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Notable Quotes

"We wouldn't dream of moving out. It's practically heaven here..." - *Kisse, a resident of Tornevangsgarden, quoted in [Cohousing: A Contemporary Approach To Housing Ourselves](#) by Kathryn McCamant & Charles Durrett)*

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September 17, 2009

In This Issue:

- [G•O Logic Model Home Taking Shape - Alan Gibson](#)
Alan and Matt have an ambitious goal: to build one of the most energy-efficient homes in the state of Maine.
- [Match Point - Emily Gable](#)
Emily shares a deeply personal and harrowing story of a life-changing event. Take nothing for granted, my friends.
- [Becoming Native to a Place - Coleen O'Connell](#)
*Woody Guthrie's pronouncement notwithstanding, this land is **not** our land. Can we ever hope to make it so?*
- [Member Profile - Jim Peary](#)
Solid, insightful, good-humoured, and dependably diligent, Jim is one of the linchpins of our community.
- [Membership Information](#)
Get involved! It's oh-so-simple, and we'd love to have you.

"Live Chess" at the farm a huge success!

The throng watched spellbound as the witty announcers kept us mightily entertained, intensifying the tension of highly charged moments on the chess field by educating the yokels among us who couldn't remember which way the players can move! Even Ray and Pat from the Game Loft, who have organized and run many Live Chess Games wrote to say: *That was by far the best Human Chess we have ever done and the announcers certainly helped make it so. Thanks to all who helped make it work so well.*

[Click here to see photos of the match on our website...](#)

G•O Logic Model Home Taking Shape



Alan Gibson

Equity members Matthew O'Malia and Alan Gibson, the design/build team founders of G•O Logic, LLC, recently broke ground on a home that may arguably become the most energy efficient home in Maine when it is completed later this year. The building site for this 1500 square foot, 3 bedroom home is located on the Crocker Road in Belfast, a short distance from the cohousing property, and is the base design the community will be using for some of its own homes. In addition to reducing energy use to near zero, it will grace the neighborhood with loads of design savvy, blending traditional rural Maine architecture with contemporary elements (referred to as "simple elegance" by a future cohousing resident.)



The G•O Logic home incorporates a number of innovative construction methods on the forefront of green building practices worldwide. These include a frost-protected shallow foundation, pre-configured frame-and-panel shell, triple-glazed windows imported from Germany, and passive and active solar systems. The heating system for the house is virtually non-existent apart from the natural solar gain through south-facing glass, which will make the home extremely comfortable to inhabit. The energy use for the home has been modeled on the Passive House philosophy, one that has proven very successful in reducing energy use in buildings by as much as 90% when compared with conventional building methods. The savings on the owners' energy bills will be mirrored in savings of CO2 in the atmosphere.

This week the G•O Logic crew is installing wall panels, roof trusses, rafters and sheathing. A metal roof goes on in the next few weeks prior to window installation. In between, interior walls, stairs, and floors will keep them busy. The entire building process is being documented with photos and video segments which will be available on the G•O Logic website as well as at www.mainecohousing.org.

Editor's note: The first of a series of videos on the construction process is now posted on our website. [Click here to view it.](#)



Match Point Emily Gable

On May 23, 2008 I woke up excited and ready to get to the first Belfast Farmer's Market of the season. I was already dreaming of tasting the cheese samples from the Appleton Creamery and getting a fresh loaf of bread from Billy of the Firefly Farm. I was second in line to get a shower, enjoying the kicks of my baby in my womb, as I was just entering my 26th week of pregnancy with my second child. As I finished up my bathroom routine the room started spinning and I immediately grabbed my dirty

clothes and ran for the bed about 10 feet away. I felt as if I were inside of a centrifuge, my world spinning endlessly around me, no up, no down, no in between. I felt as if I were falling but I was already on stable ground. I called for James, but could not be heard.

Editor's Note: This is an excerpt from Emily's blog entry.

[Click here to view the full text.](#)

Becoming Native to a Place **Coleen O'Connell**



For those of you who awaken each day to another day of sunshine it may not be known to you that there are those who feel responsible for the return of the sun each day. Twenty years ago, upon adopting a new homeland in Maine, I immediately began to explore the native history of the land. I had never read of the Wabanaki Confederacy in any of my history books nor heard of the northeast tribes who call themselves the Micmac, Maliseet, Penobscot, Passamaquoddy and Abenaki.. This confederacy knows themselves as the "People of the Dawn" and they hold a responsibility on Turtle Island (North America) to call up the sun each morning.

On the eastern most point of the United States in a place in Maine where the waters were once filled with cod and whales, I am awakened in the dark to the sound of a rattle shaking near my head. My native friend, gkiesotonomook, is rousing us to action. I rise, dress and silently walk the path to the ocean's edge. First light is announcing itself. With sweet grass lit, a smudging ceremony purifies each of us. As my friend faces the eastern ocean and raises his arms, a school of harbor porpoise passes quickly off shore - synchronized fins cutting through the dark water. A seal pops its curious head up in front of us. The ocean is calm this morning though a small breeze blows the smudge smoke toward the east.


Editor's Note: This is an excerpt from an essay by Coleen posted on our blog.

[Click here to view the full text.](#)



Member Profile **Jim Peary**

I was born and raised in Massachusetts and graduated from Wellesley High School in 1968. Went to college and live happily in Boston for four years. I migrated to New Hampshire in the 70s, during which time I enjoyably lived in two communes. They were unplanned communities, however, whereas cohousing

 is intentional. It's the combination of social and community interactions that best fits my needs now.

I moved to Maine in 1981. My wife, Jean Farrington, and I spent six years building our own house on 35 acres in Jackson, where we lived for twenty-four years before her death in 2004. I still live there today with my two cats. Living in the country is great, but I do enjoy what a city can offer - even a city the size of Belfast.

I'm currently teaching RAH (Refrigeration, Air-Conditioning and Heating) at Eastern Maine Community College in Bangor, Maine. Since living in Jackson, I've been a volunteer with the fire department and the local planning and recycling boards.

I enjoy hiking, canoeing, kayaking, camping, xc skiing, snowshoeing or just walking about. Anything outdoors is just great! I also have an intense interest in community activities and yoga. When I have the time, I putter around the house, in the gardens, or somewhere on the property, just taking care of whatever needs doing.

My close friends would say that I am optimistic, energetic, kind, approachable, funny and trustworthy. And I am always open to new adventures and experiences.

I attended many organizing and informational meetings with Belfast Cohousing, starting in the fall of 2007, and became an Equity Member in July of 2008. I am now involved in the Process and Steering Committees, as well as being a frequent facilitator for meetings.

I'm happy to lend my experience to the community as a resource in alternative and conventional energy systems, and look forward to making our community as energy efficient as possible (for which my two cats, grandnieces, and grandnephews will thank me)!

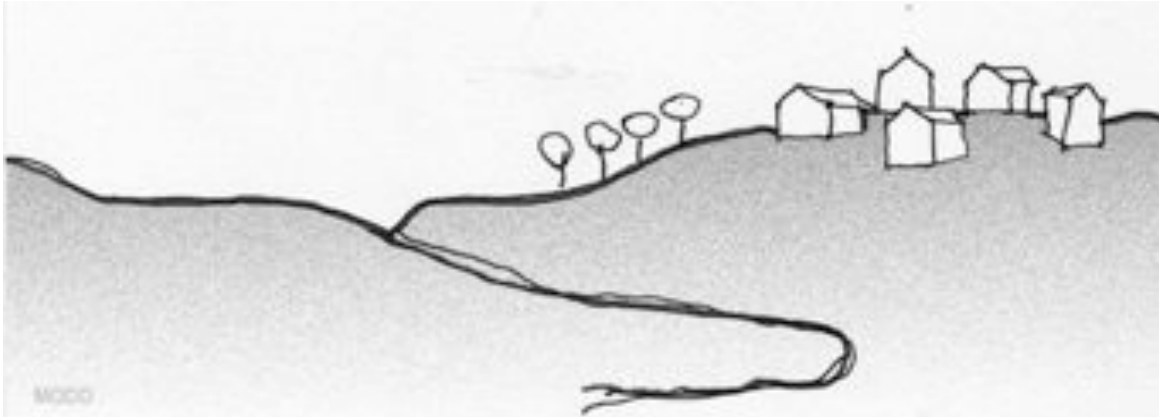
In May of 2008, Edie Konesni entered my life and we are forming a household to live together in the Belfast Cohousing community. You'll read more about Edie in a future bio.

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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