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Service Agencies of the Island

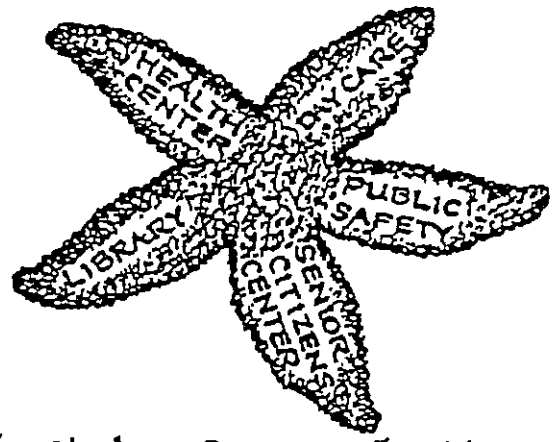
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Peaks Island STAR



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

October 2015

Volume 35

Issue 10



CITY OF PORTLAND FLU CLINIC on PEAKS ISLAND

Date: Tuesday, October 20

Time: 1:00 – 4:00 pm

Location: Community Room in PI community building

Cost: \$20 or free with Medicare Part B

Please call 874-8446 with questions



PEAKS ISLAND LIONS CLUB



LIONS CLUB ORGANIZATION GRANTS

Organizations that would like to be considered for a Lions Club Grant should contact Lions Club President, Edward Ezzard by telephone, mail or e-mail by October 15th. The grants will be awarded at the October 26th Lions Club meeting. **Telephone: 756-4713; Address: P.O. Box 102, Peaks Island, ME 04108; e-mail: TheMaineJack@gmail.com**

Halloween Party

Games, candy, haunted house, best costume contest returns again to Greenwood Gardens and the Lions Club Playhouse on Halloween after 6 PM. Be there and we will give a scare.

Seeking New Lions Club Members

The Peaks Island Lions Club is actively seeking to augment our membership both male and female. Year-round and seasonal residents are welcome. Members are not expected to be available for all our events, many members help out just when they are able, so this does not have to be a big commitment in time. You would do what you can.

Lend a helping hand to preserve Peaks Island as a helping caring community. Join the Peaks Island Lions Club. Contact Lions Club President, Edward Ezzard by telephone, mail or e-mail: **Telephone: 756-4713; Address: P.O. Box 102, Peaks Island, ME 04108; e-mail: TheMaineJack@gmail.com**

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.

The Peaks Island Food Pantry is very excited to announce the launch of our new website (www.peaksislandfoodpantry.org).

We'll be using this website to post news and provide information about helping people who face food insecurity. We are now able to accept cash donations from our website -- through a link to our PayPal account.

Thanks to the Peaks Island Fund for providing the financial support required to create this website and special thanks to Dave Gagne and Mark Shain for their expertise and guidance on this project!

This month we would also like to extend our thanks to:

- St. Christopher's parishioners for their weekly collection of food items for the food pantry
- Standard Baking for their weekly donation of bread and pastries
- The many Peaks Island gardeners who have provided fresh vegetables during the summer months
- Our "Food Pantry Angels" who donate food items each week in our collection box at The Douglas McVane Community Center

Medical Equipment Lending Program

Anyone who needs to borrow wheelchairs, walkers, crutches and other medical equipment temporarily should know about the new program from the Health Center and St. Christopher's Parish.

The equipment, stored in the St. Christopher's Parish House, is provided on a first come, first served basis at no charge. Borrowers are asked to indicate when they plan to return it and also relieve the program of any liability.

For more information, contact Kay Taylor at 766-2811 or islapicos@maine.rr.com; Ashley DeAngelo at 540-290-1274 or ashleydeangelo79@gmail.com or David Vincent at 603-496-6989 or davidlv55@gmail.com.

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SENIOR LUNCHEON NEWS

Fall is in the air! The Seniors will have their next potluck luncheon on Columbus Day, Monday, October 12th. Invite your senior friends and neighbors to join us at noon at the Fay Garman House Community Room. Please bring your favorite comfort food to share.



The museum will be open from 11-4 on weekends through Columbus Day.

Our annual harvest supper will be on Saturday, Oct 10. The pot roast dinner with vegetables, rolls, beverages, and homemade desserts is \$20 for adults and \$12 for children 10 and under. Proceeds will go to support building repairs and improvements. There will be two seatings – 5:30 and 7. Reservations, which are recommended, may be made by calling 766-2514.



207-518-0000 (Call for reservations)

Peaks Island Transportation System (aka The TAXI)

Hours of Operation: 8:15 AM – 8:15 PM: Seven days a week.

Rates: \$3.00 Zone 1: Plus \$1.00 for each additional person at the same address.

\$5.00 Zone 2: Plus \$1.00 for each additional person at the same address.

Where to Find Us: *Down Front at the CBL Ferry Dock*

Are you interested in receiving the STAR in the mail each month? It is \$8.00 to have it mailed from September to June. You may stop by the library or mail us \$8.00 along with your name and address where you'd like to get the STAR.

Checks may be mailed to Peaks Island Branch Library, 129 Island Avenue, Peaks Island ME 04108

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Peaks Island Community Emergency Response Team (CERT)

The Peaks Island CERT needs more volunteers to work in times of a disaster or emergency.

For more info, call Al Bleau at 766-0007 or 781-962-2662.

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Peaks Island Skateboard Park

Our website: www.peaksiskatepark.org includes plans for the new Peaks Island Skateboard Park to be created in the far right corner of Trott-Littlejohn Park.

We're beginning to raise funds with tax deductible donations to build the park for all to enjoy!

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PEAKS ISLAND TAX AND ENERGY ASSISTANCE

Everyday we are reminded that we are extraordinarily fortunate to live in a country where freedom abounds and most of us have heat, food, etc. But we are reminded that some of our neighbors and friends still need a little assistance to keep their homes warm, to provide food for their tables and to provide a roof over their heads. For the last ten years PITEA has been assisting families with heat and property taxes. We are prepared to do so again this year.

The news about energy prices is most important to us. As we prepare for another busy winter and an increased number of requests for assistance we note that the cost of energy is down.. Expenditures for energy assistance are the largest part of our budget. Those on fixed incomes continue to struggle because so many other budget items increased including property taxes. We had seven applications for tax assistance this year that definitely was a record number. Applications for energy assistance will be going on the Library bulletin board. Our Clergy, Pastor Angela Tarbox and retired Methodist Minister Ruth Williamson are accepting applications and making the final decisions about Energy Assistance.

Our Board of Directors will be meeting to plan for new types of gatherings that we will initiate. We would love to continue the Loaf and Ladle Dinners but we do not have the manpower to do so. We definitely need committee members or volunteers to help us with our planning and our community functions. If you would like to join in our efforts, please contact Cynthia at 766-0067.

Our two dinners over the summer were very successful. A huge thank you to Robin Clark for allowing us to use Jones Landing. It was the perfect venue for our dinners. Our friend Judy Piawlock was able to get us the lobsters and worked with us at the dinner. Other friends joined us to help with the dinners. Other community members made financial conations to PITEA and we are prepared to start the energy season with funds in the bank!

Peaks Island Tax and Energy Assistance

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

Brackett Memorial United Methodist Church

We are a Welcoming, Inclusive, and Reconciling Congregation

9 Church Ave., Peaks Island, ME 04108

Rev. Angela Tarbox, Pastor

207-766-5013; www.brackettmumc.org; brackettmumc@yahoo.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 Claire Dahl's home (13 Sunset Rd.).

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. If you would like to donate non-perishable food, there are drop-off locations at the Community Center and Brackett Church.

SPECIAL EVENTS IN OCTOBER:

Saturday, October 10, 10am-2pm: Fall Rummage Sale. Lots of great things, so don't miss this much anticipated event! We will continue gratefully accepting items through noon on Tuesday, October 6. Please plan to drop off your donations on Sundays between 11 and 11:30 or call Fred Bragdon (766-5534) to arrange another time. Please plan to bring your own shopping bags as another way to reduce our use of plastic bags.

Friday, October 16, 6:30pm: Free Family Movie Night. Join us in the Church Family Room for this month's movie: "The Theory of Everything" (Rated PG-13). "Starring Eddie Redmayne and Felicity Jones, this is the extraordinary story of one of the world's greatest living minds, the renowned astrophysicist Stephen Hawking, who falls deeply in love with fellow Cambridge student Jane Wilde."

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.

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 6:30-7:30 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, October 20th in the Parish House.

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A gift of fitness for Peaks Island Elementary School

By Renee Serio, Teacher Leader

Peaks Island Elementary School would like to shout a huge THANK YOU to John Pearson and Maine Track Club who hosted the Peaks Island Road Race earlier this summer and donated a very generous gift to our school.

On July 25th, John Pearson and Maine Track Club hosted their 28th 5 mile road race around the perimeter of the island. In addition, the Peaks Island Road Race added a 1K fun run for kids. For the second year running, Pierson and the Maine Track Club have made a sizeable donation to our school in memory of longtime resident, AJ Alves.

This donation comes with one condition—that the money is invested in the physical well-being of the island children. Therefore, Renee Serio and new PE teacher Todd Wing are creating an inventory of existing gym equipment with the plan to retire, replace, and refurbish the physical education equipment for the island school.

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.

Now that we are welcoming the fall season, we would like to take this opportunity to welcome those of you who are new to Peaks Island, either as renters or homeowners. If you wish to become Health Center patients, please stop by our modern facility at 87 Central Ave. during hours, and the staff will be glad to help you.

It is important to know that the Health Center can provide acute care (short-term treatment of an injury or illness) to patients who have Primary Care Physicians in other practices. If you wish to have the option of using the Health Center and are not affiliated with Maine Medical Center (as the Health Center is), please check with your insurer before an incident arises, to avoid any coverage issues. As a rule, Medicare patients may see whom they wish.

Patients who have no insurance are also welcome to use the Health Center. The Peaks Island staff can give you information regarding contacts at Maine Med./Partners who can assist you with payment options. And they will be glad to answer any questions you may have.

We are very fortunate to have such a dedicated professional staff, and are grateful for the solid resources of Maine Medical Center in support of our Health Center on Peaks Island.

October at the Peaks Island Branch Library

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

BEING MORTAL: The library is providing a special opportunity to have a facilitated discussion of the widely talked about book *Being Mortal* by Atul Gawande. The book is a moving exploration of how we confront or fail to confront the inevitability of aging and death. It sparks important dialogues about the limitations of modern medicine and raises the crucial questions we all struggle with. The book has been 48 weeks on *The New York Times* Best Seller List, named best book of the year by the *Washington Post*, *Wall Street Journal*, NPR, *Mother Jones* and *The Economist*.

The discussion will be on November 17th at 7 pm in the Community Room. Copies of the book are available to be picked up at the library during regular open hours.

First Tuesdays Book Discussion: For the meeting on October 6, the book is *The Great Gatsby*. If you have ever read it, consider coming. Moderator will be Caron Chess. The book for November is *Burial Rites* by Hannah Kent. To reserve a copy, call, email, or come into the library. Meetings are at 7 pm in the Community Room. Meetings are open to everyone.

Middle School Book Club: will meet Tuesday, October 20, at 5:45 pm in the community room. Come by and see what it's all about. Our discussions are about books as we enjoy something to eat. If you haven't stopped in yet, please do. We will have new books to share with you too.

Halloween Stories and Craft: The Very Scary Mrs. Crowley-Rockwell will be back for some more ghostly fun on Tuesday, October 27, at 7 pm. Children ages 5-8 will especially enjoy this program and the refreshments that fit the theme. Kids should be able to come and still be home for an 8pm bedtime.

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



**THE PEAKS ISLAND CHILDREN'S WORKSHOP WILL BE CLOSED
MONDAY, OCTOBER 12TH IN OBSERVANCE OF COLUMBUS DAY**

We have been enjoying the beautiful weather and spending lots of time on our playground this Fall. We are winding down our *All About Me* Unit with a visit to the Peaks Health Center to be weighed and measured. Also, for the first time in many years we have found Monarch caterpillars on the milk weed! We have been reading *The Very Hungry Caterpillar* by Eric Carle and studying what happens next.

The Workshop children have started going back to the library for rhyme time and story time on Wednesdays. It has been fantastic and we look forward to the adventure every week. You will probably see us out and about this fall as we go for nature walks to watch the changing leaves. Feel free to stop and stay hello, we love engaging with our island neighbors!

The Peaks Island Children's Workshop is looking to increase our substitute teacher list. If interested please call Katie or Celeste at 766 2854 for more information.

PICW is accepting applications for part/full time care on our WAIT-LIST. Contact Celeste at 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

OCTOBER ACTIVITIES on PEAKS ISLAND
Sponsored by Portland Recreation and Facilities Management

To reserve space and/or equipment in the community building, you must contact Denise (766-2970 or dlm@portlandmaine.gov) at least two days in advance. Please plan ahead as Denise works just part-time on the island – Mondays, Thursdays and Fridays. Denise will not be on the island on Friday, October 9 and will be on vacation from October 23 to November 2, returning to the island on Thursday, November 5. Reservations for that time period need to be made prior to noontime on Thursday, October 22. Email and phone messages will NOT be checked during vacation.

“IN-TOWN” SHOPPING TRIP - FREEPORT

Friday, October 2 10:00 am boat/3:15 or 4:00 pm boat
Browse the many outlets and stores in Freeport – including LL Bean. There are many choices for lunch or sweets. Deadline to register and pay is Thursday, October 1. Fee is \$5. Min is 6

THURSDAYS KNIT/CROCHET/CHAT (com. rm.)

Thursdays, October 1, 8, 15, 22 10:45am-12:00pm
All are invited to knit/crochet hats, scarves & dishcloths for charity. BYO lunch (opt). Items on sale every Thursday (\$7 for hats/scarves; \$2 for dishcloths). Proceeds buy much needed socks and gloves for charity.

MOVIE: *The Second Best Exotic Marigold Hotel*

Thursday, October 15 1:00-3:00 pm (com. room)
Starring Judi Dench, Maggie Smith and Bill Nighy
Full write-up on bulletin board – on Denise’s door
(door that you face as you enter community building)

**SPECIAL SALE of HAND-KNIT ITEMS
BINGO, GAMES and LOTS of LAUGHS TOO**

Monday, October 19 10:45 – 11:45 am (com. room)
Start your holiday shopping now – buy scarves and hats for \$7 each and dishcloths for \$2. Proceeds buy needed items for charity. Play BINGO, games & do brain teasers while we wait for customers – customers and all others welcome to play too

“CLUTTER CLUB” – AROUND TUIT TIME

Thursday, October 22 1:00-2:00 pm (com. room)
Bring a project that you’ve been wanting to do – sort photos, recipes or piles of “stuff”. Now is the time to get “tuit”

On-going exercise programs for Adults

Mondays & Thursdays:
Low-Impact Exercise Program from 9:30-10:30 am – com. rm
Tuesdays: (if minimum has been met – call 766-2970 for info)
Adult Basketball – PI School Gym 6:00 – 8:00 pm



October Movies – Saturday Nights – FREE



| | | | |
|---|--|------------------------|--|
| 6PM 3 | <i>October Sky</i> , 1999, PG, 108 min | 8PM 3 | <i>Rear Window</i> , 1954, PG, 114 min |
| 10 | <i>Freaky Friday</i> , 1976, G, 95 min | 10 | <i>Belle</i> , 2013, PG, 105 min |
| 17 | <i>The Iron Giant</i> , 1999, PG, 86 min | 17 | <i>The Big Sleep</i> , 1946, NR, 86 min |
| 24 | <i>Labyrinth</i> , 1986, PG, 101 min | 24 | <i>84 Charing Cross Road</i> , 1986, PG, 100 min |
| | Halloween Extravaganza | | |
| 31 | 6PM <i>The Wizard of Oz</i> , 1939, G, 102 min. 8PM <i>The Invasion of the Body Snatchers</i> , 1956, NR, 80 min 10PM <i>The Rocky Horror Picture Show</i> , 1975, 40 th anniversary!, R, 100 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. | | | |

DEADLINE FOR NEXT MONTH'S STAR: Sunday, October 25, by 6 pm.
Bring your 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.