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Service Agencies of the Island

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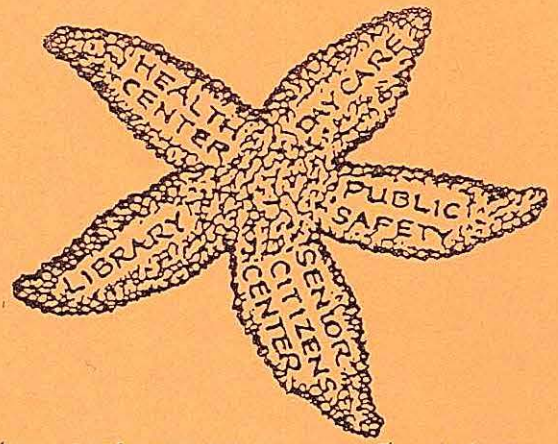
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Peaks Island STAR



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

October 2016

Volume 36

Issue 10

PORTLAND ADULT EDUCATION SHAKESPEARE ON PEAKS

Portland Adult Education is offering "A Brief Introduction to Shakespeare" course on successive Wednesdays from October 12 to November 16. The plays, King Lear and The Tempest, are available in inexpensive Folger Edition paperbacks at Longfellow Books. Meeting times are 1:30PM - 3:30PM in the community room. The cost is \$5.00. Roy Mottla will be leading the discussion. Register through PAE by phone 874-8155 using a credit card, or by mail. Checks should be made payable to PAE and sent to PAE, 14 Locust Street, Portland, ME 04101.

CITY OF PORTLAND FLU CLINIC on PEAKS ISLAND (sponsored by Portland Public Health Division)

Date: Friday, October 7

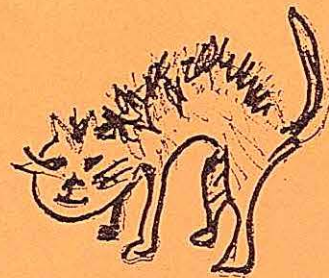
Time: 10:15am to 12:00 pm

Location: Community Room in Peaks Island community building

Cost: \$20 or free with insurance. Please bring all insurance cards with you.

Please note: High dose vaccines will not be available at this clinic
If you want that vaccine, you will have to go to a pharmacy or to your PCP

Please call 874-8446 with questions



St. Christopher's Catholic Church

Rector: Father Greg Dube at 773-7746

Sunday Mass is at 10 AM each week followed by fellowship in the Parish House. Details for other Masses and services in Portland are at <http://www.portlandcatholic.org/> For questions concerning Baptism, Reconciliation & Marriage, please contact Father Greg.

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.

Eucharistic Adoration from 11 AM to noon each Thursday in Church.

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Brackett Memorial United Methodist Church

We are a Welcoming, Inclusive, and Reconciling Congregation

9 Church Ave., Peaks Island, ME 04108; 207-766-5013; brackettmumc@gmail.com

Rev. Angela Rotherham, Pastor



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, 10:00-11:30am at the church in our Church Family Room.

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

SPECIAL EVENT IN OCTOBER:

Saturday, October 8, 10am – 2pm: **Rummage Sale.** Don't miss our much anticipated Church Rummage Sale!

Lots of great things – fall/winter clothing, books, linens, crafts and office supplies, household items, on and on...! And after 1pm, remaining items go for \$3 a bag. Help support our ministries on the island and beyond by finding some treasures at our rummage sale!

Peaks Island Cancer Community Support Group

Meets Tuesday, October 18th, 7pm–8pm

The Group gathering offers a safe and confidential community for caregivers as well as for those living with cancer. Sharing stories, concerns and experiences deepens and broadens our knowledge and wisdom from which we can draw as we confront the impact of cancer on our lives.

Please join us and others at this gathering in the St. Christopher Community Room on Central Avenue. Facilitators received many hours of training. If you have any questions, contact Ann Marie O'Rourke at amorouke17@gmail.com or Barbara Hoppin at bahoppin@aol.com.

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PEAKS ISLAND CHILDREN'S WORKSHOP: 71 Herman Avenue: 766-2854
www.picw.org



**PICW will be closed Monday, October 10th
in observance of Columbus Day.**

PICW has started strong this September with 7 students in pre-kindergarten, 5 in pre-school and 2 in our toddler room. Since our license is for 12 children at PICW per day the times and days vary for our 14 families. Our fall curriculum involves lots of scissor work, checking in on our emotions and knowing if our internal engines are running "too high", "too low", or "just right." The toddlers are learning some new rhymes and finger plays as well as getting messy with paints.

We started a new dance class this September with Michelle Mola that is being supported through the Peaks Island Fund. We are very grateful for this opportunity and cannot wait to see what mad skills our young dancers produce.

We are also very happy that Faith York will be teaching our young ones music again beginning this October. This is our 3rd year with Faith as our music teacher and we are thankful that she shares so much of herself with the community.

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

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 note to our summer residents—if you are closing up your cottage and you discover unopened, non-perishable food at the end of your summer stay, we would be happy to put your extra items on our food pantry shelves. You can drop at the drop off box in Douglas McVane Community Center or call Susan Hanley, 332-2443, to arrange pick up.

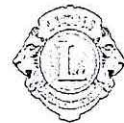
Thank you also to all of our "Food Pantry Angels" who donate to the food pantry on a regular basis. Some of our patrons have dietary restrictions that require low sodium or low sugar foods. This month we would be especially grateful for donations of hearty soups (tomato, chicken noodle and vegetable are favorites), canned hams, canned fruit (packed in water), canned green beans and peas, packets of potato side dishes, Mexican dinners, and laundry detergent. We also need plastic carrier bags.

And a special thank you to those who have made cash contributions or sent in cash donations using the Paypal donation button on our website, <https://www.paypal.com/donate/?url=https%3A%2F%2Fwww.picw.org>. 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



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. Many thanks to Faith York, Larry Ducharme and friends for again setting up and haunting the Haunted House!

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 24th Lions Club meeting. **Telephone: 756-4713; Address: P.O. Box 102, Peaks Island, ME 04108; e-mail: TheMaineJack@gmail.com**

Seeking New Lions Club Members

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**
Note: Many of our members are seasonal Peaks Island residents.

The Peaks Island Transportation System (aka “The Taxi”)

serves the Island regularly from 7:45 am to 8:45 pm daily. The TAXI can be found down front meeting the CBL boats during regular hours.

We can be reached for reservations or “off schedule” service at 207-518-0000.

We have been updating our web site and encourage you to visit it at

www.peakstaxi.org

The Taxi wants to thank islanders and visitors for the record breaking week of operations August 8-14th. We are not sure what was driving the burst in clients this week (Wedding parties? Day-trippers? Residents?) BUT use was well over our normal levels. Thanks to all of you who have contributed to the Taxi's success.

News from Peaks Island Elementary School

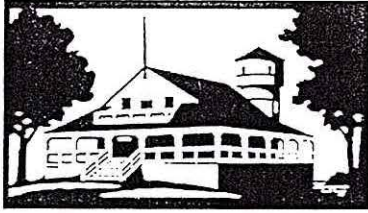
By Renee Serio, Teacher Leader

A gift of fitness from the Maine Track Club

Peaks Island Elementary students can again say thank you to John Pearson of the Maine Track Club. John visited the school on Thursday, September 15th, to hand deliver the \$800 check to Teacher Leader, Renee Serio.

The school plans to use the proceeds to support Todd Wing, the PE teacher at Peaks in the area of equipment and programming. In addition, we will field an entire track team for the City of Portland Track Meet in the spring.

Thank you, John Pearson, and Maine Track Club.



Fifth Maine Regiment Museum
45 Seashore Ave
766-3330
fifthmainemuseum@gmail.com

Our final event of the season, our annual Harvest Supper, is Saturday, October 8th, at the Fifth Maine. We'll be serving delicious pot roast with new potatoes and gravy, fall vegetables, flakey biscuits, and amazing homemade desserts. Peter Donnelly will provide dinner music.

There will be two seatings – 5:30 and 7:00. Adult tickets are \$20, kids 12 and under are \$10, and kids 3 and under eat free. Reservations are required and can be made by calling Nancy Hall at 766-2514. This is a BYOB event. Proceeds from the Supper go toward building upkeep. Let's keep this 128-year-old gem of a building going strong!

The museum is open Oct 1, 2, 8, and 10 from 11am to 4 pm. Sunday, Oct 9 we'll be closed for a private function. The museum closes for the season Tuesday, October 11.

Community Center & Library Renovation News

Work continues behind the scenes on the Peaks Island Community Center and Branch Library renovation project. Architect Dick Reed and his engineers and designers have met with our renovation design committee, which includes Peaks residents, Library staff members, and colleagues from the City's Department of Parks, Recreation, and Facilities.

We have largely completed the design of the basic layout of spaces, storage, traffic flow, and rest rooms. We continue to finalize the precise set-up of the library service desk and shelving, furnishings and finishes for floors and walls, as well as details in the community room.

The new design in the library features lower-profile bookshelves to provide a lighter, more open and flexible space, while actually accommodating more books and library materials. The renovation will also provide new display space for art.

Work on heating, ventilation, and air-conditioning has progressed, along with a design for a new electrical system and lighting. Energy audit work by engineer Andrew Holbrook (funded by the Peaks Energy Action Team) has been valuable in identifying energy improvements.

The project is on track to go to bid in late fall for construction to begin early in the new year. Key to our progress is the generosity of our New Vision Campaign donors, whose pledge payments ensure that we have sufficient funds in-hand to proceed on this timeline. Thank you!

We look forward to keeping you up-to-date on the progress!

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.

FLU SHOT TIME AGAIN:

You may get either regular or high dose flu shots, as well as pneumonia shots at the Health Center. Call for an appointment. Everyone is welcome.

Or you may attend the City of Portland Flu Shot Clinic (regular dose only) on Peaks:

When? Friday, October 7, 10:15 AM to 12:00 noon

Where? Community Room in the Peaks Island Community Building

Cost? \$20 or free with Medicare Part B. Please note: You must bring your supplemental insurance ID card along with the Medicare Part B card.

Questions about the flu shot clinic? Call 874-8446

A reminder: The Peaks Island Health Center has launched its new website:
<http://peaksislandhealthcenter.org> We hope that Islanders and visitors alike will find it interesting and helpful. Check it out!

**Announcing Presentation: "FOSTERING A CULTURE OF RESPECTFUL USE ON
THE MAINE ISLAND TRAIL SYSTEM"**

The Maine Island Trail Association (MITA) has been managing low impact recreational use on Maine's wild islands for over 25 years. MITA's Program Director, Brian Marcaurelle, will be discussing the organization's success in promoting a model of volunteer stewardship on the uninhabited islands of the Maine Island Trail, with a mind to the experience of populated islands.

Please join PEAT, PIC, and PILP, the sponsors of this event, on October 5th at 6:30 p.m. at the Community Center to hear how MITA successfully developed an "island use ethic" for their island trail systems, and discuss how we can use their experience to consider developing our own island use ethic for Peaks residents and visitors.



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

First Tuesdays Book Discussion: on October 4, the group will discuss *The Scarlet Letter* by Nathaniel Hawthorne (graduate of Bowdoin College, 1825). That discussion will be moderated by Caron Chess and is sure to be interesting. Many people have read *The Scarlett Letter* as a requirement in school, but how do you experience it as an adult? Meetings are in the Community Room, across the hall from the library, at 7 pm. Everyone is welcome at any meeting. Come when you can and want to. The book for November 1 is *In the Kingdom of Ice, the Grand and Terrible Polar Voyage of the USS Jeannette* by Hampton Sides; for December 6, *A Man Called Ove*; for January 3, *My Name Is Lucy Barton* by Elizabeth Strout. To reserve a copy of the book, call, email, or come into the library.

Middle School Book Club's next meeting is Tuesday, October 18, at 6pm in the Community Room. Note the time this month is an hour later. At our last meeting we talked about a few of our favorite books. If you are looking for a good book to read, here are a few suggestions: *Unwanted Series* by Lisa McMann, *Swindle Series* by Gordon Korman and *The Calder Game* by Flue Balliett. Join us at our next meeting for good company, food and conversation about books.

Halloween Stories and Craft: Tuesday, October 25, 6:45 pm, you are invited to a special program presented by The Very Scary Mrs. Crowley-Rockwell. Those who have been before look forward to it. Those for whom this will be the first time have a treat in store for them. The program is geared toward 5 – 8 year-olds and will be in the Community Room.



Weekly Wednesday Programs for Young Children: Nursery Rhyme Time for infants and toddlers at 10:15; Story Time for preschoolers at 11:00. All island children and visitors are welcome.

Check it out! Peaks Islanders Pete Anderson, Jean Berman, Vanessa Sylvester, and Patricia Wainright each has poetry and/or art work in the 10th Anniversary edition of the Island Reader. The Island Reader is published annually by the Maine Seacoast Mission. The 10th Anniversary Edition is available for borrowing at the Peaks Island Branch Library. Come check it out!

Thank you to those at Fay Garman House and especially to Aviva Golan, their gardener, for the beautiful flowers they have brought to the library this season. So many people have enjoyed them.

SENIOR NEWS

Fall is in the air! The Seniors will have their next potluck luncheon on Columbus Day, Monday, October 10th. 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.

Chair Yoga has moved to every Tuesday starting at 4 pm for about an hour at the Fay Garman House. 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.

OCTOBER ACTIVITIES on PEAKS ISLAND

Sponsored by Portland Parks, 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 be on vacation from October 7 - 16, returning to the island on Monday, October 17. **Reservations for that time period need to be made prior to noontime on Thurs., Oct.6.** Email/phone messages will NOT be checked during vacation.

FREE LAUGHTER YOGA CLUB (com. room)

Monday, October 3 10:45 – 11:30 am

Learn to laugh at nothing at all and get all the health benefits that laughter has to offer. The Yoga part is short & deep breaths (no Yoga poses/no mats). All adults welcome; no experience needed. Join the in-town Laughter Yoga Club at Riverton Com. Ctr., 3rd Thursday of the month, 6:00-6:45pm

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

Thursdays, October 6, 20 and 27 10:45-11:45am

All are invited to knit/crochet hats, scarves & dishcloths for charity. Come see what we make/sell (\$7 each for hats and scarves; \$2 for dishcloths). Proceeds buy socks and gloves

OLD FASHION MUSIC – VINYL FUN! (com. rm.)

Thursday, October 20 12:00 – 1:00 pm

BYO lunch to enjoy while listening to some vintage vinyl! Let's hope the old record player works! BYO vinyl records that you haven't heard in a while! Drop in anytime-12-1pm

HALLOWEEN FUN:

BRING & BRAG OR BRING & LEAVE

Monday, October 31 10:45 – 11:45 am (com. rm.)

Come in costume and "toot your own horn" w/ a treasured memory from the past OR bring something you've been meaning to toss out but just couldn't. Share the story behind that item - then leave it here to be taken away. Help Denise get rid of some of her "treasures"!

MOVIE: *High Society* (Rated G; 1 hour 51 min.)

Monday, October 31 1:00-3:00 pm (com. room)

Heiress Tracy Lord is engaged to one man, attracted to another and, just maybe, be in love again with her ex-husband. Starring Bing Crosby, Grace Kelly, Frank Sinatra and Celeste Holm. Let's all dress up "High Society" style!

On-going exercise programs for Adults

Mondays & Thursdays (in community room):

Low-Impact Exercise Program from 9:30-10:30 am



Saturday Night Movies in October



Free in the Community Room – Sponsored by the Friends of the Peaks Island Library

Children must be accompanied by an adult

Oct	6 PM	Oct	8 PM
1	<i>Chronicles of Narnia: The Lion, the Witch and the Wardrobe</i> NOTE SPECIAL START TIME: 5:30 this week (2006) PG, 2 hrs, 15 min.	1	<i>Spotlight</i> (2016) PG, 129 min
8	<i>Zootopia</i> (2016) PG, 108 min	8	<i>Idiocracy</i> (2006) PG-13, 86 min
15	<i>The Wizard of Oz</i> (1939) G, 101 min	15	<i>The Red Violin</i> (2006) R, 132 min
22	<i>April and the Extraordinary World</i> (2015) PG, 101 min	22	<i>Batman Begins</i> (2005) PG-13, 140 min
29	<i>Paranorman</i> (2012) PG, 92 min	29	<i>Secondhand Lions</i> (2004) PG, 110 min

DEADLINE FOR NEXT MONTH'S STAR: Tuesday, October 25, by 6 pm. Please bring articles copy-ready to the library. You may put them under the door or in the Book Return when the library is closed.