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Bangor Police Department

The Rape Aggression Defense (RAD) basic program a personal safety/self-defense program for women only

BANGOR – The Rape Aggression Defense basic program offers participants an education that can help them avoid and if necessary defend against the crime of sexual assault and/or abduction. This class offers both comprehensive crime prevention information and basic physical skills that can be used to defend against an assault or abduction. This class also offers the opportunity for students to participate in a simulation exercise where they can use their new physical skills against padded aggressors in controlled scenarios. This class is designed to be accessible to all women, and if you are interested you should not be deterred by a perceived lack of physical fitness. The next session of the RAD basic program will be held at the Bangor Police Department on Tuesday and Thursday evenings from 6-9 p.m. starting on June 14 and ending on June 30. The cost for attending this 18-hour program is \$25 per person (scholarships are available). This program is open to women ages 13 and older, but young women age 13 and 14 are asked to attend with an adult. Young women age 13-17 will need a parent or guardian's permission to attend. To sign up, call Sergeant Catherine Rumsey at 947-7384 ext 5718 or email her at cathy.rumsey@bangormaine.gov, or Detective Dave Bushey at 947-7384 ext 5762.

Learn more about this program at www.rad-systems.com.



11th annual Maine Fiber Frolic

By Jenn Wayboer
 edge intern

WINDSOR – This weekend, June 4-6, the Maine Alpaca Association will be sponsoring the 11th annual Maine Fiber Frolic on the Windsor Fairgrounds. The Frolic showcases natural animal fibers from across the state and the amazing things people create with those fibers. It is a way to bring the fiber community of Maine together to celebrate its animals and the fiber they produce. Alpacas, llamas, sheep, mohair goats and angora rabbits can all be seen every year at the Fiber Frolic.

This year, there will be over 80 vendors and exhibitors. Workshops will be offered for those who want to learn a new skill or improve the talent they already have. Throughout the weekend, there will be free demonstrations and talks about raising fiber animals and the uses of fiber. A special highlight is the sheepdog demonstration. There will also be a large fleece barn where local fleeces can be entered in a contest and bought. This area is for hand spinners and those interested in learning more

about the different types of fleeces. Last year there were over 400 pre-registered fleeces, and more arrived opening day.

The Fiber Frolic started in 2000 and was then sponsored by the Maine Llama Association. There have been over 2,000 people in attendance and the number grows every year. It is the only fiber festival in Maine. The event's goals are not only to showcase the amazing farms and animals across the state of Maine, but also to educate the public on the industry.

"From its humble beginnings the Frolic has grown to be wonderful educational venue for fiber artists, farmers, would-be farmers or folks just interested in seeing small livestock. It's a great place for a family to come and learn about caring for



different species, by attending a free talk from an expert or talking directly with a farmer. One thing farmers like to do is talk about their critters!" said Nancy Williams, who does the administrative work for the Fiber Frolic.

Williams and her husband own Mini Mill, where they process many hundreds of pounds of alpaca and sheep fiber every year; they

also have a small flock of rare sheep, CMV/Romendales.

Williams said, "Maine has a vibrant fiber community, though people not directly involved may never see it. There are fiber farms, fiber artists, businesses, even spinning groups who meet regularly to spin with each other, from one end of Maine to the other. Everyone has a different reason for their involvement, from raising their own food or wool for clothing and bedding, to owning a business, such as a mill, to support local farmers by adding value to what their animals produce, to creating beautiful items from natural fibers."

A new event this year is the Sheep to Shawl. Teams will card and spin fiber and then weave or knit a shawl. The first team to complete the specified size wins. The shawls will then be raffled to raise money for breast cancer research. This event is sponsored by Maine's Spinners' Registry.

It is The Maine Fiber Frolic's second year with Maine State Agricultural status. The event will be open from 9 a.m. to 4 p.m. all three days. Admission is \$5 for adults, \$3 for seniors, and children 12 and under are free. For more information, visit www.FiberFrolic.com.

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