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Maine Statewide News Letter No. 32 (September 1982)

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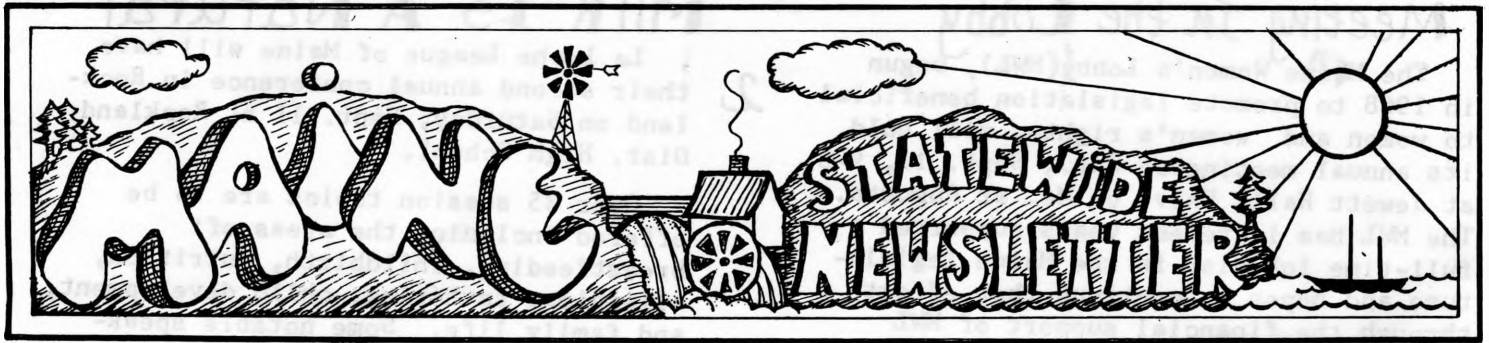


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Number 32!!

"All the News That Fits to Print"

September, 1982

Don't Handicap Their Education

"It's up to us to give them a public hearing that they'll never forget." So said Lena Muldoon of the Maine Assn. of Handicapped Persons (MAHP) in response to proposed federal government changes in Public Law 94-142, the Education of All Handicapped Children Act.

The federal Dept. of Education has recommended changes to make more flexible (or weaken, says MAHP activists) requirements of: 1) parents- rights over their handicapped children's education; 2) integration of handicapped children into mainstream classrooms; 3) complete reporting of children's handicaps and educational needs; and 4) training for teachers of disabled students. MAHP believes this law is being gutted and has vowed to show its opposition in massive form at hearings on Sept. 13-14 in Portland.

Hearings will be held from 9-4 both days at the Portland Regional Vocational Technical Center, 196 Allen Ave. Supporters of rights for handicapped people throughout Maine and New England are urged to attend one or both days, and if possible, to register to speak (call Wayne Roberts at 617-223-7500). A massive outcry will send a clear message to Washington that these requirements should not be compromised and that adequate public education for all handicapped children is a must.

Besides the hearings, MAHP is sponsoring a dinner (\$6) and public forum (also overnight housing at reduced rates) at the Sheraton Inn, South Portland, on Monday. A rally outside the PRVTC hearing building will be held on Tuesday at noon. Coming in the aftermath of scandals at Baxter State School for the Deaf, the hearings take on new importance.

No Cotton Candy

Once again, MOFGA (Maine Organic Farmers and Gardeners Assn.) will sponsor the Common Ground Fair, Sept. 24, 25, & 26 in Windsor. Several ongoing demonstrations and exhibit in agriculture, alternative energy, animal arts, and shelter are planned, as usual. Also, something new for this year is "Healthy Perspectives", a series of workshops sponsored by the Maine Holistic Health Network.

Keynote speaker for Friday will be John Cole, former editor of the "Maine Times"; Saturday, Wes Johnson of the Land Institute, an organization known for its organic research in Kansas; Sunday, John Newell will speak on "The Economic Facts of Nuclear Power".

Lots of evening entertainment is also planned. Friday, Dave Mallett, Kendall Morse, and Tim Sample; Saturday, Harvest Moon Review, Jud the Jester, and the Blue Sky Serenaders (formerly the Neverly Brothers). Some of the films scheduled throughout the fair are "Cat Ballou" starring Jane Fonda, "Modern Times" with Charlie Chaplin, and lots of cartoons.

Admission is \$3 per day for adults, and \$1 for children and seniors. Friday, the first day of the fair is Children's Day and all children and seniors will be admitted free. For a more complete schedule-- Common Ground Fair, PO Box 2176, Augusta 04330, 622-3118.

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→ For a flyer and more details about the hearings, contact Nancy Ayer or Laura Pawle at 774-4360 (800-492-0558 for hearing impaired) or write MAHP, 32 Thomas Street, Portland 04102.

## Meeting In the Lobby

The Maine Women's Lobby (MWL), begun in 1968 to promote legislation beneficial to women and women's rights, will hold its annual meeting on Sat., Sept. 11, 9-3, at Jewett Hall, Univ. of Me. at Augusta. The MWL has in recent years supported a full-time lobbyist in the Maine legislature and hopes to continue that effort through the financial support of MWL members.

After opening remarks by Pres. Wendy Widman, keynote speaker Ron Fitzsimons of the National Abortion Rights Action League will speak about lobbying and national women's issues. There will also be morning workshops on women's health issues, comparable worth (pay equity), and the effect of the New Federalism on women.

Both Gov. Joseph Brennan and challenger Charles Cragin are scheduled to (and likely will) speak from 1-2 PM.

Child care will be provided, and MWL will help with travel pools. Lunch will also be available at minimal cost. For questions or car pooling: MWL, Box 15, Hallowell 04347 or call Linda Dyer at 622-3693.

## SQUASH Domestic Violence

Chapters I & II of the Spruce Run Cookbook are hot off the frying pan and ready to "raise some dough for a kneady cause". Spruce Run is a volunteer run crisis center for women with a special emphasis on problems faced by battered women and their children. Chapter I, the "Dreaded Zucchini Plus" provides delicious recipes for this prolific vegetable and attempts to deal with the surplus in less conventional, creative ways (zucchini dugout canoe races, oblong jack-o-lanterns, baseball bats, etc.). Chapter II is devoted to "34 Undocumented Non-Violent Uses for Chocolate", and sneaks in a few carob recipes to boot. Cookbooks sell for \$1 each.

Spruce Run is located at 189 Exchange St. in Bangor, PO Box 653, 04401. The center is open Mon.-Fri., 9-5 for walk-in services and at other times a counselor can be reached

## Milk Is A Natural

2 La Leche League of Maine will have their second annual conference in Rockland on Saturday, Sept. 11 at Rockland Dist. High School.

Over 35 session topics are to be offered including the areas of: breastfeeding, childbirth, nutrition, allergies, fathering, child development, and family life. Some notable speakers will be Niles Newton, Phd., author of The Family Book of Childcare, Christiane Northrup, MD, Obs will discuss the nutritional needs of pregnant and lactating mothers.

Specialists from the Mid-Coast area will include Richard Sanderson discussing "Teaching and Learning with Kids". Garry Russell, MD, FP will speak about "Fostering Fatherhood". Other groups will be led by Fredrica Adams and Eva Reich.

The theme for the day is "A Family Celebration" and all interested parents and professionals are urged to attend. More information and registration forms may be obtained from Carol Bull, 10 Cobb Rd., Bath 04530.

by calling DIAL HELP and asking for a Spruce Run Counselor. Spruce Run provides crisis counseling, advocacy and referral to emergency shelter for women in crisis.

Spruce Run has recently bought a house, and with help forthcoming, will make it into a shelter. Office telephone is 947-0496, and business # is 945-5102. Volunteers are needed in many capacities.

And--the Ultimate\*\*\*\*\*

### Chocolate Zucchini Cake

350° 9x13 greased pan 40 min.

Cream  $\frac{1}{2}$  c. marg.,  $\frac{1}{2}$  c. oil, 1  $\frac{3}{4}$  c. sweetener

Add 2 eggs, one at a time--

Add 1 t. vanilla and  $\frac{1}{2}$  c. buttermilk

Blend well

Mix dry indg. together into creamed indg.

$2\frac{1}{2}$  c. flour,  $\frac{1}{2}$  t. salt, 4 T. cocoa

1 t. baking soda,  $\frac{1}{2}$  t. cinnamon.

Sprinkle chocolate chips and nuts on top and bake.

## ~~Pesant~~ Peasants

"A ~~Pesant~~ of El Salvador", a moving play using mime, music, and narration, conceived and presented by "Gould and Stearns", a mime/theatre duo from Vermont, will be touring parts of Maine in early October. Performances are being arranged in the Bangor and Bar Harbor areas so far.

"Through the portrayal of one ~~pesant~~, and the impact which imperialism and dictatorship have on him and his family, Gould and Stearns were capable of teaching us much about the nature of government in Central America."--Bernard Sanders, Mayor of Burlington, Vermont.

To arrange performances in your area, contact Gould and Stearns, 83 Maine St., Brattleboro, Vt. 05301, 802-254-8355.

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## Peaceful Concerto

With artists and music as varied as Mike Ikemiya's classical piano, Roswell Rudd's jazz trombone, and Jennifer Trowbridge's modern dancing, "A Concert for Peace" is bound to be a unique event. Another 20 or so performers will also add to the variety.

Sponsored by Hancock County Clergy and Laity Concerned (CALC), the event will be at the Blue Hill Town Hall on Sun., Sept. 5, beginning at 3 PM. Besides the benefit (all proceeds to peace activities in Maine) concert (\$4 donation, \$3 for older people), there will be a picnic supper--buy supper or bring your own--and more entertainment in the Blue Hill Town Park following the concert.

Hancock Co. CALC has been very active in the nuclear freeze campaign with town meetings and has maintained a consistent vigil every Tuesday, 11:30AM- 12:30 PM on Route One at the bridge in Ellsworth in support of an end to violence and US military arms to El Salvador. Another weekly vigil, sponsored by Women Opposed to Nuclear Technology, is held every Friday, 4:30-5:30, at the Blue Hill Town Hall. Both vigils welcome participants.

For details on Hancock Co. CALC activities and the concert: Elaine Hewes, Box 115, Blue Hill 04614, 469-2144.

## It's Devastating

When Maine humorist Tim Sample is involved, even a nuclear holocaust can be amusing (and the notion easier to confront), and that's the idea behind the "1983 Nuclear Devastation Calendar", now cropping up wherever calendars are sold. Twelve lavishly stark illustrations show the rubble of \_\_\_\_\_ (fill in the blank with the place of the event) "after nuclear devastation".

The message is obvious--this planet won't have much if the bombs go off--and the underlying message is also clear--we'd better do something about the threat, NOW!! And for only \$1.95, maybe you'll get a good kick in the shins every morning reminding you that you ought to do something about this insanity.

Thorndike Press is also offering the calendars for \$1 each to social change groups to sell as a fundraiser. To order: Thorndike Press, One Mile Rd., Thorndike, 04986, 948-2962.

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## Teach Responsibility

Chapter Four in our continuing saga of groups becoming involved in stopping the nuclear arms race features Educators for Social Responsibility (ESR). The teachers are beginning to get involved, both in and outside the classroom.

Their major efforts are going into a national teach-in day in late October, (details next month hopefully). A small group has begun planning, and ESR will meet to begin formal organizing of the teach-in on Sept. 23, 7 PM, in the Moot Court Room, Law School, Univ. of Southern Maine, Portland. They'll discuss fundraising and membership recruitment (bring a friend to the next meeting and names of local contact people). Teachers throughout the state interested in being part of the teach-in can contact Corinne Green, Wolf Neck Rd., Freeport 04032, 865-3922.

There is also a group for students as well, called STOP (Student/Teacher Organization to Prevent Nuclear War). No Maine contact yet (we're looking for one), so write STOP Nuclear War, PO Box 232, Northfield, Mass. 01360.

## Vote YES Nov. 2nd.

The Maine Nuclear Referendum Committee MNRC, is sponsoring a referendum question calling for an end to nuclear power in Maine by 1987. This question will be voted on during the Nov. 2 general election.

Recent polls have shown that support for thks proposal is slipping because of pro-Maine Yankee ads. MNRC needs money for its advertising campaign. They have ads ready to go but lack the money necessary to buy time to show them. One 30-second TV ad can cost \$400-1000.

MNRC also needs help in contacting voters to find out how they plan to vote and to get them information if they have not yet decided. To offer either money or time, please contact the MNRC, Box 2627, Augusta 04330 or call 622-4395.

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Doug Rawlings and Gary Lawless are looking for Vietnam-Era veterans with poetry, prose, artwork, etc. for a week-end of readings, workshops, and art exhibit by Vietnam Vets. The event will take place this October in Brunswick and is being funded by a grant from the Maine Writers and Publishers Alliance. Anyone interested in taking part should contact Doug Rawlings, RFD 1 Box 89, Mt. Vernon 04352 or Gary Lawless, Gulf of Maine Books, 61 Maine St., Brunswick 04011.

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Remember Seabrook? Some people have. It's the town in New Hampshire where a nuclear power plant is being built. There is still a lot of opposition to it, though.

UNO (UNited Nuclear Opponents) has formed, made up of groups in New Hampshire, Vermont, and Mass. (none in Maine, yet, but still looking) to fight the plant at many levels,--through financial, educational, and other means.

One of UNO's projects is "Adopt-a-Utility" to watch over a utility which owns stock in Seabrook. All three of Maine's largest utilities--CMP, Bangor Hydro, and Maine Public Service--do own stock in Seabrook. Persons intersted in helping monitor their local utility (or who want to receive UNO's newsletter) can write to UNO, Box777, Brattleboro, Vermont 05301.

## Masculine Development

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Mainly Men, after a very joyous and successful men's weekend in late May, hopes to do an encore event on Oct. 1-3 to further develop a community of men around men's issues and raised consciousness. The theme, "Men Exploring and Expanding Our Identities", will emphasize new views of masculinity, of expressing emotions, of relationships with other men and women, and of assertive vs. aggressive behavior.

The conference will again be held at Pilgrim Lodge, in West Gardiner, from Friday supper to Sunday afternoon. Costs will be on a sliding scale according to income, from \$20-55. The event will have the same format as the previous one, including shared vegetation meals, time for fun, entertainment, and a choice of workshops, including "Men and Violence", "Anger against Women", "Men and Power", nurturing, sexuality, and homophobia. There is still room for men interested in providing entertainment of workshop facilitators.

For a registration form (registration by Sept. 20 allows a 10% discount) and other details: Steve Oleksyk, RFD 2 Box 6470, Pittsfield 04967, 938-2533.

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Up Against The Wall

Housebuilding for Women will be a course taught by Dale McCormick, author of Against the Grain: A Carpentry Manual for Women, at Cornerstones, one of Maine's two build-it-yourself schools. The course, running from Oct. 4-22, will combine theory, hands on practice building a passive solar structure, and personal support, emabling women to overcome any past uncertainties about building their own house.

Cost for the course, taught by experienced women carpenters and contractors, is \$425/person or \$700/couple. A follow-up finish carpentey course on Oct. 25-Nov. 5 is \$325/person. Or, both courses combined are\$625.

Cornerstones provides other alternative energy-housebuilding courses, such as solar retrofitting, design, solar greenhouse construction, and energy auditing. For brochures: Cornerstones, 54 Cumberland St., Brunswick 04011, 729-5103.

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[illegible]

A proposed 30% increase in local phone rates has raised the red flag to both MPA and Bath Neighbors, another low/moderate income organization. Both groups will fight New England Tel's request for \$50 million in additional revenue, translated as an additional \$2-4 on the monthly rate. Both groups are seeking help from people who oppose this rate hike. Contact MPA of Bath Neighbors United for Action, PO Box 635, Bath 04530, 443-6539.

"If everything is going right, something's wrong."

Is Anybody Really Listening?

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Have you ever noticed what happens when people are together and have a chance to talk? Think back to the coffeehop, picnic table, or similar situation, and you will remember that people are everywhere and always, trying to be listened to -- talking every chance they get -- or waiting patiently or impatiently for a chance to interrupt the person who is talking and start talking themselves. They are trying to be listened to, and are VERY seldom successful because the person they are trying to get to listen to them is waiting desperately and impatiently for a chance to be listened to him/herself.

What people are trying to do all the time -- be listened to -- is a very profound process. It will have profound results if it ever gets a chance to operate, and it WILL operate, IF WE WILL JUST TAKE TURNS. We need to take turns, and agree, "Yes, I will listen to you and really pay attention to you for a while, if you give me the chance to do the same thing later on". This is the basis of Co-Counseling -- the main mode of Re-Evaluation Counseling.

Re-Evaluation Counseling (RC) is a process whereby people of all ages and backgrounds can learn to exchange effective help to free themselves from the effects of past distress experiences.

RC theory provides a model of what human beings can be like in their interactions with other human beings and their environment. The theory assumes that everyone is born with tremendous intelligence, zest, and lovingness, but that these qualities have become blocked and obscured in adults as a result of accumulated distress experiences, (fear, hurt, loss, pain, anger, embarrassment, etc.) which begin early in our lives.

Any young person would recover from distress spontaneously by use of the natural process of emotional discharge, (crying, raging, trembling, laughing, etc). However, this natural process is usually interfered with by well-meaning people -- "Don't cry; Don't be a sissy" -- who erroneously equate the emotional discharge, the healing of the hurt, with the hurt itself.

When adequate emotional discharge can take place, the person is free from the rigid pattern of behavior and feeling left by the hurt. The true human nature is then free to operate. Such a person will tend to be more effective in looking out for his/her own interests and the interests of others, and will be more successful in acting against injustice.

In recovering and using the natural discharge process, two people take turns counseling and being counseled. With experience and increased confidence and trust in one another, the process works better and better.

The person who learns to Co-Counsel will in a Fundamental Class can become part of an existing community of Co-Counselors locally which has ties with other communities in many parts of the world.

There will be an Introductory Lecture given by Jerry Ann Yoder, Tuesday, Sept. 21, 7-9 PM at the Brewer Savings Bank, Main St., Brewer. For more information about lectures, contact: Bangor area- Jerry Ann Yoder, PO Box 158, E. Holden 04429, 843-6223; Portland area- Susan Maines Good, RR 2, Box 593A, Yarmouth 04096, 846-5194; Augusta area- Gladys Richardson, RFD 2, Star Route, Winthrop 04364, 377-2427.

A true collector's item. That's what everyone is saying about the Maine Statewide Newsletter's back issues offer. "It's wonderful", shouted one critic. "Fantabulous", said another. (Besides, they're gathering dust and taking up space.)

Get copies of all (31) wonderful back issues (beginning with Feb. 1980) or any portion thereof for a contribution of \$1 or more for each 5-8 issues (mostly to cover postage). Just ask for whichever ones you want. But hurry. There are only a few of some issues left, so act now, before it's too late. Rush your order to INVERT, PO Box 110, Stillwater 04489, or call 827-3107 (25 hours a day) for all the poop.

"ANIMAL FARM"... revisited

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Author Jacques Ellul, in the July/Aug. issue of Sojourners Magazine, asks some provocative questions in an article entitled, "Unbridled Spirit of Power."

"If such and such a research is called 'scientific,' is it therefore legitimate and proper? Do we have the right to do anything and everything?...Are there limits? Are there any spheres before which we must remain silent or research must stop? Is it good that science recognizes no limits?"

Although he is talking about nuclear technology, these questions are pertinent to two areas involving animal rights, laboratory experiments and factory farming.

"At the Lovelace Foundation in Albuquerque, New Mexico, experimenters forced 64 beagle dogs to inhale radioactive strontium 90 as part of a large 'Fission Product Inhalation Program' which began in 1961...In this particular experiment, 25 of the dogs eventually died. One of the deaths occurred during an epileptic seizure, another from a brain hemorrhage. Other dogs, before death, became feverish and anemic, lost their appetites, had hemorrhages and bloody diarrhea." So writes Peter Singer in his book, Animal Liberation.

Other experiments that he describes, some at the Univ. of Utah and some at the Argonne National Laboratory in Illinois, consisted of injecting beagles with strontium 90 to find out if injected animals would die sooner and more horribly than animals who merely inhaled it. They did.

The United Action for Animals, Inc., has published a pamphlet, "The Neutron Bomb and the Military Torture-Killing of Animals." According to this report, 100 monkeys were irradiated with 400 to 40,000 rads of gamma radiation. The agony suffered by these animals consisted of damaged nervous systems, hyperirritability, inability to support themselves, vomiting, diarrhea, convulsions, spasmodic gasping, persistent tremors, bent spines, blood, vessel breakage, hair loss, facial ulcerations, and finally listlessness, wastedness, despair, and death.

United Action for Animals also reports that extensive animal experiments are programmed for space unless people can persuade their representatives and sena-

tors to pass a law to stop it. For instance, "SPACE-LAB carries a surgical bench, a decapitator to cut off animals' heads, cages, a centrifuge that can blind animals with blood engorged eyes, a vibrator to produce motion sickness and more. Animals will be exposed to cosmic radiation that leaves tracks through the eyes to the brain."

An anti-vivisection (opposed to experimentation on animals) bill, HR 556, will be soon introduced in Congress which, if passed, will alleviate and even outlaw much of the suffering and killing of laboratory animals. Estimates of the number of animals killed each year in "scientific" experiments range from 20 to 200 million.

The other area where animals are treated cruelly in the name of efficiency and the saving of labor is factory farming.

One example is total confinement of farm animals like pigs. Instead of roaming and rooting about in a pasture or yard or even an outdoor pen, pigs are either confined to crate-like stalls, where they cannot turn around, or crammed into pens with other pigs so densely that they too can hardly turn around. Feeding and watering are automatic. Slotted floors cause lesions on their feet, leading to pain and lameness. Gases rising from liquid manure impair their lungs. Overcrowding causes tailbiting; consequently, owners dim the lights, feed them magnesium, and remove tails. The pigs become weak from lack of exercise. On some farms, they are forced to run on treadmills.

The above information was reported in an article entitled "The Human Aspect of Agricultural Research," by Ron Krupicka, published in a "New Land Review" pamphlet put out by the Center for Rural Affairs, Walthill, Neb., Spring, 1979.

Pregnant sows are kept in narrow stalls, where they can get up, lie down, eat and drink, but cannot turn around or walk. After 16 weeks they are removed to even narrower stalls where, according to Jim Mason and Peter Singer, authors of Animal Factories, they are often chained in place on their sides. The sow is thus accessible to her piglets until they are removed three weeks later. Then the

(cont. from Page 7)

sows, injected with hormones so they can be bred sooner than in a natural cycle, are returned to their breeding stalls.

The life of a veal calf on a factory farm consists of sixteen weeks of standing on a narrow grate in total darkness except twice a day at feeding time. This confinement in isolation begins when the calf is one day old. Deprived of mother's milk, she/he is forced to eat, dried skim milk, dried whey, starch, fats, sugar, mold inhibitors, vitamins, and antibiotics, but no hay, grass, or grain. This fare renders many calves anemic by the age of 16 weeks.

Because of this kind of treatment, a boycott has been organized against Burger King, a large seller of veal products (see May, 1982, newsletter).

On many dairy farms, instead of green, rolling pastures, there are indoor "holding areas," where cows spend time between milkings. Because of hormone manipulation and frequent rebreeding for increased milk production, the life span of cows can be less than one-half what it used to be. The care of cows is impersonal and remote, though this is not as true on Maine's small farms.

A similar problem exists in chicken houses, where hens often don't have enough room to spread their wings. Wrong-sex chicks are sometimes suffocated or dumped. Chickens are de-beaked and given various chemicals, which sometimes show up in the humans who eat the eggs or chickens.

Human ownership of animals may provide certain kinds of shelter, food, protection from predators, and, in the case of non-factory farms, a human family and love which the animals might otherwise have, but animal liberation supporters see some form of slavery in every ownership situation.

Animals also provide their skin, fur, or body parts for the leather, fur, and cosmetic industries. Some species are caught and killed in painful traps, which cause a slow, agonizing death, while more domesticated varieties are killed in gas chambers or by electrocution. In spite of protests by Greenpeace, killings of seals, dolphins, and whales continue. Many cosmetics, creams, and perfumes are made from animal products,

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although chemists have found non-animal substitutes for most of these. Few companies have switched to the chemical substitutes.

Finally, there are advocates of vegetarianism (eating no meat products) and veganism (no animal products at all, including dairy products and eggs). They are opposed to what they see as speciesism (similar to sexism, heterosexism, racism, classism, etc.), discrimination on the basis of what is seen as superior and inferior groupings of species. We may eventually run out of human scapegoats, but there's always the animals. What we need to do, they suggest, is to eliminate the need for scapegoats and dominance over another species altogether.

Various groups continue to educate and mobilize people for animal rights, including Greenpeace, Mobilization for Animals, Society for Animal Rights, Fund for Animals, and Beauty without Cruelty. In Maine, SMOOSA (the no-moose-hunting campaign) and Maine Defenders of Wildlife are two.

Mobilization for Animals has a local contact in conjunction with its April, 1983 demonstrations in Boston (and three other cities) to free animals being held in primate centers for government-funded experiments. Locally, contact Venita Robertson, 28 Salmond Rd., Belfast 04915, 338-3882 or Annette Pickett, Mobilization for Animals, PO Box 275, Lincoln, Mass. 01773.

Much of this article was written by Shirley Maddocks Hatch, Box 120, Denmark 04022, who would like to hear from others concerned about animal rights.

Still Hungry?

If you read this animal rights article, you ought to be concerned about food. So take heed!!

This year's World Food Day projects on October 16 need more volunteer help than ever. Several activities are being talked about or worked on--food pantry collections, a hunger walk, school presentations, special global awareness or all-Maine-food meals, and more.

VOLUNTEERS, WHERE ARE YOU? To help promote an activity--meal, speaker, event--in your area, contact Russ Brimmer, Maine Child Nutrition Project, Box 4770 DTS, Portland 04112, 773-8084.

REFUGEE FEEDBACK

The following letter was sent to clarify last month's article on refugees:

Dear Friend,

The piece on refugees in the August issue made it sound as though the United States accepts all refugees with open arms. This is unfortunately far from the truth.

I have just returned from four months working with lawyers in Texas who are scrambling to stop the deportation of refugees from El Salvador and Guatemala.

These men, women, and children have been recognized by the U.N. High Commission for Refugees and the Canadian government as legitimate political refugees, yet President Reagan has arbitrarily labeled them economic refugees and has employed every tactic, legal and illegal, to send them back to the rampant violence in their countries.

(Political refugees are defined as having a legitimate fear of persecution were they to be returned to their country. Economic refugees, however, leave their countries solely to improve their financial lot.)

Most of the refugees are young men. In El Salvador and Guatemala, most young men are forced to choose between fighting with the military or with the guerillas. Refusing to join the military is often punished by death.

In addition to the general violence, it is well established that both governments systematically murder any and all peasants, workers, students, teachers, professors and professionals whom they suspect of being sympathetic toward the guerrillas.

Many of the refugees fled after being threatened by the military or after reading their name on a death list in the morning paper.

One young man testified at his deportation hearing that he saw soldiers kill his two brothers. His and almost all other asylum claims are deemed "frivolous" by the immigration judges.

 "Happiness is not having what you want,
 it's wanting what you have."

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There is no question that these refugees ~~run considerable risk~~ from deportation. Refugees returning to the US after being deported report that they were detained and interrogated upon arrival back in their countries. It is widely believed that many do not leave the interrogation sessions alive.....

What can be done to help these refugees?

- 1) Write to congresspersons and the President demanding a halt to the deportation of Guatemalans and Salvadorans, and an immediate and complete halt to all military aid to El Salvador.
- 2) Raise money to pay bonds so that refugees can get out of detention. Money is also needed for legal defenses.
- 3) Organize your church or community to sponsor a refugee.

For more information, write or call:
 Ellyn Moore, Proyecto Libertad, 301 E.
 Madison, Harlingen, Texas 78550, 512-425-9552.

Lawrence Reichard
 Lincolnville

Besides efforts in Texas, the Tucson Refugee Support Group, 739 E. 5th St., Tucson, Arizona 85719 is urging churches to publicly declare their buildings as refugee sanctuaries. While it is a long way to Maine from the Mexican border, where most refugees arrive in the US, they have been passed sometimes from one safe house to another (a 1980's version of the Underground Railroad) and been brought north,

Such sanctuary, however, may violate federal immigration laws and exposes people to fines and prison terms. Considering the high risk to Salvadorans who are not able to stay in this country, however, this violation may be minor. People involved in local churches who are considering this action can contact the Tucson group for details.

P.S.-- We did it again, we messed up a phone number. The correct number for the DHRS Refugee Resettlement Program in Portland is 773-1544. (see Aug. issue)

 "Our statements often say what we should do, but few of us state what we are willing to do."

Back To Nature

Maine Audobon has 14 field trips planned for the month of Sept. A Whale/Bird watch will leave from Portsmouth, N.H. on Sat, Sept. 11. Other interesting excursions: "Women in the Wilderness: Past and Present" which is a five day women's backpacking trip which ends with a day of rafting in northern Maine. Cost is \$220 for non-members, \$195 if you are a member of Maine Audobon.

"Mainely Mushrooms is a day trip planned to explore the beauty and ecological significance of fungi, their variations, and identification techniques. "Mainely Mushrooms" meets at Gilsland Farm, Falmouth on Fri., Sept. 10, 7:30-9:30 PM for lecture and Sat., Sept. 11, 9 AM to noon for field excursion. Cost; \$10 & \$12

Bird-watching trips are planned in Merrymeeting Bay, Monhegan Island, and Nantucket Island. Confirmed reservations are necessary for any Maine Audobon excursion, and a waiting list is maintained when necessary.

For details, or to receive the Field Trip Guide (cost \$1), Maine Audobon Society, Gilsland Farm, 118 US Rt. One, Falmouth 04105, 781-2330.

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Ritually Yours

A Women's Healing Ritual Gathering will take place Sept. 10, 11, & 12 at Hidden Valley Camp in Freedom. The focus of the gathering (for women only) is to share outdoor skills and express spiritual wisdom. Four Boston area women, in affiliation with Women Outdoors, a national group which encourages leadership and outdoor ability, are organizing the event.

The Spiritual as well as physical side of women will be emphasized. Workshops on Tai Chi and Aikido are planned, also a ropes course, a chance to learn how to climb and handle ropes. On Saturday a ritual chant will be one of the things happening. The focus of healing and empowerment will be complemented by auric cleansing, music, yoga, astrology, and psychic skills.

Fee for the gathering is a very

a Real galaxy of Stars

Have you ever been to a Star Party? Have you ever seen a Spot Lite object? Well, the 45 Parallel Amature Astronomers Spot Lite object for June was a fine 9th magnitude spiral galaxy in Canes Venaticae: M-94. Too bad if you missed it.

Founded in 1963, the 45th Parallel A.A. is Maine's only astronomical society. Amateurs and interested persons, young and old, are welcome to join. Beginners have an opportunity to learn stars, planets, comets, and other astronomical objects, usually on a one to one basis. Group members are available to travel for talks and shows to organizations and schools. They also sponsor, from time to time, telescope clinics.

The Assn. also publishes a fascinating newsletter, "The Rural Observer". The "Observer" passes along info on astronomical happenings (in the sky as well as the earth), help in calculations and with equipment, also a Celestial reminder calendar.

They offer support to anyone interested in the stars. Membership is \$6 per year. 45th Parallel Amature Astronomers, Donald E. Aucoin, Jr.-President, RFD 2 Box 380, Orrington 04474.

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reasonable \$30 (\$10 for children) which includes vegetarian meals and lodging at Hidden Valley Camp (hot tub, swimming, and beautiful scenery). Women are encouraged to bring percussion and other musical instruments, also art supplies.

Most of the publicity for this event is being done through Women Outdoors, but any interested woman is welcome to attend. So, this may be the only place you read about the gathering. For more info contact Foxfire at Hidden Valley-342-9685 or Franny, 617-776-5953, or write Ritual Gathering, Box 476, Lincoln, Mass. 01773.

Also at Hidden Valley is the 3rd Annual Maine Healing Arts Festival, Sept. 3-6. People interested in health and healing arts will have an opportunity to celebrate wellness with a group of like-minded folks. Registration for all 3 days is \$100 with a special 1-day (Sat.) registration of \$10. New Life Foundation, RR 5, Cape Elizabeth, 04107, 786-2632.

A Project for YOU

PROJECTS, Inc. is a non-profit educational program in Camden offering three courses this fall. "The Threat of Nuclear War" is a course intended to respond to growing concern on the part of citizens about the threat of nuclear war, and to provide a closer look at various dimensions of the global nuclear arms race. Films as well as several guest speakers are part of this course. Instructor is Nonnie Valentine. Class meets for 8 sessions, beginning Tues., Sept. 8 from 7-9 PM. Cost: \$45.

Also through PROJECTS is "Creative Conflict Resolution". "We can learn alternatives to the fight or flight methods of dealing with conflict and confrontation. The primary focus of this workshop is to help learn to deal with conflict in non-violent, creative ways." Instructor: Fauna Yarrow. 5 sessions, beginning Monday, Sept. 20, 7-9 PM. Cost \$25.

Next is "Psychology of Women: the Story Left Out", taught by Nonnie Valentine. Course description says: "Traditional psychology has left women out, that is failed to account truly for the experience of women in its depiction of human nature. We'll look at why this might be so and examine some of the startling implications. Women and men are invited. 5 sessions, beginning Oct. 7, 7-9 PM. Barter and tuition aid is available for all courses. Contact PROJECTS, Inc. at 236-3633.

BELLY GOOD

The Raks Sahara Dance Troupe specializes in providing dance entertainment for birthdays, weddings, club functions and parties. The dances are original interpretations of traditional cabaret and folk dance from the middle east. Raks Sahara also offers classes and films at their studio in Belfast. For either exotic entertainment or to learn the art of middle eastern dance yourself, contact Phenidra, Star Route Box 175, Belfast, 342-5342.

"Strawberry fields forever"

Last month it was New Day School. For Sept., it's Strawberry Fields, an 8-year old cooperative alternative school in the village of Freedom. They invite you to drop by for a visit as they open the school year on Sept. 7.

At Strawberry Fields, students, parents, friends, and teachers work together to create the best learning experiences. In addition to daily individualized work in basic skills, SF students conduct meetings, build playhouses, sew costumes, climb mountains, paint backdrops, cook lunch, produce radio and video shows, and explore nature in nearby fields and streams.

To find out more, write Strawberry Fields, PO Box 17, Freedom 04941, call the school as 382-6523, or teacher Gracia Holt at 568-3124.

MAINE STATEWIDE NEWSLETTER SUBSCRIPTION/FEEDBACK FORM

Please return this form with comments/ suggestions, articles, and/or a subscription (paid or not) to INVERT (Institute for Non-Violence Education, Research, and Training) PO Box 110, Stillwater, Maine 04489, 827-3107.

- ☐ I like the newsletter but can't give a donation now. Please keep sending it.
- ☐ Here is a 1982 donation of \$4 or \$200,000.00. (or whatever) _____
- ☐ I would rather not get the newsletter. Please take my name off the mailing list.
- ☐ I would like to send articles/events (deadline is the 20th of each month), help with production Sept. 20-22 or with a collating circus. (circle or specify)

I (do/do not) want my name given out for use by other groups for special mailings.

What do you like most about the newsletter? What do you like least? Can you send us information on topics we don't adequately cover? If there are others who would like to receive this newsletter, please include their names and correct mailing address.

The Post Office charges us 25¢ for each incorrect address, so if yours has or will soon change, LET US KNOW.

NAME _____
CORRECT MAIL- _____
ING ADDRESS _____

(Listings with numbers following have more details on that page number)

Sept. 1, 15--Films "In Our Own Backyard"
(uranium mining) and "Radiation--Impact on
Life" w/speakers, 7 PM, Portland Public
Safety Bldg. Gr. Portland Nuclear Referendum
Comm., Box 4078, Portland 04101, 773-3502.

Sept. 2, 9, 16--Forums on Eco-Feminism, women's arts, and Healing and Creativity, \$3 (plus \$5 dinner) at Hardscrabble Hill, Castine Rd., Box 130, Orland 04472, 469-7112.

Sept. 3-6--Healing Arts Festival (10)

Sept. 5--"A Concert for Peace" in B1. H1. (3)

Sept. 7--Strawberry Fields Open House (11)

Sept. 10-12--Women's Ritual/Healing Gath. (10)

Sept. 11--Family Festival in Portland (5)

Sept. 11--Maine Women's Lobby in Aug. (2)

Sept. 11--La Leche League in Rockland (2)

Sept. 11--Maine Freeze Campaign (anti-nuclear weapons) in Augusta. Maine Freeze Campaign, Box 3842, Portland 04104, 772-0680.

Sept. 11 (and other dates)--Maine Audobon
events around the state (10)

Sept. 12--Organizing meeting for Downeast
Gay Alliance in Ellsworth. DEGA, Box 952,
Ellsworth 04605. 667-5795.

Sept. 13-14--Handicapped education hearing
in Portland (1)

Sept. 15, 22--"Coping with Chemical Sensitivity in Our Daily Lives" course, \$5, at Univ. of Maine, Conf. and Institutes, 126 College Ave., Orono 04469, 581-2626.

Sept. 18--Northern Lambda Nord discussion
mtg., 7 PM, Caribou. NLN, Box 990, Caribou.

[illegible]

PO Box 110

Stillwater, Me. 04489

Address Correction Requested

Sept. 20--Training for volunteer crisis counselors begins at Spruce Run (2)

Sept. 20, 28--Projects courses in Camden (11)

Sept. 21--Re-Evaluation Counseling in
Brewer (6)

Sept. 23--ESR meets in Portland (3)

Sept. 23--Newsletter circus in Wtvl. (12)

Sept. 24-26--Common Ground Fair (1)

Sept. 27-Oct. 6--Women-Building (shelter construction) retreat. Rosa Lane, Hardscrabble Hill, Box 130, Orland, 469-7112.

Oct. 1-3--Mainly Men gathering (4)

Oct. 4-22--Women's Housebuilding course (4)

Oct. 12--Holly Near concert for nuclear disarmament, Lengyel Gym, UMO, Orono, 8 PM. Call 581-7167 for tickets.

Oct. 16--World Food Day (8)

[illegible]

September in WATERVILLE. Not as nice as April in Paris (actually we were in South Paris in April), but that's where the next newsletter collating circus will be. Come to Janis Donovan's house, 6 Silver Terrace (off Silver St. near Elm) from 4-9 PM (break for a potluck dinner) on Thurs., Sept. 23. Or call Laury True or Peter Taggart at 465-3666 for particulars.

We have progressed toward our goal of 1,200 subscriptions and \$4,700, but only slowly. We're now at 504 subs and \$2,057. Help avoid the end-of-the-year crunch by sending in your sub now (with or without \$). Fight reaganomics. Make this newsletter self-supporting.

Articles for October are due, as always, on the 20th (of Sept.). Send them all to INVERT, PO Box 110, Stillwater 04489 or call them in to 827-3107.

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