique and amazing people who are a part of it.

While Lynne has always admired the beauty of this area, one of her favorite things about living in Pescadero is the amazing community of women. "I am absolutely delighted every time I think about it, that I landed someplace with so many wonderful women," Lynne expressed "I mean, I could go out in the street and holler and have a group of women at my place painting and dancing and singing in 20 minutes."

Lynne admires the creativity of these women and how they are always able to find time to spend with each other. "We see each other at the post office, we workout together, we see each other all the time! We really are a powerful group of grandmas" Lynne explained.

In addition to finding an amazing group of friends, Lynne has found a passion in helping to improve the

local schools. She is a trustee on the school board of the La Honda-Pescadero Unified School District and has been using this position to make the school district the best it can be.

Her latest project with the school board has been to create new housing in Pescadero. By creating more and affordable housing in the area, essential workers such as teachers would be more willing to come to Pescadero. It is currently difficult to find teachers who are willing to make the commute to Pescadero every day to teach in such small classes.

Her approach to this project along with many others is to ask, "how can we be creative about this? How can we take the advantages that we have in our small rural community and turn them into advantages for the kids?" she explained.

Lynne found that "because we have small classes and a small staff, we have the ability to actually get to know so many people personally." This is something she realized is a huge advantage we have as a small community that bigger cities may not get to embrace as well.



Lynne and Catherine Peery recording "Coastside Conversations" for KPDO

Being able to know the community well has allowed the school board to make decisions based on what is best for all the families involved. Lynne explained that because the school board knew how busy and hard working the residents are in this area, they decided to make school board meetings later in the evening and as efficient as possible, in order to not waste any valuable time.

Lynne is also pushing to better the communication between school staff members, the school board, students, and parents. "It's absolutely essential that we do our best to communicate with everyone about what's going on in the schools" she stated. ➤pg.2



Lynne riding her horse, Miss Lace, at a show in Burbank

Lynne is not just involved with the local schools but is also the president of The Pescadero Foundation, which sponsors the Pescadero Farmer's Market, PAFF,

Arte Motu, Workforce Housing Organization, AMP and other local nonprofits.

With the COVID-19 pandemic currently happening and being sure to follow the shelter in place ordinance, Lynne has been working on a few other projects to keep herself busy. "My husband and I have basically been sheltering in place since 1996," she joked, "but I've been painting all my furniture, cleaning the whole house, and making more videos with my time."

Lynne has been making YouTube videos during her free time, covering topics such as composing, how to make plant-based meals, and various book recommendations. These videos are a way for her to express her creative side and share

some tips and tricks she has found helpful throughout her life.

Staying at home with her husband, two beautiful dogs, and an endless list of projects and books to read, Lynne is taking advantage of the otherwise scary situation. Being able to slow down and appreciate the little things in life instead of constantly being in a rush has been a refreshing change in her busy life.

Check out Lynne's Social Media!

Instagram:

@lynnebowmanandcompany

Website:

www.lynneparmiterbowman.com

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Pescadero Pond

Hello again Fish Wrap readers and listeners. Very pleased that we can continue to keep you informed and quasi entertained. I'd like to really thank our advertisers that stand by these communities every single month and all of you are the best for supporting them, you're the best this community has to offer!

Okay, let us cast out there, see what we can hook and bring to the table. We all are still in confined existence and looks like that won't change radically for the near and maybe the distant future. It is great and encouraging to see the states that have opened a good deal more than California are seeing declines in their positive cases. Guess we will catch up at some point once we can start opening and hustle to recover our economy.

PMAC did not hold a meeting in April. The Zoom meetings had not really evolved as they later have, so the first one was held in May. There was not a lot of promotion about it as it was the first time that the technology was tried by the board and it went pretty well, and no doubt will be done again in June. That second Tuesday is the 9th and how to participate will be posted. Happily, there is a new member planning on joining the board. Kassi Talbot, daughter of Pat and Rob is jumping into the boat and will be offering up her time and talent to our communities. Thank you for stepping in Kassi.

One ongoing task the council has been working on, forever, is arranging for trash cans and twice weekly pickup services for downtown. There is unfortunately, a

group of people that just don't give a damn and keep leaving their food containers and empty beer cans in the only community parking lot we have. The council has even installed additional street lighting to help and it has a little bit. The first receptacle will be placed by the public toilets and hopefully they will use them. The style of the container will be perfect for someone to place advertising on and maybe a local realtor or other business will come forward if as it's only about \$14 p/week. If you are interested, please contact Nic Erridge. If you need his contact please just drop a note to our email: thepescadeofishwrap@gmail.com

On another note, it's been announced that our Farmers Market starts next month. In case you haven't noticed, the thrift store

has placed a bookcase outside in front of their store for people to help themselves. A tip of the rod to manager Pam Mayer for a great idea.

Planning and research continues on the property next to the high school where the home of the new Cal fire station is slated to be located. The state, county, and school district are involved in rowing this through the bureaucratic waters and endless process. Albeit the best guess is 4-5 years to the grand opening. BTW the current (soon to be former) site will be repurposed for community uses. The barracks will be 86'ed but the big metal building that currently houses the trucks will stay. More updates as available.

Tip of the rod to Diana Shu and Randy Cohen at the county ➤pg.4

Your Voice is Essential!

Your work, health, family and YOU are essential to our community. Stand up and be counted in the census.



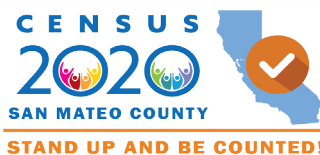
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for excellent work in getting the speed limit sign that starts about three and a half feet before the LM Store moved further West to give drivers a chance to react and slow down to 25 before blowing past the place. Not only that, but they have put up “school bus stop ahead” signs as well. The Lomamartians, the kids, the school bus drives and the unbeknownst sport car drives that hit 50+ miles per hour through

there (and have yet to run over any people) all appreciate this. Would be amiss if we didn’t give a tip of the rod to PMAC as well.

Through a lot of hard work, dedication, and money KPDO is back on-the-air. Tip of the rod to tireless work by Catherine Perry and the rest of the gang for shepherding this through. When there’s a finalized program guide

we’ll post it on our website so may look up what might peak your interest in tuning in. Unfortunately, the live coverage of the station signal is pretty much limited to town but stream away online, on your phone or in your car.

More next time.

-Fil Let reporter at large and around the pond.



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Agricultural Insights: Mental Health

Mental, emotional, and social health is a topic that has been increasingly brought up within the agriculture industry over the past few years. The hard and isolated work farmers and ranchers do every day along with possible additional family or financial problems can all add up. Without proper resources or ways to deal with these stresses farmers result to the worst of solutions, suicide.

The suicide rate for those in the agriculture industry is staggering and continuing to rise as pressures

to make a living increase. The need for more resources is apparent, but as challenging as creating those resources is, is getting farmers and ranchers to admit that they need help can be even more challenging.

Farming and ranching are typically a family run business that has generations of family history and hard work attached. The pressure to keep these farms and ranches running and staying within the family is a large contributing factor of stress and depression in farmers.

With an increase in stress along with having a typically very solitary job many farmers feel hopeless and can make some saddening decisions. In fact, for farmers the suicide rate is five times higher than the national average and even double the rate of military veterans.

Fortunately, there has been an increase in support programs for farmers to access if they are starting to feel depressed or overly stressed. The Farm Bureau has made it a point to keep this issue one of their

top priorities and create positive solutions for such a pressing issue.

The Farm Bureau providing support has been one of the most successful ways to get farmers help because many are already involved in the Farm Bureau and know they are an organization that can be trusted.

In general, people in the agriculture industry tend to be more isolated, be intimidated to ask for help, and be too prideful to accept offered help. This reflects the trend in the industry, that asking for help is a sign of weakness. Therefore, the key to solving this problem can be to begin by teaching farmers and ranchers that asking for help is ok and that it actually makes you stronger, not weaker.

Another contribution to this problem is the lack of time farmers have in their days. Often, farmers and ranchers are up before sunrise and working well past sunset in order to finish everything that needs to be done for the day. This lack of time makes it harder to seek out resources or trusted friends and family to confide in.

This is when the Farm Bureau and other resources come in as a helpful solution. Farmers already take the time to go to Farm Bureau meetings, so having access to mental health resources within these resources make it much more likely to be used.

Along with making resources more available and teaching farmers and ranchers that asking for help is ok, being aware of the signs of depression or suicide is a key way to know when someone needs extra help and love.

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STAND UP AND BE COUNTED!

Some of the key signs to look out for in farmers is “Decline in care of crops, animals and farm, deterioration of personal appearance, increasing life insurance, withdrawing from social events, family and friends, change in mood and or routine, increase in farm accidents and an increase in drug and alcohol use.”

Educating those in and surrounded by those in agriculture about these signs and what to do if they notice a loved one displaying these signs could have the potential to save a life.

There are many different resources people can reach out to get more information or help. These include:

National Suicide Prevention Lifeline: 1-800-273-8255.

The Farm Crisis Center: <https://farmcrisis.nfu.org/>

Rural Health Information Hub:
<https://www.ruralhealthinfo.org/topics/farmer-mental-health>

References:

www.agrisafe.org/mental-health
www.agcountry.com/Tools/mental-health-resources-for-farmers
www.ruralhealthinfo.org/topics/farmer-mental-health
www.agdaily.com/insights/aaea-panelists-discuss-farmer-mental-health/



Catch of the Day

Are you smarter than a fishgrader? Take a few minutes to challenge and strengthen your brain with a few games!

Sudoku Puzzle

Directions: Each puzzle consists of a 9x9 grid containing given clues in various places. The object is to fill all empty squares so that the numbers 1 to 9 appear exactly once in each row, column and 3x3 box.

								4
		5	9		2		8	
1		7	3	6		9		
4								2
					7	3		
		6		5	4	1		
	2				3		7	
	5		8					

Pescadero Wordsearch

Spring	Season	Picnic
Flowers	May	Butterfly
Sunshine	June	Pool
Beach	April	Outdoors

Z K E K D E S Z Q P S L R
 P B J B B R N G A I R O X
 G G M E E K R U S C O O G
 A D A W Y N S L J N O P V
 H C O A V H I E U I D C L
 H L M K T L T H A C T W M
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