



bar codes

poetry etc.

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C O N T E N T S

Prelude

Daily Acts - Four Values

a void dance

bare back

Dirty cars and digital women

flat tire

God and Us

The Referral

World of Things

You're coming to take me home

Daily Acts – Petaluma, CA

Four Values

RIPPLES – Be the Change

Keep a positive, proactive attitude.

Live your inspiration and purpose.

Focus on your circle of influence.

REVERENCE – Start with Your Heart

Be kind and compassionate.

Begin with awareness and wonder.

Be still in your heart.

RELATIONS – Nurture Community

Foster critical connections.

Embrace equity as a process and a goal.

Build people power.

RESILIENCE – Persevere with Joy

Practice self-care as community care.

Be a force of nature.

Adapt and thrive.



<https://dailyacts.org/our-values/>



a void dance

sadness depression anxiety
lack of self-esteem
self-pity
self-destruction
lack of participation
alienation
hiding memories
looking sideways
guilt and shame
self-judgement
a good front
avoiding people
unfulfilled
lack of vision



bare back

I was your bare back many years ago
Now I am your leather bucket seats

Dinosaurs' bodies buried high-up in ash
Waiting for your fracking to begin

I hear you once in a while
Giving speeches to the dead

Smothering in our red white and blues
Mommy puts the pie on the shelf



Dirty Cars and Digital Women (rant)

Dark scenes from a bi-polar meme?

What is God's assignment for me?

Swimming upstream? Self-esteem

Post-mania struggles with no feelings

Just drug pumping

Where is a psychologist when you hail one?

Too many lost experiences

My artistic engine spudders

Not happy with just black and white

62 going on... retirement?

Money is beyond tight

The Job and job searching is dead

The piggy bank has lost its head

I am the start-up that never started

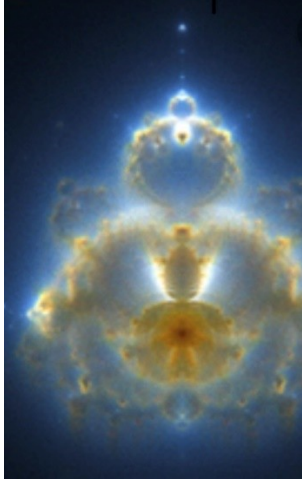


flat tire

My orbit is done
Crashing slow earth reality
Where my bipolar burner
Is a flat tire

Loneliness is a mental illness
A no mind zone
The transitionist prays
A world beginning

Prescription coat tails
Sugar coated
Materializing a path
Transfers here



God and Us

black and white sister and brother

mud and water kat and mouse

black tie white shirt church and state

car and driver shower and soap

hamburger and fries kicker and tee

candy and tooth decay drummer and sticks

copier and copies rifle and shells

me and you.



The Referral

‘Throughout the world, the AK and its variants are commonly used by governments, revolutionaries, terrorists, criminals, and civilians alike. In some countries, such as Somalia, Rwanda, Mozambique, Congo and Tanzania, the prices for Black Market AKs are between \$30 and \$125 per weapon and prices have fallen in the last few decades due to mass counterfeiting. In Kenya, "an AK-47 fetches five head of cattle (about 10,000 Kenya shillings or 100 U.S. dollars) when offered for barter, but costs almost half that price when cash is paid". There are places around the world where AK type weapons can be purchased on the black market "for as little as \$6, or traded for a chicken or a sack of grain."

The AK-47 has also spawned a cottage industry of sorts and has been copied and manufactured (one gun at a time) in small shops around the world. The estimated numbers of AK-type weapons vary greatly. The Small Arms Survey suggest that "between 70 and 100 million of these weapons have been produced since 1947". The World Bank estimates that out of the 500 million total firearms available worldwide, 100 million are of the Kalashnikov family, and 75 million are AK-47s. Because AK-type weapons have been made in many countries, often illicitly, it is impossible to know how many really exist.

AK cartridges were smaller than traditional rifle cartridges, which meant that a fighter with a Kalashnikov could carry more ammunition, and be more deadly, than riflemen of previous eras. The rifle's medium-power cartridges also meant the weapon had little recoil, allowing trainees to learn marksmanship at standard combat ranges with relative ease. These qualities contributed to the weapon's popularity among those who carried it; in much of the world the Kalashnikov became the everyman's gun.'

source: <https://en.wikipedia.org/wiki/AK-47>



World of Things

Incessant sounds of nothing
Echoing down the clowns

Afternoons spent reaching
Facebook down

Shoe polish and animal spit
Gum up the prey

Lights malfunction again
Jesus in clay



You're coming to take me home

You're coming to take me home

Come dance in the end zone

Matches in my pocket

Blood on the TV

Brother can you share the planet

It's just a little blue ball

solar dried

Get the call

The car is out back

Stuck in the mud

Gasoline remindfulness

Gone