



# Rockland Buzz

## Getting to Know Each Other

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*The Old School*  
Fellowship Education

## Tune in to *The Flipside* with Spike Hyssong

Sundays 11 am to noon on WRFR



The Flipside show is a tour through Spike's collection of sound recordings that are kept in his innersanctum known as 'The Flipside'. Sound recordings are in the form of 78 rpm records, 16-inch radio transcriptions, reel-to-reel tape, etc and include things from jazz, big band, classic radio broadcasts, novelty, rare, unusual and/or forgotten goodies!"

## *Down Main Street* with Phil Groce

# A Lot of People Eat Soup

Sixteen years ago, I interviewed Lee Smith on WRFR because of his soup-making at what was then, Second Read Books and Coffee, and more recently, Rock City Cafe. Now 44 years old, he has been working there in the kitchen thru it all for 24 years, including Rock City's transformation to an employee-owned company 2 years ago.

I was able to find an empty table off to the side as Lee emerged from the kitchen at the end of his work-day at 11:00 in the morning. Athletic in movement, trim in stature, hair tousled from taking off his chef's hat, he grabbed a chair, and looked squarely at me, and said, "So, where do you want to start?" I knew then, there would be no cynicism here.

I reminded him that, before, we talked about his getting out of high school not having any particular direction and doing dishes, and then starting to make soup with Susanne Ward [the previous owner] helping with the recipes; and he was coming in early in the morning. How early?

"I start work at 3:00 AM and work until now, 11:00." What kind of sleep-cycle is that? "It's kind of hard, because I do lots of other things, too." Such as? "I do landscaping during the summer, like mowing lawns and other outside jobs. I also referee soccer, umpire baseball and softball." I wondered if he was paid for that? "Yes, for high school and middle school, and Babe Ruth and soccer, not Little League. "I have to take tests to be certified to do all that. My wife and I, we also play softball together. And then there's the kids' things, like their playing ball and all, and the school stuff. And I think I'm going to referee basketball, too, next year. My wife's a stay-at-home mother, but she works, too, during the summer, baking at home for a caterer. I don't cook at home."

How much sleep do you get? "I really should go to bed by 5:00 at night, but with everything going on in the house, it's almost always 8 or 9. I don't get more than 5 hours a night." I remarked that he didn't look tired and dragged out today. "Tonight about 5:00, I will likely feel that way."

He seemed to be living not the same 24 hours I know. "I've always been organized," he replied. Is your wife organized, too? "No. But I got to say that maybe I'm too organized, and lots of times I can't find something I put away so I could easily find it." Maybe opposites attract? "Yeah, but it's not a problem." Reminded me of our own household: I like piles, and my wife likes files.

I had known that his family goes back in Maine for generations, and I told him that he seemed to be upholding the Maine tradition of olden days of starting at the bottom and working the way up. "That is the way I did it, and it wasn't easy. I had no schooling about it. Nearly everything in school really didn't apply to what I do." But your work ethic is good. "Yeah, I never miss work. In fact, I don't think I have ever called in sick."

Did you get that work ethic from home? "I remember my dad always working hard, at Bath Iron Works and even after that. He was always busy. Same with my grandfather. He was a rough guy, hard worker. I guess it goes back even farther than that."

I asked him that if a person had a good work ethic then ambition takes care of itself? "I never thought of it in that way, but I think that's right. I kind of take things as they come, not planning ahead. Landscaping, for instance, I have all the work I want, just through word of mouth. I don't really think about it. And now I'm the kitchen manager. I have to supervise the kitchen workers, including the bakers. The bakers have odder hours than me—9:00 at night to 6:00 in the morning. They also make the pastries for Rock City Roasters on South Main."

How is it different with employee ownership? "Generally, it's even a better place to work, even though it was good before. But, now, I have meetings to go to. That's new, and I am one of the decision makers. I do a lot of the ordering, make many of the soups, and now I'm also helping with preparation in the kitchen and out front." I reminded him that, before, he liked being just in the kitchen, being alone and not dealing with customers. "Not now. I like dealing with customers, and they enjoy talking with the person who is making their food."

So, is that success to you? "Life is good. I'm a lucky person. I'm healthy. My family is healthy. There's lots of work. Sometimes it's a little hard to make ends meet, but I guess that's success. But someday, I want to retire and be able to do more refereeing and umpiring. I really like that. You can do that, even if you're old."

How about retirement? Do you have something with the company? "No, they don't do that. But I'm one of the original 17 employee-owners, especially since I had been here so long. I don't really know what that's worth. I guess I'll find out."

I felt that he was saying something about freedom, not being burdened with the shackles of ambition, but finding a good life as it comes, especially by being a good worker. To me, that was refreshing.

As I was gathering my materials, taking my leave, there was a neighbor of ours with his wife at a nearby table. He was eating what appeared to be a tomato-based soup.

I asked him if that was tomato soup? "It's tomato alright, but it has lots of other flavors, too. It's really good."

That said it all.

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## The Rise of Foreign Policy

by Judy Pasqualge

With just days to go before the Iowa primary, it is certainly a positive thing that the general Democratic Party platform has shifted from 2016. The primacy of healthcare, the earth crisis, economic inequality and a livable wage are certainly advances.

Also welcome is the increasing attention to foreign policy ! not just in the military sense, but in the economic.

Here, the question facing voters is: Should the US support governments that oppose (often violently) the very same domestic policies that DP candidates support for people in the US?

Or, will the DP continue to follow a foreign policy that places the interests of the US contingent of the global corporate/financial elite first?

The New York Times endorsement of Warren and Klobuchar noted that Biden "commands the greatest fluency on foreign policy," Warren "speaks fluently about foreign policy," and Klobuchar supported the military action in Libya and Syria ! no doubt she is also seen as 'fluent.' (nytimes.com/interactive/2020/01/19/opinion/amy-klobuchar-elizabeth-warren-nytimes-endorsement)

It is clear what 'fluency' means: active support for regime change, including imposition of sanctions against whole populations (collective punishment); targeted assassination of deemed enemies without due process and a large allowance for acceptable collateral (civilian) damage; and economic coercion via conditioning support on the acceptance of economic austerity measures, including the sale of national assets to foreign interests.

Biden's position is clear. So is Warren's, going by the members of her foreign policy advisory team, which comes from the Clinton-Biden DP set. (see: thegrayzone.com/2020/01/26/elizabeth-warren-foreign-policy-team-pro-war-regime-change) Klobuchar will follow the same. And the real intent of many of the other candidates is clear in support for, for example, the Venezuelan nondemocrat Juan Guaidó, the new right-wing coup makers in Bolivia, the gangster governments in Honduras and Guatemala, and Bolsonaro in Brazil.

We are still seeing the effects of similar established policies playing out in Libya, Yemen and Syria ! policies supported by Republican and Democratic administrations.

Promises to 'bring the troops home,' or a misleading placement of all responsibility on President Trump, or simplistic aims to increase US aid serve only to obscure real policy.

Does this policy actually increase US national security? Does it serve to end conflict? or make enemies?

All over the world, people are out protesting in their thousands and hundreds of thousands - against brutality and corruption, for social services, against governments that enrich only a few - and against foreign support for these governments.

There is a contradiction here between the social policies desired for people of the US, and the real consequences of a reverse foreign policy that harms people all over the world.

**FRIDAY, JANUARY 31:**

- Art Reception and Wine Tasting at Good Tern Food Co-op and Café, 750 Main Street in Rockland, from 4:30 to 6 p.m. An exhibit of photographs by Rockland artist Eve Hupper and a wine tasting presented by Good Tern's wine and beer buyer, Deminique Cole. Hupper chose black-and-white for the photos in the show because "it represents a classic medium, even in the digital age." Prints will be available for purchase at the reception. For the wine tasting, Cole has selected a Raphaël Midoir Sauvignon Blanc "de Silex et Tuffeau" from France's Loire Valley and a "Gardacho" Garnacha, a red wine from Navarra, Spain.
- "The Front," 6:30 p.m. in Thomaston Public Library's Friday Night Film Series. January's Woody Allen films wrap with his tale about restaurant cashier Howard Prince (played by Allen), who is apathetic toward politics during McCarthyism in the 1950s. Howard sees an opportunity to make a profit when a blacklisted screenwriter asks him to sell a script under Howard's name. Soon, Howard becomes a front for several blacklisted writers. Free; donations accepted.
- Friday Open Mics, in Warren, Saint George River Cafe, 310 Main Street, second and fourth Fridays, at 6:30 p.m.

**SATURDAY, FEBRUARY 1:**

- The Rough Drafts at Ada's Kitchen, 449 Main Street, Rockland, at 9:30 p.m. Hailing from Vinalhaven, the Rough Drafts feature Richard Carlsen, Eric Bergman, Chad King and Maggie playing dance music from the '70s, '80s, and '90s. No cover charge.
- Winterfest 2020 in Camden, with events from February 1 to 9, including a doggie winter-wear fashion show, ice sculpting, polar plunge into frigid water, free films, music, and a wild ride down a 400-foot toboggan chute. It culminates in next weekend's U.S. National Toboggan Championships. Facebook has details.

**SUNDAY, FEBRUARY 2:**

- Souper Bowl Luncheon at People's United Methodist Church of Union, on Depot Street, behind the post office, at 11:45 a.m. Homemade soups and bread will be served along with beverages. A collection of cans of soups, chowders, and stews, as well as crackers, will be accepted and donated to the Come Spring Food Pantry. A free-will offering will be taken and donated to the Good Shepherd Food Bank. All are welcome. There is no charge, and no need to bring food.
- Sunday Jams in Rockland, Sail, Power, & Steam Museum, 75 Mechanic Street, 1:30 p.m.

**MONDAY, FEBRUARY 3:**

- Noon Yoga in Rockland, at the Knox Center, 6 White Street, on Mondays, February 3 to March 16 (no class February 17), from noon to 1 p.m. Certified yoga instructors lead the gentle class to help stretch and strengthen muscles while reducing stress. No yoga experience required, [journeytohealth.coursestorm.com](http://journeytohealth.coursestorm.com)

**TUESDAY, FEBRUARY 4:**

- Parkinson's Group to Discuss "Off-Episodes," from noon to 2 p.m. at Anderson Inn at Quarry Hill, 30 Community Drive, Camden. At this meeting of the Camden-based Parkinson's Support Group, participants will run the show, sharing their experiences with the common problem of "off-episodes." Free and open to those living with Parkinson's, and their families and caregivers. For details, call 301-6237.
- Tuesday Jams in Thomaston, Federated Church, 8 Hylar Street, at 7 p.m. Folk, country, blues, gospel. FMI: 273-2914.



**Morning Mental Health with Adrian Counce**

Saturdays, 10 am to noon on WRFR

Music from artists that you probably know, but never get any air time – and leaves you wondering why? All things obscure and strange. Songs that move you and make you think, such as: Pink Floyd, David Bowie to "Guns and Roses," and "Alice in Chains." A wide range of genres played with extreme change ups from one song to the next. Always a surprise...with the "Morning Mental Health," radio show."

**WEDNESDAY, FEBRUARY 5:**

- "Improve Your Computer Skills for Free" Class, at Rockland Public Library, at 10:30 a.m. Learn about National Digital Equity Center's new Aging Well With Technology curriculum, designed for residents age 55-plus, as well as many other computer skills classes. The talk will also include tips for staying safe on the internet.
- Brain Injury Support Group at Camden Public Library from 10 a.m. to noon. The group welcomes stroke survivors and their families and friends, as well as anyone facing neurological challenges.

**THURSDAY, FEBRUARY 6:**

- Free Screening of "Harriet" at Camden Public Library, at 6:30 p.m. Based on the life of an iconic American freedom fighter, the film tells the extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroes. Her courage, ingenuity, and tenacity freed hundreds of slaves and changed the course of history.
- Mother and Daughter to Discuss Their Writing Journeys, at 6:30 p.m. at Rockland Public Library. Episcopal priest Judith Carpenter and licensed psychotherapist Amy Carpenter launched books within one month of each other last fall. Judith is the author of "The Uninvited Goddess: Awakening to a New Era." Amy's book is "Be Strong, Be Wise in the Age of #MeToo: The College Student's Guide to Sexual Safety." They will tell their stories about writing and share what was most (and least) helpful along the way.
- Thursday Karaoke in Thomaston, Threshers Brewing Company, 1 Starr Street, 7 p.m.
- 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, FEBRUARY 7:**

- Center for Maine Contemporary Art, Rockland. "Temporality | The Process of Time," to February 23. "[On]Now Exhibition: Simulacrush," to April 5!
- Farnsworth Art Museum, Rockland. "Andrew Wyeth's World War I" and "Slab City Rendezvous," both to February 9. "Andrew Wyeth: Witches, Ghosts and Mischief," to March 1. "MAINE: The Farnsworth Collection," to March 14. "Katharine Cobey: A Different Voice," to April 12.

**Around Town** is compiled by Chuck Gifford.

An expanded listing is online at [wrfr.org](http://wrfr.org)

Please submit calendar items to [gowrfr@gmail.com](mailto:gowrfr@gmail.com)

Our thanks to The Free Press for sharing its calendar.

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Get *The Buzz* at these Rockland locations: Rock City Cafe \* Dunkin Donuts \* Camden Nat'l Bank \* Main Street Market \* Jensen's Pharmacy \* Willow Bake Shoppe \* Offshore Restaurant \* Good Tern Coop \* Rockland Library \* City Hall \* Jess's Market \* Southend Grocery

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