



Plus! News

The center that builds community

People Plus
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www.peopleplusmaine.org

November 2012 Volume 12, No. 11

Food focus is 1,000 pieces, 1,000 pounds

Effort to benefit Mid Coast Hunger

The fourth annual Holiday Food Drive at People Plus, to benefit the Mid Coast Hunger Prevention Program, has taken on a "sharper focus to meet a more acute need," according to member services coordinator Frank Connors.

"My little red wheelbarrow is coming back," Connors said, "and the goal this year is to collect at least 1,000 items of

food, with a total weight of 1,000 pounds. We think a challenge is in order."

Connors added, "We have a member base of 1,000 people, and we happen to believe some of the Brunswick area's most caring individuals are among them. We could make quite an impact if every member delivered just one food item," Connors said.

The Center will accept food products of a non-perishable nature, and see that they are delivered

to the MCHPP Foods listed as, "always in need," at the community food bank

includes, canned tuna, baked beans, canned soup, peanut butter, rice, canned fruit, canned vegetables and the helper mixes (hamburger and tuna). Foods actively

being collected for Thanksgiving distribution include boxed instant potato, canned gravy, cranberry sauces, and again, canned fruits and canned vegetables. Food stuff delivered to MCHPP are typically weighed for volume. Items delivered to the Center will be counted and totaled.

"Mid Coast Hunger Prevention Program has what amounts to a constant and unending need," observed Rebecca Banks, People Plus programming and outreach coordinator.



David and Wanda Barlag, at right, brought a couple of family treasures to have them appraised by John Bottero of Thomaston Place Galleries at People Plus on Oct. 27.



Cards and prints available for Christmas

People Plus has six unique images available on holiday cards this Christmas. All five of our heritage print images are available, plus the wonderful picture that Ann Frey produced in water color of the Center's home on Union Street.



Card with envelopes will sell for \$2 each, or you can buy two of each in a set of 12 for only \$10. We also have all five of our prints available, wrapped and carded, for a special holiday price of only \$50. All of these limited edition prints are artist-signed and numbered, and ready to slide under your Christmas tree.



"Last Christmas at Gurnet" by Jack Doepf, was issued in 2002, and remains our best seller. Only a few "printer's proofs" of this image remain available. "Cutting the Androscoggin," and "High Noon, High Tide," each commissioned by the Center and painted by Woolwich artist John "Jack" Gable, remain available, and the newest print, "Spirit of Topsham Fair," also by Gable, was released in August of this year. The final image, "Holiday at Merrymeeting Park," by artist "Bev" Bevilacqua, was commissioned in 2004.



Framed samples of each print are available for your inspection at the Center's Union Street reception area. Samples of our card collection will be posted for your inspection, and for you to order, in early November.



Antique Roadshow: 'Good success'

The first ever People Plus Antique Roadshow appraisal event was a great success on Oct. 27. Nearly 100 folks brought in treasures and antiques to be appraised, and the late afternoon "live" auction brought more than \$4,000 to the Center.

More photos, page 7

"For a first-time event," observed auctioneer John Bottero of the Thomaston Place Galleries, "you should be very

pleased." People were waiting for the doors to open at 9 a.m., and there was a "manageable line," according to member services director Frank Connors, until after 2 p.m. when Bottero opened a townhall-style session where he displayed and dis-

Please see **ANTIQU**, Page 7

Free massages at healing clinic

Stop in at 35 Union St. on Friday Nov. 9, from 11 a.m. to 4:30 p.m., to relax and unwind at the Light Body Healing Clinic co-sponsored by Greater Brunswick Physical Therapy and People Plus.

and massage therapists.

Explore ways to improve one's health and well-being with more than a dozen professional health practitioners including physical therapists from Greater Brunswick Physical Therapy, local Reiki masters

Donations benefiting Mid Coast Hunger Prevention Program are welcome. Learn more about physical therapy and whether it could relieve chronic pain and understand the healing powers of Reiki — all for free.

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

Lunch & Connections

Turkey, well dressed for the holiday

Golden roasted turkey with all the trimmings will be our Lunch & Connections offering for Thursday, Nov. 15. "It is the week before Thanksgiving," chef Frank Connors observed. "Of course, we'll be focusing on the holiday."

month will be a hardy piece of spiced bundt cake, glazed to perfection and served with a generous serving of orange sherbert.

The menu includes turkey, mounds of Maine mashed potato, roasted sweet potato, turnip and squash, cranberry sauces, and beets. Madeleine Ashe has once again agreed to personally supervise preparation of the brown gravy and stuffing, so we just assume it will be great. A spinach noodle casserole will be waiting for our vegetarian guests.

"Does anyone other than me and Gladys Szabo know that Nov. 15 is national bundt cake day?" Connors asked with a smile on his face.

Of course there will be a fresh, lightly-dressed, green garden salad for everyone, and the featured drink will again be local apple cider. Coffee, tea and milk are always available. Dessert this

The monthly Lunch & Connections meal, underwritten by Spectrum Generations, focuses on nutrition, information and variety. A CHANS home healthcare professional is always on hand in the cafe area, to offer a free blood pressure check. Come early, pick up your 50/50 raffle ticket and register for one of several door prizes.

Reservations for seating are necessary as seating is limited to 60 members. Call the People Plus information desk at 729-0757 to register. Lunch is served at noon.

VOTE, VOTE, VOTE!

Make your voice heard Tuesday, Nov. 6.

People Plus News

The official monthly newspaper of People Plus, serving residents of the Brunswick-Topsam-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:

The Editor; People Plus
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Peter Coffin Teen Center coordinator pete@peopleplusmaine.org

Free blood pressure tests

A CHANS Home Health Care professional visits the People Plus Center the third Thursday of each month from 11:30 a.m. until noon, during the Lunch & Connections event, to offer free blood pressure testing.

'I had no idea ...'

So it's been a year.

I had my one-year anniversary board meeting today. At this time last year I'd been on the job here at People Plus for about 10 days, and my head was swirling! I was overwhelmed by the learning process that takes place anytime you start a big new job. But it was so exciting and I was thrilled to be doing it.

We were about to launch the annual fund campaign at that time last year, (just as we are now) and at the time I had no idea how much work several of the board members like Alison Harris and Ann Frey had put into pulling all of that together. But boy I sure do now!

This time last year I didn't really have a grasp on the amount of programming that takes place at the Center, or how much work it would be for Rebecca to pack the place with programs, events, brownbag lunches, classes and educational opportunities like she does so well. But boy I sure do now! Although I still don't know how she juggles it all!

I had no idea at this time last year how much effort Betsy puts into keeping the Center organized. Getting the bills paid on time, dealing with that darned fire

alarm, sending out membership cards and thank you letters, maintaining the banking/checking account, managing the bookkeeper, finding the best deal on everything from paper to cheese platters to doughnuts, and generally keeping us all on track. But boy I sure do now!

When I started last year I wasn't really sure what Frank did. I thought that he sort of "does" the newspaper, sort of helps with events, kind of manages the membership, and pretty much juggles four or five jobs. But boy I know for sure now. He maintains the smallest little details from happy birthday phone calls, to membership info or the history of the organization, while keeping the facility in shape.

And then there was Jordan. When she left us, I was just starting to understand what she did with those teens. Since then, Pete Coffin has taken over and we are finding our way together. He has been cleaning up at night, has a new teen star every month, organized after-school movies and mentors the teens like nobody's business. Attendance is up, behavior is improved, and we've all gotten over the rocky road of "change"

From the Executive Director

STACY V. FRIZZLE



from Jordan leaving.

I had no idea a year ago what Gladys did, but I sure do now. Managing the volunteer desks, the lunch crew, and generally helping out about the place — she's a godsend and I don't what know we would do without her. Along with Dottie, Nancy, Shelley and the ABLE gang, we have a great crew!

And I definitely had no idea when I started here a year ago how many lives were touched or changed by the work that happens at the Center every day. But boy I sure do now. I see it every day. I hear it from members all the time. And I feel it in the warm smiles of the people that we see every day.

And I truly had no idea how very many people volunteer their time to ensure the success of this Center. I have no idea what the next year will hold here at the People Plus Center. But boy I sure can't wait to find out!

Collaboration brings 'Eurydice' to stage

The Theater Project's Professional Ensemble presents Sarah Ruhl's "Eurydice," running now through Nov. 11, at 14 School St., Brunswick.

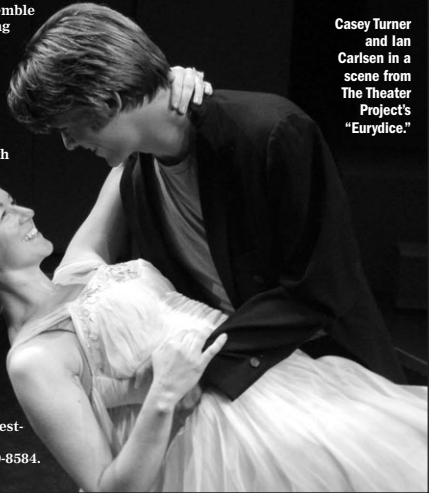
The play has been produced in collaboration with CHANS Hospice Care Program and Sarah Ruhl, and with the support of the Maine Humanities Council.

"Eurydice" is a modern retelling of the classic Orpheus myth re-imagined through the eyes of its tragic heroine.

Dying too young on her wedding day, Eurydice must journey to the underworld, where she reunites with her father and struggles to remember her lost love. With contemporary characters, ingenious plot twists and breathtaking visual effects, the play is a fresh look at a timeless love story, a news release said.

Directed by Christopher Price, "Eurydice" will through Nov. 11, with performances on Fridays and Saturdays at 8 p.m., and Sundays at 2 p.m.

All tickets are pay-what-you-want (suggested \$18), available anytime at www.theaterproject.com or by calling 729-8584.



Casey Turner and Ian Carlsen in a scene from The Theater Project's "Eurydice."

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"Cardinal," watercolor by Karen Giustra

Art show features Center students

Members of Connie Bailey's Tuesday and Thursday art classes will be featured in our Union Street Gallery through December.

The multi-media show is a first of the new season for Bailey's students, who, during the season, are exposed to, "a variety of media choices, intended to challenge the class to all sorts of possibilities."

Media includes graphite and charcoal, colored pencil, pen and ink, pastel, scratchboard, watercolor and watercolor pencil.

Students invited to exhibit include: Beth Aldenberg, Anne Frey, Cindy Fischer, Sally Gibson, Karen Giustra, Pat Hix, Richard Jordan, Judy Krok, Donna Lemieux, Nick Payson, Val Robbins, Wilma Sarna, Frances Stone, Bill Tracy and Al Tyrol.

The works can be seen during normal business hours at the People Plus Center.

The 'Keyhole' Race By G. GREENWOOD

It was fall in nineteen and ninety-eight
When first I rode through a startin' gate
And even now, tho' the years have fled,
My heart starts to pound my toes
to my head
Whenever I think on that awesome
event,
A shinin' milestone in a life staidly
spent.
Ruff'n Tuff stands hip-shot, I'm
slouched and laid back
While we wait our turn from way back
in the pack
Slowly we work toward the head of the
line
As Ruff's ears perk up I straighten my
spine.
"On deck!" comes the word and the hoss
starts to dance.
His rider gets nervous, you can see at a
glance.
The last team just finished and the mike
gives the call.
"Your time's tops — puts you first over-
all!"
Ruff tosses his head; his nostrils are
flarin'
His hooves are a prancin' but I hunker
down just starin'
He drifts toward the gate with darn littl
urgin'
He's ready! He's psyched! Adrenalin's
surgin'
Let's go! Yee-hah! Ruff's muscles
unslung,
Like a shot from a cannon, like a hawk
on the wing,
He tears by the timer and we're headed
south!
Hangin' on by my teeth, my heart's in
my mouth
Strong in the irons but light in my seat
Tryin' to stay with that big hoss's stride
beat for beat.
In mighty few seconds, and a heartbeat

more,
Ruff has us both knockin' at the "key-
hole" door
Just a touch on the reins shuts the front
door lid
He's back on his haunches in a tail drag-
gin' skid
Then whirls like a dervish, comes clean
about,
And in three churnin' strides he's run-
nin' flat out!
I'm over his neck, just a yellin' and
screamin'
Stuck on like a burr and certain I'm
dreamin'
He eats up the ground like a fast movin'
freight.
In jig time we're streakin' through the
ol' finish gate.
A ground-plowin' stop then wait for the
call
That big red-gold hoss hardly puffin' at
all
The loudspeaker blares, "You've done it
boys!
That's it! You're in! Top movie's yours!"
Ruff flings up his head, shows off his
stuff.
He's been here before, that's sure
enough!
But this greenhorn, except for a
humongus grin
Looks totally dumb-struck from my
brow to my chin.
We take the winners' due, start to lope
round the track.
I do some fast talkin', Ruff's ears are
turned back.
We finish the loop, Ruff stands quietly
by
While I bow low, doff my hat, raise arms
to the sky
You see, we discussed it, got together on
our story;
He'd get all the credit but I'd get all the
glory!

Fall Movement By MARGIE KIVEL

The copse of trees below the tracks lays still save for meandering leaf falls, soft breeze that ruffles grass and fern in passing through, portent of coming rain and season change.	ground begins to move as tiny sumo wrestlers take their stance — a flock of white throat sparrows toss wet leaves, performing tap dance chug for seeds below.	rearranged by bird and rodent rakes, the bed of leaves gives way to zig zag course of energy that follows late summer's torpor, haze of fullness leaping from the page of fall — the last hurrah!
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With fits and jerks the
Alive with movement,

Where's Jack? By VINCE McDERMOTT

Jack was not here for a long time, I missed him. We went for walks, played with balls, and slept together. When he went away, he told me he would be back. I waited for him.

When he first came back, he was different. He was wearing things I had never smelled before. He came back more times after that, but we did not play much. The last time he left, he told me again he would be back, but he never came.

Then something happened. The others have a look in their eyes I have never seen. I wander around looking for Jack, but he is not here. The others tell me to go away, so I do and do not bother them. They do not tell me what happened. I think I know now. Jack always told me to wag more and bark less. But I do not feel like wagging any more.

A Little Knowledge Goes a Long Way By P.K. ALLEN

When I found out that girls like to kiss, I knew it was something I just shouldn't miss.	I stepped onto the dance floor and gave it a chance.	that was my fate.
When I found out that girls like to dance,	When I found out that girls like to date, I knew in an instant	When I found out that girls like to wed, I reached for my clubs and played golf instead.

Bumper Stickers By P.K. ALLEN

You can tell it's November
by the chill in the air
As talk turns to politics
and viewpoints people share.

Sticker filled bumpers
of the candidates of choice

Show support for certain people
or positions they voice.

Some bumpers contain stickers
only of candidates who won.
I bet they were put on
after the election was done.

Our Souls By ADELAIDE GUERNELLI

How can in silence, a look can arrive, to
the border of time
Where the soul goes so many times
I thought that time could steal and break
the altar of life.
That exists, like a game at random! But
that day I learned that
Our eyes give us signals of roses that

look like very young girls
While they are still sleeping in the deep
part of the ocean!
They have perfume and they carry us to
the parts of the soul
That, all of a sudden, become our immor-
tal mirror, where
We, will never die!

Veterans Day and a Bike Chained to a Tree

By CHARLOTTE HART

Before a young man left home to fight in World War I, he chained his bike to a tree. He never returned home.

Young Nelson fought the War to End All Wars,
Fierce World War I — that mankind might be free.
The Treaty of Versailles proclaimed a shaky peace
Nelson had left his bike chained to a tree.

World War II ragged — man's darkest — finest hour;
Pearl Harbor Day will live in infamy
Our Youth, our Greatest Generation fought.
Hiroshima waged peace. The bike stood by the tree.

Cold War dragged on for long uneasy years.
U.S.S.R. dissolved eventually.
Our country called itself "sole super power."
Young Nelson's bike stayed chained to the growing tree.

Korean War, "Forgotten War," next surged.
Demilitarize a zone. That is the key.
Then Vietnam — years of defeat and rage.
Sad veterans bore shame. The bike stayed in the tree.

The Gulf War — Operation Desert Storm.
The War on Terror — Nine Eleven travesty.
The Taliban! Hussein! Bin Laden fell.
Is there promise from that bike chained to the tree?



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Habitat group plans information meeting

Habitat for Humanity/7 Rivers Maine is holding an informational meeting on Saturday, Nov. 17, from 10 to 11:30 a.m. at the Cosmopolitan Club at 894 Washington St. in Bath.

The meeting will explain the process which leads to Habitat homeownership of a new or rehabilitated home in Brunswick, Harpswell or Sagadahoc or Lincoln counties.

Families who wish to apply for a Habitat home must live or work in the stated areas, earn between 25 and 80 percent of the area median income and currently live in substandard housing. Once qualified, each adult in the household must also be willing to contribute 200 hours of sweat equity building Habitat homes, volunteering on other Habitat projects, working in the Habitat ReStore or in the

administrative offices in Bath.

Habitat's homes are built with volunteer labor and contributions of funds and materials from the community. They are Energy Star-certified, making them extremely energy-efficient and environmentally friendly. The homes are sold for the cost of materials and professional labor only and financed with a very low interest mortgage in order to keep them affordable for those who cannot otherwise own a home. Habitat estimates that the monthly mortgage including utilities is in the range of \$650.

Anyone interested in attending the informational meeting should contact Michele Ober at 386-5081 or Michele@habitat7rivers.org to reserve a seat. Maximum seating is 50.



Hot off the presses!

Write On! editorial team members, from left, Vince McDermott, Charlotte Hart, Robert Dow and Paul Karwowski, show off copies of "From Maine and Away," the latest project from the writers group. The four joined several other members of the Write On! team with selected readings at last month's Author's Chat. The monthly Author's Chat sessions are held on the third Wednesday of the month and usually include a talk about the book and selected readings.

Asked & delivered

Monday Morning Crafters, seated from left, Madeleine Ashe and Dorothy Boddart, and standing, Priscile Bernier and Valerie Lizotte, knitted and delivered more than two dozen infant/newborn caps for Mid Coast Hospital last month.

Chatting about 'A Maine Prodigy'

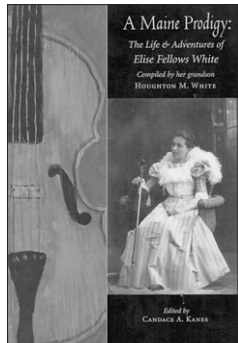
"A Maine Prodigy: The Life and Adventures of Elise Fellows White," will be featured at our November Author's Chat on Wednesday, Nov. 21, beginning at 2 p.m.

The 250 page, soft-bound edition, is a collection of letters compiled by White's grandson, Dr. Houghton M. White, and edited by Brunswick historian Candace Kanes.

"Prodigy" tells the story of Skowhegan native Elise F. White, who was marked and recognized as a violin prodigy in the later 1880s. Using letters, diaries and other primary sources, the book evokes the joys and struggles of a woman seeking refinement, recognition and financial security in a world that was still dominated by men.

The story follows her as a student at the New England Conservatory, and joins her and two other women as they travel as a musical trio in the American west and Canada.

Published by the Maine Historical Society, "A Maine Prodigy" is available



at local book stores. Call the Center information desk, 729-0757, to register for this chat.

Giving Tree seeks grant applicants

The Maine Women's Giving Tree, a Brunswick area grant-awarding philanthropic organization, is calling on area nonprofit organizations wishing to be considered for grants in 2013 to contact them.

To be eligible for a grant, an organization must have 501(c)(3) tax status, and must operate programs that focus on the needs of women, children and families

living in Brunswick, Bath, Freeport, Phippsburg, Topsham, Woolwich or Wiscasset. Organizations wanting to know more about the Giving Tree's program, or wanting to speak to a representative, should visit mainewomensgivingtree.org, and click on "contact us."

The Maine Women's Giving Tree is a donor-advised fund of the Maine Community foundation.

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NOVEMBER 2012 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>PEOPLE PLUS NEWS & VIEWS</p> <p>Watch for our return this month, brighter and better than ever</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 Hargpswell Community Television Viewed online, anytime: http://vimeo.com/hargpswelltv</p>	<p>10:00 AM Intro to Bridge and Cribbage 10:00 AM Art II 10:00 AM Table Tennis 12:00 PM Brown Bag Lunch: Estate Planning 12:30 PM UUC Discussion 5:00 PM Yoga 5:00 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 12:30 PM Beginning Tai Chi 1:30 PM Qigong</p> 	<p>9:00 AM Loosen Up! 10:00 AM Table Tennis 12:30 PM Beginning Tai Chi 1:30 PM Qigong</p>	<p>10:00 AM Bridge</p>
<p>9:00 AM Loosen Up! 9:00 AM Crafters 10:00 AM Yoga 10:00 AM Mid-East Talk 11:00 AM Table Tennis 11:00 AM Chair yoga 12:00 PM Bridge 5:30 PM Laughter Club 6:00 PM Belly Dancing</p>	<p>9:00 AM Table Tennis 10:00 AM Art I 1:00 PM Quilting Club 3:00 PM Teens First</p>	<p>8:45 AM Inter. Cribbage 9:00 AM Loosen Up! 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 7:00 PM VA BENEFIT TALK</p>	<p>10:00 AM Art II 10:00 AM Intro to Bridge and Cribbage 10:00 AM Table Tennis 3:00 PM Game On! 5:00 PM Yoga 5:00 PM Course in Miracles 6:00 PM Beg. line dancing 7:00 PM First Light Camera Club 7:15 PM Adv. line dancing</p>	<p>11:30 AM HEALING CLINIC 6:30 PM Folk Dance Brunswick</p>	<p>10:00 AM Bridge</p>
 <p>Veterans Day</p> <p>Center is closed.</p> <p>8:00 AM Family Focus 6:00 PM Belly Dancing</p>	<p>9:00 AM Table Tennis 10:00 AM Art I 10:30 AM Retired educators potluck lunch 10:30 AM Computer Tutor 12:00 PM LUNCH OUT 3:00 PM Teens First</p>	<p>8:00 AM MEN'S BREAKFAST 8:45 AM Inter. Cribbage 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:00 AM Computer Tutor 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 6:00 PM Gluten-free cooking</p>	<p>10:00 AM Intro to Bridge and Cribbage 10:00 AM Art II 11:30 AM BP Clinic 12:00 PM YACHT & CONNECTIONS 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 12:30 PM Beginning Tai Chi 1:30 PM Qigong</p>	<p>10:00 AM Bridge</p>
<p>9:00 AM Loosen Up! 9:00 AM Crafters 10:00 AM Yoga 10:00 AM Mid-East Talk 11:00 AM Table Tennis 11:00 AM Chair yoga 12:00 PM Bridge 3:00 PM Alzheimer's Association Meeting 5:30 PM Laughter Club 6:30 PM Civil War Book</p>	<p>9:00 AM Table Tennis 10:00 AM Art I 1:00 PM Quilting Club 3:00 PM Teens First</p>	<p>8:45 AM Inter. Cribbage 9:00 AM Loosen Up! 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 7:00 PM Author's Chat</p>	 <p>Happy Thanksgiving</p> <p>Center is closed.</p>	<p>9:00 AM Loosen Up! 10:00 AM Table Tennis 12:30 PM Beginning Tai Chi 1:30 PM Qigong 6:30 PM Folk Dance Brunswick</p>	<p>10:00 AM Bridge</p>
<p>9:00 AM Loosen Up! 9:00 AM Crafters 10:00 AM Mid-East Talk 10:00 AM Yoga 11:00 AM Table Tennis 11:00 AM Chair yoga 12:00 PM Bridge 5:30 PM Laughter Club</p>	<p>9:00 AM Table Tennis 10:00 AM Art I 12:30 AM Computer Tutor 2:30 PM CAFE en FRANCAIS 3:00 PM Teens First</p>	<p>8:30 AM WOMEN'S BREAKFAST 8:45 AM Inter. Cribbage 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:30 AM Computer Tutor 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group</p>	<p>10:00 AM Art II 10:00 AM Intro to Bridge and Cribbage 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 12:30 PM Beginning Tai Chi 1:30 PM Qigong</p>	<p>10:00 AM Bridge</p>

Teen Center
Monday, Tuesday and Thursday
2:30-5:30 PM

Effort to light flag

People Plus member Rudi Smith has become the champion of an effort to light the Center's flagpole. Meeting with administrators last month, Smith gained approval to "solicit funds and get the job done," without any cost to the Center. Smith is a veteran and said the effort is a personal goal for him. He suggested, the "Veterans Day season is an appropriate time to lead the effort," and suggested "something like," \$500 would get the job done.

Smith said, "nothing is off the table," that he was investigating lighting the flag using electricity from the building, and the possibility of solar lighting mounted to the flagpole. Several members, most of them veterans as well, have come forward and offered support to his drive. Members and friends wishing to contribute to the appeal may mark their donation and give it to Smith or leave it with People Plus office manager Betsy White.

Casino trip is open

Call immediately if you want to be added to the list of folks going to Bangor's Hollywood Casino on Monday, Nov. 5. The bus is leaving the Bath Senior Citizen Center at 8:30 a.m., and picks up at the Topsham Fair Mall Park & Ride in front of Home Depot at 8:50 a.m.

Cost is only \$35, and everyone receives buffet credits and a free \$10 credit for slot play. The return bus leaves Bangor at 5 p.m.

The registration list is being maintained at the Bath Center; please call 443-4937 to be added to the list.

Reiki treatments are given at the Center.
Call 729-0757 for appointments.

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"I have been to several other physical therapists, but the staff here far surpassed them in treatment and service!"
~Nancy D.

VA Benefit discussion is Nov. 7

Togus Veteran's Center director Scott Karczewski, will lead a "free-wheeling and exciting" discussion of "veteran's concerns," when he returns to People Plus Wednesday evening, Nov. 7, beginning at 7 p.m.

People Plus board member Jack Hudson, who had a career in veteran's counseling, will introduce Karczewski, and help conduct a question and answer session.

"The Veterans Day week is a wonderful time to open a dialogue between Togus officials and veterans living in the Brunswick area," suggested People Plus

member services manager Frank Connors. Karczewski and case supervisor Charles "Chuck" Pervier visited the Center last spring to distribute benefit guide books and offer advice to nearly four dozen veterans, of four very different wars.

Hudson, encouraging attendance at the session said, service to veterans had "become better" over the years. "If you haven't visited a VA facility in the past few years, you'll notice a remarkable difference when you go back."

To pre-register, call the People Plus information desk at 729-0757.

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Splendid colors

Photographer David Selleck captures the Thursday Hikers — decked out in blaze orange gear — as they compete with the past peak foliage colors along the trail of Bradley Pond in Topsham last month.



The Colors of Autumn *By P.K. ALLEN*

The leaves of Autumn
 Change from bright green
 To red, orange, and yellow
 And many shades in-between
 Then dry and wrinkle and wither
 As winter winds come around
 Then let go of life
 And tumble to the ground

Much like our bodies
 That change with age
 From young, fit and trim
 To an older fading stage
 Then dry and wrinkle and wither
 As winter years come around
 Then let go of life
 And covered by the ground



A mixed-media/pencil drawing by Connie Bailey, "Red Oak Leaves." Bailey has been an art instructor at People Plus for nearly a dozen years.

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Horace Stevens, above, looks over some of the items that were sold during the live auction on Oct. 27 at People Plus. At left, auctioneer John Bottero discusses one of the more unique items of the day, a cigar store figure from the 1880s.



ANTIQUE

From Page 1

cussed some of the more interesting items brought for show and appraisal, but not for sale.

A wine and cheese reception led to the live auction at 4 p.m.

Dozens of auction goers pledged \$25 gas cards to benefit the Center's Volunteer Transportation Network.

Gladys Szabo's gang of volunteers had decorated the Center for the festive, fall event, and during the lunch hour, offered hamburgers, hot dogs and homemade goodies for sale. The blues band Pejepscot Station offered live music to a capacity crowd. Financial advisor Scott Lemieux of Ameriprise Financial was guest sponsor of the day-long event.



Ready to fly?

A husband and wife bird-carving team, Tony and Myrtle Lacroix, get some hints from master carver Jim Wade last month during the weekly Wood Carving 101 class.



Below are two finished examples of the birds created during Wade's last class.



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"Tell us what you like to do."

To volunteer, call People Plus at 729-0757, sign the volunteer sheet on the bulletin board or contact Rebecca Banks at rebecca@peopleplusmaine.org.

In Others' Words...

Do you have comments, notes or clarifications to share with People Plus members? Address them to the Editor, People Plus News, 6 Noble St., Brunswick, ME 04011.

Two angels

Although my experiences at home concerning my fall are still not good, God allowed me to meet two great ladies that I consider my two angels, because they have given me the physical and spiritual strength I have needed from the very first day!

The first lady is Stacy V. Frizzle, the executive director of People Plus. She called me a few days after my fall and offered beautiful advice that I needed to help heal. For example, she told me not to stop my favorite habits, and that I should always remember the way I was before my accident.

"Mrs. Stacy" who has three beautiful girls and a lovely dog, made me feel better than the first day I went to the hospital. I think her for all the simple ways she used to make me feel better. She helped me share all the good sentiments that provide medicine for the soul and heart.

My second angel is Mrs. Holly Reid, nurse and case manager at CHANS home health care. Since the beginning, she was not only a perfect nurse but also a down to earth and intelligent friend. She suggested I write about my experience of falling and breaking my arm and hand with the assurance that I will be better than I thought at the beginning.

She always told me to be honest and tell her what was hurting. I didn't waste time making clear to her my joys, my sorrows, and the day when I will finally enjoy my total recovery. She is a tall and beautiful lady who is humble to all, and takes care of everybody who needs her. I thank God for having her weekly and for her listening to my complaints.

— Adelaide Guernelli



Bridge masters

David Brown, himself a master bridge player, coaches new students in both cribbage and bridge at the Center. Brown teaches the two introductory classes each Thursday morning. He is the director of Spectrum Generations' Southern Midcoast Community Center in Topsham.



Monday-Saturday Bridge

- Sept. 22:** Gladys Totten, Cecil Eldridge, Donna Burch.
- Sept. 24:** Anne Brautigam, Cecil Eldridge, Mary O'Connell.
- Sept. 29:** Marion Schneider, Bill Buermeyer, Cecil Eldridge.
- Oct. 1:** Lloyd Jones, Marion Schneider, Gladys Totten.
- Oct. 6:** Bill Washington, Martha Cushing.
- Oct. 8:** Tony Monaco, Marion Schneider, Mary O'Connell.
- Oct. 13:** Lorraine LaRoche, Gladys Totten, Bill Buermeyer.
- Oct. 15:** Lloyd Jones, Dick Brautigam, Marion Schneider, Gladys Totten.

Senior Intermediate Cribbage

- Sept. 26:** Lorraine LaRoche, 706; Nancy Laffey, 697; Anita Jones and Joseph Tonely, (tie) 696; Robert Mehlhorn, 688.
- Oct. 3:** Yvette Dumont, 718; Darryl Wood, 714; Anita Owens, 710; Carl Nida, 703; Virginia Linkovich, 702; Virginia Zimmerman, 701.
- Oct. 10:** Anne Bouchard, 713; Virginia Linkovich, 704; Anita Owens, 686; Richard Tomko, 677; Mike Linkovich, 675.
- Oct. 17:** Mike Linkovich, 713; Richard LaPointe, 702; Robert Frost and Darryl Wood, (tie) 701; Priscilla Sargent, 694; Richard Tomko, 693.

Brown bag focus is estate planning

"As we get 'more experienced,' (that would mean 'older' to the younger crowd)," according to Deane Lanphear, "one of the things we seem to neglect the most is planning for our own passing away. Face it!" he emphasizes. "We're all on this earth for a limited time!"

Lanphear, a Center board member, is an advocate for the People Plus Legacy Society and constantly drawing attention to end of life issues.

On Nov. 1 at noon, Lanphear will introduce Portland Attorney Eileen Epstein, who will discuss, "The ABCs of Estate Planning." After the question and answer session with Epstein, Lanphear will talk about the Legacy Society. "Though we often say we have limited resources," Lanphear said, "isn't it better to leave part of what we do have to people and organizations that we love, rather than let the probate court decide what and where our 'limited' resources should go? It is my sincere hope that you will decide to join Margo and David Knight and me as members of the People Plus Legacy Society, and put our organization in your will."

If you decide to attend this informative meeting, you should bring your own lunch and People Plus will provide your drink and dessert. Reserve your seat by calling 729-0757. Last month, nearly two dozen people attended the funeral alternative discussion held at the center.

Genealogists to meet

Members of the Pejepscot Genealogy Society will meet on Sunday, Nov. 11, at 2 p.m., in the Morrill Room at Curtis Memorial Library, for a presentation titled, "Creative Problem Solving in Genealogical Research."

The discussion will be led by member Carol McCoy, who predicted that, "tips, and even a few solutions, will abound!"

For more information, contact Brian Bouchard at 729-4098, or John Webster at 833-5430, or by e-mail at jrwebster85@comcast.net.

Computer tutor tackles pictures, spreadsheets in November

A two day course taught by Jack Hudson, "Managing Pictures and Other Files," will cover transferring pictures from a camera to computer and run Nov. 13 and 14 at 10:30 a.m. It will also provide instruction on organizing photographs and other files on your computer hard drive or moving or copying them to external storage devices.

On Nov. 27 and 28 at 10:30 a.m., Hudson will lead "Creating Spreadsheets with Open Office Software."

Last month, Hudson introduced Open Office. This month, he will show members how to use one of it's programs. This two-day course will cover "Creating Spreadsheets with Open Office Software." The course will provide the basic instruction needed to create spreadsheets and manage information, including budgets and mailing lists.

Class participants should have a basic knowledge of computers and may bring their laptops. These classes are free and open only to People Plus members.

There is a maximum of 12 people per class. Basic computer proficiency and advance registration are required.

Are you caring for an elderly loved one?

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spectrum generations

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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—\$39 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 & Thursday 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 729-0475, Free

Integrated Energy Therapy starting in Topsham Integrated Energy Therapy® uses a focused healing energy to clear energy blocks. Through the releasing of these blocks, we will begin to feel more self-empowered, spiritually connected and able to move through life easily. Burton Brewer who is a master at IET will be having sessions here on Thursday's from 1 to 3 pm starting April 5th. Appointments are required and the cost is \$30 per one hour session.

Carefree Café is a collaboration with Brunswick Area Respite Care and Spectrum Generations. Once a month we have offer a restaurant style meal with complete service. For those with PML and their caregivers.

Join us for this intimate, fun, and social outing. November 27th. Please call to make a reservation— 729-8571.



Guest 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 Crum 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 people 60 and older and to disabled adults. **We 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.

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!



It's a FROSTY'S Morning
 Add chill mornings, a fireplace, newspapers and Frosty's donuts and you have a great start to a morning. Join us Monday mornings at 9:30. Coffee, juice, and donuts. Visit with friends, read the paper and maybe even stay to play a game.



Fireside Luncheon

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

Wednesdays

- Nov 7 - Pork Loin
- Nov 14 - Roasted Chicken
- Nov 21 - Chicken & Broccoli
- Nov 28 - Chicken Cacciatore

Fridays

- Nov 2 - American Chop Suey
- Nov 9 - Pork Pot Roast
- Nov 16 - Shepherds Pie
- Nov 23 - Closed
- Nov 30 - Raviolis Florentine

All lunches include Salad, bread, and Dessert. We usually have a brief speaker or entertainment over dessert.

Medicare Clinics

Each year the Center for Medicare Services (CMS) offers an open enrollment period for Medicare beneficiaries. This year the open enrollment period is October 15th through December 7th. Spectrum generations in Topsham, in addition to our normal consulting times is setting aside six complete days in November and December for enrollment clinics. These dates are:

Nov. 7, 13, 27,

29 and Dec. 27

and 5th.

Appointments are required.

Call today!

729-0475



Travel with Spectrum Generations

Vancouver Bound - Southern Midcoast Community Center has signed on with Collette Vacations to offering an exciting trip to Vancouver. This 8-day trip leaves **October 6, 2013**. Cross the Rockies by train! Call us for more Information - (207) 729-0475



- Day 1 Westin Hotel, Calgary, Alb
- Day 2 - 4 The Fairmont Banff Springs Hotel, Banff, Alberta
- Day 5 Sawridge Inn and Conference Centre, Jasper, Alberta
- Day 6 Via Rail Canada, Toronto, Ont.
- Day 7 Westin Bayshore, Vancouver, BC

PROUD TO PARTNER WITH PEOPLE PLUS

Bring a friend, add a member

If you are a regular "user" of the Center you are one of our best "weapons" according to member services director Frank Connors. "Sharing memberships at People Plus is a great way to visit, stay focused, become more social and more engaged," he said.

Connors pointed at several examples of members who have known each other since high school and now, 30 to 40 or even 50 years later, continue or renew friendships at the Center. "There are two guys who play Ping Pong who have been friends since 1956 in Brunswick High," he said.

Cost of membership is still only \$25 per year. Everyone gets our great little newspaper, either in the mail, or online, and before you know it, Connors predicted, "your old friends are new again." He added, "People Plus is one of the things that makes the Brunswick area one of the very best places to live in the state of Maine."

Member always to show your card proudly at area businesses, and you can save money every day. The following businesses are delighted to offer special discounts to members and friends of People Plus. This month be sure to notice our \$5 special from our friends at The Tavern at Brunswick Station.

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Reflections: 10%, Monday-Friday
 2 Center St., Brunswick; 729-8028, www.reflectionsbytucie.com

Candy
Wilbur's of Maine: 10%, Anytime
 43 Maine St., Brunswick; 729-4462

Dry Cleaning
J&J Cleaners: 10% Pickups, Wednesdays (customers over 55)
 Maine Street, Brunswick; 729-0176

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 157 Pleasant St., Brunswick; 725-1228
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 35 Gurnet Road, Brunswick; 729-4131
 27 Monument Place, Topsham; 729-1676

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 725-7020, www.tirewarehouse.net

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Courage: A Characteristic of Advanced Citizenry

Courage is a state of mind that allows one to act in ways that test our resolve or our willingness to put our moral or ethical principles before our comfort, and other times it involves putting our physical self in harm's way. Everybody from the time we are born and learning to crawl to the time we pass are confronted with moments where we are faced with dilemmas that test our willingness to stand up to, or face fear head on. We often hear stories about courageous men and women who stand up to a person or a group of people that are bent on causing harm, hatred or injury to others. There are the people who in inner cities form community watch groups that patrol their streets and chase drug dealers and gangs away. There are stories throughout history of men and women who have made decisions to stand up to oppressive rulers (the American Revolution is a prime example), and then there are stories of children who befriended a quiet or shy child who is being teased by the bullies or "popular" crowd. These are stories of both moral and physical courage. Sometimes the courageous acts have a strong moral stance behind them and sometimes they are defined more by the physical threat or struggle that is being conquered through the act. As a doctor of chiropractic, I am very proud of the fact that the profession I love, the chiropractic profession, has faced many obstacles that have tested the moral and physical courage of generations of doctors and patients. Many don't know that from 1895 to the 1970s chiropractors had to endure the risk of possible jail sentences for the practice of medicine without a license. Without making this a long history of chiropractic, I will tell you that it took many years of courageous acts and many years of legal battles to get to where we are now. Today chiropractic is the second largest health care profession in the world and through the hard work of many dedicated and, yes, courageous chiropractors and the support of our patients, society has more health freedom than ever before. I believe that chiropractic patients are incredibly courageous, not because chiropractic care is dangerous, in fact it is much safer than even the sales of medical interventions. The reason for this feeling is that it takes courage to do something that most others don't do. It takes courage to look outside the box and to look for what never goes on. When we do, we almost always find out something about ourselves that we didn't know before. What makes a chiropractic patient courageous is the willingness to act rationally and spend their time, energy and money to invest in their health and future well-being instead of waiting for sickness and disease to show up then reacting in an irrational way through the use of drugs and surgery. Practicing health care is actually less convenient in the short term than sick care, however in the long run the benefits of staying healthy far outweigh the costs of getting sick. Acting in a way that expresses free will and making unimpaired decisions is in and of itself a very courageous act. To all of our patient's — current and future — we say congratulations for thinking outside the box and standing up to mediocrity and taking an ordinary life and creating an extraordinary path to health and well-being.

Dr. Jeffrey S. Slocum

If you desire to live your most vibrant life NOW give us a call and we will help show you the way. Just call Slocum Chiropractic Wellness Center (207-725-4222) OR Holland Chiropractic (423-2635) and mention this article and my team will schedule a complimentary consultation at your convenience. To Your Health, Dr. Jeffrey S. Slocum



Wii've been improving our game!

The last several Game On! days have been consumed by bowling tournaments on the Wii video game console. If you haven't tried it out, join us on the second and fourth Thursdays of each month.

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‘Worth the investment’

I've learned to accept that I could have died, perhaps even SHOULD have died, on Nov. 21, 1967.

That day I was a fire team leader for the 173rd Airborne Brigade, attached to Alpha Company, in the Central Highlands of Vietnam. This was a tortuous, violent, hellish area of triple canopy jungle, just a few miles from the Cambodian border.

Back in the "world," folks were stocking up for their Thanksgivings. Me? I'd just logged my sixth month "in-country," had just enjoyed a five-day R & R in Japan, and had been hospitalized, quite unexpectedly, with a high fever the second day after returning to Saigon.

The Rev. Charles Watters, 32, from New Jersey, was almost bald, he disliked wearing his steel pot. Wore glasses that were always dirty. "The airborne priest" we called him, tried to make this young Baptist understand that, "his God," was, "everyone's God" in that godless place.

My men in Alpha, in my absence, were assigned to "clear" a no-name jungle ridge called Hill 875, and had stumbled upon an entrenched Battalion of North Vietnamese Regulars. They soon found themselves locked in a life-death struggle that would last four days. Alpha had made the first contact the first day, had sustained heavy casualties, had pulled back to evacuate wounded and, in a horrible twist of fate, was devoured in

Speaking Frankly

FRANK CONNORS



the blast of a 500-pound bomb. Friendly fire!

Bobbie Bye, 19, from Ohio, was blond headed, blue eyes, not quite 6-foot tall. We would joke he was "too cute" to be a paratrooper. Mere months earlier, Bobbie had yanked me from a swirling stream, keeping me from drowning. "You owe me, Connors," was his favorite expression.

My luckless Alpha became one of the first American units identified in the American press as, "decimated" in hand-to-hand combat. Back here in Brunswick, Times Record editor John Cole, who was a good friend, said the UPI reports, recognized my unit name, assumed the worst and wrote a wonderful eulogy.

"Frank first became a friend when he filled in for a sister as a baby sitter," Cole wrote. "One summer he helped us paint our house ... he wrote a little for the old Brunswick Record ... The official casualty count for the battle was 271 Americans killed, 946 wounded. We can only keep our

fingers crossed, but we need to remember, those aren't just numbers dying on those hills, that are all someone's Frank."

I recovered from my Malaria in time to return to the boonies and help rebuild Alpha Company. I became a squad leader, then platoon sergeant, promoted not because of my military skills, but because luck seemed to keep me alive. I finished my time, came home, and, like so many veterans often do, tried to make my way in what seemed an uncaring, unsympathetic and oftentimes cruel civilian world.

I have my family, my circle of friends in Bowdoinham, and my Jane, my wonderful Jane, to thank for bringing me from those days to these.

Over the years, John Cole and I would cross paths and often joke about the, "one time," he should have checked his facts just a little better. He actually came to the Center one day to participate in a Library of Congress sponsored, Veteran's History Project. Cole joked about his short career in the Air Corps, as a belly gunner in a heavy bomber. "Used to ride to work backwards," he quipped, "imagine that." But he stopped short of taping his story that day, and to my knowledge, never wrote the details down. "You keep doing what you're doing here," he said of the Center. "You do good work. I used to think 55 Plus was just a place for old poops to play cards ...

but these veteran's stories, they are important stuff."

Important stuff? Most vets' get through life by ignoring, or at least trying to get past who they were, and what they did in the military. But now, I find I'm the old vet, and there's a new crop of kids coming home from other wars, and needing so much help. I can only tell you, if you know one, hug him tight, and keep him right. They will be worth the investment.



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Current events forum seeks attendees

Do you find yourself talking back to the news reporters on radio and television these days? Are you upset when reading certain news items in The New York Times, The Wall Street Journal, or some of our local papers? Do you just enjoy chatting with someone who is "paying attention" to what is going on in our news world today?

If your answer was "yes," to any of the above questions, Midcoast Senior College and the Curtis Memorial Library invite you to "have your say" in their Current Event Forums opening each Thursday at noon in the Brunswick Library's Morrell meeting room.

At each session, a moderator chooses a variety of topics, and then facilitates discussion about current issues and events in the news that may be of local, national, or international scope. Your moderator may be a community leader, a Midcoast Senior College instructor or a library staffer. Modeled after a similar discussion group in Florida, this Brunswick area Current Events Forum is currently in its second year of operations.

Topics at recent meetings have included the legitimacy of premature strikes against worldwide enemies; whether or not unlimited medical care is a "right" for all, or a privilege for those who can afford it; whether the gap between rich and poor should be narrowed, or ignored; and, what might happen if the Syrian government backs down from its commitment to peace.

This forum is always free and open to the public, running each Thursday, except holidays, for an hour beginning at noon.



Fondly recalled ...

Venerable veterans

Civil War veterans Robert Sedgeley, left, and J. Loyalist Browne mark the opening of the Soldiers' Memorial in Bowdoinham in 1909. As part of the town's 250th anniversary this year, the cannon has been refurbished and the lot will be rededicated this Veterans Day, Nov. 11. If you have old area photographs to share with readers of People Plus News, contact Frank Connors at 729-0757.

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