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Peaks Island Star, 2024

Peaks Island Star

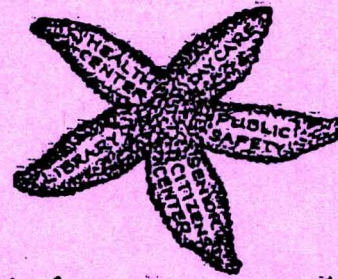
9-2024

Peaks Island Star : September 2024, Vol. 44, Issue 9

Service Agencies of the Island

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Peaks Island STAR



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

September 2024

Volume 44

Issue 9



Mild Cognitive Impairment, Dementia and Health Aging

Saturday, September 21st

10:00-11:30am

At the Community Center

Join **Dr. Steven Belanger, PhD, BC-ANCDS**, Speech- Language Pathologist at Mid Coast Hospital in Brunswick, for a presentation and community conversation about cognitive impairment and healthy aging. Dr. Belanger specializes in the assessment and treatment of adult neurological communication disorders with an emphasis on stroke and dementia.

This presentation will review diagnostic criteria and defining characteristics of mild cognitive impairment and dementia. Signs and symptoms of Alzheimer's Disease during the early, middle, and late stages also will be discussed as well as the potential benefits of current medications. Finally, recommendations for lifestyle behavioral interventions that have been reported in the literature to facilitate maintenance of cognitive abilities as one ages will be presented.

HOME START

The dumpsters are back at 18 Central Ave. and the initial clean out of the building has begun. This will be followed by the abatement of hazardous building materials such as asbestos floor and ceiling tiles commonly used for construction in the 1970s.

After that there will likely be a pause while funding from Maine State Housing is finalized. Then the disassembly of the brick exterior will begin, hopefully before end of September.

With luck, 3 units of affordable housing should be available for occupancy late next spring. Home Start will announce the selection process in the coming months. Stay tuned !



Peaks Island Radio

Music | Conversation | Community



Scan here to
listen live!

Next to Silence - Dave Stankowicz Mon and Fri at 7:00 pm, Tues at noon

A very big happy anniversary to Dave with much thanks for volunteering his time and musical expertise to Peaks Island Radio!

9/2/24 - Next To Silence 2nd Anniversary (Jazz)

9/9/24 - Time (Popular)

9/16/24 - Covers of Pop Tunes by African Artists (African)

9/23/24 - Masterpieces of Minimalism (Contemporary Classical)

9/30/24 - Rock Organ Killer Tracks(Rock)

Full archives available at peaksislandradio.com/nexttosilence/

Swinging the Blues - Rick Ashton - Tues and Sat at 7:00 pm, Wed at noon

Rick Ashton takes the helm as your knowledgeable guide through blues, jazz, rhythm and blues, and a whole lot more.

If you miss the show, archives dating back to July 2023 can be found at peaksislandradio.com/swingin-the-blues/

Music Without Borders - Rick Ashton Sun at 7:00 pm, Mon at noon

Rick Ashton shares music built around a new theme each week – from the familiar to the exotic.

Peaks Island Radio Podcast - Chris Marot

Chris shares interviews, stories, and events of relevance to Peaks Islanders. Episodes air Sundays at 8 am and 8 pm and can be found in your podcast app of choice. Scan right for a link to the show in your smartphone's podcast player.



Podcast Link

Do you have ideas for a music show, a talk show, or other programming? Join our team! Email me at chris@peaksislandradio.com.

Deadline for the October STAR is Wednesday, September 25th. Submissions may be emailed, dropped off at the library or put into our outside book drop.



P.O. Box 21
Peaks Island, Maine 04108
peakshistory@gmail.com

Our September program, *Plants Go to War*, is scheduled for Saturday Sept. 14 at 1 pm in the Community Center. Noted botanist Judith Sumner shares her research on plants, including invasive plants, during times of war for everything from food to medicine to camouflage. This program is co-sponsored by PEAT and PILP. With so many islanders tending gardens and fighting invasives, her talk promises to be interesting as well as informative.

The Society is pleased to announce that fundraising for the memorial obelisk to be placed in Ye Olde Trott Burial Ground has met its goal. The engraved granite obelisk will honor the seven early families whose members lie at rest there. The obelisk will be installed in late fall or early spring, depending on the weather once it is completed. Thank you to everyone who contributed to this phase of the burial ground restoration project.

The Society's next meeting will be Wednesday September 11, 1 pm at St. Christopher's Community Room. Everyone is welcome to attend, volunteer, and participate in our activities. More information about the Society and a membership form may be found on our website: peaksislandhistory.org.

Board of Directors: President Jon Kelso, Secretary Debbie Lucatorto, Curator Kim MacIsaac, George Cantalupo, Reta Morrill, Joyce O'Brien

September at the Peaks Island Branch Library

129 Island Avenue * 207.766.5540 * peaks@portlib.org

Tuesday: 12 - 6 pm Wednesday: 9 - 12 Friday: 10 - 4 pm Saturday: 9 - 12

***Surroundings by Jackman Wood** Carved wood blocks with paint and ink will be mounted on walls. Jackman says, "From the moment I first encountered relief printing in art class at Portland High, I was infatuated with the process. "These blocks are imagery of things in my surroundings." Jackman's exhibit is on display **August 13 - September 21**. His work is for sale with a portion being donated to the library. Jackman will be at the library on **Saturday, September 7, 11 am - 12 noon** to talk about his art, the process and answer questions. Light refreshments will be served.

***Adult Book Discussion** meets on **Tuesday, Sept 10 at 7 pm** in the Community Room to discuss *The Covenant of Water* by Abraham Verghese. October's book is *All that She Carried: The Journey of Ashley's Sack, A Black Family Keepsake* by Tina Alicia Miles. Contact the library for a copy of the book. Sponsored by the Friends of the Peaks Island Library. Meetings are fun, mind-broadening and all are welcome.

***With the start of a new school year**, a reminder that children 5 years old and older may obtain their own library card. Parents stop into the library to sign them up.

Rhythm & Rhymes, Fridays at 10:15 am Infants to 3 years old and their caregivers.

Preschool Story Time, Fridays at 10:45 am Children ages 3-5 and their caregivers.

Creative Writing for kids, Gr. 3, 4, 5 Fridays at 3:15 pm beginning **September 20**.

The Knitting Group meets on **Tuesday, September 3 at 4 pm**. All are welcome.

Adult Writing Group meets Saturdays at **9 am** at the library. Drop ins are welcome.

St. Christopher's Catholic Church

Rector and Pastor: Father Seamus Griesbach at 773-7746

Sunday Mass is at 8:30 AM. All are welcome. For information about other mainland services, check www.portlandcatholic.org. For information on Baptism, Reconciliation, Marriage & Funerals, please contact Father Seamus. Home bound Catholics who would like to see a priest or receive Holy Communion should call Barbara Hoppin at 232-6641.

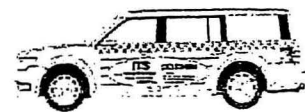
Rosary, Confession and Adoration will continue on the first Wednesday of each month from 10 to 11:30 AM in the Church. All are welcome.

Bible Study takes place at 10 AM each Thursday in the Parish House. All are welcome.

Borrow Free Medical Equipment

St. Christopher's and the Peaks Island Health Center loan free medical equipment. Wheelchairs, walkers, crutches and other supplies are provided on a first come, first served basis. Borrowers are only asked when they think they will return it and also relieve the program of any liability. For more information, call or text Lisa Penalver at 272-5962 or Chris Hoppin at 232-2908 or choppin@aol.com.

PEAKS Island Transportation System



(207) 518-0000

PEAKS TAXI NEWS

In order to retain our amazing drivers, and attract future drivers, Peaks Island Taxi, operated by Island Transportation System, will be raising its fares for the first time in nearly 15 years. As of September 15th, Zone 1 will be \$5, Zone 2 will be \$7, with \$2 for each additional passenger traveling to the same destination. Tours will be increased to \$15 per person. As a reminder, all fares go directly to the drivers.

All Taxi services will continue without interruption, including the Senior Coupon Program, free rides to the polls on Election Day, as well as rides for medical and hospice personnel who travel to work on the Island.

Island Transportation System (ITS) is a non-profit, 501c3 organization, whose mission is to provide safe, affordable transportation to all residents, workers and guests of Peaks Island.



New Brackett Memorial Church, a UUA/UCC congregation
mailing address - 9 Church Ave / office phone - 207-766-5013
Rev. Will Green, Pastor

Saturday Night Eucharist - 5:00pm

Sunday morning service - 10:00am

Every Sunday we have a community potluck meal in the hall that begins just after 11:00am.

Choir rehearsal is Sunday morning at 8:30.

This month our worship themes are: September 1 - Rest (Labor Day),
September 8 - The congregation will give a collaborative sermon, bring a story, a poem, or any brief (30 second to 2 minute) reflection to share

September 15 - Mawlid, the commemoration of Muhammad's birth,

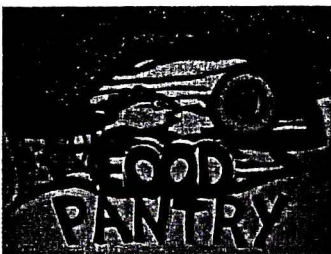
September 22 - Turning & Returning, an outdoor service on the front lawn celebrating Autumn the Equinox

September 29 - The Feast of St. Michael and All Angels

DATE NIGHT, our popular Friday night child care event, returns on Friday September 13th from 5:30 to 8:30. Space is limited. To register, please visit our website newbrackettchurch.org

To join our email list, write to newbrackettchurch@gmail.com

newbrackettchurch.org



Peaks Island Community Food Pantry

The Peaks Island Community Food Pantry is located in the Brackett Memorial Church and is open on Mondays at 3:30–5pm. Our mission is to provide food assistance to our island neighbors in need, supported by many different individuals and organizations from Peaks Island.

Thank you to the many generous donations from the members of the Peaks Island community (and beyond) and thanks to the generosity of New Brackett Church for housing the food pantry!! *We now have a small freezer and can take frozen items! We also have some refrigerator space. If you are leaving for the season and have food items you would like to donate, please contact Susan Hanley, 207-332-2443.*

If you would like to donate items to the food pantry, our needs this month are: *canned tuna, sardines, canned meats, Saltine and Ritz crackers, canned pineapple, peaches, and pears, apple sauce, canned black beans, tomato soup, 1 pound bags of sugar, coffee, beef ramen, mayonnaise, boxed cereal.*

A reminder that you can make cash donations via check. Please make checks out to "Peaks Island Food Pantry" – send to Susan Hanley, 108 Brackett Avenue, Peaks Island, ME 04108.



American Legion Randall-MacVane Post #142

54 Welch Street, Peaks Island, ME 04108, (207) 766-2102. All are welcome.
Bar and lounge open Wednesdays–Saturdays, 5 to 10 pm, and Sundays, 3 to 9 pm.

- **Sundays, 3:45–5:45 pm: Acoustic Music Circle**, bring a guitar, a voice, or your curiosity.
6–8 pm Happy Hour / Weekly Specials*
- **Wednesdays, 6–8 pm: Trivia** hosted by Keith Stockless
- **Thursdays, 6–8 pm: Legion Live**, showcasing live local music*
- **Fridays, 8–10 pm: Karaoke** hosted by Kat Valente*
- **Saturday, September 21: Second Annual Harvest Hedgehop**
5–5:30 pm learn the dances; 5:30–6:30 pm hors d'oeuvres and drink specials.
6–8 pm Celebrate the Fall Equinox with The Hedgehogs! Wear gingham or plaid. \$10
- **Saturday, September 28: Kamp Fire BBQ***

“Legion Live” is Peaks Island’s newest venue for live music. Thursdays from 6 to 8 pm.
The stage showcases the best of live local music. Admission at the door \$5.

September 5, Chris Pulsoni – Cynde Putney

September 12, Open Mic, hosted by Keith

September 19, Isaac N’kanza*

September 26, TBA*

*For updates check peaksbeat.com. For booking inquiries, text Dan at 617-676-5987.

The Fifth Maine Museum

www.fifthmainemuseum.org, 207-766-3330

Thank you for a great season at the Fifth Maine Museum!

Summer flew by with all the special events we’ve had at the Fifth Maine this year. Thanks to all our volunteers who helped organize and run the days at our museum and the evenings of fun! Thanks also go out to our community for your support!



But wait! There’s more!

September 6, 7pm – Peaks Island House Concert – Darlin Corey

September 17, 7pm – Illustration Institute - Stu Kestenbaum

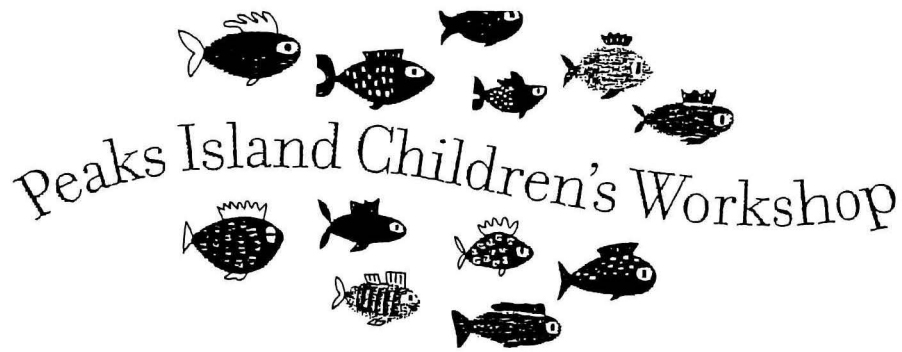
September 28, 2pm – Eco-printing Workshop with Martha Kearsley

October 1, 7pm – Author talk with Fred Fahey

October 3, 3pm – Veteran’s Benefit Fair co-sponsored with Auxiliary to American Legion Post 142

First Veteran’s Benefit Fair will include drop in from 3-5pm for information and individualized assistance to access the benefits that veterans have earned. Subject matter experts from the Veterans Health Administration, the Veterans Benefits Administration, and the Bureau of Maine Veteran Services will be on site to answer questions about enrollment, claims, compensation, benefits, pensions, end-of-life planning, healthcare programs, and state-related veteran benefits. Round out the day with a free dinner and entertainment! Please RSVP for the dinner by calling 207-766-3330 or email fifthmainemuseum@gmail.com.

Thank you for being part of the History, Legacy, and Community of Peaks Island!



Peaks Island Children's Workshop

71 Herman Avenue director@peaksislandchildrensworkshop.org 766-2854 www.peaksislandchildrensworkshop.org

Thank you to everyone who came out to our celebration! It was a great evening of fun and friendship, and we feel so grateful for our island friends.

September always marks an important time of transition for us here at the Workshop, as we say goodbye to our biggest friends as they head to the Brick School, and welcome new classmates to the Workshop. We wish everyone the best of luck with all these school year transitions!

The Board of the Workshop is always open to suggestions and communication from the community. Please contact us through Board President, Heather Thompson, at heather@juniperdesignbuild.com.

Peaks Island Elementary School

It's almost "show time" for all of us at PIES to welcome our new and returning learners and families back to school for our 2024-2025 school year! The first day of school for grades one through five will be Tuesday, September 3rd, and the first day for PreK and kindergarten children will be Thursday, September 5th. Thank you in advance, islanders, for your careful driving as our students walk and bike to and from school each day.

We have a couple of familiar faces returning to PIES this year - Nick McRea-Cyr will be returning as our half-time social worker on Mondays, Wednesdays and Fridays. Peaks Islander Kim Gregg will be working five mornings a week as our new half-time reading specialist & interventionist. Our students just love Mr. Nick and Mrs. Gregg so we're thrilled they will be part of our PIES family.

I am pleased to share that our students will have five "specials" this year and they are as follows: **Art Class** (led by our new art teacher Julia Gordon); **Library** (led by our librarian Bridget Joyce); **STEAM class** (also led by Bridget Joyce); **Music class** (led by our new music teacher Heather Sumner); and **Physical Education** (led by our new PE teacher Brendan Boss). Grades 3 - 5 also will continue to have **Band & Strings classes** with Mr. Nogar and Mrs. Terison.

Thank you, Peaks Islanders, for your support of our historic, little brick school by the bay. Here's to a joyful, inclusive and productive year ahead~

Kelly and the PIES Team

Would you like to have the **STAR** mailed to you from September to June? If so, stop by the library or send your name and address along with \$8.00 (check or cash) to the library, Peaks Island STAR % Peaks Island Branch Library, 129 Island Ave Peaks Island ME 04108.



Peaks Island Lions Club News

Peaks Island Lions Club's 2024 Season still has community events! Upcoming Burger Nights (Wednesdays) are **September 4** (music by Hedgehogs) & **September 18** (music by Peaks Island Ukeleles). Don't forget our Halloween Bash & Costume Contest on **October 31**. COME ON DOWN!!

We are looking for new members! Whether you are year-round or a seasonal resident, young or old, woman or man, come join our "pride" of 36 Lions. We host 30+ events annually and have great fun and camaraderie. We will continue including short member profiles to encourage more to join:

I joined the Peaks Island Lions Club in summer 2016, after I moved here from Maryland, following my retirement from the U.S. Government where I worked mostly in engineering. My mother's family, Glidden/Randall were from this Island, and they were part of the island culture, which included volunteering with many Island organizations. My father's family has a long history with charitable causes, so I suppose volunteerism is in my bones! Previous to my moving to Maine I was involved with our local civic association, The Randolph Civic Association. I believe that good communities do not just happen, they are made! I also believe that by helping others, we are also helping ourselves. Looking back, there are two recollections that led me to become a Lion. My grandfather, Ralph Glidden, was a member of the Portland Knights of Pythias, and he used to sell roasted cashews at the entrance to Greenwood Garden to help raise money for them. He was a good storyteller, and he would tell me about some of the characters he met while selling nuts! I believe he charged a nickel for a bag of nuts, and he roasted the cashews on site with a small stove/roaster! He also bowled at the alley which wasn't far away. When I was a child, maybe three or four, my father took me to visit the Peaks Island Fire Department's lobster bake at Emerald Beach. My uncle, Clifford was also a volunteer with the Dept. The fireman/cooks were in the early stages of the bake, digging the pit, making the fire for coals, placing damp rock weed on the coals, and placing the lobster, clams, corn, between layers of damp and wet seaweed to steam. One of the firemen explained to me what they were doing too. So, volunteering with the Lions at Greenwood Gardens, and helping with the Lobster bakes, I fell into it! If you have the time and inclination, please join us, and become a Lion, we can always use your help. Where there is a need, there is a Lion, George Cantalupo.

Come volunteer for an upcoming event and see what we are all about! Feel free to reach out to President Joe Whalen or Vice President Liz Samson at lionsclubrental@gmail.com for information.

Since the 1950s, Peaks Island Lions Club members have all been volunteers.

Trefethen-Evergreen Improvement Association (TEIA) September News Update (www.teiaclub.org)

Summer never lasts long enough and 2024 was no exception! Thanks to the whole Peaks Island community for sharing your summer with TEIA. We still have a few activities left this fall. See below for details, and always check our calendar on the TEIA website under 'Events'. Please note that after Labor Day the Clubhouse will be closed and only the Porch will be accessible.

Pilates on the Porch: Bring your mat and join Michelle while you firm those abs and enjoy the best view around. Tuesdays and Thursdays in September at 8 a.m. Sign up at <https://www.peaksbody.com/teia>

September 1st: Round Island Race. Bring a NON-powered watercraft to TEIA and see how fast you can get around the Island. \$10 per vessel. Skippers Meeting at 10 a.m., Race Start at 1 p.m., Potluck Cookout to follow; BYOB. Contact Liz Rollins for details: lizrollins@me.com

Fridays in September: TEIA hosts its weekly Porch Gathering every Friday at 6 p.m. BYOB and bring an appetizer to share. Please do NOT come before 6, as Weddings will be setting up on Friday afternoons.

Saturdays in September: Weddings! The club has weddings every Saturday in September. Please give the Clubhouse a wide berth on these days.

Sundays in September: The Club Porch is open to Members and Guests from 9 a.m. to Sunset every Sunday in September. In addition, the Porch is open all day on Labor Day (Monday, September 2nd).