



Plus!
People NEWS!

THE CENTER THAT BUILDS COMMUNITY SINCE 1976

People Plus
P. O. Box 766
Brunswick, ME
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Non-Profit Organization
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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

35 Union St. / PO Box 766, Brunswick, ME (207)729-0757 www.peopleplusmaine.org April 2023 Volume 23, No. 4

Music in April 2023

Online Auction Opens April 1!

New items added weekly through April 28. Find the auction link at peopleplusmaine.org.

Live Auction Gala Event! Friday, April 28, 5-8 pm

Live music, food & beverage and live auction at St. John's Community Center.

TICKETS ON SALE NOW!

\$50 each, 2 for \$90.

Call 729-0757 or scan QR code!




THREE GREAT EVENTS THAT GO GREAT TOGETHER!



Mid Coast-Parkview Health
MaineHealth

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Rusty Lantern MARKET

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Kennebec Savings Bank
Maine State Music Theatre
Mechanics Savings
Norway Savings Bank
Off Their Rockers
Riley Insurance Agency
Spectrum Generations
The Highlands
The Times Record
Thornton Oaks

*Sponsor list as of print date.

Bid high! Bid often!

Don't miss the online auction during the month of April!

The long-anticipated 21st annual People Plus Music in April online 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 Saturday, April 1 at 9 am and runs through Friday, April 28 at 10 pm.

Here's how the online auction works: Find the auction link on our website at www.peopleplusmaine.org. Browse our catalog which will contain hundreds of 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 28 and the highest bidders will be notified via email. 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.

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15 YEARS OF SCOOPING FOR TEENS!

The Brunswick Area Teen Center will celebrate its 15th anniversary of scooping for teens on April 26th! Its only public fundraiser, the Scoop-a-thon takes place at the Gelato Fiasco flagship store at 74 Maine Street and runs from 11 am to 11 pm!

With a goal to raise \$15,000 for the 15th anniversary year, the event has brought in over \$100,000 for the Teen Center program over the last decade and a half.

It has become one of the best known and best attended public fundraisers in the town

GELATO FIASCO 15TH ANNUAL BRUNSWICK AREA TEEN CENTER SCOOP-A-THON

Wednesday, April 26th of Brunswick – and attracts over 1,000 people every year!

We have seen scoopers that include Senator Angus King, former Bowdoin President Barry Mills, and current Bowdoin president

continued on page 8

Buy your tickets NOW!

Fundraising Gala with Live Auction is April 28

Buy your tickets now to be part of the fun and excitement on Friday, April 28, when the doors of St. John's Community Center open at 5 pm for the 21st Annual Music in April Gala to benefit People Plus! Event tickets are only \$50 or two or \$90 and are on sale now via our website or by stopping in at the Center. Call 729-0757 if you are hoping to attend!

"We're so excited for this event to be back in person after four years!" Executive Director Stacy Frizzle-Edgerton says, "we have an exciting new venue, great sponsors, musicians, and food; and the live and online auctions are full of the best auction items we've ever had - so there is no reason why this won't be the biggest and best event yet!"

The live music offerings this year include the soft-mood jazz music of a Brunswick High school jazz band and the exceptional sound of Bowdoin College a cappella groups.

Two dozen of the area's best eateries and

restaurants are once again offering their pick of house specialties; and more than two dozen local businesses combined to provide the largest sponsorship ever!

Auctioneer extraordinaire John Bottero is back – of course! John will pilot us through an impressive list of live auction items, including exceptional vacation get-a-ways, one of a kind items and specialty dining experiences that will take your breath away! And don't miss the month-long on-line auction with hundreds of featured items, created for easy access for everyone to see and bid.

The Music in April dinner and gala fundraiser has brought in over \$650,000 over the last 21 years and plays an incredibly valuable role in the People Plus annual budget. Event tickets are on sale now via our website at www.peopleplusmaine.org, or by stopping in at the Center. Hope to see you there and let the fun begin!!



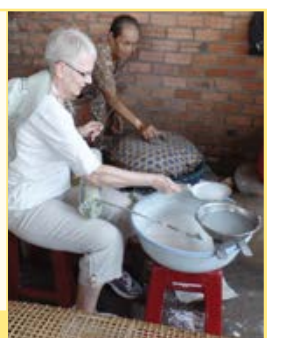
FYI! Around the World in 80 Minutes!

A Kendrick Travelogue – Part II: Asia Trek.

Thu, Apr. 13, 1:30 pm. How do two frugal New Englanders who are not very adventurous end up traveling around the world in 100 days, on a ship no less? Come to Gail and Cy Kendricks'

travelogue presentation on Thursday, April 13th at 1:30 pm and find out what happened! Gail is a member of the People Plus Board of Trustees and Cy runs the weekly duplicate bridge game at the Center. In Part II, the couple will share their adventures in Asia. You'll visit Vietnam, Singapore, Sri

Lanka, India, Dubai, and Petra from the comfort of a chair. You'll get to laugh at Gail's attempts to make rice paper and you'll marvel at Cy's love affair with stairs! All this followed by drinks and snacks inspired by the journey. Hope to see you there. Free, open to the public. Registration appreciated.



Photos-Left: Cy at the highest point in Petra with the "Monastery" behind him. Right: Gail in Vietnam attempting to make rice paper.

21 years of “Fun”draising!



Plus!
People NEWS!
THE CENTER THAT BUILDS COMMUNITY SINCE 1976

For comments, suggestions or news submissions, please email news@peopleplusmaine.org.

ADVERTISE WITH US!
Showcase your business with an ad in the People Plus News! With ads starting at just \$30 per month, advertising with People Plus is affordable for organizations large and small. This wide-reaching publication is direct mailed to People Plus members and available at multiple community locations, reaching approximately 10,000 readers each month. For advertising or sponsorship queries, please contact Barbara at 729-0757 or office@peopleplusmaine.org. Submissions must be received by the 15th to be included in the next month's edition.

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207-607-4406

When I attended my first Music in April eleven years ago, the organizing committee comprised of Jeanne d'Arc Mayo, Frank Connors, Lennie Burke, Alison Harris, Terri Burgess, and several others essentially told me (very gently), to stay out of the way. They were a well-oiled machine who had brought this event to great heights. And stay out of the way I did!

Those ladies hand addressed invitations, organized the tables like a state dinner, hand rolled napkins, worked with Robyn Allen to make the place beautiful, brought in tons of food, auction items, and people! It was amazing to attend for the first time in 2012 and to know that at that point it had already been happening for about a decade! The

whole thing started 21 years ago when Jeanne and Frank got the idea of having a small fundraiser for the Center. The first year had maybe 50 attendees and brought in about \$500.

But My Oh My has it grown since then! With over 20 business sponsorships, 225 attendees, 20 restaurants, 50 volunteers, and hundreds of auction items, EVERY YEAR, over the last 20 years the event has brought in over \$650,000 for the People Plus organization! And we are going strong to set records this year as we are back in person with our Live auction and dinner gala for the first time since 2019!

I cannot thank Jeanne Mayo and Frank Connors enough for sticking with this event and helping it grow

From the Executive Director

Stacy Frizzle-Edgerton



March lunch was “magically” delicious - join us on April 20 for our next lunch!



Almost there! Annual fund goal within sight!

OK, everyone, we're almost there in reaching our \$70,000 goal in the Annual Campaign here at People Plus, but we still need to push for a few more donations.

According to Office Administrator Barbara Quinn, as of March 23, the total amount in Annual Campaign and membership donations is at \$62,698. We just need a little over \$7,000 to finish up.

People Plus impacts more than 1,500 members who benefit from the programs at the Center and our outreach services. We've been serving seniors since 1976 and continue to provide for this ever-growing population of older adults in the Midcoast region. And we can't do it without your help! The funding is specifically slated for

Senior Center programming: supporting home-bound elders, as well as the Volunteer Transportation Network (VTN), keeping all the classes in the Center at low cost, free lectures, free gaming and language clubs, free events and more.

“We are so appreciative of all of the donations toward our Annual Campaign, both large and small. Every dime makes a difference at the Center,” said Executive Director Stacy Frizzle-Edgerton. “If you haven't donated yet, I ask that you please consider a donation and think about how much People Plus means to you when you do so. Thank you in advance!”

So please, help us reach our goal!

Senior Garden plots available in Community Garden

People Plus is now accepting sign-ups for plots in the Community Garden on Industry Road. The plots average 20 feet by 24 feet (half plots available too). 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. Members of People Plus are given priority in signing up, but there are usually extra plots available for other interested gardeners. Call People Plus at 729-0757 for more information!




Avita of Brunswick associate, Tina M.

“My beautiful residents are my extended family, they have taught me so much. Giving them hugs or sitting together and interacting with them is so special. Bringing smiles to their sweet faces is truly rewarding.”



Sunnybrook
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Avita of Brunswick
— A Northbridge Memory Care Community —

207.729.6222

Two Northbridge communities conveniently located in Brunswick, ME
Sunnybrook: 340 Bath Road | sunnybrookvillage.com Avita: 89 Admiral Fitch Avenue | avitaofbrunswick.com

What's Happening at the Center in April?



DOES THE SOUND OF DUPLICATE BRIDGE SEEM DAUNTING? Or maybe intriguing? These 20+ players go with the intriguing option and come every Monday to play this fun and challenging game! You really don't have to be a professional bridge player to master duplicate bridge and the folks at this club are happy to teach! So if you have any interest in bridge at all, maybe start with our Tuesday beginner and intermediate group and move up to duplicate. You'll make new friends, challenge your brain, and have a great time!

Homemade recipes are the theme for April!

Join us on Apr. 20 for Judy's homemade beef stew, Rick's homemade corn muffins, and a tasty homemade dessert. This luncheon feels like a family affair!

The dining room opens at 11:15 am and we'll start serving our buffet meal at noon. Come to the Center to claim your favorite seat, chat with friends & make new ones, and pick up your 50/50 raffle ticket.

Meals are underwritten by our friends at Spectrum Generations, and are intended to focus on nutrition, useful information, variety, socialization and fun.

Registration for lunch will open on the first of the month – so please wait until then to call Sarah to register! The cost is just \$5 for members and \$10 for non-members.

Good Eats – Good Friends!

Women's Breakfast
Thu, April 6, 8:30 am. Enjoy breakfast while socializing with the ladies. Members only. Call to register. \$4 suggested donation

Men's Breakfast
Thu, April 13, 8:30 am. Enjoy breakfast while socializing with the gents. Members only. Call to register. \$4 suggested donation.

Anyone can try a class/club once for free!

Exercise with Us!
 Come for Yoga, Loosen Up, Chair Yoga, Tai Chi, Qigong, Zumba, and Gentle Barre. \$5/class for members, \$10/class for non-members. Check calendar for exact days and times.

Programming Notes

• Center Closed Monday April 17

Register for activities @729-0757

SAVE THE DATE! **2023 People SENIOR HEALTH EXPO** **Oct. 19**
 CONNECTING COMMUNITIES

Apple Device Tutoring
Thursdays, 9:30-12 noon. One-on-one Apple device tutoring sessions. Bring your iPhone, iPad, Macbook, etc. Members only, by appointment, call 729-0757.

Travel with Collette and People Plus!

Discover Canyon Country
 Featuring Arizona and Utah, April 24 - May 1, 2024. Highlights include Scottsdale, Oak Creek Canyon, Kaibab National Forest, Grand Canyon, Lake Powell Cruise, Rafting on Horseshoe Bend, Bryce Canyon National Park, Zion National Park, Las Vegas. FMI visit <https://gateway.gocollette.com/link/1133942>



*All trips are open to the public. FMI call 729-0757

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CENTER CLUBS

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

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

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

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

Wednesday Walkers - new time
Wednesdays, 9:30 am. Meet for a walk or hike (usually an hour). Destination/carpool info listed in the People Plus News and "Peek at the Week" email.

Write on Writers
Wednesdays, 1 pm. Meet to share stories and writings.

World Affairs
1st & 3rd Fridays, 11 am. Meet to discuss topics of the week.

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

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

Books a la Carte
3rd Tuesday, 2 pm. Join an interesting and fun discussion about books and authors with varied genres and no assigned reading list.

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

WEDNESDAY WALKERS
Wednesday Walkers Club Destinations for April:
 Please note the meeting time for each week. Call 729-0757 to let staff know if you will need or can give a ride. If inclement weather - walk will move indoors to the Rec Center track. Walks will begin once the carpool arrives.

Apr. 5 - Planning meeting at PP @9:30 am
 Come share your ideas and help plan the walks for May!

Apr. 12 - Mitchell Field, Harpswell. Carpool: meet @PP by 9 am to arrive at Mitchell Field by 9:30 am.

Apr. 19 - Swinging Bridge Walk. Arrive at PP by 9:30 am.

Apr. 26 - Local Walk, TBD, ending at Gelato Fiasco at 11 am for the Scoop-a-thon! (possible visit to the Peary-MacMillan Arctic Museum if open).

Activity Punch Cards
 Safe & convenient!
 \$25 for 5 classes,
 \$50 for 11 classes.
 (that's 1 free class!)

Medicare 101
Tue, April 11, 12:30 pm. 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.

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Mon	Tue	Wed	Thu	Fri	Sat
3 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge	4 8:30 Tax help 9:00 Beg/Intermediate Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 1:00pm Qigong 2:30pm Spanish Club 6:00pm Belly Dancing 6:30pm Toastmasters	5 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:00 Meals on Wheels 10:15 Tai Chi 1:00pm Qigong 12:00pm Gentle Barre 1:00pm Write on Writers 6:00pm Belly Dance & Meditation	6 8:30 Women's Breakfast 9:00 Table Tennis 9:30 Art Class 11:00 Yoga 12:30pm Tax help	7 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:00pm Folk Dance Brunswick	1 8 9:00 Zumba 10:15 Table Tennis *no Table Tennis on April 8
10 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge	11 8:30 Tax help 9:00 Beg/Intermediate Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 11:30 LUNCH OUT 12:30pm Medicare 101 1:00pm Qigong 2:30pm German Club 4:30 TCAC 6:00pm Belly Dancing	12 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers	13 8:30 Men's Breakfast 9:00 Table Tennis 9:30 Art Class 11:00 Yoga 12:30pm Tax help 1:30pm FYI! Around the World in 80 Minutes, Part 2	14 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 6:00pm Folk Dance Brunswick	15 9:00 Zumba 10:15 Table Tennis
17 Center Closed PATRIOTS DAY	18 9:00 Beg/Intermediate Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 1:00pm Qigong 2:00pm Books a la Carte 6:00pm Belly Dancing 6:30pm Toastmasters	19 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:00 Meals on Wheels 10:15 Tai Chi 12:00pm Gentle Barre 1:00pm Write on Writers	20 9:30 Art Class 12:00pm Lunch & Connections	21 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:15 Qigong 11:00 World Affairs 11:45 Chair Yoga 6:00pm Folk Dance Brunswick	22 9:00 Zumba 10:15 Table Tennis
24 9:00 Mah-Jongg 9:00 Loosen Up 10:00 Fiber Arts Club 10:00 Zumba 11:00 Table Tennis 1:00pm Bridge	25 9:00 Beg/Intermediate Bridge 9:00 Chair Yoga 9:30 Art Class 10:00 Yoga with Ann 11:00 Table Tennis 1:00pm Qigong 2:30pm French Club 6:00pm Belly Dancing	26 8:45 Cribbage 9:00 Mah-Jongg 9:00 Loosen Up 9:30 Wednesday Walkers 10:00 Meals on Wheels 10:15 Tai Chi 11 to 11 - Teen Center Scoop-a-thon at Gelato Fiasco 12:00pm Gentle Barre 1:00pm Write on Writers 6:30pm Bruns. Coin/Stamp	27 9:00 Table Tennis 9:30 Art Class 11:00 Yoga	28 9:00 Mah-Jongg 9:00 Hair Cuts with Margarita 9:00 Loosen Up 10:00 Meals on Wheels 10:00 Fiber Spinning Club 10:15 Qigong 11:45 Chair Yoga 5:00pm Music in April Gala & Live Auction 6:00pm Folk Dance Brunswick	29 9:00 Zumba 10:15 Table Tennis

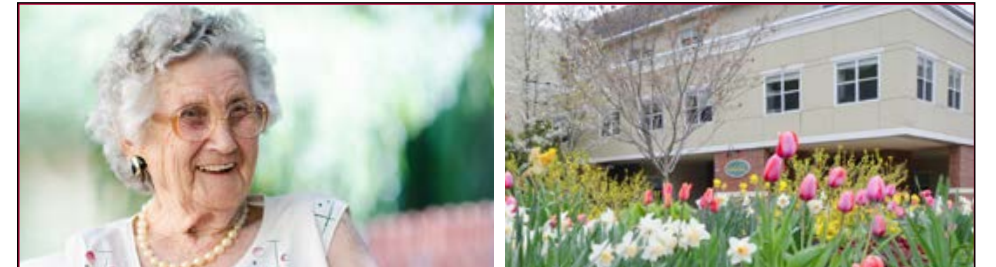
People Plus calendar sponsored by **Mid Coast-Parkview Health** MaineHealth

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Lawn Care. Now accepting new customers for the 2023 summer season. No contract necessary. We offer weekly, bi-weekly, or as-needed lawn maintenance. Call for an estimate. Email in response to this ad (flanaganlawncare@mail.com) or call Gerard at (207) 725-9738

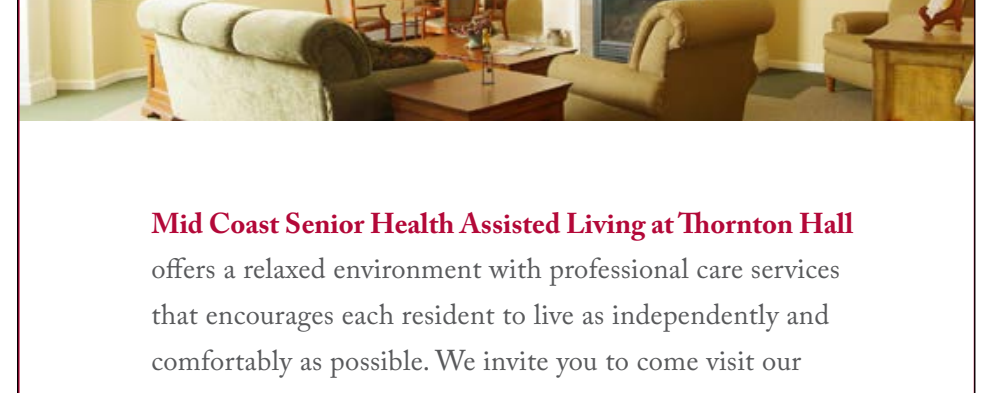
Nor'easters Choral Concert to Benefit Bath-Brunswick Respite Care
Saturday, April 15, 2023 2pm
 320 Church Rd., Brunswick
 Brunswick United Methodist Church
www.respite-care.org Handicap Accessible

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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



WE'VE GOT TO THANK BONNIE CONNOLLY AND LILI BATES for holding down the fort through the pandemic. The Fiber Arts group was down to low numbers two years ago, and now we have at least a dozen ladies every Monday! If you knit, crochet, crossstitch, or do any sort of needlework come on down to the Center on Monday mornings at 10 am for a fun time! Bring your projects and be prepared to laugh with your friends!

Fish Cakes

Ingredients:

- Leftover potatoes
- Leftover fish
- Lemon zest
- Freshly milled black pepper
- Horseradish or Dijon mustard
- Parmesan cheese
- Fresh dill
- Green shallots finely chopped — scallions
- 1 egg — well beaten
- Panko breadcrumbs
- Oil for the skillet

Directions:

1. Mash the potatoes leaving some lumps.
2. Using two forks roughly shred the fish.
3. Add all of the remaining ingredients except for the panko crumbs and the oil.
4. Gently mix only until combined.
5. With wet hands form into a ball and flatten into a patty.
6. Add the breadcrumbs to a large bowl and one by one roll each patty in the crumbs.
7. Refrigerate the patties for at least 30 minutes to allow the mixture to firm up.
8. Heat oil in a skillet and cook until browned on one side and flip to brown the other side.

Serve with the guacamole spread that was listed in the article!
Note: The ingredients will need to be adjusted based on the amount of leftovers you have.

Save the leftovers!

Most of us have probably seen our grocery bills going up and up. I hear, from my clients, all the time how much food they end up throwing away. Let's find ways to use our leftovers so that we are not throwing them in the garbage can!

- Use cooked vegetables in a frittata, soup, stir-fry or blended into spaghetti sauce.
- Leftover chicken can be put into a stir-fry, soup, made into chicken salad or put on top of a sweet potato with salsa and guacamole.
- A baguette can be used to make French toast or breadcrumbs. If you make breadcrumbs, store them in the freezer.
- Rice can be added to a burrito bowl, stir-fry or soup.

From Anita's Plate
Anita Nugent
(207) 504-6439
info@nutritionforeveryday.com

- Half of a guacamole can be scooped out, add a bit of mayo, lemon juice and chopped green onions. Use as a spread on your next sandwich.
- Extra hamburgers can be crumbled and put on a salad or used on a pizza or in spaghetti sauce.
- Boiled or mashed potatoes can be added to a fish or crab cake.

I hope that you will find some ideas to help use your leftovers in a different way and decrease that amount of food that you have to toss!

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

Bid High, Bid Often continued from page 1

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 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. Plus Frank and Jane are back with a lobster "feed" at their home!

"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 March 31st 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 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!

And back this year — join us for our grand finale — a live auction gala and dinner on Friday, April 28th from 5-8 pm. With Auction Emcees Stacy Frizzle-Edgerton and Frank Connors acting as hosts, this event can't be missed! Tickets are on sale now! Over the last 20 years, the Music in

April fundraiser has brought in more than \$650,000 for the Center, providing a solid financial backbone for the programs and services it provides to older adults.

These funds enable 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.

As always, thank you for continuing to support People Plus and its members! We couldn't do it without you!

To browse or bid on online items or buy tickets to the Gala, find the link to the auction at: www.peopleplusmaine.org.

Music in April Online Auction runs April 1-28!

Sample of online auction items. New items added each week - check online for complete list!

Gift Certificates	For the Home	Clothing and Bags	Golf
<ul style="list-style-type: none"> • Cook's Lobster and Ale House • Pura Vida Day Spa • Skillin's Greenhouses 	<ul style="list-style-type: none"> • Fishing Bear Table Lamp • Zdgao Portable Pickleball Set • Sugarlands Red Sox LED Lighted Bar Sign 	<ul style="list-style-type: none"> • Ann Kaszar Scarf • Vera Bradley Bucket Crossbody Bag • Vintage Gown and Jacket set 	<ul style="list-style-type: none"> • Two hours virtual golf • Brunswick Golf Outing for Four (4) Plus Dinner at McAvoy's! • Mere Creek for Four plus lunch
	<h3>Adventures</h3> <ul style="list-style-type: none"> • Guestroom and Appetizer for Two at The Brunswick Hotel & Noble Kitchen and Bar • White Water Rafting Adventure with North Country Rivers • Two Tickets to Funtown 	<h3>Kids and Baby</h3> <ul style="list-style-type: none"> • Handmade Baby Quilt • Four passes to Children's Museum • Harry Potter Basket 	<h3>One of a Kind</h3> <ul style="list-style-type: none"> • Autographed 8x10 Photo of Damien Harris, New England Patriots • Mikasa Mount Holyoke Bone China 91 Piece Set for 12 - NEW IN BOX (Discontinued Pattern) • Three (3) home-made deep dish fruit pies made by Jane Connors
	<h3>Gift Baskets</h3> <ul style="list-style-type: none"> • Trader Joe's Bag of Goodies 	<h3>Jewelry</h3> <ul style="list-style-type: none"> • Vintage Kenneth Jay Lane Lucite Bangle • \$25 Day's Jewelry Gift card • Rose Charm 	
	<ul style="list-style-type: none"> • Gardening Basket • Starbuck's Dark Roast Basket 		<ul style="list-style-type: none"> • Vintage Santa's Best Peanuts Charlie Brown & Snoopy Holiday Animated Figures

Live Auction & Gala April 28, 5-8 pm!

Sample of live auction items. You must be present to bid on live items so get your tickets now!

	<ul style="list-style-type: none"> ★ Keith Field Goldsmith Cribstone Block Earrings 	<ul style="list-style-type: none"> ★ Gourmet Chinese meal for Eight (8) in Your Home
	<ul style="list-style-type: none"> ★ Harraseeket Inn L.L. Bean Package 	<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, 2024. (with sous chef Jonathan Edgerton and waitress Stacy Frizzle-Edgerton to complete the dining experience).</p>
	<ul style="list-style-type: none"> ★ Framed and Signed Dahlov Ipcar Lithograph "Grendell's Nest" 	
	<ul style="list-style-type: none"> ★ Dinner for Eight (8) with Gentleman Farmer in Maine at Mossy Ledge Farm 	
	<p>and more!</p>	<p>*items subject to change</p>

Tickets on sale now! \$50 each, 2 for \$90.
Call 729-0757, peopleplusmaine.org or scan QR code!

15 Years of scooping cont. from page 1

Clayton Rose, Hospital president and CEO Lois Skillings, Brunswick Town Manager John Eldridge, Bowdoin College athletic coaches and teams, local high school teachers and coaches, students from area colleges and high schools, local business owners, and lots and lots of local celebrities!

And we all know that enjoying gelato is easy, especially when having a tasty treat not only benefits you, but it raises funds for our area teens so they can have a safe place to recreate after school, hang out with friends, eat a ton of food and play lots of games.

So please make it a point to come to the Scoop-a-thon on Wednesday, April 26 and select your favorite flavors to support the Brunswick Area Teen Center! When you stop by on the 26th, 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 the wonderful sponsors listed below.



Events galore to support teen program!

Brunswick Teen Center News

Jordan Cardone-Ruwet



April is here and a month of festivities awaits us. Some tulips appearing would be nice, too!

Everyone at People Plus has been preparing for events this month. Music In April (live this year!); the online auction all month long! And the teen program's event, the Gelato Fiasco Scoop-a-Thon. We will continue to be working on these until May!

This year will be the first field trip to the Scoop-a-Thon for our new members, which should be fun and something that the kids look forward to every year.

We are coming to the end of the fish chowder suppers at St. Charles Church for this year and we thank them for choosing the teen program for being one of the beneficiaries of these suppers!

At the beginning of May, you can head out for more fun in support of the teen program as the next Concert for a Cause at the Universal Unitarian Church is Saturday, May 6th and will feature musician Paul Ellis. That's the same date I get on an airplane for a much-needed vacation.

The Teen Center program has been going well and we are all happy for the added hour of daylight! We hope to see you down at the Gelato Fiasco on Wednesday, April 26th. We will be there from 11 am to 11 pm, with Bowdoin College scoopers and entertainment between the hours of 7-11 pm. The earlier part of the day will consist of celebrity scoopers and various outdoor entertainment as well.

We'll see you there!
Jordan and the gang



Come to Gelato Fiasco Wednesday, April 26, 11am-11pm!



BRUNSWICK AREA TEEN CENTER SCOOP-A-THON



Bailey Seafood • Brunswick Police Benefit Association • Coastal Rotary Club • Darling's Ford
Dead River Company Edward Jones Investments, Topsham • Fraser Ruwet Contracting • Frosty's Donuts
Maine Pines • Mark Turcotte Plumbing • Midcoast Federal Credit Union • Moore Painting
Mossy Rock Landscaping • Norway Savings Bank • Peter Flanagan Painting • Rotary Club of Brunswick



Poems & Prose

A Big Change

The departure was hard, even tears were shed, but I finally got away. We traveled west for several hours, and were here by just mid-day.

I was given the sunroom for myself. And I filled up drawers quite fast. I know I will be here at least a month. My life should calm down, at last.

My family has been treating me royally, really no need for that! The only thing not here, is Toby, and I sure do miss my cat!

We got a big snowstorm yesterday. It came down for 12 long hours. And it covered up all the blooms, of the March crocus flowers.

But the sun now is bright and it is warming up, even though I am in the snowbelt. But I do hear water dripping outside. I think it is beginning to melt!

My life has been having twists and turns. I really want to be in one place. Have a room to call my own, and enjoy my very own space.

So, now I will calm down. Take each day as it comes. And keep my jitters at bay. This too will pass. My family is here, and I will enjoy my stay!



Easter

Hallelujah sing Christ the Lord the risen King Rejoice for He lives Chocolate-covered bunnies Colored eggs and jellybeans

The Rhythm of the Rain

The rhythm of the rain, like a dancer's feet, clatters on the roof, tapping out a beat.

Thunder joins the solo, like two kettle drums, rumbles in the background, beating distant hums.

Wind accompanies the melody, like voices in a choir, whistles through the trees, singing with desire.

Bolts of lightning arc, blinding with a flash, like cymbals in a band, ringing as they clash.

Playing its sweet rhapsody that doesn't have a name, like an orchestra without musicians, that's the rhythm of the rain.

People Plus! WRITE ON! WRITERS Wednesdays at 1 pm

A Quiet Wonder

I'm perched on a large granite boulder outside Acadia National Park in Seawall watching seagulls and cormorants searching for food as they dance between the air and the water. The temperature is perfect; the sun glints off incoming waves as silent sailing ships and lumbering lobster boats bob on ocean swells.

Sunlight on the water feels like a quiet wonder. Similar to many powerful moments, the experience is bathed in quietude. It's a gift, both intimately personal and totally universal. Time stands still in this moment of relatedness; I'm entranced by the setting, which reminds of the delusion of separateness. Everything here is related.

These Maine magnificent locations expand our experiences of awe. The beauty animates a quivering in our soul. We are calmed internally as our breathing slows and we know we are home.

Down Back in my Woods

Down back in my woods, there's a lot of room. And I get my rest and feel my best on the trails that I groom. Down back in my woods.

Down back in my woods, there's an old stone wall. The foxes run it and the deer they jump from spring to fall. Down back in my woods.

Down back in my woods, there's a natural spring. Clay taste in the water, and my granddaughter thinks it's a magical thing. Down back in my woods.

Down back in my woods, where it's dark and deep. There's an old post road and a cellar hole and the secrets they keep. Down back in my woods.

My winter Florida vacation began with a family weekend in Connecticut. Six of us gathered at an "Escape Game Room" and what an adventure! I had no idea what was ahead for us. We checked in, received directions, and were told this is a resort and there is a murder to solve. We were ushered into a room and the door was locked behind us!

An Escape Game Room is for a team of players to search, discover clues, solve puzzles, riddles and accomplish tasks with a goal to solve an issue and escape in a limited time. It involves problem solving, creative thinking, and

Why I Chose a Nursing Career?

It all happened when I was a child. My younger sisters and my younger brother brought me all the stray animals in the neighborhood. There were kittens and birds that had fallen from nests. I gave kittens milk from my doll bottles and birds worms. I even cared for a one-inch seahorse that I had gotten from a mail-order company. And I gave flies to a Venus fly trap I gotten in the mail, a plant. My kitten survival rate was pretty good, but the birds were zero out of 10 for living. It was hard on me watching the baby birds die. I gave each of them a nice burial.

Word got out to all the neighbor parents. Mrs. Stoll, my mother, was a good cook. Meal time was fun for the four of us kids. Darlene from across the street was over every evening to join us for supper. The Smith boys, Tim, Jim, and Joe, joined for lunches. So did Bobby Moore. Darlene lived with her mom. The boys all lived with a single father. My mother's cooking was not the only reason the neighborhood children spent time at our house. These children had no one to watch over them and care for them. That's where I came in. I kept them from being

Escape Game Room

We had three rooms to move through, each having new challenges. I was happy we were a team of six and after a few minutes, everyone had some success. Clues are available if we were totally stuck — we needed several to help us move on to the next room. We were grateful to have made our escape seconds before our time limit. This was great fun and a game we will all remember.

When I returned home, I goggled "Escape Game Room" and learned this game was created in Europe and Asia and has spread around the

bored. They would come to our big back yard and I would suggest games we would all play. Ring around the Rosie, Hopscotch, Jacks, Marbles, Baseball, Dodge Ball, and the list went on. It was fun with a group of us and my mother trusted me to take care of things even when she was over at dad's business while he made service calls for TV repairs. Summers, I would have 20 neighborhood children with me going to Glen Oak Swimming Pool near the high school. We would all pay our 50 cents each and I would do a head count before and after we walked

Impatient

I look around and all that I see are preparations to move away. That was my original intention, you see. But I feel as though I am here to stay.

Boxes are packed and carefully labeled, to make the unpacking go fast. But the moving date has gotten pushed back. That is not what I forecast!

I sit here and look at the mess all around, and my stomach is feeling queasy. I am used to everything orderly, and this has made me uneasy!

How long it will go on? I have no idea. I hope it is of short duration. I could fill all the remaining boxes, and leave without much preparation.

But the choice isn't mine. I have to be patient. It will all work out in the end. Life has a way of making things right. On that I must depend!

So, I will keep myself busy. I may write a poem or two, and find myself distracted. When the time is right, I will finally move. And my life won't feel impacted!

A Flower



A flower starts life As a seed in the ground That needs lots of water On its little dirt mound

It reaches right out With its roots going down As its stem springs upward All over the town

With colors that vary From bright yellow to blue And a smell that invites Our noses to browse through

A flower reminds us Of gentler things Like the peace and joy That loving brings

April

Green in many shades The welcoming signs of spring Gone are the snowbanks

BEYOND the 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. "Beyond the Board" is an opportunity to get to know these wonderful people a little bit more and we thank them for participating.



My name is Edward Harris and I live in Harpswell with my wife, Jane, and our two dogs, Mookie and Tai.

When my wife and I retired and moved to this area in 2001, we were both interested in contributing to our new community. I met with Sig Knudsen, who was then the executive director of 55 Plus, and was very impressed with the potential of this organization.

Sig asked me to join the board, which I did in 2003. I became vice chair of the board, chair of the Program Planning Evaluation Committee, served on the Executive Committee, and on the committee that worked with the town of Brunswick to bring the Teen Center under the wing of 55 Plus. At that point, 55 Plus changed its name to People Plus, its membership grew, and over the years the organization developed new partners, programs, and activities.

I was chair of the board for the last two of my eight years, during which Stacy Frizzle was hired as the new executive

director, People Plus moved into its present home on Union Street, and it became an organization that did indeed build a community for all ages.

I grew up in Madison, Wisconsin. I chose to go to Antioch College in Ohio because of its cooperative education program and diverse student body. Inspired by President John F. Kennedy, upon graduation I joined the Peace Corps and worked in Iran for two years, first in rural community development and then teaching social science at a university.

When I returned to America, I entered graduate school at the University of Massachusetts in Amherst. I got involved in a project to admit adults into an individualized program to earn a regular U-Mass degree. It was called the University Without Walls and I became director for 15 of its early years. I then moved to DePaul University in Chicago, where I taught and advised adults in a similar program.

I had camped and hiked in Maine during

my years in Massachusetts, enjoying the Rangeley Lakes region, Baxter State Park, and Acadia. When Jane and I retired, it was an easy decision to spend this chapter of our lives in Maine. Besides camping, boating, scuba diving, and other outdoor activities, I am a model railroader and have built a large HO gauge layout in our new home.

Every community needs organizations that bring people together, that help people make connections — especially in this time. But there is no one way to do this, as each community needs to figure out how to build these organizations to fit their unique situations. Harpswell has done it successfully, but differently from Brunswick.

When we moved here, I was interested in meeting people and making new friends. More than that, I had experience and energy to offer, and was so fortunate to serve on the People Plus board.

Weekly Winners Senior Intermediate Cribbage Senior Duplicate Bridge

The Pejepscot Genealogical Society will hold its next meeting in the Morrell Meeting Room of the Curtis Memorial Library in Brunswick on Sunday, April 2 at 2 pm.

People Plus! BUSINESSES OF THE MONTH! J&J Cleaners Union Street Bakery

PEOPLE PLUS MEMBERSHIP APPLICATION form with fields for name, phone, birthdate, dues, and volunteer opportunities.

Gone but not forgotten — Maxine Gursh, Read Rich, Jack Kennedy

Carpe Diem Tech Support advertisement with logo and contact information.

Chicks Do Chores advertisement with logo and contact information.

Wild Oats Bakery & Cafe advertisement with logo and contact information.

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

Monthly Update

April 2023



April is Autism Awareness Month

April is Autism Awareness Month, and April 2 is World Autism Awareness Day - established by the United Nations in 2008. In general, these designations bring awareness and increase understanding and acceptance of people with autism. Blue in April represents the color of autism spectrum disorder awareness.

Autism and Developmental Disabilities Monitoring Network estimates 1 in 44, 8-year-old children, have been identified with autism spectrum disorder (ASD) and boys are four times as likely to be diagnosed with ASD as girls.

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™ program we offer support and assistance, and our Building Better Caregivers program is available as a resource for those caring for someone with autism.



We invite you to visit healthylivingforme.org to see the full list of upcoming workshops we are offering. These workshops are open to adults of any age in Maine.



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

SAVE THE DATE

21st Annual Golf Fore a Cause

Benefiting Spectrum Generations' Programs and Services

Friday, June 9, 2023

Check in - 8:00 a.m. | Tee off - 9:00 a.m.

The Meadows Golf Club
 495 Huntington Hill Road, Litchfield

Come join us for

Community Fine Dining

Provided by Maine Pine Catering

First Wednesday of every month at Spectrum Generations' Muskie Community Center, 38 Gold Street, Waterville

First Thursday of every month at Spectrum Generations' Cohen Community Center, 22 Farm Town Road, Hallowell

The three-course dinner menu changes monthly and consists of an appetizer, entrée, and dessert. Child and vegetarian entrées are also available upon request.

Tickets are available at Muskie and Cohen centers for purchase.

Dinner is served from 4:30 to 6:30 p.m. For more information, check us out on Facebook.

Maine Pine Catering contributes profits back to Spectrum Generations programs.

Proud to partner with People Plus

Ask Grandma?

Advice column collaboration with People Plus

A new type of column in Bowdoin College's newspaper, The Orient, is coming to the People Plus News. Bowdoin student Maya Lamm, who authors an advice column called "We've seen it all," is excited to partner with People Plus. The column addresses questions posed by Bowdoin students which are answered by People Plus members.

Lamm, a college junior, developed a warm and special friendship with People Plus member Beth Aldenberg, after the two were connected during the pandemic.

When COVID first reared its ugly head and many seniors were feeling lonely while they "sheltered" at home, Bowdoin College and People Plus initiated a program which connected students and older adult community members in order to help with issues of isolation, depression and more.

Lamm was paired with Aldenberg and says she has benefited tremendously from the friendship and advice offered "willingly" by Beth. "She's one of the best friends I've had since coming to Brunswick," Lamm said. The advice column came to be while Lamm was "enduring" a case of COVID a few months ago on her 21st birthday. Beth shared some perspective on how to get through it and the idea just blossomed from there.

Now questions from Bowdoin Students about "anything" are offered to People Plus members. Coordinating with receptionist Sarah Deck, Lamm then selects subject matter and produces the column.

"This is a partnership made in heaven! Finally young people are asking for our advice!" Executive Director Stacy Frizzle-Edgerton exclaimed!



Fast friends, Maya Lamm (left) and Beth Aldenberg, chat while dining.

We've Seen It All: An advice column with a twist

By Maya Lamm, The Bowdoin Orient
 February 10, 2023

We often hear that young people are the future. We're not just the leaders of tomorrow, but the leaders of today. I'm not so sure about that, but I will admit that we do rock. But sometimes we only rock and roll with a little nudge - a nudge that often takes the shape of "advice" from people who are more experienced than we are.

As I write this, I'm on hour 38 of traveling from bed to floor to desk to bed since testing positive for Covid-19 on my 21st birthday (HAH!). After I canceled our lunch plans yesterday, Beth Aldenberg drove to my dorm and dropped off Amato's pizza and a cake. Today, she called me just to check in. My friendship with Beth, who is 86, has been one of the most important relationships I've made in college.

I started talking to Beth in February 2021, when I was desperate for some sort

of connection to Brunswick while taking classes off-campus. We've called or seen each other almost every week since then. We connected through a program organized by People Plus, a community recreation center for older adults in Brunswick. The program, "Calls to Homebound Elders," really should have been titled "Calls to Homesick/Lovesick/Sick-of-School/Sick-of ... You Get the Point College Students."

Even after returning to campus, it took a while for Bowdoin to feel like home for me. Though my friendships and interests at school fluctuated, Beth's willingness to listen stayed consistent. After two years of asking for her advice, I've come to realize that although she is many years older than I, Beth is teaching me how to be young. We are the future only because of previous generations that helped shape us.

So, here's my idea: a classic advice column with a twist. Bowdoin students can anonymously send in questions about



anything—school, friendships, jobs, relationships, etc... Every two weeks, I'll send submissions to People Plus, and an older community member will write back with their advice, which will be published here. I'm hoping this can be an opportunity to hear fresh perspectives on life from people who have seen it all - or at least way more than us!

Please enjoy the first submission of the semester. I'll see you in two weeks!

Q I've been at college for three years now, and I still think about my high school boyfriend. I've gotten to know, and even dated, a few people since then, but I've never felt the way I did in high school. I know why we broke up, but I'm still curious about him. We're both going to be in our hometown over spring break. Should I reach out to him? If not, how do I get over him?

A High school romances are something very special. We tend to revisit them in our minds from time to time and wonder about that person—we are only human. No matter what the reason for the breakup [was], the "what if" question is a natural one to pop up. I would suggest that you reach out to him; back in my day it would have to be done by a phone call or mailing a note. Let him know that you are going to be in town visiting your folks over spring break and ask if he would like to get together for a cup of coffee. Simply tell him that it would be good to see him and catch up. Go meet him, ask him to tell you how his life is going, and see where it goes.

One thing that I have learned over the years is that the 'could have,' 'should have' and 'would have' wondering does you no good.
 Good luck!
 ~Sylvia

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Books a la Carte

The Books a la Carte group meets on the third Tuesday of each month at 2 pm. The group is informal and there is no assigned reading list. We talk about books of all types. Members bring a list of books which they have read and can recommend to others. Here are some suggested readings:

FICTION

Echoes of the Dance by Marcia Willett. A trained ballerina suffers an injury, halting her career. This is a story of rejuvenation, family, and friends who reinvent themselves as well.

This Is Happiness by Niall Williams. A small village in western Ireland is faced with the coming of electricity in the late 1600s. This is a family saga, a coming-of-age tale, and a backward glance at earlier days.

Shadows on the Rock by Willa Cather, the author of My Antonia and O Pioneers! It is a tale of Quebec City in the late 1600s. Life depended on the once-a-year arrival of ships from France. The tale is built around a widowed pharmacist and his young daughter. Will they stay or make the long awaited return to France?

A Piece of the World by Christina Baker Kline. This novel is based on the friendship between Andrew Wyeth and Christina Olson which resulted in the famous painting "Christina's World."

Beautiful by Danielle Steel. Another in a long series of novels by the best-selling author.

Her Hidden Genius by Marie Benedict. A story of Rosalind Franklin. She discovered DNA, but her work was hidden by the men around her.

MYSTERY

Exiles by Jane Harper. This is a new novel set in the South Australian wine country. The plot deals with interpersonal family entanglements highlighted by murders, disappearances, and intrigues. A baby is abandoned at an outdoor festival as a family gathers for a christening. Does this relate to earlier crimes? This book is recommended by two members.

Home Sweet Home by Craig Rice. This is the story of a mystery writer with three children set in 1944. The children set out to solve a neighborhood murder.

NONFICTION

Remember by Lisa Genova. This is a wonderful book dealing with lapses of memory, Alzheimer's, and dementia. It includes useful tips about handling stress, the value of sleep, and the reduction of fear while aging.

Sapiens: A Brief History of Humankind by Yuval Noah Harari. This is a "pop anthropology" book which boldly explains the rise and the fall to come of Homo Sapiens in less than 500 pages.

The Good Man by Gordon Weil. This is the story of Bowdoin graduate General Oliver Otis Howard, his military career and his work as head of the Freedman's Bureau and his fight for racial equality.

Starry Messenger by Neil deGrasse Tyson. The author's cosmic perceptions on civilization on Earth.



DO YOU THINK GAIL KENDRICK LIKES COMPLETING PUZZLES?! We know she does because she's already done three of them! A good-natured competition has cropped up around the "60,000 piece" puzzle! We have several members checking out bags of puzzle pieces and bringing them back completed. Word on the street is Gail wants to do the most! Anyone ready to take her on? You know you want to!

Thanks go to Bob Tate of Tates Variety store for donating this fun game! People can work on one at the Center in the Cafe or check out a puzzle and bring it back completed. Then we will laminate it and keep it at the Center until all 60 puzzles are finished. At which point we will hopefully have a finale at the Center where we take all the completed puzzles and put them together on a table (or five) and celebrate the group effort!

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— James Tierney, BHS Class of 1965
Visit www.studentaidfund.org
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P.O. Box 867, Brunswick, ME 04011

Clothes, do indeed, make the man

Yes, you all know me as Patrick, but I was formerly known as the "Logo Man."

The definition of logo is "a symbol or other design adopted by an organization to identify its products, uniform, vehicles, etc." That was me; a walking billboard. Wearing logo-branded clothing was an obsession. Just ask my wife.

To this day, she can easily recall a particular instance that clearly illustrates what I'm talking about.

We, as a family, were aboard a ferry, making our way to the Maine island of

North Haven for a short vacation. Vicky went to use the bathroom and on her way back she looked down from the upper deck, where she spotted this man completely covered, from head to toe, in clothing bearing some kind of logo. Then she realized it was her husband.

Recounting her startling discovery at the time, she said to me something like, "normally, I wouldn't be attracted to a man dressed like you." Ouch!

Looking back, having items with logos just seemed so natural to me. Heck, can

you even purchase anything these days that doesn't exhibit a logo?

But, it was like I was on a runaway train. My "designer clothes" proudly displayed my fondness and loyalty for professional and college sports teams. In every discipline, be it basketball, ice hockey, football, baseball, on and on it went.

And if I visited a place or an attraction — states, cities, countries, national parks, Disney World, etc. — in most cases, I would end up buying something with a logo splashed across the chest of a T-shirt or sweatshirt, on a hat or jacket. I just had to have it. As a sort of memento of the trip. But it gets worse.

A cousin of mine back in Michigan, whose name is Scott, came up with this wild idea of starting a three-on-three basketball tournament — and he went national with his plan. It is played in various cities throughout the country and takes place in the streets of the host community. It was the first of its kind in the U.S., was written up in Sports Illustrated many years ago, and is still going strong after nearly 50 years.

It goes by the name of Gus Macker, which is my cousin's nickname. Anyway, a byproduct of all this hoop madness is a clothing line that carries the Gus Macker name and logo on anything — and everything — you can think of. No part of one's body is ignored with these special threads.

So, you guessed it. I had it all. And because he was my close relative — and he liked me — I got everything for free. And my two children received stuff, too. My wife was ready to disown all of us, wishing not to be seen with a trio of Macker backers. I will readily admit most of the clothing was very colorful and loud.

And I wasn't the only person with this "sickness" in my family. Ed, my late brother-in-law, was really into collecting baseball-style caps and their accompanying logos. He would always purchase two of the same thing; keeping one for good, while wearing the other one — and not caring if it got messed up.

But, at some point in my life, I decided I

Simply put

Patrick Gabrion



didn't want this particular look any longer. Enough was enough! Honestly, I don't know why. I just think it was a subconscious happening. Or maybe I finally grew up. I know my wife is happy, and now doesn't mind being seen with me in public.

Truth be told, the logos aren't completely gone. They are just more discreet and stylish, as my brand of choice these days — when it comes to clothing — is Patagonia. However, I'm pretty sure we've seen the last of the "Logo Man."

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Paton art show continues throughout April

The current Cafe Gallery art show, featuring People Plus member George Paton and his wonderful photographic images, will continue throughout the month of April.

Paton, who is 73 and a resident of Bowdoinham, has a wide ranging photography portfolio, everything from landscapes, building designs, flora, and much more.

When asked to recall one of his favorite images, he was quick to chat about his photograph of a Japanese maple, which was taken around 2004 in the Seattle, Washington, area and is part of his People Plus show.

“It was in an area that had been made into a park,” Paton said. “It was a cloudy day, the lighting was flat, and there was this tree about 15 feet away. All of a sudden, the sun came out and I realized (the potential) of a nice shot.”

“I was using a large-format camera, so I had to set up the tripod,” continued Paton. “I was rushing, because I didn’t know how long the good light would last. Of course, I had to wait for the image to be printed, but I was pleased with the results. It showed, just like many things in life, that timing is everything.”

Paton took up photography



in the late 1970s, but like most of us, he kind of put it to the side when life became busy raising a family and with work. He regained his passion for fine art photography again in the early 2000s.

“Photography is a passion I’ve had for a long time,” said Paton. “I’ve always enjoyed viewing things that present a strong visual effect. The design of whatever I’m looking at (catches my interest). I’m always looking for what I call the visual dynamics of what I might photograph.”

Paton has been a People Plus member for around

eight years. You’ll most often find him in the Center’s activity hall playing table tennis. He went to school for civil engineering and the bulk of his professional career was in facilities management, something he did for 17 years at Bowdoin College in Brunswick.

To view Paton’s images, go online at www.paton-photography.com.

During the April art show, 10 percent of all sales will go to People Plus. The exhibit is open to the public during regular business hours at People Plus.

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