



# ENCorps eNews

Up to the minute developments at ENCorps • July/August 2013

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## 2013 Summit Brings Together Over 75 Members

Congratulations everyone, on another fantastic Summit! Over 75 ENCorps members from across the state came together on the beautiful coast of Bar Harbor to learn, share, and connect.

On Monday morning, the Summit kicked-off with an intriguing look at professional journalism and growing up in a small Maine town with featured keynote speaker, *NPR* journalist Quil Lawrence. Quil shared stories of adventure from his youth in rural Maine and insight on some of the more serious topics he encountered while covering issues in the Middle East during the early 2000s. Generously opening the floor to discussion, he also answered questions from the audience ranging from his feelings towards the global issues he covered abroad and the more light-hearted topic of good times he's had right here in Maine.

Next, Earl Brechlin, Editor of the *Mount Desert Islander*, facilitated a panel of professional journalists representing various rural regions in Maine. Panelists talked about what kind of information is important to cover and how to submit work to local newspapers as a citizen journalist. Each panelist had a very different perspective, giving the audience a good look at just how diverse journalism in small communities can be.

Following the panel of rural news journalists, ENCorps members took the spotlight. Over the past nine months, Sandy Olson, Ken Hamilton, Donna Wiegler, and Frank Booker have been dedicated participants of the Boomer Reporting Corps. These folks shared inspirational and captivating videos they have created through their dedicated attendance at a series of comprehensive workshops and by working one-on-one with Professor Bill Kuykendall. Each member represented a different community in the state and provided unique examples of the power behind personal narratives by using multi-medias such as video, photography, and audio recordings. Their willingness and bravery to display their work for us was much appreciated!



(Top) Keynote speaker Quil Lawrence addresses the crowd.;  
(Bottom) ENCorps members at the Summit.

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## Summer Events

### INNOVATIVE RETIREMENT

WHEN: July 18, 2013, 10AM - 5PM

WHERE: Kennebooks, 149 Port Road  
Lower Village, Kennebunk, ME

Cost: \$125.00 (includes refreshments and lunch with the authors)

Join Roberta K. Taylor, Deborah Knox, Amy Wood, Gail McMeekin, and Helen Rivas-Rose for an inspiring and enlightening day-long workshop on innovative retirement at Kennebooks in Kennebunk, Maine. Retirement planning can be an exciting time. However, it can also be overwhelming and scary without the appropriate preparation.

In an effort to help you plan effectively, five highly successful retirement experts will hold an interactive day-long workshop on innovative retirement. The workshop will consist of five separate sessions, each offering tips, advice, and insight on:

- developing a healthy relationship with money
- reinventing yourself
- discovering your passions
- and creating the retirement life you've always wanted.

Participants journey together from one session topic to the next.

Limited space: To register, call 207-967-6136.

### Other Summer Activities

#### HAYSTACK MOUNTAIN SCHOOL OF CRAFTS

WHEN: Now – Sunday, July 7, 2013; Wed & Friday thru Sunday, from 1 - 5PM

WHERE: 89 Haystack School Drive, 89 Fr 577A, Deer Isle, Maine 04627, 207-348-2306

Located in Haystack's Center for Community Programs, Artists of the



Forest is showcasing the works of 16 artists living in the Northern Forest of the northeastern states including Maine, New Hampshire, Vermont, and upstate New York. Work includes a basket maker, rustic furniture maker, Acadian wood carver, birch bark canoe maker, dog sled maker, and more! This event is free and open to the public. You can learn more about the Haystack Mountain School of Crafts at

<http://www.haystack-mtn.org/>.

#### WRITING ABOUT FAMILY HISTORY WORKSHOP WITH CHRISTINA BAKER KLINE

WHEN: Tuesday, July 9, 2013, 9:30AM – 12PM

(Registration required)

WHERE: Abbe Museum Downtown, 26 Mount Desert Street, Bar Harbor, ME 04609, 207-288-3519



This workshop is about changing your own world—stories you grew up with, family stories that link to larger historical moments, your personal experiences—into words on the page. Maybe you've kept a private journal and dream of shaping it into a memoir. Maybe you have an idea for a short story or a novel based on events in your past. Or maybe you want to write about your family history and don't yet know the form. Whether you're at the idea stage or further along, this workshop will arm you with inspiration, strategies, guidance, and prompts for writing as you begin the process of transforming your family stories into resonant, evocative prose. Participation is free. Registration is required. Space is limited. Contact Raney Bench at [raney@abbemuseum.org](mailto:raney@abbemuseum.org) to register or visit:

<http://www.abbemuseum.org/calendar/july.html>.

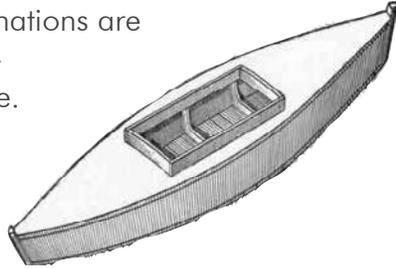
### Got News?

Share your news, stories and updates with ENCOrps eNews!

Email [carol@encoreleaders.org](mailto:carol@encoreleaders.org)

## CANOE SKILL CLINIC AT HIRUNDO WILDLIFE REFUGE

WHEN: Saturday, July 13, 2013, 1 – 3PM  
WHERE: Hirundo Wildlife Refuge, Gate 1, Hudson Road, Alton, ME 04468, 207-944-9259  
COST: Suggested donations are \$5 for adults, school-aged children are free.



The Maine Bound Outdoor Adventure Center in collaboration with Hirundo Wildlife Refuge offers the second of two canoe clinics at the Refuge. Your instructor, Jimmy Haller, will focus on paddling strokes, rescue techniques, canoe dynamics and canoeing safety. Registration and cancellation is requested by July 12. Meet in the parking lot at Gate 3. For more information visit:

<http://www.hirundomaine.org/>.

## GOVERNOR BAXTER DAY: BANGOR TO KATAHDIN & TOP OF BANGOR TOUR

WHEN: Wednesday, July 24, 2013, 7AM – 7PM  
WHERE: Various venues in Bangor  
COST: \$8 to 25  
Contact: Sarah Holland 207-505-5779

Celebrate the connections between Bangor and the Katahdin Region. Learn about the art and literature linking the regions, support the Plants of Baxter State Park project, explore historic Bangor, and enjoy the “wild” areas in the greater Bangor area. For more information and to purchase tickets, contact Sarah at [info@friendsofbaxter.org](mailto:info@friendsofbaxter.org) or visit Friends of Baxter online at [www.friendsofbaxter.org](http://www.friendsofbaxter.org).

## DANCING 4 FUN

WHEN: Now – Tuesday, July 30, 2013; Tuesdays, 7:30 – 9PM  
WHERE: Studio RED, 16 School St. (Oddfellows building) 2nd Floor, Rockland, ME 04841, 207-354-0931

Dancing 4 Fun is a free night of freestyle dancing every week run by people who love to dance to all kinds of music. Not a dance class or a “social dance” but a place to move any way you like for fun and health. Attendees are welcome to bring their own CDs or MP3 players. Good for body and soul! Learn more about Dancing 4 Fun at:

<http://www.dancing4fun.org/>.

## Welcome New Members!

- Cindy Johnson, Auburn
- George Manlove, Stillwater
- Rita Moran, Winthrop

## Help Us Grow!

ENCOrps survives by word-of-mouth! If you know someone who would be perfect for ENCOrps, send them our way!

“ It’s easy to make a buck. It’s a lot tougher to make a difference. ”  
-- Tom Brokaw

# Volunteer

in

# Action

A long-time volunteer with the Maine Organic Farmers & Gardeners Association (MOFGA), you may have seen **NANCY ROSALIE** at the Common Ground Country Fair or at the recent Farm & Homestead Day.

Now at home in the gardens and hayfields of Unity, a younger Nancy was not a likely farmer. She grew up in a small city in Michigan. As she attended college in the early 70s, however, she became interested in “going back to the land.” She bought some land and began farming. Around this time she read an article and became intrigued about Maine’s Common Ground Fair, MOFGA’s annual celebration of rural living.

Nancy ended up moving to Maine and began working on a farm owned by a brother and sister in Orrington. It is now the Curran Homestead Living History Museum and home of the Fields Pond Audubon Center. Around 1990, Nancy learned that she could attend the Common Ground Fair for free if she volunteered for a shift. Her volunteer role was to pick up cigarette butts around the Windsor Fairgrounds, where the event was held at that time.

In 1992, Nancy moved to Unity. Her partner, John, was a big supporter of the Fair. They volunteered together and became a part of the Common Ground Fair experience.



Nancy in front of pole beans, planted between rows of fruit trees, that will climb the natural trellis.

In 1996, a heavy rain from a hurricane flooded the Windsor Fairgrounds. There were huge puddles everywhere and MOFGA, who had been thinking about buying some land, decided to look at a corn, potato and rye farm across the road from Nancy’s house in Unity. They asked Nancy, “Was it wet?” Well, the answer was, “It was dry as a bone.”

MOFGA bought the property and, all of a sudden, the Fair was in her front yard! The first year the Fair was held in this new location, Nancy painted a lot of signs. She then realized there was a year-round group effort to put on the Fair. She was invited to join the MOFGA’s Board of Directors where she served for a number of years – still volunteering around Fair-time, as well.

Because of the proximity, Nancy increased her

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## How Can You Get Involved?

There are many volunteer opportunities at the Common Ground Fair. Volunteers who work a 4 hour shift receive an organic cotton Fair t-shirt, Fair admission, and a delicious meal served by the Common Kitchen.

Volunteer opportunities are available before the Fair during set-up; through the Fair weekend of September 20, 21, and 22; and afterward for clean-up. Individuals, families and groups are welcome. For more information, visit the [www.commongroundcountryfair.com](http://www.commongroundcountryfair.com) or contact Anna Libby at the MOFGA office at 207-568-4142 or [volunteers@mofga.org](mailto:volunteers@mofga.org).

involvement with MOFGA. She served on the Buildings and Grounds Committee, where she became interested in replacing Port-O-Potties with Permanent Composting Toilets, called Common Thrones. They tried one at the Primitive Camping Area on the property, using sawdust to process “humanure” into compost. It worked so well that there are now several Common Thrones on the property, supplying compost for many gardens, including some newly planted blueberry bushes. Nancy is such a champion; she is lovingly called the “Throne Crone!”

Ready to be outside doing more “hands-on work,” Nancy moved from the Board of Directors to the Fair Steering Committee. She has helped organize the Fair in this capacity for about the last 10 years. She loves meeting people who have many skills, talents, and knowledge, and who freely share their gifts with others at the Fair. She is also amazed at how many hard-working volunteers it takes to run the three day event. During the Fair, volunteers wear colored t-shirts. Nancy appreciates the significant number of people wearing the shirts, working to make the Fair run smoothly and helping fair-goers find their way to demonstrations and exhibits.

Nancy has changed a lot since her childhood days in the city. Her vision now is for every household to grow some food – even if it’s just chives on the window sill. Her work with MOFGA is a way to make that vision a reality. And, we’re lucky to have her steadfastly supporting the Common Ground Fair for all of us to enjoy.



Look for a Common Throne like this one when you visit the Common Ground Fair.



## About MOFGA

The Maine Organic Farmers and Gardeners Association (MOFGA), formed in 1971, is the oldest and largest state organic organization in the country.

The purpose of the Association is to help farmers and gardeners:

- grow organic food, fiber and other crops
- protect the environment
- recycle natural resources
- increase local food production
- support rural communities
- and illuminate for consumers the connection between healthful food and environmentally sound farming practices



Learn more about MOFGA events, programs, advocacy and publications at <http://mofga.org>



## Volunteer Opportunities

### AMERICAN FOLK FESTIVAL

[www.americanfolkfestival.com](http://www.americanfolkfestival.com)

Hosting a cultural celebration of music, dance and performing arts for 90,000 people takes MANY helping hands! EVERY year, over 800 volunteers are needed to help in all areas of the Festival. Their website makes it easy to volunteer, offering a list of areas that need volunteers, and an online registration and scheduling. Dates of this year's festival are: August 23, 24, & 25.

### MAINE SEA COAST MISSION

[www.seacoastmission.org](http://www.seacoastmission.org)

As a volunteer with Maine Sea Coast Mission, you will be making a meaningful contribution, sharing in the goals of our coastal communities and providing much needed assistance. Wrapping gifts, helping in the food pantries or lending a hand in the Housing Repair Program can be exciting and personally inspiring experiences, and you'll develop memories that will be with you forever. Current volunteer opportunities are posted on their website.

### RACE FOR THE CURE

[www.komenmaine.org](http://www.komenmaine.org)

More than twenty five years ago, Nancy G. Brinker promised her sister that she would do everything possible to put an end to breast cancer. Today, thanks to more than 100,000 survivors and volunteers/activists, Komen for the Cure is the world's largest, most progressive grassroots organization fighting breast cancer. Volunteers play a vital role in the Susan G. Komen Maine Race for the Cure®. Their passion and commitment is what makes our race successful. This disease has touched so many people, either through their own personal experience or that of a loved one. Will you join their fight by volunteering on race day?  
Date of event in Portland - September 8  
Date of event in Bangor - September 15

### 3RD ANNUAL FOOD DAY -

**October 24, 2013**

[www.foodday.org](http://www.foodday.org)

Contact [foodday@cspinet.org](mailto:foodday@cspinet.org) or 202-777-8392

Food Day is a nationwide celebration and a movement for healthy, affordable, and sustainable food. You can host an event, or find one to be involved with on their website.

### AIR QUALITY COUNCIL

[www.freshairventilation.net](http://www.freshairventilation.net)

Contact: Kurt Johnson,

[kurt@freshairventilation.net](mailto:kurt@freshairventilation.net)

or 207-514-4078

Help improve air quality and people's health and assist Fresh Air Ventilation Systems, LLC.

## ENCORPS Volunteer Receives Award

ENCORPS volunteer, Bill Brown, Sr., (aka Bubba Billy), his wife, Sheila, and Beth Thompson were awarded the Anthem Community Angels Award for 2013 for their work with CATCH Healthy Habits (Bill was featured in the last newsletter as our Volunteer Spotlight). They were given \$500 to use for any health-related program and have chosen to send four school kids, whose parent's could not otherwise afford to do so, to a week of fun and exercise at summer camp.

Congratulations, Bill!



ENCOrps members speak on a panel about food security.



(Top) ENCOrps members listen intently to speakers.  
(Bottom) Off-site activities at Jackson Laboratories, College of the Atlantic and Acadia National Park complimented the on-site summit programming.

**SUMMIT** continued from page 1

The second day of the Summit was also a big hit, featuring a panel of ENCOrps members committed to food security issues. The stories of Don Kauber, Pam Matthews, Jim Doyle, and Mary Turner were motivating and helped many of us get a better idea of what food security issues are all about. More importantly, these folks showed us a diversity of ways food security issues can be addressed by everyday people. Overall, ENCOrps members really appreciated the opportunity to see the volunteer work other members are doing.

Visiting the Summit from the Maine Development Foundation, President & CEO Ed Cervone gave a hopeful, yet serious presentation on the Maine economy and job market. He encouraged members to think about volunteer work that educates youth or re-educates adults in need of work. He provided data to support where the state is headed and how ENCOrps members can help. If you are interested in learning more about this issue, you can visit the MDF website at [www.mdf.org](http://www.mdf.org). His presentation helped us understand another vital area where volunteers can truly impact the vitality of their local communities.

A special thanks to all the folks who presented, shared, and volunteered at the Summit. We would also like to thank those individuals who donated such thoughtful door prizes. They were truly lovely! Member exhibitor tables were a big hit as well, so thank you to the volunteers who prepared the materials to share with us all. Once again, the members of Encore Leadership Corps have shown their support for each other through the camaraderie we share. This summit was made possible thanks to the funding and support from the

Maine Community Foundation, Atlantic Philanthropies, the John S. Knight Foundation, Bangor Savings Bank, and Ocean Properties.

To view Boomer Reporting Corps videos and online tutorials visit  
<http://vimeo.com/user16009974/videos>.  
 To learn more about the Corps, visit  
[www.boomerreportingcorps.org](http://www.boomerreportingcorps.org).



## Volunteer Hours

Since Joining ENCorps

### 20 + Hours

JC Camelio  
 Dick Eustis  
 Jane Fairchild  
 Oscar Feagin  
 Lorain Francis  
 Roberta Goodell  
 Jim Goodson  
 Harold F. Goodwin  
 Ken Hamilton  
 Audrey Higgins  
 Judith Hilliker  
 Sally Howe  
 Cheri Hudson  
 Susan LoGuidice  
 Jim McGrath  
 Deborah McLean  
 Sherry Miller Welch  
 Doug Monteith  
 Jim Nichols  
 Ingrid Perry  
 Gail Peters  
 Faith Rawding  
 Stephen Richards  
 Roger St. Pierre  
 Dawud Ummah  
 Marie Zwicker

### 50+ Hours

Mary E. Andrews  
 Elaine DuBois  
 Stephanie Emens  
 Kate Harris  
 Don Kauber  
 Marie Khoury  
 Judy Merck  
 Priscilla Payne  
 Peter Reilly  
 Terry Sandusky  
 Joyce St. Pierre  
 Angela Werner

### 100+ Hours

Nancy Adams  
 Candace Austin  
 Lynn DeGrenier  
 Steve Demaio  
 Leslie Gilliland  
 William Gilliland  
 Micheal Hohne  
 Nancy Hoffman  
 Sandra Hopkins  
 Yvonne Lambert  
 Eileen Liddy  
 Ardis Mayo-McNeil  
 Anne Mundy  
 Mary Neal  
 Sharon Phelan

Jim Pierce  
 Nancy Prince  
 Carol Ransom  
 Toby Simon  
 Nancy Teel  
 Mary Turner

### 200+ Hours

Alice Bolstridge  
 Bill Brown, Sr  
 Bonnie Copper  
 Dick DuBois  
 Jim Dunham  
 Judith Gillis  
 Thomas Gruber, Jr.  
 Jane Hall  
 Dorothy Havey  
 Fran Havey  
 David Howe  
 Beverly Johnson  
 Sue Kircheis  
 Sue Mackey Andrews  
 William McPeck  
 Frank Mundo  
 Heidi Munro  
 Sandy Olson  
 Marianne Reynolds  
 Sydney Roberts Rockefeller  
 Nancy Rosalie  
 Greg Rossel

Joan Shapleigh  
 Norma Simpson  
 Donna Waterman  
 Warren Wind

### 500+ Hours

Mary Berger  
 Linda Bradford  
 Chris Corbett  
 Hugo Diaz  
 Cindy Dunham  
 Julia Emily Hathaway  
 Norma Rossel  
 David Stansfield  
 Lorraine Taft  
 Tricia Wurpel

### 1,000+ Hours

Ed Anderson  
 Kerry Corthell  
 Michael Costello  
 Eileen Kreutz  
 Dick Matthews

Pamela Matthews  
 Alice Morgan  
 Debbie Mullen  
 Frank Ober  
 Amy Palmer  
 Leelaine Picker

### 1000+ Hours

Ed Anderson  
 Mike Costello  
 Pam Matthews  
 Alice Morgan  
 Debbie Mullen  
 Don Nodine  
 Frank Ober  
 Phyllis vonHerrlich



## Why Report Hours?

The purpose of ENCorps is to support your efforts to improve your community with training and networking opportunities. All of our programming (the Summit and training events) are free or at reduced cost for ENCorps Volunteers.

Since we are privately funded through grants, we need to report on the impact of our members and their volunteer work. One tangible way is to keep track of our volunteers' hours each month. It's also a great way for us to acknowledge your good work!

Please help us by reporting your hours by the 15th of the following month (for June hours, please report by July 15). To do so go to:

[www.encoreleaders.org](http://www.encoreleaders.org)

Click Submit Your Hours  
 Fill out the form and hit SEND

**Thank you for  
 your help!**

## ENCorps Staff

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Program Manager

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Research Associate

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Mia Noyes  
Graduate Assistant

ENCorps is a program of the University of Maine Center on Aging in partnership with the Maine Community Foundation and with the cooperation of local, state, and national organizations. Initial project funding is provided by the U.S. Environmental Protection Agency's Aging Initiative and the Atlantic Philanthropies.

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Call 207-262-7928

E-mail staff at [info@encoreleaders.org](mailto:info@encoreleaders.org)

Check out our website at [www.encoreleaders.org](http://www.encoreleaders.org)

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community**experience**  
PARTNERSHIP

