

CONA

Citizens Offering New Alternatives
www.conamaine.com

PO Box 649, Newcastle, ME 04553
SPRING 2009

“Energy Poker: Can Maine Turn Aces and Eights into a Royal Flush?” Angus King Addresses Maine’s Energy Future at CONA Annual Meeting

Former governor Angus King will speak on Maine’s energy future at CONA’s annual meeting set for Sunday, June 7. The event will begin at 5:30 p.m. with a business meeting, followed at 6 by a potluck dinner and King’s address at 7. The venue this year is the 1812 Farm on the Bristol Road, a spacious and elegantly renovated barn a short distance from the center of Damariscotta.

“Energy Poker: Can Maine Turn Aces and Eights into a Royal Flush?” is the title of King’s talk and reflects the pivotal point at which the state stands in terms of energy, according to King. Maine has the highest percentage of homes dependent on oil for heat, at 80 percent, of any state in the nation. Fifty percent of the state’s energy use is for transportation, 40 percent for heating and 10 percent for electricity.

“We are entirely dependent on forces way out of our control,” he said recently. “When heating your home or driving your car takes up to 40, 50, 60 percent of your wages, Maine becomes uninhabitable.”

Yet Maine also has an abundant source of alternative energy in wind power, a viable solution to the energy dead end of oil, he maintains. King is a principal in a Maine-based wind-power development firm, Independence Wind, which is proposing a 5,000 megawatt wind project with 1,000 turbines in the Gulf of Maine. If Maine chooses to go the way of wind power, then, he argues, it can turn this potentially “deadly” hand into a winning one.

Members are encouraged to bring potluck items of a main dish, salad or dessert. The 1812 Farm is in Bristol, on the west side of Bristol Road, Rte. 130, about six miles from Damariscotta, just up over the hill south of the Bristol Town Hall. There’s ample parking, though people are encouraged to car pool if possible. For further information, call Kay Liss at 549-3731.



Angus King, who will speak on wind power at our Annual Meeting, June 7th.

CONA Contributes to Climate Action Club Bag Campaign

In October 2008, the Climate Action Club (CAC) of Lincoln Academy presented an outstanding program for CONA on its various energy-reducing projects on campus and beyond. A focus of its efforts is on reducing the use of plastic bags in downtown Damariscotta stores. Chloe Maxmin, the club founder, received a \$1000 Spirit of Community Award in March from Prudential Financial, given to one student from the state. She decided to contribute the money to CAC’s reusable bag campaign, offering it as a challenge grant to local organizations and merchants to contribute to the campaign.

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CONA Forum on Aging, Health, Quality of Life in the Damariscotta Region

More than fifty people crowded into Skidompha Library's Porter Hall March 3. Speaking at the event were four experts in the field: Dr. Allan "Chip" Teel, geriatric specialist and family practice physician in Damariscotta; James Donovan, President/CEO of Lincoln County Healthcare — Miles Memorial Hospital and St. Andrews Hospital; Marianne Pinkham, Coordinator for Spectrum Coastal Community Center in Damariscotta; and Susan Winters, nurse and ordained minister with Kno-Wal-Lin Hospice in Rockland.

Dr. Teel presented his innovative plan to help keep elderly people in their homes, using both technology to keep seniors and their physicians connected, and a network of volunteers, mostly themselves seniors, helping each other. Marianne Pinkham described the wide variety of services to assist elders and their families provided by Spectrum Coastal Community Center. Donovan discussed how the merger of the two hospitals is intended to improve quality and efficiency of medical care in our region. Winter talked about Hospice philosophy and services, helping family members cope with the strain of caring for an elderly relative, and ways to help the terminally ill prepare for death.



Participants in CONA's Forum on "Aging, Health, Quality of Life in the Damariscotta Region", l. to r. Susan Winter, James Donovan, Marianne Pinkham and Dr. Allan "Chip" Teel.

**Be sure to visit
our website
www.conamaine.com**

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After the club's fall program the CONA board discussed getting involved in the canvas bag project, so this was the perfect opportunity. At its March meeting, the board decided to contribute \$250. As a contributor, we will have our logo displayed on the bag.

In addition to the laudable environmental goal of the CAC, completely in keeping with CONA's concerns, the board also felt it was an ideal opportunity to help a community organization, especially one conceived and powered by students. Look for the bags in local stores soon. There certainly will be much publicity in the local papers when they're available.



Chloe Maxmin, founder of the Climate Action Club of Lincoln Academy, as she received a \$1000 Spirit of Community Award and medal from Prudential Financial in March.

Kay Liss

Aurora Borealis over the Kennebec

The hummingbird
Feeds off the morning glory.

The Abenaki fished the Kennebec
And lived their lives

Between the river and the sky.
Often, dawn rose in a filigree

Of shifting folds. It was as if
The whole tribe lived

Between the body and the garments of god.
All parts of the body blazed with fear –

The feet danced and the voice chanted –
The torso moved as a fawn.

Everyone, like birds at dawn,
Addressed the body of god.

George Van Deventer

Jerusalem Women Share Their Experiences: “Three Women, Three Faiths, One Shared Vision”

Three extraordinary, ordinary women—a Palestinian Muslim, a Palestinian Christian, and an Israeli Jew—discussed the Israeli-Palestinian situation, the realities of living through war, occupation and conflict, and their hopes for peace, at a crowded forum November 11 at Skidompha Library’s Porter Auditorium.

Enas Muthaffar, a Palestinian Muslim, is an independent film maker living in Jerusalem, where she was born and raised; Lucy Talgieh, a Palestinian Christian, is a conflict resolution specialist from Bethlehem; and Julia Chaitin, an Israeli Jew, lives in Kibbutz Urimin in the Negev. The mother of three, she emigrated to Israel from the United States and holds a doctorate in social psychology. Each woman shared her life story and her work to chart a brighter future for the troubled region. Each lives the hardships of conflict and the tragedy of occupation in unique ways; each has witnessed decades of Israeli-Palestinian violence and the intermittent attempts to rekindle peace talks.

The women were on a national tour organized by Partners for Peace, a Washington, D.C., non-governmental organization. It was the 15th such tour. CONA sponsored the event in its attempt to highlight efforts towards peaceful resolution of problems. It is good to know that even in the midst of today’s ongoing conflict there are Palestinians and Israelis willing to travel together to talk about their lives, their fears, their hopes, and their work for a just and sustainable peace.

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, 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.



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Partners for Peace Women Speak in Damariscotta. L. to r: Israeli Julia Chaitin, U.S. trip assistant Deena M. Kanafani, Palestinian Enas Muthaffar and in front, Palestinian Lucy Talgieh. Photo: Joe Brennan.

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Green Beginnings * CONA Celebrates Spring

On April 4th Green Beginnings, sponsored by CONA and Rising Tide, Damariscotta's community organic market, brought a crowd of people of all ages together in a celebration of the long - awaited return of spring. Just as CONA's Peaceful Beginnings expresses our hopes and wishes for the New Year, Green Beginnings was intended to honor the natural world for its bounty and beauty.

There were talks on organic gardening and composting, children - and not a few adults - planted sunflower seeds in pots they made out of newspaper with the help of Master Gardeners Bonnie Potter and Tom Quaranto, created tissue paper paintings of flowers with Rosie Bensen, and learned about good nutrition, playing a FARMS (Focus on Agriculture in Rural Maine Schools) game with Karen Kleinkopf. Spring poetry from many sources, printed and beautifully illustrated by George VanDeventer, decorated the walls. A large display offered information about garden-related organizations and opportunities. We were treated to music for listening and dancing by CONA's own Joe Brennan, and celebrated fiddler Hope Hoffman and Friends. Between activities people moved to our "café" area to enjoy tasty organic foods provided by Rising Tide.



Be sure to visit our website www.conamaine.com

The Uncertain Future of Maine's North Woods

Diano Circo, North Woods Policy Advocate and Outreach Coordinator with the environmental advocacy group, The Natural Resources Council of Maine (NRCM), discussed recent changes, current trends and future challenges facing Maine's north woods at a February 4 event organized by CONA.

In a PowerPoint presentation held at Skidompha Library's Porter Hall, Circo showed photos of the vast north woods region and discussed what his organization is doing to try to protect the land and waters there from unwise development. Maine's north woods is the largest tract of undeveloped forest in the U.S. east of the Mississippi.

He specifically discussed the controversial Plum Creek development project proposed for the Moosehead Lake region by a \$5 billion corporation from Seattle. The largest land development project ever proposed in the state, it has spurred much discussion and debate. Moosehead, he said, represents all that Mainers and visitors love about Maine — pristine ponds, lakes, streams, beautiful mountains, peace, quiet, and camping, hiking, fishing and hunting opportunities.

His maps and photos, showed the stunningly beautiful forests, now marred by trophy mansions with their own landing strips (and gravel mines for their construction!) newly built in the pristine environment.

NRCM is also working actively to plan for conservation of the remaining wilderness areas so that Maine's regulatory agencies will be better prepared for future potential developers.

Circo spends his work days keeping a pulse on the north woods and giving presentations on this important issue. He has a Bachelor's of Science in Natural Resources from the University of Nebraska and a Master's of Science in Environmental Education from the Audubon Expedition Institute at Lesley University. He lives in Hallowell and is often found wandering the wilds with his dog, Baxter.

Circo urged Mainers to join the work of NRCM so that the fate of Maine's north woods will be decided by the people of Maine, rather than by investment firms and real estate investment trusts.

For more information about the future of Maine's forests and many other environmental issues of concern to Maine go to www.nrcm.org.



It's renewal time! It's joining time!
CONA 2009 MEMBERSHIP
Keep CONA strong.
Your support will expand our activities.

I am/we are renewing CONA membership for 2009

I/we would like to join CONA

Suggested contribution: \$5 student; \$15 individual;
\$25 family; \$50-\$100 patron; or what you can afford.
\$ _____

Your additional contribution to the Julia Myers Speakers
Fund allows us to bring important speakers from farther
away. \$ _____

Total Tax Deductible Contribution \$ _____

Please include your e-mail address: *it's the fastest, least costly way we can keep you informed of CONA events and other community activities of interest.*

Name _____

e-mail _____

phone _____

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May we call on you to help with a mailing? YES!

...to help set up a program? YES!

Please suggest program topics or speakers.

**Please make check to CONA and mail to
CONA, PO Box 649, Newcastle, ME 04553**



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The date on your label indicates the calendar year in which you last renewed your membership. Keep CONA strong. Please renew for 2009. Thank you!

**Angus King
to Speak on Wind Power
at
CONA's Annual Meeting
June 7**

