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Service Agencies of the Island

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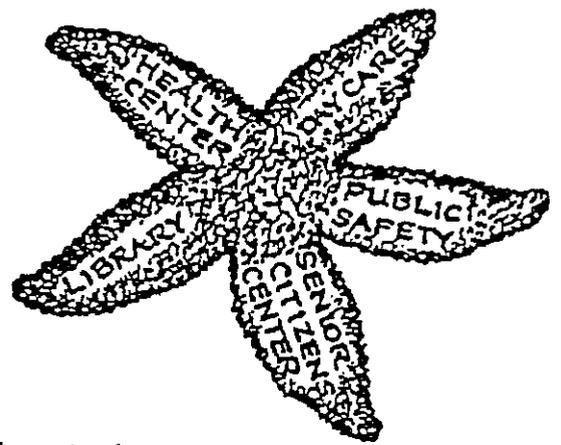
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Peaks Island STAR



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

December 2015

Volume 35

Issue 12

Peaks Island Health Center

87 Central Ave. P.O. Box 52

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

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

The Health Center Board is sponsoring an informational presentation on Alzheimer's Disease followed by a question and answer session. Please mark your calendars and plan to attend:

**Tuesday, December 8
1 PM to 2:30 PM in the Doug MacVane Community Room
Speakers: Mark Pechenik, Alzheimer's Association, Maine Chapter
Dan Wartenberg, Peaks Islander**

Alzheimer's Disease profoundly affects the lives of those who contend with it. Of the ten leading causes of death in America, Alzheimer's ranks sixth and is the only one that cannot be slowed, stopped or prevented.

Learn the signs and symptoms of Alzheimer's Disease and how to distinguish them from the vagaries of normal aging. Meet an island neighbor who is living with early-onset Alzheimer's and gain valuable insights from his personal perspective.

Take this opportunity to bring your fears about Alzheimer's into the open and discover how we as a community can support those affected by this illness. Because one way or another, Alzheimer's will affect us all.



The Health Center will be open regular hours during the holiday season except, of course, for the Fridays of Christmas Day and New Years Day. Happy Holidays, everyone!

News from Peaks Island Elementary School

By Renee Serio, Teacher Leader

With a special thanks to art teacher Allison Villani and the Culture Club of Portland, the third, fourth, and fifth grade students will spend a day immersed in the Arts this month. On December 3rd, our school children will travel to downtown Portland with their teachers and chaperones to enjoy TWO special events. First, the children will visit Portland Stage and watch the complete production of "The Snow Queen." Following the performance, all students will have an opportunity to meet the actors and ask questions.

Then, in the afternoon, the students of Peaks will walk over to the Portland Museum of Art where they will be guided on a one-hour tour. We are very grateful to the staff of Portland Stage as well as our own Barbara Hoppin who are previewing these two events with our students this week and next.

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 Bob Hannigan and his gracious staff for hosting our second annual "Buy One, Give One" food drive.

Through the generosity of our island neighbors, the food drive brought in six cases of food to help us as we go through the winter months—when heating bills start to impact family budgets.

If you would like to make a cash donation to the Peaks Island Food Pantry, please visit our website, 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 Skateboard Park Seeks Donations

The Peaks Island Skateboard Park seeks donations from members of the community so we can build it next year in the far right corner of Trott-Littlejohn Park.

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

Our website: www.peaksislandskatepark.org includes the plans.

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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 , 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 December Meeting

The next Peaks Island Council meeting will be held on Wednesday, December 16th, at 6:30 pm in the Community Room. All are welcome and encouraged to attend. The agenda for the meeting will be posted before the December 16th meeting.

SENIOR NEWS

It's time for our Holiday Potluck Luncheon!! On Monday, December 14th, we will be dining on roast turkey, compliments of the Peaks Island Lions Club. Come join us at the Fay Garman House at 12 noon for this festive luncheon. Please bring a side dish or dessert to share that compliments the turkey. Also, the Seniors will receive a visit from the Children's Workshop prior to our lunch.

We also wanted Seniors to know that we offer Chair Yoga 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 CHILDREN'S WORKSHOP: 71 Herman Avenue: 766-2854
www.picw.org



**THE PEAKS ISLAND CHILDREN'S WORKSHOP WILL BE CLOSED
THURSDAY, DECEMBER 24TH THROUGH FRIDAY, JANUARY 1ST FOR
WINTER BREAK**

A big thank you to all our parent volunteers who came to cook snacks and do fall art projects with us and to the Peaks Island Elementary School for having us over for the community Thanksgiving luncheon.

Even though the weather has slowly been getting colder, we have still enjoyed spending time outside walking around the island and playing in the big piles of leaves. Inside we have been making turkey puppets, painting individual cornucopias and talking about all the things we are thankful for. Next we will be preparing for snow and winter by continuing our family cooking unit and talking about hibernation and migration.

PICW is accepting applications for 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

FRIENDS OF TEIA

The Friends of TEIA's annual appeal for your financial support has begun and continues through December. The Friends of TEIA provides all year round Peaks Island children with the opportunity to participate in the summer programs offered at TEIA with cost to the families. Last summer 46 children received camperships in the tennis, sailing, kid's camp and pre teen programs. Drop by any summer day to see all the enthusiasm coming from all the children as they learn new skills and make new friends from afar. As one parent said: "The opportunity gave our son the chance to sail...but it really was not all about learning this skill.....but it's about facing challenges and developing decision making skills". As another parent said: "See ya, I'm off to TEIA", as he got on his bike and headed down the road.

To make this all happen each summer we encourage you to think about Friends of TEIA and what it offers your children or your neighbor's children and support us as you can.

Your tax deductible contribution may be sent to FRIENDS OF TEIA PO Box 87 peaks Island ME 04108. Thank you for helping to make special summer memories and learning opportunities for our island children.



PEAKS ISLAND LIONS CLUB



Peaks Island Children's Christmas Party

The annual Peaks Island Lions Club and Peaks Island American Legion, McVane, Post 142 Children's Christmas Party will be held at the Peaks Island Elementary School on Tuesday, December 22nd beginning at 3:05 pm. All Peaks Island children from birth through grade five are invited to attend. The cutoff date is Wednesday December 9th.

Signup sheets for children who do not attend the Peaks Island Elementary School can be found at the Hannigan's Market, the Peaks Island Café and the Peaks Island Library beginning about November 16th.

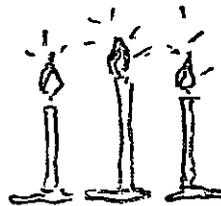
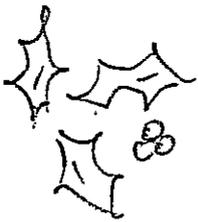
If your child does not attend the Peaks Elementary School, please sign up to assure that your child will receive an age appropriate gift.

Lions Club Grants

The Peaks Island Lions Club recently allocated funds to numerous community organizations including energy assistance to the three Peaks Island churches, various Lion Portland and Maine programs for the blind and other worthy Lion causes, the Peaks Island Little League, Tax and Energy Assistance, the Taxi, the Eighth Maine, the P.I. Music Assoc., the Friends Of Brackett Cemetery, the annual Christmas Party and Halloween Party, the Iris Network, Camp Sunshine, the Star and a 4th & 5th grade school trip. An allocation was also made should any P.I. students need follow up eye care after being screened at the school. Grant funds will be distributed shortly.

Additionally, a one thousand dollar scholarship was granted to 13 Peaks Island students who are attending a college or a technical school during the 2015 - 2016 school year.

Grant funds were obtained from Lion's volunteer and fundraising activities including: lobster bakes, the variety show, the road race, club rentals and private donations.



Peaks Island Music Association Annual Holiday Concert

There will be two performances of the Annual Holiday Concert on Sunday, December 13, one at 3 pm and one at 7 pm. Both are at Brackett Church, a cosponsor with the Peaks Island Music Association. This is a true community event for adults and children. Admission is \$5 adults/\$3 children.



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; 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.

SPECIAL EVENTS IN DECEMBER:

Saturday, December 12, 10am-2pm: Jingle Bell Fair and Silent Auction. Lots of treasures, silent auction, baked goods, work by PI artisans, Christmas decorations, lunch of delicious soup and bread. As has become tradition, our Silent Auction will continue through the intermission of the Holiday Concert on December 13. Thank you for your support!

Thursday, December 17, 7pm: Blue Christmas Service. This sacred time of year can also be a difficult one as we remember those who are suffering, those who are alone, and those who are no longer here to celebrate with us. Our Blue Christmas service is a candlelit time of Scripture, contemplation, and music to remind us that the Christ child was born in the midst of suffering and oppression. Emmanuel (God With Us) experiences our pain alongside us and is our source of hope in times of sorrow as well as joy.

Friday, December 18, 6:30pm: Monthly Family Movie Night. Join us in the Church Family Room for this month's movie: "The Santa Clause" (Rated PG). "Rooftop clatter leads to merry adventure after Santa falls down on the job, and Scott Calvin's son Charlie convinces dad to try on the red suit." Starring Tim Allen.
CVLI LICENSE# 503894391

Thursday, December 24, 7pm: Christmas Eve Worship. Join us for a community, multi-generational celebration of the birth of our Savior. Through Scripture, story and song, we will again live into the promise of Emmanuel.

Borrowing Medical Equipment ?

Need to borrow medical equipment such as wheelchairs, walkers, or crutches temporarily? They are available from the Health Center and St. Christopher's Parish.

The equipment is stored in the St. Christopher's Parish House and 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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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.

Christmas Mass will be at 10 AM on Friday, December 25th.

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, December 15th in the Parish House.

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BABY BASKETS

Parishioners of St. Christopher's are assembling newborn baby care items to make baby baskets for single mothers in need. The baskets will be delivered to Mercy Hospital and Maine Medical Center, for anonymous distribution during the Christmas Season.

If you would like to donate brand new, unused items, they can be dropped off to St. Christopher's Parish House Sunday morning between 9:30 AM and 11:30 AM, before December 13th.

Some items that will be included: newborn diapers, baby wipes, baby shampoo, baby wash, small baby clothes and baby blankets.

FIRST ANNUAL CHRISTMAS WASSAIL

St. Christopher's parishioners will host their first Christmas Wassail on Wednesday, December 23rd from 6:00-7:30 PM. All are invited to join us in singing a few Christmas carols while we drink cider and hot chocolate, and eat chili around small campfires. If the fires aren't warm enough, we'll have the warmth of our Parish House but we're pretty sure the children will want to stay outdoors and enjoy a winter s'more or two!

FREE PASSES

The library has free passes to the following Museums that are open all year. To find out more about them, you can go to the library web site (www.portlandlibrary.com) and type in Free Passes in the search the catalog box. There are other passes to seasonal places, but these are open now:

Southworth Planetarium on the USM Portland campus: admits 6 people.

Portland Museum of Art: admits 2 adults and up to 6 children. Available all year.

Maine State Museum in Augusta: admits 4 people.

Call (766-5540) or come in for more **information**. And enjoy!



207.518.0000 (Call for reservations)

Island Transportation System (aka TAXI)

Hours of Operation: 8:15 AM – 8:15 PM

Rate: \$3.00 Zone 1

\$5.00 Zone 2

Where to Find Us: *Down Front at the Casco Bay Lines Ferry Dock*

The Island Transportation System is actively looking for drivers. For more information contact any ITS Driver or Norm Proulx at norm_proulx@myfairpoint.net

Our * new * Web address: www.peakstaxi.org

Peaks Island Community Emergency Response Team (CERT)
The Peaks Island 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.

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December 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

CLOSED Friday, December 25 -- OPEN Saturday, December 26

FIRST TUESDAYS BOOK DISCUSSION – The following books for 2016 have been chosen: January 5 – *Our Souls at Night* by Kent Haruf; February 2 – *River of Doubt* by Candice Millard; March 1 – *Same Kind of Different As Me* by Ron Hall; April 5 – will be a combined adult and Peaks Island School 4th/5th graders. Book still TBA; May 3 – *Go Set a Watchman* by Harper Lee; June 7 – *Dead Wake* by Eric Larson; July 5 – *Killer Angels* by Michael Shaara.

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.

Middle School Book Club will meet on Tuesday, December 15th at 5:45 pm. Join us for hot chocolate and treats. All middle school students are welcome.

Homestart News:

Following up passage of the ordinance allowing Accessory Dwelling Units (ADUs) on Peaks, we met with City planners to learn precisely how it will work. The devil, as they say, is in the details. Implementation regulations are still being worked out, including updated rent and renter guidelines. Once these have been determined, we will hold a community meeting, with City officials in attendance, to go over the program in detail. This should happen by February. In the meantime, if you have specific questions, feel free to contact Housing Planner Tyler Norod, TNN@portlandmaine.gov, 482-5028.

The next Homestart meeting will be on Dec. 4 at 9 am at the Fay Garman Community Room.

LORETTA VOYER FUND

To ease the journey for islanders undergoing treatment for cancer and other life-limiting illnesses, the Loretta Voyer Fund (LVF) provides tickets for a vehicle and passenger.

Fifteen years since the Fund's founding, the number of requests for tickets continues to increase. The Board of Directors is grateful to all who have donated to the Loretta Voyer Fund in the past, and hopes that you will consider renewing your commitment to helping the Fund keep pace with our island's growing needs.

Those interested in requesting tickets or making a tax-deductible donation may speak to any member of the LVF Board: Mary Arnold, Melissa Conrad, Kathy McCarthy, Cheryl Miner, Judy Piawlock, Jan Thomas, Suellen Roberts (207 766 2161; sbwatersedge@earthlink.net).

Visit and support the Loretta Voyer Craft Fair Saturday, December 5.

DECEMBER 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. Please plan ahead as Denise works just part-time on the island – Mondays, Thursdays and Fridays. See Denise’s schedule on her bulletin board in com. bldg.. Best way to contact Denise is via email at DLM@portlandmaine.gov or leave a message at 766-2970.

COMMUNITY TREE LIGHTING – SATURDAY, DECEMBER 5 4:00 – 5:00 pm “Living Tree” down front
Everyone invited to attend this annual event; refreshments after tree lighting at Peaks Café. Donations accepted for Food Pantry.

**WEEKLY THURSDAY GET-TOGETHERS:
KNIT, CHAT and BYO LUNCH**

Thursdays, December 3, 10, 17 10:45-11:45am
Join us as we complete our 5th year of knitting for charity. A limited number of items will be for sale on Dec. 3 and 10. Hats & scarves are \$7 each; dishcloths are \$2. Proceeds buy much needed gloves and socks to donate.

LAUGHTER YOGA CLUB (com. rm.)

Monday, December 7 AND January 4
10:30 – 11:00 am (may extend longer)
Learn to laugh at nothing at all and gain the health benefits that laughter has to offer. All welcome!

SHOPPING TRIP: KOHL’S and SHAW’S

Monday, December 7 12:45 pm boat/4:30 pm
Now’s a good time to buy gifts or groceries for the holiday season. Return time is subject to change. Van fee from CBL is \$5 with minimum of 6. Register by December 5.

END OF THE YEAR BINGO (& end of prizes!)

Monday, December 21 10:45 – 11:45 am
Stop by the community room for a chance to win some “great” prizes. Denise would like to clean out her stash so now’s the chance to get “2 for 1”. Don’t pass this up!

END of YEAR PARTY – 2015 in REVIEW

Monday, December 28 10:45 – 11:45 am
No need to wait until Dec. 31 to enjoy a New Year’s Eve party. Enjoy light refreshments, photos and some fun activities. Bring your ideas for new activities for 2016.

On-going exercise programs for Adults

Mondays & Thursdays
LOW IMPACT AEROBICS & WEIGHTS
9:30 to 10:30 am in community room
Tuesdays: (subject to change if minimum hasn’t been met)
ADULT BASKETBALL 6-8 pm, PI School Gym
Fee: \$2 res/\$3 non-res



November Movies – Saturday Nights – FREE

6PM 5	<i>Christmas Story, 1983, PG, 83 min</i>	8PM 5	<i>Still Alice, 2014, PG-13, 101 min</i>
12	<i>Beauty and the Beast, 1991, G, 92 min</i>	12	<i>20 Feet From Stardom, 2014, PG-13, 89 min.</i>
19	<i>Ice Age, 2002, PG, 81 min</i>	19	<i>Moonrise Kingdom, 2012, PG-13, 94 min</i>
26	<i>No Movies on December 26. See you Next Year!</i>		

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: Friday, December 25, by 6 pm. Bring articles copy-ready to the library. You may put them under the door or in the Book Return when the library is closed. Note that the deadline is Christmas Day. You may want to turn in your articles early.

Thank you to an anonymous donor for a contribution for the expense of printing the STAR.