

WERU Issues & Programs Q3 2023

Maine Currents 7/4/23, 4-5pm: Interview with Jim Campbell Producer/Host: Amy Browne

An interview with the late Jim Campbell, one of the station's founders and long-time on-air presence, recorded days before his recent death. Jim talks about the early days at the station, what went into producing Notes from the Electronic Cottage, and his recent series on AI.

Healthy Options 7/5/23, 4-5pm: The Health Benefits of the Alexander Technique Host/Producer: Rhonda Feiman Co-Producer: Petra Hall

Healthy Options: For Well-being & Being Well

This month:

- What is the Alexander Technique?
- How can our physical structure be affected by the way we breathe? What does stress have to do with it?!
- What are a couple of simple examples we can try, to practice the Alexander Technique?
- What is the difference felt in our body when we gently allow our lungs to inhale and exhale, versus straining to take a deep breath?

Guest/s:

Tracy Van Fleet is a Grammy Award winner, mezzo-soprano and voice teacher based in the Los Angeles area. As a soloist, she performs with the Los Angeles Master Chorale, and has appeared with some of the most prestigious orchestras around the world. She is a Level 3 Total Vocal Freedom coach, and is in the process of qualifying for certification as an Alexander Technique Teacher.

Lisa Rogers Lee is a chamber singer, oratorio soloist, and voice teacher with a private studio called Voice for the Whole Singer. She has appeared with numerous opera companies throughout the United States, and is an educator and mentor of singers of all ages. She recently became a Level 2 Total Vocal Freedom coach, teaching Alexander Technique principles to singers.

Lisa Lee and Tracy Van Fleet are the founders of the Ageless Singer, a program designed to support and empower female singers over the age of 50.

**Conversations from the Pointed Firs 7/7/23, 4-5pm: Julia Lane and Fred Gosbee
Host: Peter Neill Producer: Trisha Badger Music by Casey Neill**

Conversations from the Pointed Firs is a monthly audio series with Maine-connected authors and artists discussing new books and creative projects that invoke the spirit of Maine, its history, its ecology, its culture, and its contribution to community and quality of life.

This month:

Our guests this month on Conversations from the Pointed Firs are Julia Lane and Fred Gosbee, musicians and musicologists, who for many years have been researching their personal heritage by exploring the traditional music connections between the Celtic lands, the Canadian Maritimes and Maine. In this Conversation from the Pointed Firs episode we explore the early music of Maine, and our cultural heritage through story and song. Through Castlebay, as their musical home, they have released more than two dozen recordings. Their new book, "Bygone Ballads of Maine-Songs of Ships and Sailors", contains many of their findings including lyrics, tunes and relevant lore.

Talk of the Towns 7/12/23, 4-5pm: Preview of Reimagining Exploration, College of the Atlantic's Summer Institute July 31-August 4 2023 Producer/Hosts: Ron Beard and Liz Graves

Talk of the Towns: Local Community concerns and opportunities

This month:

- Overview of College of the Atlantic's Summer Institute, in collaboration with the National Geographic Society
- Reflections on what "exploration" means in the 21st century
- Preview of sessions led by Nadia Rosenthal on the science of viruses and implications for global health
- Preview of session led by Kim Stanley Robinson, on Space: Our Last Great Commons

Guest/s:

Darron Collins, President of College of the Atlantic, Bar Harbor

Nadia Rosenthal, Scientific Director, The Jackson Laboratory, Bar Harbor

Kim Stanley Robinson, author of The Ministry for the Future, science fiction writer

Common Ground Radio 7/13/23, 4-5pm: Farming and Parenting Host: Caitlyn Barker Editor: Clare Boland

Common Ground Radio is an hour-long discussion of local food and organic agriculture with people here in the state of Maine and beyond.

This month:

Farming while parenting, childcare, farm business planning, farming and stress, safety on farm, resources for farming families.

Guest/s:

Meg Mitchell, Southpaw Farm, Freedom, ME

Sam Gerry, Ramble On Farm, Know, ME

Polly Shyka, Villageside Farm, Freedom, ME

Relationship Rewind 7/18/23, 4:30-5pm: Twilight – A Closer Look Host: Carrie Clark (she, hers) Youth Educator and Advocate at NextStep Domestic Violence Project.

Relationship Rewind: Rewinding relationships in popular media and breaking down behaviors based in power, control, and abuse.

This episode:

- Discussing unhealthy behaviors in relationships shown in the Twilight series.
- Discussing how media normalizes these behaviors.
- Discussing the impacts of these messages about relationships on young people.

Guest/s: Jo, she/her pronouns, WERU DJ.

Wabanaki Windows Special 7/19/23, 4-5pm: Part 1 – Tribal Issues Update 131st Legislative Session LD 2004 Governor’s Veto Letter Producer/Host: Donna Loring

Wabanaki Windows is a monthly show featuring topics of interest from a Wabanaki perspective.

This month: This show covers the Tribal response to the Governor's Legislative Veto Letter for LD 2004 "An Act to Restore Access to Federal Laws Beneficial to the Wabanaki Nations". There is confusion as to why the Governor would refuse to support the Wabanaki Tribes in their quest for equality with the other 570 Tribes in Indian Country and why she would be against the Wabanaki Tribes having the same access to Federal funds. The Governor wrote a 6-page veto letter to the Maine Legislature with her explanation of why she was vetoing the bill. This show features a detailed Tribal response to that letter and the intended or unintended consequences of the language and flawed reasoning used in the letter.

Guest/s: Chief Kirk Francis and Ambassador Maulian Bryant of the Penobscot Nation, Attorney Corey Hinton of Drummond and Woodson, a member of the Passamaquoddy Nation

Wabanaki Windows Special 7/20/23, 4-5pm: Part 2 – Tribal Issues Update 131st Legislative Session LD 2004 Governor's Veto Letter Producer/Host: Donna Loring

This show covers the Tribal response to the Governor's Legislative Veto Letter for LD 2004 "An Act to Restore Access to Federal Laws Beneficial to the Wabanaki Nations". There is confusion as to why the Governor would refuse to support the Wabanaki Tribes in their quest for equality with the other 570 Tribes in Indian Country and why she would be against the Wabanaki Tribes having the same access to Federal funds. The Governor wrote a 6-page veto letter to the Maine Legislature with her explanation of why she was vetoing the bill. This show features a detailed Tribal response to that letter and the intended or unintended consequences of the language and flawed reasoning used in the letter.

Guest/s:

Chief Kirk Francis and Ambassador Maulian Bryant of the Penobscot Nation

Attorney Corey Hinton of Drummond and Woodson, a member of the Passamaquoddy Nation

Power for the People 7/26/23, 4-5pm: Consumer-Owned Utility Pine Tree Power Producer/Host: Steve Kahl

Power for the People: Energy education and solutions for Mainers and Maine communities

This month:

- Logistics and finances of a proposed consumer owned utility
- Twenty COUs exist in Maine and charge about half of the rates of CMP and Versant
- Mis-information in the advertising by CMP and Versant

Guest/s: Al Cleveland, campaign manager of Pine Tree Power referendum

NextWave Radio Hour 7/27/23, 4-5pm: Following Your Passions Producer/Host: Olivia Paruk

NextWave Radio Hour is a program focused on and featuring folks around their 20s and 30s from all across Maine. In this program, host Olivia Paruk talks with young people who trailblaze their own paths in our modern political, economic, and social climate, and provides unique perspectives and stories of life from the next generation working to create the future they hope to see.

In this episode:

- How place can impact your childhood
- The joys and struggles of following your dreams
- Advice to ones younger self

Guest/s:

Charlie Biando, Blind Tiger Coffee – blindtigercoffee@gmail.com

Elizabeth 'Liz' Farrell, Color ME Wild Flower Farm – flowers@colormewild.me

Maine Currents 8/1/23, 4-5pm: Behind the Scenes – Donna Loring of Wabanaki Windows & Tom Yaroschuk of Cosmic Curator Producer/Host: Amy Browne

This month:

As we continue to profile some of WERU's public affairs and spoken word hosts, we talk with Donna Loring of Wabanaki Windows & Tom Yaroschuk the Cosmic Curator about their lives, what brought them to WERU and what goes into putting their shows together.

Healthy Options 8/2/23, 4-5pm: Maine Family Planning after the overturning of Roe Vs. Wade Host/Producer: Rhonda Feiman Co-Producer: Petra Hall

Healthy Options: For Well-being & Being Well

This month:

- What legislation has been proposed or passed in Maine to protect & strengthen reproductive health?
- How has Maine been affected by the reversal of Roe v. Wade?
- Maine is not considered a “safety state” due to its distance to other states, but have we seen an increase in out-of-state clients, due to restrictions elsewhere?
- What are reproductive rights, and what is reproductive justice?

Guest/s:

Lindsey Piper is a nurse practitioner specializing in sexual and reproductive health, and is the Lead Clinician for the Center for Reproductive Health at Maine Family Planning, providing direct abortion services as well as guidance & training, for health care providers.

Lindsey also sees clients in her Belfast, Maine clinic for gynecologic visits, gender-affirming hormone treatment, abortions, and vasectomy. She has been in this field for over 20 years, working for independent, feminist health care clinics, and Planned Parenthood.

Mareisa Weil is Maine Family Planning’s Vice President for Development & Community Engagement. She has a Master’s degree in Policy, Planning and Management from the Muskie School of Public Service at the University of Southern Maine, and has worked with Colby College, the Maine Hospice Council and Center for End-of-Life Care, and the Homeless Services Center in Santa Cruz, California.

BoatTalk 8/8/23, 4-5pm: Various Naval Topics Producers/Hosts: Jon Johansen and Alan Sprague

BoatTalk is the call-in show for people contemplating all things naval.

This month:

Boatyard News, Lobster boat racing, Tom Robinson rowing across the Pacific Ocean, Off Center Harbor videos, whale entanglement update.

Guest/s: Steve Stone, Off Center Harbor

Talk of the Towns 8/9/23, 4-5pm: Writing and Landscape Producer/Hosts: Ron Beard and Liz Graves

Talk of the Towns: Local Community concerns and opportunities

This month:

- What are the ways in which landscape inspires these writers.. one often starts with an experience and then looks for facts, the other starts with a fact and looks for ways to put it into context... both pay close attention to landscape and spark their readers's own powers of observation and curiosity.
- What was the inspiration for Linda Cracknell to write about Erraid, off the west coast of Scotland and the setting for the opening chapters of Robert Louis Stevenson's Kidnapped?
- How did Catherine Schmitt come to write The President's Salmon, and the story of restoration of Maine's Penobscot River?
- What do these writers hope readers take from reading about landscapes that we inhabit or visit?
- What are the ways these writers teach others about writing?

Guest/s: Linda Cracknell, author of Writing Landscape, published by Saraband Books, 2023, Catherine Schmitt, author of The President's Salmon, published by Downeast Books, 2015

Relationship Rewind 8/15/23 4:30-5pm: Breaking Down 10 Things I Hate About You
Host: Alli Williamson (she, hers) Director of Prevention and Youth Services at NextStep Domestic Violence Project. NextStep 24/7 Helpline: 1(800) 315-5579

Relationship Rewind: Rewinding relationships in popular media and breaking down behaviors based in power, control, and abuse.

This episode:

- Discussing unhealthy behaviors in relationships shown in 10 Things I Hate About You
- Discussing how media normalizes these behaviors
- Discussing the impacts of these messages about relationships on young people

Guest/s: Madison (she, her pronouns) a young person in Maine who has a passion for finding truth and creating beautiful lives with it.

Wabanaki Windows 8/22/23, 4-5pm: ICE The Ralph Proctor Transcript, Part II
Producer/Host: Donna Loring

Wabanaki Windows is a monthly show featuring topics of interest from a Wabanaki perspective.

This month: This episode reveals the last part of the third and final Transcript. They are from the 1942 Maine Legislative Research Committee. The committee was searching for a way to save money for the State since we were in a World War. They discuss ways to do this in these committee meetings. Much like the Nixon tapes these transcripts are a smoking gun that reveal in the Legislators own words a long-range plan to eliminate the Maine Tribes. Ralph Proctor was the researcher hired by the Committee. This Transcript shows the results of Proctor's research, clearly recommending the elimination of the Tribes and their lands.

Guest/s: Eric Mehnert, Chief Judge of the Penobscot Nation Tribal Court, Joseph Gousse, Attorney Legal researcher and writer, Professor Harald Prins, a Native of the Netherlands, a Distinguished Professor of Anthropology, and an Emertus at Kansas State University

NextWave Radio Hour 8/24/23, 4-5pm: Pursuit of Fun Producer/Host: Olivia Paruk

NextWave Radio Hour is a program focused on and featuring folks around their 20s and 30s from all across Maine. In this program, host Olivia Paruk talks with young people who trailblaze their own paths in our modern political, economic, and social climate, and provides unique perspectives and stories of life from the next generation working to create the future they hope to see.

In this episode:

- Connect to music
- Life during the pandemic
- Educational paths
- Dreams for Maine

Guest/s: Gus La Casse, musician. www.guslacasse.com and @reneaugustus

Conversations from the Pointed Firs 9/1/23, 4-5pm: John Bunker Host: Peter Neill Producer: Trisha Badger

Conversations from the Pointed Firs is a monthly audio series with Maine-connected authors and artists discussing new books and creative projects that invoke the spirit of Maine, its history, its ecology, its culture, and its contribution to community and quality of life.

This month:

This month on Conversations from the Pointed Firs host Peter Neill sits down with John Bunker, homesteader, farmer, orchardist, author, apple historian, co-founder of FEDCO Trees, and founder of MOFGA's Maine Heritage Orchard, 10-acre preservation and educational orchard located in Unity Maine home to over 360 varieties of apples and pears traditionally grown in all 16 counties of Maine dating back to 1630.

John Bunker grew up in Massachusetts and California, moving to Maine in 1968. He has lived in Palermo on Super Chilly Farm for the past 51 years, where he and Cammy Watts grow vegetables, woody and herbaceous ornamentals, small fruits and tree fruits. They also run a rare-apple CSA together. For thirty-five years, he coordinated nursery sales for Fedco Trees, the co-op nursery company in Clinton. His passion is tracking down heirloom fruit varieties, particularly those originating in Maine. In 2012 he established the Maine Heritage Orchard at the Maine Organic Farmers and Gardeners Association -MOFGA's- Common Ground in Unity. Currently the orchard is home to 350 historic pears and apples. He is the author of two books: "Not Far from the Tree: A Brief History of the Apples and the Orchards of Palermo, Maine" and "Apples and the Art of Detection." He speaks and teaches regularly in the New England area. You can learn more about what John and Cammy are up to by going to their website: outonalimbapples.com

Maine Currents 9/5/23, 4-5pm: Glampgrounds, Shaw Institute, Healthy Options, and Bucksport Landfill Producer/Host: Amy Browne

Segment 1: Moratorium on "glampgrounds" in Lamoine — and lessons for other towns, with organizer Amy Morley of "Growing Lamoine Responsibly"

Segment 2: Meet the new director of the Shaw Institute in Blue Hill, Charles Rolsky, PhD

Segment 3: A profile of WERU's Healthy Options show and producers Rhonda Feiman and Petra Hall

Segment 4: Don White, one of the Bucksport residents fighting the reopening of a problematic landfill, joins us with an update

Healthy Options 9/6/23, 4-5pm: Quantum physics, energy work & health: vibrational medicine & The Healing Garden Host/Producer: Rhonda Feiman Co-Producer: Petra Hall

Healthy Options: For Well-being & Being Well

This month:

- How does quantum physics play a role in our health & well-being?
- What is heart coherence?
- What is vibrational medicine?
- How does our breathing affect our nervous system?
- What is the importance of our being aware of our nervous system?

Guest/s:

Diana Maria Chapin, one of the founding members & president, of The Healing Garden. She is a Reiki Master and works with energy healing & meditation, helping clients to develop wellness skills.

Michele Walker, entrepreneur, Transformational Life Coach, and Self-Healing Mentor. She has a master's degree in counseling psychology, and is a certified facilitator of the Energy Codes, a self-healing system developed by Dr. Sue Morter.

BoatTalk 9/12/23, 4-5pm: International Maritime Film Festival Producers/Hosts: Jon Johansen and Matt Murphy

Engineers: Pepin Mittelhauser, John Greenman, Amy Browne

BoatTalk is the call-in show for people contemplating all things naval.

This month:

- Boatyard News
- International Maritime Film Festival in Bucksport

Guest/s:

John Paul LaLonde, International Maritime Film Festival

Talk of the Towns 9/13/23, 4-5pm: Island Readers and Writers and the Dear Teacher Conference in October 2023 Producer/Hosts: Ron Beard and Liz Graves

Talk of the Towns: Local Community concerns and opportunities

This month:

- What is the history and mission of Island Readers and Writers (IRW)? Offer some examples of how authors have connected with student readers, using their books to inspire student readers to become writers as well.
- How does IRW connect with classroom teachers and their schools? What is the engagement before, during and after the visit by authors?
- What is life like for classroom teachers and their students in the present day? Expectations, aspirations and realities? How did Covid impact teachers, what are the lingering effects?

Guest/s:

Kelsey Buckley, Director of Communications, Island Readers and Writers.

Alison Johnson, Director of School Programs, Island Readers and Writers.

Deb Jamison, Principal, Pembroke Elementary School.

Stephen Costanza, author of *The King of Ragtime: the Story of Scott Joplin*, illustrator and musician, toured IRW partner schools

Democracy Forum 9/15/23, 4-5pm: Book Banning: The Tip of the Iceberg? Host: Ann Luther, League of Women Voters of Maine

Democracy Forum: Participatory Democracy, encouraging citizens to take an active role in government and politics

This month:

We'll talk about book banning in an historical and political perspective: tensions between First Amendment rights and rights of parental control; whether and how book bans reflect the tip of the iceberg of other coercive ambitions: controlling ideas, controlling culture, controlling people, etc. What is happening in Maine and around the country?

Guest/s:

Lindsay Decker, Librarian at the Fogler Library at the University of Maine and also a member of the Maine Library Association's Intellectual Freedom Committee (IFC)., Kasey Meehan, Program Director, Freedom to Read, PEN America, Jason Stanley, Jacob Urowsky Professor of Philosophy at Yale University.

Relationship Rewind 9/19/23 4:30-5pm: Dolly Parton's Biggest Hits
Host: Carrie Clark (she, hers) Youth Educator and Advocate at NextStep Domestic Violence Project. NextStep 24/7 Helpline: 1(800) 315-5579

Relationship Rewind: Rewinding relationships in popular media and breaking down behaviors based in power, control, and abuse.

This episode:

- Discussing unhealthy behaviors in relationships shown in the songs "Jolene" and "I Will Always Love you", written by Dolly Parton.
- Discussing how media normalizes these behaviors.
- Discussing the impacts of these messages about relationships on young people.

Guest/s: Cory Budden