Bay Lines terminal renovation project plans discussed

Members of Scott Simon Architects design team present ideas on Peaks Island

BY KEVIN ATTARA

Austin Smith and Scott Simon of Scott Simon Architects presented floor plans for remodeling the Casco Bay Lines terminal building to about 30 Peaks Island residents. Wednesday, Feb 15 at the MacVane Center in order to get public input on the proposed design.

Though Smith said the architects have held several workshops on the design to date, it was the first with any of the islanders.

The architecture firm, originally established in New York City in 1983, has designed the Freeport Community Center, the Knox County Courthouse and the Portland Public Library among other notable projects.

The ferry terminal is slated for renovation using matching federal grants of $5 million. The work will be conducted in two or three phases over an estimated five-year period.

According to Smith, when the terminal was built in 1988, it was designed for a ridership of 500,000 a year. That number has since doubled. In addition, he said that the boats used to operate out of gates 1, 2, and 3 would become lockers and showers for the crews. The sidewalk on the street side of the terminal would be extended to 12 feet and covered with a canopy extending to the parking garage. Although the architectural plans for the building itself seemed definitive, ideas for handling vehicle traffic at the terminal were much less certain.

The designers thought of relocating staff and taxi parking along the Whale Wall, but General Manager Hank Berg, who said he'd been meeting with city officials, said, "That is not a done deal." There was also some concern that any work done on the State Pier, which is being considered for renovation, would impact that design. According to Berg, the city has already arranged to stage tests that attend the cruise ships in the Ocean Gateway lot.

A lot of public comment focused on traffic congestion, where passenger cars, delivery trucks, school buses and METRO buses congregate along the entire length of the terminal, especially around the freight shed and gate 5.

By consolidating bus and ferry waiting into one space and relocating it to the congested end of the building, the architect's plan seemed to actually compound the problem.

The addition of an extra lane or parking along the Whale Wall also appeared to diminish the size of the travel time, though Smith said that had been compensated for by narrowing and relocating the center island divider.

There was also some question about the energy efficiency of the design and also about the cost to construct such a dramatic waiting area with its 20-foot high curved glass walls.

The project is estimated to cost $2 million in the first phase, of which the Bay Lines will have to supply $500,000. The second phase requires an additional $1 million ($200,000 from the Bay Lines) with a total cost not to exceed $5 million.

At the CBTBD board meeting the following Thursday, Treasurer Bill Overlock indicated that ticket prices wouldn't necessarily increase to cover the District's share of the cost, though he was vague about what funding sources would be available.

The project is still in the early design stage.

Peaks Island resident Keith Hults makes a point during a presentation of architectural plans for renovation of the Casco Bay Lines ferry terminal on Wednesday, Feb 15. staff photo

Regular Features

Letters p. 4
PIEs p. 5
The Puzzle p. 6
Bio p. 6
Star Gazing p. 7
It's a Living p. 8
Fifth Maine p. 9
Recipes & Ramblings p. 10
Community Notes p. 11
Events Calendar p. 12
Business Directory p. 13

In the News

News Briefs

PILP address decline in island populations; islanders in the arts; and a note from the Department of Public Accomplishments.

Maintenance and Repairs at Bay Lines

The Maquoit II will be out of service for four to five weeks beginning March 5, and the Little Diamond pier undergoes major renovation.

Yoga & Holistic Health

Contributor Leslie Hartwell of Long Island, owner of Casco Bay Yoga, launches a new series on yoga and health.

In the Arts

Boyd Gallery Reopens

Art editor Betsey Remage-Healey reports on the newly renovated art gallery. It's grand re-opening this month features a retrospective exhibit of works by eight Peaks Island artists from the 1970s and 1980s.

Events Calendar

Letters

PIEs

The Puzzle

Bio

Star Gazing

It's a Living

Fifth Maine

Recipes & Ramblings

Community Notes

Events Calendar

Business Directory

Bay Lines terminal renovation project plans discussed

Members of Scott Simon Architects design team present ideas on Peaks Island

BY KEVIN ATTARA

Austin Smith and Scott Simon of Scott Simon Architects presented floor plans for remodeling the Casco Bay Lines terminal building to about 30 Peaks Island residents. Wednesday, Feb 15 at the MacVane Center in order to get public input on the proposed design.

Though Smith said the architects have held several workshops on the design to date, it was the first with any of the islanders.

The architecture firm, originally established in New York City in 1983, has designed the Freeport Community Center, the Knox County Courthouse and the Portland Public Library among other notable projects.

The ferry terminal is slated for renovation using matching federal grants of $5 million. The work will be conducted in two or three phases over an estimated five-year period.

According to Smith, when the terminal was built in 1988, it was designed for a ridership of 500,000 a year. That number has since doubled. In addition, he said that the boats used to operate out of gates 1, 2 and 3, but now mostly run from gates 4 and 5.

Work that has to be done at the terminal include replacing the dolphins, pilings and the pontoon ramp at gate 5, repairing leaks in the freight roof and office walls, and repairing structural trusses at the gates.

In addition, covering the gate 4 staging area with a roof and expanding the restrooms, waiting room and freight area are high priorities in the project.

The new design is intended to accommodate more people and reflect the shift in use of the building by relocating the waiting area to the end facing gates 4 and 5, enlarging it significantly and extending the roof to cover the outdoor waiting areas. A platform over gate 4 would also be constructed to cover it and serve as an observation deck and waiting area on top.

New restrooms similar to the ones in the new Portland library would be installed in the waiting room adjacent to the freight shed, putting them farther from public entry points in order to cut down on foot traffic and allow easy supervision by staff.

The old waiting room would be converted into a conference room, and the existing restrooms would become lockers and showers for the crew. The sidewalk on the street side of the terminal would be widened to 12 feet and covered with a canopy extending to the parking garage. Although the architectural plans for the building itself seemed definitive, ideas for handling vehicle traffic at the terminal were much less certain.

The designers thought of relocating staff and taxi parking along the Whale Wall, but General Manager Hank Berg, who said he'd been meeting with city officials, said, "That is not a done deal." There was also some concern that any work done on the State Pier, which is being considered for renovation, would impact that design. According to Berg, the city has already arranged to stage tests that attend the cruise ships in the Ocean Gateway lot.

A lot of public comment focused on traffic congestion, where passenger cars, delivery trucks, school buses and METRO buses congregate along the entire length of the terminal, especially around the freight shed and gate 5.

By consolidating bus and ferry waiting into one space and relocating it to the congested end of the building, the architect's plan seemed to actually compound the problem.

The addition of an extra lane or parking along the Whale Wall also appeared to diminish the size of the travel time, though Smith said that had been compensated for by narrowing and relocating the center island divider.

There was also some question about the energy efficiency of the design and also about the cost to construct such a dramatic waiting area with its 20-foot high curved glass walls.

The project is estimated to cost $2 million in the first phase, of which the Bay Lines will have to supply $500,000. The second phase requires an additional $1 million ($200,000 from the Bay Lines) with a total cost not to exceed $5 million.

At the CBTBD board meeting the following Thursday, Treasurer Bill Overlock indicated that ticket prices wouldn't necessarily increase to cover the District's share of the cost, though he was vague about what funding sources would be available.

The project is still in the early design stage.

Peaks Island resident Keith Hults makes a point during a presentation of architectural plans for renovation of the Casco Bay Lines ferry terminal on Wednesday, Feb 15. staff photo

Regular Features

Letters p. 4
PIEs p. 5
The Puzzle p. 6
Bio p. 6
Star Gazing p. 7
It's a Living p. 8
Fifth Maine p. 9
Recipes & Ramblings p. 10
Community Notes p. 11
Events Calendar p. 12
Business Directory p. 13
News Briefs

CONTRIBUTORS: RHONDA BERG, SUSAN HANLEY & KEVIN ATTRA

PILP Helping Rebuild
Swallow Population

The Peaks Island Land Preserve has begun a new Swallow Project, under the guidance of ornithologist Mike Steinberg. PILP volunteers will construct a number of nesting-box birdhouses in an effort to repopulate the once indigenous birds.

Swallows are acrobats of the sky and voracious mosquito eaters. PILP hopes to enlist some of the children on the island to help with assembly and monitoring of nesting activity. Locations of the nesting boxes will be posted online.

To sponsor a birdhouse, please send $20 (tax-deductible) to Peaks Island Land Preserve, P.O. Box 99, Peaks Island, ME 04108.

Peaks Islanders Involved with Portland Ballet Production of Giselle

We have a few very nice Peaks Island connections with the Portland Ballet, production of Giselle. On March 17 and 24, Julia Conley and Grace Byrne, both students of Portland School of Ballet, are in the east; and Arthur Fink is creating a photo journal of the rehearsal process, which will be posted on the ballet company's website (www.portlandballet.org) in conjunction with its blog. Giselle, a story of love, betrayal, madness, revenge, and forgiveness is among the most famous and enduring of the romantic ballets.

Dianne Dervis stars in Aladdin

Peaks Islander Dianne Dervis is discovering a whole new world this year, at Thornton Academy. The sixth-grader says she loves school and is keeping very busy with homework and extracurricular activities, not the least among them being a starring role as Jasmine in the school's production of Aladdin.

January's two-night show was filled with genie magic and impressive special effects for a student-produced middle-school musical. Magic carpet rides, costume changes at the snap of a finger, and characters disappearing from stage added to the theatrical performance. Dianne was as comfortable singing the duet "A Whole New World" with her costar, Gabe (photo bottom left), as she was in the big stage numbers like "Arabian Nights."

Besides being part of Thornton Academy's theater troupe, Dianne is running track and taking up lacrosse. She says she misses Peaks Island and comes back to visit often. She's making new friends at her new school but "just hanging out on Peaks" is still one of her favorite things to do.

From the Department of Dubious Accomplishments

Peaks Islander Jay Desmond (below) became the first Casco Bay island resident to be awarded a coveted personal chalice at the Novare Res Bistro Café in the Old Port on Thursday, Feb. 9.

It was not a secret rite of passage: Desmond had invited anyone he ran across, including the press (me). When I arrived, several islanders were already at the bar, allegedly keeping it warm.

The staff were also well aware of the event, and barkeeper 'Wheatie' gave him a high-five as he sat down.

"She's a hottie," Desmond divulged.

The chalice is awarded to people who drink 230 specific beers selected from over 300 offered by the establishment. Jay was the 95th person to earn one. It had taken him nine months.

"When I start something, I've got to get it over with," said Desmond. "In the kind of guy I took a liking lesson, didn't stop till I bought a plane."

The ostensible mission of the bar is to create an uprising, which you can't have without a mob, and of course the only way to generate a mob is to get lots of people drunk, hence the chalice.

Once you've earned the chalice, however, it's not clear what you will be rising up against other than gravity - many of the beers have an alcohol content near 10.0%.

Desmond's final brew was a 250 mL bottle of Signature Ale by Belgian brewer De Proef Brouwerij, alcohol 8.5%. Delicious.

The staff were also well aware of the event, and barkeeper 'Wheatie' gave him a high-five as he sat down.

"She's a hottie," Desmond divulged.

The chalice is awarded to people who drink 230 specific beers selected from over 300 offered by the establishment. Jay was the 95th person to earn one. It had taken him nine months.

"When I start something, I've got to get it over with," said Desmond. "In the kind of guy I took a liking lesson, didn't stop till I bought a plane."

The ostensible mission of the bar is to create an uprising, which you can't have without a mob, and of course the only way to generate a mob is to get lots of people drunk, hence the chalice.

Once you've earned the chalice, however, it's not clear what you will be rising up against other than gravity - many of the beers have an alcohol content near 10.0%.

Desmond's final brew was a 250 mL bottle of Signature Ale by Belgian brewer De Proef Brouwerij, alcohol 8.5%. Delicious.

He prefers Trappist beers but is also a fan of anything by Baltimore brew master Brian Stillwater (real name Strumke), proprietor of Stillwater Artisanal Ales. Stillwater is so renowned that he gets flown to ale houses throughout the world to brew custom beers.

Last year Stillwater came to Novare Res and spent the evening drinking with Desmond. The bar had 15 Stillwater beers on the menu, which apparently astonished the bierwuer. Desmond said Stillwater had never seen so many of his own labels in one establishment.
At Casco Bay Lines

Maintenance and repair work dominate this month

BY KEVIN ATTRA

At its regular meeting on Thursday, Feb. 23 the Casco Bay Island Transit District board of directors voted to approve a modification to the new 4:15 p.m. downbay run to the Diamonds and Long Island allowing the captains to make whistle stops at the Great Diamond state pier.

An audience member suggested that to keep the ride from being delayed the boat should not stop at both the state pier and the Cove, but only one depending on demand. Although it was noted that to date there have always been passengers disembarking at the Cove, the board agreed to put the matter on next month’s agenda.

A three percent increase in ticket prices for special cruises and excursions was also approved, which will affect the Mailboat, Sunrise, Sunset, Diamond Pan and Moonlight runs, as well as the Bailey Island cruises.

The Little Diamond pier is undergoing major renovation this month, and will be shut down for the next six to eight weeks. Service to the island is being provided by water taxi, which has been contracted for this purpose. Riders must be scheduled in advance.

The taxi is scheduled for departure from Portland at 8:15 a.m., 5:55 p.m. and 5:20 p.m. weekdays (10:05 a.m. downbay run to the Diamonds and 10:00 a.m. on weekends), and from Little Diamond at 8:20 a.m., 2:00 p.m. and 5:20 p.m. weekdays (10:05 a.m. on weekends).

Casco Bay Lines will also accept Little Diamond tickets for those passengers who choose to go to Great Diamond and back to Little Diamond during this service hiatus.

The state pier on Great Diamond will also be reduced beginning in May, followed by repair work to the fenders at the Long Island landing, but ferry service will not be interrupted for either project.

The Maquoit II will be out of service for a dry dock and Coast Guard hull inspection beginning on Monday, March 5, and should take approximately four to five weeks, depending on the weather.

While the Maquoit is out of service, customers will need to schedule large commercial freight orders, including lumber, through the District’s freight office (674-7871, ext. 116). These shipments will generally be transported Wednesdays on the 10:00 a.m. downbay departure using the Machigonne II while the Maquoit is at the shipyard.

Minutes for the annual July board meeting, which were produced for the first time this year as a result of action by board member Frank Peretti, were approved after being amended based on discussion at the January meeting.

According to General Manager Hank Berg, minutes of the July meeting were traditionally not transcribed because there were never any actions for the board to take on the agenda — it is essentially a shareholders meeting and information exchange with the public.

Peretti felt that a record of the public comments and concerns raised at that meeting should be kept in order to demonstrate that the District was addressing them. At last year’s meeting there were several questions about the budget and freight procedures that went unanswered.

In addition, Peretti also questioned the need to both a general manager and an operations manager, observing that before Berg was hired, Operations Manager Nicholas Mavudones Jr. had filled both roles.

After the minutes were approved at February’s meeting, Peretti asked when answers would be given to those questions Berg said he would not say.

In his financial report, Treasurer Bill Overlook said revenue to date exceeded $200,000 of fuel per year.

He added that the District is still waiting to get the fuel price correction estimate that before Berg was hired, Operations Manager Nicholas Mavudones Jr. had filled both roles.

February

12:49 1 Animal Complaint City Point Rd
18:22 3 Domestic Dispute/Assault Luther St
13:00 4 Landlord/Tenant Prob Peaks Island
08:41 6 Busy At A Meeting Church Ave
15:21 7 Stalker Island Ave
15:49 7 Check Well Being Island Ave
13:31 12 Assst Citizen Island Ave
16:35 17 Theft Peaks Island
04:37 22 Assst Fire Dept Luther St
07:45 25 Investigation Peaks Island
13:45 26 Alarm/Burglary Central Ave

Count 11

Total Count 31

Received Feb 28
Peaks Island Children's Workshop Update

As of Jan. 1, we have undergone a major transition in order to continue to meet the needs of our expanding Island. The PICW board determined our best action would be to become a Small Facility accredited under NAFCC with a license for up to 30 children at a time. For the last 10 years we have been licensed for up to 30 children, so this will allow us to accommodate the need for full-time care on the island resulting in less enrollment.

To continue to be a viable organization, we needed to change our licensing so we can more easily care for infants and toddlers at this time, and we still have a few open spots. We hope the board will keep it strong.

This change in license also means that we can more easily care for infants and toddlers, which had been difficult under the old regulations. In addition, we would like to continue to be a Small Facility accredited under NAFCC and we are extremely optimistic about our future. We already have a Site Visit, and are in the process of planning a Site Visit for the current kindergartners. The curriculum at the PICW is a blend of the Reggio Emilia approach and teacher-led instruction. This means that the teachers observe the children's interests and then utilize these passions in both instruction and play. For instance, the preschoolers have all been very interested in dogs and have been learning about them. We have had them read books, put on plays and puppet shows, learning songs, creating dog art projects and even hosting visits from beloved community canines. One of their favorite experiences was the Downward Dog. In addition to this fun and interactive kind of play the preschoolers have been enjoying, we have utilized the response to our Amazon wish list http://www.amazon.com/gp/wishlist/1XQ53LRMF (Wish/Wishlist-PICW/2648670_whoaid_wish) and the new kitchen has been a huge hit! Thanks also to fellow island nonprofit Peaks Island Environmental Concerns. For giving us the Earth Day book we requested. Islanders realize that a thriving preschool feeds into the elementary school and is essential for a healthy year-round community. We truly appreciate the care, concern and enthusiasm that is exhibited towards our organization.

Please join us for the following upcoming events: Friday, March 10, 2:00-5:00, Ladies Clothing Swap at Betty Stout's House, 549 Island Avenue. Bring some of your gently used clothing, take home someone else's clothing. Accessories, shoes, coats, all manner of clothing welcome. Suggested donation of $5 to the PICW.

We are also having an Open House/PICW Board Meeting at the PICW on Saturday, March 14, 2:00-3:00, Open House at the PICW. Bring the family! Come and see the revamped facilities, meet our new teachers, and see the photos of the children at play at our after school, enjoy some snacks. During the month of May, March 5, 1:00-7:00, Annual Cinco de Mayo Auction at Jones Landing. Enjoy a great meal and bid on a variety of items and events! Christina Foster, PICW board of directors from Congresswoman Chellie Pingree

Maine Veterans Issues Update

With so many Mainers having served our country, veterans are one of the top priorities as a Member of Congress and the House Committee on Veterans' Affairs. Since I took office this past year, I wanted to give you the latest news on veterans programs and benefits, as well as tell you about an opportunity for you to help a fellow veteran.

I've heard from many military families about how better budget decisions can mean the difference between making it and missing it. With the Congressional Super Committee failing to reach a consensus on reducing the deficit, many we are concerned the automatic cuts that will occur across the federal government in January 2013. As they should be, military retirement programs are exempt. I oppose any increases to Tricare premiums and believe military retirement programs should remain different than civilian retirement plans. Military retention and recruiting depend on an attractive retirement plan— we need to keep it strong.

I also oppose the Pentagon's proposal to drastically change the U.S. Family Health Plan— administered in Maine by Dr. Mamie Foss -- to reduce the benefits that are available under the plan. The success and popular program should continue running as it currently does.

One issue I've been proud to work on is military sexual trauma (MST), a troubling problem for thousands of men and women who serve in uniform. Many from Maine have contacted me with their stories of sexual assault or sexual harassment while they were in uniform. Adding insult to injury, these veterans have had to overcome hurdle after hurdle to get the help they need.

Recently introduced H.R. 930, a bill that would make it easier for veterans who were sexually assaulted in the military and now suffer from post-traumatic stress disorder (PTSD) -- to obtain disability benefits from the Department of Veterans Affairs. The bill currently has 30 co-sponsors, and similar legislation has been introduced in the U.S. Senate.

I am also working with the Veterans Administration to request that it implement these changes as soon as possible. In response to my efforts, the VA has issued additional training for claims representatives and will identify MST-specific claims representatives at all Regional Offices. I will continue working to make this rule change permanent.

Another troubling problem for veterans that has been unaddressed is in fact, the unemployment rate for veterans--12 percent is much higher than the national average. I'm glad the U.S. Department of Labor has launched two new initiatives geared toward helping unemployed veterans find jobs.

The Gold Card Initiative provides six months of intensive reemployment and care management through all one Stop Career Centers. For more information, go to www.BetterCareforVeterans.gov.

My Next Move (www.mynextmove.org) is a site for veterans that provides a quick and simple search engine and links to military experience and skills with similar civilian careers and training. There are also tips on effective resume writing.

One recent piece of good news is that Southern Maine veterans can now get care closer to home. I was happy to attend the ribbon cutting ceremony for the VA's new

Printed by the Times Record, Brunswick.

I, the two people I did not have their last name's for were their following: Judith Pelletier (not MacAllister), Betsy Marieau-Healy (not Scout), Denise Maclean-Healy Portland Recreation Department

I, the two people I did not have their last name's for were the following:

• Judy Pelletier (not MacAllister)
• Betsy Marieau-Healy (not Scout)
• Denise Maclean-Healy

Portland Recreation Department
Three days each week "Blue Totes" move silently between the main land and the island, unnoticed by island commuters. Volunteer Larry Blake (in photo) carefully moves the blue totes to our library for distribution.

Each tote is a treasure, and may contain thousands of words, musical notes and pictures.

Words carefully, thoughtfully and skillfully arranged into sentences, sentences combined to create paragraphs, paragraphs arranged into chapters, chapters bound together as books. Musical notes melodically arranged into songs, paragraphs arranged into chapters, chapters bound together as books.

This collection, in the form of books, CDs or DVDs has traveled many miles from one library for a short visit to our island library. Each article has started its journey with a personal request by an islander. A title, author or subject may be all that is needed to start a three-tiered interlibrary search.

First a digital search of the Portland Library System, followed by a scan of the Maine Catalog’s 110 state libraries, and finally a search of the Interlibrary Loan (ILL) or World Catalog. A library somewhere in the system may have the item available and will agree to release it.

Searching, locating, requisitioning and distribution are all part of our public library system, supported by taxes, open to all and serving our informational needs without charge.

Become part of this magic and request your treasure today, there could be something in the Blue Tote that will enchant your life.

---

This morning on the ferry I announced to my companion, "I smell spring!" A raised eyebrow appeared. Perhaps I didn’t smell it, though I felt it and heard it.

Each day I depart early and arrive late to my Island home where I know I can count on the familiar sounds of buoy bells and the rolling surf.

Though this remains constant, the days offer an opportunity for change.

Each time I’m out on the bay I’m aware of the forces of Mother Nature, since her full strength is shown, as well as her lovely demeanor. I look forward to longer days when sitting on the bow is my ritual. On stormy days, with gusts up to 40 mph, the boat ride bobs up and down like a playful whale riding the large swells.

Today spring is announcing its arrival. The sun is rising a bit earlier, the birds are abundantly vocal and the wet smell of earth is revealing itself.

Spring either arrives early and strong, or late and soft. It is a time of growth, where the sky can be bright and doleful or heavy and moody with cloud. It can feel like a long time coming, but surely it arrives, nature guarantees.

As I prepare for a weekly yoga class I recognize that this year’s late-to-start winter and now-coming spring remind me to practice what I encourage in others with yoga: “Embrace what comes, and notice what is.” But now, unaccustomed to this balmy air limbo I wonder what lies next?

In Ayurveda (Indian healthcare system) it is believed that we are in tune with the rhythm of nature. The well-defined seasons of the Northeast can ground us, giving us something we can expect or count on.

In the spring we feel springy, ready for change. We are adaptable. In the summer we also have lots of pep as we adjust to longer days, (Ayurveda and yoga have great ties to the energies of the sun - think sun salutations, Surya Namaskar.) In autumn we squirm away for our needs. Winter is that dormant, yet needed season to reflect and store up energy for days ahead.

Each season has its own personality and fond memories. In yoga we learn that the body mind also has memory. The Sanskrit word for this is Samskara, which means the etchings on the heart or mind, or remembering.

My yoga practice has taught me to become a good listener, not only to the wind and the sea but to me. This is the common view of awareness in Eastern philosophy and healthcare. One learns to feel things in one’s body before the onset of illness. The Western view has a tendency to look to others in the health profession after the onset of illness. The inner wisdom that we possess is often overlooked.

Ayurveda literally means “the knowledge of long life”. In both ayurveda and yoga we are encouraged to listen to all parts of the body for signs of distress (poor digestion, lack of sleep, fatigue) in order to achieve balance. When balanced we can move with ease, age gracefully, eat appropriately and sleep soundly.

In India, where ayurveda is passed down verbally, everything about the body and mind is considered, from past injuries to emotional stress. Wellness is found through a complete understanding of diet, activity and lifestyle. Basic understanding of these principles and the practice of listening can keep us out of harm’s way before serious illness strikes.

The growth of yoga is evidence that folks are becoming more aware and practiced in this listening. I recall in the 1980s when Jane Fonda’s mantra was “no pain, no gain.” Yoga has the opposite message: We are encouraged to show wisdom instead.

In yoga class we learn that simple messages like tiredness, headache or muscle tension are important signs designed to halt us into listening. Pain is our body’s way of asserting itself. Yoga can be an opportunity to listen with wisdom.

As the Taoist uses the precept of gentleness to express power, we use yoga postures as a path to wellness. The body begins forming its own memory of stretching, strengthening and healing as your practice gradually repairs it.

In the coming months Yoga and Holistic Wellness articles will explore the three body types, how much rest we really need, what foods work best for weight loss, what kind of exercise is needed to sustain health, and how stress affects longevity.

---

YOGA & Holistic Health

BY JERRY GARMAN

The Magical Blue Totes

BY LESLIE HARTWELL

---

2012 Island Directory

Covering 10 Casco Bay Islands

With updated listings and island friendly advertisers, large print, handy spiral binding, lots of “notes” pages for your often used numbers. Proven indispensable since 2001. Makes a great gift! Available at:

CASCO BAY LINES
ANDY’S OLD PORT PUB
HANNIGAN’S ISLAND MARKET
THE BOAT HOUSE
and on-line at phonebookpublishing.com

For more information or wholesale opportunities call 766-5997

Linda Hartwell lives on the town of Long Island. She leads wellness workshops, weight loss groups and addiction recovery circles. She has been practicing yoga for 12 years and owns Casco Bay Yoga. In addition, she trains yoga instructors for certification at her school in Cornish, Maine, Well Heart Yoga Teacher Training School. You may email her at info@CascoBayYoga.com.
ACROSS
1. U.S. rock band with most gold albums
5. Holocaust in 1945
11. Statute
14. This in Valladolid
15. Pakistan city of 9 million
16. UK band that sold 50 million records
17. Hedy Lamarr had it
20. Former anticommunist org.
21. Dulles Int'l
22. Kind of store
23. Most famous beatnik ever
27. Mayday
29. Famous labor union (abbr.)
30. Dir. from Bonn to Berlin
33. Pub order
36. Pleasant refuges
40. Take-out favorite
43. Prefix with phobia and phagia
44. Not poor
45. Antebellum mansion
48. Rel. of BMT and IRT
51. Australian feminist
57. Swill
58. Much-cultivated leaf
59. Delon or Prost
61. Trendy dog breed
62. Company since 1837
68. Rippled
69. Pearl Jam's first album
70. R.L. Stevenson character
71. Girl's name

DOWN
1. Underpants (UK slang)
2. Underpants (UK slang)
3. Titanic, e.g.
4. They can be deviated
5. Buff tail?
6. Comic book sound
7. Atheist Madalyn
8. Tenn used by Plato and Leibniz
9. Card game
10. Black or yellow
11. Volumes
12. Buzz Lightyear and Woody
13. Fantasized
14. Scruff
15. Senescence
16. Ken in Scotland, to a Brit
17. Pinch pennies
18. Seventh Roman emperor
19. Joana's sight
20. Exotic Australian fish
21. Home to 6 million Irish
22. Try to bite
23. Kind of coffee
24. Bouquet
25. Vacillate
26. Ripped
27. Try to bite
28. Dr. Grafenberg's discovery
29. Delight
30. Christian acronym

SOLUTION TO LAST MONTH’S PUZZLE

GREAT PIZZA
Only steps away from your boat.
Eat in or “Island Baked” to travel.

by Palmer

WINNING CAPTION for Jan/Feb. Please see page 11 for next month's cartoon. Send caption ideas to kattr@islandtimes.org

"Stop leaving carbon footprints in the house!" - J.S., Oakland, CA
Star Gazing

March is the month of the Vernal Equinox, the astronomical start of spring in the Northern Hemisphere. At 1:14 a.m. on March 20 the sun crosses Earth’s equator, heading north. On that day Earth’s polar axis turns exactly sideways to the sun, which rises directly east and sets directly west. ‘Equinox’ means equal night, referring to the relative lengths of day and night, but actually those are never equal on the equinox. For that phenomenon we have a different term, ‘equilux’, which occurs on March 17 this year. On that day day and night are each exactly 12 hours long.

This month comet Garradd is readily visible in the north, passing just above the Big Dippers front lip. The comet is somewhat of an odd-ball. With an orbit a bit wider than Mars’ orbit, it moves rather slowly across the sky. It reaches perigee (closest to Earth) on March 5, but even then it’s further away than the sun. During the third week of March, the moon will be out of the way, so use binoculars after sunset to scan the northern horizon, looking for a greenish fuzz-ball amid the pinpoint stars.

**PLANETS**

This month presents an outstanding opportunity for planet-watchers, as Venus and Jupiter will sit side by side on the evening sky by March 12, like a pair of heavenly headlights. Of course, they are not actually that close - they just appear that way to our line of sight. Venus is only 67 million miles from the sun, but Jupiter is 440 million miles away. The planets could not be more different: Venus is a small inner planet, with a rock-solid surface; Jupiter is a giant outer planet composed primarily of hydrogen gas. Venus rotates upside down and very slowly - less than once per Venutian year; Jupiter rotates once every 10 hours. Venus has no moons, but Jupiter has too many to count, most of them gravitationally-captured asteroids. By month’s end, Jupiter will sit lower in the sky, but Venus will be unusually high and very bright.

Joining these two, speedy little Mercury rises in the west over Portland the first two weeks of March, but you might need binoculars to help find it. Thereafter, it will duck down below the horizon, ready to pop up in the morning at month’s end. Ruddy Mars rises just below Leo the Lion in the east just at sunset, so it is coming into perfect position for telescopic viewing later in the evening. Note how Mars is in retrograde motion relative to the stars around it (especially Regulus to its right). After Daylight Saving Time starts on March 11, Mars will be easier to see in the morning over Portland. It reaches perigee on March 5, but it’s still 63 million miles away. Golden Saturn rises four hours after sunset in Virgo, so it’s still up in the morning before dawn. Saturn’s rings are quite tilted now, and through a telescope it looks amazing. You can even see the planet’s shadow on the rings behind it. Uranus, Neptune and Pluto are not in good position for viewing the next few months.

**STARS**

In the southwest quadrant of sky, the winter constellations of Orion, Taurus and Canis Major (Big Dog) are now setting. Overhead around 9 p.m. are Castor and Pollux, the heads of the Gemini twins, with dim Cancer the Crab to the left of them, sporting its faint Beehive star cluster. Below them is Procyon in Canis Minor (Little Dog), and below that is brilliant Sirius, only 8.3 light-years away. Northwest of them is yellow Capella in Auriga the Charioteer. To the east is Regulus in Leo the Lion, and on the eastern horizon is red-giant star Arcturus in Boötes the Herdsman. Just follow the arc drawn by the handle of the Big Dipper, and you’ll find Arcturus easily.

**ALMANAC**

March 1- Sunrise is at 6:17 a.m. and sunset is at 5:29 p.m. Those on the early boat to town can see Mars in the west, as big and bright as it will be all year. Down front at about 6:30 tonight, you can see Jupiter and Venus high in the sky and trace their line downward to find Mercury on the horizon.

March 8- Full "Lenten" moon is the last full moon of winter, setting over Portland at 5:49 a.m. and rising again about 6:27 p.m. That "orange star" above the moon is Mars.

March 10- The moon’s at perigee, closer to Earth, so tides will run higher, leaving 12.6 feet between high and low tides.

March 11- Daylight Saving Time begins, so your clocks will have to "spring ahead" an hour to catch up. It will be darker in the morning, with sunrise now delayed until 7 a.m., but sunset is delayed, too, until 6:42 p.m.

March 12- Jupiter (less bright and to the left) and Venus (brighter and to the right) are side by side in the evening sky. Mercury is still above the horizon but too close to the sun to be seen simply.

March 14- Last-quarter moon is high at sunset, Albert Einstein’s birthday in 1879.

March 20- Vernal Equinox today at 1:14 a.m. Spring has sprung!

March 22- New Moon means no moonlight to wash the sky. The next few days are best for spotting out the Milky Way Galaxy above us, and the faint but multi-colored Beehive star cluster in Cancer. Binoculars are really all you need.

March 25- Downfront tonight about 8:00, a thin crescent moon sits just to the right of Jupiter. Tomorrow it sits to the left of Venus, and the next night it’s near the Pleiades star cluster.

March 30- First-quarter moon is high at sunset. Apollo was on the 26th, so tides are falling to barely 7 feet between high and low tides.

March 31- Sunrise is now at 6:24 a.m. and sunset at 7:06 p.m., giving us 12 hours and 42 minutes of daylight.

**BOGHAT**

Traditional Irish Food ★ Traditional Irish Music ★ 7:30pm to close ★

The Pub is now open until 1:00am on Friday and Saturday nights

The Inn on Peaks Island
33 Island Avenue, Peaks Island
207.766.5100
www.innonpeaks.com

Illustration by Jamie Hogan

March 2012 Sky

BY MIKE RICHARDS
It's a Living

Islanders at work on and off the Island

BY SUSAN HANLEY

"Going to work for a large company is like getting on a train. Are you going 60 miles an hour, or will the train, stronger than you and hour and you're just sitting still?" — J. Paul Getty

Americans are an industrious lot, and Peaks Islanders are no exception. Some of us work on the island, some commute. Some of us have one job, some have three. Some of us work in full-time professions, some of us have full-time passions. But all of us are busy, Busy, Busy. Busy.

This month:

Charley Friedman
President and Co-Owner, Flowfold

You couldn't make up a better "business on a shoe-string budget" story. Charley Friedman founded Flowfold with just $50, his grandmother's old Singer sewing machine, high tech racing sailcloth scavenged out of dumpsters and a brilliant idea. An idea that was born when his grandfather's old leather wallet fell apart and Charley decided to make him a new one from scrap sailcloth. Six years and hundreds of prototypes later, Charley had his first commercially viable product.

With almost no business training and the daemon of youth, the 22-year-old was in over everything. With almost no business training and the daemon of youth, the 22-year-old was in over everything. But one day during my last semester I visited a woman there and asked her "What's the best way to start a company?" Now they have an actual curriculum so students can study how to start a business and they use our company as a case study for the course. It's not too complicated.

What do you have in mind for future products?

When we started we just had a product, so everything else had to grow up around it. We realized we had to name the brand, make a logo, develop packaging and writing a marketing plan. We designed our logo, filed the trademark for it, and issued ourselves. Our goal the whole time is to keep overhead low so we do as much as we can ourselves.

What are you working on now?

We're developing packaging and retailing. We went to the New England Product Tradeshow in March last year and we started 18 new accounts from Rhode Island to Maine and Vermont. Since then we're in over 50 stores. In January we actually hired someone to do shipping and another person to do sales and marketing.

The big learning for us is that it's the little details that make a huge difference. When we first started out we were packaging the wallets on stock hangers and standing in the airport and hand them down. It looked really cool but people couldn't see inside the wallet and the stock hangers got lost, so we adjusted. Now the wallet hangs open from a tab that's attached to the package. It's not really that different but it does make a huge difference. The stores like it a lot better. Now we're working on making a counter display.

What sort of business advice have you gotten along the way?

C.F. The Island Institute has a program — The Island and Coastal Innovation Fund — and their mission is to work with island-based businesses to help them, and to keep the island communities strong. We reached out to them and they were interested in helping us. We don't have enough credit as a business to go to a bank, so they helped us with their e-commerce plan.

They also assigned us a mentor. Punch Membroho, who lives on Peaks, is helping to advise us. Punch works at Horney Toad in Freeport and he has a lot of experience with Patagonia and Whole Foods. He has a lot of experience in retail and branding so he's helping us develop the brand. We're writing the brand statement and developing into a marketing plan. It's not product development but it's important, or more important. We meet with him once a month and he helps us stay on track.

Where are your customers located?

We have a pretty good website (www.flowfold.com). Do you get sales from your website?

We sell quite a bit of product through our site and we've never had a month with less sales than the month before even with the holidays. We got more business from the iPad sleeves and we were one of the five product award winners in WIRED. We had a lot of exposure, a lot of exposure, a lot of exposure... We got written up in Banger Daily News just before Christmas and completely sold out of everything on the website the day after Christmas day. I wish we had more stock but it's like a whole lotta stock and less work.

Where are your customers located?

They are around New England. We've been talking to a distributor from Spain who hand led huge surf brands and they had lots of experience and connections. And the style is something that Europeans really seem to like.

What is your favorite thing about your job?

I guess learning things and meeting new people. Lots of different experiences it's never the same thing from day to day. Jobs for people, which we're just starting to do, that feels really good.

How has living on Peaks influenced your career?

We moved out here when I was 6 months old. Living on the island and taking the boat has its ups and downs but the one thing it does teach you is to make sure you really think about everything you need and to take it with you, and that's a good thing in business. Whether you're taking the boat, or filing a trademark application or putting something out, the reason you need to make sure you have everything you need. You end up carrying way too much stuff with you but then you're prepared.

Susan Hanley has been trying to figure out what to do for work ever since the arrival of her blossoming world-famous phototengineer on held. Inseparably, her interests in textiles, cotton, silk and all things French have coalesced into her current job as a PR consultant. It's living.
Renovation, Re-Opening and Retrospective at the Richard Boyd Gallery

By BETSEY REMAGE-HEALEY
ARTS EDITOR

Transformed into a space of light and air, the Richard Boyd Gallery is re-opening March 1 with a retrospective of eight Peaks Island artists from the 1970s and 1980s. The show, PIA, a 20th Century Retrospective, recalls the time when the Old Port began pulling itself up by its boots traps, and artists like Richard Boyd were living on Peaks Island.

Richard Boyd took his first pottery classes at the University of Maine before training for a career as a nurse anesthetist. Moving to Maine in the early 1970s, he realized a dream of Portland Pottery on Exchange Street, took a seminar with renowned potter Philip彰, and began exhibiting at local shows, including an exhibition at Vanderbilt University and Maine College of Art.

He lived on Peaks since 1976, producing pots which are functional as well as beautiful, and meant to be used. Known for his classic forms and unique glazes, his pottery is exhibited nationally and internationally.

Willard Goodman moved from Canada to New York City and then to Portland in the early 1980s. A graduate of Ontario College of Art and a commercial artist by trade, he had witnessed the gentrification of New York's South Street Seaport. From that experience, he conceived an idea to study how to preserve Portland's working waterfront, he created a poster that attracted attention for the preservation campaign and helped win the Working Waterfront referendum in 1987.

Both Goodman and Boyd worked on Peaks Island, where they created art that reflected the unique character of the island. Goodman's work was known for its classic forms, while Boyd's pottery was known for its functional and artistic qualities.

Jane Gross Guenther was already exercising her artistic talents when she moved to Portland in 1975 to study at the Maine College of Art and to live on Peaks during the 1970s. She chose to work independent of gallery representation, creating a unique, eclectic mix of sculpture, painting, prints, drawings and pottery. Her subject matter stresses the urban life and movement of the artist, and her work is included in many public and private collections.

John Goodwin died in 1995, his work has been shown in exhibitions locally, nationally and internationally. His work is known for its classic forms and unique glazes, his pottery is exhibited nationally and internationally.

Herb Bean is known for his work as a painter, sculptor and stained glass artist. He now works part of the year on Peaks Island, where he lives and works as a professional artist.

Richard Boyd has made his home and studio in a former general store overlooking Casco Bay since moving to Peaks in the early 1970s. Educated in studio art, art education and art history at the University of Massachusetts, his portraits are done in pencil on paper and seem to capture a moment in time and the inner spirit of the subject in fine detail. He now works part of the year on Peaks and part in Key West, Florida. His portraits have been exhibited nationally and are collected for their sense of spirit and realism.

Born in Massachusetts, Lavender Myers spent her early years in Vermont and on Cape Cod, and then in Greece, the United States and Mexico. Her paintings are influenced by the "psyche and colors" of these regions, aspiring to create a magical realism, according to the artist. A graduate of Goddard College in Vermont, Myers also exhibited her work in the Corcoran School of Art in Washington DC. Weather permitting, she likes to paint outdoors from direct observation of her beloved Peaks, where she has lived off and on since 1984.

She has exhibited locally, nationally and internationally.

Geoffrey Vellers received a Masters of Fine Art at the Rhode Island School of Design and a Masters Degree in Art Education from New York University. He has also studied with Vlasta Vrtacik, one of the forerunners of American modernism, as well as Engham Vincent, Claude paints and creates collage art while working full time to abolish the death penalty, serving as the Director of the Death Row Assistance Network of Cure. His works have been exhibited nationally and internationally and are in many private collections. He moved to Peaks in 1975, where he still spends part of the year, with the rest in California.

The PIA Retrospective is free and open to the public at the Richard Boyd Gallery, 124 Green St., on Peaks Island, across from Hannigan's Market. Weekends from 10:00 am to 4:00 pm from March 3 through March 25. Other hours by appointment or chance.

For more information contact Pamela 765-1097 or email pamllll185@comcast.net.

An island newcomer, Betsey Remage-Healey jumped at the chance to learn about creative people and events through this column. If you have art news, please contact her at remagehealey@gmail.com.
The Gem Gallery is a non-profit community center housed in the 1888 Fifth Maine Regiment Memorial Hall, dedicated to the preservation of Civil War and local history. The Gem Gallery is open to the public. The museum is currently closed for the season. For more information please contact Kathleen MacQuarrie at jnjohnson@maine.net or call 207-766-3330.

The Eighth Maine is a living museum and lodge built in 1917 as a Civil War veterans’ lodge. The Eighth Maine features 12 rooms for overnight guests and history enthusiasts (five rooms forovernight guests untilJune 29 during summer season). Visit www.8maine.org for more info or to make reservations. Closed in winter.

Addison Woolley Gallery PORTRAITS - a collection of digital photographs by Portland newcomers Sally Denison who poses herself in various costumes and settings the resulting images to create an imaginary population of counterfactuals, and Matt Thorne whose latest series, "Rosalind", involves head shots of men in different attires that have been dismembered and reassembled to chilling effect. Assisted by guest curator Bruce Brown. Opening reception Thursday, March 10 from 5-7 p.m. Open First Friday Art Walk, March 12 from 6-8 p.m. Show runs thru Sunday, April 1. Dedicated to the art of photography, the Addison Woolley Gallery features works by local artists as well as nationally and internationally recognized photographers, located at 727 Washington Avenue (across from Fer St), Portland. For more info call (207) 371-6731 or (207) 456-4499, or visit www.addisonwoolley.com. Please note the revised winter schedule: Thursday thru Sunday, noon to 5 p.m. or by appointment through March. Curator Susan Porter.

Richard Boyd Gallery PIES - a retrospective exhibition of 20th century Peaks Island Art exploring works by eight artists working on Peaks Island from the mid-1970s to the mid-1980s, now in private collections. Many of the pieces have not been on public display for over 30 years. Participating artists are Willard Goodman, Jane Goodenough, Larry Herion, Theodore Haydl, Laverne Moyer, Claudi Whitman, Geoffrey Vellers and Richard Boyd. The retrospective is the first to be held at the gallery, to focus on Peaks Island Art. The grand reopening takes place Saturday, March 5 from 11 a.m. to 4 p.m. Show runs thru March 23. Richard Boyd Gallery is located at 229 Washington Avenue and is the studio located at the corner of Island Avenue and Pleasant Street. Peaks Island Art association is open seven days a week from 10 a.m. to 5 p.m. Tuesday, December 26, 2010: 20-20:30 p.m. or 30-30:00 p.m. or 50-50:00 p.m. or 70-70:00 p.m. GRACE COUNTY Trends Thursday, March 3, 7:35-7:55 p.m.; MEN’S STUDY GROUP Tuesdays, 7:00 p.m. in the Fellowship Hall, open to all men; OPEN TWENDAYS and Thursdays, 2:00-2:30 or 2:30-2:00:00 p.m. or 2:00-2:00:00 p.m. or 2:00-2:00:00 p.m. or 2:00-2:00:00 p.m. The Peaks Island Art Association is open seven days a week from 10 a.m. to 5 p.m. in the Fellowship Hall, open to all men; OPEN TWENDAYS and Thursdays, 2:00-2:30 or 2:30-2:00:00 p.m. or 2:00-2:00:00 p.m. or 2:00-2:00:00 p.m. or 2:00-2:00:00 p.m. or 2:00-2:00:00 p.m. or 2:00-2:00:00 p.m. or 2:00-2:00:00 p.m.

Baptist Church Services Sunday Service 10 a.m. Bible Study, 11 a.m. Worship, Wednesday Night Service, Teen Night Services Thursdays at Peaks Island School Gym 6 p.m. to 8 p.m.

St. Christopher’s Church Sunday Mass is at 10 a.m. followed by fellowship in the Parish House. All are invited. For more info please visit www.stchristopherportland.org.

Peaks Island Library
Thank you to Susan Parrot, coordinator, and all who attended for a wonderful evening of Valentine poetry last month. Every year is different and every year is a delight.

The Peaks Island branch has an infrared thermometer to identify cold air leaks or insulation gaps in a house, available for checkout from the library. The infrared thermometer measures surface temperatures without contact. The main library also has a telescope, but only one, that can be checked out. At this time, you would have to take it to get a look. The agency lending it to you has specific requirements on how to use it and if it cannot be checked to Peaks Island. To compensate, the library plans to have the telescope on Peaks for this month just for island use. At that point, you can check it out.

Peaks Island CEIR the Island’s Community Emergency Response Team remains all islanders to check winter supplies of food and water in case of emergencies. The CEIR also runs the winter weather special CERT training programs March 5 and April 13, 2011. Please contact Jonni Parrot at 766-2700 or jparrot@mcom.org. Issues on Peaks.

PROGRAMS for ADULTS at the MACYLANE CENTER - Sponsored by the Peaks Island Community Fund (www.mcom.org or 207-766-2790): WALK PROGRAMS Mondays and Thursdays at 8:30 a.m. (meet at the Peaks Island School Gym). Indoor stretching and exercise held when weather is harsh outside; LOW IMPACT AEROBICS with weights Mondays and Thursdays 9:00-10:30 a.m. (community room); TEE BALL FOOD PANTY Wednesdays and Thursdays from 4-6 p.m. at the Peaks Island School Gym. Open to those 18 and above, $2 per person.

For more info call 207-766-2498 or email echoes@msn.com.

Parents’ Workshop
Preschool enrollment for children ages 2 to 5: Part-day and part-week options available. Infant/toddler Play Groups: Fridays from 10:15 a.m. to 11:15 a.m. to meet other parents and children. FREE.

Community Food Pantry
The Peaks Island Food Pantry is now located at Brackett Memorial Church, open Mondays and Thursdays from 3:30 to 6:00 p.m. To receive a food box, please call 766-5000 at the food pantry. If you would like to coordinate food donations, please call Sara Huntley, 766-2735.

Children’s Workshop
Preschool enrollment for children ages 2 to 5: Part-day and part-week options available. Infant/ toddler Play Groups: Fridays from 10:15 a.m. to 11:15 a.m. to meet other parents and children. FREE.

Dance Classes
Classes and information contact Sharan at 776-5066 (cell) or email sharan@maine. net.

Weight Lifting
Classes Mondays and Thursdays at 7:15 a.m. to 8:15 a.m. for 6 days at 5 sessions. Come join us! Contact Rebecca Stephen, rstephen@maine.net or Rebecca Boyd. gym@peaks.island.com.

Yoga Classes
Weekly classes: Thursday mornings 9:00 - 10:30. Contact Rebecca Stephens 776-5347 or rstephen@maine.net.

Ashtanga Yoga Class
Every 1st & 3rd Fridays at 10 a.m. at River Street’s Studio. While it can be a vigorous practice, it is always continuously modified for each student. Approximately 72 minutes, first class FREE, $12 per class thereafter. Questions? Call Antionna 766-2488 or email ashtangayoga@ yahoo.com.
COMMUNITY EVENTS CALENDAR

Monday, March 5
FIRST MONDAY FUN FOR PRE-SCHOOLERS/ADULTS (P.C.T. members)
Drop in anytime between 5:00 am and 12:00 noon for crafts, music and fun with your little ones. Sponsored by Portland Recreation (director@portlandmaine.gov or 766-2970).

Friday, March 9
5TH ANNUAL INTERISLAND CRUISE
for your round and summer island residents to mingle, eat, drink, dance and have a good time. The Bay Mist departs Portland at 6:00 pm, stops at all the islands to pick up passengers and docks at Cliff for approximately one hour, returning to Portland by 9:00 pm. Food provided by the Inn on Peaks Island, music by local band R.I.P.T. and the theme will be celebrating 30 years of CRISD. Tickets $25 per person, and selling quickly so get yours today!

Saturday, March 10
LADIES CLOTHING SWAP from 3:00 pm to 5:00 pm at Betty Steen's House, 549 Island Ave, Peaks Island. Bring some of your gently used clothing, take home someone's clothing. Accessories, shoes, coats, all manner of clothing welcome. Suggested donation of $5 to benefit the Peaks Island Children's Workshop.

Monday, March 12
SENIOR POTTUCK LUNCHEON
Please join us at friends of the Bay Garnet House Community Room. All seniors are welcome! If you don't consider yourself a senior, some anyway.

Wednesday, March 14
OPEN HOUSE at the Peaks Island Children's Workshop from 3:00 pm to 5:00 pm to tour the revamped facilities and meet the new staff.

Thursday, March 15
COMMUNITY SING-ALONG at Brackett Church from 6:30 to 8 pm hosted by Ronda Dale. FREE! Ronda will have her Karo Klogging book and lyrics to some songs for all to sing. Come listen, sing along, bring lyres or guitar, pass out = 100 copies (if possible); bring your copy of Rando Up Singing, bring your own guitar or any other acoustic instrument and plug it in. We can sing along to lead in an ac capella round, etc etc. The format will be a simple song circle, with everyone who wants a chance to pick the song of sing along.

Thursday, March 22
SLIDES/STORIES ABOUT DENISES TRIP TO BOLIOI 10:45 am to 11:45 am in the Peaks Island community room. FREE! Open to all, pre-registration not required. See photos and hear about Bolivia, Mississippi – where residents are still recovering from Katrina. Sponsored by Portland Recreation (director@portlandmaine.gov or 766-2970).

COMMUNITY SING-ALONG at Brackett Church from 6:30 to 8 pm hosted by Ronda Dale. FREE. See March 15 for more details.

Friday, March 23
JAZZ at the INN 7:30 pm to 9:30 pm with Sam Salomonoff, Tom Moore, Ronda Dale and Kevin Arron; doors open at 5:00 pm. Admission $10 full menu and bar.

Saturday, March 24
CHOWDER CONTEST at the American Legion Hall on Welch St from 5:30 pm until all of the chowder has been eaten. $7.50 Adult, $3.50 Child, $20.00 Family. Join us for a perfect end to winter and great visit with friends and family. Sponsored by the American Legion Auxiliary. Contact Ellen Houston at the Cafe (766-2600) if you would like to enter your chowder.

Monday, March 26
LAUGHTER IS THE BEST MEDICINE 10:00 am to 12:30 pm at the Peaks Island community room. Drop in anytime for some laughs with some of the great comedians of the past. Sponsored by Portland Recreation (director@portlandmaine.gov or 766-2970).

Thursday, March 29
OPEN HOUSE - INTERNATIONAL FUN Drop in between 1:00 am and 2:00 pm in the Peaks Island community room. Sing some favorite Irish tunes, learn a few Greek dance steps, see slides of Switzerland, Paris, Egypt, Greece and more. Light snacks will be available. Sponsored by Portland Recreation (director@portlandmaine.gov or 766-2970).

COMMUNITY OPEN MIC at Brackett Church in the Sanctuary from 5:00 to 7:00 pm hosted by Ronda Dale. FREE! All ages, All welcome. Sign-up starts 7:15, first-come, first-served. Depending on how many sign everyone will likely get from 5-12 minutes. Songs, instruments, poetry, stories, prose readings, dance, family-friendly comedy, paper, etc... for you time the stage is yours. Ensembles welcome. Original work especially encouraged. Supportive, non-performing audience very welcome. Microphone, small amp & cord for instrument plug-in, house guitar, music stand provided. Email ronaldale@gmail.com with any questions.

Thursday, May 3
ANNUAL CINCO DE MAYO BURRITO DINNER & AUCTION from 5:00 pm to 7:00 pm at Jones Landing. Enjoy a great meal and bid on a variety of services and items. Proceeds to benefit the Peaks Island Children's Workshop.

TEIA Campershhips 2012
It is not too early to think summer and begin making plans for your children's activities this summer. In the summer of 2011, fifty-six island children attended TEIA's summer camp program using the CHUMS OF TEIA Camperships. We again are offering fully paid sailing, tennis, arts workshops and kids camp. If you have any questions or need more information on the programs or age requirements contact Stephanie Castle at stcastle@tether.com or Melissa Conrad at montaal@backshore.net. Applications will be available from either Stephanie or Melinda and at the school after April vacation week.

Earth Day 2012
Please mark your calendars for Earth Day 2012 on April 22 and be on the lookout for clean up activities along the Backbone at battery Steele, and on the PILP trails. The Land Preserve thanks you all for your support.

HELP PRESERVE WHAT'S SPECIAL ABOUT PEAKS.

Pills Island is a truly special place, unique in its woods and its wildlife. Your membership with its individual or family donations are crucial in helping to maintain our home.

Join today. Help preserve what we live about Peaks.

MONTHLY CAPTION CONTEST: Each month we offer a news BRIOS image having no caption so that you can make one up. Below is next month’s cartoon. Send your ideas to outgoing@islandtimes.org and we’ll publish the best. See page 6 for last month’s winner.

by Palmer

SUBSCRIPTION FORM: To subscribe to the Island Times, please fill out this form and send with a check for $25 to Island Times, 120 Brackett Ave, Peaks Island, ME, 04108

NAME:
ADDRESS:
CITY: STATE: ZIP CODE:
PHONE: E-MAIL:

Serving the Casco Bay island community
Join us
Subscribe today
Join our mailing list to get the Peaks Island Fiber Arts Camp reservations.

Visit Our Peaks Island Branch!
33 Island Avenue, Peaks Island, ME 04108
766-2660 peoples.com

Ferry Convenient
Island-based pizza, great food to travel, and only steps away from the terminal.

Peaks Island Fiber Arts Camp
Summer is coming...well, sort of.

JOIN OUR MAILING LIST TODAY TO GET THE FIRST LOOK AT CAMPS NEXT SUMMER.

Contact Susan Hanley at 352-2443, or susan@peaksislandfiberartscamp.com

www.peaksislandfiberarts.org

Fifth Maine Regiment Museum
45 Seaview Avenue
P.O. Box 41
Peaks Island, ME 04108
A Museum of Civil War & Peaks Island History
Open Memorial Day thru Columbus Day
207-766-3330

Leif Berg
207-766-3030

Peaks Island Fiber Arts Camp
33 Island Avenue, Peaks Island, ME 04108
766-2660 peoples.com

Ferry Convenient
Island-based pizza, great food to travel, and only steps away from the terminal.

Peaks Island, Maine 04108

Ferry Convenient
Island-based pizza, great food to travel, and only steps away from the terminal.

Contact Susan Hanley at 352-2443, or susan@peaksislandfiberartscamp.com

www.peaksislandfiberarts.org

PEAKS ISLAND TAXI
207-518-0000
DELIVERING YOU, GROCERIES AND TAKE-OUT--ISLAND TOURS AVAILABLE
9 A.M. TO 9 P.M. OR BY APPT. 7 DAYS

Princess Nails
Phone (207) 775-2999
Appointments & Walk Ins Available
www.princessnails.com

Certified Refluxatory, restoring your body's energy balance

Island Sole Work
Grace Rosier App.
1 Upper Street
Peaks Island
ME 04108
207-557-0008
IslandSoleWork.com

New Construction
Renovation
John Kiely
Carpenter
Property Management
591 Island Avenue Peaks Island, ME 04108
(207) 766-2026
jkiely1@maine.rr.com

Weidemann
Carpentry
766-3030

Carpenter
Delivery Service
To Peaks/From Peaks/Peaks to Peaks
Items for Home - Yard - Work
To Your Door

(207) 766-5084
rickcaron08@gmail.com

Peg Astarita
www.pegspotsettetc.com

CERAMICS
GIFTS
CLASSES
PARTIES

207-766-5997
astarita@maine.rr.com
51 Woods Road, Peaks Island, ME 04108

Andrea Davis
941.901.8984 cell peaksbeads@gmail.com
10 Island Avenue Peaks Island, Maine 04108

PEAKS ISLAND TAXI
207-518-0000
DELIVERING YOU, GROCERIES AND TAKE-OUT--ISLAND TOURS AVAILABLE
9 A.M. TO 9 P.M. OR BY APPT. 7 DAYS

ISLAND TIMES
Put Your Business Card Here for 1 Year only $240
visit www.islandtimes.org to see how
or call 650-3016