

45th People NEWS! ANNIVERSARY

People Plus
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Brunswick, ME
04011-0766

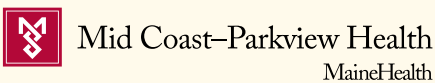
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People Plus supports an engaged, healthy, and independent life for older adults, while joining others to build community for all ages



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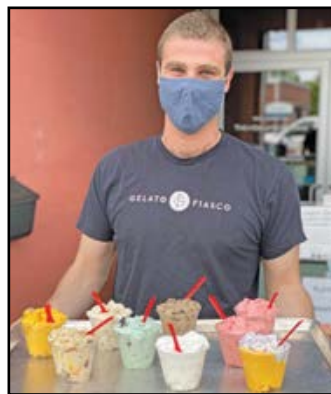
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TWO GREAT EVENTS THAT GO GREAT TOGETHER!



Bid high! Bid often!

Don't miss the 20th annual Music in April auction

The whole month of April!

The long-anticipated 20th annual People Plus Music in April online fundraising auction is finally here and, with so much excitement in the air, we are thrilled that it lasts all month long.

The bidding for the more than 200 incredible auction items launches on Friday, April 1 at 9 am and runs through Friday, April 29 at 10 pm. Over the last 20 years, the annual Music in April fundraiser has brought in more than \$600,000 for the Center, providing a solid financial backbone for the programs and services it provides to older adults.

And new this year — join us for our grand finale — a live auction on Friday, April 29 from 7- 8 pm. With Auction Emcees Stacy Frizzle-Edgerton and Frank Connors acting as hosts and auctioneers, this event can be watched online! Folks can either bid using the online bidding system or just sit back and enjoy the show!

Here's how the auction works: Find the auction link on our website at www.peopleplusmaine.org. Browse our catalog which will reach more than 200 items, with new ones being added each week. So check back often!

See something you like? Bid on it! The system sends notifications if someone outbids you, so then you can increase your bid — because you REALLY wanted that item. The "game" gets really fun during the last week, when the bidding heats up!

As mentioned earlier, the auction will close at 10 pm on April 29 and the highest bidders will be notified. You can either pay online with a credit card or we will accept cash or check

when you pick up your items at the Center. (Please note: If there is a bidding war on an item, the auction time for that item may be extended.)

If you win, you will be notified with dates and times when items can be picked up from People Plus the week after the auction closes. Most items can be shipped at a buyer's expense.

Remember, you can buy fantastic auction items or donate straight to our programs — for the entire month of April in our online auction.

The auction will feature things like a propane grill, original paintings, pottery, vintage items, toys, jewelry, a Chinese dinner for eight, pasta-making class for four, three of Jane Connors' homemade pies, along with gift certificates to local restaurants and activities, such as white-water rafting, night in a yurt, museum passes and Boston Duck Tours.

"We are super excited about the online auction bidding wars that will probably happen in the last week or so of the auction. With new items dropping in every week, there should be something fun and new to check out all the time! And being notified that my item has been outbid by someone else will definitely encourage me to bid a little higher!" said Stacy Frizzle-Edgerton, Executive Director People Plus.

Be sure to check out the Music in April Auction Guide, distributed in The Times Record April 1st circulation, as well as direct mailed to all our members and available at locations around town. The auction guide includes a rundown of most of the auction items (new items are being added all the

continued on page 7

BRUNSWICK AREA TEEN CENTER SCOOP-A-THON



Wednesday, April 27th

Who doesn't like gelato!

Scoop-A-Thon to benefit Teen Center

Enjoying gelato is easy. But having a tasty treat that not only benefits you, now that's special. So make it a point to come to the Gelato Fiasco Scoop-A-Thon on Wednesday, April 27 to support the Brunswick Area Teen Center.

Stop by the Gelato Fiasco Flagship Store, which is located at 74 Maine St. in Brunswick, between 11 am and 11 pm and select your favorite flavors. Gelato Fiasco will donate \$2 per dish, cone, pint, or coffee served to the Teen Center. Purchases will count from all customers and no special code is needed.

Thanks for helping the Brunswick Area Teen Center! It's not too late to join these wonderful sponsors!

Thank you 2022 Sponsors!



*Sponsor list as of print date.

Balance & Falls Clinic with Reform PT

Mon, April 11, 1:30 pm. Dr. Christina Levesque, PT, DPT of Reform PT is back to teach us what balance means, how to prevent a fall and how to properly handle a fall if one occurs. Free, open to the public. Registration required!



People Plus News

The monthly newsletter of People Plus, serving residents of the Brunswick-Topsam-Harpwell area. Questions, comments, submissions and sponsorship queries should be sent to the address below. Note that all submissions must be received by the 15th of the month to be included. email: news@peopleplusmaine.org snail mail:

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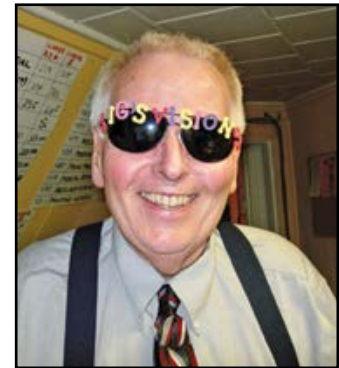
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FMI.spectrumgenerations.org

It started small...

It's honestly hard to believe that the People Plus Music in April fundraising event has been happening for 20 years! When it started as a little idea to bring in some extra funding for the Senior Community Center, I don't think anyone imagined that it could ever turn into a community-wide gala that annually brings together more than 300 people and has raised over \$600,000 for People Plus!

Yet, it really did start as just a little thing. It began as the idea of Sig Knudsen, the longtime Executive Director of People Plus and visionary of the community. He had the idea of creating a community center full of life, older adults and youth benefiting from education, fun, health and social awareness. However, they needed a lot more money to do it; so he thought "let's have a little fundraiser" ...



And that's where Jeanne d'Arc Mayo, who was a member, and Frank Connors, who was the membership director, come in. Sig got Jeanne, Frank, and Gloria Smith, another Brunswick legend in her own right, to help put together the event with a few auction items and some wine and cheese.

And although they barely broke even that first year, it ignited something in Jeanne Mayo. She wanted to keep it going. So she asked for a little space in Frank Connors' office to set up shop while she and several of her good friends in town made Music in April happen.

And happen it did. It grew over the next few years and became a dinner event with music. They added a live auction component with Auctioneer John Bottero. And then the silent auction filled a room. It moved to the Knights of Columbus hall where they could really spread out and feed 200 people. They had 27 tables sponsored by businesses, and it grew some more ...

Lennie Burke, Alison Harris, Mary Herman (who was at that time married to the governor), and Terri Burgess — all Jeanne's

friends — played their part in growing an amazing event.

She brought in local Chef Chris Toole to manage all of the food donations from restaurants, event designer Robyn Allen to create amazing spaces, and teens from the Teen Center program to help wait tables, and together it began to bring in more money than they ever dreamed of raising. And, of course, there were loads and loads of volunteers!

Volunteers who helped set the tables, arrange the auction, gather items and make it all look pretty. There were volunteers who addressed envelopes, did check-in, mailed invitations, did check out, and got all gussied up for the big event. And volunteers who "rolled napkins" under the watchful eye of Jeanne to create very special designs like roses or knots. Those napkins have become a thing of legend. They rolled thousands of knots and roses over the years, all the while looking at each other and asking "how does she get us to do this year after year?"

And she got the Bowdoin College kids in the a capella groups to sing at the event! Which is why it became known as Music in April! Since the beginning, there has been an amazing lineup of performers over the years. Barbershop quartets, the duo of Lambo and Laws, a capella groups and gospel singers all entertained us; and for the last six or seven years, the local band Touching Base has provided jazzy background music for everyone to enjoy.

And have you ever had a Bowdoin log? I'm sorry if you haven't because they are a delicious, Swiss-style rolled cake covered in chocolate and hundreds were served yearly at Music in April. Jeanne got the college to

From the Executive Director

Stacy Frizzle-Edgerton



donate those, too.

And who doesn't remember the year at Sky High when it had been raining for days and we needed tow trucks to get out of the mud? "It's no problem," said Jeanne, "everyone will still come. Just wait and see." And they did. Over 200 folks still turned up in the downpour to the event to have fun, and give money. They knew if they didn't, they would hear from Jeanne!

And that is how Jeanne is. She can always get you to do something for the good of People Plus. She'll get you to set tables, roll napkins, donate food, set up the auction and give of yourself and your time in a way that is more fun than hard work.

So thanks to her dedication, we are celebrating 20 years of fundraising for our older adults and homebound elders. We are 20 years stronger, have offered more classes, programs, and events than ever and have more members and new friends than ever! We've delivered over 10,000 meals, food pantry boxes, masks and prescriptions. We've driven hundreds of thousands of miles of FREE transportation, placed thousands of birthday calls, and had over 100,000 hours of volunteer service hours!

And it's all because of the vision of one man and the woman he asked to help him. So as we strive to honor Sig Knudsen's vision, Jeanne is still an intrinsic part of that vision and Music in April. Although, thankfully we won't be folding napkins this year!



volunteer service hours!

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Check out past newspapers at www.peopleplusmaine.org



BRACKETT FUNERAL HOME
29 Federal Street, Brunswick, ME
(207) 725-5511 www.BrackettFH.com



Adding layers of flavor and nutrition to our food

My older daughter and I were out for lunch the other day and she started telling me about some of the meal combinations that she was seeing on social media. She said that everyone is talking about eggs and pesto!

Lately, I have been eating my scrambled eggs with sautéed veggies and topped with salsa. I began to wonder about what else could be added to them. I love the idea of adding more layers of flavor and nutrition without taking a lot of time.

Here are some of the ideas that I was able to find. Eggs and ...

- Chick peas, tomatoes and spinach
- Sliced pickles
- Nutritional yeast
- Cooked quinoa and broccoli
- Goat cheese or feta cheese
- Olive oil, Dijon mustard or mayo

From Anita's Plate

Anita Nugent
(207) 504-6439

info@nutritionforeveryday.com

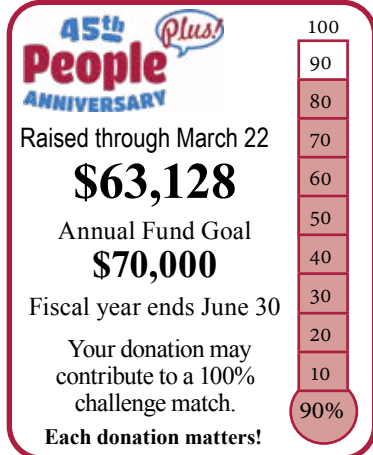
- Curry powder
 - Refried beans
 - Kimchi
 - Green chilies and crushed tortilla chips
- I think they all sound good. Which one are you thinking about trying?
- I chose this month's recipe because it was another meal idea that she had heard about and she said that it was delicious. This recipe doesn't have any measurements, so just put in the amounts that sound good to you. Think about other foods that you eat that you can add more layers of flavor and nutrition.

Mediterranean Tuna Wrap

- Ingredients:**
- Canned tuna
 - Cucumber, diced
 - Tomato, diced
 - Black olive, sliced
 - Chick peas
- Directions:**
1. Combine first six ingredients.
 2. Add condiments of your choice and combine.
 3. Spread onto a whole grain wrap. Enjoy!

Annual fund, minivan campaigns driving to the finish

As the saying goes, we know we are "preaching to the choir" to a certain extent on how fantastic People Plus is here in Brunswick.



The Center is a place that offers hundreds of programs and activities that benefit literally thousands of people — both young and old — in our surrounding communities. Meals, classes of every description, free lectures, driver services, and so much more. And just as important, a place for companionship and making new friends — in a safe and inviting environment.

But all this comes with a cost, and part of what makes all this possible is the support generated by our annual campaign. People Plus receives no money from the state or federal level. A portion of our funding comes from the towns of Brunswick and Harpswell, United Way, and Spectrum Generations, and the staff and volunteers raise \$300,000 a year to meet the total budget.

This year's annual campaign goal is \$70,000, and we are getting closer by the day thanks to people just like you. The funding is specifically slated for Senior Center programming to support our homebound elders, as well as the Volunteer Transportation Network, and plenty more. The Teen Center has its own annual fundraising campaign.

Coordinator.

"Most everyone knows of the valuable services we offer at the Center. With that in mind, we are hopeful that our members and community partners will continue to send their contributions," said Executive Director Stacy Frizzle-Edgerton. "Thank you to everyone who has already donated!"

According to Office Administrator Barbara Quinn, the Senior Center annual campaign fund total as of March 22 is \$63,128. The Teen Center annual campaign total is \$14,669, along with \$16,940 in the Back to School campaign and \$2,005 in Learn to Drive funds.



WE HAD A HUGE GROUP of over 50 folks gather at the Center for our first Author's Chat since COVID began two years ago! Thank you to Ann Kimmage for sharing her wonderful book, "Split in Two: Reconciled Through Yoga" which tells the story of her journey behind the Iron Curtain and how she was healed by yoga. Books are available at the Center!

Chief Stewart earns spot at FBI school



Scott Stewart, Police Chief of Brunswick and a People Plus board member, has been selected to attend the FBI National Academy in Quantico, Virginia.

"In 2011, I applied to attend the FBI National Academy and was put on the waiting list. It has been a lifelong career goal of mine to attend the 10-week prestigious program," said Stewart. "Maine is only able to send one, sometimes two, people to each of the four yearly sessions. The FBI pays for everything. Currently, there are over 250 administrators from New England on the waiting list; I am extremely lucky to have been selected."

Stewart's session has 267 people attending, of which 28 are international students. Besides the classes, there are numerous field trips to various law enforcement/government sites with "behind the scenes" tours.

He feels fortunate to have gotten all of the classes he wanted:

- Psychology of Leadership
 - Overview of Forensic Science for Police Administrators
 - Navigating Internal Leadership Crises
 - Seminar in Managing the Law Enforcement Image
 - Leadership in Advanced Investigative Strategies for Violent Crime
 - Fitness in Leadership
- The final physical agility component is the infamous Yellow Brick Road, a 6.1 mile run/obstacle course.

"I am absolutely thrilled to have this experience and can't wait to come back to you all with new visions for a better police department and community. I am leaving April 3 and graduate on June 9," said Stewart.

Commander Paul Hansen will be attending the various People Plus events during Stewart's absence.

Congratulations, Chief Stewart!

Do you live alone?

The Good Morning program is a FREE daily safety check-in phone call *providing peace of mind.* In partnership with Brunswick Police Department

Sign up now!

FMI 729-0757
www.peopleplusmaine.org

When you are contemplating a move...

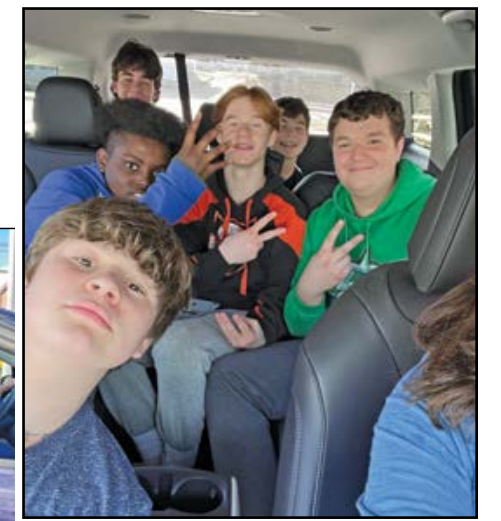
to a Retirement Community, enjoy a visit to COASTAL LANDING in Brunswick to see all we offer in independent retirement living (assisted living available). Included in your monthly rent:

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VAN-TASTIC VOYAGE

Speaking of the Teen Center, a funding drive also is underway to finish the purchase of a



TEEN CENTER MEMBERS WERE EXCITED to see the new minivan and can't wait to get a ride! Looks like they will love it!



Lobster Party!

FUN is always on the menu!

There is nothing more fun than an old fashioned Maine lobster party. It takes experience to master cracking a lobster and at **The McLellan** we have lots of experiences to share. We all have also learned to simply enjoy life and everyone around us. We know life is a celebration and we always look forward to the next day and the next reason to celebrate. Here we are not just acquaintances, we are friends who share connections and *fun is certainly always on the menu!*

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April is Amazing at People Plus!!



THE PEOPLE PLUS OUTING CLUB enjoyed a recent hike at Mitchell Field. For a variety of recreational offerings, the Harpswell site can't be beat. The 120-acre former U.S. Navy fuel depot property was transferred to the town in 2001 from the federal government. It boasts several miles of paved and gravel paths, a sandy beach, a bandstand that hosts outdoor concerts and the Harpswell Community Garden. It's a great place for walking, bicycling, swimming, cross-country skiing, picnicking and so much more. On clear days, you can see Mount Washington 80 miles to the west. Everyone is welcome to join the Outing Club, which gathers on Wednesdays. Photo courtesy of David Selleck.

Lunch and Connections

April meal features baked ham, with Mac & Cheese

Thu, April 21, 12 noon. Spring has sprung, and what better way to leave the doldrums of winter behind by joining us for our monthly Lunch & Connections, featuring a traditional baked ham dinner with Mac & Cheese and all the fixings — along with drinks and dessert. Lunch will be served seated, inside the Center, and space is limited. So make sure to call and reserve your spot! Bring along your friends and appetite for good food and conversation.

These monthly Lunch & Connections meals are underwritten by our friends at Spectrum

Generations, and are intended to focus on nutrition, useful information, variety, socialization and fun.

Remember, the dining room opens at 11:15 am, we'll start serving our buffet meal at noon. 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 50 people. It is important that you pre-register to be included. It's really easy; just call 729-0757 to register anytime.

Changes to Monday Bridge – new time and new “duplicate” style – we’ll teach you!

New members Cy and Gail Kendrick will anchor an intermediate to advanced bridge group that will meet Mondays, 1-4 pm, beginning April 4. During meetings in April, attendees without bridge partners will be encouraged to try playing with different people in the hopes of finding someone they will enjoy playing with on a regular basis. Then in May, Cy will introduce the group to duplicate bridge play (not to worry, the bridge is the same, but the

mechanics and strategy are just a little different). The group will play duplicate style for the month of May and then determine whether they want to continue to use this format.

Cy has been teaching bridge since the 1990s and has directed duplicate bridge for the last 10 years. For those who want to learn bridge, Cy will be teaching at Merrymeeting Adult Education this summer.

Exercise at the Center

Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Gentle Barre and Zumba. Registration required, \$5/class for members, \$10/class for non-members. FMI peopleplusmaine.org.

Apple Tech Time

Thursdays, 9:30-12 noon. Bowdoin College Senior Ashlynn Autrey is back with her popular technology tutoring sessions. Register for a 45 minute session, bring your Apple device (iPhone, iPad, Macbook) and she will answer your questions! \$10 requested donation. Members only, appointments required.

Collette Travel

Tiptoe Thru the Tulips on a River Cruise!

Savor springtime in Holland and Belgium with a 7-night cruise April 25-May 3, 2023, that highlights the blooming Dutch tulip fields. Explore the charming fishing town of Volendam, then choose to spend your afternoon visiting a local cheese farm for a tasting or visit Medieval Haarlem for a guided tour; travel to Arnhem, the favorite summer retreat of the Dutch royal family; dock in Middelburg and explore its twisting lanes; visit two of Belgium's oldest cities, Ghent and Bruges; enjoy a guided local tour of Antwerp, rich in Gothic and Baroque architecture followed by the Captain's Gala dinner and dancing; experience Kinderdijk, home to Holland's largest collection of windmills and explore the world famous Keukenhof Gardens, home to more than 7 million tulips. Open to the public. FMI <https://gateway.gocollette.com/link/1093932> or call 729-0757.



ACTIVITY PUNCH CARDS: Our punch payment card system is safe & convenient. FMI 729-0757 or stop by to purchase your card! \$25 for 5 classes, \$50 for 11 classes (that's 1 free class!).



Good Eats – Good Friends!

Women's Tea

Thu, April 7, 1:30 pm. Enjoy tea and a treat while socializing with the ladies. Members only, registration required.

Men's Coffee

Thu, April 28, 1:30 pm. Enjoy coffee and a treat while socializing with the gents. Members only, registration required.

Medicare 101

Tue, April 12, 12:30 pm. Choosing a Medicare drug and/or health plan can be difficult and confusing. In this Medicare 101 class, Spectrum Generations will provide 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 six 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.

Are you caring for an elderly loved one?

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The "Club" provides a warm, intimate environment, safely encouraging interaction between participants that enhances mental acuity, congeniality, safety and comfort.

Call 729-8571 for more info & on the web: www.respite-care.org

Come Play with Us

Play Bridge, Cribbage and Mah-Jongg several days a week. Members only.

CENTER CLUBS FREE: MEMBERS ONLY

*To connect with clubs, call 729-0757

Table Tennis

Mondays & Tuesdays, 11 am; Wednesdays, 1 pm; Thursdays, 9 am.

Fiber Arts Club

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

Easy Riders Bike Club is back! **Tuesdays, 12:30 pm.** Meet at the Center for a bike ride each week.

Outing Club – new time!

Wednesdays, 9:30 am. Meet for a hike each week at a local or offsite location.

Write on Writers

Wednesdays, 1 pm. Meet to share stories and writings.

World Affairs

Every other Friday, 11 am. Meet to discuss topics of the week.

Cantina Espanol

1st Tuesday, 2:30 pm. Spanish language club meets in person to chat in Spanish.

Kaffeestunde!

2nd Tuesday, 2:30 pm. German language club meets in person to chat in German.

Books a la Carte

3rd Tuesday, 2 pm. Share what you've been reading in this unique book club.

Cafe en Francais

4th Tuesday, 2:30 pm. French language club meets in person to chat in French.

Free Tax Help!

AARP Tax Aides will be at People Plus on Tuesdays and Thursdays until April 15, with COVID-19 protocols in place. Clients will be asked to pick up pertinent documents from People Plus to fill out before their appointment. Tax clients will NOT sit with tax preparers inside during their appointment, but must remain on the People Plus premises — in a car or the designated waiting area located inside — during entire appointment. Clients will sign documents once they are completed. Appointments required.

Programming Notes

The Town of Brunswick has lifted its mask mandate. **Masks are no longer required** at the Center, but please do what makes you comfortable.

For April 2022:

- Easy Riders Biking Club resumes for the spring on Tuesdays at 12:30 pm
- Write on Writers resumes meetings in-person at the Center
- All language clubs are meeting in-person at the Center
- Books a la Carte is now back in-person at the Center

***Anyone can try any activity once for free!**

Register for activities @729-0757

\$10 Hair Cuts with Margarita!

Fridays, 9-12 pm. Appointments with Margarita Day (no drop-ins). \$10 donation benefits People Plus. Open to the public! Registration required.

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Clinics also located in Yarmouth & Kennebunk!

Mon	Tue	Wed	Thu	Fri	Sat
		Start Your Bidding! The 20th annual Music in April fundraiser is online so EVERYONE can get in on the auction action! You don't want to miss this amazing collection of items, gifts and services! Auction runs April 1-29! Find the auction link at peopleplusmaine.org .	Mark your calendars for the Live Auction Finale, April 29th, 7-8 pm! Our interactive live auction will be a festive hour of Frank & Stacy entertaining you as they review items and encourage you to bid online – LIVE!	9:00 Mah-Jongg 1 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga	2 9:00 Zumba
9:00 Mah-Jongg 4 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 6:00pm Belly Dancing	8:00 AARP Tax Aid 5 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 12:30pm Biking Club 2:30pm Spanish Club	8:45 Cribbage 6 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Outing Club 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis	8:00 AARP Tax Aid 7 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Time 11:00 Yoga 1:30pm Women's Tea	9:00 Mah-Jongg 8 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga	9:00 Zumba 9
9:00 Mah-Jongg 11 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 1:30pm Balance & Falls Clinic with Reform PT 6:00pm Belly Dancing	8:00 AARP Taxes 12 9:00 Beg/Int Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 11:30 LUNCH OUT 12:30pm Biking Club 12:30pm Medicare 101 2:30pm German Club	8:45 Cribbage 13 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Outing Club 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis	8:00 AARP Tax Aid 14 9:00 Beg/Int Bridge 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Time 11:00 Yoga	9:00 Mah-Jongg 15 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga	9:00 Zumba 16
Center Closed 		9:00 Beg/Int Bridge 19 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 12:30pm Biking Club 2:00pm Books a la Carte	8:45 Cribbage 20 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Outing Club 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis	9:00 Beg/Int Bridge 21 9:30 Art Class 9:30 Apple Tech Time 12:00pm Lunch and Connections	9:00 Mah-Jongg 22 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga
9:00 Mah-Jongg 25 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge 6:00pm Belly Dancing	9:00 Beg/Int Bridge 26 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 12:30pm Biking Club 2:30pm French Club	11am-11pm Gelato Fiasco 27 Teen Center Scoop-a-thon 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Outing Club 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers 1:00pm Table Tennis	9:00 Beg/Int Bridge 28 9:00 Table Tennis 9:30 Art Class 9:30 Apple Tech Time 11:00 Yoga 1:30pm Men's Coffee	9:00 Mah-Jongg 29 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:45 Chair Yoga 7:00pm Music in April Live Auction Finale	9:00 Zumba 30

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We are feeling as lucky as a leprechaun to be back together at the People Plus Center!
Join us on April 21st for our next Lunch & Connections!



THE LUCK OF THE IRISH SHONE ON OUR WINNERS of the People Plus March raffle! Grabbing the monthly prize on the St. Patrick's Day drawing were Richard and Joyce DeVito (pictured above) and Midge Hart (below). They each won a prepared traditional Irish corned beef and cabbage dinner for up to four people. We greatly appreciate everyone's participation, as the raffles play a big part in supporting our homebound seniors and activities here at the Center.

Garden plots available to members

People Plus is now accepting sign-ups for plots in the Community Garden on Industry Road. Members of People Plus are given priority in signing up, but there are usually extra plots available for other interested gardeners. The plots average 20 feet by 24 feet, though it is possible to take only half a plot if desired. People Plus asks for a contribution of \$10 for the season, which runs from May to the end of October. Gardeners are encouraged to call People Plus to express interest in gardening and they will then be contacted by the coordinator to be assigned a space.

The gardens have three water spigots with hoses for use in the gardens, but gardeners are expected to provide their own tools. It is expected that the gardens will be tilled and ready for planting around the first of May, and all gardeners will receive a numbered plot assignment before anything is allowed to be planted. New members are welcome to join this group of knowledgeable and friendly gardeners who are always ready to assist beginners with planting and cultivation techniques. Call People Plus at 729-0757 for more information!



Lunch out!
April 12th at 11:30 am.
FAIRGROUND CAFE & Meeting Room
49 Topsham Fair Mall Rd, Topsham

BICYCLES NEEDED

There is a real need for bicycles that people no longer use. Maybe you have one that you have not ridden for years and you might want to part with it. Mark Wheeler, a retired physician and bicycle enthusiast, has been collecting bicycles, tuning them up, and offering the bikes to people who need them. Bicycles have been given to asylum seekers who need transportation to get to jobs or to do errands, and also to the Portland Gear Hub, a nonprofit that provides bikes to local Mainers. If you have one that needs a new home, contact Wheeler at 443-5712 or cell 319-3662, or email wheeler.mark@comcast.net. He is happy to collect the bike at your convenience.

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Bid high, bid often continued from page 1

time.) sponsor information and log-in instructions for bidding on auction items. It's really easy, and as we said, anyone can participate in this year's auction!
Thank you again to our generous lead sponsors, including Neighbors, Inc., Mid Coast Parkview Health, Bangor Savings Bank and Mechanics Savings, along with our other wonderful sponsors: Atlantic Federal Credit

Union, Avita of Brunswick & Sunnybrook, Bar Harbor Bank and Trust, Bath Savings Institution, Bill Dodge Auto Group, Brackett Funeral Home, Brunswick Instant Printing, CHANS Home Health & Hospice, Coastal Landing Retirement Community, Darling's Ford,



Developers Collaborative, Edward Jones, Goodwin Motor Group, JHR Development, Kennebec Savings Bank, Maine State Music Theatre, Mid Coast Senior Health Center, Norway Savings, Off Their Rockers, Priority Real Estate Group, Riley Insurance Agency, Rousseau Management, Rusty Lantern Market, Spectrum Generations, The Highlands, The Times Record, and Thornton Oaks.
The money raised from Music in April

enables People Plus to serve the greater Brunswick community by offering a variety of activities to support independent lives for older adults both at the Center and at their homes, provide outreach and transportation services, as well as many volunteer opportunities.
Find the link to the auction at: www.people-plusmaine.org.
As always, thank you for continuing to support People Plus and its members! We couldn't do it without you!

Music in April Online Auction runs April 1-29!

Sample of Online Auction Items – check online for complete list!

<h4>Gift Certificates</h4> <ul style="list-style-type: none"> • Wild Oats - A Year of Cake <ul style="list-style-type: none"> • One Hour of Axe Throwing for up to Six (6) • Gift Certificate for Six (6) Fresh Lobsters • WellTree, Inc. \$100 Gift Certificate 	<h4>Gift Baskets</h4> <ul style="list-style-type: none"> • Heidi Boyd Sewing Kit Gift Basket • Trader Joe's Bag of Goodies <ul style="list-style-type: none"> • Hand-made Organic Lavender and Rosemary Soap Basket 	<h4>One of a Kind</h4> <ul style="list-style-type: none"> • Pasta Making Dinner For Four (4) with Gentleman Farmer in Maine • Moosehead Lake Camp Weekend • Two (2) Tickets to Paul McCartney Concert 	<h4>Vintage</h4> <ul style="list-style-type: none"> • Vintage Cat Cross Stitch • Vintage Wedgewood "Bowdoin College 1931" Plate Set • Vintage Ship Model of the Clipper ship Rainbow
<h4>Adventures</h4> <ul style="list-style-type: none"> • Maine Forest Yurts Overnight Stay • Maine Maritime Museum Admission Certificates • Monkey C Monkey Do Gift Pass for Family of Four (4) 	<h4>Paintings and Prints</h4> <ul style="list-style-type: none"> • Nut Hatch by Edythe A. Laws • Vintage Frame Ski Print, "Rigi Ski-Rennen" 1907 • Whimsical Purple and White Gnome Painting on Wood 	<h4>Clothing and Bags</h4> <ul style="list-style-type: none"> • LL Bean Women's Trail Model Fleece Vest, Large, Bright Green • BocaBag Quilted Zippered Top Tote Bag • Vineyard Vines Tie 	<h4>Golf</h4> <ul style="list-style-type: none"> • Five (5) Dozen Salvaged Golf Balls • Two (2) hours of Virtual Golf
<h4>Kids and Baby</h4> <ul style="list-style-type: none"> • Lovely Reversible Baby Quilt • Thomas the Tank Engine Wooden Train Set 	<h4>Jewelry</h4> <ul style="list-style-type: none"> • Beaded Talbots Bracelet • Blue Topaz Earrings from Keith Field Goldsmith • Sterling Silver Compass Necklace 	<h4>For the Home</h4> <ul style="list-style-type: none"> • Avon Twinkling Musical Teddies Collectible • Pfaltzgraff Winterberry Pedestal Dessert Bowls • Blackstone Culinary 3-Burner Liquid Propane Flat Top Grill from Lowe's 	<h4>Live Auction Finale, April 29, 7-8 pm!</h4>

Live Auction Finale, April 29, 7-8 pm!

<h4>Soup of the Month – Starts tonight!</h4> <p>Take a night off from cooking and enjoy a delicious bowl of home-made soup once a month, made by our very own People Plus Office Coordinator Sarah Deck. You will receive two (2) twenty-four ounce containers each month for a year! Each soup may be different and will complement the season. Your year of soup begins the night of the Live Auction and runs until March of 2023.</p>	<h4>Sunset Sailboat Cruise for Four (4)</h4> <p>Enjoy a spectacular afternoon with up to four (4) friends on the 40-foot cutter, Prudence. Leaving from its home berth at Robinhood Marina, you'll sail down the Sheepscot River toward Hendricks Head Lighthouse in search of Osprey, seals, porpoise, and other wildlife. We will watch the sunset with cocktails and light hors d'oeuvres at the end of the cruise - safely moored back in Riggs Cove. Cruise date and time to be arranged between July 15 and Sept. 15, 2022. Leaves from Robinhood Marina in Georgetown.</p>	<h4>Gourmet Chinese meal for Eight (8) in Your Home</h4> <p>Gourmet Chinese meal for eight (8), prepared in your home by Mike Feldman, menu to be developed with the chef from extensive list of over 50 Chinese delicacies, including Szechuan dishes from Chengdu region and less-spicy Cantonese dishes, good until March 31, 2023. (with sous chef Jonathan Edgerton and waitress Stacy Frizzle-Edgerton to complete the dining experience).</p>	<h4>Mary Alice Treworgy Limited Edition Giclee Print "Monhegan Lighthouse Dory"</h4> <p>Mary Alice Treworgy prints are a popular item at our auction each year! Begin a new collection or add to your existing one with this lovely print! 12" x 14" ready to be framed. Limited edition - signed by the artist - giclee print 45/100.</p>
<h4>Big Top Deli Monthly Meal Deal (for a year!)</h4> <p>Enjoy a meal every month for a year at this famous Downtown restaurant, serving delicious breakfast and lunch on Maine Street in Brunswick. This gift certificate is for \$10/month for 12 months! What a deal!</p>	<h4>Jane Connors' Famous Pies – Enjoy one Tonight!</h4> <p>Jane Connors' pies are famous and delicious! We'll deliver one to you at your home after the auction tonight (within 20 miles) - for you to enjoy right away! Comes with ice cream and a hand turned ice cream scoop made by much-loved, retired Brunswick dentist Dr. David Taft. And you'll also receive a certificate to order two more pies later when you want them. (Certificate good for one year.)</p>	<h4>Spring Gardening Basket</h4> <p>Just in time for spring - this lovely basket includes a \$50 gift card to Skillin's Greenhouses, a perennial plant for your garden, a hand-made dibble by David Taft (do you know what this is?) plus a set of new gardening gloves, heirloom bulbs, and a five gallon bucket of rich compost!</p>	

**items as of print date - subject to change*

A Look at Twenty Years of Music in April Festivities!



MUSIC IN APRIL THRU THE YEARS a 20th anniversary feature

April 17, 2009: 7th annual Music in April features expanded buffet line, a carving table with a mystery server, plus an "expansive list of live and silent auction items."

April 29, 2010: O Jeanne d Arc Mayo, the "Marvel" behind so many exceptional Music in April events AND perennial board member, named volunteer of the year.

April, 2011: The 9th annual Music in April gala opened April 14 to another capacity crowd and bulging auction tables, and when the evening was over, another record setting year was enjoyed by all. Downeast Energy, for the ninth straight year, was the "Fortissimo," or event sponsor.

April, 2012: The 10th annual Music In April gala opens April 12, beginning promptly at 5 p.m., in Brunswick's spectacularly transformed Knight's of Columbus Ballroom.

April, 2013: Lighting and interior design work by Robyn Allen of Maine Event Design & Decor routinely transform the K of C Hall into an unforgettable ballroom for this evening event. Last year's sold-out event was attended by more than 250 people and raised nearly \$30,000 for the People Plus Center.

April, 2014: Rousseau Management, providing care in the Brunswick area for more than 30 years, is our new Fortissimo Gala Event sponsor this season, and Spectrum Generations of Brunswick and Topsham is our Fortissimo Event sponsor.

April 9, 2015: Our 13th annual Music in April opens at 5 pm in the "spectacularly transformed" Knights of Columbus hall ballroom. Rousseau Management and Spectrum Generations lead the 22 area businesses sponsoring the event, and two dozen leading restaurants contribute "house specialties" to what has become the area's "most spectacular buffet!"



Special Thanks to our Sponsors, Volunteers and Participants!



MUSIC IN APRIL THRU THE YEARS (continued)

April 7, 2016: The 14th annual Music in April Gala, with its sumptuous buffet and record-setting list of auction items opens at the Knights of Columbus hall this evening. "This one will be fresh and springy," Executive Director Stacy Frizzle predicted, "with fresh flowers, new lighting and eye-popping color!"

April 6, 2017: The 15th annual Music in April "spectacular" moves to Topsham and the Sky Hy Conference Center, promising "all the best from past events and only the newest for the new side to come together and create an unforgettable evening!" Touching Base and Porch Time Quartet will provide music during the event.

April 5, 2018: The 16th annual fundraising Gala Music in April finds a new home at the spacious and welcoming Brunswick Recreation Center at Brunswick Landing. Expect only the best food and more than a hundred auction items, with plenty of room to move and visit with friends.

April 4, 2019: New sponsors, more food offerings and still larger silent and live auctions, coupled with a return to the Recreation Center at Brunswick Landing, almost guarantees the 17th annual Music in April gala will be the People Plus Center's "best effort yet!"

April, 2020: Amid concerns for members' safety during the COVID-19 pandemic, the 18th annual Music in April event planned for the St. John's Community Center was moved first to June 25, and later became a "virtual event."

April, 2021: It's finally here! The long-anticipated People Plus Music in April online auction and raffle. The auction will feature things like Wheel of Fortune ticket vouchers and signed photo, propane grill, original paintings, pottery, vintage items, toys, jewelry, a Chinese dinner for eight, pasta-making class for four, three of Jane Connors' homemade pies...





WE ARE HOPPING INTO SPRING here at the People Plus Center with our favorite monthly mascot, little Frankie Fir Tree. It's so cute that Barbara decorates him seasonally every month. We love the fresh, fun feeling he brings to the lobby! Stop by and see him for good luck on your way in!

BEING on BOARD

Editor's note: There are countless factors that play into the success of People Plus. There are the volunteers, the instructors, the generosity of individuals, groups, communities, and businesses, and there are the members themselves. Another key component of the Center is our board of trustees, who devote a great deal of time and attention to help make all this possible. "Being on Board" is a question-and-answer opportunity to get to know these wonderful people a little bit more and we thank them for participating.

Q. Your name, please?
A. Sonia St. Pierre

Q. The community where you live?
A. Brunswick, Maine

Q. Professional occupation?
A. I am a retired business education teacher and, prior to teaching, I was an accountant at a private corporation in Winslow.

Q. How did it come about being appointed to the People Plus board? What committee positions are you serving on?

A. I met Stacy and her wonderful staff while involved in the tax preparation program through AARP Tax Aide. She approached me last fall and asked if I would be interested in serving on the board. While spending time at the Center, I was so impressed to see all the programs and activities that they offer to our community that I decided this would be a good time for me to become more involved. I presently serve on the finance committee.

Q. What was it like growing up in the Waterville area?

A. My parents immigrated to Waterville, known then as the "Elm City" for its elm trees, from Quebec in the early 1950s. The Hollingsworth and Whitney paper mill was the attraction. I was born shortly after their arrival, so as you can see, I am French-Canadian.

Like many other cities in the Northeast, Waterville then was a bustling industrial city with many popular clothing stores and many factories along the Kennebec River. It was and still is home to two reputable colleges, Colby College, a liberal arts college, and Thomas College, a business college. I attended an all-girl parochial high school and then onto Thomas College for a business degree.

Q. What do you like the most about our great state?

A. I truly enjoy all the four seasons here in the beautiful state of Maine. My husband and I love to spend time outdoors exploring.

Q. Why should every community have a welcoming place like People Plus?

A. I see People Plus as a place for older adults to connect with others and



participate in mentally and physically stimulating fun activities and programs that help seniors stay healthy and meet new people. It offers so many resources, such as lectures, classes, nutritional meals, and many other services to help keep seniors living independently. Probably the biggest benefit is the socialization that seniors enjoy while participating at the Center. It is such a welcoming place. I am just beginning to learn all the advantages to belonging to a senior center such as People Plus, and I'm looking forward to participating in their many activities.

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 Jordan and of course, Frank's weekly Two-Cents article.

If you aren't getting it, just email programming@peopleplusmaine.org or leave a message at 729-0757 and Jill can add your email address to the list!

MID COAST HOSPITAL AUXILIARY Grand & Glorious Yard Sale 3 ways to be part of the fun!

1. DONATE Drop off your "Good Goods"
Saturdays & Wednesdays from April 9-May 14, 9 a.m.-12 p.m.
Merrymeeting Plaza, 147 Bath Road in Brunswick
(between Pet Smart and Bed, Bath & Beyond)
For more information, please call (207) 373-2122 or visit midcoasthealth.com/auxiliary

2. TAKE A SNEAK PEEK Come to the Early Bird Sale
Friday, May 20, 5:30-7:30 p.m.
Get first dibs on purchasing. \$20 per ticket in advance (\$25 per ticket at the door).
Advance tickets are available until 5 p.m. May 18 at
Mid Coast Hospital's Gift Shop, Gulf of Maine Books in Brunswick, and Now You're Cooking in Bath.

3. FIND A TREASURE
Saturday, May 21, 9 a.m.-3 p.m. and Sunday, May 22, 9 a.m.-12 p.m.
Admission is FREE. Proceeds will benefit nursing and health career scholarships.

The yard sale comprises two unique shops located at Merrymeeting Plaza, 147 Bath Road in Brunswick.

 Mid Coast Hospital
MaineHealth
midcoasthealth.com/auxiliary



BRUNSWICK AREA TEEN CENTER SCOOP-A-THON



Come to Gelato Fiasco on April 27, 11am-11pm



Welcome Home



Mid Coast Senior Health Assisted Living at Thornton Hall offers a relaxed environment with professional care services that encourages each resident to live as independently and comfortably as possible. We invite you to come visit our warm and inviting home, and learn about the breadth of healthcare services and social activities readily available.

For more information or to schedule a tour, please call (207) 373-3646 or visit www.midcoastseniorhealth.com

 Mid Coast Senior Health
MaineHealth

Brunswick Area Teen Center

Pace is really picking up at Teen Center

Spring is here and there's music in the air! Well, Music in April in the air! An entire month of shopping to support People Plus! I won some great items last year and I'm looking forward to browsing this year's treasures.

Meanwhile, for the Teen Center program, our advisory committee members, as well as staff, have been busy planning our Gelato Fiasco Scoop-a-Thon scheduled for April 27!

We will only have one celebrity scooper behind the counter at a time this year, but all else will be as it was in the past. We will have outdoor entertainment, our 50/50 raffle, celebrity scoopers and, generally, around 1,000 people come in to buy gelato! We are looking forward to seeing YOU there!

At the same time as we are preparing for the Scoop-a-Thon, we are raising money to purchase a van that will be used to transport kids from school to the Teen Center! We are so very close to reaching the needed \$45,000 we need and couldn't be more grateful to all who have sent in donations for this important addition to our program. Too many of our members have had no way to get here after school for the past 2-3 years.

We know winter is behind us as the kids have been heading outside for basketball again! More kids are walking to the Teen Center as the weather improves as well.

The kids have spent the winter playing video games, indoor basketball, we got them to play some board games a few times, some of them play chess, they use computers and shoot pool.

Teen Center News

Jordan Cardone



As more kids continue to come, we are trying to quickly adjust our food amounts and options! This is a never-ending feat and if anyone is interested in signing up to bake (they LOVE anything homemade) or provide a meal once a month, please let me know at teens@peopleplusmaine.org.

Some of the "new Mainers" have discovered our program and have joined the Teen Center, adding to our membership and diverse group of kids. We are glad they found us and as always with the kids, we are learning from each other! Video games and food seem to be international favorites among pre-teens and teens everywhere!

So, after our busy pre-April and April and a few days after our Scoop-a-Thon, I am headed out on vacation! We had to cancel our 2020 trip, didn't even try for 2021, so we are more than ready for trip 2022. My assistant Simone and our intern Alex will hold down the fort the first two weeks of May. Wish good wishes for me that travel options stay improved between now and then.

I hope that some of you have been enjoying fish chowder on Fridays at St. Charles Church and supporting local nonprofits and we really hope to see you on Wednesday the 27th down at The Gelato Fiasco!

Jordan and the gang

All Saints Parish St. Charles Borromeo Church

LENTEN SUPPERS Fish Chowder Take-Outs

A pint of homemade fish chowder, package of oyster crackers & wrapped dessert. \$10 each, exact cash or checks (made out to All Saints Parish). Served 5-6 pm. *Customers should enter the East parking lot entrance and will be directed by signs to the pick-up area. Profits will be divided equally among *Mid Coast Hunger Prevention Program, Tedford Shelter, The Gathering Place, Habitat for Humanity-7 Rivers Maine, Oasis Free Clinics, and Brunswick Area Teen Center.*

Come all! 132 McKeen St., Brunswick (pick-up instructions listed above)



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Donations may be sent to:


BRUNSWICK AREA STUDENT AID FUND
P.O. Box 867, Brunswick, ME 04011

Gone but not forgotten –

Irma Howard May 7, 1924 — Feb. 3, 2022	Peter Frati April 16, 1929 — Feb. 27, 2022
William Edgerton Dec. 20, 1959 — Feb. 26, 2022	Pat Miller Nov. 11, 1936 — March 2, 2022
Gail Smith Sept. 22, 1949 — March 2, 2022	

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www.spectrumgenerations.org

Central Maine Area Agency on Aging
Southern Midcoast Aging and Disability Resource Center

Monthly Update

April 2022



National Autism Awareness Month
We can help!

According to the Centers for Disease Control and Prevention (CDC)'s 2021 report, the prevalence of Autism has more than doubled since 2004 from 1 in 125 to 1 in 44 individuals.

Additionally, the study highlighted that boys are also approximately four times more likely to have an Autism diagnosis than girls of the same age.

If you, or someone you know, is managing Autism or other Intellectual and/or Developmental Disabilities, Healthy Living for ME is here to provide support. Through our HealthMatters and Falls Prevention programs we offer support and assistance, and our Building Better Caregivers program is available as a resource for those caring for someone with Autism.



For more information or to register, visit healthylivingforme.org, call 1.800.620.6036, or email info@healthylivingforme.org today!

Fundraising Event

Golf Fore a Cause

What better way to take advantage of summer than at one of Spectrum Generations' biggest fundraising events!



Our 20th Annual Golf Fore a Cause tournament, benefiting our programs and services including Meals on Wheels, will take place on **Friday, June 10**, at **The Meadows Golf Club** in Litchfield.

The cost is \$150/individual, \$500/team, and includes 18 holes with cart, lunch, awards, and much more!

There are also various sponsorship levels available and offer a great way for businesses or individuals to generate positive publicity from their association with our tournament.

For more information email jgraves@spectrumgenerations.org or visit www.spectrumgenerations.org/events.



Support Group Parkinson's Disease

Support group will be held on the first Tuesday of the month at the Cohen Community Center from 12:30- 1:30 p.m. For more information call 626-7777.

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

Advisory Council

Join our team →



Interested in making a difference in your community? Spectrum Generations is looking for Advisory Council and Board members to represent the needs of older community members. The commitment is only a few hours quarterly and people will have the opportunity to make a difference. For more information, please contact Nate Miller at nmiller@spectrumgenerations.org.

Do you have a few hours to donate? Our Meals-on-Wheels program needs volunteer drivers. Coverage area includes Waterville, Oakland, Fairfield, Augusta, Gardiner, Windsor, Chelsea, Manchester, Winthrop, Monmouth, as well as covering towns in Waldo and Somerset counties.



Depending on what your schedule allows, this could be a short-term commitment or something you decide to do on a regular basis. Drivers are reimbursed at 45-cents per mile. For more information, call 1-800-639-1553 or email volunteer@spectrumgenerations.org.

14th Annual Healthy Aging Expo



Spectrum Generations' Cohen Community Center is holding its **14th Annual Healthy Aging Expo** Friday, May 20, from 9:00 a.m. - 12:00 p.m. (rain date Friday, June 3)
OUTSIDE EVENT
22 Town Farm Road, Hallowell

Join us for a resource filled day for baby boomers, active agers, retirees and caregivers. Learn about preventative approaches to a healthier life including, fun relaxation tips for good mental health.

If you have questions call the Cohen Community Center at 626-7777.

Sign here, please ... turns into quite a collection

While I must plead guilty when it comes to accumulating bicycles, I've never been a collector of items like coins or stamps. But over the years, I have obtained some treasured autographs, all from the sports realm. Actually, my collection encompasses ice hockey and, no surprise here, cycling.

All the skating signatures are linked to the Detroit Red Wings of the National Hockey League. Gracing framed photos with their names and messages — and now hanging proudly in my “man cave” — are former coach Mike Babcock; Gordie Howe, the greatest player to ever wear the winged wheel; and Darren McCarty, one of my favorite members of the team. I also have a signed jersey of the legendary Ted Lindsay, whom I had the pleasure of meeting at a reception in Sault Ste. Marie many years ago.

The story behind possessing the Gordie Howe gem is pretty cool. At the start of my brother Mike's senior year in high school, his English teacher — Mrs. Reeves — outlined the objectives for the class. In conclusion, she said if you really wanted to be guaranteed in receiving an “A” grade, just obtain an autographed photo of Howe. So, my younger sibling did just that. He wrote the Detroit hockey club, submitting

his request for the signed photo, and, sure enough, he got one back in the mail.

Mike kept quiet about his effort to score a top mark in English, waiting to surprise Mrs. Reeves when the time was right. At the end of the school year, he approached his teacher and asked what he had earned for a grade. Mrs. Reeves applauded Mike for his hard work and indicated he would be getting a “B” for the class. At that point, my little brother produced the autographed photo of Gordie Howe and handed it over to his instructor. Whereupon, Mrs. Reeves said, “Well Mike, I guess you are getting an ‘A.’”

A few days later, she gave the prized photo back to my industrious brother, and years down the road he presented it to me.

My cycling signatures ... I secured my two collectibles from the biking world during a visit to Austin, Texas. They include “unofficial” seven-time winner of the Tour de France Lance Armstrong and Bob Roll, a former professional cyclist and currently a television commentator, who does a fantastic job presenting the Tour de France and other cycling events on NBC.

But my recent acquisition of a third autograph really knocked my cycling socks off.

And it all stemmed from my reading of the book “Merckx: Half Man, Half Bike.”

While turning its pages and learning more about the former Belgian professional nicknamed The Cannibal, I kept thinking it would be pretty awesome to acquire the signature of, in my opinion, the greatest cyclist of all time. A man who won 525 races in his career. But how? Where? And, furthermore, wanting to make sure it was authentic.

So, I googled “Eddy Merckx autograph” and, sure enough, a boatload of offerings came flooding across my computer screen. It was a bit overwhelming at first, but one site finally caught my attention — the Horton Collection. I just liked the way they presented themselves ... very professional and classy, but not in an overbearing sort of way.

Then I read an article in *Bicycling* magazine on the husband-and-wife team who are the Horton Collection, run from

Simply put



Patrick Gabrion

their home in San Francisco, California, and I knew I'd located the right place. Yes, they are purveyors of everything having to do with cycling, but they also are very passionate about the sport itself and, as the story points out, probably have the greatest collection of bicycling memorabilia in America.

I ended up purchasing a high-quality lithograph showing Merckx participating in the 1967 Paris-Nice bicycle race, and to say I'm thrilled would be an understatement. It has been framed and is the crown jewel of my small collection of autographs.

Weekly Winners

Senior Intermediate Cribbage	Feb. 23	Sam White 720 Jen Haskins 716 Joe Tonely 707 Armand Bouchard 705
	March 2	Jen Haskins 721 Joe Tonely 719 Lorraine L. 695 John Bouchard 695
	March 9	Rick Fortin 701 Joe Tonely 699 John Bouchard 694 Rolande Fortin 681 Armand Bouchard 681
	March 16	George H. 724 Lorraine L. 709 Leo Robichaud 679 Rick Haskins 677

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New and renewing members for March

Memberships received as of March 17.	Meredith Herzog (Lifetime member)	HARPSWELL Donna Westervelt
* indicates new membership	Ann Hollingshead	LISBON Janet Blair Stenberg
• indicates donation made with membership	Lucy Ijams	LISBON FALLS Celeste Estes *
BATH	Cynthia Kennett	Rosalinde Estes *
Nancy Moran	Ervil Kennett	PHIPPSBURG Harald Zinke
Joan Smith	Marge Leeman	TOPSHAM Frannie Baldwin * •
BOWDOIN	Mary Ann McDonald	Stu Baldwin * •
Faye Plummer	Diane Monaco	Ann Callahan *
BRUNSWICK	Carolyn Morse	Patricia Caple
Peter Blyberg (Lifetime member)	Bruce Myer •	Bob Chase
Dorothy Boyett •	Pat Myer •	Cyrus Kendrick *
Anne Brautigam	Betsy Niven •	Gail Kendrick *
Evelyn Bryant	Caroline Payson	Carol Mulloy
Louise Burgess	Patricia Porell	Betsy Munsey
Ursula Desjardins	Janice Rigazio	Douglas Munsey
Irma Dewitt	Pam Smith	Linda Schoenfeldt
Jacqueline Drapeau	Karyn Swiger	Margaret Wailes *
Maxine Gersh	Mark Temple •	Ursula Weaver
Teresa Golan •	Jean Tompkins	WEST BATH Laurent Roy
Doris Grano	Helen Xenos *	
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Cynthia Hennessey	GEORGETOWN Joyce Devito	
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We take your loved ones comfort and health to heart.

Martul-March art show runs through April

It is our pleasure to continue to present throughout the month of April the wonderful artwork of Maine native Kimberleigh Martul-March. So, plan a visit to the People Plus Café Gallery.

Reflecting on her art, and what is on display at the Center, Martul-March said, “So much of my life, I have spent focusing on the details of smaller things and creatures, afraid of the limitless possibilities of the larger world. As my work with animals forces me to frequently face the big Nature physically, more and more I feel the need to look outward instead of simply focusing on the faces of loved ones.”

“Now, as always, it’s important to analyze the details and dimensions of everything outside of us, as well as within,” Martul-March concluded.

Originally from Bangor, Martul-March was fortunate in traveling internationally at a very young age. She has driven across the United States multiple times, living at times out of her vehicle, settling temporarily in the Northwest and Southeast. These travels and experiences have inspired much of her outstanding work.

So please come and view her beautiful creations. The collected works on display in the Café Gallery are for sale, which is accomplished by contacting the artist directly. A portion of the proceeds will go toward People Plus to help support the Center’s many programs and activities.

The show, which is open to the public, may be seen free of charge during normal business hours (M-F, 9 am-1 pm) at the Center, which is located at 35 Union St. in Brunswick.



Books A La Carte

The Books a la Carte reading group meets on the third Tuesday of each month at 2 pm. Here are comments on a variety of books.

FICTION

The Water Dancer by *Ta-Nehisi Coates*. This well-written book involves magic and adventure as it tells the story of a young man who was born a slave. He loses his mother but has a mysterious power that comes back in later life when he nearly drowns. He vows to become free and sets out to gain his freedom, becoming involved in the Underground Railroad.

Two books by *Marcia Willett* involving family sagas are set in England. In the first, “**Children’s Hour**,” two sisters live alone by the sea, reminiscing about the “children’s hour” when their mother told tales of fantasy and delight. A third previously estranged sister comes to stay, secrets are revealed, and past passions and a death shake their lives. In the second, “**The Way We Were**,” a young woman arrives at the remote house of a friend in

a snowstorm. She is taken in and joins a chaotic family. She has a son. Thirty years later, the son is about to become a father. Secrets of the past emerge and threaten the lives of all involved.

A Year of Marvelous Ways by *Sarah Winman*. This is a very unusual book, written in prose and poetry. A 90-year-old woman named Marvelous Ways lives alone in a remote area of Cornwall, England, in 1947. A young man broken by war arrives in her world and changes it.

MYSTERIES

The Burning by *Johnathan and Jesse Kellerman*. This mystery is set in the West during the recent wildfires. During a blackout caused by the fires, a wealthy man is killed in his palatial hilltop home. Deputy Coroner Clay Edison investigates. He discovers that his brother, recently released from prison, is involved. Things get more complicated when the brother disappears.

Fear the Past by *J M Dalgliesh*. No, this does not involve the fictional Detective Dalgliesh. It is written by a relatively new writer. It is set in Yorkshire in England.

Detective Inspector Caslin must investigate a tangled situation involving gangs and the murder of a private detective.

The series of books by *Caroline Graham* featuring Chief Inspector Barnaby and Sergeant Troy. The series, *The Midsomer Murders*, is set in the fictional Midsomer County in southwestern England near the Bristol Channel. The best-known books in the series are **The Killings at Badger’s Drift** and **Death of a Hollow Man**. All the books feature good character studies and crafty murderers. They are favorably compared to the works of Agatha Christie.

NONFICTION

Vanderbilt: The Rise and Fall of an American Dynasty by *Anderson Cooper*. The story of Cornelius Vanderbilt and his heirs written by the son of Gloria Vanderbilt. Vanderbilt was once the richest man in America. A companion book is *The Last Castle* by Denise Kiernan. It is the story of the Biltmore, the largest residence ever built in America, erected by the Vanderbilt family in North Carolina.

Comments: news@peopleplusmaine.org

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