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Number 43

"All the News that Fits to Print"

August, 1983

Tragedies to Remember

As in years past, anti-nuclear people will again commemorate the atomic bombings of the Japanese cities of Hiroshima (Aug. 6--8:15 AM) and Nagasaki (Aug. 9--11:02 AM) with numerous events around the state. With the immediate death of about 150,000 Japanese and an equal number who died later from the effects of radiation, many see this act as infamous, possibly racist, and not the glorious event Pres. Harry Truman claimed it was. Historians dispute whether the dropping of these bombs ended World War II sooner or saved American lives (it clearly cost Japanese lives), but there is agreement that these events began the nuclear age.

These days are remembered each year in Japan, and the remembrance has grown stronger each year in Maine since the late 1970's. Here is a review of local events, starting south and working north:

People in York County and the N.H. sea-coast will participate in a continuous 77-hour vigil at Pease Air Force Base and in downtown Portsmouth from 7:30 AM on Sat., Aug. 6 until Tuesday at noon. Pease is home of the 509th bomber wing, from which the first atomic bomb was dropped. A 9 AM prayer service is planned on Aug. 6, followed by a 10 AM march from the base to Portsmouth's Market Square. British historian/disarmament leader E.P. Thompson will speak at North Church, near the square, at 2 PM. At noon on Tues. the vigil will end when black balloons (symbolizing the radiated black rain which fell after the bomb blasts) with paper cranes (a symbol of peace) will be released. To confirm details, contact Naoto Inoue, 603-659-5456 or try Adam Auster at 603-431-5942.

"Hibakusha," a play about the survivors of Hiroshima and Nagasaki presented by the Modern Times Theater of New York, will be (Continued on Page 4)

Do You Still Have a Dream?

Twenty years ago this month, Martin Luther King stood before 250,000 people and gave his famous "I Have a Dream" speech. Now, in 1983, social change activists have called for another March on Washington, claiming "We Still Have a Dream--Jobs, Peace and Freedom," which promises to be the June 12 event of 1983. Thousands of people are expected in Washington to express their desire not only for peace but for the justice (jobs and freedom) that must go along with it.

They will be calling for full employment legislation to give everyone the opportunity for a job and a decent wage, especially those who have been traditionally denied equal opportunity--youth, handicapped persons, women, and racial minorities.

They will ask for a renewed commitment to human rights through an end to the threats of the Ku Klux Klan and police violence, for enforcement of civil rights legislation like the Fair Housing Act, for equal rights for women, and for designation of M.L. King's birthday as a national holiday.

And they will demand peace--an end to the nuclear arms race, nonviolent conflict resolution, and lower military spending.

The march has encouraged coalitions among previously unconnected groups. A recent Portland gathering included representatives from labor unions, the NAACP, National Organization for Women, and the Maine Nuclear Weapons Freeze Campaign. People are urged to reach out to groups and organize locally to promote the march, get people to Washington, and possibly create local support events.

Buses are available and carpools are forming. Buses will leave from at least 3 locations--Portland, Augusta, and Bangor. For bus reservations (cost is \$50-60 round trip) (Continued on Page 2)

No "3" on your address label? Why not fill out the sub form on P. 11 and return it NOW!

(Continued from Page 1)

or carpooling, contact:

Portland--Carolyn Rummell, 23 Sheridan St.,
Portland 04101, 774-4067.

Augusta--Lang/Jeanne Davis, 98 Winthrop St., 2
Augusta 04330, 622-0735 (h), 622-6181 (w)

Bangor--Bill Whitaker, 51 N. Main St.,
Orono 04473, 866-2467 (h), 581-2384 (w)

Groups are donating money to provide financial assistance for lower income people who want to attend. MAIN (Maine Association of Interdependent Neighborhoods), a low-income coalition, has pledged \$400 to help people go to Washington. Pledges from other groups are urged. Send pledges to Don Leuchs, PO Box 72, Sanford 04073, 324-5762.

Support actions for the march are being planned. One example is in Hancock County, where on Aug. 20 march supporters will be climbing the Deer Isle-Stonington bridge to hang a banner from it claiming "We Still Have a Dream," at 9 AM. About 2 PM, the group will re-convene at Caspar Weinberger's house for a demonstration. Contact Elaine Hewes, PO Box 115, Blue Hill 04614, 469-2144 to join in either action or just show up.

Group endorsements and other methods of support are also encouraged. For overall march information or questions, contact Maine NOW, PO Box 5195 Sta. A, Portland 04101, 773-3333 or Maine Clergy and Laity Concerned, PO Box 110, Stillwater 04489, 827-3107.

Is There a Doctor in the House?

In Maine, about 200 doctors are willing to make house calls (or come to a church or community meeting) to discuss the medical effects of nuclear war. As members of Physicians for Social Responsibility (PSR), they are happy to speak to groups or offer themselves in their roles as doctors to encourage an end to the nuclear arms race. Chapters of PSR exist in Aroostook County and the Bangor, Farmington, Augusta, Lewiston-Auburn, and Portland areas. To arrange for a speaker, contact state PSR chair Dr. David Frasz, 65 W. Main St., Dover-Foxcroft 04426.

And many PSR doctors are working a "day for peace" on August 9, with the money they earn that day going for peace efforts around the state and country. So support your local PSR doctor that day (but only if you have the bucks).

"Fourteen percent of the total land in Maine is owned by foreign investors....Foreign investors own a greater percentage of Maine than of any other state."--Me. Org. Farmer & Gard.

A STOMPin' Good Time

Do you know what Golabki is? (It's stuffed cabbage.) Have you ever eaten Salatka Kartoflana (German Potato Salad)? What about Kielbasa (sausage)? You'll have a chance to try them all if you attend STOMP's first annual Eastern European Dinner, Sat., Aug. 13, 4:30-6:30, at the Stetson Comm. Center.

STOMP (Stetson Townspeople Organized for Humankind's Preservation) began last winter as an effort to declare Stetson, near Bangor and Dexter, a nuclear-free zone. They succeeded, and also adopted a sister city in the USSR, Stepan. The dinner is an effort to reach out in respect and friendship to the USSR and Eastern Europe even though the US government doesn't always do that.

Advance tickets are \$3.50/adults and \$1.50/under 12 or \$4/2 at the door. Any extra proceeds from the dinner will go for disarmament work by STOMP. For tickets: STOMP, Box 22, Stetson 04488, 296-3423.

Our Paper Could Be Your Paper

After about a 3-year vacation, lesbian and gay journalists have organized a newspaper collective to publish a statewide newspaper to give a voice to the often misunderstood movement of Maine's gays and lesbians.

Our Paper hopes to offer factual articles, news reports, editorials, ads, humor, and creative expression--a wide variety of information from throughout the state to both inform those who support the viewpoints of lesbian and gay groups and also to educate those who have questions and concerns.

Although the paper is based in Portland, they are committed to a newspaper of statewide scope and are seeking articles, graphics, and other submissions from the nether reaches. Assistance in distribution, soliciting subscriptions, getting ads, and finding articles is definitely needed.

Our Paper hopes to be in the mail and on the streets by Sept. 1, with a first deadline for articles and information of Aug. 10. Send all information to Our Paper, PO Box 10744, Portland 04104, or, if you have questions, call Liz or Diane at 799-6905, Fred at 773-5540, or Ken at 773-6642.

A Warm Welcome

... to the Governors

The National Governors' Conference comes to Portland, and area residents will be present to offer a warm, or perhaps hot, welcome to the governors and possibly V.P. George Bush or President Ronald Reagan, one of whom may appear at the conference. The Committee to Organize the Unemployed invites all unemployed people and those concerned about unemployment to join a demonstration for jobs at the park (formerly Dunkin Donuts) -- Congress and High Sts. -- next to the Eastland Hotel at 5 PM on Mon., Aug. 1. Other groups may join them as well. Contact Gail Halfkenny at 772-0792 for details.

Earlier that day, from 11 AM-3 PM, there will be a Peoples' Festival for Peace under the Iguana on Spring St. across from the Cumberland County Civic Center. Besides speakers asking for an end to the nuclear arms race and a lasting peace, there will be music, clowns, street theater, and other activities to make the event a positive, uplifting experience. Gov. Joe Brennan may speak in support of the festival. Last minute help will be appreciated, so call Steven Davis at 774-4501 (d) or 772-2384 (eves).

... to Jerry Falwell

Rev. Jerry Falwell, leader of the Moral Majority will be "welcomed" when he speaks in Farmington at the UMF Gym at 7 PM on Aug. 23. Sponsored by Rev. Gary Caron of New Vineyard's Open Bible Baptist Church, Falwell's topic will be "Nuclear War and the Second Coming of Christ."

Representatives of Maine and Franklin Co. NOW (National Organization for Women), Concerned Citizens of Franklin Co./CALC, who are actively opposing the nuclear arms race, and other concerned individuals, have put out a call for a peaceful protest to express opposition to Falwell and the policies of the Moral Majority, claiming that it is neither. They have scheduled two more planning meetings before the 23rd to nail down specific plans. These will be on Aug. 1, 7 PM, in the 1980 Lounge of the UMF Student Center in Farmington, and Aug. 15, tentatively, same time and place. Local people and others from around the state are urged to participate in the planning and protest itself. Contact person is Sandy Sites, 154 Lower Main St. #1, Farmington 04938, 778-9992.

For those who lean more toward the spontaneous, Greg Gerritt is encouraging a "Do Your Own Thing" counter-demonstration

Real Solid

Solidarity III. It's not a movie like "Rocky III." In fact, it will be acted out live on the stage of Portland's Deering Oaks Park on Labor Day, Sept. 5, sponsored by the Maine AFL-CIO. People will gather at Longfellow Square at 10:30, march down State St., and arrive at Deering Oaks by noon, to be welcomed by a rally, speeches by Maine AFL-CIO's Charlie O'Leary, ACTWU's Scott Hoyman, and others, plus a picnic and games. More next month. In the meantime, contact Ed Gorham, Maine AFL-CIO, 72 Center St., Brewer 04412, 989-3630.

Don't Boycott This One

The Maine AFL-CIO Summer Labor Institute has arrived again, and scores of union activists will converge on the Hilltop Conference Center, Univ. of Me., Orono, from Aug. 16-19 for workshops and programs aimed at making them more committed and knowledgeable union members.

Noted labor speakers will be there, and workshops are planned on labor history, collective bargaining, building union power, workers compensation, and related issues like worker-owned businesses, peace conversion, and Central America.

Although the institute is only for AFL-CIO members, keynote speaker Ray Rogers' presentation at 9 AM on Wed., Aug. 17 at Hilltop is open to the public and free. Rogers, who led the long, successful boycott against the J.P. Stevens Company because of its union busting and bad labor relations practices, will talk about boycotts and ways to make corporations more responsible to workers. Contact Maine AFL-CIO, 72 Center, Brewer 04412, 989-3630.

* * * * *

against Falwell at 6 PM at the UMF campus near the gym. He suggests signs, masks, guerrilla theater, or garden leftovers. "All groups and liberated individuals (and uptight people too) are invited to work for joy and freedom... This is a word of mouth operation, so open your mouths." Need we say more? Greg, RFD 1 Box 1182A, Industry.

... and Caspar too

To help publicize the Aug. 27 March on Washington, members of Hancock Co. groups will be demonstrating at Sec. of Defense Caspar Weinberger's house in Somesville at 2 PM on Aug. 20. Will he have an army to defend himself against the onslaught of peaceful protesters? Come and find out. Contact Elaine Hewes, Box 115, Blue Hill 04614, 469-2144 for details and location.

(Continued from Page 1)

performed at 8 PM on Friday, Aug. 5 at the Community House in Kennebunkport. The play illustrates the continued sufferings of those who "survived" and, of course, the inevitable suffering of nuclear war. Tickets are \$5-5.50, with a brief candlelight memorial service after the play. Contact Alan Adams, 38 High St., Kennebunk 04043, 985-7002.

Portland area people will focus on fasting, with encouragement to other organizations to sponsor a fast in remembrance. Fasters plan to gather for support each day. A contact person is Denise Ewell, 767-4193.

St. Joseph's Parish in Lewiston will host a breakfast, prayer service, and showing of "Unforgettable Fire" on Saturday morning and another film, "Hiroshima/Nagasaki: Harvest of Nuclear War" at 6:30 PM. A double feature, "If You Love This Planet" and (tentatively) "Gods of Metal" will be shown at 7 PM on Mon. Other events are possible, so contact Fred Brodeur, 782-3808 or Debbie Simpson, 782-6961.

Members and friends of the Brunswick Area Committee for a Nuclear Freeze will have a presence outside the Maine Festival (flyers and/or a vigil) on Sat. and maybe Sun. They hope to show "Hiroshima/Nagasaki" as well. To participate, call Lucy Ijams, 729-5730.

CONA (Citizens Opposing Nuclear Arms) will have an informational booth in front of the Yellowfront Grocery in Damariscotta and will show "War Without Winners" (updated version) in town on the evening of Aug. 6. Contact Julia Myers, Walpole 04573, 563-3955.

In Camden the Banshee will have a presence at 3 PM on Aug. 6 in the IGA parking lot south of town. More on them in the Women's Peace Camp article. Contact Sive Neilan, 236-2030, to join or offer support.

The Nuclear Issues Study Group is commemorating these days with a showing of "The Lost Generation," a film on Hiroshima narrated by Jane Fonda, at 7:30 PM on Mon., Aug. 8 at St. Margaret's Parish House, 49 Court St., Belfast. Free. Call Sandra at 338-2722.

Blue Hill Women for Peace and Justice will sponsor a vigil at noon on Aug. 7 at the Blue Hill Town Park. The Banshee will also be there. The public is invited. Call Karin at 359-2763 or Caren at 374-2140.

Deer Isle-Stonington Citizens for a Nuclear Freeze will vigil on the Town Green at 11 AM on Aug. 6 (Flora Krinsky, 367-2674) and Bar Harbor people will also vigil that

day on the Village Green (Tom Crickelair, 288-3800). HOME Coop will also remember Aug. 6 at their fair in Orland (see article).

Away from the coast, "Hibakusha" will be presented at Jewett Hall, Univ. of Me., Augusta on Sun., Aug. 7, 8 PM (tickets are \$3.50-4). A gathering at 8 AM on Aug. 6 in Capitol Park and fasting in support of the Fast for Life, where nine people from around the world are beginning an open-ended fast until a significant breakthrough in the nuclear arms race takes place, is also planned. Contact Vin Burns (685-9205) on the play and Carol Brewster (622-5234) on others.

Members of Pax Christi and CALC (Clergy and Laity Concerned) in Waterville are urging special church collections to support the Plowshares Pilgrimage, a group walking to Amarillo, Texas, arriving Aug. 6, which is the home of Pantex Corp., the final assembly plant for all nuclear bombs. One Plowshare member is Luke Hill, son of Waterville's mayor. For info: Fr. Jim Plourde, 872-5691.

Concerned Citizens of Franklin County will sponsor readings and an open microphone at 2 PM on Aug. 6 in Meeting House Park, downtown Farmington. Call Al Bersbach, 293-2390.

Bangor CALC will sponsor an evening program on Aug. 6 (7 PM) of readings, music, and the floating of candleboats (a Japanese tradition) at Kenduskeag Park, outer Harlow St. (or at Hammond St. Congregational Church if it rains). Call Keta Jones, 947-4456.

Maine CALC, with support from local CALC and other groups in Dexter, Dover-Foxcroft, and Ellsworth, will have a presence at the Bangor Air National Guard Air Show on Aug. 7, 11 AM-3 PM, at the Air National Guard Base off Griffin Rd. Flyers will be passed out telling people how to make peace cranes and why they are especially significant on Aug. 7. Contact Maine CALC, PO Box 110, Stillwater 04489, 827-3107 to help out.

Finally, the first Peace Park in Maine will be dedicated with tree planting on the site of the former air base in Presque Isle. Many of the trees will be planted during a brief program of readings at the park at 10 AM on Aug. 6. "If You Love This Planet" will also be shown at 6:30 PM on Aug. 5 at Turner Mem. Library in Presque Isle. Donations accepted, and a discussion will follow. Cheryl Rains, 496-1271, is a contact.

Remember August 6-9 in some way in your area.

It's Camp This Year

Some Maine women have been to the Women's Peace Camp, near Seneca Falls, N.Y., while others are going in August. New contacts and groups have sprung up to encourage people to go and to provide a focal point for connecting feminism to anti-militarism when people return to Maine.

One example is Blue Hill Women for Peace and Justice, a group formed to send women to Seneca Falls and to work in Hancock Co. They are seeking others interested in going to New York. Call Bea at 374-5375 or Karin at 359-2763. They are organizing local activities, such as an observance in Blue Hill on Aug. 7 (see article on P. 4). Call Caren at 374-2140 to help out. Finally, they are seeking contributions both to enable low-income women to go to Seneca Falls and to help the Peace Camp buy the land on which they are camped. Contributions for either purpose can be sent to Helena Lipstadt, E. Blue Hill 04629.

Another group going to Seneca Falls is the Banshee, named after the legendary Irish harbinger of doom and death. The Banshee will be crying out in Maine and New York to warn people of coming disaster in an effort to prevent it. She will appear first in the Camden IGA parking lot on Aug. 6, 3 PM, then on Aug. 7 in Blue Hill at noon in Blue Hill. She will go to Seneca Falls also. To join up, call Sive Neilan at 236-2030.

Other travel/information contacts have come forth, although no one is an overall coordinator. Try Adrienne Fleming, St. George 04857, 372-6589 or Concy Kirby, 15 Grant St., Bangor 04401, 945-6528, or Liz Moberg, 799-6905.

A Camp Closer to Home

Would you like to educate your body and brain at the same time? A work-study camp is being organized again in Maine, at an apple farm near Lewiston, for persons interested in picking apples and in studying the ideas of Gandhi and the Community of the Ark, a French intentional community promoting a philosophy and lifestyle of nonviolence.

A structured schedule of 4 days of picking, 2 days of study, and one day off each week is planned for Sept. 6 to Oct. 22. Families are invited--all but young kids work with parents--as well as individuals. There are restrictions, such as a ban on alcohol and drugs. The program includes community meals, fasts and feasts, possible nonviolent action on social issues, visits to the Shakers and Common Ground Fair, special talks and programs, singing and dancing, group meetings by consensus, and inevitable hassles of working together.

Some money will be used for food, housing, and education programs. Most of what pickers/camp members earn will be theirs to keep. A personal interview is required before joining the group. About 20 people participated last year, and organizers hope for a few more in 1983. Contact Elizabeth Gravelos and Arthur Harvey, Poor Farm Rd., Weare, N.H. 03281.

Vacationers for Social Responsibility

As we mentioned last month, the Kennebunk Forum has put together an ambitious summer program series focussing on peace issues. August's offering, a three-part conflict resolution series running on consecutive Tuesday evenings, is called "No Frames--No Boundries," with facilitator Debbie Sawyer.

"No Frames--No Boundries" helps us to explore personal solutions to conflict situations in our own lives and shows how these alternative solutions could help us to work toward world peace. The series will be held at the Community House on Temple St. in Kennebunkport at 7:30 PM on Aug. 2, 9, and 16. Admission for all three sessions is \$5. For more info: Alan Adams, 38 High St., Kennebunk 04043, 985-7002.

Further downeast on Deer Isle, there is another group dedicated to the proposition that summer does not necessarily mean a vacation from social responsibility. On Aug. 4 at 8 PM at Deer Isle High School, the Deer Isle Citizens for a Nuclear Freeze will sponsor a talk by Archibald Cox, national chairperson of Common Cause.

A vigil marking the anniversary of the bombing of Hiroshima and Nagasaki will be held at 11 AM on Aug. 6 at the Village Green in Deer Isle. An art show with a peace theme and poetry readings by Virgil Bisset and Constance Hunting from their book, In a Dark Time, will be given at 7:30 PM on Aug. 18 at the Centennial House Barn (call Flora Krinsky at 367-2674 for more info). Capping off the month will be a celebration picnic at the shore on Aug. 25.

SAVES This Date

"Rape: Myths and Realities" will be a workshop to educate and raise consciousness for people especially in/near Franklin Co. about the problems of rape and incest to be held on Wed., Aug. 3, 8:45 AM-4:30 PM, in the North Dining Hall, UMF Student Center, Farmington. 6

After registration (\$10 or less, depending on ability to pay), Dr. Judith Sturnick, UMF President, will keynote with a discussion about "Attitudes Toward Women in Society." Jo-Ann Cook and Richard Kauffman of Maine State Prison's Sex Offender Project, will give "A Profile of the Rape Offender."

After lunch (bring your own), speakers from Tri-County Mental Health and the Portland Rape Crisis Center will look at "Rape: The Victim's Perspective." Finally, two more Tri-County staff members will discuss incest and how to help the victim.

The workshop is sponsored by SAVES (Sexual Assault Victim Emergency Service), which is working toward prevention of rape and incest and for counseling and support for victims and their families, possibly via a rape hotline connected with the local hospital. For more on the workshop or SAVES: Evelyn Burgess, Tri-County Fam. Planning, Perham St., Farmington 04938, 778-4553.

Feminist Forums For Folks

Hardscrabble Hill continues its series of Feminist Forums at its center in Orland. Each begins at 7:30 PM, with a \$3 donation requested to go to the presenter. They also serve dinner by reservation for \$5, beginning at 6. Here are Aug. highlights:

- Aug. 4--Portia Corneil and the Heartroots Collective lead a "Summer Ritual Celebration."
- Aug. 7--Vicki Pollard (Worsley School) on "Traditional Acupuncture"
- Aug. 11--"Food, Fat, and Self-Image" w/ counselor Maddy Spadola.
- Aug. 14--Thoughtful dancer Karin Spitfire doing "Creative Works."
- Aug. 21--Singer Anna Dembska leads a "Concert of Music from around the World" at the Blue Hill Town Hall (not in Orland).

Hardscrabble's August intensive programs are "Training in How to Guide Systems: Groups and Relationships (Aug. 5-9, \$150) and Women Unfolding: Passion and Power (Aug. 12-15, \$100), plus room and board. Check on alternative financial arrangements. Hardscrabble Hill, Box 130, Orland, 469-7112.

Memo

To: Former spouses of U.S. Civil Service, CIA, Foreign Service, and military employees;
From: M. Barteaux, PO Box 1351, Portland 04101, 775-4366;
Re: U.S. legislation to benefit ex-spouses (i.e., reforms in discriminatory practices in public and private pensions, tax policy, insurance, child support, etc.)

There is a network of former spouses to give you information on legislation that affects you. Contact M. Barteaux.

Birdsong Tweets

Our friends at Birdsong Farm in N. Berwick have planned two innovative workshops for the month of August.

"Making a Solitary Journey Together" will take place Aug. 8-14. This retreat for writers and artists will provide a place to generate individual and collective energy, to germinate ideas for new work, to share ideas with artists in other fields, and to appreciate and critique one another's work.

Most days will be left free for silence and individual work. But once each day the group will meet to share work and talk about the creative process and the contexts for creative work. Cynthia Finn is the facilitator. Cost for the 7 days is \$240.

August 17-21 will be devoted to "Harvest: Creating a Collective Ritual." Drawing imagery from themselves, each other, and the earth--using myths, the visual arts, music, and improvisation--workshop participants will work together to create a harvest celebration, culminating in the celebration itself on Aug. 21. The cost is \$100.

For descriptions or scholarship info: Birdsong, Box 143, N. Berwick 03906, 676-4038.

Down on the Farm

"Maine Women in Agriculture," a slide-tape presentation sponsored by the Maine Commission for Women and the Maine Humanities Council, is now available to show around Maine. The program tries to paint a picture of women in Agriculture through interviews of farm women. All aspects of the project were done by women.

Because of the funding source, the arrangements for showing the slide-tape includes a discussion afterward and involves some paperwork. Money is available for the discussion leader and publicity. For arrangements: Me. Humanities, Box 7202, Portland, 773-5051.

'Aw, Shucks'

"A real agricultural fair." That's how director Suzanne Schofield and organizers of the second Washington County Fair view their effort. No cotton candy, midway, exploited women, or honky tonk.

7

Instead, it's arm rasslin', square dancin', horse pullin', and a contest of hol-larin' (on Saturday). Then (on Sunday) there's sheep ridin' (for kids), tree graftin', wood splittin', manure pitchin', rabbit pluckin', weavin' and spinnin', road racin', and tractor pullin'. Some-thin' for ev'ryone. Friday is TV day, with Channel Seven shootin' the shearin', the knittin', the weavin', and the sewin'.

Whatcha doin' Aug. 26-28? Come on down to Cherryfield and join' the fun. Contact ol' Suzanne at Rt. One, Pembroke 04666 or call 726-3952 or 483-2244 for details. Y'all don't miss this happenningggggg'.

Are You Free from Self-Sabotage?

Deborah Knight Irvine, wholistic health counselor, workshop leader, and one of the stars of Page 9 in July's MSN, has formulated her schedule for August thru October. Her "Freedom from Self-Sabotage" and "Self-Confidence/Self Motivation" programs will go from 7:30-9:30 the first 3 Wednesdays (begin Aug. 3) and Thursdays (begin Aug. 4) respectively, in August. Each course costs \$20.

Irvine will also offer weekend workshops (9 AM-5 PM) on Polarity Therapy (Aug. 6-7), Freedom from Self-Sabotage (13-14), Color Experience (20), and Self-Confidence/Self-Motivation (27-28). Fees are \$25-30/day.

Similar programs plus "Touch for Health" are available in both Sept. and Oct. All programs are given in Brooks (Kenney Rd., RFD 2 Box 330), though she may go to other locations if requested by a group. For registration and a complete schedule: Deborah Knight Irvine, PO Box 221, Brooks 04921, 722-3562.

Coasting Along

We'er not dumb. We're staying on the coast for August's MSN collating circus. We'll be at Jim and Nancy Brown Stump's house on the Old Stage Rd. in Arrowsic, from 4-9 PM. Bring a dish to share for supper. Call them at 442-7527 if you can help out.

on Aug. 23.

Support has been encouraging this year, with 546 MSN subscriptions so far in 1983 and \$2,451.50. If you don't have a "3" on your address label, we haven't heard from you this year. Why not respond now, instead of waiting until the last minute? Please fill out the subscription form on Page 11 and return it to us today.

Deadline for September articles is Aug. 20. Send all articles, events, or other goodies to INVERT, PO Box 110, Stillwater 04489 or call them in to 827-3107.

Let Nature Be Your Guide

Are you a pagan at heart? A nature wor-shipper afraid to come out to Mother N? The Chicken Street Lammass Club will aid and abet you. They'll even invite you to their third annual Lammass Celebration of Nature, Aug. 6-7, on Chicken St. in down-town Starks (between Farmington and Madison).

Join in the rituals, sit in on the work-shops, vie for the title of Earth Queen and Corn King (but watch out or you may get crowned). There's swimming (bring a suit--just in case) and music (do-it-yourself). Leigh and Fred Griffith will provide the veggies, milk, meat, (for the carnivores) and eggs, but bring other food to share. They need people to do rituals and workshops, so let nature be your guide.

Cost for the 2-day extravaganza is only \$3, kids under 12 free. There's plenty of tent and floor space for the sleepers. Call or write for a registration form: Chicken St. Lammass, RFD 1 Box 710, Starks 04911, 696-5266.

Help Maintain the Common Ground

The Common Ground Country Fair is again offering everyone the opportunity to join in the fun of celebrating rural life at this year's fair to be held Sept. 23-25 in Windsor. Volunteers are needed in all areas. Sign up now for choice volunteer jobs.

Six hours of work on the fairgrounds themselves, or four in the parking or children's areas, will net you: free admission for the day plus one other day, and a free Fair Volunteer T-shirt. You can donate smaller amounts of time (no reasonable offer refused) and can work before or after the fair itself.

They especially need people to work with tools, general maintenance, communications, and "animal by-products." If you have the spirit: Maine Organic Farmers and Gardeners Association, Box 2176, Augusta 04330 or call 622-3118.

Tripping thru the Summer

There are still lots of trips available in August to discover Mother Nature (there she is, hiding under that rock!). Besides the regulars mentioned in previous months, we introduce you to Chewonki Family (or individual) programs. They offer the following organized trips. Allagash Canoe trip (Aug. 18-28), St. Croix (20-28), Katahdin hiking (22-29), Coastal Canoe trip (20-27), and Sailing/Rowing (19-27), plus a Natural History Workshop study of the Maine Coast at Chewonki (Aug. 21-27). Check on costs, details, etc. from Camp Chewonki, RFD 3, Wiscasset 04578, 882-7323.

The Maine Sierra Club offers a Baldface Circle Trail Day Hike (Evans Notch, on the N.H. border) on Sun., Aug. 28 (contact Ken Spalding, 16 Smith St., Augusta 04330, 623-3086) and the Saco River Clean-up Trip on Sept. 5, Labor Day. You bring a canoe, they provide trash bags to leave our friend, the Saco River, in the same condition it was found. An ecologically stimulating experience. Contact Sierra outings, PO Box 18, E. Peru 04229, 562-8278. Both trips cost \$2-3.

Women Outdoors offers Bicycling at Acadia National Park on Aug. 13 (contact Kristi Skanderup, 882-7254), the Women's Ritual/Healing Gathering (next column), and a backpacking weekend on Bigelow Mt. on Sept. 2-4 (Terri Granger, 774-4044).

The Natural Resources Council of Maine continues its raft trip schedule with two on the Penobscot (Aug. 12 and 26) and two on the Kennebec (Aug. 18 and 25). Cost is \$45-55 for each. NRCM, 271 State St., Augusta 04330, 622-3101.

Finally, Maine Audubon offers a large selection of outdoorsy trips, including Cherryfield Glacial Geology (Aug. 6, 10:30-3:30, \$7-10), Coastal Peatlands in Machias (Aug. 13, 8-4, \$10-12), Mt. Washington Hike (Aug. 13, 9:30-5, \$10-12), and Birds at Biddeford Pool (Sept. 3, 8-Noon, \$7-10). For a complete summer/fall schedule: Me. Audubon, 118 Old Rt. One, Falmouth, 781-2330.

Franco-American But Not Spaghetti

Although festivities will be winding down by the time you receive this newsletter, the Franco-American Festival '83 can still offer a taste of French-Canadian culture to those who come to Kennedy Park in Lewiston by July 31. French/Canadian food at the Cafe, music--from fiddlers to folk ballads--entertainers, artists, and craftspeople will offer their specialties, culminating in a parade and music performance on Sunday, July 31. Schedule info is available at the fair or by calling 784-2926.

You Can Find Hidden Valley

Don't forget the Women's Healing/Ritual Gathering, Aug. 27-28, at Hidden Valley Camp in Freedom, mentioned last month. Cost is \$35 for the weekend, including everything. Pre-registration by Aug. 1 is preferred, but spaces for later comers may still be available. Call Foxfire at 342-9685 or write Ritual Gathering, PO Box 476, Lincoln, Mass. 01773.

Also at Hidden Valley, the 4th annual Maine Healing Arts Festival, with numerous workshops, music, recreation/entertainment, and special meals will be held on Sept. 2-5. More details on this next month, but registration information is available from Denise Swank, Northern Pines, Rt. 85 Box 279, Raymond 04071 or call 655-4056 (Raymond), 786-2632 (Auburn), 342-5177 (Freedom), or 773-0723 (Portland). Robbie Gass and Jim Scott will be among the performers.

Celebration Celebrations

Montanaro Mime has scheduled a series of summer weekend performances at the Celebration Barn on Stockford Road, off Route 117 in S. Paris. These evenings of original theater feature a mix of mime, monologues, storytelling, experimental theater techniques, and vaudeville.

Shows will be performed every Friday from now until Labor Day, with additional Saturday presentations on Aug. 20 and 27. Performances begin at 8:30 PM. Admission is \$3/adults and \$2/children. Reservations are actively discouraged.

If you can't get to S. Paris, you may want to bring Celebration's touring theater company, the Celebration Theater Ensemble, to your home town. The Ensemble performs in colleges, community centers, theaters, and all kinds of schools.

Though small in size (a mere four players), it is adept in a wide range of theatrical material--dialogue, sound effects, improvisation, storytelling juggling, masks, and music. Sketches range from "an abstract-realistic study of insects before and after dawn" to a satirical history of love through the ages.

To book Celebration celebrations: Carolyn Brett, PO Box 351, Bridgeton 04009, 743-8452.

Vacation Service Specials

Well, there are still a lot of responsible vacation events going on throughout New England in August, but we're not going to list a lot of them. But, just so you won't forget all about them, here are a few highlights from MSN's widely acclaimed vacation planning service:

Aug. 6-13--Women: Our Aging Selves
Aug. 13-20--Gays and Lesbians Affirmed
Aug. 13-20--On Understanding Your Health--
Nutrition and Exercise
Aug. 27-Sept. 2--Peace and Empowerment:
Living Positively in an Uncertain World
are all at Ferry Beach, 5 Morris Ave., Saco
04072, 284-8612.

Sept. 6-11--Rejuvenation and Introduction
to Iridology w/Dr. Bernard Jensen at North-
ern Pines, Rt. 85 Box 279, Raymond, 655-7624.

Aug. 15-20--Penobscot River Vision Quest
Aug. 31-Sept. 5--Mt. Katahdin Vision Quest
both at Women-Quest, c/o Gayldawn Price,
Gen. Delivery, Blue Hill Falls, 374-2127.

Aug. 6--Natural Dental Health w/Soaring Bear
Aug. 7--Second Annual Life Festival (Hiro-
shima commemoration, free) at
Another Place, Rt. 123, Greenville, N.H.
03048, 603-878-9883.

Aug. 5-11--The Arms Race or the Human Race
Aug. 12-18--Changing Roles/Education for
the Future
Aug. 19-24--The Hemisphere/How to Be Better
Neighbors
Aug. 25-31--Political Action for '84/From
Theory to the Grass Roots
Sept. 1-4--Inside the USSR and China
World Fellowship Center, RD Box 136, Con-
way, N.H. 03818, 603-447-2280.

Cul=cha for the Multitudes

The Maine Festival, to be held Aug. 5-7 at Bowdoin College in Brunswick, is a celebration of Maine culture. Because it will receive plenty of publicity elsewhere, we'll only try here in the MSN to mention a few highlights.

There's a "Poetry-While-You-Wait" booth, part of the live literature being offered by members of the Maine Writers and Publishers Alliance. Some readings will be accompanied by music, dance, or movement. In the sculpture area, there's Primitex, a combo of sculpture, music, and costume and "Doggy Condos." There's electronic music on Sunday afternoon. Roving mimes, jugglers, and clowns will occupy the grounds, and storytellers, comedy teams, dancers, and political theater can be found. Actor Gary Merrill will perform in a controversial play on Sunday evening.

There will of course be mountains of food, crafts, local performers, and Maine atmosphere. For details or a schedule of events: Bau Graves, Maine Festival, PO Box 192, Brunswick 04011, 725-8731 x704.

Keep HOME's Fires Burning

HOME (Homeworkers Organized for More Employment) held its first fair at its Orland headquarters in 1973. Since then HOME has added a livestock coop, a land trust, and a number of other projects to its original crafts cooperative. HOME's tenth annual fair, scheduled for Aug 6-7, will celebrate this decade of growth.

The fair will be held at HOME's complex just off U.S. Route one in Orland. From the 9 AM commemoration of the bombing of Hiroshima on Saturday morning to Sunday afternoon's raffle of \$500 worth of groceries, the festivities will be packed with a variety of events, both traditional (a greased pig race, for example) and innovative (a poetry reading).

Craft workshops and displays (more than 50 booths are planned) will form the heart of the fair. In addition, there will be animal judging, pony rides, hot-air balloons, clown rides, clowns, fortune-telling, Dungeons and Dragons, and lots of food.

A Bluegrass Jamboree, featuring both professional entertainers and an amateur contest, will be held on Saturday night. Headliners are the Ft. Knox Volunteers and the Bluegrass Supply Company.

General Admission to the fair is \$1, with children and elders admitted free. Child care will be available for 50¢/hour. Tickets to the Bluegrass Jamboree are \$4/adults and \$2.50 for youngsters and oldersters.

That address and phone number is:
HOME Coop, Box 408, Orland 04472, 469-7961.

Stone Soup

We thought we'd located all the soup kitchens in last month's MSN, but we missed **10** St. Vincent dePaul's Soup Kitchen, 10 Locust St., Portland (M-F, 11-12:45), operated by volunteers of the Society of St. Vincent dePaul, and St. Luke's Soup Kitchen at St. Luke's Cathedral (Sat. only, 11-12:45), 143 State St., Portland.

St. Vincent dePaul needs volunteers especially in August. Can you help out one or more days (most Tuesdays are filled, other weekdays are not) from about 10:30 to 1 PM? If so, contact Sandy Lucas, Box 10091, Portland 04104, 773-2806.

SMOOSA Encounters

Although the referendum on whether or not to continue Maine's moose hunting season is not until November, SMOOSA (Save Maine's Only Official State Animal) is beginning to promote their position. One way is through the book "Moose Encounters," a 40-page book of anecdotes and cartoons about Maine's moose, by Margaret and Kit Graham. Part of the \$4.95 + 75¢ handling will go to SMOOSA. Send \$5.70 to Moose Encounters, PO Box 1265, Greenville 04441.

More importantly, SMOOSA needs regional and local coordinators in a number of cities and counties. Can you volunteer to help disperse information and/or help to get out the vote? Contact Margaret and Kit Graham, HCR 76 Box 385, Greenville 04441, 695-2852, or the SMOOSA office, 29 McClellan St., Brunswick 04011, 729-8808.

In a Class by Herself

Do you want to deal with your classism? Do you ever feel arrogant? Does this distance you from others?

"I am looking to form a mutual aid group of professionals and other privileged people in the Central Maine area (Port. to Bangor) to support each other in dealing responsibly with our inherited or acquired power in this stratified society. One idea is to combine criticism/self-criticism with readings and other study. For myself, I want to bring my ideals into sharper focus and bring my heart and actions into harmony with my ideals. Please join me."

Contact Nancy Brockway, Box 57, E. Vassalboro 04935, 289-3831 (w), 923-3462 (h). She hopes to get something going in September, so contact her soon.

(Continued from Page 12)

Aug. 25--Dr. David Halperin, "Health and Human Rights in El Salvador," 7:30, location in L-A area to be announced. Debbie Simpson, 84 Summer St., Auburn, 782-6961.

Aug. 26-28--Houlton Bluegrass Fest., Municipal Park, Houlton, \$4-7/day. Cheryl Lovely, 3 Market Sq., Houlton, 532-9052.

Aug. 26-28--Washington Co. Fair (7)

Aug. 27--March on Washington (1,2)

Aug. 27-28--Healing/Ritual Gathering (8)

Aug. 29-Sept. 12--Interviews for Women's Therapy Group beginning later in Sept. in Lincolnville. Fredrica Adams, Box 161, Rockport 04856, 236-9691, 382-6174.

Sept. 2-5--Healing Arts Festival (8)

Sept. 5--Solidarity III in Portland (3)

Aid for AIDS

The recently formed Gay Health Action Committee is a grass-roots action group comprised of people concerned with the AIDS epidemic and its impact in Maine when (not if) AIDS arrives. They are associated with two other groups, a Medical Task Force and the Maine Health Foundation, Inc.

They are currently working on several major projects. A primary task is getting information out to high-risk groups, especially gay men, on the risks of AIDS (and how to lower them), AIDS symptoms, basic information on the disease, and where to find medical help.

GHAC also provides a support system for AIDS victims and potential victims, and their friends and families. They don't think anyone should have to face AIDS alone or uninformed. In addition, committee members are working to establish a speaker's bureau to give presentations to hospitals, health care professionals, and other groups or organizations. They will provide information to the public through the mass media and direct outreach activities.

If you want to join the committee, contribute monetarily to their efforts, or participate in the AIDS support groups, write to the Gay Health Action Committee, PO Box 10723, Portland 04104. Their pamphlet, "Guidelines for AIDS Risk Reduction" is yours for a stamped, self-addressed envelope.

Herb-All Essences

The East Coast Society for Herbal Enlightenment was established in 1981 to encourage education and research on herbs and their uses. The society meets six times each year and publishes a newsletter. Membership dues are \$20/year and include a newsletter subscription. Non-members can get the newsletter for \$5/year.

On Aug. 13-14, the Society will sponsor a workshop called "Partners in Survival: Herbs and People" at Merry Gardens in Camden. Workshop leader is Vermont herbalist Adele Dawson, author of "Health, Happiness, and the Pursuit of Herbs."

Topics covered will include: herbs in the garden, identification and uses of wild herbs, staying in tune with the cosmic environment, the square of Saturn as planetary guide, and holistic health.

To register for this event or find out about others (local herbalist Barbara Robidoux will be giving presentations throughout the summer), call 763-3211 or 236-4866 or write East Coast Society for Herbal Enlightenment, c/o Marlene Pike, 26 Bay View St., Camden 04843.

In western Maine, herb and flower workshops are being offered throughout the summer and fall by Hedgehog Hill farm, RFD 2 Box 2010, Buckfield 04220, 388-2341. All day (8:30-4:30) sessions are available at the farm on Aug. 11, 13, 18 and 27 for an \$18 cost. Lectures, slides, and garden tours are held in the morning, and after lunch (HHH provides it), they discuss flower arranging and herb drying and use.

A Touch of Health

The Holistic Center for Health and Education, located in S. Portland, is a group of health professionals who emphasize and teach principles of self-care, wellness, prevention, and self-responsibility. This summer they are sponsoring an educational program designed to inspire and empower people to take increased responsibility for their own well-being.

Introductory presentations on Thursday evenings (\$4/participant) will offer overviews of several subjects, and present opportunities to begin learning practical skills.

Intensive follow-up workshops will be held on Saturdays from 9 AM to 4:30 PM. These will offer in-depth information, practical skills and experiential journeys in self-discovery. Advance registration is requested for these sessions, since space is limited. Cost is \$30, with a non-refundable deposit of \$15 accompanying the preregistration form.

An introductory session on The New Nutrition is scheduled for Thurs., Aug. 4, with a Saturday Intensive Workshop on that subject on Aug. 13. Other topics covered are The Therapeutic Use of Touch (Aug. 11 and 20) and Body-Oriented Therapy (Aug. 18 & 27).

For more information: Holistic Center for Health and Education, 111 Wescott Rd., S. Portland 04106, 775-7433.

Our apologies to a few folks who called the wrong number we gave for Maine Whale-watch. The correct phone # is 244-7429.

MAINE STATEWIDE NEWSLETTER TRUE/FALSE SUBSCRIPTION FORM

"If there's no "three" on your address label, then send to us whatever you are able."

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T F (circle one) I want to give you \$4 (more or less) for ~~another~~ year of MSN.

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T F I know someone(s) else who want a sample copy of this newsletter. State who they are below if the above statement is true.

"If the people lead, eventually the leaders will follow."--button

Please return this form to INVERT (Institute for Nonviolence Education, Research, and Training), PO Box 110, Stillwater, Me. 04489, 827-3107.

Calendar of Events

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

July 24-31--Franco-American Festival (8)

July 31--Eleventh E. Benton Music Show, Littlefield's Farm, E. Benton, Noon. Shirley Littlefield, Box 215, Clinton, 453-2017.

July 31--Belgrade Summer Music Fest., 2-dusk,
w/Bluegrass, jazz, theater, Fleshapoids, more,
\$3/adults, kids free, Dunn Rd. Farm off Rt.
135, to benefit Family Violence Project,
Box 304, Augusta 04330, 623-3569.

All August--Vacation specials (9)

All August--Deborah Irvine workshops (7)

All August--Outdoorsy trips (8)

All August--Hardscrabble forums/courses (6)

Aug. 1--Festival for Peace and jobs demonstration at Governors' Conference in Port. (3)

Aug. 2, 9, 16--No Frames--No Boundries (5)

Aug. 3--SAVES rape/incest workshop (6)

Aug. 4, 6, 18, 25--Deer Isle events (5)

Aug. 4,11,13,18,20,27--Holistic Center (11)

Aug. 5--Children's literature by Dahlov
Ipcar at Patten Library, Bath, 7:15 PM, free.

Aug. 5--Andover Folk Fes. w/Cane Creek
Cloggers, Appalachian music. Chandler Hill
Farm, Andover 04216, 392-3422.

Aug. 5--"Victor/Victoria," 8 PM, \$2. Dover-Foxcroft Movie Club, Brown's Mill, 16 Vaughn St., Dover-Foxcroft 04426, 564-3031.

Aug. 5 (each Fri.) 20,27--Celebration Mime (8)

Aug. 5-7--Maine Festival in Brunswick (9)

Aug. 6-7--Open house, 9-5, w/workshops, displays, tours, at Johnny's Selected Seeds, Foss Hill Rd., Albion 04910, 437-9294.

Aug. 6-7--HOME Fair in Orland (9)

Aug. 6-7--Chicken St. Lammas gather (7)

[illegible]

INVERT

PO Box 110

Stillwater, Me. 04489

Address Correction Requested

Aug. 6-9--Commemorations around Me. (1,4)

Aug. 8-14, 17-21--Birdsong workshops (6)

Aug. 9--Doctors' day for peace (2)

Aug. 10--"Advocacy and Independent Living" workshop w/presentations on advocacy, legislation, & independent living and exhibits, 10:30-4, Riverton Comm. Center, Portland, free/donation. Alpha I, c/o Lori Clark, 169 Ocean St., S. Portland 04106.

Aug. 12. (each second Fri.)--Contradances w/
yet-to-be-famous Oxford Co Stumpjumpers at
E. Sumner Grange, Rt. 219, E. Sumner, 8 PM.

Aug. 13--STOMP's E. European Dinner (2)

Aug. 13--Amnesty International yard sale,
95 Maple St., Bangor. Karen Hartnagle,
RFD 2 Box 918, Carmel 04419, 848-5359.

Aug. 13-14--Bread & Puppet Theater ann.
circus, free, Rt. 122, Glover, Vt. Mabel
Dennison, Box 538, Temple 04984, 778-2513.

Aug. 13-14--Herb workshop in Camden (11)

Aug. 15--Maine Solar Energy Assn. meeting/
tour of Gamble's hydro site in Hampden, Rt.
1A, 7 PM. MSEA, Box 2575, Augusta 04330 or
Tom Gocze, 360 Center St., Bangor, 947-2909.

Aug. 17--Ray Rogers at AFL-CIO Institute (3)

Aug. 19-21--"Safety and Health in the Boat Building Industry" symposium, Me. Maritime Academy, Castine. Maine Labor Group on Health, PO Box V, Augusta 04330, 289-2770.

Aug. 20--Picnic on Messalonskee Lake, Oakland, for Handicapped Awareness Assn.
Call Helen Bubier, 645-2338.

Aug. 21--Tenth Buttermilk Hill Old Time Music Show, noon-dusk, off Rt. 27 between Belgrade/Belgrade Lakes (sign). John Gawler, Box 866, Belgrade Lakes, 495-2928.

Aug. 23--Jerry Falwell in Farmington (3)

Aug. 23--MSN collating circus in Arrowsic (7)

CALENDAR CONTINUED ON PAGE 10

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