

People News

plus

The Center to get more out of life

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

Annual Fund Campaign launches

We are happy to announce that this year's Annual Fund Campaign is now in full swing!

Launching on Nov. 17, People Plus hopes to raise more than \$50,000 with this year's efforts. These monies are invaluable to the organization and provide for the programs and events we all love so well.

This year's campaign could not have been possible without the hours and hours of work spearheaded by our own Alison Harris.

Her time and dedication to both the board of People Plus, the Annual Fund Campaign and Music In April makes this organization and our Center a better place and we thank her for it.

We would also like to thank David Knight for his time and dedication as a community volunteer with People Plus. His knowledge and experience in fundraising and development are invaluable to us and we are so very grateful for his willingness to donate his time and services to us.

We at People Plus feel the crunch of the economy as well as most and know that in asking for your support of us, that we are asking for a lot. Every dollar raised goes directly to the support of programming, administration and facilities in order to provide the best services possible and continue programs like the Volunteer Transportation Network, the Good Morning Call and others.

We ask each of you to please give generously to the Center as we look forward to a new year with a new director, a renewed sense of energy and a plan to make it the best year ever.



Led by mentors Willo Wright, third from left, Elnel Browder and Magan Kyle, at center, members of the Teen's First parenting group produced 10 apple pies, and a bunch of good will for the November Lunch & connections holiday dinner.

Lunch & Connections

Roast pork, potatoes and gravy

Golden roasted pork and potatoes with all the trimmings will be The Lunch & Connections offering on Dec. 15.

"It's the week before Christmas," chef Frank Connors observed. "Of course we will be focused on the holiday. Our Maine potatoes will be roasted, with an option of noodles and gravy. Frank has promised a huge bowl of his homemade applesauce, and the vegetable will be green beans almondine."

Madeleine Ashe has again agreed to personally supervise preparation of the brown mushroom gravy, so you know it will be great! A deep-dish spinach cheese noodle casserole will be waiting for our vegetarian guests.

There will be a fresh, lightly-dressed green garden salad for everyone, and the featured drink will be Madeleine's holiday punch and fresh cider. Tea, coffee and milk are always available. Fresh cookies, baked in our fancy new oven and hand crafted by our volunteers until

they are unique holiday gifts will be our dessert this month. Our fresh-baked bread always comes from Brunswick's Wild Oats Bakery.

Our monthly Lunch & Connections program, underwritten by Spectrum Generations, focuses on nutrition, information and variety. A CHANS Home Health Care professional is always on hand in the café area to offer a free blood pressure check prior to lunch.

Come to the Center early, pick up your \$0.50 raffle ticket and register for one of several free door prizes. There will be a special holiday raffle this month, featuring handcrafted and painted Christmas ornaments by member extraordinaire Dee Jacobs. Reservations for seating are necessary and obtained by calling the People Plus information desk at 729-0757. Cost is only \$5 for members of People Plus, and \$7.50 for all others. Lunch is served at noon.

Food collecting continues

With two wheelbarrows (and more than 100 pounds) already delivered, collections of nonperishable food to benefit the Mid Coast Hunger Prevention Program will continue through the month of December in the lobby of People Plus.

Mid Coast Hunger Prevention has identified target foods always in short supply but is quick to accept any food items. Persons wanting to make a cash donation should offer a check, made out to Mid Coast Hunger Prevention Program, or MCHPP.

"We're delighted to encourage any donations during this holiday season," People Plus Executive Director Stacy V. Frizzle said.

The familiar red wheelbarrow in the reception area at People Plus will remain until early January.

Holiday stress addressed

Many people can experience a particular and heightened stress in December. The holiday season and seasonal weather changes can combine to make the end of a year particularly stressful. Jay Conway MSW from Mid Coast Hospital's Senior Mental Health Services, will facilitate an open discussion on Dec. 8, at 1 p.m., that targets how people might view the holidays, and how to look at their expectations and of those around us.

"Holiday Stress and You" addresses pressures to buy, pressures from families, and there is often winter travel pressures, plus weather and seasonal darkness to contend with.

The discussion is free and open to the public. Call 729-0757 to register.

Let's learn Word

Computer tutor Jack Hudson will lead a two-session discussion of Microsoft Word in December. Each class will have two sessions (Tuesday and Thursday of the same week), meet in the Teen Center computer lab, and be limited to a maximum of four participants. Classes are free to members of People Plus.

Microsoft Word is a word processing application that can be used to compose letters, invitations, resumes, even create newsletters and flyers. This introductory course provides basic instruction needed to compose and print documents. Class "A" meets Dec. 6 and 8, class "B" meets Dec. 13 and 15, and class "C" meets Dec. 20 and 22. Call 729-0757 to register.



A Christmas gift from
Write On!

Special
pull-out
section
inside

Wishing you and yours a joyous holiday season

People Plus News

The official monthly newspaper of People Plus, serving residents of the Brunswick/Topsham/Harpswell area. Editorial submissions and advertising queries should be e-mailed to:

frank@peopleplusmaine.org

Questions, comments and written contributions should be sent by the 15th of the month to:

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A season for thankfulness

I feel so lucky to be coming into People Plus at this time of year when we are thanking those around us and sharing sentiments of love.

The more I get to know People Plus, the more I am struck by the sheer number of people who volunteer at the center or in one of the community programs. I doubt I will ever be able to thank them all enough for their time and dedication, but in the spirit of the season, I will give it a try and start with the ladies that work the front desk.

Those front desk gals are really the first point of contact for anyone coming to People Plus and they can't be thanked enough for their service and time. Doing out program information, keeping track of attendees and gently reminding everyone to use the PALS system are a few of their areas of expertise. Without them and their cheery daily greetings the Center just wouldn't seem the same.

As we lose our longtime front desk coordinator, Judy Wilbur, we gain a set of co-coordinators in Gladys Szabo and Judy Krok. They will keep the front desk gang of ladies well-informed and well-stocked with all the current information. If you are someone who has a few hours a week and would like to spend it in the company of fun and friendly people, the People Plus front desk is the spot for you.

From the Executive Director

STACY V. FRIZZLE



Another People Plus program that is completely volunteer manned (or should I say wo-manned), is the Good Morning call program run by Madeleine Ashe. This program provides a voice mailbox for homebound elder seniors to call every morning and check in that they are OK. If they don't check in, then one of the 14 volunteers will call them. If they don't answer it gets turned over to the Brunswick Police dispatch group. The Good Morning call volunteers each work for about an hour, twice a month and after sitting with Madeleine last week, I can't think of a more rewarding 60 minutes.

I also need to mention the Volunteer Transportation Network (VTN). This program provides rides to people who would otherwise not have a way to get to the doctor or grocery store or a program at the center. Someone simply has to call People Plus and register to be either a driver or a rider. We always need more

drivers and can work around your schedule if you're interested.

And if you've ever eaten a meal at the Center, you might already know that there are more than a dozen ladies who do the lunches and help around the place on a regular basis. They bake and peel slices and dice and set tables and wash dishes — all to the sound of Frank's appreciative complaints.

Lastly there is a group of dedicated volunteers who cannot be forgotten, as their job is one of the most thankless. I refer to the People Plus Board of Trustees. This group of hardworking residents and business owners from Brunswick, Topsham and Harpswell supports the organization both financially and with hours of man power, paperwork, meetings, envelope stuffing and gardening. Taking on the task of running the organization, the People Plus Trustees work harder than most boards I've encountered and they do it with a cheery attitude and open mind. We would not exist without them.

On that note, I close with the thought that I am again blessed to be a part of such a giving, philanthropic organization. Let's each take a minute to say thank you to any of the volunteers we encounter each day at People Plus. The Center that Builds Community.

Music theater offering discounts

The Maine State Music Theater promises that ticket discounts are only a click away, if you are a member of People Plus.

Andrew Gilbert, MSMT director of marketing, suggests in a release that excitement is building for the Brunswick Theater's 2012 summer season, and that early ticket buyers will be well rewarded.

Exact discount numbers are available online at msmt.org/box-office/subscriber-info, and clicking in the middle of the page where it says Matinee Pricing for Seniors.



Read People Plus News anytime online @

www.PeoplePlusMaine.org

Prints are perennial holiday favorites

People Plus has all four of its Holiday Heritage print images in stock and ready for you to wrap and deliver under your Christmas tree.

Wrapped and carded (still only \$75) or professionally matted and framed (\$210) each of these prints have been artist signed, are numbered, and are part of a 350 count, limited edition collection.

The Heritage series is a unique way to celebrate the holidays, the history of our area, and to help the Center.

"Last Christmas at Gurnet," by Jack Doopp was released in December 2002, and remains our best seller. Only a few "printer's proofs" of this image remain avail-



able. "Chuting the Androscoegin" and High Noon, High Tide," each commissioned by the center and painted by Woolwich muralist John Gable, remain available, as are copies of "Holiday at Merymeeting Park, painted by Brunswick watercolorist Bev Bevilacqua.

All four images are also available as full-color 5x7 greeting cards, packaged with an envelope. The cards cost \$2.50 each, or five for \$10, or 20 or more for only \$1.50 each.

Framed samples of each print are available for your inspection in the Center's Union Street reception area.

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WINTER STORM POLICY

When Brunswick schools are closed because of weather, all People Plus programs, classes and activities are cancelled for that day. The Center shall remain open for business, unless conditions warrant a Center closure. Tune to WGAN-AM radio (560 on the dial) or check www.PeoplePlusMaine.org for announcements.

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Happy Holidays from your friends at CHANS

The road to old

By GAIL RIPA

The road to old is slippery, and it's mostly all downhill.
The clock is unrelenting, and for this, there is no pill.

But, gloom and doom, be gone now, "cause it's not the same for all.
As Robert Frost has written, in the season known as Fall...
"two roads diverging in a wood, and I-I took the one less traveled by."

The road IS quite divided, and you can make the choice
For youth and joy and good times, in this you have a voice.

So much is made of aging, we all get swept along.
The news, the ads, the media — they sing it like a song.

A very old question, which asks it all quite well,
If you didn't know your real age, just how would you tell?

The answer lies within a child, whose

face is fresh and caring,
He never looks into the mirror to see how he is faring,
How easy, how straight-forward, in that make no mistake,
A child simply thinks of candles on a cake.
So there's aging and there's "oiding," they say that it's a must,
Still, one thing is for certain, and in this you can trust.

There is an elixir, a potion so very rare,
Worth so much more than silver, as precious as our air.
It's the water of life, in French, eau de vie.

With it we flourish, we grow, then we see
That aging has a purpose, and really just one
To store all our memories, of each bit of fun.

So count love, and count laughter, count those who you hold dear.
This is the true measure of each precious, passing year.



"Welcome to Maine," multi-media, by Nick Payson

Gallery features student works

The Union Street Gallery at People Plus continues to feature work by Center artists through December. The multi-media show is a first of the new season for all the students in Connie Bailey's art classes at People Plus.

Bailey has classes on Tuesday and Thursday mornings, offering a variety of media choices intended to challenge and expose artists to all sorts of possibilities.

Students invited to exhibit include: Nick Payson, Cindy Fisher, Ann Frey, Frank Stone, Richard Nickerson, Alfred Tyrol, Paula Spector, Beth Aldenberg, Patricia L'Heureux, Valerie Robbins, Karen Giustra, Marilyn Morse, Pat Zacharias, Susan White, Frieda Wood, Wilma Sarna, Carol Oliver, Joan Tarzazewich, Claire Gosselin, Richard Jordan, Jackie Jordan, Bill Tracy and Donna Lemieux.

The show is available for review during normal business hours at People Plus.

JOHN THOMAS SMITH: He celebrated Bloomsday every day

By CHARLOTTE HART

"And gladly would he learn and gladly teach."

This ... Chaucer would have said of John T. Smith

His days were journeys, eager minds to reach.
Unique and magical methods he taught with.

The "Iliad" And "Huckleberry Finn"
Heroes arise, hate slavery, and hate war.
Achilles! Huck! Compassion lived within.

Then celebrate: James Joyce a Dublin journey saw.
Bloom's one-day journey started by the shore.

John's days began at Harpswell Cove or Cobossee Lake.
He journeyed forth ... returned, his spirit to restore.

His joys were there — his family, friends, love's sake.
Sweet June Sixteenth! Irish World Holiday!

John celebrated Bloomsday every day.
"Chaucer, The Prologue to 'The Canterbury Tales'"

Sleigh bells

By RUTH FOEHRING

"Beep, beep, beep," the oven was calling me to rescue the cookies baking inside. I ran to them, took them out of the oven, when all at once the phone began ringing. I ran to the phone and reached it on the fifth ring.

"Ruth, this is Andy. Are you busy?"
"Not very," I replied.
"Then come on down, so we can get a glimpse of you."
"OK. Give me fifteen minutes and I will be right down."

I soon ran out the back door to a crisp, cold but sunny day. The sky was the bluest blue and the mountain peak across the way was the whitest ever. I stood and stared at the wonder of it all.

Jumping in the car I backed out to a country road that ran close to the house and barn and started down the hill. The road was snow covered and recently plowed, and at the bottom of the hill was a large farm. The structures were old and the couple who lived there were friendly, and had welcomed us with such warmth when we became the new people in the valley. Andy had lived there all his life and had brought Clara there as a bride almost forty years ago.

I drove into their barn yard and a horse and sleigh were parked in front of

the barn. I knew their horse, but had never seen the old black sleigh before.

Andy came out of the barn dressed in a red and black mackinaw and a hat with ear flaps to match. He waved and yelled to me, "Ruth, have you ever been on a sleigh ride in a one horse sleigh?"

"No. Andy I never have ever been in one!" I did not mention that I was scared to death to do it. We owned two horses but I never approached them very often.
"Well, then hop in and we will be off."

He helped me in, put a blanket over my legs and we were off. We slid across the road in front of the barn, and went off into the lovely flat meadow across from their farm. The sleigh bells jingled and they sounded as I always imagined they would. Across the fields we went with the white mountains in front of us and the trees all decked out with snow hugging their branches.

Thirty minutes later we arrived back at the barn. I was so thrilled to have had this experience with this wonderful neighbor.

I drove back up the hill to my house. Now I wanted a sleigh too! We had two horses, so why not?

"You'll never guess where I've just been from!!!!" I yelled, as I stepped into my back door.

Wildlife visitors

By VINCE McDORMOTT

They come at all hours
On many a day
Some visit at night
That I can say
Chipmunks galore
Fox, squirrel and deer
Moles and voles
Even a porcupine, I fear
Many a bird

Some naughty, many nice
Some once a year
A few twice

Bluejays come
Stealing seed
Chase the small ones
Too much greed

Great wildlife sightings?
It's all bunk
Bob Dow saw a ten point buck
We saw a skunk

Trees without leaves

By P.K. ALLEN

Trees without leaves
are such a lonely sight,
like the sky without stars
on a cold winter night.

Branches all bare
and crusted with ice,
while deep in the roots
are huddled life mice.

Bark all around
from trees far and near;
eaten from trunks
by foraging deer.

Long days of cold
till warm spring arrives,
to bring leaves to the trees
and bees from their hives.

Love out loud

By BONNIE WHEELER

I would like to learn to love out loud
So loud others could see it
So loud others could feel it
Sharing spirit energy with the world
Spreading love, peace and beauty
Willing others to stop and listen
Paying it forward every day.

Sound mind

By BONNIE WHEELER

The Bible says we are not given a spirit of fear but of power, love, and a sound mind.

When I was young, it was all about love — finding that special someone.

Later it was all about power, raising children, careers, making life work.

Today, in my sunset years, it's all about a sound mind.

Lord, don't fail me now.



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spectrum generations

Happenings

Veterans Benefits Assistance

Are you a veteran who deserves benefits from the VA? Do you know what VA benefits you are eligible for? Are you a dependent who might be eligible for VA benefits? Have you had trouble getting in touch with the VA. On the third Wednesday of each month we will have a representative of the Veterans Administration here at the center. Call for appointment.

Professional Foot Care Clinic -

R.N. Jeanne Otis offers monthly appointments which include a foot and nail evaluation, along with written recommendations for further medical attention if needed, nail grooming and care, tips for home foot health, education for diabetics. For gentle, consistent, and professional care make an appointment with Jeanne.

Computer Class for

Beginners - Everyone starts somewhere - we are here to help you learn to use the computer. Our skilled instructor will help you learn to be more comfortable with computers. Bring your own or use one of ours. This Six-week class will be starting early in December and class size is limited so call us now to reserve your spot!

Bridge Class Starting - We are just completing a beginner class and it was very successful and popular. Join us and find out how much fun we are having. Six-week bridge class for beginners. Starts Tuesday, January 9th. \$15 for the six week class. Bring your enthusiasm and sense of humor! This will fill up fast so reserve your spot.

Learn Italian - Starting in mid January we will be offering a beginners, conversational, Italian class. Easy and fun for all levels. This class is limited and will fill up fast so reserve your spot. The starting date is TBA. Six week class, \$38

Welcome to Medicare -

If you are turning 65 soon, or have recently turned 65, or know someone who is, attend this seminar and learn how to enroll, and what Medicare means for you. Wed., December 14th at 1 pm, free



Laughing Club - If you dread the increasing darkness as winter approaches, you're not alone. "We don't laugh because we feel good; we feel good because we laugh." Come as you are. The more the merrier so bring a friend. Thursday mornings at 10:30. \$2.00 activity fee.



Cell Phone

101 - How do I use that feature? Do I have the right phone? How do I retrieve my messages? What is a text message?



These questions and more answered by an expert! December 6th—Free

Chair Yoga class - Six week class in Chair Yoga. Call to find out when the next class will be starting.

No matter what your age or level of physical fitness, you can receive the health benefits of Yoga without getting down on the floor! Build your flexibility and strength safely, all sitting in a chair.

Come and give it a try....

Come Play Games - Every Monday morning at 9:30 we have a game morning. Coffee, tea, fun & games. Stop in and join in!

Volunteer Extraordinaire

All of us who work in the non-profit world depend on our volunteers in order to provide the service we are committed to. While all volunteers are valuable and wanted and helpful, some of them bubble up to the top of the pile as an extraordinary volunteer. Here at the Topsham center for Spectrum Generations we are lucky to have many such individuals, one of them being Anna Fili-Astolfone-Potts.

Anna came to us over a year ago, when I was starting to put together our Carefree Café, lunch for people with progressive memory loss, and their caregivers. She was visiting our center on other business and we starting talking about



this idea. Before I knew what had happened she had jumped in with both feet and became the person who kept the program together and has been instrumental in its success. She has followed that up with a class in Italian cooking, and soon a class on Italy and the language and culture.

She has folded newsletters, answered the phone, emptied the trash, and in all respects gone far and above what could ever be expected. She values the work that we do, and we are able to do it because she is so involved. Thank you Anna for all you do in helping Spectrum Generations help the seniors in our area. It is people such as you that make this a great community!

Volunteer Opportunities

Please consider becoming a volunteer at the Southern Midcoast Community Center in Topsham. Become part of our rewarding and fun group of people serving the community.

Greeter/Receptionist

Here is a chance to be the first person people see when they arrive. Times are in 3-hour groups. This is a great way to meet the people who are part of our center.

Watering the plants

We have lots and lots of plants in the center that would like some TLC twice a week.

Helping organize

Meals on Wheels Wednesday and Friday morning all of the areas' meals are packaged for delivery here and help would be greatly appreciated.



Garden Maintenance

Our gardens are simple but have the capacity to be great! Help make our entrance and yard look as good outside as we help make people feel inside.

Meals on Wheels Driver

We are looking for people willing to be regular or back up drivers. The days are Wednesday and/or Friday mornings.

Seasonal Decorating

Help create the seasonal ambience for our center.

For more information and for a volunteer application, call 729-0475 or stop in Monday through Friday 9 am to 3 pm.

We hope everyone enjoys the holidays. We will be closed for Christmas December 25th and 26th.

Stop In and See All That Is Happening

Consumer Information Specialist—Karen Crum is available to help you with Medicare, Social Security and other health care questions. Please call to make an appointment.

Meals on Wheels—Do you know someone who is homebound and doesn't have a support system to regularly eat. We deliver Meals on Wheels—Call us to find out more.

Health Seminars at our Center—Stop in and pick up a newsletter, or at many public places. We offer health seminars on different topics each month.

Enrichment Classes & Seminars—Topics can include "Cell Phone 101", "Facebook", movies, VA help, and many others. Stop in and pick up a newsletter, or join our popular email list—to keep abreast of what is going on.

Southern Midcoast Community Center

12 Main St., Topsham
1-800-639-1553
729-0475

Open Monday—Friday
9 am to 3 pm

spectrumgenerations.org

Season's Greetings

from "Write On!"

The People Plus Writers

A snowflake

By P.K. ALLEN

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

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



Celebration

By BETTY KING

Resisting the confinement that comes with Dark, cold, snow and ice, and all the extra effort that the season demands, we yet go forth to gatherings that celebrate family and community. We need to know that we are there for each other, no matter how hard the going. In this scarcity of warmth and light and ease we are all the more moved to festivity, as though in defiance of material limitations. When all nature is tucked in, burrowed deep, waiting out the season, we flower into unaccustomed extravagance in speech and action—acts of faith in the new life that, being human, we know is just around the corner



Christmas presents

By BONNIE WHEELER

Time for gift giving;
Keep your money in the bank.
The perfect gifts are free.
Tis the season to say thanks.
Thanks to my dear friends;
You have my deep respect.
Thanks to my enemies;
Tolerance is your bequest.
Thanks to the poor and hurting;
You give me the chance to give.
Thanks to the unlovable;
You push me to forgive.
Thanks to all my family;
You have my unconditional love.
Thanks to the Christ Child;
You gave me life and a home above.

An unforgettable Christmas Eve

By RUTH FOHRING

The Christmas of 1995 was a white one and Christmas Eve was frigid. We were dressed warmly that evening but the cold seemed to go right through the warm sweaters and down coats we were wearing. Hoods and hats were on, gloves were secure and woolen socks and boots completed our outfits. We were visiting our son and his family in a small town in the Northeast Kingdom of Vermont, and wondering if where we were standing at the moment, was a wise choice for two people who had left the frozen north for the sunny shores of Florida.

We were standing on a shoveled section at the far end of the town square. Many churches stood on one side, lights were on and stained glass windows were reflected on the white snow that lay on the ground all around. Wreaths were on their doors, and their church bells pealed out "Silent Night." Across a wide road and directly adjacent to the churches were many old Victorian houses. They were large and their Christmas lights and decorations were so lovely that we just let our eye eyes roam up and down their inviting appearances. Small paper bags with sand to weigh them down, and candles inside, lit up the sidewalk that ran in front of the houses. The smoke rising from their chimneys let us sense the warmth that existed within them.

Precisely at 6:45 the church bells changed their tune and began ringing with a bong, bong, bong. We were alerted to the

feeling that something was about to happen. Then we heard another sound, that went clippety, clop, clippety, clop. Then, through the now gently falling snow, appeared a man dressed like Joseph of old and leading a donkey. Magic filled the air and people around us became silent. We were lined up behind the donkey and candles were distributed and lighted and a long procession began down one side of the square passed all the houses. We began singing, "Silent Night" and upon reaching the end of the square crossed the road to the other side. We approached the churches awaiting us and as the church of your choice came close, people walked up their freshly shoveled paths. The procession would stop, people would call out, "Merry Christmas" and they would turn and wave and enter their church.

We reached our destination and left the line and received the same farewell. Entering the church the organ was playing a choir was singing, and we knelt and bowed our heads. We finally felt warm and a feeling of peace and joy filled us and as we glanced around us we saw everyone present had the same look of contentment.

Those who participated in that evening would find the simplicity, beauty and grandeur instilled in them forever and brought to view again every Christmas Eve. I know, because it is with me once again this year.

Restore! Refresh! Renew!

By CHARLOTTE HART

Restore! Refresh! Renew! Then light bright lights!
One hundred tiny lights this night of nights.
This house was built sixteen decades ago.
She now rules this great orchard deep in snow.
For generations she graced a city street.
A busy household there found life complete.
A vibrant life in a bustling seaport town
Ended. Would the vacant beauty be torn down?
No! Willing hands worked, and brilliant eyes looked on.
This house was moved long miles in June's pre-dawn.
Repair! And scrape! And paint! Restore with care.
For winter's wind and snow this house prepare.
Put a wreath on her door. With lights each window fill
For her first season of wonder here on Orchard Hill.

What we can learn on Christmas Days

By ADELAIDE GUERNELLI

I can be just a teacher that learns to fly with the stars, but ... I don't want to die before baby Jesus gets ready to shine our lives with his delicate eyes! With him on my side, all the sufferings of mankind will become poems to be recited, night after night, in the middle of the page that God wrote before his Son came to the Earth ... that wonderful night! But my hands will be the humble piano that I can use to teach the mystical songs of our human lives...! And I will be able to learn to fly with the children that are no longer restless or mischievous, 'cause the birds with their wings will allow them to slip out of the dream, and Christmas will really begin in our souls and hearts, and it will be not just a day but a long period of human life devoted to the Son of our Creator, and the crystal flowers, with the golden forgiveness will be dancing with the music of our hearts in our country, the USA, because it is the only place where we have peoples from around the world...!

Christmas

By P.K. ALLEN

Each Christmas brings a special warmth
To a winter that's long and cold,
That's shared together in close harmony
With those you love to hold.
It brings sounds of joy and laughter
That we'll remember through the years,
Along with a visit from carolers,
Bringing sweet music to our ears.

Success at last

By RUTH FOERING

Christmas morning, 2010, the phone kept ringing but one call really knocked my socks off, and kept me smiling for the rest of the day. Christen our oldest grandchild, and born twenty-six years ago on Christmas day, was calling to wish us a Merry Christmas. She was entertaining her family and thrilled with the responsibility of being the one finally in charge of the festivities.

She said loudly and with gusto, "Guess what Mimi? I have your Christmas story taped to the refrigerator door and everyone loves it." Well, this had never happened to me before! I had Scotch taped my children's art and stories and my grandchildren's too, to our refrigerator door. Now, it finally had happened to me.

My Mother's refrigerator had lasted for fifty years, and in all those years I never had one thing taped to it. I doubt my children or grandkids ever appeared on its doors either. So, finally I was being recognized. Now that is significant!

My Mother may never have posted my work but when she died I found a big manila envelope and in it was art, Dear Mommy letters and stories, and cards, that she had saved and my name was on all of them. I smiled at that too.

A different Christmas

By GLADYS SZABO

It was the first Christmas without my dad.
Mom and I were feeling sad.
Christmas Day, we'd be apart.
Although, together in our hearts.
Mom announced, "No tree this year."
It was a shock to my ears!

Skipping our Christmas was not to be
It's not Christmas without a tree.
One night Mom would be out late
Now Christmas was to be my fate
The very first duty was to decorate
Decorations throughout the house
Even had the Christmas mouse
Off to the woods, ax in hand
Cut a tree on a farmers land
Over the fence, through the snow
No one would ever know

Tree dressed with shimmering lights
Brought that tree to brilliant life
Joyfully singing Christmas carols
Dimmed the lights and lit the candles

As I began to trim the tree
With each ornament I could see
Memories of my years with dad
Though only fourteen we did have.
Each one warmed me deep inside

Hanging some I even cried
Once all done, stood back to look
Was just like a storybook.

Wrapped the gifts, lit the tree
Gifts from "Santa" to mom and me
Hours grew late, I started to doze
Then I hear the back door close

The look of shock as she entered the room
Immediately replaced any feelings of gloom

I shot off the couch,
Hugged mom, till she slouched
With teary eyes, we opened our gifts
Our little Christmas was the greatest gift!

Reflections

By GLADYS SZABO

December being the end of the year
A new beginning is very near.

People bustling in every direction
List upon list, too many to mention
Gifts to buy, parties to attend
Trees to trim, seems like no end.

It's time to reflect on the year just past
How can it be that it went so fast?

A time to reach out to family and friends
Possibly a chance to make some amends

Some are in touch only once a year
From those I anxiously wait to hear
Thoughts of those near and apart
All have left footprints on my heart!

Christmas 1940

By VINCE McDERMOTT

Very young was I
Memories fade
Some vivid, some not
Strong impressions made

Out for the best tree
My uncle, cousin and dad
Not me, you see
I was just a tad

They went in high spirits
With some in a flask
A great time was had
Not much more to last

Good times soon gone
For many a year
We went into darkness
Not much to cheer

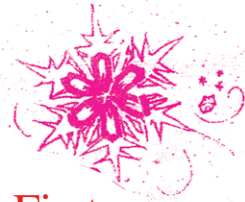
Then came a day
Clouds were lifted
Fine times returned
We were all gifted

The men came home
Happy Christmas again
We celebrated a lot
To forget the pain

The little girl's Christmas

By BETH COMPTON

There once was a little girl. She liked Christmas very much. She went to the Mall with her mom. They were walking around and the little girl spotted Santa. "Mommy, Mommy, I see Santa. Can I please tell him what I want for Christmas?" Her mom walked her over to where Santa was. The little girl went up to Santa and said "Hi Santa." He said "Hi little girl, what's your name?" She said, "My name is Sue." Santa asked her what she wanted for Christmas. She whispered in Santa's ear, "I would like to have a cat." The little girl got off Santa's lap. He gave her a candy cane and said, "Merry Christmas!"



First snow

By BONNIE WHEELER

Early snowflakes drift softly to the ground.
Winter scenes glisten all around.
A cold pristine beautiful sight.
Only problem — it's Halloween night!



An outhouse bird house

By CHARLOTTE HART

It was Christmas Day, 1996. Grandson Peter was twelve. "Merry Christmas, Gramp!"

"Thank you, Peter. Now what can this be? You wrapped it well. Peter! Did you make this? A bird house! It's beautiful!"

"I made it in IA at school."
"Great job! This is so neat! We can hang it from that low branch of the oak by the window."

"Turn it over, Gramp."
"Oh. Oh! Oh wow! This is really clever! An outhouse. Look at this, everybody. An outhouse bird house. Look at the half moon in the door! And the door opens. Look inside here! Okay. It's a one seater. Peter, your copy of the Portland Press Herald! Amazing! Great job! Thank you."

"You do know where I got the idea, don't you, Gramp?"
"Oh. Well no. No I don't. Let me think. Hold on. Oh! Yes I do know. That birthday card I got from Joe Bryant last August! You did like that card, didn't you, Peter!" On August 11, 1996, my husband, Bob, received from Joe Bryant a unique birthday card, a picture of a set of golf clubs beside the entrance to an outhouse. Inside the card was a three page yarn about the early morning routine of the foursome of Al, Joe, Geoff, and Bob. They always let Bob hit first off the fourth tee. He could then visit the out-

house in the woods near the fourth green; then he would rejoin the group on the green to play out the fourth hole.

Joe was widely known for his creative greeting cards and ingenious, carefully planned practical jokes. He also found time to be a long-time highly respected guidance counselor at Brunswick High School, then later Brunswick High School principal. To raise funds for scholarships, Joe wrote blockbuster sell-out faculty shows with large casts of Brunswick teachers. "Fun, Farces, and Foolishness" featured Assistant Principal Jack Caldwell as the whistling lawyer, and math teacher Barbara Leonard as the telephone operator who said, "Is this the party to whom I am speaking?" Math teacher George Milay was the Judge ("Six foot four! Stiff and Sore! Really something of a bore! Has anybody seen the Judge?")

After Joe retired from education, he worked as a customer service representative for L.L. Bean. This gave him more time for community service, golf, creative greeting cards and state-of-the-art practical jokes.

And now it is December 2011. I am sitting in my dining-kitchen area, gazing at the space above my cabinets where I display treasures, a Bowdoin punch bowl (a wedding gift), a University of Maine stein (a graduation-from-Orono gift), a blue phoenix bird teapot that belonged to my grandmother, and a carefully crafted wooden outhouse bird house.

Snowflake art inspired by God; created by Sara King and Grandma Betty

The way I see it

BY BETTY KING

The Incarnation that we celebrate on Christmas Eve is emblematic of the incarnation of air and light and water onto the bodies of algae and lichens and mushrooms, frogs and salamanders and fish, mice and moose and deer, pines and firs and maples, daisies and roses and delphiniums, cows and pigs and chickens — and so into our own flesh. Each of these transformations is propelled by an energy we call Creation, and each of them is holy. The Event in the stable at Bethlehem was a lightning flash that telescoped this whole elaborate progression into one moment. The energy of Creation stepped briefly into the dimension of time in visible form, and this vision has illuminated our lives to this day.

All of this life is holy, and all the things we use and do to support these lives are sacramental — to be enjoyed and celebrated especially when their value is dramatized by scarcity. We are moved by this seasonal joy to distribute our gifts, whatever they may be, as broadly as possible, in decorating and feasting and music, but also more humbly in gifts of peanut butter and mac and cheese to the food banks — these are sacramental, too. We are reminded by this dark cold season how very much we need each others' blessings. A happy and blessed Solstice, Hannukah, Christmas and Kwanza to you!

Winter starlight

BY BETTY KING

This frigid air holds no moisture to mask the Milky Way. Living at the end of a long dirt road has its drawbacks, but also its blessings, among them this miraculous clear night sky so thickly populated with legends — Orion, Casseopoeia, Virgo, Leo, Aquarius, Scorpio and Taurus, the Gemini, the Dog Stars, so bright. That we can take our evening walk in pure starlight On a clear moonless night in December.



An angel

BY P.K. ALLEN

His nigh on sixty years that I've known her
And whose company I treasure so dear.
Good feelings are spread by the glow from her head
Though she only comes by once a year.
She'll stay just a week and then leave us,
But the joy that she brings we all see.
For her we will save a place in our hearts,
And also on top of our tree.

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The story of the turkey that didn't die

BY ADELAIDE GUERNELLI

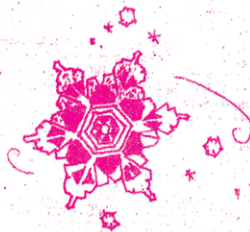
It was supposed to be easy to catch the beautiful turkey that my son bought last year to celebrate Christmas, but the bird decided to remain in good health, alive, when it smelled the good boiling water that had many ingredients besides salt! ... So he (and not it, because this bird was almost a person) decided to escape, with some pieces of food he found on the big table that was outside! They were supposed to be inside his belly! We saw him escaping into the woods near the house and the kids tried to follow him, but the turkey was very intelligent and fast! In ten minutes we couldn't see him! ... My son decided to use another kind of meat we had for tomorrow, and my mother made five focaccias! And would you believe that the next day when we were having our breakfasts, the turkey was inside the driveway and he was very happy! After this he began to eat some of the pieces we had saved the night before for the birds, which were on the table outside! This turkey became a member of the family! But we have not seen him since september 2011!



Early snow

BY BONNIE WHEELER

Is early snow bad news? Can mean a day of peace.
No one coming. No one going.
Soup simmering on the stove. Books waiting to be read.
Wait. A car stuck in the road.
Electricity has gone off.
Soup not cooking.
No candles. No flashlights. Getting cold.
No one coming. No one going.
Is early snowfall a bad thing? You tell me.




The spirit of Christmas

BY P.K. ALLEN

The socks were all hung
on the manel with care,
Just so the kids would believe
Santa was there.
Of the cookies and sugar
we left on the sill,
Santa and his reindeer
had eaten their fill.
The presents were placed neatly
under the tree,
And at six in the morning
the kids shouted with glee.
One at a time
they opened each gift,
Which to their spirits
brought a great lift.
It's a time for joy,
may it never cease,
And to the whole world
bring love and peace.

DECEMBER 2011 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PEOPLE PLUS NEWS & VIEWS</p> <p>FEATURING STACY & FRANK talking about the Center and the holidays</p>	<p>Viewed weekly on Cable Channel 3, Brunswick Community TV</p> <p>MONDAY AFTERNOON 4 P.M. WEDNESDAY MORNING 7 A.M. SUNDAY EVENING 9 P.M.</p> <p>And on Hargswell Community Television viewed online, anytime: http://vimeo.com/hargswelltv or www.PeoplePlusMaine.org.</p>	<p>9:00 AM Loosen Up! 10:00 AM Art II 10:00 AM Table Tennis 10:00 AM Email for Everyone 12:00 PM MP3, iPods and Audiobooks 1:00 PM Repurposing Cards 6:00 PM Yoga 6:00 PM Course in Miracles 7:15 PM Line dancing</p>	<p>1 1:30 PM Qigong</p> <p>Trip to New York</p>	<p>2 10:00 AM Bridge</p>	<p>3 10:00 AM Bridge</p>
<p>9:00 AM Crafters 9:00 AM Yoga 10:00 AM Chair yoga 10:00 AM Table Tennis 12:00 PM Bridge 7:15 PM Beginner Ballet</p>	<p>5 9:00 AM Loosen Up! 10:00 AM Art I 10:00 AM Table Tennis 10:00 AM Microsoft Word 11:00 AM Eating Well 1:00 PM Quilting Club 3:00 PM Teens First 6:30 PM Modern Dance</p>	<p>6 8:45 AM Inter. Cribbage 9:00 AM Art II 11:00 AM Choreo Lab 1:00 PM Writer's Group 1:30 PM Tai Chi 3:30 PM Meditation</p>	<p>8 9:00 AM Loosen Up! 10:00 AM Art II 10:00 AM Table Tennis 10:00 AM Microsoft Word 1:00 PM Coping with the Holidays 6:00 PM Yoga 6:00 PM Course in Miracles 7:15 PM Line dancing</p>	<p>9 1:30 PM Qigong</p>	<p>10 10:00 AM Bridge</p>
Teen Center open, Monday through Thursday, 2:30-5:30 PM					
<p>9:00 AM Crafters 9:00 AM Yoga 10:00 AM Table Tennis 10:00 AM Chair yoga 12:00 PM Bridge 1:00 PM TRIAD Emergency Preparedness 7:15 PM Beginner Ballet</p>	<p>12 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:00 AM Microsoft Word 10:00 AM Art I 11:45 AM Aaral Friends 12:00 PM LUNCH OUT 3:00 PM Teens First 6:30 PM Modern Dance</p>	<p>14 8:00 AM MEN'S BREAKFAST 8:45 AM Inter. Cribbage 9:00 AM Table Tennis 12:00 PM Choreo Lab Recital 1:00 PM Writer's Group 1:30 PM Tai Chi 3:30 PM Meditation</p>	<p>15 9:00 AM Loosen Up! 10:00 AM Microsoft Word 10:00 AM Art II 11:30 AM LUNCH & CONNECTIONS 6:00 PM Course in Miracles 6:00 PM Yoga 7:15 PM Line dancing</p>	<p>16 1:30 PM Qigong</p>	<p>17 10:00 AM Bridge</p>
Teen Center open, Monday through Thursday, 2:30-5:30 PM					
<p>9:00 AM Crafters 9:00 AM Yoga 10:00 AM Table Tennis 10:00 AM Chair yoga 12:00 PM Bridge 6:30 PM Civil War Book Club 7:15 PM Beginner Ballet</p>	<p>19 9:00 AM Loosen Up! 10:00 AM Art I 10:00 AM Microsoft Word 10:00 AM Table Tennis 1:00 PM YANKEE SWAP! 1:00 PM Quilting Club 3:00 PM Teens First</p>	<p>21 8:45 AM Inter. Cribbage 9:00 AM Table Tennis 1:00 PM Writer's Group 1:30 PM Tai Chi 3:30 PM Meditation</p>	<p>22 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:00 AM Microsoft Word 2:00 PM Holiday Cheer Reception 6:00 PM Yoga 6:00 PM Course in Miracles 7:15 PM Line dancing</p>	<p>23 1:30 PM Qigong</p>	<p>24 10:00 AM Bridge</p>
Teen Center open, Monday through Thursday, 2:30-5:30 PM					
<p>26 CHRISTMAS HOLIDAY OBSERVANCE</p> <p>Center is closed.</p>	<p>27 9:00 AM Loosen Up! 10:00 AM Microsoft Word 10:00 AM Table Tennis 2:30 PM Cafe en Francais 3:00 PM Teens First</p>	<p>28 8:45 AM Inter. Cribbage 9:00 AM Table Tennis 1:00 PM Writer's Group 1:30 PM Tai Chi 3:30 PM Meditation</p>	<p>29 9:00 AM Loosen Up! 10:00 AM Table Tennis 6:00 PM Course in Miracles 6:00 PM Yoga 7:15 PM Line dancing</p>	<p>30 1:30 PM Qigong</p>	<p>31 10:00 AM Bridge</p> 
Teen Center open, Monday through Thursday, 2:30-5:30 PM					

Community chorus plans holiday concerts

Greater Freeport Community Chorus is planning its winter holiday concerts in Freeport and Yarmouth.

"Spirituals, Carols and Holiday Favorites" will be performed on Saturday, Dec. 10, at 7:30 p.m. at St. Jude's Church, 134 Main St., Freeport; and Sunday, Dec. 11, at 2:30 p.m., at Sacred Heart Church, Yarmouth.

Tickets are \$10 for adults, \$5 for seniors and students, and free for ages 12 and younger. For more information, visit www.gfcweb.org.

Café en Francais will host local attorney

Attorney Richard Lord of Brunswick will be the special guest at the December Café en Francais at People Plus, Dec. 27 at 2:30 p.m.

Lord is a semi-retired, local lawyer who often felt "blessed" to represent members of Brunswick's French community.

If you are a French speaker, eager to share a lively hour in good company, call 729-0757 to sign up.

Light refreshments are served and all are welcome.

Reiki treatments are given at the center.

Call 729-0757 for appointments.



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A little quality time with my teens

One of the most significant parts of the day for the teen program is when the school bus pulls up out front of the building and the teens descend from the bus and head inside.

I can see the bus from my upstairs window. I can watch the kids get off the bus and watch what direction they head in. I can pretty much judge what type of day I may be in for by who heads in what direction.

The first 15 to 20 minutes when the teens arrive, I learn more than I would in any other 15 to 20 minute period, anywhere ... I sit in my chair as they come in (to my office, which they like) and store their school stuff and many of them plo down in one of the chairs or hang in the doorway and it goes something like this:

Today stunk, today was so great, I aced a test, I have to go to some stupid reading class, there was a big fight today and you would not believe what happened!

We finally got our laptops, so and so got his laptop taken away because ... I have a new girlfriend that is why I wasn't here yesterday, do we have peanut butter?

Did you find the paper I left here yesterday?

Teen Center Update

JORDAN CARDONE



Hi, I have to leave at 4 for soccer practice. I have to leave in 15 minutes for football. We are playing this or that team and info info and data on other team ... is roller world closing? Yes, no, yes, no ... we can't have school dances anymore because (Ohhhhh the reasons they recited)

My braces got tightened and they hurt, I am getting a work permit but you have to have a job first but you have to have the permit to get a job, chicken and egg which first type info ... wait until you hear this song!

Where is the remote, can I sign a game out? Do you like my new shoes? I'm so mad at I think we should be able to say anything we want in school because of the Freedom of Speech thing ya know ... I brought someone new for you today. We smell food downstairs, you know what I think we should have here, a pinball machine, a real one, I lost my cell phone. I got grounded, I made honor roll, look, look what I can do (some impressive physical feat or dance), think you can beat me in a pool today — not!

Each day is different but I know this part of the day is the most meaningful for me. Sometimes I feel dizzy for a few moments afterwards but mostly I feel good that they have a place to land after a long day at school where they feel welcomed, safe, cared about and can feel free to be who they are!

Or as I secretly feel, free free to try to figure out who they are and who they are going to be someday!



O Jeanne d'Arc Mayo, board member emeritus and volunteer, helped with some fall planting as a Veterans Day tribute on Nov. 9. Most of the bulbs and lillies were salvaged from the Maine Street Spanish Square perennial gardens.



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Volunteer Transportation Network

Volunteer Transportation Network provides door-to-door rides in Brunswick, Topsham and Harpswell for medical appointments, grocery shopping and personal needs.

Call to register at 729-0757, extension 105.

Intermediate Cribbage

Oct. 26: Yvette Dumont, 723; Patricia Johnson, 721; Lorraine LaRoche, 714; Leah Nelson, 709; Carl Nida, 701.

Nov. 2: Robert Foehring (perfect score), 726; Priscilla Sargent, 710; Andrew DiBasio, 705; Leah Nelson and Lorraine LaRoche (tie), 688.

Nov. 9: Carl Nida, 705; Priscilla Sargent, 702; Nancy Laffely and Joseph Tonely (tie), 684; Leah Nelson, 682.

Nov. 16: Virginia Zimmerman, 719; Richard LaPointe, 716; Lois Fournier 710; Patricia Johnson, 703.

Monday/Saturday Bridge

Oct. 17: Cecil Eldredge and Bill Washington

Weekly Winners



Oct. 22: Cecil Eldredge, Richard Totten and Mary O'Connell

Oct. 24: Gladys Totten, Bill Washington and Frank Wicks

Oct. 29: Donna Burch, Cecil Eldredge and Yvette Dumont

Oct. 31: Frank Wicks and Yvette Dumont
Nov. 5: Bill Washington and Lorraine LaRoche

Nov. 7: Frank Wicks and Gladys Totten
Nov. 12: Bill Buermeyer, Cecil Eldredge and Lorraine LaRoche

Volunteers needed

The Center is always looking to expand its core of volunteers. Two or three front desk volunteers are needed immediately, to staff the information desk for four-hour, morning or afternoon shifts.

If you like to cook, prepare food, wash pots or simply take directions from a man who continues to think he's in charge, maybe you would join our award winning, monthly Lunch & Connections

staff. We'd like to find a grounds and facility volunteer, or two, just to be sure the center is always safe, looking sharp and welcoming. This is a new position, so the job can be designed to fit the volunteer.

Volunteer drivers are always needed for our shopping and medical appointment drivers, and we need at least one other person to help staff our good morning caller lists.

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Trinkets and treasures for the tree

I bet Martha Stewart would consider one of my Christmas trees an abomination. I often have stuff dangling off our tree that even members of my family have sometimes questioned, but that's just fine with me. I think a tree needs to speak for its family, and our trees have been known to speak loudly.

Lights go on first, of course. For the past several years, our tree has been tastefully illuminated with multitudes of tiny white bulbs, and I attribute that change to my Jane's fine taste and influence. But there were years when the bulbs would be large and multi-colored, even garish if you will, and each year we do have 12 or a dozen smallish, real candles, the kind that burn real flames mind you, put on just for looks. I keep suggesting we light them and watch them, but so far, more sane and stronger minds have prevailed.

Then there was the year that my kids were into bunny droppings. I was always one to encourage creativity with our youngsters, so we did go to our bunny hutch, we did pick only the very best and roundest and firmest droppings, and we did make this sweet little chain, maybe three or four feet in length, that we did hang on our tree that year. Of course, there were also little baubles made of 4-6 little round poopies, scattered all over the tree that year. Miles even wanted to lacquer them, but I told him it was unnecessary, this was not a

decoration we'd need to preserve and reuse. I'm thinking we dipped some of them in red, white and green paints, however, just to guarantee that unique, holiday flair.

Tree chains, braids, baubles and ropes are a common theme for our trees. They can be two feet long, stretching from one limb to another, or they can be 10-12 feet long. We have made tree chains of popcorn, of dried apples and cranberries. We've had chains of acorns, chestnuts and cranberries. We've made chains of pine cones, sea shells and paper angels, chains of Cherrios, Hershey kisses and dried fruits.

My son Miles has his birthday two days after Christmas, so we often had a party for him in the weeks before the big day, trying to avoid his complaints of being cheated. When he was maybe 10 or 12, the goal of the annual party was to create an ornament for the kids to take home and hang on their trees. Keep it clean, Jane warned. I had pre-cut some blanks from soft pine, and the plan was to make replicas of antique sleds, complete with runners. All the kids needed to do was assemble and paint, I said. Well, one hour into the project, the kids were borrowing my pocket knife and trim saw, and were deep into the custom sled competition of the season. The good news is we lost no fingers that day, and there are still trees in Bowdoinham gazed with these sweet little boy sleds.

Tucked back near the stock of the tree, in shadows where only the most inquisitive might look, you might find a funky little ornament made from a twisted can cover. Here is my tribute to my own sad Christmas at war. 1967, when the guys and I tried to slip some sanity into our lives by decorating a pine tree someone hijacked via helicopter from a plantation outside of Saigon. We'd decorated that tree with spent rifle casings, stars we fashioned from c-ration can covers, even a couple pin rings from hand grenades. Christmas is a time to remember the good and the bad.

Of course, there is always the tree itself. I have to admit I'm kind of a Charlie Brown tree guy. I could never suggest decorating a birch tree in our holiday living room, mind you, but I think most of these fancy, perfectly manicured farmed trees are just too far off the mark. Maybe

Speaking Frankly

FRANK CONNORS



it's a passive aggressive reaction on my part. I grew up in a family where we always harvested wild trees, usually from a neighbor's land. My sisters always had to make the final decision, and the annual search led to mindless meandering through miles of toe numbing, trackless snow, and carrying a tree for hours after the sisters had left it in our care and went home to warm their feet.

So my point, I guess, is to continue to do what makes you and yours happy. Make your tree a part of you and lavish it on your family and friends. That IS what the holidays are about.

May you and yours have a very joyous and warm holiday season!

New or renewing members: December

BRUNSWICK	Kate Pietrowski	Nancy J. Morin	Jeanne Valley
Linda Wood-	Louise vanThorpe	Sybil Baker	OTHER PLACES
McCullough	Elaine D. Carlson	HARPSWELL	Gloria Houdlette,
Mary Ann Prue	Armand Bouchard	Sarah E. Brown	Richmond
Anne M. Bouchard	Ashton Johnson	TOPSHAM	Colleen M. Petrin,
Louise Leavitt	Linda Cronkhitte	Mary A. Rivera	Bowdoinham
Barbara A.	Joanne Rioux	Carol Jack	Corley Anne
Raymond	Karen Jones		Byras, Bowdoin

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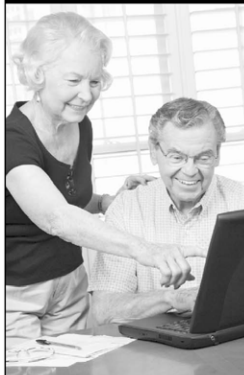
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Yankee Swap, cheer reception to mark holiday

Join your friends at People Plus for a fun and frolicking Yankee Swap, and a more traditional Holiday Cheer Reception.

The Swap is a new event this year, opening in the hall and café at 1 p.m. on Dec. 20, and the Reception is in the Café, beginning at 2 p.m. on Dec 22.

Frank Connors is leading the holiday swap, predicting it will be a fun-filled activity, and one he's wanted to see at the Center for a couple years.

Cost of admission is a wrapped but unmarked gift, with a value of "about

\$5." Everyone attending draws a number and everyone attending gets a gift," Connors explained. "And there are rules for the way everyone gets to swap. It can really turn into a good time." More detailed directions will be waiting at the swap.

The Holiday Cheer Reception will include holiday music, a bowl of "Holiday Cheer," some cookies and goodies, and a chance to visit with friends before the holiday.

For more information or to sign up, call 729-0757.

Eating through the holidays (carefully)

Join Mid Coast Hospital nutritionist Alison Fernald on Tuesday, Dec. 6, at 11 a.m., in a soup to nuts discussion about calories, carbohydrates and fats that might be encountered during this holiday season.

She can provide tools that will help you navigate the abundance of "good-

ies" that tempt you, and, if you have particular dietary or medical concerns, this discussion could have special meaning.

Fernald will share recipes, offer a quick and tasty food demonstration, and address your nutritional concerns. Session is free and open to the public, but please call 729-0757 to register.

Promoting preparedness

Have you ever needed to vacate your house because of no heat or electricity during a winter storm emergency? Whatever the emergency, it is more possible during this winter season that you may need to seek help, or new shelter, and in a hurry. Do you have a "GoBag" at the ready? A bag pre-filled with everything you might need to weather such an emergency?

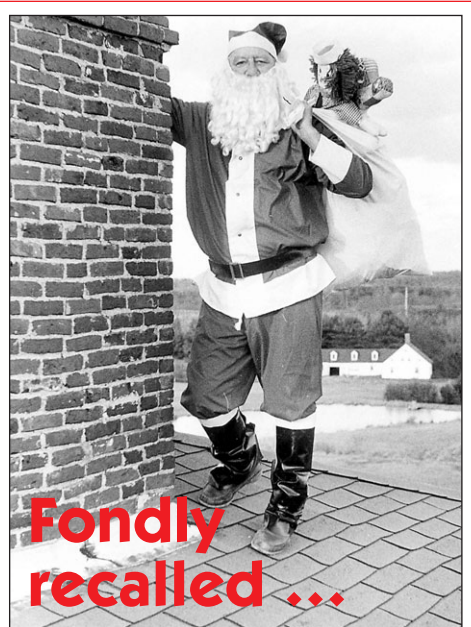
Come to People Plus on Monday, Dec. 12, at 1 p.m., to hear presentations on

emergency preparedness from members of local fire departments, the Red Cross, Merrymeeting TRIAD and others.

GoBags provided by the Emergency Management Agency will be given out by TRIAD, as long as supplies last.

You will leave well prepared to deal with your next "winter event."

Arranged by Merrymeeting TRIAD in partnership with People Plus, this program is free but reservations are requested to ensure space and supplies. Please call 729-0757 to register.



Fondly recalled ...

In 1977, that "other" local paper, The Times Record, was deeply involved with The Santa Fund, a charity the paper started. That year, to generate interest in the toy drive, "Santa Claus" (also known as Norman Marriner), visited a local spot and was photographed for the paper. A new photo ran each day between Thanksgiving and Christmas. We reprint two of his favorite pictures here, and on page 1. If you have old area pictures to share with readers of People Plus News, please contact Frank Connors, 729-0757.

CLASSIFIED ADS

Stove for sale. The center is offering its electric kitchen range for sale for only \$300. We paid over \$600 for it just one year ago; we switched to a gas stove. Call 729-0757, ask for Frank.

Michele's Consignments, Union St., is an authorized dealer for People Plus. Buy specially marked items at her shop, and a commission is paid to the Center. Call 837-1801.

Simple Alterations on clothing or household items. Call our "Craft Ladies" at 729-0757.

Agging Consultation Services. Call Joanne Rosenthal, MSW, for answers to your questions about Medicare, community resources, housing options and more. Affordable and confidential. To schedule an appointment call Joanne at 841-6188 or 725-6301.

Items to Sell? Services to offer? Advertise in our Classifieds. The cost is \$10 per inch, per month, paid in advance. Call 729-0757.

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*www.Medicare.gov, Medicare's 2012 Plan Quality and Performance Ratings.

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