



Mano en Mano banner.

Christine Laurel photo

# Mano en Mano Breaking Down Barriers, Not Building Them Up

by Christine Laurel

At a time when some states, Arizona leading the way with its highly controversial new immigration law, are building walls and using intimidation tactics to keep people from Central American countries from lending their skills and talents to our society, Maine's Mano en Mano, a non-profit organization operating out of Milbridge, is working to break down barriers and meet the needs of this significant population group, among others.

Mano en Mano, Spanish for "Hand in Hand," was formed in response to the Latino immigrant workers who had traveled to downeast Maine as part of the vital wild blueberry workforce. Its mission was "to build a stronger community in downeast Maine by working with diverse populations to provide affordable housing and educational opportunities, remove barriers to health and social services, and advocate for social justice."

It began with educational outreach to the children of migrant workers, but as some of these immigrant families settled in and around the Milbridge area, opting out of a nomadic lifestyle, the outreach evolved into a need for affordable housing, access to healthcare, and skills training for adults to assist with the challenge of transitioning to the downeast culture, articulated as "helping them navigate the complex systems we all take for granted," said Board President Chloe Dowley at a July meeting of the Machias Rotary Club.

Ian Yaffe, Mano en Mano's executive director, gave the Rotarians a PowerPoint presentation on the current activities of the organization which was followed by a dynamic question and answer session. Emerging from the presentation and Q&A were several key factors regarding the need for such an organization, as well as Mano en Mano's current efforts to fulfill its mission.

• There are about 600 Latino residents now living in

downeast Maine, and almost 1,000 during the season attracting the migrant labor force.

• Similar to the potato farms in Aroostook County, downeast Maine's blueberry, sea cucumber, and wreath industry require an enormous workforce in a relatively short window of time to harvest/manufacture the product – a labor force just not available in this sparsely populated region without these additional workers from Central America.

In response, Mano en Mano has undertaken programs to provide ESL (English as a Second Language) classes to the adults it serves, as well as Spanish language lessons to the English-speaking community and a bilingual lending library in order to facilitate economic and social relations. Other educational programs include youth tutoring and college scholarships for Latino/a high school students "Dollars for Scholars."

While continuing to ensure that the migrant community has access to essential services, Mano en Mano is now moving ahead with its affordable rental housing project for its settled clientele, having successfully negotiated the school tax issue with the town of Milbridge. Such housing is available only to year-round residents who are U.S. Citizens, and since rent is based on income, residents will cycle out as their income increases.

While once focusing specifically on Latin American migrant farm workers, Mano en Mano has broadened its client base and now serves farm/ocean workers regardless of their ethnicity. Eligibility for the proposed rental housing is open to any workers in agriculture and aquaculture who meet the residency and citizenship requirements.

For more information on Mano en Mano, visit their website: [www.manomaine.org](http://www.manomaine.org) and help celebrate a community essential to the downeast Maine economy. ■

# Vose Honored in Jonesport

by Ruth Leubecker

Helen Vose, this year's recipient of a George Hale Silver Frame Award, was presented a special proclamation at a luncheon in Jonesport last week.

Held in the dining room of the Gaelic Square Apartments, the event recognized Vose's many community contributions and longevity in a great variety of giving to others. Perhaps best known for her 33-year involvement in the Wild Blueberry Festival, Vose has also given 23 years to the food pantry, and worked tirelessly for the Christmas Giving Tree, hospice and the Salvation Army. From newborns to soldiers, college students to elderly shut-ins, her giving has spanned every community age group, often beyond Machias.

Vose won this year's Eastern Area Agency on Aging's (EAAA) 2010 award in the 76-plus category for the lifelong learner-community supporter. She has also received Rotary's coveted Paul Harris Award, the Norman Duzen Award, and has been honored for community service by the University of Maine and the Daughters of the American Revolution. Gov. John Baldacci proclaimed August 20, 2005 Helen Vose Day throughout Maine.

Son and chauffeur Aaron Vose accompanied her to Jonesport to receive the award. She was given a George Hale key chain following the program.

Also last week in Bangor, the Center for Medicare and Medicaid celebrated its 45th birthday. The buffet lunch and birthday party was co-hosted by the EAAA and Consumers for Affordable Health Care. At this special event it was

announced that 45,000 seniors in Maine will have their brand-name drug costs in the Part D "doughnut hole" cut in half, and more than 250,000 Maine seniors will receive free preventive services.

Other points of interest to Mainers in the new health reform law, the Affordable Health Care Act, were explained. Beginning this year, these are the new benefits of these improvements:

1. Seniors with prescription drug coverage through Part D who fall into the coverage gap, will receive \$250 rebate checks

to help defray these costs. Eventually this "doughnut hole" will be phased out.

2. All Medicare persons will receive a free annual wellness visit. Such preventive services as cancer and diabetes screenings will no longer be paid out of pocket.

3. Seniors with chronic conditions seeing multiple doctors will have better care coordination. Community health teams will be funded to provide patient-centered care.



Helen Vose and son Aaron Vose attended last week's special luncheon at Gaelic Square in Jonesport.

Ruth Leubecker photo



## DOWNEAST TIDE TABLE FOR WASHINGTON COUNTY

DATES & TOWNS	SUNRISE		HIGH TIDE		LOW TIDE		SUNSET			
<b>Wed., Aug. 4<sup>th</sup></b>	AM	AM	hgt	PM	hgt	AM	hgt	PM	hgt	
Eastport	5:17	5:54	16.2	6:18	17.7	---	---	12:10	2.7	7:50
Lubec	5:17	5:52	15.6	6:16	17.0	---	---	12:10	2.5	7:50
Cutler	5:18	5:44	12.0	6:08	13.1	11:51	2.0	---	---	7:51
Machiasport	5:19	5:55	11.2	6:19	12.2	---	---	12:01	1.8	7:51
Jonesport	5:20	5:38	9.9	5:58	11.6	11:42	2.0	---	---	7:52
Milbridge	5:21	5:46	9.7	6:06	11.3	---	---	12:04	1.7	7:53
<b>Thu., Aug. 5<sup>th</sup></b>	AM	AM	hgt	PM	hgt	AM	hgt	PM	hgt	
Eastport	5:18	6:52	16.3	7:16	18.0	12:48	1.9	1:08	2.6	7:49
Lubec	5:18	6:50	15.6	7:14	17.3	12:48	1.8	1:08	2.5	7:49
Cutler	5:20	6:42	12.0	7:06	13.3	12:29	1.4	12:49	1.9	7:49
Machiasport	5:20	6:53	11.2	7:17	12.4	12:39	1.3	12:59	1.8	7:50
Jonesport	5:22	6:38	9.9	6:55	11.9	12:34	1.5	12:39	1.9	7:51
Milbridge	5:23	6:46	9.6	7:03	11.6	12:56	1.2	1:01	1.6	7:52
<b>Fri., Aug. 6<sup>th</sup></b>	AM	AM	hgt	PM	hgt	AM	hgt	PM	hgt	
Eastport	5:19	7:52	16.6	8:15	18.7	1:48	1.5	2:08	2.2	7:48
Lubec	5:19	7:50	16.0	8:13	17.9	1:48	1.4	2:08	2.1	7:48
Cutler	5:21	7:42	12.3	8:05	13.8	1:29	1.1	1:49	1.5	7:48
Machiasport	5:21	7:53	11.5	8:16	12.9	1:39	1.0	1:59	1.5	7:49
Jonesport	5:23	7:40	10.1	7:55	12.4	1:35	1.1	1:40	1.7	7:49
Milbridge	5:24	7:48	9.9	8:03	12.1	1:57	0.9	2:02	1.4	7:50
<b>Sat., Aug. 7<sup>th</sup></b>	AM	AM	hgt	PM	hgt	AM	hgt	PM	hgt	
Eastport	5:20	8:50	17.3	9:12	19.5	2:47	0.7	3:07	1.4	7:46
Lubec	5:20	8:48	16.7	9:10	18.8	2:47	0.6	3:07	1.3	7:46
Cutler	5:22	8:40	12.8	9:02	14.5	2:28	0.5	2:48	1.0	7:47
Machiasport	5:23	8:51	12.0	9:13	13.5	2:38	0.5	2:58	1.0	7:47
Jonesport	5:24	8:41	10.6	8:54	13.0	2:35	0.5	2:40	1.1	7:48
Milbridge	5:25	8:49	10.3	9:02	12.7	2:57	0.4	3:02	1.0	7:49
<b>Sun., Aug. 8<sup>th</sup></b>	AM	AM	hgt	PM	hgt	AM	hgt	PM	hgt	
Eastport	5:22	9:46	18.3	10:08	20.5	3:44	-0.3	4:04	0.4	7:45
Lubec	5:22	9:44	17.6	10:06	19.6	3:44	-0.3	4:04	0.4	7:45
Cutler	5:23	9:36	13.6	9:58	15.1	3:25	-0.2	3:45	0.3	7:45
Machiasport	5:24	9:47	12.6	10:09	14.1	3:35	-0.2	3:55	0.3	7:46
Jonesport	5:25	9:37	11.3	9:50	13.7	3:31	-0.3	3:38	0.5	7:46
Milbridge	5:26	9:45	11.0	9:58	13.3	3:53	-0.2	4:00	0.4	7:48
<b>Mon., Aug. 9<sup>th</sup></b>	AM	AM	hgt	PM	hgt	AM	hgt	PM	hgt	
Eastport	5:23	10:40	19.4	11:01	21.3	4:38	-1.3	4:58	-0.6	7:43
Lubec	5:23	10:38	18.6	10:59	20.4	4:38	-1.3	4:58	-0.6	7:43
Cutler	5:24	10:30	14.3	10:51	15.7	4:19	-1.0	4:39	-0.5	7:44
Machiasport	5:25	10:41	13.4	11:02	14.7	4:29	-0.9	4:49	-0.4	7:45
Jonesport	5:26	10:31	12.0	10:45	14.2	4:24	-1.0	4:33	-0.2	7:45
Milbridge	5:27	10:39	11.7	10:53	13.8	4:46	-0.8	4:55	-0.2	7:46
<b>Tues., Aug. 10<sup>th</sup></b>	AM	AM	hgt	PM	hgt	AM	hgt	PM	hgt	
Eastport	5:24	11:31	20.3	11:52	21.8	5:30	-2.2	5:51	-1.5	7:42
Lubec	5:24	11:29	19.5	11:50	20.9	5:30	-2.1	5:51	-1.4	7:42
Cutler	5:25	11:21	15.1	11:42	16.1	5:11	-1.6	5:32	-1.1	7:42
Machiasport	5:26	11:32	14.0	11:53	15.0	5:21	-1.5	5:42	-1.1	7:43
Jonesport	5:27	11:22	12.7	11:38	14.5	5:15	-1.6	5:28	-0.9	7:44
Milbridge	5:28	11:30	12.4	11:46	14.1	5:37	-1.3	5:50	-0.7	7:45

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