



# Plus! People NEWS!

The center that builds community

People Plus  
P. O. Box 766  
Brunswick, ME  
04011-0766

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

## Annual Funding campaigns officially launch

'Tis the season for giving and, in that spirit, the annual campaigns to support the People Plus Center and its Brunswick Area Teen Center are well underway. Countless volunteers, including members of the board, have put in hours and hours of time, driving toward the donation goals by issuing more than 3,200 letters of appeal.

Last year, the Senior Center annual campaign brought in over \$60,000 and we're shooting for a goal this year of \$65,000. With the new tax laws, people have the opportunity to give very generously through stock or IRA savings accounts without a huge hit to their cash flow.

According to the Center's Office Manager Betsy White, People Plus had received \$7,070 in annual fund donations as of Nov. 20, plus a donation of stock worth \$2,164 and additional membership donations totaling \$1,461.

People Plus receives grants and participates in other fundraisers to help reach its funding goals. But the annual fund campaign is one of the biggest chunks for sure, while Music in April, the Center's spring fundraiser, is an additional, significant source of income combined with membership and programming fees.

Meanwhile the Back to School appeal letter, with a stated goal of \$13,000 in celebration of



**IT SURE TAKES A VILLAGE!** Thank you to all of the dedicated volunteers and board members who came in and helped fold, stuff, label, and mail 1,623 annual fund letters this month!

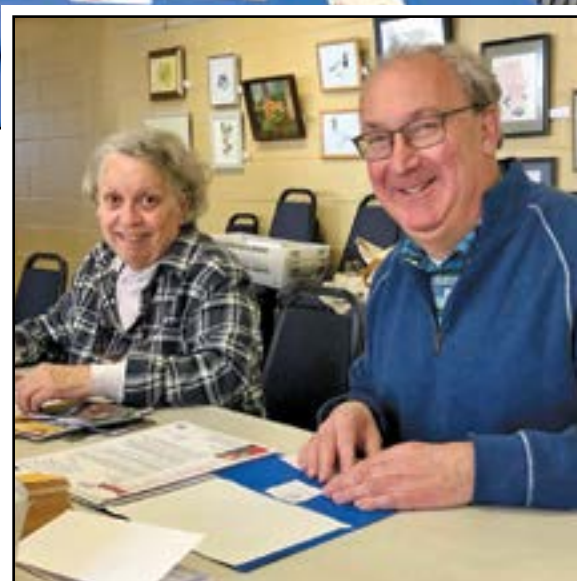
the program's 13th year, is part of the effort to support and sustain the many wonderful activities the teens enjoy daily. The number of those visiting the Teen Center continues to climb. White also reported, the current campaign had received \$11,660 in donations as of Nov. 20.

As Teen Center Coordinator Jordan Cardone said last month, "With even more kids and more staff now, we're keeping our fingers crossed that we do well this year."

The dollars donated to both campaigns enable us to keep the prices of the classes down, offer 90 percent of what we do at the Center for free, have super low membership rates, provide

thousands of free transportation miles a year for homebound elders, make hundreds of annual safety wellness calls, prepare and serve thousands of meals a year, and so much more. In advance, thank you for your support of People Plus.

**Get Fit for Free?**  
See inside, page 3.



## New Memory Enhancement Class offered at People Plus

In an effort to help those coping with early stage memory loss, People Plus and Mid Coast-Parkview Health are teaming together to offer their new Memory Enhancement Class early next year.

The ideal participant is someone experiencing mild memory loss, and may have been diagnosed with early stage dementia or mild cognitive impairment. The purpose of the program is to provide education, support and strategies for living optimally.

Each participant is required to bring a support person for several reasons: a) to help the participant identify how the information can be applied to daily living, b) to practice newly learned skills with the participant, c) to discuss and reinforce new information with the participant, and d) to help "fill in the blanks" if information is forgotten.

The five-week Saturday class is limited to eight participants and their support person. It will run from Saturday, Jan. 11 to Feb. 15, 2020 (with no class on Feb. 1), from 9:30 - 11:30 am at the People Plus Center, 35 Union St., Brunswick. Cost is \$10 per participant/support person, totaling \$50 for each pair.

Schedule of classes includes:

**Session #1, Jan. 11** — Understanding Alzheimer's and Dementia, presented by

the Alzheimer's Association and facilitated by Kim Watson, MS, SLP, MLNHA, Administrator, Mid Coast Senior Health.

**Session #2, Jan. 18** — Brain Health, presented by Mid Coast Center for Community Health & Wellness and facilitated by Cate Parker, MS, RN, CEP, Director of Mid Coast Center for Community Health & Wellness.

**Session #3, Jan. 25** — Effective Strategies for Communication and Daily Living, presented by Kim Watson, MS, SLP, MLNHA, and Lisa Clark, OTR, with Mid Coast Senior Health.

**Session #4, Feb. 8** — Medication Management, presented by Christian Dinsmore, MD, with Mid Coast Medical Group—Neurology and Practical Application of Med Management, presented by Lisa Clark, OTR.

**Session #5, Feb. 15** — Happiness, including Personal Growth, Social Connection, Community Resources, and the Gift of Giving Back, presented by Mid Coast Center for Community Health & Wellness and facilitated by Cate Parker, MS, RN, CEP.

Pre-payment is required for registration. Register and pay via check or cash in person at People Plus, 35 Union St., Brunswick, or call 729-0757.

## Festive Member Holiday Party!

**Mon, Dec 12, 1:30 pm.** Join us for our annual holiday party for members which includes goodies, punch, music and features "WINTER HOLIDAY CHEER" performed by the Center Stage Players. In keeping with winter and the holidays, they will read a collection of poems, recapture personal memories, present a Hanukkah story and of course pay homage to Santa! Wear your favorite

festive attire — the crazier the better! Like to bake? Bring along a batch of your favorite holiday treat for our buffet to share. Don't forget to please bring a non-perishable donation to fill the red wheelbarrow and support MCHPP! Please call to register so we know how many supplies and food to get! For members only. Not a member? Join today!

## It's time to fill up wheelbarrow with food!

The little red wheelbarrow is in place near the lobby at the People Plus Center and it's time to fill it up. The campaign to collect non-perishable foods for the Mid Coast Hunger Prevention Program is underway, so please make a donation.

"A few items have trickled in, but we're looking for a big push during the month of December," said Sarah Deck, office coordinator at People Plus and organizer of the food drive. "Just as in years past, we are shooting for 1,000 items this time around. The issue of hunger is of real concern, so anything we can do to help others is greatly appreciated."

Last year's food drive was "just short of our goal," according to Frank Connors, who

organized the effort in the past. The target was to collect and deliver 1,000 pieces of non-perishable food, totaling at least 1,000 pounds. Connors delivered the "last wheelbarrow full" on Jan. 18, 2019, and the closing totals were 805 pieces weighing 970 pounds. Cash donations of \$85 for MCHPP were also collected.

During the 2017 effort, the Center collected nearly 1,100 pounds of food.

The People Plus Center collects non-perishable foods for MCHPP and delivers them in bulk every week. Brunswick's nonprofit community food bank lists canned soups, fruits and vegetables, peanut butter, and baked beans as items that are in constant need, and people wanting to donate money directly to MCHPP may do so.

**A Special Gift**

Enjoy our pull-out section of poems and other works from the **People Write On! Writers**

Sh-h-h, it's a surprise!

## Teen Center Christmas wish



This holiday season, the Brunswick Area Teen Center is trying to "accumulate" 140 "movie box" candies and 140 Regal Cinema tickets, so each teen member of the Center will have an opportunity to get to the movies over the holiday season. The goal is to hand out 70 gift packs this year.

The largest-sized boxes of candy can be found and purchased at Target, Dollar Store and Walmart for approximately a dollar each, and if you are a AAA member, Regal movie tickets may be purchased at a discount. We will gratefully welcome any donation of these items before Dec. 16.



**Save the Date!**

*Music in April*

April 9, 2020  
5-9 pm  
St. John's Community Center

*Wishing you and yours a joyous holiday season!*

People Plus News

The monthly newspaper of People Plus, serving residents of the Brunswick-Topsham-Harpswell area.

news@peopleplusmaine.org
Questions, comments and written contributions should be sent by the 15th of the month to:

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Check out past newspapers online at www.peopleplusmaine.org

Helping Hands for Holiday Halls... Chicks Do Chores (AND SOMETIMES CHUCK) So you don't have to! WE'LL TACKLE YOUR TO-DO LIST!

Turkeys on the table highlight busy November at Center

As I write this column, Jonathan is carving a few of the People Plus turkeys in our new kitchen for me to bring to People Plus in the morning.

We cook an average of eight turkeys every year in November for the Center's biggest lunch of the year—our Thanksgiving turkey dinner with all the fixin's!



THANK YOU TO SARAH for all the hard work organizing the donation of chairs from Wayfair! You look really cute on that throne...

dessert this year we are making our twist on pumpkin pie. It's a creamy pumpkin pudding over cookie crumble with whipped topping and a homemade ginger snap. Yum!

And just in case that's not enough, Tim Keene, our newest board member and the branch manager of the Bangor Savings Bank on Maine Street, is whipping up a batch of his very special Maine Needham's.

Besides the amazing luncheon, November was a fun and productive month at the Center. Frank took a gang of 30-plus to the Coastal Maine Botanical Gardens to see the lights, the Lunch Out gang had a couple dozen people enjoy the Fairground Café.

We mailed out 1,623 annual fundraising letters! We hope that people will join us in support of the organization through gifts of cash, checks or stock.

From the Executive Director

Stacy V. Frizzle



out this mailer! Alison Coffin and Dottie Moody easily put in more than 40 hours on this project! Betty Bavor, Amy Feeley, Cathy Jarratt, Carolyn Bulliner, Annee Tara, and several others all helped fold and stuff and lick and stamp more than 1,600 envelopes!

So as we enter the holiday season of giving, please keep People Plus on your list. Your donation keeps the cost of programs at the Center low, for there are many people living on a low or fixed income that use our facility all the time!

And I hope you will see you at our fun December holiday party, as well as the holiday luncheon here at the Center and throughout the month of December to take an exercise class, come play a game, wear a festive sweater and share a "cuppa" coffee with a friend.

From Anita's Plate

Anita Nugent (207) 504-6439



I think most of us look forward to the holidays, but we also think about the food challenges that it may bring.

- Control the risk for temptation. Try not to have "goodies" out at the office and at home.
Eat your veggies and fruits. Put them on your plate before anything else.

Holidays bring food challenges

- Be in charge of your party choices. Try using a smaller plate.
Listen to your fullness cues.
Don't forget to be aware of your hunger.

Peppermint Meringue cookies

Ingredients: 3 egg whites, 1/8 teaspoon cream of tartar, 1/2 teaspoon vanilla extract, 2/3 cup white sugar, 1/3 cup chopped candy cane. Directions: 1. Preheat oven to 300 degrees F. 2. Combine egg whites, cream of tartar, and vanilla. Beat until the whites form soft peaks.

Buy your holiday gifts at People Plus! It's a win-win!

Shopping for the holidays can be tough sledding, as they say. Does the intended recipient already have one of these or those? What size do they wear?

Luckily, your problems are easily solved with plenty of gifts available at your People Plus store. Also, buying that extra holiday gift from the Center is a great way to personalize your holiday, while (with

the same investment) help your Center. We have a unique selection of books, our Holiday Heritage prints, plus a good selection of cards that will make your Christmas a holiday to remember.

Numbered and artist-signed prints have been part of the Christmas scene at People Plus since 2002, and we still have carded and wrapped prints, for only \$55 each. Prints include: "Chuting the Androscoggin," and "High Noon, High Tide," by muralist John "Jack" Gable; and "Holiday at Merrymeeting Park" by watercolorist Ernest "Bev" Bevilacqua.

In addition, we still have a pretty good selection of cards, based on our prints, selling for \$2.50 for one large gift card, \$10 for five large gift cards, and \$7 for 10 small note cards. Come to the front desk or see Betsy to make your best deal, and remember, 100 percent of your purchase price benefits your People Plus Center.

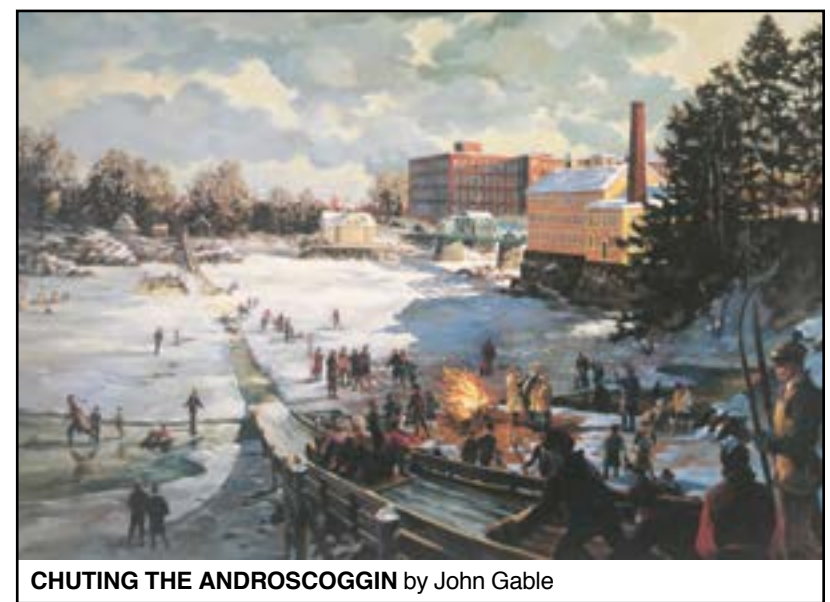


HOLIDAY AT MERRYMEETING PARK by Bev Bevilacqua



PEOPLE PLUS GIFT CERTIFICATE: If you are unsure how to best spend your money, this year you can give a People Plus Gift Certificate. Your loved one can apply the credit toward annual dues, a class or three, or against the cost of any of our gift items.

Or if your loved one takes exercise classes at People Plus, an Exercise Class Punch Card is a great gift. Each \$50 card entitles the user to 11 classes (that's one FREE class). Come see us, and let us help you celebrate your holidays!



CHUTING THE ANDROSCOGGIN by John Gable



HIGH NOON, HIGH TIDE by John Gable

Fit & Fun for FREE?



Our popular Fit & Fun for FREE in January will be back this year!

People Plus is serious about your wellness (and fitness!), so for the month of January we want you to try out any of our nearly dozen fitness classes for FREE!

Winter Outing Club at 10 am which replaces the Biking Club for the winter months with local walks. Thursday at 11 am Yoga is repeated, and Friday we have Qigong and Tai Chi with Suzanne Neveux, and every Friday night at 6:30, join Folk Dance Brunswick for instruction or for the fun of it.

Still trying to figure out what retirement is all about

Speaking Frankly Frank Connors (guest contributor)

Editor's note: Back by popular demand, and the fact that he had something to say, Frank is making a guest appearance with his familiar column in this month's issue.

Six months into my retirement, wouldn't you think I'd be more settled? Goals are not being MADE, let alone "reached." More than once I've caught myself "heading to work" in the morning, and the fact is, if I may speak frankly, I'm not impressing anyone anymore, at least not myself.

I want to hike a few more trails, climb a few new mountains, dip my canoe into innumerable lakes and rivers, and yes, I promised you this, drive every road in Maine one more time before the troopers (or the kids) take away my license.

Last summer passed with me keeping up with lawns, leaves and tree trimming, but little else. I nap during the evening news! Sometimes I forget what day this is! Last month I tackled one of my famous "boxes" of stuff, trying to file, to throw away, bring order to chaos.

# Enjoy December Festivities at People Plus!!



**WE HAD A RECORD CROWD** at Women's Breakfast this month at the Center! 30 ladies enjoyed homemade breakfast of fresh baked biscuits, scrambled eggs, turkey sausages, fresh fruit, yogurt and home fries! Join us on the first Thursday of every month at 8:30 am for Women's Breakfast.

### Frank's Field Trips

## Light Night Out! Twice!

Join us on Tuesday, Dec 10 OR Thursday, Dec 12 for our second annual Light Night Out! We're back on the Coastal Landing van, checking out holiday decorations in Freeport, Portland and, of course, in Brunswick. This year, host Frank Connors will be assisted by his 'new' stewardess, Chuck Annable. We'll have supper in Freeport, and I promise, get you home by 9 pm, or soon after.

"A great time is guaranteed," host Frank Connors predicted, "we get up close and personal to the trees in Portland's Monument Square and the Art museum, we'll see the LL Bean Northern lights show...and find a thousand lights in between." Meet the bus in the People Plus parking lot either night at 4:30 pm, we're planning to do supper at Antonia's Pizzeria in Freeport, as usual, you pay for your own.

Cost of this trip is only \$10, BUT when you bring two or more non-perishable foods to the Center (that evening) cost is only \$5!

For each night, the first 11 folks to register and pay with Sarah at the Center's front desk get to go. Sorry, you must pick a night, you can't go on both trips. Be sure to attach your phone number to the list when you register, if we have bad weather, we'll want to contact you if we are cancelling (no make-up dates).

These trips are made possible by the generosity of the Rousseau family at Coastal Landing Retirement Community, and by Scott Lemieux at Brunswick's Ameriprise Financial Services.



### \$10 Hair Cuts for Seniors

**Fridays, 9-12 pm.** Come for a haircut with Margarita Day, former owner of Margarita's Hair Styles in Brunswick. Now retired, she is offering her services to People Plus and will donate all proceeds from the haircuts to the Center! No appointment necessary, just show up with clean hair and she will give you a cut! Open to the public!

Call 729-0757 to register for classes & events.

### Spectrum Generations Medicare 101 Session

**Tue, Dec 10, 12:30 pm.** Choosing a Medicare drug and/or health plan can be difficult and confusing. In this Medicare 101 class you will be provided information regarding Medicare, Medicare drug coverage, Medicare Advantage plans, Medicare supplements and tips on how you can save money and avoid penalties. It is recommended that you attend a Medicare 101 class at least 6 months before turning 65. Held the second Tuesday of every month at People Plus, it is open to the public and free (\$15 suggested donation is appreciated). Registration is required. Call 729-0757.



### \*STORM POLICY

When Brunswick schools are closed due to weather, all People Plus programs, classes, and activities are canceled for the day. Check [www.peopleplusmaine.org](http://www.peopleplusmaine.org), or local media for closure info.

## BRUNSWICK AREA Respite Care



For 30 years the "Club" has been a social program offering "time off for caregivers and joyful hours for participants" in a warm, welcoming community environment.

Full or half day sessions - filled with a variety of engaging, stimulating activities. Come visit our convenient location in Brunswick.

Call 729-8571 for more information or to schedule a visit. Brunswick Area Respite Care is a 501(c)3 Non Profit organization

### Lunch & Connections

## More food and fun heading into the holidays

OK, take a deep breath — and maybe walk an extra mile. We'll have enjoyed all the extra feasting that comes with Thanksgiving, but then it's headlong into Christmas and New Year's Day. Yes, more food and more football! And there's no better place than People Plus to warm up for the holiday season, as the tables are being laid for its next Lunch & Connections, which is slated for Thursday, Dec. 19. Chef Stephanie Petkers and her cheerful elves (volunteers) have an awesome meal planned.

Highlighting the menu will be ham, which rhymes with yams, so they too are part of the offerings. Then there's broccoli, Stacy's noodle kugel, which is a version of macaroni & cheese, along with salad and rolls. Holiday punch will also be served, and for those of you with a sweet tooth, it's cookies and ice cream to top things off.

As always, don't miss this one. Bring along your friends and appetite for good food and conversation.

These monthly Lunch & Connections meals

are sponsored by our friends at Spectrum Generations, and are intended to focus on nutrition, useful information, variety, socialization and fun. A CHANS home health-care professional is always in attendance at the lunch to complete and record blood pressure checks of our members. A free hearing check with Mary Marino of Mary's Affordable Hearing Aids is also available upstairs in the quiet and privacy of the Teen Center from 11 am until noon.

Remember, the dining room opens at 11:15 am. Come to the Center and claim your favorite seat, chat with your friends and maybe make new ones, and pick up your 50/50 raffle ticket. Space is limited to the first 68 people and you must pre-register. It is important that you pre-register to be included. It's really easy; just call 729-0757 to register anytime.

Cost of this meal is still only \$6 for members of People Plus and \$8.50 for non-members. We start serving our buffet-styled luncheon at 12 noon.

## Biking Club changes to Outing Club for the winter

The weather has dictated that we transition from the "Easy Riders" to the "Outing Club" so we have put our bicycles away for the winter. During the winter months, the club will meet for breakfast at 8 am on the first Wednesday of each month and 10 am the other weeks. The December 4 breakfast will be at the Kopper Kettle. Other suggested breakfast places: Camerons, Brunswick Diner, Big Top, Little Dog and Broadway Deli.

Possible outings for the winter include X-C skiing or snowshoeing at the Base Golf Course or Pineland, lighthouse trip, a sleigh ride or dog sled ride, trips on the Breeze Bus, or walking tours of Brunswick as laid out on the Downtown Brunswick map.

Call the Center for weekly excursion information. For members only.

## New Music "Jam Session" Club

Stay "tuned" for more information on our upcoming Saturday jam sessions here at the Center starting in January. This is an intermediate level music club for people with their own instruments who can already play songs and know basic chords. Focused mostly on blues, bluegrass, folk, music and other acoustics in a song circle format where everyone gets a turn to share!

## Parla Italiano?

Are you interested in joining an Italian language conversation club? We've had several inquiries and need at least four members to get it going. Grazie! Please contact the front desk if you might be interested in this new club.

## HOLIDAY OPEN HOUSE



### The McLellan Senior Living with Spirit & SPINDLEWORKS!

Live better.

Sunday, December 8th 2-5pm

26 Cumberland St. Brunswick, Maine

In a quaint neighborhood in Downtown Brunswick

All are invited to The McLellan Holiday Open House! Enjoy music, scrumptious food, & spirits. Browse & shop artwork from Spindleworks. Tour our homes while joining us in the fellowship and the cheer of the season. If you need a ride, just call and we will happily pick you up.

207-725-6200 | Terri Burgess/RN | [info@themclellan.com](mailto:info@themclellan.com)  
Themclellan.com | 26 Cumberland St. Brunswick, ME

Sun	Mon	Tue	Wed	Thu	Fri
9:00 Grace Reformed Baptist Church	9:00 Mah-Jongg 9:00 Fiber Arts Club 9:00 Loosen Up 9:00 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge 6:00pm Belly Dancing	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga 2:30pm <i>Cantina Espanol</i> Spanish Club	8:00 Winter Outing Club 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 12:30pm Tai Chi - Long Form 12:00pm Write on Writers 6:30pm Brunswick Coin/Stamp	8:30 Women's Breakfast 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Yoga	9:00 Mah-Jongg 9:00 Loosen Up 9:00 Hair Cuts with Margarita 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
9:00 Grace Reformed Baptist Church	9:00 Mah-Jongg 9:00 Fiber Arts Club 9:00 Loosen Up 9:00 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 11:30 LUNCH OUT 12:30pm Aerobics Lite 12:30pm Medicare 101 2:00pm Chair Yoga 3:00pm Kaffeestunde! German Club 4:30pm Field Trip: Light Night Out	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 10:00 Winter Outing Club 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	8:00 Men's Breakfast 9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:00 Apple Club 11:00 Yoga 1:30pm Member Holiday Party with Center Stage Players 4:30pm Field Trip: Light Night Out	9:00 Mah-Jongg 9:00 Loosen Up 9:00 Hair Cuts with Margarita 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:00 World Affairs 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
9:00 Grace Reformed Baptist Church 6:00pm Swing Dance Brunswick	9:00 Mah-Jongg 9:00 Fiber Arts Club 9:00 Loosen Up 9:00 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga 3:00pm Books a la Carte	8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Table Tennis 10:00 Winter Outing Club 12:30pm Tai Chi - Long Form 1:00pm Write on Writers	9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 11:00 Hearing Screenings 11:30 CHANS BP Check 12:00pm Lunch and Connections	9:00 Mah-Jongg 9:00 Loosen Up 9:00 Hair Cuts with Margarita 10:00 Tai Chi - Short Form 10:30 Meals on Wheels 11:15 Qigong 12:30pm Advanced Bridge 6:30pm Folk Dance Brunswick
9:00 Grace Reformed Baptist Church Hanukkah begins at sundown	9:00 Mah-Jongg 9:00 Fiber Arts Club 9:00 Loosen Up 9:00 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	Center Closed for Christmas Eve & Day		Merry Christmas	
9:00 Grace Reformed Baptist Church	9:00 Mah-Jongg 9:00 Fiber Arts Club 9:00 Loosen Up 9:00 Scrabble 10:00 Zumba 11:00 Table Tennis 12:00pm Bridge	9:00 Table Tennis 9:30 Beg/Intermediate Bridge 10:00 Art with Connie Bailey 10:30 Yoga with Ann 12:30pm Aerobics Lite 2:00pm Chair Yoga	<b>December Programming Notes 729-0757</b>		

### December Programming Notes 729-0757

- Men's Breakfast will meet on the second Thursday, Dec. 12, for this month
- Apple Club will meet on the second Thursday, Dec. 12, for this month
- Biking Club changes to Winter Outing Club for the season, see description on page 4

## New Language Club: "Cantina Espanol"

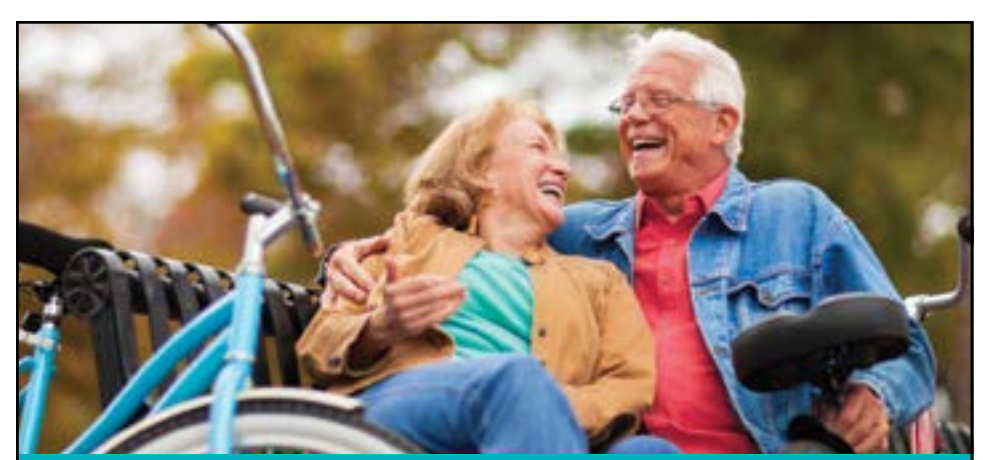
Hablas espanol? Fluency in Spanish is not necessary. Just come with the willingness to listen and learn! The group meets once a month on the first Tuesday of the month at 2:30 pm. For members only. Call to register.

## Experience fall in Rome & the Amalfi Coast

Explore art, food, wine, culture, and history in Rome and the Amalfi Coast Oct 1- 10, 2020, with Collette. Highlights of the fall trip include Rome and the Colosseum, Pompeii, mountaintop monastery of Montecassino, Amalfi Coast, Sorrento, Buffalo Milk Mozzarella Factory, Paestum, Winery visit, Naples and the National Archaeological Museum. Ten seats have been saved for People Plus. The trip is open to the public. For more information, contact Jill at 729-0757.



## Sunday, December 22nd First Night of Hanukkah



### A Place Where You Belong

Looking for a community that recognizes you as a unique individual? With a variety of living options as well as various wellness, cultural and educational programs and activities offered, The Highlands is the home to live your best life—exactly as you want.

Call (207) 725-2650 to schedule a personalized tour.



THE HIGHLANDS  
A GRACE MGMT COMMUNITY

30 Governors Way • Topsham, ME 04086  
(207) 725-2650 • [www.HighlandsRC.com](http://www.HighlandsRC.com)

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IT WAS A BIG TURNOUT for Frank's Field Trip to the Gardens Aglow Festival of Lights at Boothbay's Coastal Maine Botanical Gardens on Thursday, Nov. 14. "It was a great time," said Frank Connors. "Everyone really enjoyed themselves." The People Plus group experienced the brilliance of New England's biggest and brightest light display, with more than 650,000 lights.



THANK YOU TO THE BATH GARDEN CLUB for another beautiful donation of over 100 greenery table centerpieces for the Meals on Wheels recipients! Seen here are Zannie Holman with two of the Bath Garden Club members as well as three of our dedicated Meals on Wheels delivery volunteers from the Independence Association.



HOW DO YOU FEED NEARLY 100 PEOPLE A LUNCH of fresh roasted turkey, homemade gravy, stuffing, potatoes, cranberry sauce, rolls, green bean casserole and pickled beets? The answer is with a lot of help! Thanks to the nearly 20 volunteers and staff that pulled together to prepare a wonderful lunch at the Center this month. Thanks to everyone who donated to the Teen Center holiday gift fundraiser by buying a bottle of Stacy's famous gravy. Thanks, as well, to board member Tim Keene for making 120 "Needhams". Lastly, thanks to Frank and Jonathan for carving four turkeys a piece! We couldn't do it without you!



**Books A La Carte** is a unique group of readers who gather to discuss, trade, lend, and donate books. Members read books of their choice in any genre. There is no assigned list. Readers briefly describe what they have read and provide an opinion, pro or con. This is a great way to find out about books and authors you have not yet discovered. The group meets on the third Tuesday of the month at 3 pm at People Plus.

**Recommended Books**

FICTION  
**Agent Running in the Field** by John Le Carré

**Books A La Carte**  
*Carre*  
**The Enclave** by Suzanne R. Roy  
**News of the World** by Paulette Jiles  
**The Missing Corpse** by Jean-Luc Bannalec  
**Inheritance Tracks** by Catherine Aird  
**The World's Shortest Stories**, edited by Moss and Daniel  
NON FICTION  
**Heroes of the Flower Moon** by David Grann  
**The Art of Dying Well** by Katy Butler  
**Jane Austen — the World of Her Novels** by Deidre La Faye

Please send comments to [news@peopleplusmaine.org](mailto:news@peopleplusmaine.org)

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**Membership Benefits**

The following businesses offer discounts for People Plus members.

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- Attorney N. Seth Levy, Discounted legal services/documents including wills, living wills and estates
- Augat Chiropractic
- Autometrics, 10% off labor
- Berrie's Hearing and Optical Center, 10% off a complete set of eye-wear, up to \$500 off costs of hearing aids
- Big Top Deli, 10% off, anytime
- Bill Dodge Auto Group, 10% off parts & service
- Eveningstar Cinema, Discount bag of popcorn at evening shows (\$1 sml, \$1.50 medium)
- Fairground Café, 10% off, anytime
- Hearts & Hands Reiki, 10% discount on first appointment. Mon-Fri, 10-6.
- J&J Cleaners, 10% off pickups: Wednesdays (customers over 55)

**People Plus PEOPLE PLUS MEMBERSHIP APPLICATION** Date \_\_\_\_\_  
 PO Box 786 / 35 Union Street, Brunswick, Maine 04011 • (207) 729-0757 • [www.peopleplusmaine.org](http://www.peopleplusmaine.org)

Name (1) \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male  
 Email \_\_\_\_\_ Emergency Contact \_\_\_\_\_ (name) (phone) (relationship)

Name (2) \_\_\_\_\_ Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male  
 Email \_\_\_\_\_ Emergency Contact \_\_\_\_\_ (name) (phone) (relationship)

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
 I do NOT need the People Plus monthly newspaper mailed to my house. Cash/Check (Payable to People Plus)

**Yearly Membership Dues (Scholarships Available)**  
 Brunswick (New Member / Renewal)  \$30 per person  
 Other towns (New Member / Renewal)  \$35 per person  
 \$300 for Lifetime Membership (65 or over)

Membership Dues: \$ \_\_\_\_\_  
 Additional Donation: \$ \_\_\_\_\_  
 Total: \$ \_\_\_\_\_

OFFICE USE:  Accounting  Data  Membership Card Sent

*Become a "Friend of People Plus" with an additional gift of \$25 or more!*

- Lee's Tire & Service, 10% off parts (excludes tires)
- Maine Optometry, \$30 off complete pair of glasses
- Maine State Music Theatre, Senior discount (60+) on matinee tickets
- Massage on Maine, First visit \$60, always \$10 off for seniors
- Pauline's Bloomers, 10% off, anytime (within normal delivery range)
- Reflections (Salon), 10% off, Mon and Fri
- Thomas Point Beach, \$1 weekday admission
- Tire Warehouse, 20% off labor
- Tucker Ford, 10% off invoice, parts & service
- Wilbur's of Maine, 10% off, anytime
- Wild Oats Bakery & Cafe, 10% off on Mondays



**Welcome, Gia!**

Jonathan and Stacy are pleased to announce the addition of a new family member for both their home and for the Center! They have adopted an English Cream, which is a white variety of a golden retriever from Golden Ridge kennels in Hampden, Maine. The largest breeder of golden retrievers in the state, the owner Roxanne Ellsworth's dogs are used in L.L. Bean catalogs and other commercials and are known for their longevity, relaxed personality and intelligence. Gia has proven herself to be a wonderful addition to the family already! As a soft little white furball she is perfect for hugging, so stop by Stacy's office anytime to see her! If Gia isn't home with Jonathan on the farm you can guarantee there will be a line out the door for squeezes at the Center...

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# Ho Ho Ho for the holidays at the Teen Center

Fa la la la. The myriad of holidays celebrated in December will soon be upon us. I recently saw a list of National December Holidays and every single day in December without exception is a holiday somewhere in the nation.

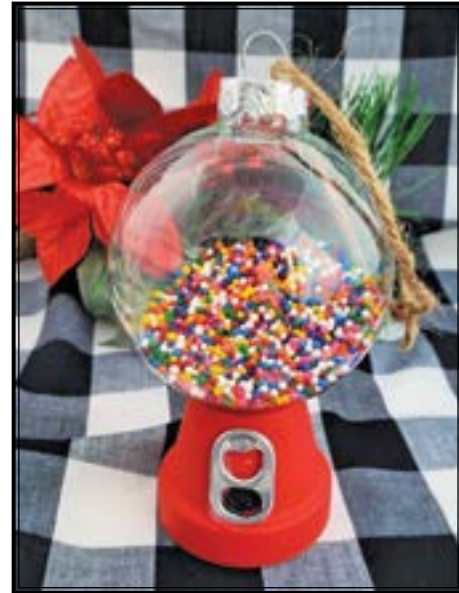
For foodies there is a National Cookie Day, Gazpacho Day, Cotton Candy Day, Brownie Day, Pastry Day, Gingerbread House Day, Ice Cream Day, Bouillabaisse Day, Cupcake Day, Chocolate Covered Anything Day, Maple Syrup Day, Hard Candy Day, Cookie Exchange Day, Candy Cane Day, Fruitcake Day, Chocolate Day, Bacon Day and you can wash that all down on either Lager Day or Sangria Day. There were a lot more nonfood/drink-related days as well. One holiday is Ding-A-Ling Day, but I couldn't figure out if that belonged in the food group and I certainly don't want to offend some bell ringers or anything.

We ended a busy November heading into a busier December and then into school vacation time. Before we know it, it will be a new year, 2020, a nice round number.

Just as kids tend to get increasingly wound up at home the closer we get to the holidays, that happens at the Teen Center as well. It is hard to fathom things getting more ramped up than they are regularly, yet it happens each and every year.

Speaking of years, as of the end of October, we had already exceeded the number of youth visits we had in all of 2018 and we have two months of data still to add to this year.

We are busy continuing to collect gift items for the holiday bags which will each have two movie tickets to Regal Cinema and two boxes of movie candy in them. We are doing 70 bags and are gratefully accepting donations of either item or you can send us to go pick some up for



## Teen Center News

Jordan Cardone



you. Our holiday party is planned for Thursday, Dec. 19, which is also when we will do our new holiday favorite among the kids, our Yankee Swap.

Meanwhile, we are making the cutest little bubble gum machine ornaments that staff member Kim saw somewhere. Kim brought in some of the needed items one day along with a picture to run the idea by us and we really liked it.

I imagine we will spend the bulk of December preparing for the holidays,

decorating the TC space, eating special treats, arguing about when it is officially too early to start playing Christmas music, watching the kids take so long to agree on what the best holiday movie is to watch that we run out of time to watch one at all. Also, I might get some snowballs at the office window, we'll help dry off wet and cold kids, we will go through plenty of tissues while I complain that more kids should have gotten flu shots, listen to who's going where for holiday dinners and the good and sometimes not so good stories that go along with that and during all this we will have pretty white lights all around the room ... you get the picture, regular December stuff.

It almost feels like home, but with way more kids!

From all of the staff and kids at the TC, we wish you Happy Holidays. Jordan and The Gang!

## Lobby Donation Tree:


Take a second look at our lobby Christmas tree this month and you'll notice ways you can make the year 2020 even merrier at People Plus! Among the decorations, you'll see scattered wish list cards for items that will benefit ongoing programs. The list includes food items and gift cards for the Brunswick Area Teen Center, gas cards for the Volunteer Transportation Network (VTN), and other assorted items for the Center.



### TEENS OF THE MONTH:


#### Jack Fleming

Jack Fleming is in 6th grade at Brunswick Junior High and began attending the TC program in September. Jack has older siblings who also attended the program. Jack's favorite things about coming to the Teen program are playing dodgeball and especially pool (and he is becoming very good and can beat Hunter now!). We love Jack! He is fun and cute and quiet. Congratulations Jack, enjoy the movies!



#### Anna-Bella Sanderson

Anna-Bella Sanderson is in 8th grade at Brunswick Junior High and started coming to the TC program in August. Bella's favorite activities while here are dodgeball, eating food, getting out of the house and spending time with friends as well as meeting new ones. Bella has attended one of our Teen Advisory Committee meetings and may become a regular. Bella is sweet and a calming presence ... off to the movies she goes. Good job Bella!



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35 Union St, Suite 1, Brunswick, ME 04011  
207-729-0475 | [www.spectrumgenerations.org](http://www.spectrumgenerations.org)

December 2019



All Spectrum Generations' locations will be closed on Wednesday, December 25, 2019, for Christmas, and Wednesday, January 1, 2020 for New Year' Day.



### Healthy Living for ME Holiday Eating Tips

The holidays are upon us and what a wonderful time of year it is to catch up with friends and family over an assortment of food. Well, you can have your cake and eat it too, by following these mindful tips!

- Don't skip meals, especially breakfast:** Breakfast is the most important meal of the day and kick starts our bodies for a healthy metabolism.
- Two, four, six, eight, don't forget to hydrate:** Often times dehydration is masked as hunger. Carry a water bottle with you to ensure that you get at least 64 ounces each day. If you don't like plain water infuse it with fresh fruit or herbs for added flavor.
- Veg out:** When looking at your buffet choices, go for veggies first. They are a wonderful source of nutrients and will fill you up. Maybe even try mashed cauliflower instead of mashed potatoes, or zucchini noodles rather than pasta.
- Move:** This time of year, we often become sedentary. Be sure to allow time for physical activity. Not only will you feel better, it will help ward unnecessary pounds.


The next **Living Well with Chronic Pain** class in Brunswick will be starting in February—it's never too early to sign up!

This program is designed for people who have a diagnosis of chronic pain and offers techniques to deal with frustration, fatigue, isolation, and poor sleep; appropriate exercise for maintaining and improving strength, appropriate use of medications, communicating effectively with family, friends and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments.

**Location:** People Plus, 35 Union Street, Brunswick  
February 3 – March 9, 2020


FMI or to register for a class, visit [healthylivingforme.org](http://healthylivingforme.org) or call 1-800-620-6036 to speak with a team member.

**We also need volunteer facilitators for our Healthy Living for ME classes! Please contact Jessica Bucklin at 620-1684 or [jbucklin@spectrumgenerations.org](mailto:jbucklin@spectrumgenerations.org) for more information.**



Kwanzaa begins on Thursday, December 26, and ends on Wednesday, January 1, 2020.

### MEDICARE 101



Choosing a Medicare drug and health plan can be difficult and confusing. In this Medicare 101 class you will be provided with information regarding Medicare, Medicare drug coverage, Medicare Advantage plans, Medicare Supplement plans, and tips on how you can save money and avoid penalties.

The next session will be held on **December 10, 2019**  
12:30–2:30 p.m.  
People Plus | 35 Union St., Brunswick  
Call (207) 729-0757 to register or for more information.

**A \$15 donation is suggested**

## VOLUNTEER


*all that's missing is U!*


Spectrum Generations often has volunteer opportunities for members of the community to take part in serving our mission. If you are interested in any of these positions listed, or curious about other opportunities, please contact our new volunteer coordinator, Jessica Bucklin at 620-1684 or email [jbucklin@spectrumgenerations.org](mailto:jbucklin@spectrumgenerations.org). **Thank you for your support!**

Our **Meals on Wheels** program is in need of volunteers to be **Substitute Delivery Drivers**. These drivers will fill in for other volunteers when they are unable to drive their normal routes. The typical time frames are Wednesday and Friday mornings with routes in the greater Brunswick and Bath area. Mileage reimbursement is available for all Meals on Wheels drivers.

A **Money Minders** volunteer is needed in the Brunswick area to assist older adults in managing their finances, i.e., setting up a budget and helping to maintain the budget. The volunteer will also work to educate older adults in recognizing financial fraud and scams. **Free training will be provided as needed.** Dates and times vary and are generally flexible.

Hanukkah begins at sundown on Sunday, December 22, and ends at sundown on Monday, December 30.



 Spectrum Generations is an Equal Opportunity Provider. Please let us know if you require special accommodations at least two weeks prior to the event.

**PROUD TO PARTNER WITH PEOPLE PLUS**

# Your Partner in Health Education



At **Mid Coast Center for Community Health & Wellness**, we are as invested in your good health as you are. We offer quality medical wellness tools focused on preventing and managing chronic disease, as well as support for your general wellbeing.

We provide information and resources on a variety of topics such as medical exercise, lifestyle medicine, nutrition, weight loss, mental health, and tobacco education.

### Featured Program:

## Mindful Morning Mini Retreat

Designed for individuals of all levels of experience. Mindfulness-based exercises, meditation, and movement will be combined with discussion of the principles of mindfulness and its relevance to stress in our lives.

Take a look at our calendar of upcoming events and see how we can partner together for better health.



WWW.MIDCOASTHEALTH.COM/WELLNESS  
329 MAINE STREET-SOUTH ENTRANCE, BRUNSWICK

## December Calendar of Events

### PRESCRIPTION FOR HEALTH

A **FREE** one-hour introductory program to get you started on improving your health.  
**Thursdays from Noon-1 p.m. No class December 26.**

### YOGA FOR CANCER

A **FREE** weekly program designed to limit stress, reduce fatigue, and promote healing for cancer patients and their caregivers, pre, post, or during treatment.  
Walk-ins welcome.

**Thursdays from 5-5:45 p.m. No class December 26.**  
Maine Pines Racquet & Fitness,  
120 Harpswell Road, Brunswick

### AMERICAN RED CROSS BLOOD DRIVE

Help keep blood supplies stocked at adequate levels. Walk-ins are always welcome.  
**December 6 from 10 a.m.-3 p.m.**

### FOOD FOR HEALTH

**How to Avoid the Supplement Trap**  
with Timothy R. Howe, MD  
**FREE** plant-based cooking and education series.  
**December 10 from 6:30-8 p.m.**

### HEALTH WITHIN REACH

**Grief During the Holiday Season: A Conversation**  
with Andrew Sokoloff, LMSW  
**FREE** ongoing series of talks, classes, demonstrations, and healthy lifestyle options.  
**December 11 from 5:30-6:30 p.m.**

### MINDFUL MORNING MINI RETREAT

**Self-Care During the Holiday Season.**  
Mindfulness-based exercises, meditation, movement, and discussions provide an opportunity to pause and reflect on a healthier approach to life.  
Fee and registration required.  
**December 14 from 9 a.m.-Noon**

For a full listing of classes, screenings, and support groups, including cost and registration details, call (207) 373-6585 or visit [www.midcoasthealth.com/wellness](http://www.midcoasthealth.com/wellness).

Unless otherwise noted, all classes are held at the **Mid Coast Center for Community Health & Wellness**  
329 Maine Street-SOUTH ENTRANCE, Brunswick

# Once messy, now I just miss seeing her

Our lives are littered with many things we take for granted. It could be something as simple as where we live. Or one's good health. Our job. The ability to go through life comfortably and overcome most obstacles with little difficulty. On and on I could go; the list is endless.

While recognizing the vitalness of all this — and also being mindful that countless others are not as fortunate in many of the aspects of life I enjoy — I was recently reminded of not totally appreciating someone very dear to me. I'm referring to my daughter, Sophie.

She's often in my thoughts; basically every day, as I wonder what she's up to or just hoping that she remains safe and happy. But when we do see each other, I find it harder

— especially as I get older — to deal with the separation as she journeys back to living her own life. And I knew this was coming, even years ago.

I once wrote a newspaper column on Sophie back in March 1997, referencing her many wonderful qualities, but also proclaiming there was a dark side to my precious little girl who was 10 years of age at the time. My description went like this ...

"She's sweet. Considerate. Enjoyable. Charming. Beautiful. Lovable. But she's also untidy, not neat, disorderly ... a master of clutter."

My not-so-kind words dealt with the fact that Sophie — no matter how hard she tried — just couldn't keep her bedroom in an orderly manner. I went on to write ...

"Few things fail to make it off her floor, which at times seems to be magnetized. Clean clothes rarely find their way to her dresser. And when she replaces her guinea pig's bedding — forget it! It's getting to the point where I'm thinking of putting a sign on her door that reads WARNING! ENTER THIS ROOM AT YOUR OWN RISK."

The column was basically an opportunity for me to declare that my daughter had earned the worthy title of Miss Messy of Maine. It was all tongue-in-cheek, of

course, and I even remember getting her permission to publish the story; not wanting to embarrass her too much. But my premonition that I'm now realizing was also foretold within that same newspaper column. Again, I wrote ...

"Every so often I find myself thinking how nice it will be when my little girl grows up and moves away from home. I'll finally be able to exclaim, 'Yes, no more mess!' But I'm sure when that day comes — and after she's been absent for awhile — I'll wish she was back upstairs in her room being untidy, not neat, disorderly ... a master of clutter."

Truth be told, I obviously do not miss the messy surroundings created by my daughter, however, I do miss her. She went off to Massachusetts for her college years, but my wife and I were grateful that she returned to Maine to pursue her professional career. After a time of living near us in her hometown of Hallowell, Sophie moved to the state's coastline to be nearer to her job in Owls Head. While all this made perfect sense, now I just don't get to visit with her as often as I would like.

## Simply put

Patrick Gabrión



She'll come to our home on occasion, or we'll spend part of a day at her new digs or meet somewhere for a meal. But these are just fleeting moments and seem to end too quickly. And I get it; she's got her own life. She's busy with her job, she's got her circle of friends; we're just her parents who have to schedule time in her packed appointment book.

Keeping the word untidy in mind, it's not the neatest arrangement for a father who longs to have more time with his daughter. But such is life. I will just have to make the most of our time together when we do meet up.

So I'll end this writing as I did the previous one back in 1997. "I love you, Dad."

## Annual Tree Lighting

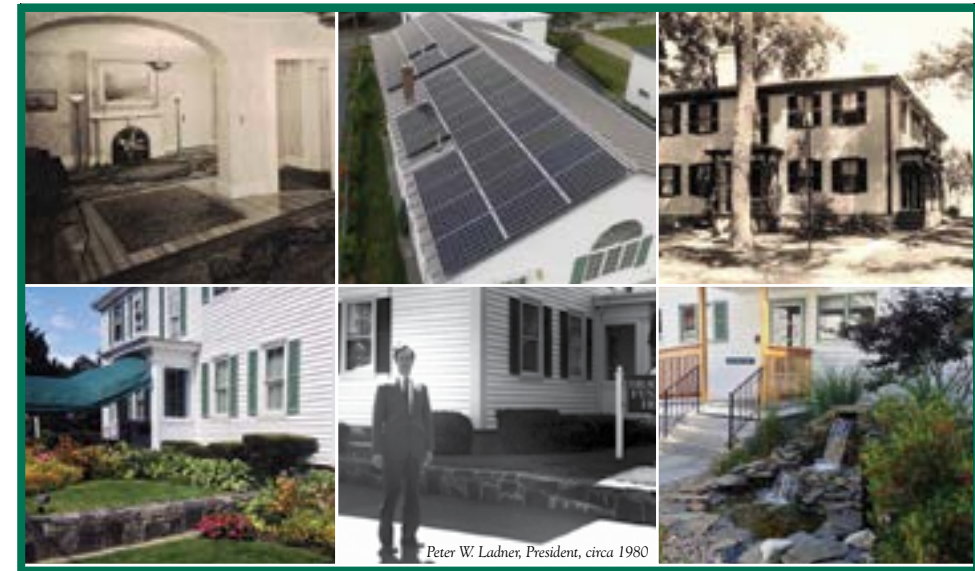
The Tree Lighting Celebration by the Harpswell Garden Club is slated for Saturday, Dec. 7, at 5:30 pm at Centennial Hall, 928 Harpswell Neck Road, Harpswell Historic Park. Join us for carols, cocoa and cookies to celebrate the season. FMI: Call Becky 833-6159.

## New/renewing members for November

- \* indicates new membership
  - indicates donation made with membership
- |  |   |   |  |
|--|---|---|--|
| <b>Brunswick</b><br>Elizabeth B. Bates<br>Vic Bouchard •<br>Nancy Bouchard •<br>Sue Bradford •<br>Anne Brautigam<br>John Coffin •<br>Diane Coveny<br>Anne Cunningham •<br>Jerry Donovan<br>Mary Donovan •<br>Sara Fogler •<br>Alice Franklin<br>Janice A. Hamilton • | <b>C.D. Huskins *</b><br>Nancy Kenney<br>Rita Ketay •<br>Peter Lachance •<br>Jarryl Larson •<br>Lyn Matzke •<br>Janice McLaughlin •<br>Ray Nager •<br>Rita J. Nelson ••<br>Gabriele Niffka<br>John Pantaz<br>Nancy Pantaz<br>Caroline Payson<br>Roger Rancourt •<br>Wilma (Billie) Reynolds<br>Patricia Ringston •<br>James Ru •<br>Eunice St. John | <b>Penelope Stevens</b><br>Lorraine Suckow •<br>Reiko Yonogi<br><b>Topsham</b><br>Jules A. Cloutier •<br>Janet Daily • •<br>Gregory Daily • •<br>Karin Dillman •<br>Louise Martin •<br>Lucely Salgado •<br>Susan M. Thompson •<br><b>Bath</b><br>Leonard Foss •<br>Alan D. Reeder •<br><b>Freeport</b><br>Mary Okin •<br><b>Lisbon Falls</b><br>Peter Armstrong • | <b>Harpwell</b><br>Marian Allen •<br>Hannah N. Dring<br>Summer Field •<br>Linda Strickland<br>Annie Thackeray •<br>Alan G. Williams<br><b>Portland</b><br>Caitriona Heavey •<br><b>Georgetown</b><br>Richard DeVito<br>Joyce DeVito<br><b>Richmond</b><br>Susan S. Blake •<br><b>West Bath</b><br>Diane Jellis |
|--|---|---|--|

## Freeport chorus to 'Sing Joy!'

The Greater Freeport Community Chorus will present "Sing Joy! Contemporary Settings of Traditional Carols" on Dec. 14-15 in Cumberland and Brunswick. The 70-voice chorus will perform at 7 pm on Saturday, Dec. 14, at the Congregational Church in Cumberland, 282 Main St., and 2:30 pm on Sunday, Dec. 15, at the Unitarian Universalist Church, 1 Middle St., Brunswick. The group is directed by Virgil Bozeman IV and accompanied by pianist Kellie Moody. Among the dozen pieces to be performed are such traditional Christmas favorites as "In the Bleak Midwinter," "Joy to the World" and "Jingle Bells." The program ends with a suite of carols from "The Many Moods of Christmas," with the audience invited to sing along. Residents of nearly 20 Midcoast towns make up the Greater Freeport Community Chorus. Concert admission is \$10 for adults, free to anyone under 18. Tickets may be purchased at the door. Visit the chorus on Facebook or at [www.gfcccings.org](http://www.gfcccings.org) for more information.



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



**You are invited to "CONNECTED,"** a free non-denominational gathering for widowers, widows, divorced and singles 55 and over, on Monday, Dec. 2. The group meets at St. Charles Borromeo hall located at 132 McKeen St. in Brunswick from 7-9 pm. Light refreshments available. We usually have an interesting guest give a brief talk at the beginning of the meeting. Come socialize, mingle and meet new friends. FMI: 725-1266 or 725-8386.

*'Tis the Season for Giving!*  
People Plus is collecting donations for **MCHPP Food Drive** (non-perishable items, through the end of December).  
Select **People Plus** at [smile.amazon.com](http://smile.amazon.com) and Amazon donates 0.5% of the price of your eligible AmazonSmile purchases.  
**December #GIVING 3rd, 2019 TUESDAY**



**THANKS SO MUCH TO VOLUNTEER JANET DOEHRING** for going the extra mile and completing this super difficult puzzle of a Native American Indian. The puzzle came over from The McClellan next-door after a frustrated resident couldn't quite get it done. After it sat in our lobby for at least a week, Janet took it home and spent several more hours finishing it. The resident over at The McClellan was very touched when she presented him with his puzzle fully completed!



**"Brunswick Area Student Aid Fund, along with a lot of hard work, allowed me to go to the University of Maine which then led to a legal career, ten years as Maine Attorney General and a position now as a teacher at both Columbia and Harvard Law Schools. BASAF changed my life and it will change the life of others."**  
— James Tierney, BHS Class of 1965

Visit [www.studentaidfund.org](http://www.studentaidfund.org)  
Donations may be sent to:  
**BRUNSWICK AREA STUDENT AID FUND**  
P.O. Box 867, Brunswick, ME 04011

# Works of art by Bailey's students proudly on display

Did you miss the current art show in the People Plus Cafe Gallery? No problem. The pieces of art featuring Connie Bailey's student artists will remain on display through the month of December.

Bailey's primary mission in teaching her students is to expose them to several major and popular forms of artistic expression. Her mixed media classes, long featured as part of the Center's countless activities, usually offer expert instruction in the use of watercolors, watercolor pencils, colored pencils, graphite and charcoal, scratchboard, pen and ink, pastels and pastel chalks. The emphasis this time around is on pen and ink.

Furthering explaining what goes on in her classes, Bailey said, "The basic art classes give members a chance to try several different art materials. We present two exhibits at the Center each year. Some artists have sold work due to the exhibits. No prior art classes or training is required."

Classes are conducted weekly each Tuesday and Thursday, beginning at 10 am and continue for nearly two hours. During a typical class cycle, Bailey encourages her participants to practice in some or all of the mediums, and finally to work in the areas where they feel the most comfortable and capable.



**BIRDS IN FLIGHT**, watercolor pencil



**RABBIT HUNTER**, acrylic

by Ann Sanfasin

The show triggers great interest around our Union Street facility, as most of the artists have several friends amongst the Center's membership.

Students currently attending Bailey's art classes at People Plus include the following:

— On Tuesday are Beth Aldenberg, Lorraine Beate, Jen Haskins, Murtle Lacrois, Tony Lacrois, Marsha Mogk, Richard Nickerson, Nancy Pantaz, Val Robbins, and Ann Sanfasin.

— On Thursday are Alison Coffin, Lucy Derbyshire, Lauralee Poutree, Jenny Koo, and Alfred Tyrol.

The collected works on display are well presented and are "almost always" offered for sale. All sales are conducted by contacting the artists directly. The show, which is open to the public, may be seen free of charge during normal business hours at the People Plus Center, located at 35 Union St. in Brunswick.

**Sing We Noël**  
Oratorio Chorale and Sweetest in the Gale  
With Virginia Flanagan, harp

Saturday, December 14, 2019  
11:00 a.m., 2:00 p.m., and 5:00 p.m.  
St. Paul's Episcopal Church,  
Brunswick

Saturday, December 21, 2019  
11:00 a.m., 2:00 p.m., and 5:00 p.m.  
St. Mary's Episcopal Church,  
Falmouth

Three performances in each location,  
with cookies and cocoa receptions.

Oratorio Chorale and Sweetest in the Gale present a magical holiday experience intended to touch hearts of every age. Three performances in each location, with sing-along Christmas carols, harp accompaniment and solos, a candlelit "Silent Night," and classics of the season. Cocoa and cookies receptions after each performance.  
Tickets: \$20-adults, \$5-under 18, advance tickets strongly recommended.  
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FMI: [www.oratoriochorale.org](http://www.oratoriochorale.org)

**Sat, Dec 14 @ St. Paul's Episcopal Church, Brunswick:** 11 am, 2 pm., and 5 pm.  
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**Lunch out!**  
December 10th at 11:30 a.m.

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**Weekly Winners**

**Senior Bridge**

October 21: Woody Townsend, 6140  
Cathy Cooper, 4740  
Jane Roy, 4180

October 25: Jane Roy, 3970  
Woody Townsend, 3250

October 28: David Bracy, 3970  
Steve Gross, 3830  
Paul Betit, 3510

November 1: John Rich, 4680  
Ann Brautigan, 3520

November 4: David Bracy, 4980  
Cathy Cooper, 4750  
Woody Townsend, 4310

November 8: Terry Law, 4130  
Woody Townsend, 4110

November 11: Cathy Cooper, 4590  
Richard Totten, 3660  
Terry Law, 3520

November 15: Jenny Ferguson, 4160  
Craig, 3340

**Senior Intermediate Cribbage**

October 23: Lois Fournier, 725  
George Hardin, 712

October 30: George Hardin, 726  
Lorraine LaRoche, 698  
Anne Bouchard, 681

November 6: Lorraine LaRoche, 711  
Anne Bouchard, 704  
Lois Fournier, 698

November 13: Lois Fournier, 707  
George Hardin, 699  
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# Season's Greetings from the Write On! Writers



## Merry Christ Mass

by Elizabeth B. Bates

The name used to mean something old.  
Santa was not YET born in the USA!  
Now it means shopping for everyone  
on a list that gets bigger every day!  
Trees are sought in the green woods  
and dragged screaming indoors  
and ruined by the time "decorated"  
by those who love no green to show.  
I miss the olden days somehow  
when the child named Christ was here.  
Others have moved here, I know ... so  
HAVE A VERY HAPPY NEW YEAR!



## A Very Special Night

by Gladys Szabo

Great anticipation on this very  
special night  
Lights and decorations, all  
shining so bright!

My favorite of holidays, it's Christmas Eve  
Santa is coming and I do believe!  
The spirit of Christmas with many joyous sounds  
Holiday songs being sung, heard all around.  
Santa is coming with presents — such fun.  
But the birth of Jesus is the one  
Whose praises are being sung.  
All faiths gather to honor in their ways  
Making it the most wonderful of holidays  
Everyone's celebrating as we all gather  
One day of the year our differences don't matter!

## A Christmas House at Stevens Corner

by Charlotte Hart

This farmhouse! Here two hundred years and more.  
My family's home. Four generations born ...  
Red bows on wreaths of green grace every door.  
White window candles light snow-covered lawn.  
Charles Stevens built eight rooms large and well.  
Eight fireplaces the first century blessed.  
My own grandparents then came here to dwell,  
Built on an ell, a porch, made home a heavenly rest.  
A generation traveled miles to school,  
Established five new homes not far away  
The family gathers yearly — blessed Yule.  
Great Grandma Margaret ten  
decades did stay  
Bright lights, a feast and  
Christmas songs we'll bring!  
My wedding will be here —  
with lilacs — in the spring.



## BRR-R-R

by Doris Weinberg

The thermometer says it is ten below-  
Too cold for dog or man.  
Much easier to stay inside  
And be toasty if you can.

Outside the snow is swirling  
And icicles are beginning to form.  
You'd be foolish to leave the house.  
Stay in where it is warm.

Add another log to the roaring fire  
And hear it crackle and snap.  
And as the flames get bigger,  
You can toss away your wrap.

A cup of hot chocolate would add to the mood.  
Maybe with a marshmallow on top.  
Put comfy pillows on the floor  
For all of you to flop.

This is how I'd picture  
A bitter night very long ago.  
Maybe a book but no TV-  
Life was much simpler you know.

So enjoy the snowflakes and icicles  
From through the window pane.  
Cuddle up with your dog and family.  
The scene would be lovely to frame!



## Advent Can Begin in October

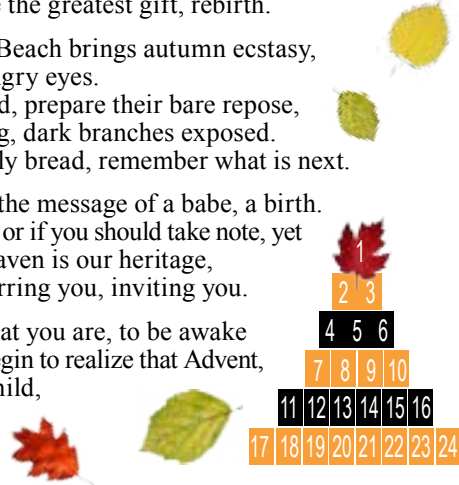
by Helen L. Walker

Ancient rhythms, ancient tempos can awaken you to wonders from beyond yourself:  
you begin the watching. Then the hope comes. Then the glory more than worth  
the wait. Then finally the grieving, before the greatest gift, rebirth.

Like here in Maine, the drive to Popham Beach brings autumn ecstasy,  
unparalleled splendor, candy for your hungry eyes.  
Yet now you see that maple reds have shed, prepare their bare repose,  
their contribution to winter's cycle coming, dark branches exposed.  
You, leaving off with harvesting your daily bread, remember what is next.

You start to hear the text inside yourself, the message of a babe, a birth.  
A quickening occurs. You're not sure where or if you should take note, yet  
you set aside time to listen. As sure as heaven is our heritage,  
the song starts, the drums beat slowly, stirring you, inviting you.

You do what you can, what you know, what you are, to be awake  
to this Christmas mystery. This year, you begin to realize that Advent,  
the season of the Coming of the Christ Child,  
is as old and as new and as ever-present  
as your own expanding heart permits.



## Blessed at Christmas

by Nonie Moody

One year as an early teen there was a major shortfall in our family's  
finances and Christmas looked bleak. The Christmas tree was deco-  
rated and only small packages with reused paper were under the tree.  
It would only be a few days before Christmas eve.

My older brother's best friend and his twin sister were working young  
adults. One evening there was noise coming from the back door of  
the farmhouse. Letting themselves in, they came through the kitchen  
straight to the living room tree, carrying wrapped colorful Christmas  
packages.

The whole family was in shock as we all watched. This was the year  
my sister and I received the latest fashion  
pop beads. These two young adults were  
giving, selfless and wonderful while lifting  
our family's Christmas spirit.



## An Angel

by P.K. Allen

It's nigh on sixty years that I've known her  
And whose company I treasure so dear.  
Good feelings are spread by the glow from her head  
Though she only comes by once a year.



She'll stay just a week and then leave us,  
But the joy that she brings we all see.  
For her we will save a place in our hearts,  
And also on top of our tree.

## You Wonder

by Bonnie Wheeler

Why do folks live in Maine  
Where snow flies all winter long  
Why don't folks move away?  
Maybe spring and fall is the answer  
Living life the way it should be

## Snowflakes

by Betty Bavor

Snowflakes begin high in Earth's atmosphere when a  
dust or pollen particle comes in contact with water vapor. The  
water-coated particle freezes to become a tiny crystal of ice, the  
"seed" from which a snowflake will grow. Being heavier than the sur-  
rounding air, it begins to fall towards Earth collecting more water molecules  
of vapor. Somehow they arrange themselves in a hexagonal crystal structure and  
the snowflake grows. The hexagonal structure of each snowflake has an unlimited  
variety of shapes caused by temperature, humidity and water vapor as they descend.  
Snowflakes will reach ground only if air temperatures are below freezing all the way  
to the ground.

It is amazing how these tiny, fragile and beautiful snowflakes can fall to create tons  
of piles of snow causing catastrophic environmental challenge and damage. They also  
provide opportunity to enjoy winter sports and recreational activities for people of all  
ages.

People need to prepare for winter — button down the hatches, have the shovels  
handy, snow blowers ready to start, sand/salt within reach to spread on slippery  
surfaces, warm clothes, emergency plans and supplies. Lastly, have fun playing  
in the snow. Stretch out on your back in new fallen snow, raise and lower  
your arms to form the wings and shape of an angel. What would Santa  
Claus do without snow for his reindeer to bring the sleigh full of  
toys to girls and boys and wish

MERRY CHRISTMAS TO ALL  
AND TO ALL GOOD NIGHT.

## God Rest Ye Merry

by Sally Hartikka  
with help from Vince McDermott

God rest ye merry, gentlewoman  
Let nothing ye dismay,  
For all your work is now completed  
On this Christmas day.

You've decked the halls with holly  
And trimmed the tree with lights.  
Santa and Rudolf adorn the roof  
Along with other sights.

You've bought the gifts with utmost care  
And covered them with wrapping.  
You did the Christmas cards and letter  
And all the envelope lapping.

You've made the Christmas cookies,  
Now resting in the freezer,  
And the fruitcake has been baked,  
Its aroma quite a teaser.

Today you roasted turkey  
With stuffing on the side.  
The gravy was delicious ...  
Not lumpy, made with pride.

Creamed onions and mashed potatoes  
Along with candied yam  
And green beans in a casserole  
Accompanied the spiral ham.

You did it all, my precious girl  
And all without complaint.  
No wonder you're so tired now  
And feeling rather faint.

You've been hard at work for several weeks,  
So God rest ye merry, now dear lass.  
You've earned some relaxation.  
Put up your feet and have a glass.

## Maine Nor'easter

by S. Patty L. Sparks

Seas rage, winds pummel  
shorelines of granite and pine,  
as snow falls ... on snow.



## Tiny Wishes

by W A Mogk

I found a tiny bottle in the sand and picked  
it up to examine it. In so doing, I rubbed the  
surface and was greeted with a puff of smoke.  
There in front of me, now stood a genie — a  
tiny genie. He said, "I am the tiny genie of  
the tiny bottle. You are entitled to three tiny  
wishes." "What do you mean by tiny?" I asked.  
"I leave that up to you," he replied. "But be  
warned. If you are greedy and wish for too  
much, we will exchange places and you will  
become the genie of the bottle."

"How did you become the tiny genie?" I  
inquired.

"I wished for a pony," he responded.

With that, I knew asking for a small sports  
car was out of the question. This was going to  
be tricky. How can I gain something of value  
while still asking for something small?

"Maybe you could wish for a small wallet  
stuffed with one-hundred dollar bills," offered  
the genie. "Would that qualify as tiny?" I  
asked. "Maybe yes — maybe no; I don't make  
the rules."

Great, I thought to myself. This teeny-wee-  
ny-sneaky-genie will be no help. So I pondered  
for awhile then said, "I wish to have  
only tiny amounts of doubt." "Granted," said  
the genie. "And I want my fears to be small."  
"Also granted." "Lastly, I wish for any feelings  
of malice I might have, to be brief." "Agreed,"  
the genie replied.

Then, looking up at me, the tiny genie said,  
"I had hoped you would fall for that wallet  
gimmick, but you didn't take the bait. Instead  
of asking for riches, you asked for things that  
make you a richer person. I tip my tiny genie  
hat to you, and hope that the next stranger to  
rub the bottle is not as wise."



**If I Were Planning Christmas**  
by Helen L. Walker

If I were the one in charge, I'd have the Christ child born on Halloween in a dress with satin bows, to set a precedent for clothes, so cross dressing now would be just fine, and gender problems would decline. That would lead to less divorce, less arguments, less pain, Less broken hearts, more love in general on the earthly plane, which is the point, in the longer view, of Jesus coming here for me and you.

If I were planning, like I said, I wouldn't wait til Christmas Day; instead I'd make All Souls Day the baby Jesus holiday. That way ghosts could be our friends and teach us how to walk on air and zombies how to never die. And witches, they could start to fly their brooms by day, so we'd see them wave and be less scary, and gradually we'd lose our fears. We'd start to know that anywhere we'd go, we'd find a friend to help us out, invite us in; there'd no lose, only ... win.

If I planned how to celebrate this big event, it'd go like this: Churches painting altars orange, setting up pumpkins in a fine long line with candles inside and faces carved with mouths that smile and eyes that shine, and here is the big change not to miss: we could start to love more, and fear less.

Instead of closing our minds and hearts out of fear of this and that, we'd embrace the new, try more things, talk to strangers on a train, or a bus, and a neighbor too who could decide to disagree with what we know is true. Refugees from Africa or Mexico or anyone who needs some hope, we'd invite into our homes expectantly as friends, as family, and soon we'd have no enemies.

War would stop of course, and then the lion really would lie down with lambs. Then maybe Jesus wouldn't have to die and change to spirit. Instead, we'd run into him at a farmers market, church, or Popham Beach, see him with our natural eyes, inspired by every single speech.

I say this sort of kidding, but sort of not. God's way is always best, but since I cannot ever understand, I like to imagine other plans that seem to save us more efficiently, with more joy, more ease. So just perhaps a Halloween Christmas could bring a quicker kind of peace.



**Eight Little Lights**  
by Doris Weinberg

Eight little candles lit up nice and bright. I wonder what my present will be that my Dad gives me tonight?

Way back when I was little, what did Chanukah mean to me? I knew a great big battle had been won, and my People were finally free.

We celebrated with a gift each night because a miracle had lasted eight days. And now after thousands of years it is a traditional Jewish holiday.

I did grow up and hear the story of how our People were constantly oppressed. On this occasion the Temple was ruined but our small army turned out the best!

The family of the Maccabees led us off to war. And I'm sure that God did help our tiny Army Corp. And I'm sure that God joined in to help our tiny Army corp.

The battle was won by the Jews of course, And they hurried to get the temple repaired. But during their effort only a tiny bit of oil was found and gave them a terrible scare.

The Holy Lamp needed to burn eternally and now it would go out. Someone would have to travel far for more. Of this there was no doubt.

The Miracle occurred when oil was found and brought back eight days later. But that one little original drop lasted that long! Another Miracle by our Creator.

Chanukah is one of our Joyous events And besides the gifts of course there is food. So, join us at our Jewish home Potato pancakes cooked in oil we include!!!



**Seasonal Goddess**  
by S. Patty L. Sparks

... wisdom  
... stillness  
beauty and decay  
etched upon her  
white skin of  
winter

**Winter Solstice** by S. Patty L. Sparks

Walk her crackling, frosted fields under skies of washed out winter blue  
Stand in her stillness where air holds its breath  
Caught between the birth and death of time ... there, sleeps, a promise of spring

**Let it snow, Let it snow, Let it snow**  
by Sally Hartikka

Let's not get carried away;  
A little snow is pretty and nice,  
But one snowstorm will surely suffice ...  
A few inches of fluffy white stuff,  
And none of that horrid ice.

I'm dreaming of a white Christmas;  
It helps show off the colored lights  
And brightens up the darkening nights  
As winter solstice comes along  
And the bitter cold nips and bites.  
But no blizzards, please,  
And no back to back storms  
When it's hard to get the house warm  
And chilly drafts permeate all  
So wrapping in blankets becomes the norm.

Everything in moderation, 'tis said,  
And I couldn't agree with it more.  
Let it snow once, but I abhor  
The continuing storms this song's about  
And the piles of snow it longs for.

**Haiku** by Betty Bavor

SNOWFLAKES  
Snowflakes in winter  
A hexagonal ice crystal  
Each snowflake distinct

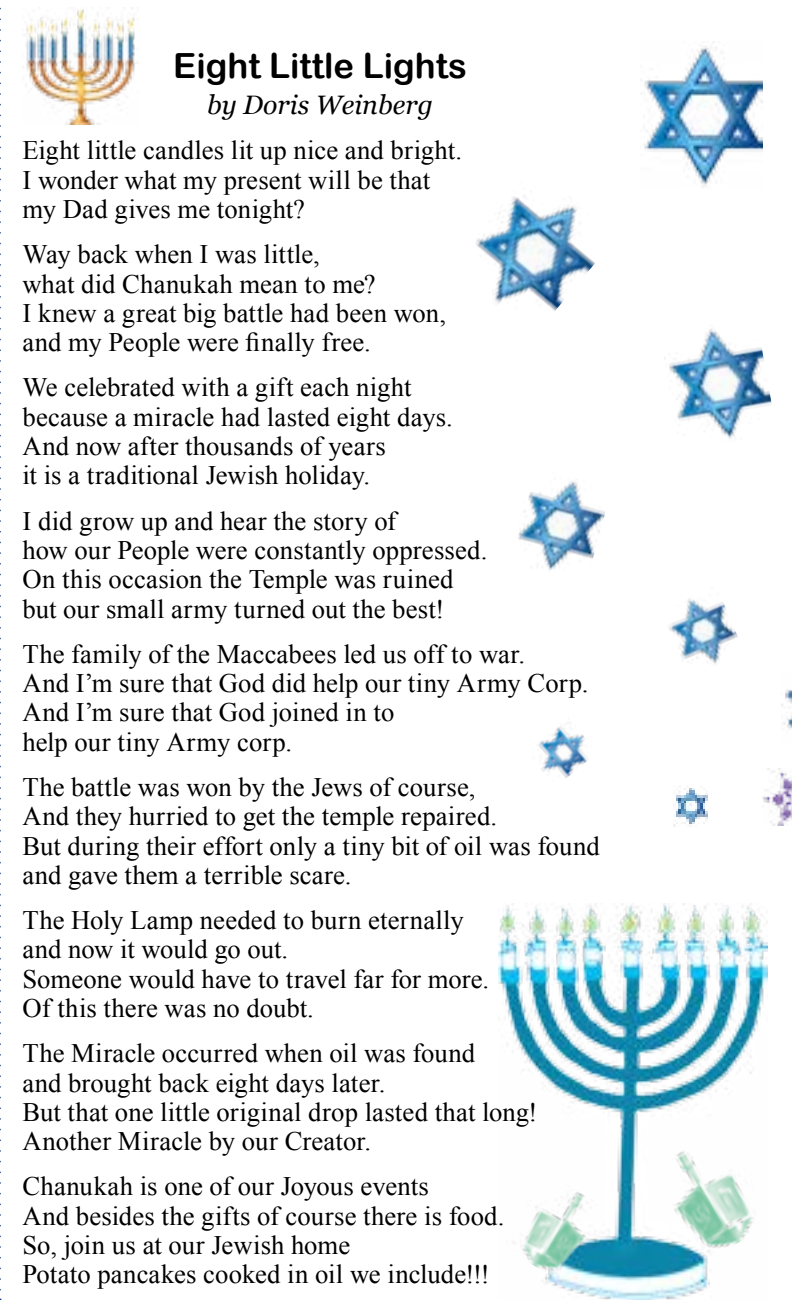
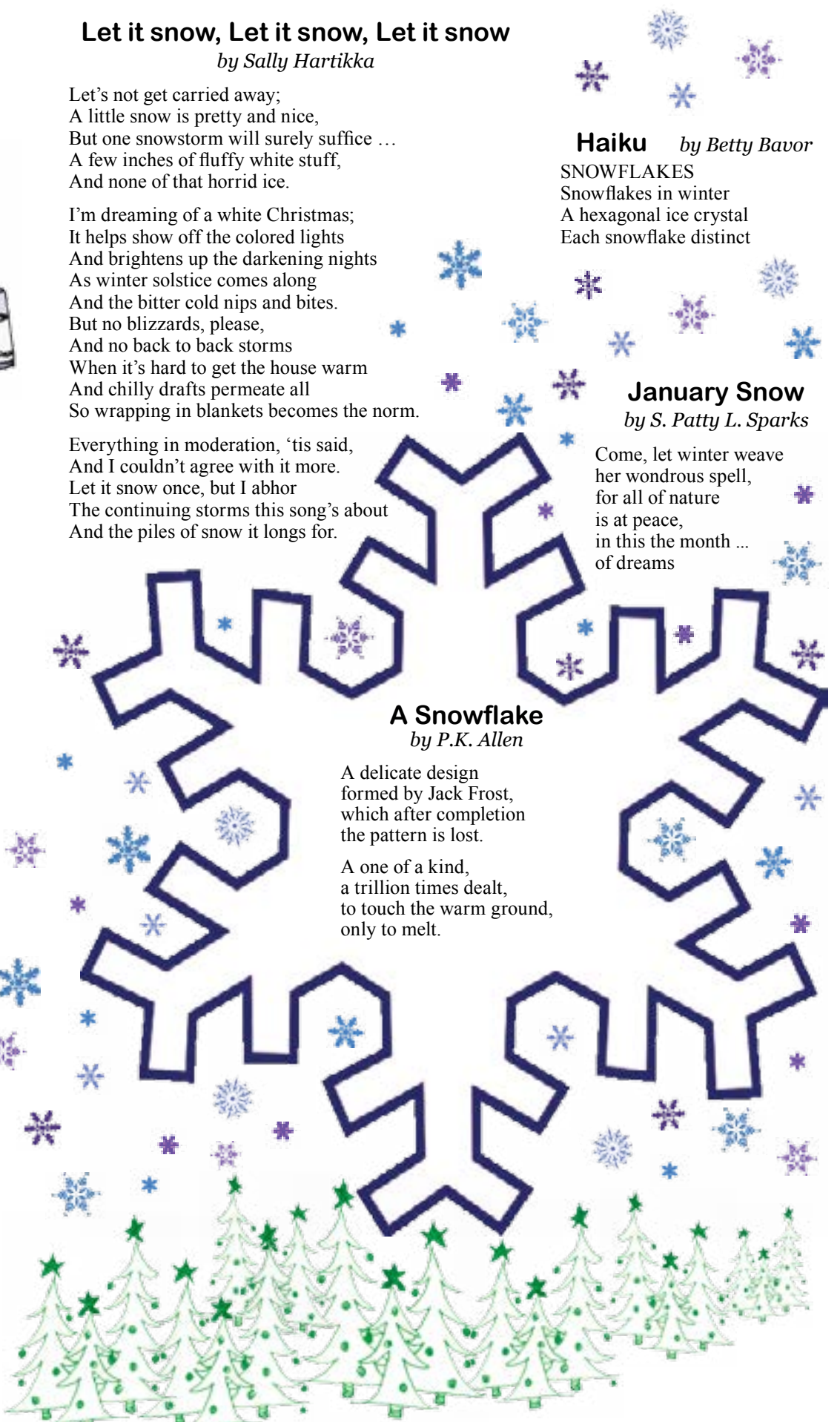
**January Snow**  
by S. Patty L. Sparks

Come, let winter weave  
her wondrous spell,  
for all of nature  
is at peace,  
in this the month ...  
of dreams

**A Snowflake**  
by P.K. Allen

A delicate design  
formed by Jack Frost,  
which after completion  
the pattern is lost.

A one of a kind,  
a trillion times dealt,  
to touch the warm ground,  
only to melt.



**A Different Christmas**  
by Gladys Szabo

It was the first Christmas without my dad. Mom and I were feeling sad. Christmas Day, we'd be apart. Although, together in our hearts. Mom announced, "No tree this year." It was a shock to my ears! Skipping our Christmas was not to be. It's not Christmas without a tree. One night mom would be out late. Now Christmas was to be my fate. The very first duty was to decorate. Decorations throughout the house. Even had the Christmas mouse. Off to the woods, ax in hand. Cut a tree on a farmer's land. Over the fence, through the snow. No one would ever know. Tree dressed with shimmering lights. Brought that tree to brilliant life. Joyfully singing Christmas carols. Dimmed the lights and lit the candles. As I began to trim the tree. With each ornament I could see. Memories of my years with dad. Though only fourteen we did have. Each one warmed me deep inside. Hanging some I even cried. Once all done, stood back to look. Was just like a storybook. Wrapped the gifts, lit the tree. Gifts from "Santa" to mom and me. Hours grew late, I started to doze. Then I hear the back door close. The look of shock as she entered the room. Immediately replaced any feelings of gloom. I shot off the couch. Hugged mom, till she slouched. With teary eyes, we opened our gifts. Our little Christmas was the greatest gift!



**Haiku**

by S. Patty L. Sparks

Tiny birds scurry  
Neath boughs laden with snow  
Grateful for berries.



**Twenty Christmas Fruitcakes** by Charlotte Hart

"Nick, would you mind making twenty fruitcakes? I like to give them as Christmas gifts."  
"No problem, Mrs. Parsons. I'll make them this afternoon."

It was early September 1953. Our boss, May Parsons, was owner of the Forest Hill House in Kennebunkport, Maine. Nick was the chef. I was a waitress. Most of the help had left on Labor Day to go back to high school. Because I was a sophomore at the University of Maine in Orono, which in those days opened in mid-September, I was still in Kennebunkport. Most of the hotel guests had gone home. It was quiet, and Nick was glad to have something to do. May had soaked a huge bowl of fruit in dark rum for a couple of days. She gave Nick her recipe for fruitcake. Some of the ingredients were raisins, light raisins, dark raisins, glaceed cherries, currents, pineapple, orange peel and apricots, Golden syrup, dark brown sugar, eggs, flour, butter, and "more" rum to drizzle over the cakes.



On his left hand. He had several stitches. A thick, skillfully applied bandage was to be worn for several weeks. That bandage stayed firmly in place but changed from white to dark, stained with various kitchen juices. On the afternoon Nick made twenty fruitcakes, the hotel kitchen smelled heavenly. (I love good fruitcake!) After the cakes were baked, Nick drizzled dark rum over the tops. Then he flipped the cakes and drizzled dark rum over the bottoms. When the twenty cakes were cool, Nick wrapped them carefully in several layers of cheesecloth and then aluminum foil ready to season and then freeze until Christmastime. I had been admiring Nick's work on those twenty beautiful fruitcakes, but then I noticed something was missing. "Nick," I said, "Where is your bandage? Your finger looks fine, but where is your bandage?" "Oh -oh! Oh no! No! No! NO! NO! NO! It has to be in one of those fruitcakes. Should I tell May?" "Oh dear! I don't know. I really do not think so. What good would that do?" "Some friend of May's is going to get a surprise for Christmas."

**Red Truck** by Nonie Moody

It was the cutest red truck I had ever seen, Not the big one with the four-door double cab. This one was small with only two doors. Not a ton pickup with engine sounding so mad. This red truck was an absolute dream vehicle, Not that monster pickup you would see at a show. The bed was just a normal size and looked perfect, Not that large truck bed you could haul a cow. My red truck was shiny and perfect in snow, Not a large truck to hog the middle of the road. This red truck carried a beautiful evergreen tree. Parked inside a very large Christmas snow globe.

**The Spirit of Christmas**  
by P.K. Allen

The socks were all hung on the mantle with care,  
Just so the kids would believe  
Santa was there.



**The Wise Men** by Nonie Moody

Making a journey to an unknown place,  
They slowly bumped along on camel backs  
Over mountains and through deserts,  
Following "His star" creating tracks.



Astrologers and scholars were three  
Studying the vast heavens above.  
The Magi's caravan slowly moves on  
From Persia (Iran) to Nazareth.

Gifts were packed securely in the saddle  
Gold for deity, royalty and King  
Frankincense for fragrance and priesthood  
Myrrh for embalming, dying His mission to bring.

The Magi followed the supernatural light  
To the Child's house and when they saw Mary  
They fell down and worshiped Him  
Giving Him treasures, they did not terry.

**Gifts**

by Bonnie Wheeler

There are different kinds of gifts  
Two of the best, true friendship and kindness  
You don't need to unwrap



**Christmas Waiting**  
by Bonnie Wheeler

The smell of cinnamon cookies  
Christmas is coming  
Bags filled with presents  
Family coming for turkey dinner  
Christmas tree lights burning  
Excited sleepy children waiting  
Christmas is almost here

**Santa Gear**  
by Bonnie Wheeler

You could spend Christmas in Florida  
Where warm winds blow and flowers bloom  
You could eat Christmas dinner of barbecue  
Or stay in Maine this year  
Until Santa appears in L.L. Bean gear



Dear Santa,

They say people my age should not STILL believe in you. ... Well, guess what, you'll find my homemade ginger molasses cookies and a nice Merlot next to the recliner — you know the drill.

Merry Christmas, Santa!

Yours truly,  
S. Patty L. Sparks



## Writers put into words why they enjoy writing

The Write on Writers, a very engaging group at People Plus, obviously enjoy what they do. So they were asked to put pen to paper on why they like to write and gather together at the Center. Here are their thoughts:

“I have to say I have a love-hate with writing. It is very hard to do, so much work. And there is the question in my mind, do I really have anything to say? Who will this benefit? And so on. But then something gets me to start writing and, hours later, it is still my ‘life work’ to say what I really mean. It is very nice to be in this (Write on Writers) group. It is a reason to need to write something every week. Everyone is so accepting and kind. There is no competition, and there is a great love of language and especially of storytelling.”

— *Helen Walker*

“All my life I have enjoyed writing. Papers for school, letters home, you name it. In February 2007, I joined the writing group at People Plus. There I found encouragement, a diverse and interesting group of welcoming people and weekly inspiration to write. For me occasionally writing is therapy. Driving in South Freeport one morning I hit a deer, a fawn, (and) broke its leg. I wrote about the experience. Then I felt less devastated, less sad. Attempting to write helps me appreciate the great writers, the talent and effort necessary to produce significant work, that of William Shakespeare, Mark Twain, Emily Dickinson, J.K. Rowling, J.D. Vance, Lin-Manuel Miranda, and hosts of new giants.”

— *Charlotte Hart*

“I learned of the writers’ group as soon as I moved to Maine three years ago. However, I was a little intimidated when I realized the ability of the writers. Nevertheless, I made myself attend a session just over a year ago and I am so happy that I did. The group, a variety of different writing styles, welcomed me warmly and seemed to enjoy what I wrote. Now, after a whole year, I have many new friends and the challenges from the group have much improved my writing skills.”

— *Doris Weinberg*

“During my senior year at Brunswick High School, I was able to take an advanced English course, one which required a great deal of composition. John Smith taught the course, and he was enthusiastic, full of ideas, and able to instill in us a love for writing. Since childhood, I had read and wondered about an event mentioned in my family’s genealogy, leading to years of research on the subject and eventually a book, which I self-published. I joined Write on Writers for help with the book’s production, but I stayed because I enjoyed the group’s challenges and interaction with its people. Writing for me is a way of expressing myself, and thanks to my classes at Brunswick High School, it also comes quite easily.”

— *Sally Hartikka*



Photo by Patrick Gabrion

“Several years ago I moved to Maine. A college classmate introduced me to People Plus and gifted me with my first year’s membership. I mentioned my goal of finding an activity I had never done and she suggested Write on Writers. Our Wednesday meetings are friendly, inspiring and social as we share our creative writing talent together. It is an opportunity and honor to be a member of this group exercising our minds, risking new writing styles, enjoying stories, poetry, essays, memoirs and more at our weekly storytelling meetings. Members have published books and I am delighted to open People Plus News and have my writing included with others on the Write on Writers monthly page.”

— *Betty Bavor*

“Ten years ago I attended my first meeting with the writers. I enjoyed writing poems for family and journaling. I wanted to write memoirs and learn other types of writing. Write on Writers is a unique group. Many of us share memoirs, personal experiences, different types of writing. Through all our sharing we get to know one another much more than in most other groups. We have become a family. We care and help one another as needed. We celebrate birthdays once a month along with holidays throughout the year. I look forward to our



meetings every week. I know being there will make my day much brighter. Lots of laughs, great readings and I always seem to learn something new either about writing or from someone’s reading.”

— *Gladys Szabo*

“My grandmother and mother both wrote poetry and prose. But it wasn’t until joining People Plus and Write on

Writers did I catch the excitement of sharing my thoughts in writing. Write on Writers has given me the venue to exercise my voice in a fun and friendly way.”

— *Nonie Moody*

“I enjoy writing because it gives me the freedom to think about anything and everything. Inspiration may come from the news, a report or just looking out of the window. Science fiction is my main interest so the possibilities are endless, but I always try to add a dose of plausible to pull the reader into the story. I try to make people imagine things they may never have thought of before. If my story makes people wonder, then I have been successful.”

— *W A Mogk*

The Write on Writers group meets on Wednesdays at 1 pm at the Center. Their published works are available in two books, *Out of Our Minds* and *Journeys and Reflections*, which are available at People Plus. The cost per book is \$14.95, with proceeds going to the Center.



# Join us for the new year!

