



**Sustainable Island Living Conference
November 13 – 15, 2009, Downtown Rockland**

Friday, November 13:

6:30 pm Registration Opens, Strand Theatre

7:00 – 8:30 pm Keynote Presentation at the Strand Theatre
Tom Chappell - Creating Commercial Value with Nature's Goodness

Using the real-life examples of Tom's of Maine, the new Ramblers Way Farm, and philanthropy, Mr. Chappell will address delighting customers with products that are environmentally sustainable, socially responsible, and financially successful.

Saturday, November 14:

7:30 – 8:30 am Registration and Light Breakfast, Island Institute Lobby

9:00 – 10:00 am Keynote Presentation at the Strand Theatre
Matthew Simmons - The Gulf of Maine: What Lies Beyond the Fossil Fuel Horizon

Mr. Simmons will provide an overview of the Ocean Energy Institute with reference to describing the role that off-shore wind can play in reducing Maine's unsustainable dependence on fossil fuel based energy resources.

10:00 – 10:15 am Break

10:15 – 11:45 am Break-out Sessions: (Concurrent Sessions)

Economic Development: Cooperative Business Structures – presenters will lead a discussion around developing and sustaining effective cooperative business structures. Participants will learn about large and small-scale models for cooperative business development, and hear ways to build community around cooperative values and through marketing and outreach. Presenters: John Jordan, president, Calendar Islands Lobster Company; Eliza Greenman, Cranberry Isles sustainable community fellow, Island Institute; Fran Clemetson, education coordinator, Belfast Co-op; Erica Buswell, Belfast Co-op.

Local Foods: Sustainable Island Farming – A Look at the Past, Present & Future - will cover a short history of island agriculture, and discuss current strategies for farming successfully on Maine's islands. Participants will hear visions for increased future production, food sufficiency and agricultural sustainability in Maine. This session will also briefly discuss issues of direct marketing of food, farm to table, and related subjects of sustainability. Presenters: John Carroll, professor of environmental conservation, University of New Hampshire; Jen Porter, manager, Turner Farm on North Haven; and Lydia Brown, Reach Farm on Vinalhaven.

Renewable Energy: Community Wind – Lessons & Opportunities – will provide an overview of the community wind model and how the Island Institute is working with Maine's island and coastal communities to successfully develop community-scale wind projects. Session leaders will discuss lessons learned through the successfully built Fox Islands Wind project, and how these lessons are being transferred for use in other communities. Participants will receive a basic understanding of the necessary steps for considering a community-scale wind project and engage in a discussion on the risks, benefits and misconceptions surrounding locally-owned wind power. Presenters: George Baker, vice-president of Maine Community Wind, Island Institute; Suzanne Pude, director of Maine Community Wind, Island Institute.



Sustainable Housing: Affordable Housing Models & Lessons from the Field – hear from a panel of island affordable housing leaders, who will provide information on how island communities are tackling the issue of affordable housing. We will discuss a variety of different models and strategies for creating and maintaining available affordable housing, and learn how island-based efforts tie into larger statewide initiatives. Presenters: Alyson Mayo, Cranberry Isles Realty Trust; Richard Farrell, Monhegan Island Sustainable Community Association; Rick Rogers, Islesboro Affordable Property; Mary Terry, Casco Bay Affordable Housing Fellow, Island Institute; Rob Stuart, Frenchboro Future Development Corporation; and moderator Liza Fleming-Ives, Genesis Community Loan Fund

12:00 – 1:30 pm Networking Lunch at Downtown Rockland Restaurants
Almalfi, Café Miranda, Lily Bistro, Rustica

1:30 – 2:30 pm Keynote Presentation at the Strand Theatre
Roger Doiron - Doom and Bloom: How small farms and gardens can save and feed a big, hot, and hungry world

2:30 – 2:45 pm Break

2:45 – 3:45 pm Break-out Sessions: (Concurrent Sessions)

Economic Development: Grant Writing & Resources – learn ways to find potential grant opportunities, discuss best practices for grant writing, and provide tips to maximize your chance of getting funded. We will also discuss strategies for program development and how to turn your ideas into successful grant proposals. Presenters: Kathy Lane, grant coordinator, Island Institute; Cherie Galyean, foundation officer for the midcoast and downeast regions, Maine Community Foundation

Local Foods: Grow and Eat Locally Year-round – will provide information on growing, storing, and eating local food year-round. Participants will hear from experienced growers, providing tips for growing using cold frames, greenhouses, and other simple techniques. We will also discuss ways to store what you grow in the summer, to be used year-round – and make use of the resources available to you locally. Presenters: Sandy Oliver, food historian from Islesboro; Russell Libby, executive director, MOFGA

Renewable Energy & Sustainable Housing: Personal and Community Energy Audits and Tips for Improved Efficiency – will provide an overview of how energy audits help you understand how much energy your home consumes, and discuss basic strategies that all homeowners should think about to increase home energy efficiency. We will also talk about strategies for community level energy efficiency planning. Presenter: Richard W. Riegel Burbank, president, Evergreen Home Performance, LLC

3:45 – 4:00 pm Break

4:00 – 5:00 pm Break-out Sessions: (Concurrent Sessions)

Economic Development: Business Planning 101 - will learn about creating a business plan with special focus on geographically isolated business. We will also discuss what resources there are available on a state- and nation- wide basis for the small business owner. Presenters: Aaron Fuchs, vice-president of finance, Island Institute; and David Hill, Maine SBDC director and business counselor, Coastal Enterprise Inc.

Local Foods: Value-added Processing: Island-based Opportunities – receive an overview of the regulations and resources available to help with setting up a facility for value-added processing. We will hear successful successes, challenges, and key lessons from existing programs and discuss strategies for starting your own



business to create value-added products. Presenters: Eloise Vitelli, director of program & policy, ME Centers for Women Work and Community & Shared Use Kitchen Coalition; Laura Kramar, Port Clyde marketing and branding coordinator, Island Institute & Midcoast Fishermens Association; Mary Frank, Fairbanks School Shared Use Kitchen; and Will Hopkins, Cobscook Bay Resource Center

Renewable Energy: Residential Energy Systems: How To - get an overview of the solar and wind technology available for homeowners and businesses. We will learn some basic rules to determine which renewable energy sources are right based on location and need. Participants will also be given some resources to help provide more information about renewable energy options. This workshop will cover photovoltaics (solar electricity), solar hot water, and wind power. Presenter: Hilton Dier III, Renewable Energy Design

Sustainable Housing: Green Building & Retrofitting – will focus on combining the best existing technology, materials and time-honored home aesthetics, to build or remodel for an efficient and beautiful home. The presentation will cover how owner-builders can use accessible materials and methods to greatly increase the efficiency of their homes while reducing the expected investment for various upgrade options such as radiant heat and passive solar gain. Presenter: David Neufeld, North Star Stoneworks

5:00 – 6:00 pm Networking Reception, Island Institute Lobby

Sunday, November 15: Hands-on Workshops and Field Trips (Additional Registration Required)

8:30 – 9:30 am Registration & Light Breakfast, Island Institute Lobby

10:00 am Concurrent Workshops Begin

- **Tour of the Port Clyde Fresh Catch Processing Facility:** 10:00 am – noon
Glen Libby and Laura Kramar of the Midcoast Fishermen’s Association will discuss their marketing and business-plan development efforts, and the steps that led them to developing a successful processing facility. Participants will carpool to Port Clyde from Rockland. Lunch will be provided upon return to Rockland.
- **Tour of Vinalhaven’s Fox Islands Wind Project Site:** 10:00 am – 2:45 pm
George Baker and Suzanne Pude of the Island Institute’s Community Wind program, and leaders of the Fox Islands Electric Cooperative, will discuss the project’s design, construction, challenges, benefits, and applicability for other communities. Participants will take the 10:30 am ferry to Vinalhaven and return to Rockland by 2:45 pm. Lunch, ferry travel, and on-island transportation will be provided.
- **Cooking with Local Maine Foods:** 10:00 am – 1:00 pm
This hands-on cooking class, led by professional chef Cheryl Wixson of MOFGA, will practice strategies for using local, seasonal, fresh foods and is designed for food-service staff, caterers and home-cooking enthusiasts. Lunch will be served.*
- **Grow Your Own Organic Garden Workshop:** 10:00 am – 12:00 pm
This “train the trainer” course, led by Eric Sideman of MOFGA, will explore the basic techniques and tools from the knowledgeable staff at the Maine Organic Farmers and Gardeners Association



(MOFGA), and concentrate on how to provide similar workshops in your own community. Lunch will be provided.*

- Professional Energy Auditing and Retrofitting 101: 10:00 am – 3:00 pm
This workshop will provide information about the skills, training, and equipment necessary to enter the field of energy auditing and retrofitting. This course, led by Evergreen Home Performance, LLC will provide hands-on information for how to develop a business opportunity to benefit your community. Lunch will be provided.*
- Residential Power Systems Overview: 10:00 am – 3:00 pm
This workshop led by Hilton Dier III, will allow participants to learn the basic principles of solar electricity (Photovoltaics, or PV), wind power and solar hot water (SHW). They will also learn assessment techniques to determine which renewable energy sources are right for their locations and lifestyles. We will discuss solar and wind resources, system sizing, site considerations, technology choices, financial issues, and permitting. Participants should come away from this workshop with the ability to make educated choices about renewable energy for their homes and businesses. Lunch will be provided.*

**Located at the Mid-Coast School of Technology in Rockland.*