

# Plus! People News

The center that builds community



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## LET'S DEAL!



Fresh from a month of instructional classes in cribbage and bridge, Winnie is ready for some new challenges with cards. Cribbage and bridge playing is a popular activity at the Center, with regularly scheduled games on Monday, Wednesday and Saturday. If you would like to join new games, contact the Center. Starting in January, drop in for our pick-up cribbage games at 11 a.m. on "most" Thursdays.

## Grant\$, gift\$ and challenge\$ boost campaign

People Plus Annual Fund efforts received a huge boost from several grants and new sources last month. Brunswick's Senter Fund announced it was awarding People Plus \$6,000. Priority Group Real Estate of Topsham offered a \$5,000 check. The Skating Club of Brunswick gave \$435, and the big surprise, with "amazing implications," according to People Plus Executive Director Stacy Frizzle, came from Brunswick residents Richard and Eleanor Morrell, who offered the Center a \$5,000 challenge grant.

"We have to raise \$5,000 in 'new' money to match the offer from the Morrells," Frizzle explained, "but this is just an amazing offer from an amazing couple."

Frizzle described "new money" as meaning new donations from new people or more money from people who have donated to the Center in the past. Frizzle did the math and suggested, "if 200 people stood behind the Morrells with checks for \$25, we'd meet their challenge."

The Senter Fund grant offers \$5,000 to support outreach operations at the Center, including the Good Morning! program and the Volunteer Transportation Network; plus another \$1,000 to support SAT training for the Teen Center in the spring.

The \$5,000 gift from Priority

Group Real Estate is given to support operations and activities at the Brunswick Teen Center. The donation was made as part of a "Community Building Program," offered by Topsham developer Jim Howard which totaled more than \$25,000 and also supported the Mid Coast Hunger Prevention Program, and the Cance River Education Alliance.

The \$435 from the Skating Club of Brunswick, represented proceeds from the club's holiday skating show.

Last month, the Center mailed letters and Board Members started solicitation of "key members and past supporters" of the Center. The packets mailed included copies of the People Plus News, our annual report from last year, and "other devices," designed to familiarize the prospect with operations at the Center.

Last year's Annual Fund drive raised just over \$50,000, and this year's campaign aims to raise more than \$53,000. Frizzle said the number equals nearly 20 percent of the Center's operations, and is "tremendously important" for the survival of the Center.

The People Plus Center receives no state or federal operational funds, and depends on gifts and donations from individuals and businesses in the community to cover operational costs.

### Lunch & Connections

## There's comfort in meatloaf

Let the bad weather blow, let the snow come and go, we're opening the new year of our Lunch & Connections with that tried and hearty New England favorite: MEATLOAF!

"It's high on everyone's list of comfort food," chef Frank Connors observed. "We're sure everyone is going to like ours."

The veggies associated will include potato, of course, green broccoli, corn, and a mac and cheese casserole as a side. Dessert will be our own variation of Wilma's wonderful carrot cake.

As always, there will be a fresh, lightly dressed, green salad, and the featured drinks will include coffee, tea, juices and fresh milk. Our bread always comes from Brunswick's wonderful, Wild Oats Bakery.

Underwritten by Spectrum Generations, our monthly Lunch & Connections focuses on nutrition, information and variety. A CHANS health care professional is always in attendance to offer a free blood pressure check.

Come early, pick up your 50/50 raffle option and register for one of our several free door prizes. Cost is still only \$5 for members \$7.50 for non-members. Reservations for seating are neces-

### 'Lunch With Us' begins

Join us for open, hot turkey sandwiches for lunch in the cafe on Thursday, Jan. 10, beginning at 11:15 a.m.

"We want to fly in the face of Winter," offered Frank Connors. "We know the best way to do that is with food!" Connors said Thursday is a "heavy traffic day" at the Center, and it seemed like a great day to "put this out there."

The Center has long considered opening for "quick, \$5 lunches," as a "spin off" to the monthly Lunch & Connections meals that routinely sell out.

"This will be a great meal," Connors predicted, "and if members support it, we'll follow it with more hot sandwich, and soup and sandwich combinations."

Please register if you are interested by calling 729-0757.

seating in the hall is limited to 60 people. Call the People Plus information desk at 729-0757 to register. Lunch is served at noon.



### One last time?

Though the familiar red wheelbarrow — which was filled many times with food donated for Mid Coast Hunger Prevention Program's winter campaign in December — will no longer be a collection point in the lobby of People Plus, the need to help the area's needy continues. We finished short of our 1,000 piece, 1,000 pound goal, but did set a record for the annual campaign.

### 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  
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# 2012 was a year to change lives

As I started to muse out loud about what to write this month, New Year's Resolutions of course came to mind. That would be a clever topic for this time of year. My niece Mia then said that she is pretty sure I did a column last January about New Year's resolutions. Hmmpf.

It's only been a year; I shouldn't be out of new material that soon. So I thought I would take a look at last year's January column and see if she was right.

And she was. I did talk about making New Year's resolutions last year. But mostly I talked about Harriet Soulen and how impacted I was by a visit to her house. I miss seeing her at the Center. I miss K Schmidt too. Don't you? I think I'll call them both this week.

My resolution last year was to change a single life that wasn't my own. And through my work here at the Center, I'd like to hope that I've done that. We've increased membership, increased programming, are updating VTN and The

## From the Executive Director

STACY V. FRIZZLE



Good Morning call programs, added tons of new things to do here, but have I really changed someone's life?

Maybe. One thing is for sure. And that is that we can each change a life if we donate our time, our energy, our goods, our coats, our toaster ovens, our fruit-cakes, our gift box wrapping skills, our Center-decorating abilities, our cooking talent, our piano-playing, our auctioneer-ism, our antiques, our cookies and, of course, our money!

On that note, I'd like to thank each of you who have donated so generously to get this year's annual fund off the ground. We are almost at half our goal

just before the half year mark! And I send a special thank you to two wonderful men in our community who between them gave the Center \$10,000 this week. Jim Howard of Priority Group Realty and Dick Morrell (with his wife Eleanor) each donated \$5,000 to the People Plus Center to support our programming.

Howard is directing his funds toward the Teen Center Program and The Morrell gift comes with a special matching challenge to raise an additional \$5,000 in "new money" for the Center. Be on the lookout for an appeal letter about this exciting "matching gift" in January!

As the tragedy in Connecticut unfolded last month, I can't help but think how lucky we are in our small community in Maine. My heart goes out to those families as we see how easy it is to change a life. Let's try this year to make it a good one and continue to change lives for the better at the Center that builds community.



### Thanks, Priority Real Estate Group

Kerri Prescott and Jim Howard, middle left, present a check for \$5,000 to benefit the Brunswick Teen Center on Dec. 18. Accepting the check was People Plus Center Executive Director Stacy V. Frizzle, second from right. Looking on are board members Tom Farrell, left, and Ann Frey, right.

## WINTER STORM POLICY

When Brunswick schools are closed because of weather, all People Plus programs, classes and activities are cancelled for that day. Tune to WGAN-AM radio (560 on the dial) or check [www.PeoplePlusMaine.org](http://www.PeoplePlusMaine.org) for announcements.

### Memorial Donation in Memory of

# Eleanor Jaques Colleen Wilbur



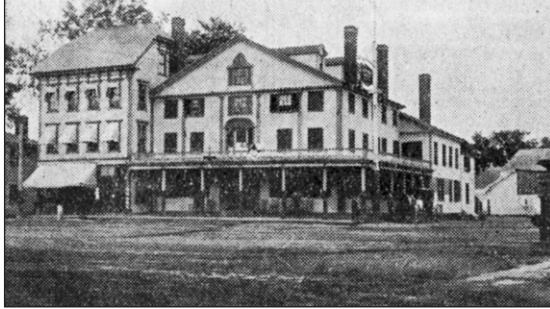
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# Fondly recalled ...



## Tontine Hotel, Brunswick

An old newspaper clipping shows Brunswick's fine old Maine Street landmark, the Tontine Hotel, before it burned on a cold January night. Built in 1829, the hotel opened on Jan. 1, 1830, and burned Jan. 5, 1904. Located on the site of today's Tontine Mall, the old hotel was a stage coach stop, a fine dining spot, and the hub of social activity in Brunswick for nearly three quarters of a century. **If you have old area photos to share with readers of the People Plus News. Please contact Frank Connors at 729-0757.**

## Crows

By MARGIE KIVEL

Sleek and glossy black crows duck walk across the lawn, toss sheets of large maple leaves, rearranging wind's art work.

Big black dog watches intently her favorite prey march by the doot.

Anticipating the chase, muscles coil and twitch.

We await the first storm of winter some with patience, some with foreboding, some only in Now.

I watch dog watch crow watch sky for hawks!

## I Am?

By BETTY KING

I am — composed mostly of empty space, with a pinch of pretty ordinary chemicals: carbon, hydrogen, oxygen, nitrogen, silica, calcium, magnesium — etc. ... Nothing very exotic or expensive — the stuff you find lying around almost anywhere in any kind of life form on the planet. The almost entirely empty space, which I am accustomed to call "me," is thinly populated with subatomic particles grouped (why? how?) into atoms stuck together into molecules, which are stuck together into cells that assemble themselves into a variety of living tissues which somehow miraculously end up in the right places. For example, we grow eyelashes on our eyelids, and fingernails on our fingers, pretty reliably. How do you suppose the cells know how to do that?

All of this body stuff is continually breaking down and building itself up again, using huge amounts of energy, which we somehow manage to manufacture out of equally mysterious foodstuffs. We can name the forces that drive the process and hold all these particles together, and we have some knowledge of how these forces

can be expected to behave (that's medicine!) but beyond the names we give them, we really don't know much about them. The biggest unanswered question is why?

Why do these particles like to hang out together and keep regrouping into the same configurations? (Well, not quite the same — the skin develops wrinkles and the hair turns white). The configurations that I call "Bonnie" or "Marge" or "Bob" or "Vince" are consistent enough so that we recognize each other from week to week, and even from year to year — decade to decade. If that isn't amazing, I don't know what is!

The conclusion I draw from all this is that "I am" essentially an idea — a particular arrangement, like a car or a painting or a building — with the difference that the arrangement that is "me" keeps renewing and perpetuating itself, driven by forces that I do not understand. I wonder if this isn't a way of understanding immortality? After all, what is the life span of an idea?

I am ... a mystery  
And so are you

## Midwinter Thaw

By P.K. ALLEN

The midwinter thaw is a break that won't last  
From the bitter cold weather  
and an icy northeast blast

Thoughts turn to Spring  
and warm skies of blue  
Yet, remembering sadly  
Winter's not through

## January first! Jump off day!

By CHARLOTTE HART

First day! Three hundred sixty-four to go.  
Maine's mountains, city streets lie glorified in snow.  
Jump off this cliff. The sun will rise each day  
And paint arched rainbows when rain goes away.  
Jump off this cliff. Strong Wings will carry you.  
Through trials and tears they always see you through.  
April's soft breeze and sun will warm the land.  
Hear — soothing surf will smooth your path-lined sand.  
Jump off the cliff! Glide toward sweet May and June.  
Lilacs! Azaleas! Sustaining pro-

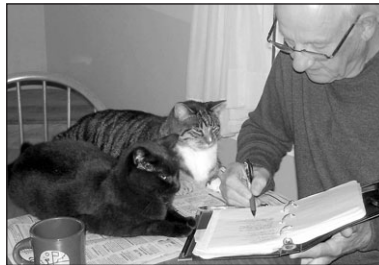
duce promised soon.  
Summer's bounty requires you work with zest.  
Sparkling lakes and beaches offer well-earned rest.  
Jump off the cliff! October's riotous show  
And autumn's harvest promise end annual glow.  
November! Give thanks for strongest Wings of all.  
Earthly angels surround you. Give thanks every fall.  
Never fear lack of Wings. You will be safe in flight.  
December! Month of birth! Season of Light!  
On January First, fear not.  
Remember  
On valiant Wings you'll soar through to December.

## Old and New

By VINCE McDERMOTT

Old Year moved wearily toward the end. He was proud of some things which had occurred during his time, but ashamed of others. He turned as he heard a lot of noise and commotion behind him. It was Near Year, rapidly catching up. Noisy lad. He had a lot to

learn.  
New Year rushed on, full of hopes and expectations, blowing his whistles and setting off firecrackers. He couldn't wait for Old Year to be out of the way. He'd show 'em. He'd be one of the best new ones ever. We shall see.



## The Editor

By P.K. ALLEN

I just finished an article that took two weeks to write. Next, I'll check for spelling and grammar to make sure everything's all right.  
Then I send it to my editor to give it a final check.

He'll scratch and claw it to pieces and make me a nervous wreck.  
And when the final proof is printed I'll fly into a silent rage as my brilliant three page article is cut down to half a page.

## Heaven will let us learn what 2012 has been

By ADELAIDE GUERNELLI

If you want to understand what autumn and winter mean, as seasons that enrich our lives, we must pray more, as soon as we see the magic changes of the weather!

Please don't forget that our bodies and souls will get ready to enjoy the spring time again, and this is a noble reaction to the coldest of days!

We must teach our bodies to learn the physical and moral changes that will define our

needs, while nature takes care of the weather. So, we must enjoy Halloween, Veterans Day, Thanksgiving, Hanukkah, Christmas Eve and Christmas Day, and the New Year. While we enjoy all these days, with the delicious foods that we share with our families and friends, our bodies will get warm, with our hearts, while we all give thanks to God, to Jesus and Mary, for all their kind help.

## Wishes for the New Year

By VINCE McDERMOTT

May you get what you wish for  
May your muse not desert you  
May you never forget what's her name  
May you not be boring  
May you have a nice year

## Into the Woods with Darcy the dog

By ANN ROBINSON

Whiff of squirrel  
Hint of deer  
Sniff of moose  
Juno was here ...  
And Patrick and Monty  
And someone new ...  
A cat? Seriously?  
Who let that happen?

## We are One

By MARGIE KIVEL

She returned last night, the little girl  
I had been looking for.  
I had only pictures handed down from death's distribution.  
When she stepped in I felt her presence enter each quivering cell ...  
all shouting hosannas, proclamations of joy not felt by heart and mind since ...

that indication of an exit sign when she took the first flight out!

The absence not felt until other losses had revealed the hole.

A shifting of leaves, clearing the entry, allowing reception and now we are one.

I wear myself differently... more curves.

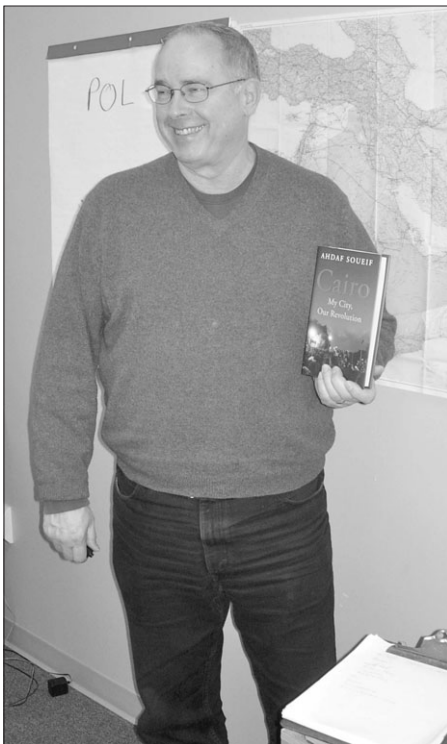
## A Frost

By P.K. ALLEN

A frost in the morning is something I've grown to fear: It means the warm days of summer are over till next year.

Like a sea of ice that sparkles across a meadow green, it foretells the coming winter with its snowy cold, white sheen.

The limbs of barren trees crusted with layers of ice, glisten in the morning sun revealing Jack Frost's paradise.  
Soon cold and wind will follow with all the snow winter can bring, while I snuggle beside a warm fire, and look forward to the coming spring.



## Middle East conversation series

People Plus will bring Professor Ed Knox back to moderate the popular Middle East conversation series for another six-week session. The course is discussion-based with a format of sharing what you know about the area, U.S. foreign policy, and more. Knox lived and worked professionally in the Middle East and taught Mideast history. Discussions will be held Jan. 10 through Feb. 14 from 2 to 3:30 p.m.

## CASA brown bag lunch meeting set

People Plus welcomes CASA to the Center for an informational session on who they are and who they help. A brown bag lunch will be held Jan. 22 at 12:30 p.m.

They are looking for people who want to be a Court Appointed Special Advocate — or CASA volunteer. Anyone that is at least 21 years of age is welcome to apply.

A CASA is a trained citizen appointed by a judge to speak for a child who has been abused or neglected. CASA volunteers are the child's voice in the legal and social service system.

Anyone who wants to make a difference in a child's life is encouraged to look into becoming a CASA volunteer. Learn how at this brown bag lunch talk.

## Woodcarving with Jim Wade

Create your own caricature bear or stylized lion in this five-week class. It begins Tuesday, Jan. 15, and finishes Feb. 12, just in time for Valentine's Day! Class meets at 1 p.m. and costs \$40 for members and \$65 for nonmembers, with a \$20 materials fee.

# Computer, e-gadget classes lead winter offerings

The People Plus Center has plenty of special activities to offer this month, including:

### Apple — Out of the Box

People Plus Executive Director Stacy Frizzle is leading an "Apple — Out of the Box" class to help those who have Apple portable devices (iPad, iPhone, etc.). Join Stacy from 11 a.m. to 12:30 p.m. on Jan. 8 and 9 for the ABCs of setting it up. Registration is required. Stay after for a more in-depth class with Juli Haugen from Bowdoin College.

— **iPad Basics** will be offered on Jan. 8 from 12:30 to 2 p.m. with Juli Haugen. New to the iPad? This session will cover just the basics of using the iPad — including the parts, how to use the touchscreen interface and look briefly at some of the applications that come with the iPad.

— **Creating and Using an Apple ID and Downloading Applications** will be offered on Jan. 9 from 12:30 to 2 p.m. Creating an Apple ID is free and is the "key" to downloading the more than 1 billion applications designed for the iPad. In this session Juli will help people set up an Apple ID without needing to add a credit card and will demonstrate how to download applications.

— **Reading and Downloading Books, Newspapers and Magazines** will be offered on Jan. 10 from 12:30 to 2 p.m. The iPad is frequently used as a reading device. This session will explore the iBooks app and how to check out books

from the library.

— **Maps and Weather** is the focus on Jan. 15 from 12:30 to 2 p.m. This session will focus on using the Maps app for directions and locating things and will look at some good weather applications and how to use them.

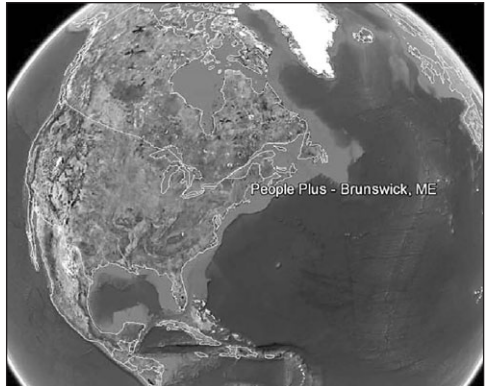
— **Organizing, editing and emailing/downloading photos and videos** will be offered Jan. 16 from 12:30 to 2 p.m. In this session we will look at the Camera and Photos app and learn how to organize photos and video into albums. We will then learn how to easily send the photos using email and how to download photos people have sent to you.

### Computer Tutor with Jack Hudson

Exploring the Internet on Jan. 22 and 24 will include the process for accessing the Internet and navigating websites, and using search engines such as Google. Other topics will include YouTube, eBay, Amazon, among others.

Creating an Account and Using Email will be offered Jan. 29 and 31. The course includes creating, sending, receiving, replying to and forwarding email. The course will also cover adding photos and documents to email. Participants should have a basic knowledge of computers and may bring their laptops. This is a two-day class.

The free classes are open only to People Plus members. Maximum of 12 people per class; registration is required.



## Google Earth and Beyond

Craig Snapp will lead an introductory presentation of "Google Earth and Beyond" on Jan. 7 from 10:30 to 11:30 a.m.

Google Earth is a free, powerful, friendly, and fun mapping program that enables any adventurous user to explore satellite photos of the Earth, the Moon, Mars, and even the stars beyond from the comfort of home, library or People Plus.

Snapp will demonstrate some of the powerful capabilities of Google Earth, including worldwide searching, Street

View, 3D Buildings, Earth Gallery, historical satellite imagery, touring of scenic and important world sites, access to public map databases and the ability to create custom maps that can be shared with friends and family.

On Jan. 14 and 28, from 10 a.m. to 2 p.m., he will lead a hands-on Google Earth workshop.

For the workshops, there will be a maximum of 12 people, unless you are bringing your own laptop powered with Google Earth. Advance registration is required.

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# JANUARY 2013 at PEOPLE PLUS

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday  |
|--|---|---|--|--|---|
|  <h2 style="margin: 0;">New Year's Day</h2> <p style="margin: 0;">Center is closed</p>  |   |   |  |  |   |
| <p>8:45 AM Inter. Cribbage<br/>9:00 AM Loosen UP!<br/>10:00 AM Table Tennis<br/>12:30 PM Advanced Tai Chi<br/>1:00 PM Writer's Group</p>   | <p>9:00 AM Table Tennis<br/>10:00 AM Art I<br/>11:00 AM Apple - Out of the box<br/>11:30 AM LUNCH OUT<br/>12:30 PM iPad series</p>                                      | <p>8:00 AM MEN'S BREAKFAST<br/>8:45 AM Inter. Cribbage<br/>9:00 AM Loosen UP!<br/>10:00 AM Table Tennis<br/>11:00 AM Apple - Out of the box<br/>12:30 PM iPad series<br/>12:30 PM Advanced Tai Chi<br/>1:00 PM Writer's Group<br/>3:00 PM Teens First</p> | <p>9:00 AM Table Tennis<br/>10:00 AM Art II<br/>11:15 AM Lunch with us!<br/>12:00 PM iPad series<br/>2:00 PM Middle East talks<br/>5:00 PM Yoga<br/>6:00 PM Course in Miracles<br/>6:00 PM Beg. line dancing<br/>7:15 PM Adv. line dancing</p>           | <p>9:00 AM Loosen UP!<br/>10:00 AM Table Tennis<br/>12:30 PM Beginning Tai Chi<br/>1:30 PM Qigong<br/>6:30 PM Folk Dance Brunswick</p> | <p>10:00 AM Bridge</p>  |
| <p>9:00 AM Crafters<br/>9:00 AM Loosen UP!<br/>10:00 AM Yoga<br/>10:30 AM Google Earth demo<br/>11:00 AM Chair yoga<br/>11:00 AM Table Tennis<br/>12:00 PM Bridge<br/>2:15 PM Laughter Club</p>                                    | <p>9:00 AM Table Tennis<br/>10:00 AM Art I<br/>12:30 PM iPad series<br/>1:00 PM Wood Carving<br/>1:00 PM Quilting Club<br/>3:00 PM Alzheimer's Association meeting</p>  | <p>8:45 AM Inter. Cribbage<br/>9:00 AM Loosen UP!<br/>10:00 AM Table Tennis<br/>12:30 PM iPad series<br/>12:30 PM Advanced Tai Chi<br/>1:00 PM Writer's Group<br/>3:00 PM Teens First</p>   | <p>10:00 AM Art II<br/>11:30 AM BP Clinic<br/>12:00 PM LUNCH &amp; CONNECTIONS<br/>1:00 PM Middle East talks<br/>5:00 PM Yoga<br/>6:00 PM Course in Miracles<br/>6:00 PM Beg. line dancing<br/>7:15 PM Adv. line dancing</p>                             | <p>9:00 AM Loosen UP!<br/>10:00 AM Table Tennis<br/>12:30 PM Beginning Tai Chi<br/>1:30 PM Qigong</p>                                  | <p>9:00 AM Fitness Challenge<br/>10:00 AM Fitness Challenge: Emotional aspects of weight management<br/>10:00 AM Bridge</p> |
| <p>9:00 AM Crafters<br/>9:00 AM Loosen UP!<br/>10:00 AM Yoga<br/>10:00 AM Google Earth workshop<br/>11:00 AM Table Tennis<br/>11:00 AM Chair yoga<br/>12:00 PM Bridge<br/>1:15 PM Laughter Club<br/>6:00 PM Belly dancing demo</p> | <p>9:00 AM Table Tennis<br/>10:00 AM Art I<br/>12:30 PM iPad series<br/>1:00 PM Wood Carving<br/>1:00 PM Quilting Club<br/>3:00 PM Alzheimer's Association meeting</p>  | <p>8:45 AM Inter. Cribbage<br/>9:00 AM Loosen UP!<br/>10:00 AM Table Tennis<br/>12:30 PM iPad series<br/>12:30 PM Advanced Tai Chi<br/>1:00 PM Writer's Group<br/>3:00 PM Teens First</p>   | <p>10:00 AM Art II<br/>11:30 AM BP Clinic<br/>12:00 PM LUNCH &amp; CONNECTIONS<br/>1:00 PM Middle East talks<br/>5:00 PM Yoga<br/>6:00 PM Course in Miracles<br/>6:00 PM Beg. line dancing<br/>7:15 PM Adv. line dancing</p>                             | <p>9:00 AM Loosen UP!<br/>10:00 AM Table Tennis<br/>12:30 PM Beginning Tai Chi<br/>1:30 PM Qigong</p>                                  | <p>9:00 AM Fitness Challenge<br/>10:00 AM Fitness Challenge: Nutrition demonstration<br/>10:00 AM Bridge</p>                |
|  <p style="text-align: center;">Martin Luther King Day</p> <p style="text-align: center;">Center is closed</p>                                     | <p>9:00 AM Table Tennis<br/>10:00 AM Art I<br/>11:00 AM Computer Tutor<br/>12:30 PM Brown Bag Lunch with CASA<br/>1:00 PM Wood Carving<br/>2:30 PM CAFE en FRANCAIS</p> | <p>8:30 AM WOMEN'S BREAKFAST<br/>8:45 AM Inter. Cribbage<br/>9:00 AM Loosen UP!<br/>10:00 AM Table Tennis<br/>12:30 PM Advanced Tai Chi<br/>1:00 PM Writer's Group<br/>3:00 PM Teens First</p>  | <p>9:00 AM Table Tennis<br/>10:00 AM Art II<br/>11:00 AM Drop-in Cribbage game<br/>11:00 AM Computer Tutor<br/>2:00 PM Middle East talks<br/>5:00 PM Yoga<br/>6:00 PM Beg. line dancing<br/>6:00 PM Course in Miracles<br/>7:15 PM Adv. line dancing</p> | <p>9:00 AM Loosen UP!<br/>10:00 AM Table Tennis<br/>12:30 PM Beginning Tai Chi<br/>1:30 PM Qigong<br/>6:30 PM Folk Dance Brunswick</p> | <p>9:00 AM Fitness Challenge<br/>10:00 AM Bridge<br/>10:00 AM Fitness Challenge: Injury prevention</p>                      |
| <p>9:00 AM Crafters<br/>9:00 AM Loosen UP!<br/>10:00 AM Yoga<br/>10:00 AM Google Earth workshop<br/>11:00 AM Chair yoga<br/>11:00 AM Table Tennis<br/>12:00 PM Bridge<br/>1:15 PM Laughter Club<br/>6:00 PM Belly dancing</p>      | <p>9:00 AM Table Tennis<br/>10:00 AM Art I<br/>11:00 AM Computer Tutor<br/>1:00 PM Wood Carving</p>   | <p>8:45 AM Inter. Cribbage<br/>9:00 AM Loosen UP!<br/>10:00 AM Table Tennis<br/>12:30 PM Advanced Tai Chi<br/>1:00 PM Writer's Group<br/>3:00 PM Teens First</p>  | <p>9:00 AM Table Tennis<br/>10:00 AM Art II<br/>11:00 AM Computer Tutor<br/>11:00 AM Drop-in Cribbage game<br/>2:00 PM Middle East talks<br/>5:00 PM Yoga<br/>6:00 PM Course in Miracles<br/>6:00 PM Beg. line dancing<br/>7:15 PM Adv. line dancing</p> | <h2 style="margin: 0;">Teen Center</h2> <p style="margin: 0;">Monday, Tuesday and Thursday<br/>2:30-5:30 PM</p>                        |   |

## Vet's benefits books available

If you are a veteran of service in the U.S. military, there is a booklet available at the People Plus Center that could be of interest, and value, to you. "Federal Benefits for Veterans, Dependents and Survivors" is published by the U.S. Department of Veterans Affairs, and offers a comprehension index to information and resources available to veterans.

It includes a long list of toll-free numbers and e-mail sources.

Scott Karczewski, director of Maine's Togus-VA Center, visited People Plus last month and offered advice and info during an informative, evening session, and left area veterans with an observation, "If you haven't visited or used the VA in the past (few) years, you will not believe the differences you'll find."

Karczewski left extra booklets for former service members not able to attend the meeting. They are available on a first come, first served basis.



## Teen of the Month

Gage Somerville attends Brunswick Junior High School, and was chosen as December's Teen of the Month for his positive attitude and dedication to the Teen Center.

## Seniors with talent WANTED!

The Bath Area Senior Citizens Center is looking for amateur, talented people, aged 55 or older, to participate in the second annual, "Seniors Have Talent" show, scheduled for Saturday, March 16, at the Center on Floral Street.

Produced by Millie Ackley, this year's contest will be held during daylight hours, so more seniors can either participate as contestants or be a part of the voting audience.

Contestants are required to sign up in advance to compete for cash prizes of \$50, \$75 and \$100. Sign up sheets are waiting at the Bath Center and at People

Plus, in Brunswick. When you purchase a \$7 ticket for the show, you will be handed a ballot which will entitle you to a vote for your favorite acts. Tickets will be available in February.

There will be a 30-minute intermission for the audience at the end of the show so that members can mark and submit their ballots, stretch their legs and enjoy the free refreshments while official counters tally the ballots. Winners will be announced after the intermission.

For more information, call 443-4937.

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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.





**Baking for the season**

Madeleine Ashe, left, leads a hands-on workshop on the proper "construction" of tourtières — traditional holidays meat pies — last month. Each of the half-dozen participants carried home a well earned and great-tasting holiday pie.



**Hiking the 'rim' of Merrymeeting Bay**

Thursday Hikers encounter some rough terrain while walking Thorne Head in Bath last month. DAVE SELLECK PHOTO

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**Lunch Out!**  
Jan. 8 at 11:30 a.m.  
**FAIRGROUNDS CAFÉ**  
Topsham Fair Mall

"Is it your 2013 resolution to get organized?"

**chicks DO chores**  
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Sitting: L to R: Kate Adams BA, CMC, Abbey Davis MEd

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# Fitness Challenge opens this month

The fourth annual Tri-City Fitness Challenge opens with a weigh-in and "pep rally" on Jan. 9 at 1 p.m. in the Mid Coast Hospital cafe in Brunswick. Organized and promoted by local fitness guru Ida Messerman, this year's effort is a joint project for the hospital, the People Plus Center, the Bath Area Family YMCA, the Maine Pines Center for Fitness and the New England Medical Fitness Center.

"We hope this is the biggest and best yet," Messerman said.

Participants are weighed at the beginning of the 12-week program, watch and record their progress throughout the challenge and weigh out in April, "but with a new attitude and a new spirit," Messerman predicted. "This effort is about changing attitudes and habits. After paying the \$99 entrance fee, partic-

ipants will pick their own schedules and program from a menu of options offered by all sponsors. Messerman will lead daily "challenge opportunities" at various sites, expecting to, "keep it fun, and keep everyone in the game."

During the 12-week challenge, Messerman will host a Saturday 9 a.m., hour-long aerobics class at People Plus, followed by a series of 10 a.m. lectures, "that will be informative, creative and useful," Messerman predicted.

*"Keeping it fun, keeping everyone in the game"*

Ida Messerman

The Jan. 12 class is led by Alison Basile, speaking on the mental and emotional aspect of weight management. The Jan. 19 class, led by Alison Fernald and Kristen Parry, will focus on the importance and uses of nutrition in a fitness program.

On Jan 26, Kate Anagnostis will offer a demonstration of proper stretching for injury prevention, and on Feb. 2, there will be a special self defense class offered at the Brunswick Martial Art

Studio. On Feb. 9, Messerman will offer training tips for a successful at-home work out, and on Feb. 16, our own Suzanne Neveux will lead demonstrations and workshops of Tai Chi and QiGong.

To participate in all programs at all sites, a person must register with Messerman, but card carrying People Plus members will be admitted to audit "as many" of the Saturday fitness classes at the center as they want, and may attend the Saturday lectures free of charge. Messerman suggests it is useful and sensible for "anyone" entering the new year to weigh in at home if they want, and to "use the new year as a reason," to begin a new program of fitness.

For more information, contact Messerman at 798-9319 or [getfitwithida.com](http://getfitwithida.com).

## Our Goal:

# Keeping You Well!

**A**T MID COAST HOSPITAL, WE ARE COMMITTED TO HELPING YOU STAY HEALTHY. The best way to do this is to have a primary care doctor who will provide regular check-ups. This will prevent minor problems from becoming big concerns.

## Need a Primary Care Physician?

The physicians, practitioners, and nurses of MID COAST HOSPITAL and its affiliates take pride in the experience and compassionate care they provide.

Find the adult or pediatric care office that is right for you by calling our local **MID COAST HOSPITAL Physician Referral Line** at (207) **373-6033**.

**MID COAST MEDICAL GROUP** A department of MID COAST HOSPITAL  
[www.midcoasthealth.com/mcmg](http://www.midcoasthealth.com/mcmg)

|                                    |                                |                |
|------------------------------------|--------------------------------|----------------|
| <b>Primary Care</b>                | 22 Station Avenue, Brunswick   | (207) 373-6848 |
| <b>Pediatrics (MaineCare ONLY)</b> | 81 Medical Center Drive        | (207) 373-6844 |
| <b>Adult Care, Bath</b>            | 1356A Washington Street, Bath  | (207) 442-0048 |
| <b>Adult Care, Topsham</b>         | 1 Bowdoin Mill Island, Topsham | (207) 729-1689 |

**Midcoast Pediatrics** 121 Medical Center Drive, Brunswick (207) 721-8333  
[www.midcoastpediatricspa.com](http://www.midcoastpediatricspa.com)

**Martin's Point Health Care** *Adult, Family & Pediatric Care*  
[www.MartinsPoint.org](http://www.MartinsPoint.org)

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| Cook's Corner-6 Farley Road, Brunswick | (207) 725-8079 |
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If you need emergency or hospital care, MID COAST HOSPITAL provides the highest quality care available 24-hours-a-day in the Midcoast region—care that has achieved national recognition.  
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## And the winner is ...



Helen Lundberg's Swedish-themed entryway decorations won the judges to win best overall prize during an annual holiday decorating contest at Thornton Oaks Retirement Community in Brunswick.

## Art at the Topsham Library

Freepoint artist Julia Nichols' plein air oil paintings will remain on exhibit at the Crooker Gallery of the Topsham Public Library through Jan. 2, followed by the juried show "Joy of Art" on exhibit from Jan. 7 until Feb. 1. A reception for

"Joy" is planned Jan. 12 from 1 to 3 p.m. Fiber artist Natasha Kemper Cullen will be the featured artist of the Crooker Gallery from Feb. 18 to March 29. For more information, call the library at 725-1727.

**"If it weren't for the last minute, a lot of things just wouldn't get done"** — Michael Traylor

## 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 read 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 strongly 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 safest 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 go where most never go. 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, willing 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 uncommon 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 wellbeing.

If you desire to live your most vibrant life NOW give us a call and we will help show you the way. Just call Stocum Chiropractic Wellness Center (207-725-4222) OR Holland Chiropractic (443-2635) and mention this article and my team will schedule a complimentary consultation at your convenience. To Your Health, Dr. Jeffrey S. Stocum



Dr. Jeffrey S. Stocum

# Adventure in art reflects 91 years

Exhibit opens Jan. 3 at Thornton Oaks

BRUNSWICK — The bulk of Louise Minot's 91 years have been an "Adventure in Art," the title of the exhibit which will open Thursday, Jan. 3, at 4 p.m. with a short talk, followed by a reception at Thornton Oaks, 25 Thornton Way, in Brunswick.

A Brunswick native, Minot grew up on Boody Street and attended the "brand new Longfellow School." She was in the first class to graduate from Brunswick High School on Spring Street, now the location of the Harriet Beecher Stowe School, where she thrived in the art classes under the tutelage of Miss Helen Varney, the only art teacher in the entire Brunswick school system, and to whom Minot gives considerable credit.

These details and much more recount the remarkable artistic life of Minot, through her years at Smith College as a biology major; a graduate year at Colum-



Louise Minot

bia University and art courses at Boston Fine Arts-DeCordova in Lincoln, Mass.



## Hitting a holiday note

Area Girl Scouts got into the spirit of the season last month, caroling for the People Plus Write On! group. Other holiday events at the Center included cookie swaps, a Yankee gift exchange, and wishing well all around.

- Reception Room
- Personalized Catering
- Spacious Chapel
- Private Family Room
- "Help Yourself" Kitchen

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# spectrum generations

**Southern Midcoast Community Center**  
**12 Main St., Topsham**  
**Open Monday thru Friday 9am to 3pm**  
**729-0475**

*Living*



**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 in 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. 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. January 22nd. Please call to make a reservation— 729-8571.

**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? Craig 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. 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!



**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**

- Jan 2 - Chicken Parmesan
- Jan 9 - Wild mushroom stuffed pork loin
- Jan 16 - Lasagna
- Jan 23 - Chicken A la King
- Jan 30 - Meatloaf

**Fridays**

- Jan 4 - Chick Pot Pie
- Jan 11 - Parmesan Haddock
- Jan 18 - Pea soup with Ham
- Jan 25 - Carved Ham

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

**GO BAGS**

Attend this free seminar and learn what you should have at the ready for an emergency. Shirley Helms from the state DHHS will provide information and your very own GO BAG. Come early and have lunch with us. Friday Jan 18th at 1 pm Free

**CHECK YOUR NUMBERS**

Keeping track of your blood pressure is easy and important. Stop in before lunch at the Fireside Café and we'll check it for you! Friday, Jan 18th 11 am to 12 noon. Free

**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

**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**

# Open the year with YOUR membership

2013 is here, are you a member of People Plus YET?

January is historically one of the biggest months for renewals on the People Plus calendar. Member Services director Frank Connors has a New Year's resolution, it is to get active membership over 1,000 and to keep it there.

"We're holding steady around 900," Connors said, "I want to get serious and set that record this year."

Since taking on supervision of the membership rolls, which stood at "about 600" just a couple years ago, Connors has watched the total grow steadily. At the same time, the Center has made a commitment to keeping the list current, meaning, "we now send membership reminders and we now remove people from the list when they don't renew."

Connors said that has led to a savings in mailing newspapers, has "added value," to the annual cost, and has developed a "more accurate representation" of where our membership really is.

"We always have been a membership organization, we always want to remain a membership organization," Connors added.

Cost of membership is still only \$25 per year. Everyone gets our great little newspaper, either in the mail, or online.

Remember always to show your card proudly at area businesses, and learn how you can save money every day. The following businesses are delighted to offer special discounts to members and friends of People Plus:

### Beauty Salons/Skin Care

**Reflections:** 10%, Monday-Friday  
2 Center St., Brunswick  
729-8028, www.reflectionsbystucie.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)

# PEOPLE PLUS MEMBERSHIP

Date \_\_\_\_\_

PLEASE PRINT

1. Name \_\_\_\_\_ (LAST) \_\_\_\_\_ (FIRST) Phone \_\_\_\_\_ Birthdate \_\_\_\_\_

2. Name \_\_\_\_\_ (LAST) \_\_\_\_\_ (FIRST) Phone \_\_\_\_\_ Birthdate \_\_\_\_\_

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Payable to People Plus:  Check/Cash  Visa  Mastercard

Total \$ \_\_\_\_\_

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Signature \_\_\_\_\_

Donations above Membership Fees are tax deductible.



## Donations are a daily blessing

There is hardly a day that passes without a member or friend coming to the Center with some kind of donation. Last month, that list included hundreds of pounds of food for the Mid Coast Hunger Prevention Program, a "one-of-a-kind" diamond ring to be used in a Valentine's Day raffle, 24 pounds of fruit cakes, two dozen oranges, two toasters ... but NO partridge in a pear tree (not yet). This year, starting with this photograph and notice, we intend to acknowledge more of those donations with a new listing in this paper. Watch for it, starting next month.

**Nickerson Optical & Hearing Aid Center:** 15% Optical, 10% Hearing  
82 Barbeau Drive, Brunswick  
725-1110, www.nickersonoptical.com

### Recreation/Entertainment

**Evening Star Cinema:** Free bag of popcorn at evening shows  
149 Maine St., Brunswick; 729-5486  
www.eveningstarcinema.com

**Play It Again Sports:** 10% Anytime  
124 Maine St., Brunswick; 729-3900  
www.playitagainsports.com

**Spare Time Bowling:** \$1.85/String, 7 days a week, 9 a.m.-5 p.m.  
276 Bath Road, Brunswick; 725-2963  
www.sparetimebrunswick.com

### Restaurants

**Arby's:** 10%, Anytime, excluding coupons  
Topsham Fair Mall Road, Topsham  
729-8244, www.arbys.com

**Big Top Deli:** 10%, Anytime  
70 Maine St., Brunswick  
721-8900, www.bigtopdeli.com

**Fairground Cafe:** 10%, Anytime  
Topsham Fair Mall; 729-5366  
**McDonald's:** Free Dessert with Purchase  
11 Gunnet Road (Route 24), Cook's Corner, Brunswick; 729-4416  
www.mcmcmaine.com/1080

**Sam's Italian Foods:** 10%, Except for Specials (Patrons over 60)  
Cook's Corner, Brunswick; 725-4444

**Tavern at Brunswick Station:** Buy one entrée, get one half off  
4 Noble St., Brunswick; 443-3538  
www.innatebrunswickstation.com/  
tavern\_dining/

**The Great Impasta:** 15% off Wednesday lunch(foot only)  
42 Maine St., Brunswick; 729-5858  
www.thegreatimpasta.com

### Stores

**Bowdoin College Store:** 10%, Anytime  
Station Avenue, Brunswick; 798-4344  
www.bowdoindir.edu/bookstore

**Indian:** 10% on Non-sale Items, Mondays  
Tontine Mall, Brunswick; 729-6448

**Portland Glass:** 10% on Materials (\$50 max)  
61 Bath Road; 729-9971  
www.portlandglass.com

**Shift:** 10% on Wednesdays  
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### Florist

**Pauline's Bloomers:** 10%, Anytime  
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### Auto Service

**Autometrics:** 10% Anytime  
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**Bill Dodge Auto Group:** 10% off parts and service; 262 Bath Rd., Brunswick; 838-378-1404  
118 Pleasant St., Brunswick; 729-6653  
www.billdodgeautogroup.com  
**Brunswick Ford:** 10% off on Parts and Service  
157 Pleasant St., Brunswick; 725-1228

**Lee's Tire & Service:** 10% on Parts (excludes tires)  
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**Tire Warehouse:** 20% on Labor  
24 Topsham Fair Road, Topsham  
725-7020, www.tirewarehouse.net

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**Augat Chiropractic:** Free consultation and cursory exam  
9 Pleasant St., Brunswick; 725-1177

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**Monday-Saturday Bridge**

- Nov. 17:** Richard Totten, Bill Buermeier, Lorraine Muller, Gladys Tot-ten.
- Nov. 19:** Cecil Eldredge, Bill Buermeier, Mary O'Connell, Anne Brautigam.
- Nov. 24:** Cecil Eldredge, Donna Burch.
- Nov. 26:** Mary O'Connell, Cecil Eldredge, Gladys Totten, Diane Monaco.
- Dec. 1:** Gladys Totten, Lorraine LaRoche, Donna Burch.
- Dec. 3:** Gladys Totten, Mary O'Connell, Jini Linkovich, Diane Monaco.
- Dec. 8:** Mary Lou Cobb, Lorraine Muller, Gladys Totten.
- Dec. 10:** Gladys Totten, Mary Lou Cobb, Cecil Eldredge, Jini Linkovich.
- Dec. 15:** Donna Burch, Mary O'Connell, Bill Buermeier.

**Senior Intermediate Cribbage**

- Nov. 21:** Cecil Eldredge and Lois Fournier, (tied) 717; Virginia Linkovich, 694; Robert Frost, 690; Nancy Laffely, 687.
- Nov. 28:** Lorraine LaRoche, 711; Yvette Dumont, 703; Patricia Johnson, 701; Nancy Laffely, 698; Virginia Zimmerman, 697; Harry Hig-gins, 692.
- Dec. 5:** Germain LaRoche and Vir-ginia Linkovich, (tied) 724; Lorraine LaRoche, 712; Darryl Wood, 708; Nancy Laffely, 705.
- Dec. 12:** Carl Nida, (perfect score) 726; Joseph Toney, 725; Richard Tomko, 721; Robert Frost and Nancy Laffely (tied), 702.

# Skiing and me

When I was just a teen and a rookie skier, one of the lifts in front of the main lodge at Sugarloaf was a rope tow, and the skis under my feet really were boards. Wood anyway Sugarloaf is now a world-class resort, most skiers have no idea what a rope tow was, and me ... heck, if I tried to ski this winter, Jane would probably disown me, and no doubt you'd find my bones under a tree sometime next spring.

Fact is, the last time I skied was nearly 20 years ago. My little boy Miles was a ski school instructor at Sugarloaf (the apple seldom falls far from the tree) and a student at Farmington, AND having his 21st birthday, so I drove up to spend the day on the mountain, just like old times. The first insult came when the guy in the ski shop laughed at my equip-ment, telling me "thong bindings" had been illegal since HE was in high school. Turns out he was a friend of my son, and he let me try out a pair of his, "snap ons," making me promise I'd buy a set from him if I ever came back.

Insolent little kid. I taught both of my kids to ski, I intro-duced the sport to Jane, I did a stint with the ski patrol, and in high school, my first flush as a columnist was a nasty lit-tle weekly piece the old Brunswick Record and I called, "Slope Talk." You can say I was, "back in the day" a very, VERY dedicated skier.

Anyone here remember Sky Hy? It was a great little ski area in Topsham, vertical drop of two, maybe three hun-dred feet of ledge between the crest and Bradley Pond that could be a little hair raising, but there were several trails that meandered through the woods that were fun, and if there was plenty of snow for padding, even the front slope was inviting.

I started off skiing the fields of Bow-

doingham with my brothers. This would be long before the days of "cross country gear," mind you, but we literally did ski cross country for miles. Those were the wonderful days of night skiing. If you have not ventured out on a cold January night, on or near the full of the moon, folks, you have cheated yourself. You can see stars you had no idea existed. The moon is bright enough to create long, adoring shadows, and as you yodel your way along the shoulder of some clear, untouched ridge toward a frozen river, you'll start to understand what winter in Maine really is all about.

In those tentuous, early days of my relationship with Jane, I once described her to a friend as, "perfect, if she only knew how to ski." There started a series of challenging dates on the slopes of Sugarloaf, Sunday River, Saddleback, and weekends in Strong. You learn lots about a person when you try to teach them to ski. I suspect the long drives up and back did more for melding our lives together than did my coaxing and harassing on the sides of those moun-tains.

I remember one day when Jane over-heard me telling another skiing we had to "light a fire" under our dates, or OUR day of skiing was going to suffer. That was the day I learned just how good Jane's hearing was, and I was told for the very first time, where I might want to put my left ski.

"I don't like being cold," she told me, "and I don't like being scared." Nobody's perfect, I know that now, and she's always willing to let me go by myself.

Miles took to sking like a duck to

**Speaking Frankly**

FRANK CONNORS



water, Abbie, not so much. There was a night at Lost Valley when she didn't come off the mountain with a gaggle of her friends, so I shot up the lift and did a sweep, just like in the ski patrol days. Halfway down the mountain, I spotted Abbie sitting on her skis on the side of the trail, feeling quite dejected. She was covered with snow, shivering, discour-aged and wishing she was on a bench somewhere. I told her she could do this, and she did. That night turned into another night, 12 years later, when she became ski coach and teacher for her new husband and his sons. That's the kind of girl Abbie is!

My career in the ski patrol was born in necessity. It was a free ticket to ski, almost any mountain I wanted. There was lots of cruising on lots of slopes, an occasional flush of excitement picking up wounded skiers.

As the first snows of 2013 fall, I find myself getting that old urge to ski once more, though my knees, my back, my wife, and my sensibilities seem to muster against it. Will this year be the year of my return to Sugarloaf? Miles thinks Jadon might like to ski, after all. I have snowshoes I can pad around on, and manage not to hurt myself, I'm sure, and you know, in a couple years, I'll be able to ski free as a senior citizen.

I hope you and yours have a happy and prosperous New Year.

For the latest Center offerings, check out the online calendar at [www.PeoplePlusMaine.org](http://www.PeoplePlusMaine.org).



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- Bertrand A. Breton
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- Crystal Bishop
- George J. McConnon
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- Louis "Phil" Cousineau

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- Danette Caron
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- Ed McCartan
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- Ralph Palmer
- Bea Palmer
- Alan Sockloff\*
- Carol Sockloff\*

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# Dyer's paintings are featured

Oil and acrylic paintings of Brunswick native Sylvia Dyer are being featured in the Union Street Gallery at People Plus for the months of January and February. While Dyer paints well in all media, she is perhaps best known for her images in oil of natural, color filled settings. She calls her style "impressionistic," with a rich, buttery texture, soft edged and loaded with color. She studied painting at the University of Maine at Orono, and has worked with such noted artists as Charles Sovek, Pat McHoid, William Spring and Shirley Lewis.

Dyer grew up working with flowers and plants at the Dyer's corner nursery, Brunswick, and credits that work for much of her inspiration. She is a member of the Maine Ten and the Merry-Meeting Art Association, among others. She has had single shows at the Fore Street Gallery in Portland, the Sebascodeagan Gallery in Harpswell, the Lupine Gallery on Monhegan Island and at the Boothbay Region Art Foundation in Boothbay Harbor. Her work may be seen during normal business hours at the People Plus Center.



"Half-way Rock Light," in Casco Bay; oil painting, by Sylvia Dyer.

## IMPORTANT NOTICE

If you purchase Brunswick Explorer bus tickets or Transportation Coupon Program vouchers at People Plus, **PLEASE NOTE** that as of Jan. 1 coupons will **ONLY** be available Tuesday and Thursday from noon to 4 p.m. and Wednesday from 9 a.m. to noon.

For more information on the voucher program, contact Michelle Manley at 207-594-2742.

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