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### Peaks Island Star : January 2016, Vol. 36, Issue 1

Service Agencies of the Island

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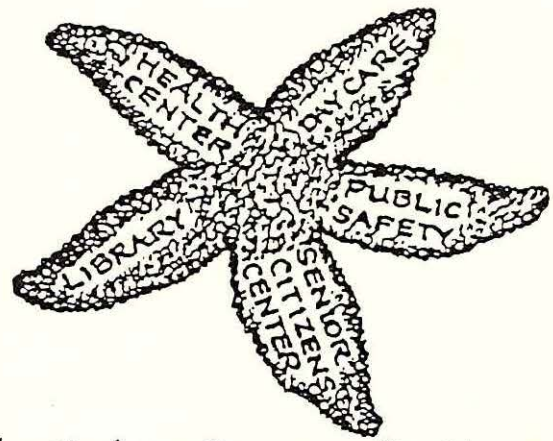
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# Peaks Island STAR



Newsletter of the Island's Service Agencies & other Community News

January 2016

Volume 36

Issue 1

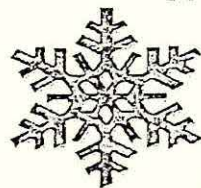
## News from Peaks Island Elementary School

by Renee Serio, Teacher Leader

### Peaks Island Elementary Winter Concert, January 14, 6:15pm

Please join us at Peaks Island Elementary School for our **Annual Winter Concert on Thursday, January 14 at 6:15 pm**. All children from PIES will perform. We will also have guest performances from the children of the Peaks Island Children's Workshop. Music teacher Kara Larochelle and Chorus director Faith York have been working hard preparing the students of Peaks Island for this event. I don't want to reveal too many of the night's surprises, but you may want to be ready to be "Happy" and be thinking about life on Peaks Island from the vantage point of a young person in Ms. Ryan-Humphrey's class.

For more information, please contact me at the school at 766-2528.



### ***Skateboard Park Donations are Tax Deductible***

The Peaks Island Council and the City of Portland officially have approved Fiscal Sponsorship of the Skateboard Park so donations for its construction are now tax deductible. The project is scheduled to begin next year in the far right corner of Trott-Littlejohn Park.

Contributions may be sent to Peaks Island Skateboard Park Fund, P.O. Box 22, Peaks Island, ME 04108.

Our website: [www.peaksiskatepark.org](http://www.peaksiskatepark.org) includes the plans.

###

## The Peaks Island Community Food Pantry

The Peaks Island Community Food Pantry is truly a community effort, with donations and support provided by many different individuals and organizations from Peaks Island. Our mission is to provide food assistance to our island neighbors in need.

We are housed in the Brackett Memorial Church and are open on Mondays at 3:30–5pm.

**A special thank you to Lisa Lynch, the staff at the Peaks Island Café, and Denise Macaronis for organizing the annual Tree Lighting food drive.**

Despite the unseasonably warm temperatures, winter is upon us and, with it, there is an increase in need for food assistance at the Peaks Island Food Pantry. We are so grateful for the continued support of our island community.

Thank you to all the generous islanders who have contributed during the year. If you would like to make a cash donation to the Peaks Island Food Pantry, please visit our website, [www.peaksislandfoodpantry.org](http://www.peaksislandfoodpantry.org), where we are able to accept donations by PayPal. You can also send donations by check to: The Peaks Island Food Pantry, c/o Brackett Memorial Church, 3 Church Avenue, Peaks Island, ME 04108.

If you have any questions about the food pantry, or you would like to arrange a drop off of food or pick up of a donation, please contact Susan Hanley, 332-2443.



### PEAKS ISLAND LIONS CLUB



#### The Annual Peaks Island Lions Club Holiday Party

This yearly celebration took place after school on December 22<sup>nd</sup> at the PIES and was again an enjoyable event for those who attended. All island children from newborns to those in grade 5 were presented with gifts from Santa himself, followed by refreshments and sweets. Santa later commented, before he "rose out of sight," that the children in attendance were very well behaved .... especially regarding their instruction beforehand that no presents could be opened until all were handed out. Once given the word, the wrapping paper flew.

Many thanks go out to all who helped and/or donated to the festivities, including:

- PI American Legion Post 142
- The staff of the Peaks Island Elementary School
- Hannigan's Market and Peaks Island Café
- Parents, grandparents, and caregivers
- The children themselves,
- And of course: **Santa** and his helpers

**CAMPAIGN FOR FUNDS FOR:  
PEAKS ISLAND TAX AND ENERGY ASSISTANCE  
“Neighbor Helping Neighbors”**

The cold weather is around the corner and requests for energy assistance are coming in. The Board of Directors has decided to hold a Fund Raising Campaign for energy assistance over the next three months. Over the last four years we have needed \$14,000,00 to cover the costs of energy assistance. We have raised about \$7000 so we anticipate needing another \$7000 for 2016.

We are planning Loaf and Ladle Dinners in January, February, and March that should net us about \$1500. On January 17 we will hold a Soup and Salad Dinner including chowder. On February 21, we will be cooking Spaghetti and Meatballs and on March 20th we will be serving chicken dishes. Watch for more information including menus for the dinners.

PITEA is launching our first fundraising campaign. Our goal is \$4200.. We are asking that our friends and neighbors donate \$2.00 or more to help us to reach our goal. If you wish to help, please mail donations to:

PITEA  
P O Box 126  
Peaks Island, Maine 04108

We hope you will support Energy Assistance and our mission to keep Islanders warm.

Thank you so much for all of your assistance,

PEAKS ISLAND TAX AND ENERGY ASSISTANCE

Mary Arnold, Ralph Ashmore, Linda Capone Newton, Heather Kanninen, Linda Murphy, John O’Brien, Cynthia and Howard Pedlikin, Val Simoneau

<b>January Movies – Saturday Nights – FREE</b>			
<b>6PM</b> <b>2</b>	<i>Johnny English</i> , 2007, PG, 88 min	<b>8PM</b> <b>5</b>	<i>Wild Tales</i> , 2014, NR, 122 min
<b>9</b>	<i>Muppets Most Wanted</i> , 2014, PG, 107 min	<b>12</b>	<i>Contact</i> , 1997, R, 150 min
<b>16</b>	<i>The Secret World of Arrietty</i> , 2012, G, 94 min	<b>19</b>	<i>The Book Thief</i> , 2013, PG-13, 92 min
<b>23</b>	<i>When Marnie Was There</i> , 2014, PG, 103 min	<b>23</b>	<i>The Imitation Game</i> , 2014, PG-13, 114 min
<b>30</b>	<i>Song of the Sea</i> , 2015, PG, 94 min	<b>30</b>	<i>Leviathan</i> , 2012, NR, 87 min
Saturday Night Movies are a program of the Friends of the Peaks Island Library and are shown on a large screen in the Community Room by volunteers. Children must be accompanied by adults.			

## **January at the Peaks Island Branch Library**

in the Community Building 766-5540 email [peaks@portland.lib.me.us](mailto:peaks@portland.lib.me.us)  
Hours Open: Tues 2-8 Wed 10-4 Fri 10-2 Sat 8-12

**Art Work By Peaks Island Elementary School Students** is on display at the library for the next few months. Come in and have a look at the students' creativity and skill. I think you will be impressed. Thanks to art teacher Allison Villani for the loan and for hanging the exhibit, which is both downstairs and upstairs. For the last couple of months we have had drawings on display by the Seniors who took the Creative Aging Drawing Class last Fall. It's nice to see work by all ages.

**First Tuesdays Book Discussion** – On January 5 the group will discuss *Our Souls at Night* by Kent Haruf. Guaranteed that you will find the plot unusual. For the February 2<sup>nd</sup> meeting, come to discuss *River of Doubt* by Candice Millard. If you want a library copy of *River of Doubt*, ask early as it will be coming through the MaineCat system. Aren't we lucky to have that resource? Meetings are at 7 pm in the Community Room. All are welcome.

**Middle School Book Club** – We're going to try an earlier meeting time in January, to see whether that is a little easier for some. So come at 5pm on Tuesday, January 20. We'll talk about what you've been reading, trade suggestions for books, and look at the "recently arrived" new books at the library – and, of course, there will be refreshments.

**Wednesday Mornings at the Library:** 10:15am – Nursery Rhyme Time for infants and toddlers; 11:00am Preschool Story Time for kids 3-5 year-olds. Children from the Workshop come regularly along with other island children and visitors. All children are welcome.

**PEAKS ISLAND CHILDREN'S WORKSHOP:** 71 Herman Avenue: 766-2854  
[www.picw.org](http://www.picw.org)



**THE PEAKS ISLAND CHILDREN'S WORKSHOP WILL BE CLOSED  
JANUARY 18<sup>TH</sup> IN OBSERVANCE OF MARTIN LUTHER KING DAY**

A big thank you to the Lion's Club for putting on another wonderful Christmas party, to Chris Hayes and Heidi Fenwick for painting our dining area and to our wonderful donors who helped us buy our brand new refrigerator.

This past month we have been enjoying our Festival of Lights unit and learning about Christmas, Chanukah, Kwanzaa and Diwali. The kids had fun making menorahs out of their handprints, painting lights and hanging them from tree branches and learning holiday songs which we shared with our friends at the senior center. When we get back from break we will be starting our hibernation unit.

PICW is accepting applications for part/full time care on our WAIT-LIST. Contact Celeste at [celeste@picw.org](mailto:celeste@picw.org) for applications. The Board of the PICW is always open to suggestions and communication from the community. Please contact us through Board Chair, Melissa Conrad [mconrad@backshore.net](mailto:mconrad@backshore.net)

**DEADLINE FOR NEXT MONTH'S STAR:** Monday, January 25, by 6pm. Bring articles copy-ready to the library. You may put them in the Book Return or slip them under the door when the library is closed. Thank you to all who submit articles every month and to the volunteers who put the STAR together, photocopy and distribute it.

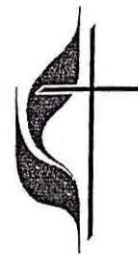
## ***Brackett Memorial United Methodist Church***

*We are a Welcoming, Inclusive, and Reconciling Congregation*

9 Church Ave., Peaks Island, ME 04108

Rev. Angela Rotherham, Pastor

207-766-5013; [www.brackettmumc.org](http://www.brackettmumc.org); [brackettmumc@gmail.com](mailto:brackettmumc@gmail.com)



**Anyone is welcome to join any of our worship, fellowship, or mission opportunities.**

**Sunday Morning Worship** at 10am. Followed by an informal time of food and fellowship in the church hall.

**Adult Scripture Study** Tuesdays, 10-11:30am at the church in our Church Family Room.

**Prayer Shawl Ministry** Fridays, 10:00am – 12:00pm at the church in our Church Family Room.

**Peaks Island Food Pantry** at Brackett Church, Mondays, 3:30-5pm.

### **SPECIAL EVENTS IN JANUARY:**

**Saturday, January 9, 3-4:30pm: Interfaith Collaboration on Significant Issues of our Times.** Hosted by the Brackett Church. Peaks Island residents, Rev. Jean Berman (Interfaith) and Rev. Joy Mills (Episcopalian), will present a taste of their experience at the 2015 Parliament of World's Religions and lead us in considering where we go from here. Coffee, tea and fruit will be served. For more information, please contact Jean Berman, 838-9000.

**Monday, January 11, 7pm: Bill Nye's Global Meltdown.** A joint presentation by the Peaks Environmental Action Team and Brackett Church, we'll watch a humorous and informative movie about climate change and then a representative from Goggin Energy will present a revised proposal for Solar Energy at Brackett Church. Come for one or both opportunities!

**Friday, January 15: Dinner and a Movie.** Join us at 5pm for a free Community Supper followed at 6:30 by a movie in the Church Family Room. This month's movie is: "He Named Me Malala" (Rated PG-13). "This inspiring documentary tells the story of teenager Malala Yousafzai, who survived a Taliban attack in Pakistan to emerge as a global voice for the education rights of children." CVLI LICENSE# 503894391

## **STAR Notices January 2016**

### **St. Christopher's Catholic Church**

**Rector: Father Michael Seavey at 773-7746**

**Sunday Mass** is at 10 AM each week followed by fellowship in the Parish House. All are welcome. Details for other Masses in Portland are at <http://www.portlandcatholic.org/>

For questions concerning Baptism, Reconciliation & Marriage, please contact Father Mike.

**New Years' Mass** will be at 4 PM on Thursday, New Years' Eve Dec. 31st.

**Rosary:** The Scripture Studies Group invites all to pray the Rosary for special intentions and world peace at 9:30 AM before Mass each Sunday.

**AA** meets Wednesdays from 6:15 to 7:15 PM in the Parish House.

**Share Scripture** with Islanders from 9:30 to 11 AM each Thursday in the Parish House on Central Avenue.

**Cancer Support Group** meets from 7 to 8 PM on Tuesday, January 19th in the Parish House.

###

**Peaks Island Health Center**  
87 Central Ave. P.O. Box 52

**Hours:      Monday, Wednesday and Friday**  
**8:30 AM to 3:00 PM**

Kitty Gilbert, Family Nurse Practitioner, provides care for all ages.  
Please call either **766-2929** or **874-2466** for an appointment.

On December 8, more than eighty Islanders attended a Health Center-sponsored program at the Doug MacVane Community Center. Mark Pechenik of the Maine Chapter of the Alzheimer's Association spoke of the signs and symptoms of the disease, and Peaks Island resident, Dan Wartenberg, shared his experience of living with the early stages of Alzheimer's.

The Health Center Board is very grateful for the overwhelming show of support for Dan, and for the interest shown in learning more about Alzheimer's Disease. We hope to have another session on this topic and related issues sometime this winter.

As we begin another year with Maine Medical Partners at the Health Center, we again want to express our gratitude for such a dedicated professional staff, and for office hours now expanded to three days a week, year-round. We also want to thank you Peaks Islanders: those who use the Health Center, and all who respond to our Annual Fund request. Island support is vital to our continued success.

A very Happy and Healthy New Year to all!

## **SENIOR NEWS**

**The Seniors enjoyed a wonderful Holiday Luncheon in December and want to thank the Lions Club for their donation of the turkey for our meal. What a great turnout! The turkey was juicy, the side dishes were delicious and the desserts were fantastic! Before lunch we were entertained by the preschoolers from the Children's Workshop with songs to celebrate both Hanukkah and Christmas. There will not be a Potluck Luncheon in January. We will resume our monthly luncheons on the second Monday in February.**

**Chair Yoga will continue in January at the Fay Garman House every Wednesday starting at 4 pm for about an hour. Chair yoga is a great way to relax from head to toe without the stress of getting out of your chair. There is no charge for these yoga sessions and are open to anyone who wants a quick way to stretch their body and relieve tensions.**

## PEAKS ISLAND COUNCIL

### Student Tickets

The Peaks Island Council has secured funds for boat tickets payable to Casco Bay Lines for Island resident college students: **for up to 3 monthly stickers per student @ \$82.45/sticker.**

For the purposes of PIC transportation support, a college student shall be defined as a full-time island resident carrying a full-time course load at a Portland-area institution of higher education, or technical school.

To make use of this subsidy, students should contact Mike Murray and provide proof of residency (utility bills, for example) as well as receipts for course enrollment at:

Mike Murray [MSM@portlandmaine.gov](mailto:MSM@portlandmaine.gov) , phone: 756-8288

### Needs-based Tickets

The Peaks Island Council has also allocated transportation money for ferry tickets for year round Peaks Island residents in "financial need" (i.e. buying tickets creates a financial hardship for them). The tickets should be used for emergency situations or unforeseen circumstances that would justify receipt of a free ferry ticket. That decision will be made by the organizations listed below to the best of their judgement. **THESE TICKETS WILL BE DISTRIBUTED EQUITABLY TO INDIVIDUALS AND FAMILIES.**

The organizations that have "need based" tickets for distribution are: FOOD PANTRY, PEAKS ISLAND CHILDREN'S WORKSHOP, HEALTH CENTER, and ST. CHRISTOPHER'S CHURCH (via Susan Hanley 332-2443)

### PEAKS ISLAND COUNCIL JANUARY MEETING

**Wednesday, January 27, 6:30 p.m., at the Community Center**

All are welcome and encouraged to attend. The agenda for the meeting will be posted before the meeting.

### WINTER STORM REMINDERS

The city reminds residents and business owners of the following during a snow storm:

#### **ALERTS & PARKING BAN NOTIFICATIONS**

- Residents and visitors can view alerts on the City's website at [www.portlandmaine.gov](http://www.portlandmaine.gov) or sign up to receive email and text message notices when a city-wide parking ban is declared via the new [Notify Me](#) feature. People can also get parking ban updates by following city news on [Twitter](#) or [Facebook](#). Motorists can also call the parking ban hotline at [207-879-0300](tel:207-879-0300) or check the Time and Temperature building sign for up-to-date postings.

#### **CUSTOMER SERVICE HOTLINE**

- For customer service related to winter operations, please call [207-874-8493](tel:207-874-8493). This number is operational during winter months 24/7. For sidewalk plowing concerns, please call [207-874-8793](tel:207-874-8793).



**JANUARY ACTIVITIES on PEAKS ISLAND**  
Sponsored by Portland Recreation and Facilities Management

To reserve space and equipment in the community building, you must contact Denise at least two days in advance. Contact Denise at [DLM@portlandmaine.gov](mailto:DLM@portlandmaine.gov) or leave a message at 766-2970. Please plan ahead as Denise works just part-time on the island – Mondays, Thursdays and Fridays. Denise is not on the island on holidays; please check calendar on bulletin board as you enter the community building for Denise's schedule. If you leave a message and don't get a reply, please try again as messages may get lost

**THANKS to all the islanders (and friends) who make Peaks Island very special!**  
Without community-wide support, the following programs would not have been successful:

**TREE LIGHTING** – Many thanks to ALL who made this event a success - Santa, the singers, the bakers and servers at the Café, the ornament makers, those who contributed to getting the lights on the tree and everyone who came to it! If you have any ideas for other community-wide celebrations, please let Denise know. Also, email any photos to her.

**KNITTING for CHARITY** – Over 400 hand-knit items were donated to charity this year. Thanks to all the knitters and to those who bought items so we could buy much needed gloves, socks & personal items to donate to area agencies. Details about the donations are on Denise's bulletin board. Knitting continues on Thursdays – all are welcome!

**LAUGHTER YOGA CLUB (in com. rm.)**

Monday, January 4 AND February 1 10:45-11:30 am  
A good laugh, either real or intentional, is good for our health. Learn how to laugh for no reason at all and gain the many benefits that laughter has to offer. All welcome!

**WEEKLY THURSDAY GET-TOGETHERS:  
KNIT/CROCHET and CHAT (in com. rm.)**

Thursdays, January 7, 21, 28 10:45-11:45 am  
We start our 6<sup>th</sup> year knitting for charity. What other items can we make to donate? Bring your ideas and your skills. All welcome. Supplies provided. Sorry, no lessons offered

**BRAIN TEASERS, PUZZLES, GAMES and FUN**

Monday, January 11 10:45 – 11:30 am (com. rm.)  
Have fun with brain teasers, word games and puzzles.

On-going exercise programs for Adults  
FMI, please leave a message for Denise (766-2970)  
Low-Impact Aerobics w/ Weights:  
Mondays and Thursdays – 9:30 to 10:30 am (com. rm.)



**PEAKS CAFÉ – Beat the January “blues”**

Monday, January 25 Meet at Peaks Café  
Celebrate Hot Tea Month and National Soup Month at the Café! Meet at 11:00am for breakfast or 11:30am for lunch. Sign-up sheet on Denise's bulletin board; deadline is 1/21

**“CLUTTER CLUB”: Fun ways to get organized**

Friday, January 29 11:00 am – community room  
Bring a project to do – recipes to sort, photos to label, etc. and get it done with friends. We'll share organizing secrets!

**AFTERNOON MOVIE: *A WALK in the WOODS***

Friday, January, 29 1:00 – 2:45 pm – community room  
This movie, based on Bill Bryson's book, is about Bill's decision to connect with the US by hiking the Appalachian Mountain Trail with one of his oldest friends. Starring Robert Redford, Nick Nolte and Emma Thompson. (Rated R for language and some sexual references)

***CERT and PFD Provide CPR Training***

The Peaks Island Community Emergency Response Team (CERT) and the Portland Fire Department are providing CPR training for Islanders from 9 AM 'til noon on Saturday, January 16th at the Community Center.

Also, CERT seeks more volunteers to learn how to be ready to work in times of a disaster or emergency. For more info, call Al Bleau at 766-0007 or 781-962-2662.

###