

# Plus! People News

The center that builds community

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P.O. Box 766  
Brunswick, ME  
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Non-Profit Organization  
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## Preparations for annual gala in high gear

Business sponsorships, restaurant support and auction items are piling into "Music in April Central" at People Plus, causing event organizers and volunteers to predict that this, the 13th annual fund raiser, should be another record setter.

This edition of the gala, offered again at the Brunswick Knights of Columbus hall, opens at 5 p.m. on April 9. Last season, this "most important evening for the Center," raised more than \$45,000.

Rousseau Management, providing specialized care in the Brunswick area for more than 30 years at centers like Horizons, Skolfield House and Dionne Commons, is again our Fortissimo Gala sponsor; Spec-

trum Generations is the Fortissimo Event sponsor; and once again this season, the Maine State Music Theater is our Mezzo Event sponsor.

Forte table sponsors planning to attend include: Atlantic Regional Federal Credit Union; Bank of Maine; Bar Harbor Bank & Trust; Bath Savings Institution; Bill Dodge Auto Group; Bowdoin College; Brackett Funeral Home; CHANS Home Health Care; Edward Jones Investments, Brunswick branch office; Goodwin's Chevrolet; Hammond Lumber Co.; The Highlands; Mechanic's Savings Bank; Mid Coast Hospital; Mid Coast Senior Health Center; Neighbor's Inc.; Nor-

Please see **GALA**, Page 6



### GETTING WIRED

John Lydon, an electrician with Favreau's Electric, runs conduit to boost electric service in the café and kitchen areas. Grants from the Senter Fund, First Parish Church and friends, make the work possible. Café improvements are the first step toward new food and social programs focused in the café area.

## CHALLENGE \$



Jim Howard, CEO of Priority Group LLC and a passionate supporter of People Plus and the Brunswick Teen Center, shares a \$5,000 challenge grant with People Plus Executive Director Stacy V. Frizzle. With the gift, the Center's \$50,000 annual fund campaign tops \$40,000 with less than four months until the end of the fiscal year, which ends June 30.

**GELATO FIASCO**  
INSPIRED BY ITALY. PERFECTED IN MAINE.

**BRUNSWICK TEEN CENTER  
SCOOP-A-THON**  
WEDNESDAY, APRIL 29, 11 A.M. TO 11 P.M.



## Suspense novelist Betit leads Author's Chat

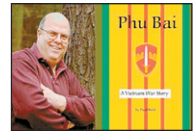
A former Maine newspaperman, Paul Betit, is the author of three mystery-suspense novels featuring U.S. Army investigator Tom Murphy.

During the past decade, Betit has published "Phu Bai," set during the war in South Vietnam in 1967; "Kagnew Station," set in Ethiopia in 1968; and "The Man in the Canal," set in Sweden in 1971. Join us at People Plus on Wednesday, March 11, at 2 p.m. as Betit talks about his series and shares back stories, reads from current works in progress and answers questions about his work, the writing life and the creative process.

An Augusta native, Betit — a member of the Center — has worked as a general assignment reporter or as a sportswriter for more than 40 years, including stints with the Kennebec Journal (1974-85) in Augusta and the Portland Press Herald and Maine Sunday Telegram (1985-2013).

In 1991 and 1996, he received awards from the Maine Press Association for sports feature writing. He continues to cover high school, college and professional sports on a freelance basis.

Following his graduation from Cony High School in 1965, Mr. Betit served as an intelli-



gence analyst for the U.S. Army Security Agency for four years. He earned letters of commendation for his work while serving tours in South Vietnam (1966-67) and Ethiopia (1967-69). He is a 1975 graduate of the University of Maine, earning a degree in journalism.

His experiences while serving overseas for more than three years provide the basis for all three books. He lives in Brunswick with his wife, Debbie. They have two sons.

## American experience in WWII is new group's focus

The Center's newest discussion group — focusing on books and personal memoirs of America's involvement in World War II — opens Wednesday, March 18, at 3:30 p.m., according to Program Director Jill Ellis and group facilitator Norm Schroeder.

A Vietnam-era sergeant in the Marine Corps, Schroeder said the group's theme is "The American Fighting Man's Experience in World War II." Suggested reading, "to start thinking off," are two books: "The Soldier's Tale: Bearing Witness to Modern War," by Harvard history professor and former Marine aviator Samuel Hynes; followed by "With the Old Breed on Peleliu and Okinawa," by Marine Corps veteran Eugene Sledge.

Most of the potential reading/discussion list includes titles that are available in paperback, used on Amazon books and on Kindle. All are in the 250-300 page range.

"Since the discussion group is an early work in progress, titles beyond these two will be deter-

mined by group consensus and member recommendations," Schroeder said. "It is hoped that by the end of the year we will have covered the experiences of those from all service branches in both the Pacific and European theaters. As we get deeper into the topic, the group may want to reserve time to hear the stories of veterans in person."

He added, "we might also want to devote some time to talk about the research methods, resources and best practices to anyone wanting to discover the story of a parent or grandparent who served in the Greatest Generation."

Schroeder served two tours in Vietnam. He is currently finishing a biography of a World War II Marine corporal and Silver Star winner titled, "Looking for Eddie: A Story of Duty and Sacrifice in the Pacific War."

For more information or to register your place in this discussion group, please call the Center's information desk at 729-0757.

## People Plus News

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

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# Pushing on with the goal in sight

"Finished in the nick of time." "What a relief it is!" "We are done!"

Jill Jordan, Betsy and I have uttered these phrases several times in the last few weeks here at the Center, as we stand gathered around the printer willing it to make photocopies faster, and hoping our email attachments go through in time...

Can you guess why? ... It's grant funding application season!

Jordan has filed three or four applications in as many weeks and I have filed nearly half a dozen. It never really gets any easier or less time-consuming. Although it feels like I should be better at it and maybe I am, or maybe it's just that the staff is so good these days and that we really work together as a team.

Anyway keep your fingers crossed for us folks as we've got applications in at the United Way, the Women's Giving Tree, the Bowdoin College Common Good Fund, the Maine Community Foundation and more.

We are so fortunate to have received a new matching grant in the last few weeks. I hope you saw the picture on page 1 about Jim Howard and his challenge grant of \$5,000. We have until the end of June to raise our match to benefit the Teen Center program.

Howard is a lovely man who was

## Major, minor gifts boost annual fund

A \$5,000 donation from Topsam developer Jim Howard, and dozens of smaller donations, made by members at the time of membership renewal, have brought the annual campaign to within \$10,000 of the goal.

The overall annual fund goal is \$50,000 by June 30.

The donation from Howard, "was hoped for and is always appreciated," said Executive Director Stacy Frizzle. The campaign at the end of February stood at \$41,731.50 leaving just \$8,268.50 to raise before the fiscal year ends.

homeless at age 15, so the Teen Center program is near and dear to his heart.

And we've just reach the \$5,000 mark on Dick and Smoky Morrell's matching grant of \$5,000 as well! So thank you to everyone who helped with that.

The Thornton Oaks anonymous gift of \$2,000 still has a lot of room to go, so if you haven't donated yet to our annual fund, your gift can be matched, which really makes a big difference!

We are about \$8,000 away from meeting our year-end goal and we have four

## From the Executive Director

STACY V. FRIZZLE



months left. I feel confident we can bring that in if we all pitch in together!

Have you noticed we started the renovations in the cafe? Thanks again to the Senior Fund, First Parish Church, and a couple of our favorite supporters, Suzan Wilson and Dan McLaughlin, for helping to fund that renovation. It will make our space so much better. We have four times more foot traffic in the cafe than was expected, so this renovation is just what the doctor ordered.

Before I go, I feel the need to apologize to folks for the parking lot. We've never had to cancel a monthly lunch before. It's a crying shame but there's just nothing we can really do about it. With a \$2,000 snow removal estimate, I just don't have the funds to make it happen.

The town will get to us eventually, we just need to be patient. And we appreciate you driving safely and cautiously and looking out for your neighbors as you park.

Don't forget, our offer of a free bucket of snow still stands, so feel free to take a couple home and maybe in the course of a week or two we will have that parking lot cleared!

So we will see you next time you're down here at the Center that builds community. And don't forget your bucket!

## From Anita's Plate

ANITA HUEY



## Bite into health

February was heart month and I am happy that I found a recipe for a healthier frosting. I am going to try it out when I give a talk at Mid Coast Hospital in May.

I know it sounds a bit different, but I bet it will be good. The frosting calls for avocado in place of the butter or Crisco.

I will let you know how this is received! March is National Nutrition Month. This year's theme is "Bite into a healthy lifestyle." I thought about this and here is my take on the theme.

Take a minute to think about what small step you can take to eat healthier and be more active. Here are a few ideas:

- Take the stairs, if you can
- Park your car further away
- Go for a short walk, when the snow

## Chicken & White Bean Stuffed Peppers

Servings: 2

### Ingredients

- 2 t olive oil
- 1/2 onion, chopped
- 1/2 red bell pepper, chopped
- 1 Red bell pepper
- 1 cup cooked chicken breast
- 1/2 t cumin
- 1/2 t chili powder
- 15.5 oz can low sodium white beans, rinsed
- 2 laughing cow cheese wedges

### Directions

In a medium pan, heat oil on medium heat. Add chopped onions and red pepper. Sauté until soft, about a

minute. Add chicken and season with cumin and chili powder.

Add beans and 1 to 1 1/2 cups of water and simmer for about 5-10 minutes, until it thickens and the liquid reduces. Adjust spices to taste. (Pre-heat oven to 350 degrees).

Cut peppers in half removing seeds and stem. Place peppers in an oven proof dish. Fill each pepper with half of the chicken and bean mixture. Pour about 1/3 cup water or chicken broth on the bottom of the dish. Cover tight with foil. Bake 30 minutes at 350 degrees. Remove foil, place the laughing cow cheese in the center of the pepper and bake uncovered another 8 minutes.

*Note: A great example of taking a bite into a healthy lifestyle! Enjoy!*

goes away

• Eat out less or choose a healthier options

- Plan a few meals
- Cook up some chicken to freeze for a quick meal
- Pre-prep food for the next meal.

I always have cooked chicken in the freezer so I was able to pre-prepare this month's white bean stuffed pepper in minutes. I made the stuffing for the peppers and will finish it off for tonight's dinner by placing the stuffing in the pepper and at the end will place a wedge of

laughing cow cheese in the center.

I encourage everyone to take a "Bite into a healthy lifestyle!" My motto is small steps to success.

My next Diabetes Prevention program will start up in the spring. I have people that are enrolled that want to do the program again because they love the program and like the fact that they check in weekly. I will keep you updated on the dates!

For more information, contact Anita Huey at [info@nutritionforeveryday.com](mailto:info@nutritionforeveryday.com) or 504-6439.

**COPS CORNER**  
BRUNSWICK P.D.  
**TIPS FOR STAYING SAFE**

• Don't let March fool you! Roads can still be slippery and unpredictable. Drive with caution, anticipate what may be around the corner. Never drive distracted.

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## Fondly recalled ...



Two views from Brunswick's Mill Street during the Great Flood of Friday, March 13, 1936. At top, people came to see if the railroad bridge to Lewiston was going to hold. At right, gleaners pull pulp wood from the river. Photos courtesy of Alvina Menard. **Do you have old area pictures to share. Please contact Frank Connors, 729-0757, with your comments, contributions or suggestions.**



## A Manless March

By CHARLOTTE HART

"Beware the Ides of March," she said. 2015 is the year. Beginning on that fateful day All males will disappear. "Females will run the world," she said. What? No Super Bowl? No Tom Brady? The Pats will have the best team yet with a Super model quarterback, a tall athletic lady. Who will plow roads when blizzards blow? Dig paths? Clear roofs of snow and ice? Women will train to do these jobs, and not Kill mail boxes. Won't that be nice! Hail to the Chief — Madam President! 2016! In the U.S. of A! The Senate and House will compromise

Peace and progress will rule the day.

In 1915 in Herland Solo reproduction blessed the nation Great health and quality of life Will bless the New World population.

As the Ides of March approaches,

My hopes are getting higher.

With no males, we'll survive; we'll actually thrive.

There is a sad note though. We'll miss them in the choir!



## Spring is So Near

By MARCIA G. TOWNSEND

The sounds of Chickadees and nuthatches coming in batches, warms my soul and makes it whole.

The feel of new mittens soft fur on our kittens a chill in the air Finches by the Pair

Rose-breasted Grosbeaks not seen for weeks come for the suet and sing quite a duet!

While around them all the snow does fall. Quiet at first each storm unrehearsed.

The sight of new snow and of logs all aglow It tickles my lashes and falls on the branches.

Winter is a good time a wonderful playtime whether daytime, or night time it's really a grand time.

To ponder and wonder not to knuckle under. Enjoy it while its here because Spring is so near!

## Marching to a Different Drum

By BOB DOW

So the Pats won the Super Bowl! I watched the victory parade through Boston. Amazing how many braved the cold to cheer. (Did the kids have another snow day?)

The Pats used the Duck Boats. Duck Boats are famous in tourist season. They drive down the bank into the Charles River. We could do that next summer. Let's ask Charlotte to join us.

Today all twenty-four Duck Boats stuck to Boston's snowy streets. What caught my eye was one Duck with a marching band aboard. Who ever heard of a marching band being driven?

## The Ides

The Ides of March is approaching Spring is in the air No more snowstorms, gales, or blizzards

That we should have to bear

The days are getting longer Snow turns to a watery tear

It brought back memories of my marching days. I started drumming lessons in grammar school; my marching days were established. I mainly played snare drum, sometimes bass. In high school band we played in parades and also for dances. That got me out of dancing; I was not a big dancer.

We also played in State Guard Band. Military marches were long and tedious.

In the Korean War, in the Army, I swapped drums for guns. No more playing now, but still marching, now to a different drum.

That's my story, short and sweet, and that's the beat!

By P.K. ALLEN

Sunshine heats the uncovered ground Spring flowers begin to appear

But there'll still be chilly days ahead

With a cruel and icy freeze Fueling our frustration Before winter decides to leave

## Winter in Maine

By NANCY SOHL

I know this is winter and I'm in Maine  
But this winter's enough to drive one insane!  
It's winter and I should just "let it go"  
I swear I'll cry though with one more forecast of snow!

We've had sixty inches in just a few weeks!  
With the snow on my roof, I'm looking for leaks.  
Snow after snow — never warm enough to melt  
What a terrible hand we've all been dealt!

So I'm begging now for this all to end  
I need sun and dripping for my heart to mend  
We now need a slow steady climb up to spring  
Some days in the thirties would

be an awesome thing!

We don't need or want rain — not quite just yet  
The earth will need time to soak up all this wet.  
A slow steady melt of snow off my roof  
I know spring is coming but I want some proof!

Until spring comes I'll have to dream it's here.  
The flowers, birds, and grass will be back — don't fear.  
Cold gusty winds will be replaced by warm sun  
And this crazy winter's a nightmare that's done!

We'll be stronger for finding a way to cope.  
For not despairing or giving up hope.

But by next winter I shall own a condo  
In Phoenix, Tampa, or maybe Orlando.

## Deer in the Snow

By VINCE McDERMOTT

Snow, snow, snow  
Snow, snow, snow  
Snow, snow, and more snow  
Tired of it? So am I

Thought it would hinder the deer

Tired of them eating my bushes  
Snow should be way too deep  
No way they could get there

Recent storm — 4 AM  
Got up to look around  
To see what was going on  
Looked out the front door

There they were  
At least three deer  
Moving silently, slowly  
In tandem

Down the street  
Beech Drive Meadowbrook  
Now I know  
How they get there

## An Ode to the End of Winter

By ROSE MARIE MEYER

As I sit here this morning, I delight in seeing that the sun is once again shining in this window. It still may be only a tiny sliver on the window frame and hasn't made it around the curtain yet, but it fills me with joy and happiness and hope.

Spring has become a definite force, and has made its impending presence known. Just a tiny sign, that warm and golden slice of sunshine, but one that is eagerly awaited each year. My delight is ever greater this morning, because it took me almost two hours last evening to navigate home from Portland in a driving and treacherous snowstorm.

It has been a particularly frigid and therefore seemingly long winter this year and so I

await each new and positive sign of spring with childlike exuberance and eagerness. She calls to me teasingly and playfully, to a game of "catch me if you can" while dancing on the still deep mantle of snow. Why, just last week I laughed out loud at the presence of sweet and chubby robins playing at the feeders in my front yard.

In my logical and mature mind I know that the seasons change in their proper and allotted time and that spring is not far away. But as each small but intense and even startling assurance of this phenomenon shows itself, I feel my soul responding to the musical crescendo building and preparing to burst forth from the earth in the sweet song of Spring.

## March Madness

By ELIZABETH B. BATES

A spruce drips  
icy compassion over  
bowed birches  
the lacquered limbs  
of a Chinese elm  
bend stiffly  
and by the edge  
of the great fir's  
shadow

a mouse gone mad  
runs circles  
in the frozen snow  
watched  
by a thousand  
glassy  
e e y  
e e y e s

## Heroes

By BONNIE WHEELER

Who is out there in this winter gale?

Only the heroes plowing with-out fail.

While safe and warm inside we stay  
waiting for those plows to clear the way.

## Tenacious Embrace

By PATTY L. SPARKS

NEATH colored  
her LEAVES/  
bare dull  
branches/ withered...  
cling lifeless  
caramel

# Book Café, kitchen gizmos and Jordan history mark March

March is shaping up to be a busy month. Among the regular offerings are a new book club and FYI program.

To register for any program, call 729-0757.

### The Book Café — new unique book club

Have you read a book recently? Come to the Book Café, a new unique People Plus book club for members only where participants share their views about what they have been reading.

Fiction, nonfiction, murder mystery, high drama, spy, suspense, it doesn't matter. Discussion of all types of books is encouraged — the more variety the better the exchange.

The Book Café, led by Diane Laughlin, is an informal way to share opinions and ideas on what you're reading. Join us for

the inaugural meeting on Tuesday, March 17, at 3 p.m. The club will meet on the third Tuesday of every month.

### Lunch and Learn: Gadgets and Gizmos for Aging Well

Visit People Plus on Monday, March 30, at noon, when Mike Fear, owner of Now You're Cooking in Bath, brings in a treasure trove of gadgets and gizmos to the Center.

They are all designed to help you in the home and focus on safety, disabilities and aging. You'll get to try them, too!

Bring your lunch, we will provide the chips, drink and dessert. Registration is appreciated.

### FYI The Jordans: A Family History

The Rev. Robert Jordan came to the shores of Maquitt Bay, Brunswick, in 1638. In 1640 he became one of the earliest



Capt. Tristram Jordan, a member of a distinguished Maine family, will be discussed during the next FYI program, "The Jordans: A Family History," on March 12, at 1 p.m.

He married the daughter of John Winter, the manager of the enterprises on Richmond Island. Sarah and the Rev. Robert had six sons, and so began the incredible story of one family in early Maine that experienced Indian attacks and had family members taken prisoner to Canada.

Robert was imprisoned in Boston for not following the religious dictates of the Puritan government. During an Indian attack and the burning of their home at Spurwink, Robert and Sarah escaped to Piscataqua, New Castle, N.H., where he died in 1679.

John Webster, a Jordan descendant and vice president of the Rev. Robert and Sarah (Winter) Jordan Foundation, will highlight the important events in the Jordan family history — beginning with the third

Crusade in 1191 and continuing through present day — during an FYI event on Thursday, March 12, at 1 p.m.

The Jordan Foundation grants annual educational scholarships to Jordan descendants, conducts triennial family reunions and boasts a worldwide membership.

There are also Orr's Island connections — John Orr married a Jordan.

### Welcome to Medicare with Spectrum Generations

This session is designed to provide you with knowledge about Medicare and its many "Parts" so that you can make an informed decision about health care coverage.

This class is held the second Tuesday of each month from 12:30-2 p.m. The public talk is free, but registration is required.

### VTN Driver Appreciation Coffee is Monday, March 16, at 10 a.m.

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### Lunch & Connections

## Corned Beef and Cabbage

Help us mark the very last day of what has been a long-winter with a helping of corned beef, vegetables and some of your best friends when we set up our Lunch and Connections at noon on Thursday, March 19.

Chef Frank Connors said, "This is a dinner the members wait for. We salt our own beef and use locally grown vegetables, and the results are spectacular, or better!"

This traditional feast includes corned beef, boiled potatoes, carrots and turnip, boiled in a rolling onion broth. Of course, there will be a fresh and green, lightly-dressed garden salad for all. Coffee, tea, fruit juices and milk are available with each meal, and Madeleine Ashe will be making her special Irish bread as an added treat. Yes, we will have pickled beets, and yes, there will be a broccoli-cheese casserole for our vegetarian friends.

Dessert will be pistachio pudding with a cookie, and you won't believe what Gladys has created to mark St. Patrick's

Day and American Chocolate Week!

Each of our monthly Lunch & Connections meals are underwritten by a donation from Spectrum Generations. A CHANS home healthcare professional is always here by 11:30 a.m. to check and record blood pressures, and now, you can have a free hearing check with Mary Marino of Mary's Affordable Hearing Aids.

Get to the Center early pick up your 50/50 raffle ticket (January's winner claimed more than \$50) and be sure you are registered to win one of our free door prizes. Pre-registration for seating is required, and obtained only by calling the People Plus information desk at 729-



0757 — beginning March 2. Cost of your dinner is still only \$5 for card-carrying People Plus members, and \$7.50 for all others.

Lunch is served at noon.

## Wondering what all the fuss is about Pickleball?

Learn America's fastest growing sport, a cross between tennis, badminton and ping pong. Even if you've never played a racket sport, you can learn pickleball quickly and be playing in no time.

In collaboration with the Brunswick Parks and Recreation Department, People Plus is co-sponsoring introductory pickleball sessions in March at the Recreation Department at 290 Neptune Drive at Brunswick Landing (the former Navy base).

These are open to the public. You

may drop in to one or all of the sessions.

Nancy Heiser, former tennis coach and experienced pickleball player, will show you the basics of play on four successive Wednesdays, from 1-2:30 p.m. The dates are March 4, 11, 19 and 26. The first class is free. After that the cost is \$2 per class for residents, \$3 for nonresidents. Players must sign up ahead, as there is a limit of eight per session on two courts.

Call the Recreation Department for more information at 725-8656.

### All processes take time

In the time it takes you to read this ad, you will breath in and out approximately 50 times, your heart will beat hundreds of times, your body will create tens of thousands of new cells and break down an equal or greater number of cells that are at their end stage of usefulness for health.

On the same token, your nervous system is evaluating your environment to maintain and regulate your temperature, maintain your posture, read and understand the content of this article and creating short-term and long-term ideas that will become a critical part of your world view.

Think that is amazing? Consider this, every second of your life, your nervous system processes, organizes, reacts and adapts to 300 million or more different pieces of information and does so with amazing success.

As fast as the nervous system processes and adapts to your external environment and the speed at which it is capable of regulating our internal environment, it is easy to forget that the current state of our adaptability started approximately 9 months before we are born and it has been getting better and/or worse consistently every moment of every day you have been in existence! Your nervous system is literally an ever learning fluid entity that creates and recreates it's function minute to minute but as a whole throughout a lifetime.

True health and a highly functioning nervous system is the sum total of all your decisions, actions, attitudes, ideas, habits and lifestyle choices.

es from the moment you were conceived.

Whereas you cannot change your habits, you can change your future. You can become more conscious and have complete control over the aspects of your life that most affect your health.

A short list of the critical components include, but are not limited to, becoming more selective of your environment (internal and external), your body (your daily habits of exercise, posture and flexibility), your diet (when, what and how much you eat), and your thoughts (stay positive and choose hope, love and gratitude).

As a chiropractor I cannot tell you how important conscious lifestyle choices are when it comes to living to our full potential! The people I see daily in my office have made a conscious choice to become healthy, to get stronger, to honor their physical body, to free their nervous system from stress, and live each day as the first day of the rest of their lives, in an amazingly powerful position that leads to celebration and freedom.

The choice to honor the relationship of our spinal health to our total health allows chiropractic consumers the opportunity to thrive in a world where most only survive.

You have TIME. Use it wisely.



Dr. Jeffrey S. Stocum

Dr. Jeffrey S. Stocum

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# MARCH 2015 at PEOPLE PLUS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM Mah-Jongg 9:00 AM Loosen Up! 9:00 AM Crafters 10:00 AM Zumba 10:00 AM Apple Club 11:00 AM Table Tennis 12:00 PM Bridge 6:00 PM Belly dancing	8:30 AM AARP Free Tax Aide 8:30 AM Table Tennis 9:00 AM SC Bridge 10:00 AM Art I 10:30 AM Yoga with Ann 1:00 PM Quilting Club	8:45 AM Inter. Cribbage 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:00 AM Meals on Wheels 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group	8:30 AM WOMEN'S BREAKFAST 9:00 AM Table Tennis 10:00 AM SC Bridge 10:00 AM Art II 1:00 PM AARP Free Tax Aide 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing	9:00 AM Loosen Up! 9:00 AM Mah-Jongg 9:00 AM Table Tennis 10:30 AM Meals on Wheels 11:00 AM World Affairs talk 12:00 PM Beginning Tai Chi 1:00 PM Gloging 6:30 PM Folk Dance Brunswick	10:00 AM Bridge  Don't forget to set the clock ahead before going to bed.
9:00 AM Loosen Up! 9:00 AM Mah-Jongg 9:00 AM Crafters 10:00 AM Zumba 11:00 AM Table Tennis 12:00 PM Bridge 6:00 PM Belly dancing	8:30 AM AARP Free Tax Aide 8:30 AM Table Tennis 9:00 AM SC Bridge 10:00 AM Art I 11:30 AM LUNCH OUT 12:30 PM Medicare intro 3:00 PM German Club 4:30 PM TCAC meeting	8:45 AM Inter. Cribbage 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:00 AM Meals on Wheels 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 2:00 PM Author's Chat	8:00 AM MEN'S BREAKFAST 9:00 AM Table Tennis 10:00 AM Table Tennis 10:00 AM SC Bridge 1:00 PM AARP Free Tax Aide 6:00 PM FYI Jordan Family 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing	9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Table Tennis 10:30 AM Meals on Wheels 11:00 AM World Affairs talk 12:00 PM Beginning Tai Chi 1:00 PM Gloging 6:30 PM Folk Dance Brunswick	10:00 AM Bridge
9:00 AM Loosen Up! 9:00 AM Mah-Jongg 9:00 AM Crafters 10:00 AM Zumba 11:00 AM VTM Diner Appreciation coffee 11:00 AM Table Tennis 12:00 PM Bridge 6:00 PM Belly dancing 6:30 PM Civil War Book Club	8:30 AM Table Tennis 8:30 AM AARP Free Tax Aide 9:00 AM SC Bridge 10:00 AM Art I 1:00 PM Quilting Club 3:00 PM The Book Cafe 	8:45 AM Inter. Cribbage 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Meals on Wheels 10:00 AM Table Tennis 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 3:00 PM WWII Book Club	10:00 AM Art II 10:00 AM SC Bridge 11:00 AM Hearing clinic 11:30 AM BP Clinic 12:00 PM LUNCH & CONNECTIONS 2:00 PM AARP Free Tax Aide 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing	9:00 AM Mah-Jongg 10:00 AM Table Tennis 10:30 AM Meals on Wheels 11:00 AM World Affairs talk 12:00 PM Folk Dance Brunswick	10:00 AM Bridge
9:00 AM Crafters 9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Zumba 11:00 AM Table Tennis 12:00 PM Bridge 6:00 PM Belly dancing	8:30 AM AARP Free Tax Aide 8:30 AM Table Tennis 9:00 AM SC Bridge 10:00 AM Art I 10:30 AM Yoga with Ann 12:00 PM Pilates Lite 2:30 PM Café en Français	8:45 AM Inter. Cribbage 9:00 AM Loosen Up! 9:00 AM Mah-Jongg 10:00 AM Table Tennis 10:00 AM Meals on Wheels 12:30 PM Advanced Tai Chi 1:00 PM Writer's Group 4:00 PM Prevent Diabetes 5:45 PM Girl Scouts	9:00 AM Table Tennis 10:00 AM SC Bridge 1:00 PM AARP Free Tax Aide 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing	9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:30 AM Meals on Wheels 11:00 AM World Affairs talk 12:00 PM Beginning Tai Chi 1:00 PM Gloging 6:30 PM Folk Dance Brunswick	10:00 AM Bridge
9:00 AM Loosen Up! 9:00 AM Crafters 9:00 AM Mah-Jongg 10:00 AM Zumba 11:00 AM Table Tennis 12:00 PM Bridge 6:00 PM Belly dancing	8:30 AM AARP Free Tax Aide 8:30 AM Table Tennis 9:00 AM SC Bridge 10:00 AM Art I 10:30 AM Yoga with Ann 12:00 PM Pilates Lite	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <h2 style="color: green;">Teen Center</h2> <p>Monday-Thursday 2:30-5:30 PM</p> </div>	9:00 AM Table Tennis 10:00 AM SC Bridge 1:00 PM AARP Free Tax Aide 6:00 PM Beg. line dancing 7:15 PM Adv. line dancing	9:00 AM Mah-Jongg 9:00 AM Loosen Up! 10:00 AM Table Tennis 10:30 AM Meals on Wheels 11:00 AM World Affairs talk 12:00 PM Beginning Tai Chi 1:00 PM Gloging 6:30 PM Folk Dance Brunswick	10:00 AM Bridge

## Refund program for property taxes changes again

The State of Maine has once again altered the methods in which it allows seniors refunds on local property taxes or rental property.

Some residents who received the credit last year will not be eligible this year, and some residents who were not eligible last year will be eligible this year.

The refund program requires you to file a Maine state income tax report, even if you have had no taxable income. The credit has gone up this year, but is capped at \$600 for individuals under the

age of 65, and \$900 for persons over the age of 65.

State tax forms can be downloaded from the Maine Revenue Services website at [www.maine.gov/revenue/forms](http://www.maine.gov/revenue/forms), or by calling 207-624-7894 to request that the form be mailed.

Call 207-626-8475 for assistance from the state in filling out the form. You may also call the CASH Coalition of Midcoast Maine, 207-844-3702 for free assistance with filing your taxes, or call 1-888-227-7669 to contact AARP for free tax assistance.

## Harpwell club to hear 'what's new for gardens'

The Harpswell Garden Club will hold its next meeting on March 19 at 6:30 p.m. at the Elijah Kellogg Church in Harpswell Center.

Jim Masse, manager of perennials at Estabrook Nurseries, will present

"What's New for Our Gardens in 2015."

Membership is open to anyone in the Harpswell-Brunswick area.

Contact Jane at [jetejlise@yahoo.com](mailto:jetejlise@yahoo.com) or Becky at 833-6159 for more information about programs or membership.

## Moving? Family estate? Downsizing? Business closing?

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## Rock & Roll Bowl set

Big Brothers Big Sisters of Bath-Brunswick invites you to the "Rock & Roll Bowl" at our Bowl for Kids' Sake Fundraising event at Yankee Lanes in Brunswick.

Join us Saturday, March 28, for two free strings of bowling, plus music and prizes galore. Form a team of four bowlers, from your friends and co-workers. We encourage each bowler to raise at least \$100 in donations from supporters.

All bowlers are welcome to wear Big Brothers Big Sisters fun, funky and fabulous clothing from your favorite decade and "rock on!" We invite you to be part of our biggest annual fundraiser, and to make a difference in the life of a child, right here in our own community.

For more information, or to register your team, call us at 729-7736. Visit our website at [www.bbbsbath-brunswick.org](http://www.bbbsbath-brunswick.org) for more information.



## PEOPLE PLUS CENTER IN THE MEDIA

### NEWS & VIEWS

FRANK CONNORS & STACY FRIZZLE chat about summer programming Viewed weekly on Cable Channel 3, Brunswick Community TV

MONDAY/AFTERNOON ..... 4 P.M.  
 WEDNESDAY MORNING ..... 7 A.M.  
 SUNDAY EVENING ..... 9 P.M.  
 And on Harpswell Community Television viewed online, anytime: <http://vimeo.com/harpwelltv>

### RADIO 9 WCME

Hear a staff member discuss the Center on WCME each Monday at 8:35 a.m. on AM 900 or radio9wcme.com.

### THE TIMES RECORD

Check out the People Plus Page the fourth Monday of every month in The Times Record. See the People Plus Pic of the Week on Fridays.

All Saints Parish

## St. Charles Borromeo Church

### LENTEN SUPPERS

March 6 ... proceeds benefit

**Tedford Housing**

March 13 ... proceeds benefit

**The Gathering Place**

March 20 ... proceeds benefit

**Habitat For Humanity**

March 27 ... proceeds benefit

**Mid Coast Hunger**

**Prevention Program**



### Tasty Fish Dinner ...

Baked Haddock, Mashed Potato, Green Beans or Corn, Coleslaw, Rolls, Beverage, Dessert

**Pizza also available**

FISH: Adults \$8, Youth \$4, Under 5 yrs. \$2 • Pizza option available • Now serving 5 to 6:30 p.m.

Come all! Tickets available at door, 132 McKean St., Brunswick

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Raised through Feb. 25  
**\$41,731**

Annual Fund Goal  
**\$50,000**

Fiscal year ends June 30

Your donation of \$25 or more in "New Money" contributes to a 100 percent challenge match of Richard Morrill, to a maximum of \$5,000.

**Every donation matters. 83.5%**

### GALA

From Page 1

way Savings Bank; Primerica Investments; Riley Insurance Agency; Thornton Oaks; and Kathleen S. Winn, DMD. Touching Base, an organ trio that "loves traditional organ music," will be our new primary music attraction this year.

"We pride ourselves with keeping our volume low enough for whatever room we are in, so people can both enjoy us and the conversations," organist Larry Kovacs said.

In addition to Kovacs, Touching Base, from Bath and Arrowsic, includes Bob Knowles on the guitar and Dave Rawson

on the drums. The famed Bowdoin College a capella group Longfellows will also return.

John Bottero of Thomaston Auction Galleries will again lead the live auction. More than a hundred auction items had been acquired for the live and silent auctions at press time.

Casey Henson, Meals on Wheels coordinator for Spectrum Generations at the People Plus Center, is coordinating both auctions. Favorite items returning this season include: train, plane and boat rides; original and print art; unique trips; camp visits; and food items.

Chef Chris Toole of The Highlands is hard at work completing his exceptional list of local restaurants that will provide food for what is often billed as, "the



area's most stunning buffet."

At least two dozen of the area's top restaurants provided "house specialties," to the event last year, and Toole said most will return this season.

Tickets for this gala are still only \$50, and a very limited number of tables remain available. For more information, or to order your tickets, call the People Plus information desk at 729-0757.

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The film focuses on the emotional, spiritual, physical, and social aspects of this difficult and often taboo discussion, inspiring better quality care for caregivers, patients, and their families.

**Guest Panelists**

**Carl DeMars, MD**  
 Hospice Medical Director  
 CHANS Home Health Care

**Florin Olteanu, MD**  
 Geriatrician of Medical Director  
 MID COAST SENIOR HEALTH CENTER

**Jessica Vickerson, FNP, MSW**  
 Palliative Care Nurse Practitioner  
 MID COAST HOSPITAL

**7 p.m., Tuesday, March 10**

Frontier Café+Cinema+Gallery  
 14 Maine Street, Mill 3 Fort Andross, Brunswick

Admission is FREE, but SPACE IS LIMITED. TICKETS REQUIRED.  
 GET TICKETS to hold your seat at [www.explorefrontier.com/schedule/film](http://www.explorefrontier.com/schedule/film)

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[www.accesshealthme.org](http://www.accesshealthme.org)

**Snow-more**

Thursday Hikers enjoy February's ample snow with a cross-country excursion at Mere Creek Golf Course at Brunswick Landing.

**Lunch Out!**  
 March 10, at 11:30 a.m.

**ASIAN GARDEN**

168 Maine St., Brunswick

# Talk the Walk

Don Miskill of Harpswell discusses plans for his through-hike of the Appalachian Trail this summer at a Lunch and Learn program on Feb. 23. He also offered helpful hints for getting out, taking walks and staying active.



### Senior Intermediate Cribbage

Feb. 4: Mike Linkovich, 708; Gerry LaRoche, 687; Joe Toney, 686.  
Feb. 11: Robert Mehlhorn, 721; Patricia Johnson, 694; Lois Fournier, 690; Tim Owen, 679.  
Feb. 18: Robert Mehlhorn, 717; Patricia Johnson, 708; Joe Toney, 687; Anita

Owens, 672.

### Monday-Saturday Bridge

Jan. 17: Bill Buermeyer, 4910; Lorraine LaRoche, 3,960; Fran Lee, 3,950.  
Jan. 19: John Rich, 3,500; Martha Cushing, 3,450; Paul Betti, 3,410.  
Jan. 26: Joyce Lyons, 4,590; John Rich,

3,740; David Bracy, 3,730; Bill Buermeyer, 3,330.

Jan. 31: David Bracy, 5,120; Martha Cushing, 4,620.

Feb. 7: John Rich, 3,550; Bill Buermeyer, 3,270; Bill Washington, 3,130.

Feb. 14: Martha Cushing, 4,320; Bill Washington, 4,290.

Feb. 16: Bill Buermeyer, 6,740; Lorraine



LaRoche, 5,500; John Rich, 5,460; Martha Cushing, 4,460.

**FREE ADMISSION !!!**

# WOW

## Woodside One Wheelers

### 6th Annual Craft 'n Flea Market

**Saturday, March 7, 8 a.m.-2 p.m.**

**Woodside Elementary School, 42 Barrows Drive, Topsham**

More than 40 crafters and flea market tables will be full along with a raffle, luncheon and famous cookie walk. Beautiful handmade crafts, lots of flea market bargains — including kids' toys and clothes — and great homemade food makes this a great event for all ages.

Think spring and come enjoy this fun day.

FMI on table rentals, contact Diane Hall at [www.woodside@gmail.com](mailto:www.woodside@gmail.com)

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### Nicely done

Led by Board member Fraser Ruwet, volunteers have installed a new kitchen sink and cabinet area in the Teen Center, fulfilling a long-sought wish of Coordinator Jordan Cardone, and making lots of projects easier.



## Leading the march into March

By JORDAN CARDONE

It's gonna be soooooo busy this month at People Plus! And ... we are soooooo done with snowstorms!

Looking forward to a March of no snow days canceling school and no school vacations, etc., interrupting our mojo all the time!

Working on our upcoming April free

S.A.T. prep course registrations this month and of course the Gelato Fiasco Scoop-a-thon is now officially a work in progress. And staff all around me are working in high gear for Music in April. The place is all a BUZZZ.

I might try to teach the teens the Irish Jig this month.

Happy St. Pats Day (no, not the Patriots.) Back next month!

## Boards' teen rep has busy schedule

Lindsey Cornelison is a senior at Mt. Ararat High School and is this year's teen representative serving on the People Plus Board of Trustees as well as a teen representative on the Teen Center Advisory Committee.

While Brunswick schools require a certain number of community service hours be completed before graduating, Mt. Ararat has each student do a "Capstone Project," a project that in some way enriches your education, prior to graduation.

When we first met in September, Lindsey was interested in holding a food drive at Mt. Ararat to gather snacks for the Teen Center program. She did that in November. When she heard of other "enriching" opportunities we had for her, she readily agreed.

Since September, Lindsey spends one afternoon a week in the Teen Center with us and is getting an insider look at the operations, organizational aspects and governing ways of a small nonprofit organization. When she is not busy at school or with us, she is all about play-



Lindsey Cornelison

ing basketball. We feel very fortunate to have her with us this year.

## Teen Center plans free SAT Prep course

Are you taking SATs in May or June? A free two-part SAT Prep Course is being hosted by The Brunswick Teen Center at People Plus. Qualified SAT Prep instructors Leslie Hunt and Conan McNamara, a teacher at Brunswick Junior High School, will present a two-session overview of the SAT testing procedures and strategies, as well as access to additional study materials.

The course is open to the greater-Brunswick area sophomores, juniors and seniors, with preference given to juniors and seniors. Limited to 25 students.

The writing/English portion of the test will be the focus on April 4 from noon-2 p.m. On April 11 from noon-2 p.m., the focus will be math.

Sessions will be held at 35 Union Street in the Teen Center/People Plus building.

Registration forms are available in the Brunswick or Mt. Ararat high school guidance offices, at People Plus/The Teen Center, or by contacting Jordan Cardone, Teen Center coordinator, at 721-0754 Monday-Thursdays between 2 and 6 p.m., or via e-mail at jcardone41@gmail.com.

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### TEEN OF THE MONTH: Brian Brown



Mr. Brian Brown, who is in 9th grade this year, sat down and gave me a very nice write up to do for him and, alas, it's nowhere to be found!

Brian has been attending the Teen Center for four years now. He is getting Teen of the Month for most improved behavior.

I asked him what made him choose to actively take on "working on his behavior" for the entire month. I do recall him saying he was sick of being a "butt head" and didn't want to be like that anymore. He is getting older and more mature now.

He really did do a great job avoiding and abstaining from trouble for the month. The best part of his write-up was a "shout out" he wanted to send to his love. Her name happens to be Jordan also — but definitely a different Jordan. (We agreed we needed to make this clear.)

Brian received two tickets to Regal Cinema. Good work Brian. Keep it up.

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Central Maine Area Agency on Aging - Southern Midcoast Aging and Disability Resource Center  
35 Union St, Brunswick, ME 04011 Suite 1  
207-729-0475 - [www.spectrumgenerations.org](http://www.spectrumgenerations.org)

March 2015

## Marci's Medicare Answers

We have a rapidly aging population, and a Medicare program that has become increasingly complex. Now more than ever, people need answers to their questions about health care benefits, rights and options. Through Marci's Medicare Answers—a free, nationally syndicated column from The Medicare Rights Center—we're working to provide accurate, timely and helpful information on Medicare. Each month we will include on our website a Marci's Medicare Answers section. Hope you find this helpful and interesting.

Dear Marci,

I think that I qualify for the Extra Help program. How should I sign up for this benefit? If I am approved, how do I get my discount on prescription drugs?

—Joseph

Dear Joseph,

You can apply for Extra Help by calling the Social Security Administration at 800-772-1213, or by going online to <http://www.ssa.gov/medicare/prescriptionhelp/>. Extra Help is a federal benefit that helps to subsidize the costs associated with your Medicare Part D plan, including the copays you pay at the pharmacy.

If you are eligible for Extra Help, you will be given a Special Enrollment Period to enroll in a Medicare private drug plan (Part D). You will not have to pay a Part D premium penalty, even if you enroll in a Medicare private drug plan after you were first eligible. With Extra Help, you will also be able to change your Medicare drug plan once a month. For Extra Help to fully cover your premium, you must choose a plan that offers basic coverage and has a premium at or below the Extra Help premium amount for your state.

Depending on your income and assets, you may qualify for either "full" or "partial" Extra Help. With either, you will never have to pay the full cost of your drugs as long as you take medications that are on your plan's list of covered drugs (formulary) and you buy them at a pharmacy in your plan's network.

If you are approved for Extra Help, your Part D plan will be notified, and you will automatically start paying the Extra Help copays at the pharmacy.

If you are enrolled in Medicaid, a Medicare Savings Program, or receive Supplemental Security Income (SSI), you should automatically receive Extra Help. Additionally, if your Extra Help application is denied or you disagree with the award, you can appeal the decision to the Social Security Administration.

For more information about Extra Help, contact your State Health Insurance Assistance Program (SHIP). You can find your SHIP's phone number by going online to [www.shiptalk.org](http://www.shiptalk.org).

—Marci

Marci's Medicare Answers is a service of the Medicare Rights Center ([www.medicarights.org](http://www.medicarights.org)), the nation's largest independent source of information and assistance for people with Medicare. This information is republished with permission from the Medicare Rights Center. For more info visit [www.medicarights.org](http://www.medicarights.org).



### March For Meals

#### Community Champions Week, March 16 - March 20

Join us for our annual "Community Champions" Campaign as we partner with the Meals on Wheels Association of America to help end senior hunger. Maine ranks 17th in the nation and 1st in New England in terms of food insecurity of our seniors. This month we are recognizing our Meals on Wheels program for keeping our homebound older and disabled neighbors happy, healthy, and connected. Spectrum Generations volunteers deliver a nutritious meal, a safety check, and a warm smile. We'll be inviting town leaders and other community champions to show their support by helping us in our kitchens to prepare Meals on Wheels. Please visit and support us by dining at our centers, volunteering in our program, or giving a donation to feed a home bound adult. FMI call Casey at 607-4406.



### Winter Safety Tips for Seniors

Here are some helpful tips from Bridges Home Care that can help you make the winter months safe for you and your family.

#### Avoid Slips, Trips, and Falls:

- Be sure to wear shoes with good traction and non-skid soles. Consider wearing ice grips
- Stay only on sidewalks or areas that have been cleared of snow and ice
- Avoid going out during hazardous weather conditions.
- If you have an assistive device such as a walker or cane, be sure to bring it with you

#### Stay Warm:

- When you have to be outside, dress in layered and loose fitting clothing
- Limit time outdoors
- Be sure to cover all exposed areas of your body when outside.
- To keep your body temperature up, eat hot, nourishing meals and drink warm beverages

#### Home Heating Safety:

- Have your furnace inspected to be sure it is good, safe operating condition yearly.
- Place space heaters at least three feet from curtains, bedding, furniture and anything else that could burn.
- Keep a fire extinguisher handy, replace as needed and know how to use it.
- Check your smoke & carbon monoxide alarms: A good rule of thumb is to check the batteries when you turn your clocks. If you don't have smoke & carbon monoxide alarms, install them now.
- Get your chimney inspected and cleaned yearly by a professional

#### Get Your Car Ready:

- Make sure your car is prepared for winter with snow tires, winter wipers wiper fluid, and ice scraper.
- Keep your gas tank full
- Let someone know your destination, route and expected time of arrival. Bring your cell phone
- Keep an emergency kit in your vehicle. (Visit [www.AAA.com](http://www.AAA.com) for more information)

PROUD TO PARTNER WITH PEOPLE PLUS

# Bring your friends along as members

If you are a regular "user" of the Center, you are one of our best "weapons," explains member service coordinator Frank Connors.

"People who use and enjoy our Center make it easy to expand our membership," he said, "most of the selling is done for us."

Connors offered examples of members who have known each other since high school and now, 30, 40 or 50 years later, they are continuing or renewing friendships at the Center.

"There are two guys playing Ping Pong who have been friends in Brunswick High since 1956," Connors said, "and there are dozens of folks here every week playing cards (Cribbage & Bridge) who have been friends for 40 or 50 years. It's just one of the things that makes People Plus special."

Cost of membership is only \$35 for Brunswick residents, \$45 for all others. Every member gets our great little paper each month, either in the mail, or online. You can sign up for the PEEK, "and before you know it, your old friends are new again. People Plus is one of the reasons that the Brunswick area is one of the very best places to live in the Great State of Maine," Connors added. "Do check us out!"

Remember always to show your membership card proudly at area businesses, and you can save money every day. "You'll be surprised to watch the dollars pile up," Connors said.

The following public-minded businesses and organizations regularly offer special discounts and deals to members and friends of People Plus:

**Beauty Salons/Skin Care**

**Studio 119 Hair & Nail Design:** FREE haircut with color of perm; services by Missy Stockford.

**People PLUS**  
Member Service Center

**PEOPLE PLUS MEMBERSHIP**  
35 UNION ST., BRUNSWICK, ME 04011 • (207) 729-0757

Date \_\_\_\_\_

Name (1) \_\_\_\_\_ (LAST) (FIRST) Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male

Name (2) \_\_\_\_\_ (LAST) (FIRST) Phone \_\_\_\_\_ Birthdate \_\_\_\_\_  Female  Male

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

I would like People Plus News via  Mail  Email Email address \_\_\_\_\_

Yearly Membership Fees:  \$35 per person (Brunswick)  \$250 for Lifetime Membership (65 or over)

\$45 per person (all other towns)

New Member  Renewal

Membership Dues: \$ \_\_\_\_\_  Cash  Check (payable to People Plus)

Additional Donation\*: \$ \_\_\_\_\_  Signature \_\_\_\_\_  
(\*Donations above Membership Fees are tax deductible)

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

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# Absolute signs of Spring

## Speaking Frankly

FRANK CONNORS



I knew spring was coming when I got the call from Sagadahoc Fertilizer. They were putting together their bone meal bagging boys, and Pat in the office wanted to know if I needed a little extra spending money. Of course the answer was always yes, so Dana and I would show up for a series Saturday mornings and join the crew. Now, the crew was three or four kids, supervised by a guy on a fork lift and an older guy behind a window. We worked on the dusty side.

Bone meal was a specialty product, produced and bagged right there in Bowdoinham, Maine, before there was a DEP, and before any of the rest of us knew chewing dust might be bad for us. About the consistency of flour, with an occasional lump, bump or chip, bone meal was packaged in five- and 10-pound paper bags and was sworn by or sought after by professional arborists and botanists all over the world.

Our job was to trip a lever, watch the stuff fill the bag, and when the poundage was reached, trip the lever again, fold the top over, and shove the bag down a line where another less dusty, older kid stapled and stacked the bags, 100 to a pallet. Two or three hours

on the bottom end of a bagger was enough to change the complexion of the brightest, fair hair boys. Pretty soon we were covered with a dust not even a high pressure air compressor could blow off. I got the job because my grandfather worked for the company, Dana was hired because his dad was management. Looking back on it now, I'm not sure there was ever lots of competition, but the spending money was top dollar.

March would also bring out Dave Berry, darting over what was left of the snowbanks in town to gather maple sap. Berry was a housebuilder by trade, but when spring came, he turned into a sapper. Overnight, he had buckets hanging off most of the roadside maple trees around town, and every afternoon, if the weather was just so, the buckets would be chug full of chilled sap. Berry had this old fire truck tank he used to haul around on a flatbed, gathering the sap for his boilers. I'll tell you now I drank out of more than one of those buckets. If you have never chugged a cup of maple sap, you may miss an original taste of Maine.

That was one sweet operation. Berry had pine and spruce slab wood from a

couple local saw mills, and he'd keep that evaporator cherry red for days, turning sap to syrup. Going out the Bay Road, his steam would make a cloud that could compete with a local late season snowstorm, and the smell was sublime. I used to conjure excuses to track down the mud road leading to his sap house, go in to say hi, just so I could savor the moment.

When I was learning to drive, maybe a quarter of the roads in town were still dirt roads, which means they turned to pure soup come spring. The Carding Machine Road was best (or worst). There was a section in the middle you couldn't cross on snowshoes, comes the Ides of March. A buddy of mine and I got so stuck in there one night, we didn't think we could retrieve the car before the Fourth of July. Think a guy with an old Fordson tractor finally got us out, but it was the morning after, and we had to tell our parents.

And in a real snow year (like this one), we would open spring and close winter with spring skiing at Saddleback! My brothers and buddies piled into one of Hink's old panel trucks and headed for the mountain. Rangeley's Saddleback

used to be wicked cold all winter, but come spring, her snow was the deepest and lasted the longest. They could even put Sugarloaf to shame! Western skiers like to rave about deep powder, we eastern skiers stayed quiet about spring skiing, just because we didn't want to share the hill with anyone.

It wasn't uncommon to ski in a T-shirt and shorts, and at the end of the day, we'd have a snow bum sun burn that would rival any beach burn in July. Snow rustled under your skis with this sandpaper sound, and you fell at your peril, but it was an exceptional way to bring closure to winter.

Not two nights ago, I looked at Jane and said we should go do Saddleback this spring, skiing on our senior discount. She looked up from her seat on the couch, feet to the fire, and smiled that sweet smile of hers, "see you when you get back," she said.

I have to say I'm still thinking about it ... spring skiing was always a great way to finally get the bone dust out of my hair!

## New or renewing members — March

\* denotes new membership  
• denote additional donation

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- Sonia Lofgren •
- Jeanne Lofthrop
- Nancy Lougee
- Sandy Morrell-Rooney
- Elaine Mower
- Beverly Nickerson
- Richard Nickerson
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- Suzanne Neveux •
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- Rose-Anne Pinette •
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- George Sergeant
- Susan Sergeant
- Gloria Smith •
- Dorothy Stelson •
- Jean M. Torpkins
- Kathleen Torrey
- Richard Totten
- Jois Thacker
- Rosann Wade
- Claire Wallace •
- Donald Whittemore
- Sally Whittemore
- Barbara Wyman •
- Ann Young •
- TOPSHAM**
- Wanda Barlag
- Germain LaRoche •
- Lorraine LaRoche •
- Barbara McHarg
- Donald McHarg

- Carol Mulloy
- Jeanne Staples
- HARPSWELL**
- Barbara Hickey
- Marjorie Stanley
- Joseph Tonely
- OTHER PLACES**
- Robert Gerrard, Bath •
- Jeffrey Lauder, Bowdoinham
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**Quilt show begins at Center Gallery**



One of the quilts by Janet Clement on display during March and April.

Works by Janet Clement, who for more than a dozen years has excelled in quilting, Bargellos and other fiber arts, is the subject of a show at the People Plus Center's Union Street Gallery in March and April.

Clement's specialty is to use color to create shading effects and patterns across more traditional designs.

"Winter is drab and long," observed Clement, "quilting allows me to get through the season with a better spirit."

She is a membership and programing assistant at the People Plus Center, sponsored by the Senior Community Service Employment Program.

Two of Clement's full-sized quilts, one a double Irish chain, the other a traditional pinwheel design, are hanging in the Center's Maine Hall, a dozen more Bargello wall hangings are being exhibited in the Center's Gallery. She uses different colors and tones and pieces of cloth to create curves and movement along a single plane.

The collected works can be seen during normal business hours at the People Plus Center, 35 Union St., Brunswick, through the end of April.

**Bus tour to Branson and the Ozarks**

Celebrate spring with a nine-day bus tour to Branson and the Missouri Ozarks.

This White Star, luxury motorcoach trip offers six exceptional shows, plus wine tastings, village shops and shopping, and a guided tour of Branson. Shows include: "Elvis Live!," "The Lettermen," "The New Jersey Nights," "The Dublin Irish Tenors & the Celtic Ladies," "Clay Cooper's Country Express" and The Dutton Family.

Trip leaves the Bath Senior Center Monday morning, May 11, and returns on May 19. Cost is \$884 per person (double occupancy) for members of the Bath Senior Center or the People Plus Center; \$900 for nonmembers.

Included is transportation, eight nights lodging, eight breakfasts, one

**Last call for tour of Italy**

If you are interested in booking your seat to a 10-day tour of Italy in October 2015, you have one more month to sign up.

We have seven People Plus members already booked for the Reflections of Italy tour, hosted by Collette travel, and leaving Boston's Logan airport on Oct. 5. There is space reserved on the tour until April 6. A deposit of \$250 is required at time of registration.

Leaving Boston, the tour arrives in Rome on Oct. 5, and "the Eternal City" will be yours to study for two days, before the group moves to Assisi, Perugia, Siena and scenic Florence, then a winery in the very heart of the Chianti region.

The last leg of the trip visits Venice, Murano Island and Milan, from which you return on Oct. 14. Price of the trip — \$4,349 per person based on double or single \$5,249 — includes air fare, transfers from Brunswick and 14 meals over 10 days.

For more information or to register, contact Jill Ellis at People Plus, 729-0757.

lunch and four dinners, all taxes and meal gratuities, and luggage handling in Branson. Seating is limited to the first 54 who register and pay at the Bath Senior

Center, 443-4937.

For more information, you may call Frank Connors, People Plus information desk, at 729-0757.

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## Driven to donate

Students at Harriet Beecher Stowe Elementary School in Brunswick celebrated the 100th day of school with donation drives for various nonprofits in town. Their goal was to collect at least 400 items for Mid Coast Hunger Prevention Program, Coastal Humane Society, Tedford Shelter and the Brunswick Area Teen Center. The adults pictured, from left, are Ethan Minton, program director for MCHPP; Jordan Cardone, Teen Center coordinator; Stacy V. Frizzle, executive director for People Plus; and Josh Levy, assistant principal at HBS Elementary School. The students, from left, are Sally Minton, Caitlin Ellis, Sadie Levy, Nathan Levy, Juliette Frizzle and Brandon Ellis.

## COLD? Not yet!

By RUSS KINNE

Philosophers would say cold is the absence of heat, and heat the absence of cold. Physicists say only that cold is the absence of heat.

All of us average people make things much simpler, and say that heat is heat and cold is cold. And since humans complain much less about heat than cold, obviously the human body “feels” cold more than heat — and doesn’t like it.

But it’s surprising how much humans can experience, and keep on functioning. The coldest temperature ever recorded on our planet was at the Russian base Vostok in Antarctica: 128.6 degrees below zero. Wintertime temps in central Antarctica commonly reach 100 below — but remember winter there isn’t much like winter here.

Antarctica is the highest, driest, coldest and windiest continent of all, and winter is five months or so of total darkness, 24/7. Winds are commonly 50-60 mph, with peaks of more than 100 mph. You don’t go outdoors in those conditions.

There’s a sauna at Pole Station, and one of the few wintertime pastimes is joining the “300 Club.” The initiation consists of spending 10 minutes in the sauna, at 200 degrees above zero; then putting on “your boots and a smile,” and going outside to run around the pole that marks the exact geographic South Pole — at 100 degrees BELOW zero. Your body goes through a 300-degree temperature change within seconds.

People who’ve done this tell me they didn’t even feel the extreme cold; their bodies were no doubt shocked beyond belief that this could be happening. And their skin turns beet-red.



NATIONAL SCIENCE FOUNDATION

The ceremonial South Pole marker in Antarctica.

Observers note that the runners trail a plume of steam and look as though they’re on fire. To join, you first must be selected for the Pole wintering-over crew, and then be at least a little crazy. But that’s one way to put some excitement into a long winter’s night, and join a Club that has precious few members now, and never will have very many. I’m sure everyone knows the basics of handling the more normal cold temperatures — wear layered clothing, expose a minimum of skin, and keep your head covered; lots of heat is lost there.

“If your feet are cold, put on a hat” is still good advice. It’s also necessary to drink more fluids than normal, and eat more often than the usual “three squares.”

Surprisingly, cheeks get frostbitten before ears or noses, despite the surface-to-volume ratios. You won’t feel frostbite until you begin to warm up — then it’s memorable.

Beards and facemasks are good frostbite preventers, also goggles or sunglasses with side shields. Mittens are warmer than gloves, and parkas should be roomy enough so you can pull your arms out of

the sleeves and cross them over your chest, warming hands in armpits.

At temps of 30 to 40 below zero it’s dangerous to go out alone — read Jack London’s “To Build a Fire” — but with good clothing and warm roomy boots anyone can survive and perhaps even enjoy quite cold weather. Maine, New Hampshire, Vermont and Minnesota are all proof of that.

Zero to 10 below isn’t really that bad — but when pipes, cars and noses freeze, the enjoyment stops pronto.

The coldest I’ve ever personally experienced was negative 63, at the South Pole, and I was comfortable. It was negative 55 on my second visit 20 years later (global warming? I don’t really think so). The coldest I’ve ever FELT was only 20 to 25 above — duck hunting with leaky waders full of cold sea water for several hours. I hate to think of the heat-drain this caused, or what my core-temperature was.

Skidding under the ice was far more pleasant in a 3/16-inch-thick wetsuit, even for an hour at a time. Some experts say you must use a dry-suit for this, but I personally find a wetsuit is much more comfortable. The water itself never gets below 32 degrees, and it’s only the outside air temps that causes any problems.

Here, as anywhere else, proper clothing is necessary for any cold-weather exposure or activity for comfort if not safety. There’s no reason at all to be uncomfortable outdoors in really cold weather. All it takes is some pre-planning and perhaps a trip to L.L. Bean for a new parka, hat, gloves, socks, boots, or whatever. There’s always something you’d like to have, and here’s a good excuse.

### MORE FROM THE WRITE ON! WRITERS

## No Mail Today

By BONNIE WHEELER

No mail today, the snow storm has won. A historical day, that’s not often done. We could complain, the truth told. No one really cares in this icy frigid cold.

## White Choral Bells

By WINNIE SILVERMAN

“White choral bells, upon a slender stalk  
Lillies of the Valley deck my garden walk.  
Oh, don’t you wish that you could hear them ring,  
That will happen only when the fairies sing.”

These songs from my childhood pop into my memory from time to time. I remember the lilies of the valley from the house where I grew up, lining the driveway which ran between two houses rather than a “garden walk.”

They were only about 6 or 8 inches high at most, with dark green “lilly-like” leaves, topped by beautiful small white flowers that indeed looked like little bells. They were no doubt perennials as I don’t think my mom ever bought anything but vegetable plants, and they required little care.

I am sure they were shade loving plants because of where they were thriving. I have not seen them since, but I am told they grow in Maine.

As I recall we also had iris, marigolds and a couple of rose bushes. I can remember my mother watering with a hose in the late afternoon, but other than that the flowers took care of themselves. My job of course was weeding so I was up close to those beautiful delicate plants.

As for fertilizer, once a year the vegetable gardens got manure, which I remember vividly. Never was anything such as bug spray bought, although devoted gardeners might have used some home remedies. Somehow everything survived and grew without a lot of time and money expended, even delicate lilies of the valley.



### Something fishy is going on (the menu)

Grant Connors, a regular volunteer chef during monthly men’s breakfasts, fries a batch of local smelts as a treat during the February meal.