



The Buzz

Class Collaboration

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On cable channel 1301, MaineCoast.tv & Roku.

The Old School

Rockland

Waste Not

by Jeff Oehlert

I think about waste a lot, wasted time, wasted energy, wasted resources. I work in a large manufacturing facility. I have a habit of glancing in the open-topped trashcans as I walk through the plant. I often see recyclable/redeemable bottles and cans. Sometimes I pick them out. Sometimes they are not empty. I would never purchase a beverage and not finish it. For one, I wouldn't even purchase a beverage at work when water is free. When it is hot out, our company provides free water in plastic bottles to whoever needs it. I often find half-full bottles of water in the trash or abandoned around the plant. Just think of the energy that went into extracting that water from the ground, bottling it and delivering to our factory. "It's only water. There's plenty of it," maybe somebody is thinking. I'm thinking maybe we could have larger profit sharing checks if we didn't waste so much on bottled water.

Then there is the all the waste that comes with all the pallets of parts and materials that we receive. Just about everything is covered in shrink-wrap. No chance of recycling or reusing that at work. Sometimes I collect the plastic straps that hold the contents together and later I'll weave them to make art or a basket. The biggest waste is the pallets themselves. We don't reuse any of them. I think of all those trees that were made into one-time use pallets that end up in our dumpster to be taken to PERC to be burned for energy.

Now let's visit the cafeteria where I also peek in the trashcans. So much wasted food. Our vendor throws away sandwiches with sell-by-date past, and employees don't finish their lunches. And beverage bottles in the trash right next to a receptacle meant to collect them. Now let's talk about the wasted time and energy that is lost on the lunches that are prepared by somebody and brought to work and put in the cooler and then not eaten. I have taken it upon myself to rid the common cooler of these moldy messes. The food is a bad enough waste, but I rarely take the time to empty and wash the plastic containers and reuse them or donate them to Goodwill. I wonder what these people are thinking about - their next truck payment, their families and their mortgages, or maybe they are just thinking about the ham and cheese sandwich in the vending machine that they would rather eat instead. I don't know. I just wish they would think more about the energy and resources that are being wasted.

Time is another thing I think about wasting. Some people might argue that I wasted a lot of time writing this article and I do have to admit that I probably waste too much time sleeping or just resting in my bed. But when it comes to work time, time I'm paid to work for others, I really try not to waste that time. Co-workers might call me anti-social or unfriendly because I don't stop throughout the day to chat with them about work or home life. I feel guilty standing around talking when I'm being paid to work. I try to drive my forklift sensibly so as to not make extra trips and to not waste fuel.

Outside of work I also think about reducing waste. When my partner and I go out to eat we often bring our own containers to bring home our leftovers. Of course we sometimes get funny looks, but that's less waste we will have to deal with. On First Friday artwalks we bring our own glasses so as not to have to use the little plastic cups to drink our free wine out of. I pass by the laundromat on my bike ride home from work and I stop in to check their recyclable bin to find laundry detergent bottles with still a quarter cup or more of detergent in them. I carry a knife for this purpose. I cut a hole in the base of the bottles and combine them in the one with the most left in it. It's very unfortunate that those nice drip catching spouts on modern detergent bottles don't let you easily get all the liquid out of the bottles.

We have never bought trash bags for our household. We have a dump sticker that lets us dispose of unlimited quantities of stuff at the dump. Maybe I am wasting my money buying the sticker when it would be cheaper to buy the transfer station bags, but then I would have to throw away a bag each time I went to the dump. Because we are members of the clean plate club and we compost, there are hardly any nasties that end up in our trashcans around the house, so when I empty the cans into one bag to take to the dump, I then dump that bag in to the hopper and bring it home to use it again.

These are just a few of ways that I think about waste everyday. Maybe you will think about waste more now and how you might cutback on the things that you waste your time, money and energy on.

Jeff Oehlert is former WRFR DJ J.Obitz, bicycle commuter, gardener, artist, concerned citizen, factory worker, home owner, recycler.



Ron Tesler photo

Ian Emmott & Nate Davis on Rockland Metro show

City Council candidates Ian Emmott and Nathan Davis joined the Rockland Metro show on WRFR this past Wednesday. In the photo above, Ian, left, and Nate, center, are shown with co-host Joe Steinberger.

WRFR's Metro show, like The Buzz, is an open forum for creative contributions to our Rockland community. We were honored to have Ian and Nate with us for a thoughtful conversation about how we can be the best community we can be.

With Nate and Ian, and with co-hosts Steve Carroll, Eric Gabrielsen, and Glen Birbeck, we discussed housing opportunities for young people, possible reforms in the City Council's rules of debate to permit more effective deliberation, and birthplace versus class as the source of our political division.

We shared our thoughts, and shared the desire to understand more, and to find solutions rather than pretend to.

Join us on the Metro show, Wednesdays at 5 pm.



Ron Tesler photo

Metro show co-hosts Steve Carroll and Eric Gabrielsen

Choosing Local, An Opinion

By Stephen Carroll

If we are talking fish, corn or collard greens I'm right there with you on the "local." There's nothing better than fresh-caught fish, native corn or summer squash.

The terms "native" and "local" can also be applied to people. Native American, or he's a "native". Others might say: "local," or "from away," We like to divide people into groups: immigrants, colored, Hispanic, Democrat, Republican, rich, poor, white & blue-collar workers. We even have red & blue states. Not to be outdone with labels, we go even further. White elite college-educated empty-nesters in urban areas, etc.

Well, you see where I am going with this. It just seems lately a lot of effort is being expended to divide people into us and them. I have found over the course of my life that in general most people...white, black, red or brown, either local or from away, are pretty much the same. Each has hopes and aspirations, wants & desires, likes & dislikes good & bad habits & ideas.

My home town of Rockland has grown and developed a great deal in the last 200 years. Immigrants from many different lands built our great schooners, worked in the quarries, fished and farmed and worked together to make our city the place it is today. The English, the Germans, the Italians, the Finns, the Albanians and so many different nationalities lived and worked together to make a community. Each of these groups brought their customs, their food and ideas all weaved together to shape our city. Whether you are "local" or "from away," your contributions and accomplishments have added value to this place we all call home.

FRIDAY, NOVEMBER 1:

- Knox County Art Society Show on View in Camden, at Boynton-McKay, 30 Main Street, through December. The show features works by Pam Bardon, Sue Colgan-Borrer and Heidi Locke. All work will be for sale.
- “Home and Family” at Art Space Gallery, 405 Main Street, Rockland. The show with works by members of the cooperative gallery hangs in November and December.
- 2020 Maine Lobster Festival Poster Contest, with a \$1,000 prize. Email samples of your work – preferably lobster images – and a bio by Friday, November 1, to jbrickel@midcoast.com.

SATURDAY, NOVEMBER 2:

- 2nd Annual Fall Craft Fair at Union Masonic Lodge 31, 149 Sennebec Road (just off Route 17) from 9 a.m. to 2 p.m. Photographers, artists, potters, knitters and crafters will display and sell their works.
- MOFGA Offers Farmer to Farmer Conference, Saturday to Monday, November 2 to 4, at Point Lookout, Northport. Maine Organic Farmers and Gardeners Association’s annual conference will feature 40 education sessions and 60 speakers. Saturday will include tours of Snakeroot Farm, which grows veggies, fruit and herbs; and Balfour Farm, an off-the-grid, 100-acre dairy farm. Details: mofga.org.
- “Temporality | The Process of Time” Opens at CMCA with Reception, from 5 to 7 p.m. The group show is the second in an ongoing series addressing current themes in contemporary art at Center for Maine Contemporary Art, 21 Winter Street, Rockland.

SUNDAY, NOVEMBER 3:

- “Daylight Savings Time” begins at 2 a.m. About Time.
- Whitehead/Dean Group Playing in Rockland, 7 p.m. at Fog Bar and Cafe, 328 Main Street. The band features Mike Whitehead on trumpet, Jason Dean on drums, Glen DuBose on bass, and Mitch Markowitz on guitar.
- Sunday Jams in Rockland, Sail, Power, & Steam Museum, 75 Mechanic Street, 1:30 p.m.

MONDAY, NOVEMBER 4:

- Free Adult Art Classes at Rockland Public Library, 11 a.m. Catinka Knoth leads the free Monday classes – with a focus on drawing in color – open to all, with materials provided. “October in Maine” will teach students how to draw fall leaves, autumn landscapes, and Halloween pumpkins.
- Free Memoir and Personal Essay Class at Camden Public Library, from 1 to 3 p.m. Teresa Piccari leads the interactive session that will provide tools and techniques for developing inspired stories. Bring pen and paper (or laptop) to participate in writing exercises. Registration required: 236-3440.
- Monday Jams at St. George Grange, at Wiley’s Corner, 7 to 9 p.m. through October. Country, gospel, folk, bluegrass.

TUESDAY, NOVEMBER 5:

- The Community Produce Project, an AIO Food Pantry program providing free fruits and vegetables, will be held at St. Peter’s Episcopal Church from noon to 1:30. Normally held at the Flanagan Community Center, the program is being moved because of Election Day. Everyone is encouraged to bring a bag, or grab one supplied by the organizers, and help themselves to some FREE produce! The program is not need-based, there are no forms to fill out, and no limits on what people take.
- Five Weeks of “My Next Career Move” at Camden Public Library, offered from 10 a.m. to 1 p.m. Tuesdays, October 22 to November 19, by New Ventures Maine. Learn how your current skills connect to future careers, identify high-growth job fields, explore education and training options, and strengthen your resume for a job search. Registration: NewVenturesMaine.org, 593-7942.
- Photographer Gary Freeburg to speak in Rockland, 6:30 p.m. at Rockland harbor master’s office, 271 South Main Street. Free public talk by Freeburg, who has worked with Ansel Adams, Oliver Gagliani and John Schulze. Bring canned food for the AIO Food Pantry.
- Tuesday Jams in Thomaston, Federated Church, 8 Hyler Street, at 7 p.m. Folk, country, blues, gospel. FMI: 273-2914.

WEDNESDAY, NOVEMBER 6:

- “Your Life, Your Deep Emotions, Your Riveting Fiction” Workshop, Wednesday, November 6, at 6 p.m. at Rockport Public Library. Owls Head author Gin Mackey leads the free class on how to use personal experiences as the basis for moving works of fiction and greater self-awareness.

THURSDAY, NOVEMBER 7:

- “History in Your Backyard,” at noon at Rockport Opera House. Rockport Garden Club hosts the free program by Lucinda Brockway of Past Designs in Kennebunk and program director for cultural resources at The Trustees of Reservations, a Massachusetts preservation and conservation group.
- “Crossing to the Dark Side: Why I Turned My Back on Objective Journalism,” 6:30 p.m. at Rockland Public Library. The Camden Conference presents Tom Fiedler, who will explain why after nearly 40 years as a political reporter and editor, he thinks objective journalism is no longer enough to confront a facing the nation. Free and open to everyone.
- Thursday Jams in Warren, Saint George River Cafe, 310 Main Street, 6 p.m. and Friday Open Mics, second and fourth Fridays, at 6:30 p.m.

FRIDAY, NOVEMBER 8:

- Public Veterans Day Assembly at Camden-Rockport Middle School, in Camden, Friday, November 8, at 2 p.m. With a presentation of colors, speeches by veterans, students reading thank-you cards, and a band and chorus performance. All are welcome – arrive between 1:40 and 1:55 p.m.

SATURDAY, NOVEMBER 9:

- Artist’s Reception for Obrianna Cornelius at Camden Public Library, Saturday, November 9, from 3 to 5 p.m. Her watercolor landscapes are in the Picker Room Gallery throughout November. She will be at the reception to present and discuss her work.

Around Town is compiled each week by C.O.H.Gifford, Jr.

Please submit calendar items to gowrfr@gmail.com

Our thanks to The Free Press for sharing its calendar.



The Community Produce Project. Volunteers work each month to set up the distribution prior to opening at noon. In October, 3,800 pounds of produce was distributed; 65 bags were prepared and delivered to students at South School, 44 bags were prepared and delivered to the South School Pre-K program, 28 portions were delivered to homes of people unable to get to the Flanagan Community Center, and 125 people attended the event. photo by Brenda Thomas. (See Around Town, left, for Nov. 5 event)



Heron in Rockland harbor, photo by David Long

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email steinberger@gwi.net

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- Dunkin Donuts • Rock City Cafe • Camden Nat'l Bank • Main Street Market • Jensen's Pharmacy • Willow Bake Shoppe • Offshore Restaurant • Good Tern Coop • Rockand Library • City Hall • Jess's Market • Southend Grocery