

# People <sup>Plus!</sup> News

35 YEARS STRONG

The center that builds community

35 Union St., Brunswick, ME 04011

729-0757

www.peopleplusmaine.org

August 2012

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## New print celebrates 'The Fair'

Signed and numbered prints of the mural, "Topsham Fair, 1854-2012," go on sale at the fair's exhibition hall during its annual Senior's Day promotion on Tuesday, Aug. 7.

The original 36-inch by 54-inch mural, painted by noted Woolwich artist John Gable and commissioned by Topsham businessman Jim Howard, is on temporary display at the Topsham town offices.

"This is the fifth in a series of local historical prints commissioned by (and for) People Plus, and the second time we have benefited from working with Mr. Howard," explained Frank Connors from People Plus. Howard purchased the original painting, "Chuting the Androscoggin," which was released in 2004, and displays it at his Priority Group offices in Topsham.

The print series is produced in batches of 350, and each is signed and numbered by the artist.

Other prints in the series have featured a whimsical view of Brunswick's Gurnet Bridge at Christmas, an artist's rendering of Merrymeeting Park, and a depiction of the 1884 launching of the wooden vessel Benjamin Sewall in Brunswick's Pennellville.

"We're excited to be back in



"Topsham Fair, 1854-2012," by John Gable, is the latest in a series of five commissioned prints available through People Plus Center. Copies of this limited edition print will be available at the fair beginning Aug. 7.

"this business," Connors said, "and Mr. Howard makes the effort possible." Carded and wrapped copies

(14-inches by 21-inches) are selling for \$75, Connors said. "We did not increase the price with this edition, in fact, if you are a

dues-paying member of People Plus, this print or any of the other's can be yours for only \$50."

Copies of the fair print, along with all others in the series, are available at the Center on Union Street.

### Lunch & Connections

#### Grilled chicken, summer veggies are a treat

Ahh, the sweet, succulent flavors of summer will be in full bloom, Thursday, Aug. 16, when we serve up our annual chicken on the grill feast. Chicken thighs and breasts, lightly marinated and grilled to perfection (Frank promises), complemented by a roasted medley of new potatoes, summer squash, carrots, zucchini, peppers and red onions. And did we mention corn on the cob from Bowdoinham?

This is not a luncheon to be missed, folks. We can offer our vegetarian friends a grilled veggie burger to go with their vegetables.

There will be a lightly-dressed, tossed green garden salad, garnished this month with radishes from our own Union Street gardens! Iced tea, fruit juices, milk and bottled water will be available to drink, and dessert will be our flavorful two-berry cake (blueberries and raspberries) topped with a knob of whipped cream and rainbow sherbert. If that's not enough, Gladys is planning another special summer treat that you'll have to see (and taste) to believe.



The Center's 35th anniversary was celebrated with a July picnic at Brunswick Landing. After a lunch of burgers and dogs, competition in the corn-hole toss got pretty fierce.

BOB DOW PHOTO

Our CHANS nursing professional will be offering free blood pressure checks, our 50/50 raffle will be back, and everyone gets a chance at our door prizes. Reservations for seating are encouraged, and are obtained by calling the People Plus information desk at 729-0757. Seating is limited to 60 people and meals are open to the public. Cost of the luncheon is \$5 for members, \$7.50 for non-members. Doors open at 11:30 a.m. and lunch is served at noon.

### Mid-summer healing clinic set for Aug. 17

Summer and its wonderful hobbies like gardening can take a toll on your body. Join us on Friday, Aug. 17, from 11 a.m.-4:30 p.m. to relax and unwind at the Light Body Healing Clinic

in the hall of People Plus.

The healing clinics are co-sponsored by Greater Brunswick Physical Therapy and People Plus to provide a safe, supportive environment

for people to explore ways to improve their health and well being.

Over a dozen professional health practitioners including

Please see CLINIC, Page 8

## Annual fund reaches goal

Board of Trustee members, development committee members and friends of People Plus teamed up in the last quarter of the 2011-12 fiscal year to guarantee that the annual fund met and finally exceeded its annual commitment.

"We couldn't be happier or more impressed with the team that made this possible," development committee chair Joan Phillips offered. "It was imperative for the Center that we reach the \$50,000, and we got there."

"The Center is expanding in several directions," Phillips added. "It's essential for our funding sources to keep pace and grow as the Center grows."

### Maine Authors Publishing coming to chat

Deborah H. Gould, a local author whose credits include a unique work titled, "Father is here... He's as Fat as a Pig" will lead our author's chat on Wednesday, Aug. 15, beginning at 2 p.m.

Gould is a "collaborator" with Maine Authors Publishing (MAP), a Maine-based publishing house which helps self-published and independent authors

Development committee members include Phillips, who retires this year, and Alison Harris, David Knight, Dick Brautigam, Don Kinsley and Michael Feldman. Executive Director Stacy V. Fritzie echoed Phillips' comments, pointing out that all the fund development was done by volunteers. These folks represent the heart and soul of People Plus," she said.

In 2008-09, the annual fund generated \$42,700 for the Center; in 2009-10, it grew to \$48,200.

In 2010-11 the total was \$50,000, and this past fiscal year, 2011-12, it was nearly \$51,000. The budget for the 2012-13 fiscal year calls for the annual campaign to raise \$53,000.

get their books published and into the hands of readers.

MAP specializes in Maine authors, Gould will talk about her own writing career, and of her experiences with MAP. Copies of her book will be available, and she will distribute MAP trade catalogs.

Reserve your seat by calling 729-0757.

## 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](mailto:frank@peopleplusmaine.org)

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

The Editor; People Plus  
P.O. Box 766  
Brunswick, ME 04011-0766  
Office phone (207) 729-0757  
Office fax (207) 729-0672

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## People Plus Staff

<b>Stacy V. Frizzle</b> Executive director <a href="mailto:director@peopleplusmaine.org">director@peopleplusmaine.org</a>
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<b>Peter Coffin</b> Teen Center coordinator <a href="mailto:pete@peopleplusmaine.org">pete@peopleplusmaine.org</a>

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

# Building our annual fund

I have to start this month's column with a resounding THANK YOU to each of you who helped us reach our Annual Fund Goal of \$50,000 last fiscal year!

It was an accomplishment that wouldn't have happened without the efforts of our wonderful Board of Trustees. Every single board member personally contributed to the annual fund while also fearlessly asking at least one more person, if not many more people and businesses, to open their purses in support of our wonderful Center and it's programs.

Newly retired board member Joan Phillips led her merry band of fund-raisers on the Development Committee to reach for new heights, new goals and new supporters. Her team included board trustees Dick Brautigam, Alison Harris and Deane Lanphear as well as community members David Knight, Mike Feldman and former board member Jeanne d'Arc Mayo (who single-handedly brought in almost \$5,000 for the organization by "convincing" many of her closest friends, including Barry Mills, to contribute — in a way that only Jeanne can do).

As you can see from this list of people,



Executive Director Stacy V. Frizzle, left, and Joan Phillips show off the new T-shirts featuring the Center's 35th anniversary design.

ALL of them are volunteers for this organization. I am the only person who was paid to sit on the Development Committee. I was the only one who HAD to be there. And I was pleased as punch to be surrounded by that team of hard-working, energetic, caring people who selflessly gave their time, energy AND money to People Plus.

Brunswick resident Suzan Wilson

## From the Executive Director

STACY V. FRIZZLE



donated all the funds to pay for a new logo design and brand identity for the organization, helping us to freshen our look, brighten our appeal and reach a larger audience. She of course had no input in the design process and only saw it after the fact; but her story is a great example of how one person's support can impact change for the organization. Look for the new logo in our 35th anniversary T-shirts, on the People Plus News masthead, the Pulse page and everywhere! The website rebranding may have to wait for the next round of funding but hopefully it will come soon.

Board member Charlie Frizzle made a visit to our dear friend K Schmidt whose contribution of stock shares started an endowment fund for the organization. Thank you to K who isn't feeling so well these days. We think of you and your funny, outspoken ways with affection. I am glad that you are a good friend to us.

Soooo, having met our goal of \$50,000 last year, David Knight, our development guru, is telling us that we have to reach higher this fiscal year. We have set a benchmark of \$53,000 and hope that we can actually beat it.

When this organization began 35 years ago I was 9 years old. Lost in my third grade world, life seemed so easy and carefree. Now at the Center, I see every day the impact that the Annual Fund dollars make on the real world lives of our membership.

From the Harriet Souless — who was thrilled to get a call from Frank on her 90th birthday last week — to the Beth Comptons — who use the computers, take classes, and help with lunch — to the Hank Welzels — who helps the teens with food and the Center with building projects.

It is for these people that I ask each of you reading this to help us start off this fiscal year's Annual Fund with a bang. Please consider a gift to get the new year going or a pledge to give a little (or a lot) every month.

Your gift goes a long way to changing the lives of others.

## Lifetime membership a new option

If you are a loyal People Plus member and over the age of 65, you might want to consider our latest offer of "Lifetime membership!"

For the one-time cost of only \$250, you can insulate yourself against future increases in the annual dues and forget about writing that check every year.



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# AUGUST 2012 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h2>Lunch Out!</h2> <p>Aug. 14 at noon</p> <h3>THE DRIFTWOOD INN</h3> <p>Washington Ave., Bailey Island, Harpswell</p>					
<p>9:00 AM Crafters 9:00 AM Yoga 10:00 AM Table Tennis 10:00 AM Chair yoga 12:00 PM Bridge 1:15 PM Laughter Club</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 1:00 PM Quilting Club 3:00 PM Teens First 4:30 PM Children's Carnival Class</p>	<p>8:45 AM Inter. Cribbage 9:00 AM Table Tennis 9:30 AM Walk this Walk 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 4:30 PM Children's Carnival Class</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 10:00 AM Table Tennis 5:00 PM Yoga 6:00 PM Course in Miracles 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 1:30 PM Qigong 1:30 PM Qigong 6:30 PM Folk dancing</p>	<p>10:00 AM Bridge 11:00 AM This is Funswick!</p>
<p>9:00 AM Crafters 9:00 AM Yoga 10:00 AM Chair yoga 10:00 AM Table Tennis 12:00 PM Bridge 1:15 PM Laughter Club</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 12:00 PM LUNCH OUT 3:00 PM Teens First 4:30 PM Children's Carnival Class</p>	<p>8:45 AM Inter. Cribbage 9:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 2:00 PM Author's Chat 4:30 PM Children's Carnival Class</p>	<p>9:00 AM Loosen UP! 12:00 PM LUNCH &amp; CONNECTIONS 5:00 PM Yoga 6:00 PM Course in Miracles 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing</p>	<h2>Teen Center</h2> <p>Summer hours: Tuesday – Thursday 1:30-4:30 PM</p>	
<p>9:00 AM Crafters 9:00 AM Yoga 10:00 AM Table Tennis 10:00 AM Chair yoga 12:00 PM Bridge 1:15 PM Laughter Club 6:30 PM Sage Swingers</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 1:00 PM Quilting Club 3:00 PM Teens First 4:30 PM Children's Carnival Class</p>	<p>8:45 AM Inter. Cribbage 9:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 2:30 PM Searching for Father Raslé 4:30 PM Children's Carnival Class</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 3:00 PM Game On! 5:00 PM Yoga 6:00 PM Beg. line dancing 6:00 PM Course in Miracles 7:15 PM Adv. line dancing</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 1:30 PM Qigong</p>	<p>10:00 AM Bridge 11:00 AM Children's Carnival 6:00 PM This is Funswick!</p>
<p>9:00 AM Yoga 9:00 AM Crafters 10:00 AM Chair yoga 10:00 AM Table Tennis 12:00 PM Bridge 1:15 PM Laughter Club</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 2:30 PM Café en Français 3:00 PM Teens First</p>	<p>8:45 AM Inter. Cribbage 9:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group</p>	<p>9:00 AM Loosen UP! 10:00 AM Table Tennis 5:00 PM Yoga 6:00 PM Course in Miracles 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing</p>	<h2>Take time to enjoy SUMMER!</h2>	

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Sitting L to R: Kate Adams BA, CMC, Abbey Davist MEd

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COURTESY OF DAVID SELLECK

A solitary Thursday Hiker enjoys a moment during a group outing to Tracy Shore and Plummer Point in South Bristol on July 12. It was a "great hike" and offered "beautiful views. Nice place with cool breezes for a hot day," stated photographer David Selleck.

# Walk this Walk to tackle 'THE' STAIRCASE

Our August walk again goes to Harpswell, this time to walk the seaside trail that overlooks the giant staircase. On Aug. 8, beginning at 9:30 a.m., (there is no men's breakfast this month) we'll again carpool to Harpswell and enjoy a real "touch of the coast."

This month, we encourage you to bring a sandwich or at least a snack, so we can sit on the rocks and enjoy what has to be one of the prettiest places on Earth!

Since starting the local Walk this Walk program, People Plus has guided tours of the Brunswick 250th Park, the Androscoggin River Walkway, and the Cribstone Bridge in Harpswell, all with the expectation that you might do one of these walks yourself, walking with friends, and enjoying the many wonderful and unique sites we have in this area.

Walk this walk with us, or get out and do them yourself.



Students musicians from the Bowdoin International Music Festival perform a concert July 12 at People Plus Center. They performed a variety of classical



"Lollie" Brown reads during a Center Stage Players' production of "Finding Independence" on July 10 at People Plus Center.

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REBECCA AND FRANK DISCUSS NEW FALL PROGRAMMING

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## A Proper Boston Banker *By BOB DOW*

My grand folks were in short supply.  
There's only one I really knew.  
He lived two houses up from me  
On Grove Street, Melrose, just in view.

Now every morning he'd walk by:  
His daily trip to take the train.  
He always wore a dark grey coat,  
A bowler hat in sun or rain.

He was a proper Boston banker  
For over 60 years, at least:  
First National Bank of Boston,  
And there until at last deceased.

He was a widower for years,

My maiden aunt kept house for two.  
They summered in New Hampshire's  
Rindge,  
Cathedral of the Pines in view.

He had a brother banker who  
Could pass for his twin any day,  
Though he worked for the  
2nd National  
Bank of Boston (by the way).

Now neither one grew rich at this  
And neither had a wife survive.  
To tell my grand folks tale at last,  
I am the only one alive.

## The Grasshopper *By P.K. ALLEN*

A grasshopper jumped right onto my chest  
In order to take a well deserved rest  
From his long journey across the cut grass  
Or to avoid danger until it did pass.

He looked down at me, right into my eye,  
While flat on my back there I did lie,  
Just like he knew he was safe from all harm,  
Though I could end that with a flick of my arm.

How nice it would be if we all used  
that creed  
And lent ourselves there in times of need

For other poor souls who from life's path stray  
And happen to stumble right in our way.

## Joe Kwitkoski

(At a World War II Shipmates' Reunion, Portland, 1997)

*By CHARLOTTE HART*

"My name is Joe Kwitkoski," the man said.

Broad barrel-chested. Gravelly voiced.  
Shy smile.

How do I thank him? Thoughts  
swirled through my head.  
"I've waited years to meet you! A long while!

You saved two hundred shipmates,  
saved your crew.  
They lived through Okinawa's war-

raged sea.  
You're really Joe Kwitkoski?" "Yep.  
That's me."  
"You shot a kamikaze at close range.  
We celebrate reunion decades hence!  
Courageous skill our destinies did change.  
Legions owe a debt to you — immense!"  
"I did not stand alone." Joe's eyes — a warm moist gleam.  
"On that brave ship we stood as one.  
We shipmates were a team."

## Fear *By P.K. ALLEN*

Are you afraid to pet an animal  
for fear that it will bite,  
Or to go out in the evening  
because of the darkness of night?

Are you afraid to fly in an airplane  
for fear that it will crash,  
Or to go to the doctor  
because you have a rash?

Are you afraid to go on a boat  
for fear that it will sink,  
Or of doing something silly  
because of what others might think?

Well, my advice to you is simple,  
and you can take it if you care.  
Your biggest fear of all should be  
to grow old, just sitting in a chair.

## The Fourth of July in my Heart *By ADELAIDE GUERNELLI*

The Fourth of July must always be in our hearts and we must celebrate it by going to the parades or watching the beautiful groups that revive that great experience with music and respect for the U.S.A.

The Americans that have died recently must be remembered too, and the music of the parade is a way to respect all that died almost one hundred years ago but they are still the prized of our democratic ideas.

It must remain an immortal experience that God continues protecting, but I also pray that we all decide not to use fireworks in order to prevent deaths. It is not so risky to celebrate this day with the small wheels, and many family

groups do it, to complete the festival.  
If we need to cry a little it's OK, because crying is a kind of medicine for the heart and soul.

Life is also the time we spend loving God, so the Fourth of July must also express our honesty with every man, woman and children, without forgetting all the flowers and animals that also need our attention.

If we really need to cry, we can do it while we pray and rest or, we can also read all the books that deal with the Fourth of July and, to finish, please allow me to say that my grandfather used to repeat every time we heard that someone had died: "God is Love and Life is Time."



"ANGELS AMONG US," is one of the color photographs by Merrill Tombrinck that can be seen throughout August in the Union Street Gallery.

## Grandpop at the Shore *By VINCE McDERMOTT*

An old man walks slowly along the boardwalk in Seaside Park, N.J. It is late summer, 1948. After a hot day, the night is cool. He is dressed in a black suit, tie, white shirt, and black pants. He is going to the bingo parlor in Seaside Heights. He passes from the quiet darkness of the Park into the garish lights of the Heights. He ignores the enticements of

the tomato pie stands, dart games, and ball toss games. He heads directly to the bingo parlor. Perhaps this will be his lucky night. Maybe he will hit the jackpot.

Maybe he won't. It doesn't matter. The next night, an old man walks slowly along the boardwalk ...



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## Circuit Breaker Program



**August** is the month that the 2012 Maine Property Tax and Rent Refund applications become available to all Maine residents. The purpose of this program is to help Maine homeowners offset the high cost of property taxes assessed on their primary residences during 2011. Maine residents who paid rent can also apply and receive similar relief.

You may be eligible for this program if you were a Maine resident for ALL 12 months of 2011, AND owned or rented a home for ALL 12 months of 2011, AND occupied that home for at least 6 months of 2011. Eligibility is based on income for 2011. The limits to file for the general program are \$64,950 for a

single person and \$86,600 for a married couple. Income limits for the senior program (62 or older, or 55 or older if you are disabled) are: \$14,700 for a single person and 18,200 for a married couple. Refunds may be as much as \$400 for the senior program and \$1,600 for the general program. Individuals eligible for both a general program refund and a senior program refund will receive the larger of the two.

Spectrum Generations in Topsham will be holding clinics August 3rd and August 14th to assist people in filing these forms. Call 729-0475 for an appointment.

## Life Without Limits EXPO—Save the DATE

Mark your calendars for Spectrum Generations 2nd Annual Life Without Limits Expo coming Tuesday, September 11<sup>th</sup> from 9a.m. to 2p.m. to the Cooks Corner Mall in Brunswick. This event is being hosted by Spectrum Generations Southern Midcoast Community Center in Topsham, and sponsored in part by Maine Veterans Home, Bath Walgreens and AARP. Admission is free.

Expo plans are coming together well with sponsors and vendors registering daily. Over 50 organizations and companies are expected to exhibit, all who want to help older and disabled adults, their families, and caregivers live a better and fuller life. Representative Chellie Pingree is planning to have a constituent table, and representatives from Medicare, Social Security, Veterans Affairs, and Spectrum Generations will be available with information and assistance.

A lot of great plans are still "in the works," such as a free flu clinic by CHANS, depending on availability of the vaccine. Product demonstrations and great information from community services and resource businesses and organizations, raffles, giveaways, and prizes make this an event that you won't want to miss.

Businesses interested in sponsoring or participating as a vendor, contact Dave Brown, Center

Director, Southern Midcoast Community Center in Topsham at 207-729-0475 or [dbrown@spectrumgenerations.org](mailto:dbrown@spectrumgenerations.org).

## Home Safety Assessment

Bridges' now offers a new service: "The Home Safety Assessment". It is a detailed review of a consumer's home which includes all livable space, (storage, basement, garage) and the grounds immediately surrounding the home. Included in the written assessment are suggestions and resources to follow-up on the recommendations. Call for information: 1-800-639-1553 Ex 102

**Safe  
at  
home**

## Live Healthy

**Fireside Luncheon** Our kitchen will be closed for a complete renovation for two weeks during August. This means that we will not be serving lunch on Friday August 17th or Friday August 24th. The great news from this is that we will have additional capacity when we reopen and will start serving lunch on Wednesdays and Fridays. Our Wednesday lunch will commence August 28th. Spectrum Generations serves lunch at the Southern Midcoast Community Center at 12 Main St in Topsham. Call 729-0475 and reserve your spot as seating is limited. The suggested donation for age 60+ or disabled is \$4.00 Under age 60 the cost is \$6.00

## Menu

**Friday August 3rd** - Hamburgers and Hot dogs with potato salad, tossed salad, bread and dessert.

**Friday August 10th** - Carved ham, mashers, roasted vegetables, seasonal salad, bread and dessert.

**Friday, August 17th & Friday August 24th**—NO LUNCH SERVED

**Wednesday, August 29th**—American chop suey with ground beef, macaroni and tomatoes, seasonal Vegetables.

**Friday, August 31th**—BBQ with pulled pork and BBQ Chicken, cole slaw and seasonal vegetables.

**Healing Arts** Spectrum Generations is pleased to have Harpswell Healing Arts available twice a week at our center. April Joy Purinton is an ABMP certified, licensed Massage Therapist and Polarity practitioner.

We are very pleased to have April offering her services here at the center. She is running a special—\$49 for an hour long massage. Call for an appointment. 729-0475

**Monday Morning Games** Drop by on

Monday's at 9 for coffee and games. A lively group that is always looking for more people to share the fun laughs. Free

**Play Bridge Tuesday** At 9:30 a friendly group gets together to play bridge. Mostly novices they enjoy talking about the hands and helping each other gain experience. Call for more information 719-0475, Free



## Get Answers

**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 Tuesday of each month we will have a representative of the Veterans Administration here at the center. Call 729-0475 for appointment.

## Consumer Information

Do you have questions about what services are available for you or your loved ones? Karen Curn is available to help you obtain information on benefits and savings programs. Call 729-0475 for an appointment.

## Meals on Wheels

Do you know someone who is homebound and doesn't have a support system to regularly eat? If so, we have the answer. We deliver nutritious meals to shut in seniors 60 and older and to disabled adults.

Our **Sustain Maine**, our new award winning senior nutrition program, has begun using locally grown products from the fields of Maine farms. Call 729-0475 today for more information.

## 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. **Tuesday, August 9th at 11 am and August 21st at 3 pm** Please call to register. Free

Spectrum Generations is a designated Aging and Disability Resource Center (ADRC) that promotes independence and dignity for individuals. If you need answers on aging and disability issues we are here for you. We provide easy access to information to assist consumers in exploring a full range of long-term support options plus provide resources and services that support caregivers.

**Cyber Café** - We have several computers with printers that can be used free. We also have free Wi-Fi available throughout the building. Visit us while you visit the web and get connected!



PROUD TO PARTNER WITH PEOPLE PLUS



# In pursuit of Sebastian Raslé

**Speaking Frankly**

FRANK CONNORS



I knew it was not going to be "just another camping trip." My buddy Bob, from my paratrooper days, was coming to town and the weekend included a challenge. He was a French and Indian war re-enactor, a bit of an adventurer; and yes, he was still a little crazy. "Let's go find Father Raslé," he'd said.

In the Army, Bob and I used to pass hours, sitting on tarmacs and chatting about Father Sebastian Raslé, a French Jesuit priest who ministered to Maine Indians back in the early 1700s. To hear Bob tell the stories, this Raslé was a pretty amazing character, and I became more than a little fascinated.

Raslé, it turns out, produced the first (and only) dictionary for the Abenaki language. He had a huge influence on his woodland parish, teaching them san-

**Want to learn more about Father Sebastian Raslé? Join Frank Connors for selected readings and observations about this amazing man in the People Plus café, Wednesday, Aug. 22, at 2:30 p.m.**

itary practices, and helping them grow and store crops. His shortcoming, as it turned out, was to tell his Native American subjects that an English scalp or two hanging in their wigwams was going to be good for their church.

Maine in those pre-colonial days must have been a very interesting place. English settlers had just started to occupy their tiny centers along the coast and the rivers, while the interior, or forested areas of Maine were controlled by the French traders and their priests, who answered to Quebec.

Indian raids in this area where we live

was a pretty common, and very frightful practice. The 1720s seem like a pivotal decade; the English gaining strength, the Indians scoring a couple key raids, the English deciding the Indians had to be punished and Raslé, the devil priest, had to be eliminated. By 1724, at least two English assaults on the Indian stronghold at Norridgewock proved unsuccessful. In August of that year, came yet another try.

Let's pick pieces of the story from my old Abbott's "History of Maine": "On the 19th of August, 1724, a party of 208 men, accompanied by three Mohawk Indians, left Richmond Fort for an attack on Norridgewock ... the party commenced at a rapid march, through the woods, to strike the foe by surprise. On the evening of the 21st they overtook the noted chief Bomansen, with his wife and daughter. The chief and child were shot, the wife was taken captive. A little after noon on the 22nd, the soldiers came in sight of the village," which they surrounded. Some of the troops set in ambush, others, "were marshaled for an impetuous charge."

The surprise was complete. Vastly outnumbered, the villagers "endeavored only to save their aged men, their wives, their children." Those not slaughtered in the first volleys of deadly fire escaped to the river, where many more were drowned. Their beloved priest, "father to his flock, died in a singular shower of bullets." Fast forward to 1969.

The story goes that this tortured site, 240 years later, was haunted. It is, in fact, a community cemetery with a crude granite marker on the spot where Raslé

met his end. That is where Bob and I decided to camp. We figured if there IS a ghost of Father Raslé, it will be active on the date of his death, and at the place where he died. We wanted to roast hot dogs, bed down and wait for the father to come.

We cooked, watched the sun drop, the mosquitoes rise. It was a beautiful, clear summer night. The moon glistened off the grave stones that surrounded us. Bob was certain that any minute, a slight, black-robed creature would glide into our midst, and scare the bajebbies out of us.

I kept telling him he needed to stop telling his stories, or nothing was going to happen. Erring on the side of caution, we lounged in bed rolls, not sleeping bags. Neither of us intended to be a hero this night.

Sometime just before midnight, there was a rustling off to our left, over our shoulder and nearer to the river. Bob poked me, I jabbed him back. Something was definitely there, and I shook free of my blanket.

A minute passed, maybe two. Bob moved to whisper to me, I motioned to keep him quiet. We both fixed on the sounds, now only two granite stones away.

Another breathless minute passed, a blackish head projected from the night around the nearest stone.

It was a skunk. Bob was on his feet, headed for the car, I paused just long enough to push the remains of our meal in the direction of the beast. No priest here, or if there was, we weren't waiting to find out.

## New or renewing members — August

\* indicates membership donation

### BRUNSWICK

- Susan Busch
- Robert Busch
- Andre Menard
- Marguerite Menard
- John D. Eastman
- Elizabeth L. Eastman
- Victoria M. Kadziuskas
- Rudi Smith\*
- Robert Cressey
- Use Weissman
- Mary Lee Ward
- Dorothy Pelletier
- Dorothy Barstow
- Pauline B. Thorpe
- Hope Russell
- Debra Meinke
- Valerie Lizotte
- Alfred Layton
- Carol Layton

- Dianne Gutschers
- Rita Fortin
- Jeanne Burton
- Dudley Baldwin
- Ann Baldwin
- Constance McLean
- Dr. Eilihu York
- Marij Greenhut
- Cynthia Stevens
- Gunnel Payne
- Nora Brinick
- Aline Albert
- Chanel Fortin
- Martha Ellison
- Arleen Brother

### TOPSHAM

- Nancy Fossett
- Debra Hoskins
- Vivian Wixom
- MariLu Ostrornecky
- Stephen Gargiulo
- Marguerite L. Curtis

### HARPSWELL

- Usher "Al" Moren\*
- Pauline Reynolds\*
- F. Michael Filgel
- Hilary Spare
- Anne Taft
- David Taft

### OTHERS PLACES

- Nancy Wilson, Freeport
- Cornell Knight, Hallowell\*
- Joan Furci, South Freeport
- Laurette McCobb, Woolwich\*
- Barbara Fuller, Woolwich
- Ernie Stallworth, West Bath
- Jim Arbuckle, Durham
- Natalie Arbuckle, Durham



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## Saving money on electricity

Ashley Rand, a representative from Electricity Maine, will be on site at the People Plus Center on Sept. 5 at 10 a.m., to discuss how everyone has the opportunity to save money on their monthly electrical bills.

Electricity Maine is a Maine-owned supply company, dedicated to providing Mainers with a lower rate for domestic electricity.

"Mainers now have the power to choose who supplies their electricity," Rand commented last month. "Electricity Maine services all Central Maine Power customers, and can save you 5 percent each month on the supply portion of your electric bill. Electricity Maine prides itself in supporting Maine communities by putting millions of dollars back in the homes of Maine people each year."

To register for this meeting, call the People Plus information desk at 729-0757.

## Children's Carnival scheduled for Aug. 25

A Children's Carnival will take place Saturday, Aug. 25, from 10 a.m. to 1 p.m. in the People Plus parking lot.

The carnival will be the culminating event of a summer class for students in grades 1-5 currently running at People Plus. In the class, students are learning how to plan and implement a carnival, using math, reading, writing, art skills and so much more.

Be sure to drop by and dunk some famous Brunswick faces in the dunk tank!

### Memorial Donation

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• In memory of

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from "your friends in the cribbage group."

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## Fondly recalled ...

It's fair time again. Be sure to attend the 158th annual Topsham Fair from Aug. 5 to 12. This vintage black-and-white photo shows the action continues long after the sun goes down. **If you have old area pictures to share with readers of the People Plus News, please contact Frank Connors at 729-0757.**

## CLINIC

From Page 1

physical therapists from Greater Brunswick Physical Therapy, local Reiki masters and massage therapists, will come together on Aug. 17 to generously provide free care.

This is an opportunity to enjoy full 1/2 hour sessions of individualized care for the cost of a donation to benefit People Plus and Mid Coast Hunger Prevention Program. Learn more about physical therapy and whether it could relieve your chronic pain and understand the healing powers of Reiki — all for free!

For more information about receiving care at the healing clinic call People Plus at 729-0757, or Greater Brunswick Physical Therapy at 729-1164.

### Intermediate cribbage

**June 20:** Mike Linkovich, 706; Robert Mehlhorn, 704; Barbara Laffoley, 703; Robert King, 699; Yvette Dumont, 694; Nancy Laffely, 688.

**June 27:** Andrew DeBiasio, 722; Robert Foehring, 716; Robert King, 706; Nancy Laffely, 699; tied, Richard Tomko and Darryl Wood, 698.

**July 11:** Robert Frost, (perfect score) 726; Colleen Petrin, 707; Nancy Laffely, 706; Lorraine LaRoche, 690; Carl Nida, 676.

**July 18:** Joseph Tonely (perfect score) 726; Richard Tomko, 708; Mike Linkovich, 697; Robert Mehlhorn, 696.

### Monday-Saturday Bridge

**June 18:** Bill Washington, Cecil Eldredge, Tony Monaco, Mary O'Connell.

**June 23:** Kay Bagwell, Cecil Eldredge, Mary O'Connell.

**June 25:** Lloyd Jones, Vince McDermott, Bill Buermeyer, Yvette Dumont.

**June 30:** Mary Lou Cobb, Cecil Eldredge, Lorraine LaRoche.

**July 2:** Mary Lou Cobb, Vince McDermott, Bill



**Weekly Winners**

Buermeyer.  
**July 7:** Mary O'Connell, Lorraine LaRoche.  
**July 9:** Bill Buermeyer, Marian Schneider, Mary O'Connell, Sherry Watson.  
**July 14:** Richard Totten, Bill Buermeyer, Mary O'Connell.  
**July 16:** Gladys Totten, Marian Schneider, Tony Monaco, Vince McDermott.

“People who can't find time for recreation are obliged, sooner or later, to find time for illness.”

John Wanamaker



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\*[www.Medicare.gov](http://www.Medicare.gov), Medicare's 2012 Plan Quality and Performance Ratings.

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