

CONA

Citizens Offering New Alternatives
www.conamaine.com

PO Box 649, Newcastle, ME 04553
SPRING 2007

Human beings are doing so much violence to one another, so much violence to our earth. This issue of CONA News presents individuals who are working to create a better world, because of, or in spite of the great, difficult issues confronting our country and the world. We mean it to be an expression of CONA's concerns in recent months and the direction we want to take.

CONA Annual Meeting

SPEAKER TO FOCUS ON BUSH FOREIGN POLICY FAILURES AND PROSPECTS FOR THE FUTURE

It is not easy to argue that the Bush administration's foreign policy has been a success. But how did we get into this mess? Was it the fault only of the top leaders in the administration? Or should the blame go wider? Have we now passed the worst? What have we learned from Iraq? Or do similar mistakes lie ahead over, for example, Iran or China?

Jonathan Clarke, a retired diplomat, foreign policy expert and author, will discuss these and other issues as the featured speaker at CONA's annual June meeting.



Clarke, co-author of the newly published book *The Silence of the Rational Center, Why American Policy is Failing*, and the 2004 book *America Alone, the Neo-Conservatives and The Global Order*, lambastes neo-conservative policy prescriptions and explores why the nation's media, its politicians, academics and think tanks have until recently so readily accepted the Bush administration's glib assumptions and moral righteousness about America's role in bringing democracy to Iraq at the point of a gun.

"Sadly, the rational center was silent on Iraq," he

go to "Annual Meeting" on page 2

WHY ME? TRAINING WITH AL GORE

By Paul Kando

"Thank you for your willingness to join us in Nashville....You will become part of a remarkable community... continually update and improve your presentation... I intend to be an active part of that community..." So the letter went and now here I am in a ballroom of the Downtown Hilton, across from the Country Music Hall of Fame, sharing in a thunderous standing ovation welcoming its writer.

Seated at a round table, my companions are Dick Gregory's former manager, a retired Navy officer, a lawyer from Montreal, a geography teacher, a housewife, a petroleum engineer, a comedian. Seated nearby are a Puerto Rican physician, a Maine forester, a California permaculturist, a realtor, a sheriff's deputy, a Belgian design engineer, an architect from Slovenia, a Rhode Island beauty queen, college professors, students and employees from Wal-Mart. We are 200 in all, aged 16 (a Ugandan boy) to 70 (me).

Having asked us not to interrupt with questions, Al Gore launches right into an updated version of "An Inconvenient Truth," without notes or teleprompters. We follow each PowerPoint slide, taking notes in the brown ring binders we were handed at check-in.

After a short break the "lab version" of the same presentation follows with Al explaining the rationale behind every slide. The give and take is lively. Gore is quite funny, with a gift of self-deprecating deadpan. He remains on his feet for the better part of the day.

Our days start with a communal breakfast at 7am, training goes from 8-5:30, with two breaks and a

go to "Al Gore" on page 3

PEACE WITHIN - LIVING AN AUTHENTIC LIFE IN THE 21ST CENTURY

"The seeds of conflict begin in the oh-so-human condition of having a body, and the very necessity to sustain that body puts us in potential opposition to other living beings on this planet." So states CONA Board member Tom Myers, nationally-recognized therapist, lecturer, and founder of Kinesis, Inc.



Myers invites us to put the spiritual message of the body into perspective, and learn about:

- Handling conflict and cooperation in your immune system;
- Overcoming stress and distress in your body's mind;
- Becoming integrated and authentic - what does it look like and how can we get there?

Our cultural heritage puts us at odds with our body. Being out of tune with our bodies leads to environmental imbalance, and environmental imbalance leads to war. Being in tune with our bodies reduces conflict, and gives us access to the intuitive wisdom deep within.

Myers states that the phrase, "Let there be peace, and let it begin with me", is an internal process, "an expression of neurophysiological balance."

Tom Myers, son of CONA founders Julia and Edward Myers, has practiced manual therapy for over 30 years and lectures worldwide on structural anatomy. Author of *Anatomy Trains* (Elsevier 2001), Tom has written over 60 articles for journals and trade magazines, and produced over 10 videos on 'the anatomy of connection.'

CONA's mission is to provide opportunities to address the evolving problems of peace and social justice locally and globally. Our programs include education, discussion, political action, and celebration to encourage the community to become active, involved citizens. We work in collaboration with other regional organizations sharing concerns for pressing issues such as poverty, overpopulation, war, and environmental protection.

ANNUAL MEETINGCONT'D FROM PAGE 1

writes. "In the months following the Taliban defeat in Afghanistan in December 2001, when plans were under way to invade Iraq and 'transform' the region, the rational center had a responsibility to lend its expertise to the debate...to push back against the policies that would bring so much dysfunction and chaos."

Clarke notes that since the November mid-term elections bringing Democratic control to Congress the Bush administration has been forced to become somewhat more cautious and realistic in its foreign policy decisions, but he worries that similar missteps could still take place in U.S. relations with other countries, especially with China, which he said would be even more disastrous for the world.

Clarke is a Senior Fellow at the Carnegie Council on Ethics and International Affairs in New York. He also is Managing Partner at The Washington Analysis and Assessment Service, which advises international clients and publishes *The Swoop* (www.theswoop.net) a weekly newsletter on American foreign policy.

In Washington he has been a fellow at the Woodrow Wilson Center for International Affairs and at the CATO Institute. Additionally he has published articles in the leading foreign affairs journals and appeared as a commentator on radio and television.

Clarke received a B.A. and an M.A. from Oxford University, and spent a career in the British Diplomatic Service, including duty in Washington.

In 1995 he coauthored *After the Crusade: American Foreign Policy for the Post Superpower Age*.

Our annual meeting will take place Saturday, June 16, starting at noon in the Dining Commons at Lincoln Academy in Newcastle. Please bring some "finger food" to share for an informal lunch. (We'll provide beverages). Jonathan Clarke will speak at 2 p.m. following the lunch and our annual business meeting.

SOME GOALS FOR OUR FUTURE FROM GARY SNYDER

Clean air, clean clear-running rivers; the presence of pelican and osprey and gray whale in our lives; salmon and trout in our streams; un-muddied language and good dreams.

Balance, harmony. Humility, growth that is a mutual growth with redwood and quail; to be a good member of the great community of living creatures. True affluence is not needing anything.

From *A Place in Space* in *The Gary Snyder Reader*

LOCAL AUTHOR DISCUSSES FOUNDATION HE FORMED TO EDUCATE AT-RISK GIRLS IN CAMBODIA

by Wendy Ross

Fred Lipp, a children's author and retired Unitarian Universalist minister, was the CONA monthly public forum speaker the evening of February 21 at the Skidompha Library in Damariscotta. He gave a lively discussion of why in his retirement years he decided to found the Cambodian Arts and Scholarship Foundation (CASF) to help educate poor and at-risk girls in Cambodia.

Fred and his wife Kitty showed photos of their most recent visit to Cambodia, and related that since its inception in 2001, with only a modest budget, this

AL GORECONT'D FROM PAGE 1

sumptuous lunch. Then dinner, entertainment and socializing with Al and Tipper at one of Nashville's night spots. With luck, one gets to bed by 10:30. Everything but the travel to get here and our hotel room is on the house. The training is first class.

About half of our three-day program is devoted to the science behind climate change, led personally by Gore, with a panel of assorted scientists ready to field questions and fill in details. The other half is devoted to presentation-skills, led by Andy (*Why Bad Presentations Happen to Good Causes*) Goodman, a Los Angeles communications trainer. It all culminates in a Sunday evening parody of Al Gore giving his presentation.

Now I have a laptop-full of Al's visuals, a password to a storehouse of updated information and a network of hundreds of dedicated companions around the world.

"I gave you all my presentation," Al said, "now it's up to you to give your own."

"Why me?" I ask myself as we practice "ice breakers" around our table. Well, I look at the data: I won't be here for global warming's worst consequences. I looked at my grandchildren and the children in the many schools that invite me to speak. Then I look in the mirror. That's why.

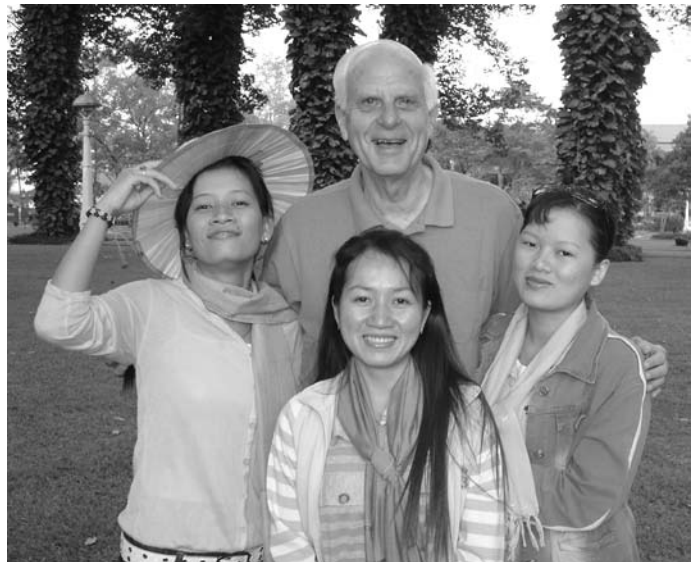
Paul Kando trained with Al Gore and his Climate Project team last December. To date he has given a dozen presentations and has sixteen more scheduled. He can be contacted at kando@lincoln.midcoast.com or by phone: 563-5487.

non-profit organization has provided funding to enable some 275 poor children in Cambodia, who are often denied equal access to schooling, to attend school. Twenty-four of them are now attending universities, and three have graduated and found jobs.

Fred's motto is "Change the world, one child at a time." He said his interest in Cambodia began with his writing of the children's book *The Caged Birds of Phnom Penh*, about a Cambodian girl who yearns to escape poverty. A subsequent visit to Cambodia alerted him to the sexual exploitation of many girls there, and he felt compelled to do something to change the situation for the better.

The other focus of the Cambodian Arts and Scholarship Foundation is to preserve the cultural heritage of Cambodia for children of Cambodian background living in the United States, by providing them opportunities to learn Cambodian dance, music and art.

To learn more about the work of the Cambodian Arts and Scholarship Foundation or to contribute to their work contact the CASF at PO Box 18186, Portland, ME 04112, 207-549-7380.



Fred Lipp with three of his foundation's Cambodian university students.

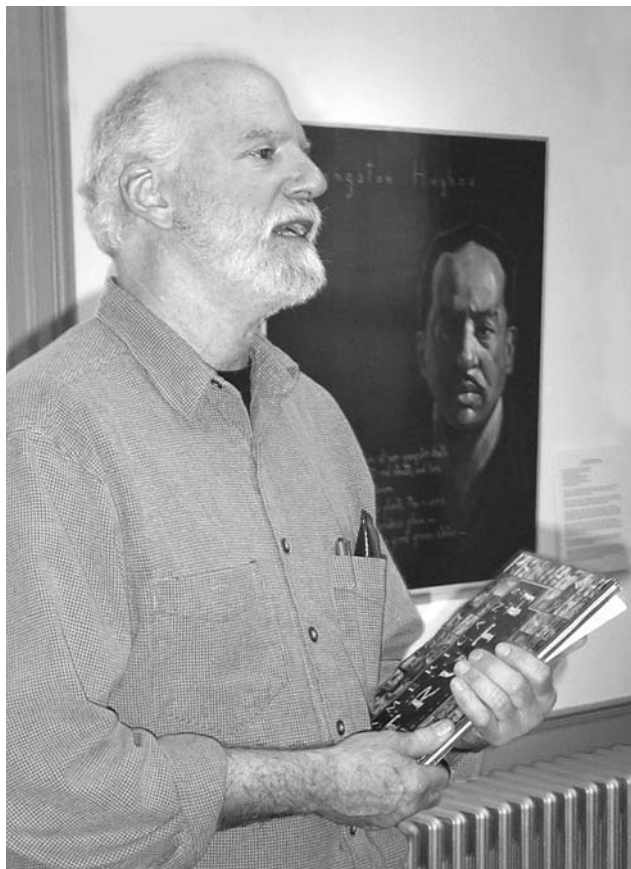
**BE SURE TO VISIT OUR WEBSITE
WWW.CONAMAINE.COM**

ARTIST TALKS ABOUT “AMERICANS WHO TELL THE TRUTH”

by Joan Grant

Maine artist Robert Shetterly spoke passionately about the importance of telling the truth to maintain democracy March 15 at the opening of his exhibit of portraits “Americans Who Tell the Truth” at Gallery 170 on Main Street in Damariscotta.

The standing room only crowd, including students and teachers from Lincoln Academy, Newcastle, heard Shetterly’s explanation of how he began his



Artist Robert Shetterly addresses a crowd at Gallery 170, Damariscotta. Behind Shetterly is a portrait of Langston Hughes, one of 100 “Americans Who Tell the Truth” paintings in the exhibit.

Some resources for activism

- Democracy For America www.democracyforamerica.com
- www.impeachbush.org
- www.environmentaldefense.org
- Maine Campaign to Impeach www.maineimpeach.org
- www.moveon.org
- Maine Coalition for Peace and Justice
<http://www.sullboat.com/MEPJ> (stevbee@midcoast.com)
- Human Rights Watch www.hrw.org

project of painting portraits of 100 Americans he admires. Each portrait contains a quotation from the person that exemplifies their beliefs. The portraits, which are being shown throughout the country, are not for sale and will be given away by Shetterly.

“I knew it (donation of the portraits) had to be that way because the people I painted did so much for this country,” Shetterly said.

The Brooksville-based artist said the project was an outgrowth of his dismay over the state of the country and the policies of the administration in 2002. He felt “overwhelmed by what was happening” and decided to do something positive.

“I thought, ‘What can I do as an artist to have a voice?’,” Shetterly said. He started reading the writings of many great Americans and decided to paint a collection of portraits of the truth-tellers. “Truth is one of the fulcrums of our democracy,” Shetterly said.

The portraits include people from all walks of life, from Sojourner Truth and Mark Twain to Woody Guthrie, Bill Moyers and Howard Zinn. Some are famous and others little known.

Taken as a group and individually, the portraits have a message for all Americans. “Our role as citizens has to be much more active,” Shetterly said. “To those who say ‘One person can’t change things’, I say ‘Look at these people in the portraits’.”

Shetterly has published a book about the portraits, *Americans Who Tell the Truth* and signed copies after the talk. The book is also available at the Maine Coast Bookshop in Damariscotta.

CONA BOARD MEMBERS

Leadership Committee

Michael Stevens
mikemary@midcoast.com
677-2850
Belva Ann Prycel
Kay Liss

Executive Secretary

Millie Baggs
millbags@tidewater.net

Treasurer

Caroline Walker

Past Presidents

Jean Harris
Julia Myers

Membership

Joanne Clauson

Newsletter

Doris Balant

Publicity

Joan Grant

Webmaster

Guy Marsden

Representatives at Large

Donald Means
Gretchen Hull
Jenny Begin
Sharon Crosbie
Peter Christine
Ted Clapp
Tom Myers

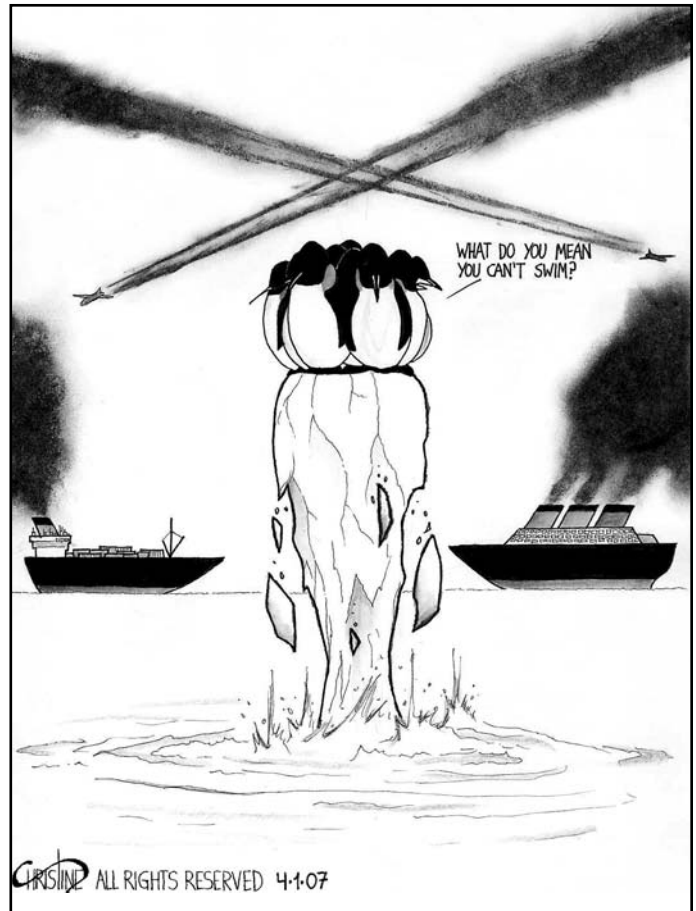
Program Committee

Kay Liss
Wendy Ross Eichler
Carolyn Hardman
Belva Ann Prycel

And some simple steps you can take to fight Global Warming

- Step 1. Urge your United States Senators to support the Climate Stewardship and Innovation Act.
- Step 2. Run your dishwasher only with a full load. Don't use heat when drying.
- Step 3. Wash clothes in warm or cold water, not hot.
- Step 4. Turn down your water heater thermostat. 120° is usually sufficient.
- Step 5. Adjust your thermostat—lower in winter, higher in summer.
- Step 6. Clean or replace air filters as recommended.
- Step 7. Buy energy-efficient compact fluorescent bulbs for your most-used lights.
- Step 8. Install low-flow shower heads to use less hot water.
- Step 9. Caulk and weatherstrip around doors and windows to plug air leaks.
- Step 10. Ask your utility company to conduct an energy audit to find out if your home is sufficiently insulated to be energy efficient. Add insulation to save about 25% on your home heating bills. If windows need replacing, buy energy saving models.
- Step 11. Whenever possible, walk, bike, carpool or use mass transit.
- Step 12. When time and budget permit buy a more fuel efficient car, one that gets at least 5 more mpg than your old car.
- Step 13. Reduce waste by buying minimally packaged goods, choose reusable products over disposable ones.
- Step 14. Recycle paper, glass, metal and plastics.
- Step 15. As you replace home appliances, select the most energy efficient models.

Adapted from information from Environmental Defense, www.environmentaldefense.org



Cartoonist Cole Christine is the son of CONA Board member Peter Christine.

Keep in touch with your Congressional representatives

Sen. Olympia Snowe

3 Canal Plaza, Portland, ME 04101
207-874-0883 • <http://snowe.senate.gov>

Sen. Susan Collins

1 City Center, Suite 100, Portland, ME 04101
207-780-3575 • <http://collins.senate.gov>

U. S. Rep. Tom Allen

234 Oxford St., Portland, ME 04101
207-774-5019 • <http://tomallen.house.gov>

Sunday, May 20, 7 pm.
Terrorism: A History of Government Sponsored Terrorism
CONA documentary film.
Skidompha Library, Damariscotta.



The CONA newsletter is printed on recycled paper.

GLOBAL WARMING BY THE NUMBERS

1 Rank of the year 2006, the hottest year on record in the continental United States

20% Increase in U.S. carbon dioxide emissions from the burning of fossil fuels since 1990

80% Decrease in U.S. global warming pollution necessary in the next 40 year to prevent the worst consequences of global warming

200 million Number of people around the world who could be displaced by intense droughts, sea level rise and flooding by 2080

393 Number of mayors who have signed a Climate Protection Agreement pledging to meet or beat international emission-reduction goals in their communities

Turn to page 5 for simple steps you can take to fight Global Warming