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#### Notable Quotes

"Cohousing residents genuinely care for their neighbors and make decisions that consider the impact on the community. This is not to pretend that human selfishness is absent from cohousing, for these aspects of basic human nature cannot be denied or wished away. But cohousing strongly values the common good and governance that involves the entire community in decision-making. It is egalitarian rather than top-down." - David Entin ([read entire blog entry here](#))

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## August 6, 2009

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#### Draft Horse Workshop on Sunday, August 9

Join us from noon - 4 pm at the farmhouse at 45 Edgecomb Road in Belfast for an Open House & Yard Sale (14 households worth of stuff!) and a free workshop, **Introduction to Working With Draft Horses.**

Kids are encouraged to sign up, and all are invited to try their hand at harnessing and driving single or possibly a team of well-trained older Norwegian Fjord horses. This breed is much smaller than many of the draft horses you see typically around here, so it's a great way to get started! Space is limited so please do let us know if you want to participate rather than just watch.

Steve Ackeley, equine dentist and teamster who owns 10 Norwegian Fjord horses, will lead the workshop. Don't miss this hands-on opportunity! And if you are curious about the breed in general, here is a link to some excellent info and nice photos of Norwegian Fjord horses. (we'll have some good shots of Steve and his team after the workshop).

<http://www.willowsedgefarm.com/norwegianfjords.html>

Call 338-9200 or email [info@mainecohousing.org](mailto:info@mainecohousing.org) to reserve a space.

#### On another note...



We just added a beautiful, annotated aerial view of the Belfast region to our website. [Click here to take a peek...](#)

### Smaller is "Beautifuller" - Steve Chiasson

At our last Equity Members meeting, Sanna McKim floated the idea of offering a super-compact, super affordable housing option that would appeal to single people, young families just starting out, and/or home buyers with very limited financial resources. Matt O'Malia then presented some preliminary sketches for such a "studio" home - one that fits all the essential elements of a larger, more traditional home into a mere 400 square feet. Of course it would be built to the same high standards of energy efficiency as every other home in our community and enjoy the same access to the common house and any other common resources.



Would you mind taking a moment to share your thoughts on this idea?

[Click here to complete a simple two-question survey.](#)



### Acupuncture in the Rough Elizabeth Garber

After practicing Acupuncture in Belfast nearly 25 years, I've never treated anyone outside, but at the cohousing campout it seemed the perfect thing to do! Our tents were already set up and scattered about like grazing sheep, the campfire was burning in a hollow of old field stones, potluck dinner was getting set out, and my new cohousing friend Edie was in pain. Her back had been in painful spasm since leaning over her dog in the bathtub, scrubbing him with Woolite to get the stench of skunk out of his thick fur. Now her very clean dog, happily scent-free, was being led around by kids on his leash, but Edie was moving slowly and gingerly. I asked, "How about trying a little acupuncture?"

She considered a moment, "Why not? But can you do it right here?"

"I've got needles in my wallet, I'll be right back. Just take your sock off."

She settled into one of the camping chairs around the fire, and chatted with others while I knelt down in the grass and set a few fine silver needles into her hand and

ankle. She tentatively twisted and moved carefully examining how her back felt now. "I'm amazed. It's feeling a bit better." I left her to rest with the needles in for while and going over the the food area, I added salad dressing to my feta, red pepper and greens salad. I stood up and took in the whole scene, looking beyond the cluster of campers, filling their plates around me.

We were gathered on the crest of an overgrown meadow with recently hayed fields stretching out across to a forest edge far beyond. A steady light breeze and the smoke from the fire kept the mosquitoes mostly at bay. We were on the land where the cohousing community will be built and I'd been setting out signs to identify where the drive would come in from Tufts road, where the future 4,000 square foot Common House would be located, as well as identifying the sites of homes, the barn and shop. Our campfire was roughly in the middle of the driveway in front of the Common House. At this campout we are beginning to live into our vision of living closer together, sharing food for community dinners a few nights of week, having our children grow up together, and having fun, more fun, that we all dearly need in our too busy lives. Our intention is to create more time for what we value, time like this, conversations over dinner as we listen to bird song at dusk. After dinner we will sit around the fire, playing and singing songs as we watch the stars come out and the first lightning bugs in the long after-glow of the evening.

I glanced over at Edie in her chair by the fire. She was stretching and turning her back, beaming with relief. Time to take the needles out, so we could fill our plates with the nourishing dinner that awaited us!

### **Member Profile - Sanna McKim**

I've always loved the outdoors, groups of people, animals, high places, windy raw days, and forward-thinking efforts that reconnect our society with the earth. In fact, you could say I'm sort of driven by that latter one. In a good way, I think!

As a kid, it started with simple things like meandering through the untamed fringes of our suburban neighbors' backyards to and from 2nd grade, and realizing that the wild animals en route had very full lives of their own. My horrible kickball game was irrelevant, rain didn't seem to be a bother, and food materialized everywhere.

Later I enrolled in a life-changing graduate school, the Audubon Expedition Institute (AEI), where I traveled the country with 20 others, sleeping outside under the stars every night for 6 years (okay, so it was followed by 8 years behind a computer in the administration!). It was at AEI that my personal relationship with this amazing earth blossomed. For one, I learned to be truly comfortable outside - in any season, in any weather, in any wild place. But I also experienced the magic



that can happen when a group of people gather to do something together. I learned to be comfortable with the full range of human feelings and opinions. And I learned that a group decision by consensus is almost always better than one made alone.

Later, as Executive Director of Maine Businesses for Social Responsibility, my commitment to sustainability broadened to include the economy's role in sustainability. A sustainable life, a sustainable business, a sustainable society, a sustainable world, a sustainable earth are all dependent on the same thing: valuing the lessons, the richness, and the integrity of relationships in community (both human and natural).

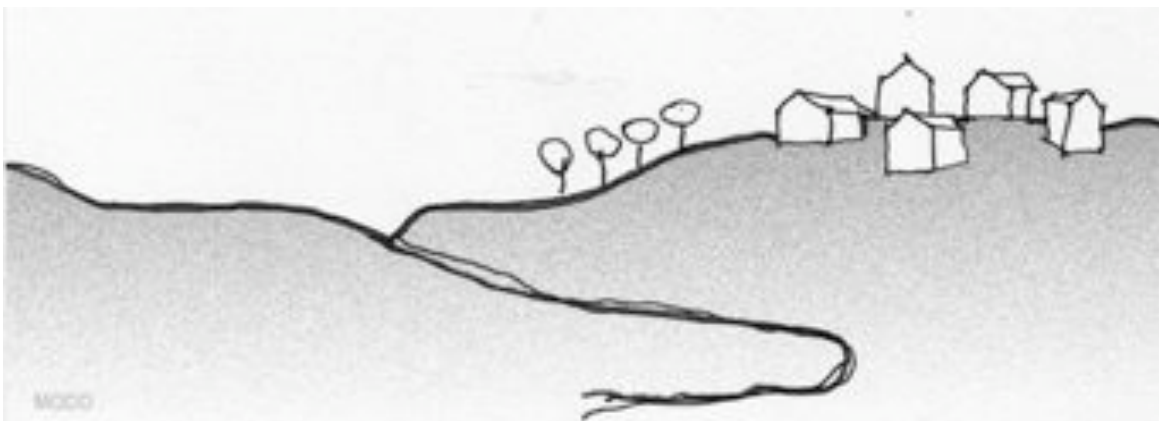
I've heard it said that community is the secret ingredient to sustainability - not solar panels or organic food or a Toyota hybrid. I believe it. We need so much less stuff when we have each other. I am outright thrilled to be spending my time, my life currency, on growing this community with such a great group of people. Together, we are part of "the solution."

### **Membership Information**

Equity Members are those households who have already committed to purchasing a home in the community. There are currently fourteen of a projected thirty-six Equity members. Exploring Members are those households who have an interest in becoming Equity Members, but are not yet ready to fully commit. There are currently sixteen Exploring members. Friends are those who are interested in our project, but are not members. See the [Membership](#) section of our website for further details.

### **Our Mission**

To be a model environmentally sustainable, affordable, multi-generational cohousing community that is easily accessible to Belfast, includes land for agricultural use and open space, and is an innovative housing development option for rural Maine.



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