



People Plus supports an engaged, healthy, and independent life for older adults and youth, while joining others to build community for all ages

35 Union Street • PO Box 766, Brunswick, ME 04011 • (207) 729-0757 • www.peopleplusmaine.org July 2025 • Volume 25, No. 7

# Celebrating 50,000 teen visits since 2005!



**THE BRUNSWICK AREA TEEN CENTER PROGRAM CELEBRATED ITS 20TH ANNIVERSARY** on June 12 as community supporters, People Plus members, and Board of Trustee members came out to tour the Center, thank donors and many others for their hard work, dedication and loyalty – and of course to share snacks and cake! The Brunswick Town Council and Town Manager, as well as the Brunswick School Department and Department of Parks and Recreation – along with key founding community members – were acknowledged for helping to create the program, which has seen over 50,000 teen visits in the last 20 years!

## Maine Women's Giving Tree grant: A branch of generosity

The Maine Women's Giving Tree recently granted the Teen Center \$5,050 toward establishing a garden and building a greenhouse, as well as delivering related educational programming at its Coffin School building grounds. The Teen Center serving youth in grades 6-12 recently relocated to the former elementary school, which for the first time offers the teens outdoor activity space. The MWGT is a non-profit group of women with a shared commitment to improve the lives of local women, children and families. Founded in 2012, the charity has awarded over \$800,000 in grants. In 2025, it awarded \$96,000 in grants to 16 area nonprofits.

"The Women's Giving Tree first offered support to People Plus in 2013," says Executive Director Stacy

Frizzle-Edgerton. "We appreciate all the funding we've received throughout the years, and are honored by their community commitment," she adds.

As a giving circle, the MWGT group pools dollars annually and decides how to distribute funds. Grant applications are reviewed and evaluated by a committee of members. The full membership votes every year on awardees, and as the group states, "We have a greater impact on our communities than we could as individual donors."

The group is now actively recruiting new members. For additional information, please visit [www.maine-womensgivingtree.org](http://www.maine-womensgivingtree.org).



**A BIG THANK YOU TO MEMBERS OF THE MAINE WOMEN'S GIVING TREE** who stopped by to present their donation to the Teen Center: (from left) Diane Field, Jane Cabot, Teen Center Director Taylor Carter, Donna Chale, Sue Loeb, and Judy Woodman.

## Where did Frank wash ashore?



Find out on page 6!

## Balance and Falls Clinic with Reform Physical Therapy

**Thu, July 24, 1:30 pm.** Dr. Christina Levesque, PT, DPT, is back for her famous Balance and Falls Clinic at the Center. She will teach us what balance means, how to prevent a fall, and how to properly handle a fall if one occurs – very important information! Free, open to the public. Call 729-0757 to register.



## Bowdoin International Music Festival Community Concert

**Tue, July 29, 2 pm.** People Plus is excited to host a Bowdoin International Music Festival community concert again this year! Talented student musicians who come here to study from all over the world each year will perform. The concert is free and open to the public, features a variety of traditional classical repertoires, and typically runs 45 minutes.

The community concert series offers students a way to engage with audiences in

nontraditional venues such as arts centers, coastal resorts, community centers, libraries, museums, retirement communities, and breweries. Through these opportunities, students widen their reach and identify entrepreneurial ways to interact and grow through music.

Tickets are not required, but advance registration is appreciated by calling 729-0757. Thank you to the Festival for this wonderful afternoon event! FMI: [bowdoinfestival.org](http://bowdoinfestival.org).





**People Plus!**

Monthly publication serving the Brunswick-Topsham-Harpswell area. For comments, suggestions or news submissions, please email [news@peopleplusmaine.org](mailto:news@peopleplusmaine.org).

**ADVERTISE WITH US!**

Showcase your business with an ad in the People Plus News! With ads starting at just \$30 per month, advertising with People Plus is affordable for organizations large and small. For advertising or sponsorship queries, please contact Barbara at 729-0757 or [office@peopleplusmaine.org](mailto:office@peopleplusmaine.org). Submissions must be received by the 15th to be included in the next month's edition.

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**People Plus Staff**

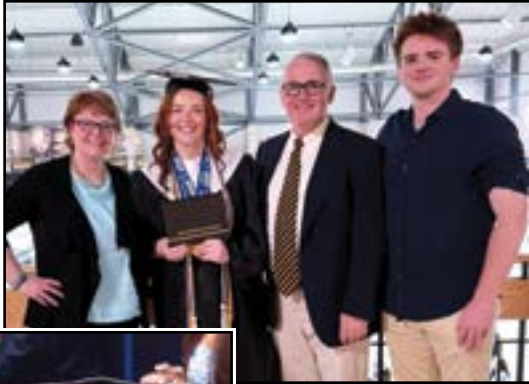
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# Raising our families together

Did any of you know that Anita, Jill, Jenn, Sarah, Barbara, Charmaine, Callie, and I have worked at People Plus for a combined total of nearly 65 years?? We've grown our families, raised our children, and shared our lives while working together at People Plus. We've become good friends, earned each other's respect and celebrated milestones together. Between us, we have a grandbaby due in August, two weddings in the summer, and two of us have just celebrated huge life transitions!



Jill's daughter Caitlin just graduated from Brunswick High School. Many of you know her from her fiery red hair and amazing singing and acting abilities and may have seen her on stage at Brunswick High or Maine State Music Theatre. She's a fantastic actress, singer, and dancer who has blossomed into an incredibly fun and kind person, a talented athlete, and a leader of her peers. We are so proud of her and excited that she's joining her older brother Brandon at Elon University this fall, where she will be majoring in psychology and minoring in theater arts.



Caitlin decorated her graduation cap with her favorite saying, "Dream Big," on top of a collage of pictures that are personal to all ages of her life, along with maroon flowers, the Elon University color. My middle daughter Violet, who was eight years old when I started at People Plus, just graduated from Massachusetts College of Art and Design in Boston. She is spending her summer walking dogs in the city and looking for a job. Her major was commercial design, which

is graphic design combined with sales and marketing. Many of you have seen Violet around the Center, in the Brunswick choral program, volunteering at Music in April, or in the newspaper clippings hanging outside my office – and she did the logo for Frank's column in the newspaper! Violet's class of 2021 from Brunswick High School was very heavily impacted by the pandemic, and she spent a lot of her college time wearing a mask. As the commencement speech was read at MassArt, the President commented that the class of 2025 began college in a pandemic storm and came out of it under a

**From the Executive Director**  
Stacy Frizzle-Edgerton



rainbow. With that theme in mind, Violet decorated her graduation cap in green and purple with Ms. Frizzle from the *Magic School Bus* series and a quote about "never being normal." I'm so proud of Violet for her creativity and hard work. And I can't wait to see where her life takes her.

Jill and I thought you might enjoy seeing pictures of these recent events as we celebrate and support each other through bittersweet moments of happiness and pride. And of course, when our children were young, none of us had any idea what People Plus was about and how it would positively shape the Greater Brunswick community, or how it would shape our families' lives. So, as we continue to focus on the good work we do at People Plus, it's also good to raise our families – both at home and at work – together.



## Seasonal gatherings make cherished memories

My daughter Kaylin and I have just returned from Connecticut, where we hosted a bridal shower for my other daughter, Molly. We pulled it off! There were 45 people at this amazing event. Several guests said that we should be party planners! We are now moving into the planning of the 4th of July celebration. My grandparents purchased a camp in 1953!! Each year their grandchildren and our cousins arrive with their spouses and children. My mother will be there. This is her favorite place in the world. She has been going up there for over 75 years. I think our total numbers this year will be 25!! Let's hope for good weather! Just like Thanksgiving, this holiday is based on tradition. We all know what we need to bring. We have salads that we use

### From Anita's Plate

Anita Nugent  
(207) 504-6439



[info@nutritionforeveryday.com](mailto:info@nutritionforeveryday.com)

for more than one meal. I can't wait for my cousin to arrive with the bread that tastes just like what my grandmother used to make. The salmon will be smoked, and watermelon will be cut. The fish chowder will be on the stove. I hope everyone has a great 4th of July! Off to the Adirondacks.

### Three Bean Salad

**Ingredients:**

**For the salad:**

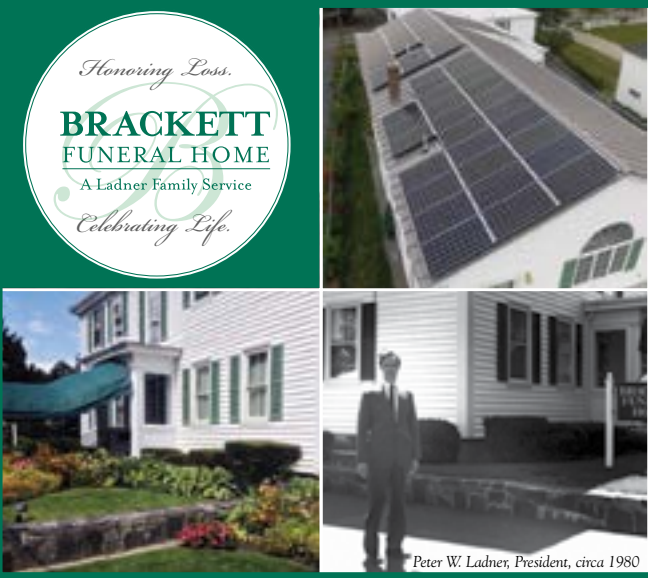
- 1 (15 ounce) can cannellini beans, rinsed and drained
- 1 (15 ounce) can kidney beans, rinsed and drained
- 1 (15 ounce) can garbanzo beans, rinsed and drained
- 1/2 red onion, finely chopped
- 2 celery stalks, finely chopped
- 3 Tbsp. olive oil
- 1/4 tsp. black pepper

**For the dressing:**

- 1/3 cup apple cider vinegar
- 1/4 cup sugar

**Directions:**

1. In a large bowl, mix the beans, celery, and onion.
2. In a separate bowl, whisk together the ingredients for the dressing.
3. Add the dressing to the beans.
4. Chill and serve.



**BRACKETT FUNERAL HOME**  
29 Federal Street, Brunswick, ME  
(207) 725-5511 [www.BrackettFH.com](http://www.BrackettFH.com)

Follow us on Facebook to take advantage of community events and our *Celebrating Life* promotions!

2025/2026  
Executive  
Board



Jim Burbine, Chair



Nancy Weingarten, Vice Chair



Bob Nugent, Secretary



Sonia St. Pierre, Treasurer

# A big thank you to Dave Millar!

Dave Millar of Riley Insurance has served as Chair of the Board of Trustees for the last two years. Under Dave’s leadership, People Plus successfully relocated the Teen Center and tripled the number of teens served, completely renovated our 2nd floor to make more room for adult activities, and broke records for both Music in April and the 20th Anniversary for the Teen Center fundraisers. Happily, Dave will remain on the Board and continue to serve on both the finance committee and the development committee.

Looking back on his time as Chair, Dave says, “It has been a true pleasure to serve as the chair of the People Plus Board. This amazing, supportive community center is a tremendous asset to the Greater Brunswick region. As a Board Trustee, I know how fortunate we are to have such an incredible staff, generous volunteers and members who care for and support one another.”

Dave’s expertise and historical knowledge are invaluable, according to People Plus Executive Director Stacy Frizzle-Edgerton. “Thank you, Dave, for your years of service on the executive committee!” she remarked. “You

**WOULD YOU** be interested in helping People Plus by joining a committee of the Board? We are looking for members who would enjoy a role with leadership input to help the Board with finance and development work, as well as strategic planning and governance. It’s an easy commitment of roughly 2 hours a month. FMI call Stacy at 729-0757.

have been an amazing mentor strategic coach, partner, and inspiration to me. You’ve been there for every event, every fundraiser, and every meeting. And you’ve shaped this organization with your leadership and dedication! I’m so glad that you’ll still be on the Board for another three years serving on the development and finance committees.”

Succeeding Dave is Jim Burbine as the new Chair of the Board, while Nancy Weingarten will serve as Vice Chair and Bob Nugent will serve as Secretary. Sonia St. Pierre will continue as Treasurer. Nancy Weingarten will also serve as chair of the strategic planning committee and Gail Kendrick will continue to serve as chair of the governance committee. Tom Farrell will continue as chair of the Teen Center Advisory Council. As we enter a new fiscal year and approach our 50th anniversary, the Trustees have adopted a fresh 5-year strategic plan to set focused priorities on financial health through a diverse revenue stream, growing membership, recruiting volunteers, strengthening existing alliances and forging new partnerships, and developing a five-year plan for the Teen Center as well.

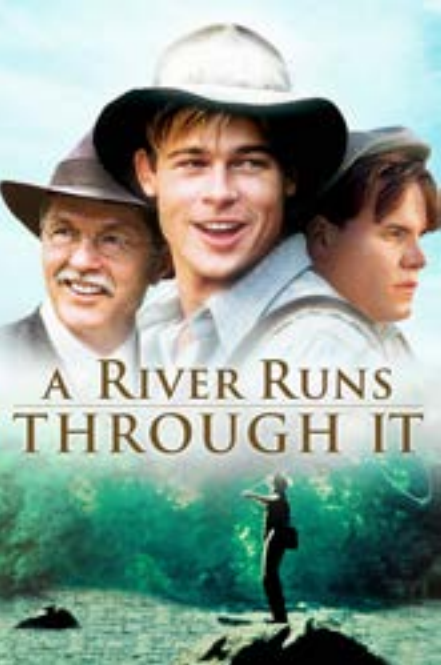


**WHETHER DRESSED AS FRIAR TUCK** at a mystery dinner fundraiser in 2016, representing the board with O. Jeanne d’Arc Mayo at a Bowdoin College event, or hanging out with Brunswick PD Officer Tom Stanton at the Teen Center Scrop-a-Thon fundraiser, Dave Miller has been supporting People Plus for over a decade!

We have recently updated our mission statement to now include serving teens as part of our community role. The mission statement now reads:  
*The mission of People Plus is to support an engaged, healthy, and independent life for older adults and youth, while joining others to build community for all ages.* **People Plus!**



**OUTGOING BOARD CHAIR, DAVE MILLAR** (right), and incoming Board Chair Jim Burbine served members frosty treats at the Center’s Ice Cream Social last summer.



New Movies!

Classic Movies!

Special Events!

Check our website for  
New Summer Hours at  
The Eveningstar Cinema!

**EVENINGSTAR**  
CINEMA

The Eveningstar Cinema will be closed  
Friday, July 4th to celebrate  
Independence Day!

Movie Tickets & Info at:  
**eveningstarcinema.com**

Sign up for our  
Weekly Newsletter

Gift Cards Available  
Serving Beer & Wine

**Movie Line: (207) 729-5486**  
**149 Maine St, Brunswick ME**





**EXERCISE IS COOL AT THE CENTER!** Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Zumba, and Getting Stronger are inside with air conditioning! \$7/class for members (\$12 for non-members) and you can try any class once for free! And popsicles are on the house.

### Summer Pizza Party!

Join us Thursday, Jul. 17, for a pizza party! Side dishes include salad and watermelon and we'll finish off with strawberry shortcake for dessert!

These monthly Lunch & Connections meals are underwritten by Spectrum Generations and are intended to focus on nutrition, useful information, variety, socialization and fun. The dining room opens at 11:15 am, and we'll start serving our buffet meal at noon. Come claim your favorite seat, chat with your friends, make new ones, and pick up your 50/50 raffle ticket. The cost for this members-only meal is just \$7. It is important that you pre-register by calling 729-0757. Sign-up starts Jul. 1.

**Lunch & Connections Punch Cards!**  
\$35 for 5 lunches, \$70 for 11 lunches (that's one lunch FREE!) FMI call 729-0757 or stop by the Center to purchase your card!

### Celebration of Life for Judie Lemons

**Saturday, July 12, 1 pm, at People Plus.** Celebrate the life of the late Judie Lemons, a special member of People Plus, at her celebration of life. Share memories of Judie with her family and friends.

#### Book a vacation with People Plus and Collette Travel! Trips are open to the public - bring a friend!

##### Shades of Ireland

May 3-12, 2026. **Deposits due Sept. 14.** Highlights include: Dublin, Irish Evening, Kilkenny, Waterford, Blarney Castle, Killarney, Jaunting Car Ride, Ring of Kerry, Limerick, Cliffs of Moher, Sheepdog Demonstration, Galway, Castle Stay. FMI <https://gateway.gocollette.com/link/1249053>

##### Magical Rhine and Moselle Rivers Cruise

September 13–21, 2026. **Deposits due Oct. 27.** Highlights include 7-night river cruise, Rhine and Moselle Rivers, Cologne, Cochem, Lorelie Passage, Mannheim, Speyer, Strasbourg, Breisach, Freiburg. FMI <https://gateway.gocollette.com/link/1289576>. Cabins are first come, first served - Book Today!

### Foot care services

Terri Burgess, RN, offers foot care at People Plus on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday of each month, 12-4 pm. Clients will complete a release waiver/registration form, remove shoes and socks, soak feet in the provided foot bath, then meet with Terri for a consultation. Services could include toenail filing, foot moisturizing, and mini foot massage. Limit of 60 minutes per appointment. Serious toe and foot issues will be referred to a doctor. Registration is required, \$15 donation. Members only. Call 729-0757.

### Women's Breakfast

**Thu, Jul. 3, 8:30 am.** Enjoy breakfast while socializing with the ladies. Members only, call to register. \$5 suggested donation.

\*No Men's Breakfast in July or August

### Monday Munchies

**Mondays, 11:30-12:30 pm.** Join us for free lunch on Mondays donated by Mid Coast Hunger Prevention Program –usually a delicious soup! Soups will be listed in our weekly email.

### Wednesday Walkers

Please note meeting time each week. Call 729-0757 to let staff know if you will need or can give a ride. **\*\*Walks begin once carpool arrives.** Meet at the Bruns. Recreation Center at **9:30 am** if inclement weather. FMI visit [peopleplusmaine.org/wednesday-walkers-monthly-schedule](http://peopleplusmaine.org/wednesday-walkers-monthly-schedule)

**Jul. 2.** Planning meeting and a walk. Meet @ PP at 9 am (note earlier time!) to share your ideas and help plan the walks for August! Then we'll walk at Woodward Point, Brunswick.

**Jul. 9.** Thorn Head Trail, Bath. Carpool: meet @PP by 9 am or at site by 9:30.

**Jul. 16.** Topsham Trails (starting at the Transfer Station). Carpool: meet @PP by 9 am or at site by 9:30.

**Jul. 23.** Mitchell Field, Harpswell. Carpool: meet @PP by 9 am or at site by 9:30.

**Jul. 30.** Curtis Farm Preserve, Harpswell. Carpool: meet @PP by 9 am or at site by 9:30.

### Register for activities by calling 729-0757

### Medicare 101

**Tue, Jul. 8, 12:30 pm.** Spectrum Generations provides information regarding Medicare, drug coverage, and Advantage plans. Free, open to the public (\$15 suggested donation appreciated). Registration required.

### Apple Device Tutoring

**Jul. 23 and 24, 9:30-12 noon.** One-on-one Apple device tutoring sessions. Bring your iPhone, iPad, Macbook, etc. Members only. Call starting Jul. 3 to book your appointment.

### Program Notes for July

- Café en Francais is now twice per month on the 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays
- Center closed on Friday, July 4

These activities are taking the summer off – see you in September!

\* History Book Club      \* Monday  
\* Men's Breakfast      Movie

## CENTER CLUBS

**FREE- members only, however anyone can try any club once! FMI: 729-0757**

#### Apple Club

**Thu, Jul. 24, 1:30 pm.** Bring your Apple device and questions.

#### Books a la Carte

**3rd Tue, 2 pm.** Join an fun, interesting discussion about books & authors with varied genres and no assigned reading list.

#### Fiber Arts

**Mon, 10 am.** Bring your current project and enjoy friendly conversation while you work.

#### Fiber Spinners

**2nd & 4th Fri, 10 am.** Bring your spinning wheel or spindle to chat with friends while you transform fiber into yarn.

#### Table Tennis

**Mon & Tue, 11 am; Thu, 9 am; Sat, 10:15.**  
\*Times subject to change; check calendar.

#### Ukulele Club

**Tue, Jul. 8, 2:30 pm.** Come jam with us! All abilities welcome (must be able to play basic cords). Bring your own ukulele.

#### Write On Writers

**Wed, 1 pm.** Meet to share writings.

#### Wednesday Walkers

**Wednesdays, 9:30 am.** Meet for a walk or hike (usually an hour).

#### GAMES

**Duplicate Bridge. Mon, 1 pm.** Intermediate/advanced players.

**Bridge. Tue, 9 am.** Intermediate/advanced. **Thu, 9 am.** Beginner/intermediate.

**Cribbage. Wed, 8:45 am.** Play cribbage with different partners.

**Mah-Jongg.** Chinese multi-player tile game. **Fri, 9 am.** Intermediate/advanced players. **Mon/Wed, 9 am.** All skill levels welcome - we'll teach you!

**Game Day. Tue, 1 pm.** Game time with friends. Use our games (scrabble, Brunswickopoly, Uno, and more) or bring you own.

#### LANGUAGE CLUBS

**Cantina Espanol. 1st Tue, 2:30 pm.** Spanish language club meets to chat in Spanish.

**Kaffeestunde! 2nd Tue, 2:30 pm.** German language club meets to chat in German.

**Café en Francais. New monthly meeting time added: 2nd & 4th Tue, 2:30 pm.** French language club meets to chat in French.

**People Plus SENIOR HEALTH Expo 2025**  
CONNECTING COMMUNITIES  
PROUD TO PARTNER WITH

## Senior Health Expo – October 9, 2025!

**Exhibitor & Sponsor Registration is Open!**

Registration is open to become an exhibitor or sponsor. Table registration deadline: September 5. “Be on the Bag” Sponsor deadline: August 22.

Visit [peopleplusmaine.org](http://peopleplusmaine.org) for more information on the event, exhibitor (table) registration, sponsorship opportunities and registration forms to download.

It's not too late to join the wonderful Lead Sponsors to the right! **Don't miss this fantastic opportunity to showcase your business or organization!**

### Thank You 2025 Lead Sponsors!

Mon	Tue	Wed	Thu	Fri	Sat
	9:00 Int./Adv. Bridge 1 9:00 Chair Yoga 9:30 Art Class 10:00 Flower Project 10:00 Yoga 11:15 Table Tennis 1:00pm Game Day 1:00pm Qigong 2:30pm Spanish Club 6:30pm Toastmasters	2 8:45 Cribbage 9:00 Hair Cuts with Margarita 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 7:00pm English Country Dance	3 8:30 Women's Breakfast 9:00 Table Tennis 9:00 Beg./Int. Bridge 9:30 Art Class 11:00 Yoga	4 Center Closed 	5 9:00 Zumba 10:15 Table Tennis
7 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Int./Adv. Duplicate Bridge 6:00pm Djembe Drumming	8 9:00 Int./Adv. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Flower Project 10:00 Yoga 11:15 Table Tennis 11:30 LUNCH OUT 12:30pm Medicare 101 1:00pm Game Day 1:00pm Qigong 2:30pm Ukulele Club 2:30pm German Cub 2:30pm French Club	9 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers	10 9:00 Table Tennis 9:00 Beg./Int. Bridge 9:30 Art Class 11:00 Yoga 12:00pm Footcare Services 6:00pm Int./Adv. Belly Dancing	11 9:00 Int./Adv. Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	12 9:00 Zumba 10:15 Table Tennis 1pm Celebration of Life for Judie Lemons
14 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Int./Adv. Duplicate Bridge 6:00pm Djembe Drumming 7:00pm SAGE Dance Club	15 9:00 Int./Adv. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Flower Project 10:00 Yoga 11:15 Table Tennis 1:00pm Game Day 1:00pm Qigong 2:00pm Books a la Carte	16 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 7:00pm English Country Dance	17 9:00 Beg./Int. Bridge 9:30 Art Class 12:00pm Lunch & Connections Pizza Party! 6:00pm Int./Adv. Belly Dancing	18 9:00 Int./Adv. Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	19 9:00 Zumba 10:15 Table Tennis
21 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Int./Adv. Duplicate Bridge 6:00pm Djembe Drumming	22 9:00 Int./Adv. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Flower Project 10:00 Yoga 11:15 Table Tennis 1:00pm Game Day 1:00pm Qigong 2:30pm French Club	23 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Apple Device Tech Tutor 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers 6:30pm Bruns. Coin/Stamp	24 9:00 Table Tennis 9:00 Beg./Int. Bridge 9:30 Apple Device Tech Tutor 9:30 Art Class 11:00 Yoga 12:00pm Footcare Services 1:30pm Apple Club 1:30pm Balance/Falls Class with Reform Physical Therapy 6:00pm Int./Adv. Belly Dancing	25 9:00 Int./Adv. Mah-Jongg 9:00 Haircuts with Margarita 9:00 Loosen Up 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:30pm Folk Dance Brunswick	26 9:00 Zumba 10:15 Table Tennis
28 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 11:30 Monday Munchies 1:00pm Int./Adv. Duplicate Bridge 6:00pm Djembe Drumming	29 9:00 Int./Adv. Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Flower Project 10:00 Yoga 1:00pm Game Day 1:00pm Qigong 2:00pm Bowdoin Intl Music Festival Community Concert	30 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:15 Tai Chi 12:00pm Growing Stronger 1:00pm Write on Writers	31 9:00 Table Tennis 9:00 Beg./Int. Bridge 9:30 Art Class 10:00 Donuts and Drivers 11:00 Yoga 6:00pm Int./Adv. Belly Dancing	People Plus Hours: Mon-Thu: 9 am - 4 pm   Fri: 9 am - 1 pm 729-0757   www.peopleplasmaine.org Calendar page sponsored by 	


### Spectrum Generations presents ‘Red, White, and Blueberries!’ cooking class

**Thursday, July 31, 1:30 pm.** Learn about summer’s sweetest superfoods with Kirsten Solomon, MS, RDN, LD, from Spectrum Generations. Discover how Maine’s summertime stars – berries – can support heart and brain health, fight inflammation, and sweeten meals naturally. Learn fun, flavorful ways to enjoy them every day. This class includes a no-bake berry dessert, a refreshing berry salad, and tasty sampling to enjoy! Class is open to the public. Registration is required – class size limited to 15. Suggested donation \$5-10, but not required.

### Drivers ‘n’ Donuts

We will have a Drivers ‘n’ Donuts meeting Thursday, July 31 at 10 am for our Volunteer Transportation Program. We will welcome new drivers, talk about how the program is working, and discuss opportunities and challenges for our drivers. There will be time for socializing and tech help at the end—we want to make sure our drivers know each other

and can share tips and tricks! Please RSVP at 729-0757, and let us know if you want to make sure time is reserved for a specific topic. Would you like to be a driver, or do you need rides in the area? Please call Callie at 729-0757 and she can get you signed up!



SEBASCODEGAN  
ARTISTS

ART SHOW


JULY 31- AUGUST 17

RECEPTION: AUGUST 1st, 5:00 - 7:00pm

OPEN: 10:00am- 5:00pm

ORR’S ISLAND SCHOOL HOUSE

### MAINEHEALTH LIFESTYLE MEDICINE BRUNSWICK





## New Name, Same Commitment to Health

The former Mid Coast Center for Community Health & Wellness is now **MaineHealth Lifestyle Medicine Brunswick**.

We offer evidence-based programs, education and interventions to treat and prevent chronic disease. We are your community partner to help you make sustainable lifestyle changes that will improve your health and well-being.

MaineHealth Parkview Campus  
329 Maine Street, Brunswick

Learn more:  




# Monhegan Island has it all

On that list of the thousands of islands dotting our coast of Maine, marvelous Monhegan stands at or near the very top. Ten miles to sea, a quaint fishing village, a colony of artists, striking scenery at every turn, hiking trails, rocky, secluded beaches ... even a shipwreck, Monhegan has it all.

Less than two miles long and not a mile wide, this island packs a punch. The small harbor, protected by neighboring Manana and Smutty Nose islands, anchors a local fishing fleet, and a brisk walk up a stone-strewn hill brings you to a village with seasonal lodging, art galleries, a few restaurants, a general store, fishing shacks, the occasional year-round residence, and yes, finally, a local brewery. At least 80 percent of the island remains wild and is protected by the Monhegan Associates, a private land trust that has helped preserve the island since 1954.

Jane and I first met Monhegan as newlyweds, back in the last century. We've returned over the years with our children, with my in-laws, and this year with friends, for a stay in the "big house." Since 1907, the Island Inn has topped that first ridge above the boat landing, and it welcomes still. The rooms come with amazing views (ours was of the lighthouse), an exceptional breakfast to kick off your day, and, waiting in the evening, a dining room that will match just about any restaurant on Maine's mainland.

But who goes to Monhegan to stay in a room?

Our first walk goes past Lobster Cove,



### FRANK'S FACT

At 178 feet of elevation, in a granite tower measuring 47 feet, the Monhegan Island Light is second only to Seguin Island Light on the Kennebec for elevation above sea level among the 64 lighthouses of the Maine coast. The light was established in 1824 and is fully automated today.

and down to the shipwreck. Maybe it's a half mile, but I doubt it, and the trail is a real mood builder for what's next. No more than a rusting hulk of steel, what's left of the seagoing tug *D.T. Sheridan*, lost on a foggy night in 1948, is a must visit. Then realize as you gaze off to the horizon that the next landfall is someplace in Portugal. And, sure, you need to point at the house where everyone says Jamie Wyeth has painted a number of famous images.

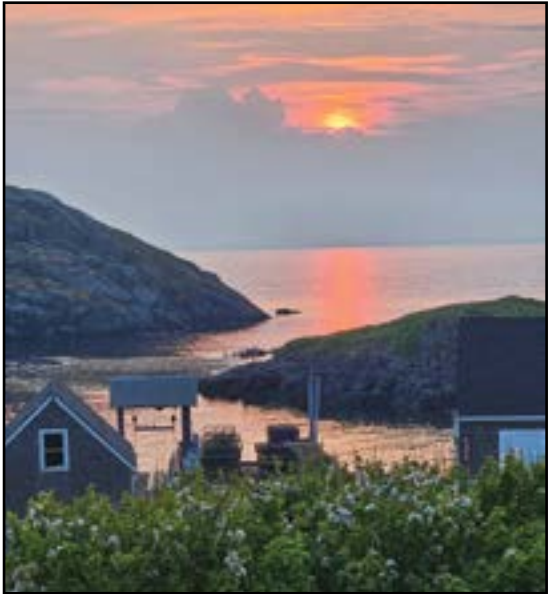
Remember to time your visit so you don't miss the return boat – this is the best hike on the island for day visitors – or plan it so you don't miss dinner at the Inn, and afterward, that rock on the porch as the sun drops behind Manana Island.

Next day we're off early, skirting the east shore of the island, past the town library, the little one-room schoolhouse and the ice pond. Soon enough, we're past Deadman's Cove and cutting west on the Cathedral Woods trail. Massive spruce and hemlock trees, with the occasional pine or maple, are soon blocking the sun. Moss-covered rocks and ledge flank both trail edges. The occasional blown-down root system of a long dead tree offers silent testimony to winds that sweep the island each winter.

Too soon, we're out of the woods and standing atop a breathtaking cliff. Here is the vision every visitor comes to Monhegan to see. We're standing on Little Whitehead ledge; Whitehead is to your right, Blackhead is to your left. Surf laps at the base of these twin, 160-foot, nearly vertical cliffs. When we dare look down, we realize those speck of white we see are seagulls, flying well below us. Searching breaks in the ledge, we spot more nesting gulls. If those mothers would move, we could see right into those nests. We turn right, pass Gull Cove, climb through a boulder field to the top of 140-foot Burnthead. Here we call it a day, cut over to Horn's Hill and beeline to the brewery. It was a day well spent.

Next day, over yet another magnificent breakfast, we complain of bugged knees and screaming hips and spent energy. We decide to tour the granite lighthouse tower, the keeper's cottage, and the island's cemetery. We're impressed to learn that the keeper's house museum (officially called the Monhegan Museum of Art and History) holds not only historical pictures and gear, but also a collection assembled by Bowdoin College of exceptional original art of island scenes by famous Monhegan painters. We're disappointed to learn the museum won't

**MAINE**  
**& me**  
by Frank Connors



**SUNSET ON MONHEGAN** is as special as the overall feeling of relaxation on the island, where unpaved roads and trails dominate and cars aren't allowed.



**WITH MOST BUILDINGS CLUSTERED IN THE VILLAGE AREA**, the largely undeveloped island has been protected by a land trust since 1954.

open for the summer until the following week. We decide it was a price we pay for off-season rates.

On the afternoon return boat, we see seals on Seal Rock, a few ducks off Duck Rock, and nothing floating in Deadman's Cove. The water's calm and once again, I disappoint Jane by not being seasick.

It's been a great few days, and we're already thinking about our next trip to Monhegan.

**If you go:** Monhegan Island is 10 miles at sea in the Gulf of Maine. There are a limited number of public spaces to stay on the island, so do have reservations before you go. Public ferries are available from Port Clyde, (the *Laura B.* and/or the *Elizabeth Ann.*) from New Harbor on the *Hardy III*, and Boothbay Harbor on the *Balmy Days*. Organized, seasonal day trips are possible during the summer season. Reservations must be made and boat schedules may change without notification. Think of the hour-long, ocean ride as part of your Monhegan adventure.



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# Summer fun at the Center!



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<b>Theresa Howell</b> Oct. 27, 1941 – May 9, 2025	<b>Larry Ogden</b> April 8, 1947 – May 15, 2025	<b>Connie Turner</b> March 24, 1929 – June 2025
<b>Janet “Katherine” Chatterjee</b> Nov. 23, 1937 – May 18, 2025	<b>Alan G. Williams</b> Sep. 29, 1934 – May 20, 2025	<b>Aline Albert</b> Dec 15, 1939 – June 9, 2025
	<b>Meg Wheeler</b> Aug. 10, 1945 – June 9, 2025	<b>Mary Ann Green</b> April 3, 1957 – June 7, 2025



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# Art comes in many sizes – and shapes!

Nancy Fortin’s current art show at People Plus employs an unusual canvas she collected on the side of the road – hubcaps! A tiny write-up in *Better Homes & Gardens* about a woman who painted hubcaps sparked the idea, and in 2013 Nancy began to scout the countryside for them. She was also motivated to do something good for the environment by clearing them from the roadside and recycling them. As of now, she has painted 387 hubcaps with a wide variety of themes.

Nancy, who grew up in Topsham and lives in Richmond, retired from Bath Iron Works in 2014, where she had worked for 26 years, most recently as a buyer of ship equipment. After retiring she had a lot more free time to paint, though she discovered before that could happen, it took a lot of time to clean the hubcaps. “That’s the hardest part,” she says, referring to how grimy they get.

After cleaning, she spray paints her metal canvasses on the front and back as a sort of primer, then adds the design with two coats of acrylic paint, and in the final step puts a layer of protective clear coat over it all so they can be hung outdoors. (She says they look good on doors and even hangs some from trees on her property). For her first subject to paint, she chose flowers. Eventually she branched out to birds and sports team logos, as well as themed pieces for Halloween, Christmas, Valentine’s, and St. Patrick’s Day. Her superhero series featured Batman,

Spiderman, Captain America, and Green Lantern.

She loved coming up with designs based on the shape and design of the hubcap, which were totally different depending on the make of the car. She even took custom orders (like when the Patriots won the Super Bowl) and offered a sideline of smaller paintings created from the center piece of large truck hubcaps. Her sister, who was a travel nurse, collected hubcaps for her as well, bringing her 100 from all over the U.S.

In 2015, Nancy decided to take her hobby on the road to craft fairs, doing about six per year. Though she never took painting classes, she studied a lot of photos and used them for reference. She considers her work more hobby than art, but notes people responded well to it and she sold a lot at the fairs. However, when Covid hit, the craft fairs shut down. At that point, Nancy stopped painting and put her inventory in storage bins.

As she notes, finding hubcaps now is tougher because newer cars don’t use them. Plus, at 73, she is an avid basketball player and after a couple of shoulder replacements, wants to concentrate on competing in the Senior Games.

What Nancy has graciously decided to do is to exhibit her unsold hubcaps at our Café Gallery during July and August, charging just \$10 per sale, and donating all the proceeds to People Plus. Thank you, Nancy!



**NANCY FORTIN'S ART SHOW** runs in the Café Gallery during July and August, and she is donating all the proceeds from the sale of her affordable pieces to People Plus.

## Join the Bouquet Brigade!



**MEMBER MONICA ANNABLE** puts the finishing touches on a bouquet.

Volunteers helped make bouquets last month at the Center for the Growing to Give program. The bouquets were delivered to clients of local home assistance programs including Aging Excellence, Neighbors, and Meals on Wheels by direct care workers visiting homes. Growing to Give is an organic farm in Brunswick that grows vegetables for donation to local people in need. The farm also grows flowers for donation and to teach and promote sustainable farming. If you’d like to help out on Tuesdays at People Plus (10-noon) during the summer, contact coordinator Dodie Kaloust directly at [Dodie950@gmail.com](mailto:Dodie950@gmail.com) or 557-4967. Come join the fun!



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**TEEN CENTER AMERICORPS VOLUNTEER** Renee Foster (left) and Bowdoin summer fellow Grace Tetreault stir and serve the soup provided for Monday Munchies by Mid Coast Hunger Prevention Program.



**MEMBERS KEN AND MARIE NEALE** pose on either side of the Continental Divide holding copies of the People Plus News! The Neales were on a recent Collette trip to the Colorado Rockies and visited Wolf Creek Pass in the San Juan Mountains of Colorado.

3rd  
Tues.  
2 pm

We talk about books of all types with no assigned list. FMI and our complete list of recommendations visit [peopleplus-maine.org/books-la-carte](http://peopleplus-maine.org/books-la-carte).

**NONFICTION**

**Ernie.** This autobiography of Ernest Borgnine is packed with insider stories by a master storyteller.

**MYSTERIES**

**In a Dry Season** by Peter Robinson. A town in England is flooded and deserted but reappears during a drought. A

skeleton is found, the death caused by violence. Inspector Banks is called in. A classic.

**Give Unto Others** by Donna Leon. A Venetian police commissario tries to help a friend with a personal matter, leading to discovery of a fraudulent charity. Good descriptions of life in Venice.

**In a Dangerous Place** by Jacqueline Winspear. This Maisie Dobbs mystery is set in Gibraltar in 1937. She becomes involved in a murder investigation, a case that draws the attention of British intelligence.

**The God of the Woods** by Liz Moore. At a summer camp in the Adirondacks, two siblings go missing 12 years apart. Rich people involved in the camp protect their interests.

**Skin and Bones** by Paul Doiron. Eight short mysteries featuring a Maine game warden and written by a Camden author.

**The Murder at the Vicarage** by Agatha Christie. This famous work features Miss Marple in her first appearance in a mystery as she solves a murder in her hometown in 1930.

**FICTION**

**Marlene** by C.W. Gortner. Based on the spectacular life of Marlene

Dietrich, from her wild days in Weimar Germany, to classic movies, to entertaining WWII soldiers as a U.S. Army major.

**The Secret Wife of Aaron Burr** by Susan Holloway Scott. An 8-year-old girl, the daughter of a rape, is sold into slavery in India. A French woman sees the girl being beaten and offers to buy her. The girl grows up and passes through several owners, eventually ending up in Aaron Burr's household.

**Uncommon Type** by Tom Hanks. Short stories by the famous actor on a variety of topics united by a connection to typewriters.

**People of the Book** by Geraldine Brooks. A rare book conservator finds clues to the history of a medieval book, history, an illustrated story of centuries of Jewish life. Meanwhile, a series of events leads the conservator to discover secrets from her own past that reshape her life.

Here are some books that have been recommended more than once:

**The Painted Drum** by Louise Erdrich

**The Great Displacement** by Jake Bittle

**When Books Went to War** by Molly Gupptill Manning

**Flapper** by Joshua Zeitz

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Poems & Prose



Things I remember about the 4th of July

My family went to Vilas Park in Madison, Wisconsin. After watching the parade, we headed to the park to have a picnic and watch the fireworks. We went right after so we could find a grill and table. We kids had to try to take a nap after dinner so we would be awake for the fireworks. No need for the nap with the loud booms and flashing lights. One year I stepped on a bumblebee barefooted while running over to the swings. My howling may have been louder than the fireworks. I still wonder about what the animals in the park's zoo thought about the fireworks, what they did when they heard and saw the rockets exploding above the homes. On one 4<sup>th</sup>, I thought I heard the monkeys howling.

One time my brother and I rode in the parade on a float. There was marching in the parade as a Boy Scout. One time we painted my car red, white, and blue to drive in the parade.

Highway 151 from Dodgeville, Wisconsin, to Dubuque, Iowa, runs along the top of several ridges. One holiday, I watched fireworks from five small towns as I drove back to my office in Des Moines. When I see fireworks now, I think about how beautiful and clear that night was. It was like I was sitting in a fire watchtower seeing the fireworks.

A 4th of July party I went to ended when two fire engines and two police cars showed up. We were setting off fireworks from the third-floor balcony. One of the fireworks misfired, and flew in the living room setting the sofa on fire. Names were taken, but no one was charged. The names on the lease were asked to move. All the fireworks we had left were legal in Wisconsin. No one got hurt and the fire was out before the firemen and boys in blue got there.

A few years ago, my cousin moved to New Hampshire. She had lived in France for around 30 years. She planned a big 4th party, with a big six-course meal with a standing rib roast. I argued with her for three weeks, telling her that in the States the meal for the 4th was hamburgers, hotdogs, potato salad and other salads. A strawberry, blueberry short cake with whipped cream topping the colors of our flag for dessert. We enjoyed the meal she planned.

Happy 249<sup>th</sup> birthday to the USA. And may there be a 500 birthday for the USA.

— Jim Cherry

What’s a quick write?

Write On Writers members do “quick writes” every week in response to a prompt that asks a question. The writers are given 2-3 minutes to handwrite their answers. We thought it would be fun to publish some of these.

Prompt 1: What sounds or sights do you find most comforting or peaceful?

The sight of one of our cats reposing on a couch is a most comfortable and pleasing sight. Cats could give lessons on how to relax and let the world go by. Why bother with politics when you can eat some fish, then lay down from a busy day of looking cute?

– Wayne Mogk

The sight/sound I find most comforting is ocean surf. The intensity varies with the tide, but it never stops. I have a machine which reproduces the sound and lulls me to sleep.

– Vince McDermott

The natural sounds of the birds, especially early in the morning is comforting. Music is what I find peaceful. Being able to sit back and close your eyes and allow yourself to just listen.

– Kathy Gaunt

A peaceful sight for me is my front steps going home.

– Lucy Derbyshire

I grew up on a 56-acre farm and now I live close to the Bisson Farm. The sight and sound of the chunk, chunk, chunk coming from the tractor pulling the bailer is so comforting. Sitting outside on the porch watching and smelling the cut hay is also comforting.

– Nonie Moody

The most comforting sound is the birds chirping when I am relaxing on the porch and when I take a rest stop while hiking in the woods.

– Ashley Richards

I live in a quiet neighborhood. My back deck faces woods, and I find comfort sitting, listening to birds. Sometimes I try responding to their song. I wonder what they share with each other. Very peaceful moments.

– Betty Bavor

Hands down my favorite sound is my kitty purring. Sometimes I lay my head on his belly lightly, and I’m amazed at how naturally he can make his sounds of appreciation and affection back to me. We communicate in many ways. Yet his purring communicates his joy and mine also. His purring is a special acknowledgment of how much we mean to one another.

– Judith Burwell

The rustle of the leaves in a summer breeze. Watching them flutter on the boughs of trees.

– Ellen Brown

My favorite sight is a photograph of my mother and me, standing together on a hillside field on our farm outside of Spartanburg, Pennsylvania. It takes me back to a time of innocence and comfort. I was about six years old, and I didn’t know sadness or loss yet. The hillside is green and promising.

– Ellen Glenn Childs

The sound of moving water, as it flows over the rocks in a small stream. The wave crashing along the shoreline. Water falling over a cliff into the pond below.

– Jim Cherry

While lying in bed in the evening, the sound of rain and distant thunder are very relaxing and comforting and allow for an easy transition to sleep.

– Paul Karwowski

The various and diverse bird songs in the spring.

– Bob Mulligan

The sound of my friends, children, and grandchildren laughing. To know they are happy makes me feel all is right in the world. And I’m so thankful.

– Bonnie Wheeler

I find the haunting, mystical sound of a six-hole Native American flute so relaxing. When the warmth of human breath fills the wooden tube – made from a tree – magic happens. A dead piece of wood comes alive as melodies float in the air. I love playing and teaching this instrument.

– Laura Lee Perkins

Prompt 2: What is your favorite Maine vacation site for summer house guests?

The guests I have had all wanted to go to three places: Mt. Washington, Portland Head Light, and Acadia. If I could convince a houseguest to try something new, I would suggest Down East Maine, Eastport and Machias, with the blueberry fields, too.

– Alene Staley

Popham Beach at low tide is magnificent! The sandy beach goes on for miles and one can walk out to the outer rocks and island, while the inner tide pools make wonderful spots for the little ones to splash in.

– Bob Mulligan

Maine, the way life should be, so it is said. I’m guessing it’s for those who have not spent many winters here. The sun does shine and here come the kinfolks. For us, it’s mostly from the Midwest. So we jump to take them to the ocean, the closest is at Land’s End. The rocky coast, the blue ocean waves, the working lobster boats and sailboats – and of course you have to take your picture with the lobsterman statue and buy a T-shirt.

– Bonnie Wheeler

I try to include the ferry trip out to Vinalhaven Island. We rise by 7 am, depart at 8 am for the Rockland Café, conveniently located near the ferry terminal parking lot. A full breakfast at 9:30, then park the car and buy our ferry tickets for the 11:15 departure. The 75-minute ride is spectacular, with porpoises and seals cavorting. We explore parts of the island on foot and grab a lobster or crab roll before boarding the 2:30 pm ferry back to Rockland. There we have an ice cream and head for home. A perfect Maine day.

– Laura Lee Perkins

My houseguests arrive. This is their first visit to Maine. I want to share history. The walking bridge provides a short hike and fun walk over the Androscoggin River. We will travel to Freeport and play miniature golf at the Desert of Maine. Then dinner at the Taste of Maine. We will have fun.

– Betty Bavor

The back field. There is an old foundation over there. We get a lot of use of the field for hunting, for fiddleheads and for apple trees. There’s an old Post Road. I took my son over there, he shot his first deer; first time he’d fired a gun in 35 years. When I feel I want to be with company, I go to the back field.

– Fred Cheney

I am one of a herd of family members that descend on our cottage in summer. As my favorite person said to me many, many years ago, “If you want to see me, see me on the porch.” All of our families and guests simply get a cold drink and some delicious Maine seafood, walk out the screen door to our wraparound porch, and find a seat. From almost 180° you see boats, more boats, islands, all kinds of weather and the happiest people ever. When our earth was formed, this view was one of the best!!

– Judith Burwell

I just moved here, but I have been a houseguest in Maine, visiting my Aunt Anne, my mother’s sister. On one visit, she, my parents, my husband, and I booked passage on a lobster boat, whose captain took us out to sea about 20 miles to Machias Seal Island – oddly a puffin and tern sanctuary where no seals lived. I was about six months pregnant at the time, still able to jump from rock to rock examining the lifestyles of the birds. My daughter, who was soon to be born, has now lived in Maine since 1998. I wonder if she was destined to live here because of that vacation visit.

– Ellen Glenn Childs

My favorite location in Maine to show out-of-towners is Bar Harbor – for the port, the town, shops, and Acadia National Park. One other would be Wells Beach and Ogunquit Beach and shops.

– Jim Cherry

My favorite place to take people is the gazebo on the Brunswick Mall ... Also, I love hearing groups who perform on Wednesday nights outdoors.

– Lucy Derbyshire

For more submissions from our writers' group, go to [www.peopleplusmaine.org/write-writers-0](http://www.peopleplusmaine.org/write-writers-0)

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BONNIE WHEELER, A MEMBER OF THE WRITE ON WRITERS group for 27 years, recently published *From Red Dirt Oklahoma to the Pearly Gates*, a collection of short prose, poems and pictures about her life and that of her family. Buy the book on Amazon.

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**Volunteer Opportunities at People Plus**  
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☐ Lunch Crew: ☐ Volunteer driving:  
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cleanup  
☐ Reception: ☐ Meals on Wheels  
check-in/phone ☐ Teen Center

OFFICE USE: ☐ Account ☐ Data ☐ Card Sent

The logo for Midcoast Senior College is circular. It features a lighthouse on the left and a house on the right, both inside the circle. The text "MIDCOAST SENIOR COLLEGE" is written around the perimeter of the circle.

Midcoast Senior College is a non-profit educational organization for adults 50 and older who enjoy intellectually stimulating programs in a relaxing environment. No tests, no grades – just dynamic lectures, readings, and lively discussions.

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(207) 725-4900 [info@midcoastseniorcollege.org](mailto:info@midcoastseniorcollege.org)

# School’s out for summer and we’re open!



**NOW THAT THE TEEN CENTER HAS OUTDOOR SPACE**, the teens love climbing to the top of the monkey bars. (Below) Making cotton candy as a sweet summer treat!



As I’m writing this, we’re wrapping up our last day of the school year with the teens! It’s been an eventful 10 months in our new home, and despite the incredibly steep learning curve of being here, I’m excited to declare it a successful year. We’ve seen over 300 different teens come through the Center this school year alone and throughout that year, we’ve seen over 100 of them each and every month. It’s pretty safe to assume that means the kids really like this new space as well!

I’m not sure what was in the air this year for our kids, but it seemed like every week closer to summer saw them get progressively more stir crazy. It even got to the point where some of our kids were coming to us to see if any of our staff knew why everyone was getting so crazy. I’m hopeful that craziness burns out once they are free of school and lulled into their summer schedule of sleeping in and meandering their way over to the Center in the afternoon.

Our next test will be getting through the summer! We’ll be kicking things off by seeing how strong our A/C really is. It looks as though we’ll be seeing some upper 80-degree weather right as we shift to our summer schedule. Our AmeriCorps staffer Renee and Bowdoin fellow Grace have been busy creating a list of impromptu trips and activities to help keep the kids cool. They’ve mapped out all of their favorite watering holes and have a list of good and bad weather activities to keep them busy.

If last year is anything to go off of, this summer will start with a week of unpredictable numbers, waves of new faces and hearing the question “When are you open this summer?” a couple dozen times a day. By the second week they’ll have all settled into their summer schedules hopefully and we can start getting them back out on some regular outings and field trips. Based on what we’ve heard from

the teens, most of their summer camps and trips will be happening at the end of July or early August, so we’re hoping we get a chance to go on plenty of adventures before they start getting plucked away.

Our Teen Council is still buzzing with activity despite the copious number of distractions brought on by the end of the school year. Our special events secretary has been working on a summer to-do list for the teens to complete before the next school year starts. From classic summer must-haves like water balloon fights and tie-dye sessions to some more extreme ideas like fly-fishing, they’ve been a fountain of energy. And believe it or not, the rest of the Council has set their own priority of revising our Teen Center rules and have taken it upon themselves to come up with ways to encourage other teens to hold each other accountable while we’re out in the community together. They also voted to exempt themselves from having to follow said rules, but that decision was mysteriously vetoed by a greater authority. They’ll be stuck following all the same rules they create for everyone else.

I want to thank everyone who came out for our open house last month! It was a wonderful time, and I was excited to see so many people eager

## Brunswick Teen Center News

Taylor Carter



**AT THE TEEN CENTER OPEN HOUSE** in June, we honored Cathy Jarratt for her 10 years on the Teen Center Advisory Council. Cathy also served on the Board of Trustees for six years! We will miss you, Cathy! You’re amazing!

to explore the space and I’m happy that many of you now have a backdrop for the stories you read about each month.



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# Monthly Update

July 2025

All Spectrum Generations locations will be closed Friday, July 4, 2025, in observance of Independence Day.

## Meals on Wheels Drivers

Needed in Sagadahoc County

Weekly on  
Wednesdays at 9 a.m.

If you or someone you know may be interested in becoming a Meals on Wheels driver, please reach out to us!

**207-620-1684**  
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[www.spectrumgenerations.org](http://www.spectrumgenerations.org)

- Must be 18+, complete a volunteer application, and pass a background check
- Must have a reliable vehicle
- Must provide up-to-date driver documents (license, insurance, registration)
- Meet at 35 Union St., Brunswick, at 9 a.m. weekly on Wednesdays



**SpectrumGenerations.org**



**13<sup>th</sup> ANNUAL**  
**Celebrity Chef Challenge**  
**October 6, 2025**  
**Augusta Civic Center**  
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**3 Courses • Dessert | Cash Bar**  
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Introducing a new group of three chefs who will each create a beautifully crafted meal for you to sample and vote on! Join us as we experience these culinary delights along with a cash bar, hors d'oeuvres, live music, and silent auction.

**Reserve your tickets:**  
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**\$450 table of 6 | \$600 table of 8**

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All proceeds support Spectrum Generations' programs and services, including Meals on Wheels.



To purchase tickets or become an event sponsor, scan the QR code or visit, [www.spectrumgenerations.org/celebrity-chef-challenge](http://www.spectrumgenerations.org/celebrity-chef-challenge).



Spectrum Generations' President and CEO Gerard Queally addresses volunteers at the Appreciation BBQ, June 16 at Colby College in Waterville.

## Volunteer Appreciation BBQ

We celebrated our volunteers at Colby College on June 16, with a BBQ! A big thank you to our staff for helping make this year's Volunteer Appreciation event a success! With 15 staff members volunteering their time, we were able to celebrate these dedicated, caring volunteers.

Thank you to all volunteers — we could not do what we do without your support!



## Take a Break This Summer — We've Got You Covered

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### Weekly Winners

DUPLICATE BRIDGE

**June 2.** 12 teams. *N/S*  
1. Martha Cushing & Jeff Lauder 75.6%  
2. Gail & Cy Kendrick 57.8%

*E/W*  
1. Bobbi Robertson & Jim Burnett 66.1%  
2. Bobbie Wheeler & Judy Johanson 50.0%\*  
2. Cotheal Linnell & Keith Rattue 50.0%\*  
2. Kathy & Dan Joyce 50.0%\*

**June 9.** 13 teams. *N/S*  
1. Donna Dillman & Linda Earle 61.4%  
2. Norm Curthoys & Richard Totten 57.6%

*E/W*  
1. Kathy Kenyon & Hugh Kirkpatrick 61.1%  
2. Gail & Cy Kendrick 59.4%

**June 16.** 11 teams. *N/S*  
1. Donna Dillman & Linda Earle 56.3%  
2. Linda McIntosh & Tony Belmont 54.9%

*E/W*  
1. Gail & Cy Kendrick 66.7%  
2. Martha Cushing & Jeff Lauder 55.0%

**June 23.** 12 teams. *N/S*  
1. John Morrissey & Ken Holbrook 66.7%  
2. Norm Curthoys & Richard Totten 54.1%

*E/W*  
1. Cathy Cooper & Michael Land 62.5%  
2. Jim Burnett & Bobbi Robertson 54.1%

**CRIBBAGE**

**June 4.** Anne Bouchard = 717  
David Bertocci = 714  
Jen Haskins = 708

**June 11.** Leo Robichaud<sup>1</sup>  
Dave Bertocci<sup>1</sup>  
Ashley Richards<sup>1</sup>

**June 18.** Ashley Richards = 713  
James Cherry = 710  
Anne Bouchard = 708

**June 25.** David Bertocci = 715  
George Hardin = 709  
Janis Parent = 707\*  
John Bouchard = 707\*

\*tie score    <sup>1</sup>no score recorded

# On Maine’s coast, it’s okay that you can’t get there from here

Having grown up in the middle of rural Pennsylvania, hills and valleys are part of my DNA. They formed a pretty countryside with a straightforward river, farmland, streams, and forests. Even now, a wave of nostalgia can hit me if I see gently rolling fields, and when that happens, it makes me wonder why my home state can still tug at my heart after so long away.

I’ve lived in Maine for much of my adult life, yet I often lack a similar soft spot for my adopted state’s landscape. Maine can feel a bit stark, more filled with dense pines and rocks than corn and cows. However, I have come to appreciate a wonderful thing here: a coastline filled with nooks and crannies. Only a handful of states – and none in New England – can boast two vast geographies where the sea and the land mingle in such an intricate, sinuous way.

Maine’s coast is where two basic worlds work out a relationship made of the ages. Rarely do the craggy rocks for which our state is famous make a solid wall. Rather, on many of the state’s finger-like peninsulas, perhaps especially in the Mid Coast, you’ll find coves, marshes, estuaries, bays, inlets, necks, reaches, heads, landings, narrows, sounds, channels, harbors, points, passages and pools. You name the feature, we’ve got it.

In writing this, I learned a new word: crenulated. It means having an edge that is finely notched or scalloped. It’s often used to describe the edges of leaves, shells, or geological formations. It turns out to be a good word to describe how Ice Age glaciers carved the give-and-take of Maine’s coastline.

In that regard, I’ve been far from the ocean and yet seen the wispy end of a coastal inlet. I was surprised recently when walking on the trails behind our local hospital to look down from a bluff and see

tidal mudflats. I had no inkling that I was close to saltwater. It sneaks up on you.

All in all, we have 3,478 miles of coastline bordering the sea, but only 230 as the crow flies from Kittery to Lubec. Only Alaska, Louisiana, and Florida have more. However, if the miles of Maine’s 3,000+ islands were considered, Maine would have more than 5,000 miles of coastline. Even Interstate 295 near Portland and Yarmouth offers a view of Casco Bay’s estuaries.

The name given to some of the places where land and water correspond can be delightful. My favorite is the intriguing-sounding Eggemoggin Reach near Deer Isle. Eggemoggin is thought to be a variant of an indigenous Wabanaki word for “fish-weir place,” and Reach refers to a traditional sailing term for a straightish, uninterrupted arm of the sea that can be sailed in one reach without tacking. My second favorite placename is Fiddlers Reach in Phippsburg. Can you imagine a lively band of violinists playing as you tie up your boat? The story goes that it’s named for the music played onboard ships as sailors returned to their home port after navigating past an especially treacherous part of the Kennebec River.

More than offering up interesting names and pretty views, the interplay of land and water is important because of how it forms coastal wetlands, such as salt marshes, that make vital habitat for many species. These areas are crucial for breeding, raising young, and providing food for fish, birds, and other wildlife – and all over Maine they filter pollutants, reduce effects of storms and flooding, and help prevent erosion.

### Thinking out loud

Charmaine Daniels

news@peopleplusmaine.org



Of course, besides the biological importance of the penetrating tidal zones, who can resist the beauty of coming upon a tucked-away village harbor or a wide-open marsh where the pines fade away and the sky opens up. In Maine, just around the bend, a good coastal view often awaits. When I head south to Harpswell or Phippsburg, I soon see an inlet that hints at a majestic ocean and the promise of delicious sea air. Even in winter, I enjoy pulling up to Wharton Point in Brunswick for a blast of Maquoit Bay’s unfrozen expanse.

Though Pennsylvania will always claim part of my heart, the intricacy of our coastline draws me in. And the ebb-and-flow of tides here is a good reminder that things change with time – and of how limiting our world would be if Maine’s land and water were merely side-by-side allies rather than crenulated friends who know each other well. The dynamic mix of these earthly elements – the ins and outs of their relationship as they peacefully enhance each other – that is truly one of the gifts of living in Maine. Rather than either/or, it’s both/and. And that’s always a win/win.

### Do you get our weekly email?

Jill sends a weekly email with all the events happening the following week at People Plus. It's the quickest way to get updated news about the Center! The email also includes a weekly wrap-up article written by Stacy, a Teen Center update from Taylor and of course, Frank's weekly Two-Cents article.

If you aren't getting it, just email [programming@peopleplusmaine.org](mailto:programming@peopleplusmaine.org) or leave a message at 729-0757 and Jill will add you to the list!

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# Dinner in France without a passport!



THANK YOU ONCE AGAIN TO JONATHAN EDGERTON AND STACY FRIZZLE-EDGERTON for donating a French dinner experience to Music in April! The lucky “winners” enjoyed a delicious multiple course meal, wine pairings from Tess’ Market in Brunswick, and an evening with old and new friends under the setting of twinkle lights and clinking glasses. If you haven’t had dinner up at their farm, you should think about buying one next year in the auction!



Looking for a meeting, event, or party space?

Are you looking for a place to hold a baby or wedding shower, have a committee meeting, teach a class, hold a memorial service, have a birthday party and more? You can rent our back room, our cafe and kitchen area, the hall or the whole Center! We have evenings and weekends available. FMI please contact Jill Ellis at programming@peopleplusmaine.org or 729-0757.

Lunch Out!

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