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Service Agencies of the Island

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## CALENDAR OF EVENTS

<table>
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<tr>
<th>DATE</th>
<th>EVENT</th>
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<tbody>
<tr>
<td>Aug 3</td>
<td>Fifth Maine Regiment Membership Luncheon</td>
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<td>Aug 3</td>
<td>Penny Auction at St. Christopher's Parish Hall</td>
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<td>Aug 4</td>
<td>Sweet Adalines will be performing at St. Christopher's Parish</td>
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<td>Aug 4</td>
<td>Hall. Arranged by Doreen McCann. Singalong &amp; Refreshments afterwards.</td>
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<td>Aug 6</td>
<td>Nourishing Ourselves - becoming more whole, healthy and balanced.</td>
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<tr>
<td>Aug 6</td>
<td>in Community Room. For more Information Carol Fexa- 766-2179</td>
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<td>Aug 7</td>
<td>Rummage Sale at the Brackett Memorial Church</td>
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<td>Aug 8</td>
<td>Lion’s Club Family Picnic in Memory of Lenny Waugh</td>
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<td>Aug 8</td>
<td>at Greenwood Gardens</td>
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<tr>
<td>Aug 8</td>
<td>Bishop Amadee Proulx will be guest Preacher at Saturday and Sunday Mass at St. Christopher's</td>
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<td>Aug 10 &amp; 11</td>
<td>Annual Lion’s Club Variety Show</td>
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<td>Aug 14</td>
<td>Bible School at Brackett Memorial Church</td>
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<tr>
<td>Aug 15</td>
<td>ContraDance at the Fifth Maine featuring Ellen &amp; the Sea Slugs</td>
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<tr>
<td>Aug 16</td>
<td>Peaks Island Child Development Center’s Annual Children’s Festival</td>
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<td>Aug 16</td>
<td>AT Greenwood Gardens</td>
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<td>Aug 16</td>
<td>Sunrise Celebration at Whaleback for the Harmonic Convergence</td>
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<tr>
<td>Aug 16</td>
<td>Fifth Maine Regiment Community Center Annual Meeting</td>
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<tr>
<td>Aug 18</td>
<td>Peaks Island Library Friends Annual Meeting in the Library</td>
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<td>Aug 21</td>
<td>Las Vegas Night at Greenwood Gardens</td>
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<td>Aug 29</td>
<td>S.C.A.T. meeting in Rectory after Saturday Mass</td>
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<tr>
<td>Aug 29</td>
<td>Supper and Music at the Fifth Maine</td>
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NEWS FROM THE PEAKS ISLAND LIBRARY

Our hours for the summer.

Tues.  12 - 8  Thurs. 5 - 8
Wed. 10 - 4  Fri. 10 - 1

Phone 766-5540

Pre-school Story Hour is Wednesday at 10:15. Children ages 3 to 5 are welcome.

Movies for school age children (6 up) are on Tuesday at 1:15.

Have you walked into the Library this summer and felt lost? We have rearranged a few things, but we hope it will make finding books easier for you.

On Friday and Saturday, September 11 & 12 there will be a free Health Fair in Monument Square and in the Portland Public Library. The Theme of the Fair will be "Two days in the life of a healthy Mainer" The Fair will focus on the Library as a place to come for up-to-date consumer health information, with over 2300 books, magazines, audio and video cassettes being added to the collection over the next two years. $2,000 worth of these new health-related books and magazines will be at the Peaks Island Branch. Watch for them in September! For more information about this fair and how the Peaks Island Library is involved, come in and read the plans.

The Friends of the Peaks Island Library held a Book Bake/Craft Sale on Saturday, July 25. The sale was a big success, raising $270.30 to buy new library books. Also at the sale, annual memberships in the Friends were sold (at $1.00 for individuals, $3.00 for families) 49 people had become new or renewal members, & more people have been joining daily since then. Pick up your membership application form next time you are in the library, if you haven't already joined.

The Friends Annual Meeting will be held Tuesday, August 18 at 8:00 p.m. in the Community Room. Sheldon Kaye, new director of the Portland Public Library System, will be the guest speaker, & officers of the Friends for the coming year will be elected. The nominated slate is as follows:

President:  Laurie Cox
Vice President:  Elizabeth Ferris
Secretary:  Conr.e Cooley
Treasurer:  David Wolfe

Members-at-Large:  Jane MacDermott, Monica MacLeod, David Quinby, Carmelle Paulson

A giant thank you to Ann Cereste and her dozen super helpers for running the sale.

To Lisa Chute for organizing the membership campaign, the Annual Meeting and the nomination of new officers.

Hope to see you at the Annual Meeting.

Bob Britton and Lorraine Spear

There will be a meeting, Thursday, August 6th, 7 PM at the Community Building, for people interested in learning about NOURISHING OURSELVES and becoming more whole, healthy and balanced in body, mind and spirit. Group agenda, meeting time, commitment and fee will be discussed. For those who are interested and can not attend the meeting, or for more information - please call Carol Fexa - 766-2179.
NEWS FROM THE CASCO BAY ISLAND TRANSIT DISTRICT BY M. Irene Fitzgerald

There are many exciting, and at times frustrating, issues facing the DISTRICT now. The new ferry terminal is forging ahead; the new boat is on schedule; and, the Act Relating To Transportation in Casco Bay was passed by the Legislature in June.

There have been a number of problems with both the new City Ferry Landing in Portland and the State Owned Facility on Peaks Island. The DISTRICT is concerned by the number of commuters who have recently been stranded or turned away from the pier. The Governmental Relations Committee is holding a meeting on August 11th at 8:00AM to address the deteriorating condition of the State Owned Wharves in Casco Bay at the Portland Public Safety Building.

The new boat needs a NAME! Submit a name for the new boat and you could win 10 books of Commuter Tickets!!! The Name Committee will be collecting names through August 10th...or turn the name in to the office. The Committee is made up of representatives from all Islands; Peaks is represented by Irene Fitzgerald and Doug MacVane...Give your selection to one of us and you could be a WINNER!

The DISTRICT is also in the process of revising the boat schedule to accommodate the new car ferry which will run most of the time to Peaks Island. There is a picture of the new boat at the CBL office, and on the wall of Bayview Market.

REMEMBER THAT OUR REGULAR MONTHLY MEETINGS ARE HELD THE THIRD FRIDAY OF EVERY MONTH AT THE PORTLAND PUBLIC SAFETY BUILDING. WE ENCOURAGE YOU TO COME AND PARTICIPATE. NEXT MEETING WILL BE AUGUST 21st.

ATTENTION PEAKS ISLAND COMMUNITY!!!!

SOMETHING WONDERFUL IS HAPPENING! We're being bombarded with wondrous new energies from the Universe and they're really stirring everything up! Can you feel it? THERE ARE GREAT CHANGES COMING!

It's called the "HARMONIC CONVERGENCE" - and it's happening AUGUST 16 & 17 - an event in Earth's history that has been prophesied by Nostradamus, the Bible, the Hopi and Native American indians, the ancient Aztecs and Mayans, and many other great prophets. It's being celebrated throughout the world as the beginning of the NEW AGE OF PEACE AND LOVE on Earth and throughout the entire Solar System!

It's a time when we're all being called together to unite in our shared vision of personal and planetary peace. We're being called to join hands in quiet prayer and meditation and focus on bringing this wondrous blessing of energy to Earth, for our healing and Hers.

Those of us who are devoted to becoming all that we are...those of us who wish to experience more fully our human connection with Divinity...those of us who are the caretakers of this beloved Earth...

Join us at a SUNRISE CELEBRATION at Whaleback (backshore) on SUNDAY MORNING, AUGUST 16.

For more information about this truly exciting, joyful happening and how we can prepare to participate in this Great Awakening, please come to a meeting on Sunday, August 9th, at 7 PM, to be held at the community Building. See you there!

Any questions, call Carol Fexa at 766-2179.

NEWS FROM ST. CHRISTOPHER'S CHURCH

Masses at Peaks Island are Saturday 7:00 p.m. and Sunday 9:00 a.m. At Long Island, 4:00 p.m. and Sunday at Great Diamond Island, 11:00 a.m.

Prayer Group - Thursdays 9:45 a.m. at Marge Erico's Home, Island Ave.


ALCOHOLICS ANONYMOUS MEETING

Every Sunday 3:00 p.m. - 4:30 p.m. at St. Christopher's Hall. "A.A. 24-Hour Helpline" 774-4335.
NEWS FROM THE SENIOR CITIZENS

Many thanks to all the faithful volunteers who have held the Meals on Wheels program together during Ruth Woodburys absence; we thank you all.

The Center will be open daily from 8:00 a.m. to 12:30 p.m. - so if you have any questions please feel free to call 766-2545.

There will be Beano on Fridays at the Center from 1 - 4 p.m. Anyone and everyone is welcome - do feel free to spend a Friday afternoon with us.

If anyone has a few free hours a week we would enjoy having your company - either as a regular volunteer or put on our list of "call" volunteers - the list we use when regulars are unable to be here on their day.

The monthly meeting of members is held third Wednesday of each month, at noon, followed by a pot luck luncheon. Membership dues are now due.

STAR OF THE SEA THEATER

"Keep Your Sunny Side Up" that was the theme for our first show way back when!!! We will have to keep that song in mind during this foggy summer. But we are keeping busy this time of the year. On Tuesday, August 4 at 7:00 p.m. we will be hosting the Casco Bay Chapter of the Sweet Adelines. This will be their third appearance on the Island, along with a few of our dancers and special guests, Peter McCann & Neil Tyson. This program will be held at St. Christopher's Hall. Proceeds to benefit Brackett Memorial Church and St Christopher's Church. Donations: Adult $2.00, Children, $1.00.

Our older students will participate in the Lions Club Variety Show.

Our staff are busy working on our Christmas Show. Rehearsals will start up Sept. 7 & 8. New students should call early for placement. We welcome any new members to join our drama activities. You don't have to dance, just share your talents, be it voice or acting.

Our Star of the Sea Boutique is open every day. We appreciate your support. The recipient of our Education Scholarship this summer went to Loren Bryand. She will be attending Trinity College in Washington D.C. Connie Cooley, U.M.P. Maine and Beth Warren Smith College, Mass. They each received $100. Ernie Callow received $50. for the Introduction to Music Award under the direction of Neil Tyson.

"Keep your Sunny Side Up " Doreen McCann.

BICYCLE SAFETY ALERT!!!!!!

Bicycle safety is practically non-existant on our beautiful Peaks Island. This summer there have been a number of near tragedies, children on bicycles who didn't stop at the corner of the street despite a big STOP sign, or look both ways when riding across the street.

The sudden screeching of breaks or the sound of squealing tires is not pleasant to hear if a driver, or pedestrian or a bicyclist.

So that all may enjoy the summer safely, hear are a few rules to follow:
1. ride with the flow of traffic (right side of street)
2. Ride single file.
3. Ride ALONE - NO RIDERS except those for whom a seat is provided.
4. No bicycle, skate boards or mopeds on sidewalks.

Also remember to wear light colored clothing if you will be out after sunset. There are copies of the laws of safe riding at the Library.

EPISCOPAL CHURCH SERVICES at 10:15 a.m. in St. Christopher's Church in August. Sponsored by Holy Trinity Chapal.

NEWS FROM BRACKETT MEMORIAL CHURCH

9:00 a.m. Sunday School for older children (grades 2 - 6)
10:00 a.m. Worship, Child Care and Sunday School for younger children (ages 3 to grade 1).
Coffee fellowship following Worship. Please join us in the Church Hall.

Remember Bible School on August 14. For Children ages 3 to grade 6. All children welcome, to join us in a day of study of prayer, crafts and fun. Parents are invited to a closing presentation at 2:30. For further information or pre-registration, please call Roberta Deane 766-2782, Delena Gilman 766-5013 or Louise Capizzo 766-4466. Donations or helpers are also welcome.
This month we would like to share information that will be included in our new brochure coming out this month!!!

Established in 1976 through the tireless efforts of Peaks Island residents, the Island Health Center provides continuing care and emergency services including:

- emergency treatment of acute injuries and illnesses
- continuing care for adults and children
- pre-natal and post-natal care
- sports physicals
- immunizations and well baby care
- manipulative therapy
- dental care
- preventive dental hygienic cleaning

In every sense, the Health Center belongs to the people of Peaks Island. The building and equipment is owned by the Islands Health Center, a non-profit volunteer organization with an active board of directors comprised of Peaks Island residents. There is no local, state or federal funding for the clinic. Instead, building maintenance and equipment purchases come from an endowment fund created to insure the continued presence of on-island health care.

Charles D. Radis D.O.
Board Certified Internal Medicine
Dr. Radis graduated from the Kansas City College of Osteopathic Medicine in 1981, and interned at the Osteopathic Hospital of Maine 1981-82. Internal Medicine residency 1982-85 (Osteopathic Hospital of Maine, New England Medical Center; rheumatology, Yale-New Haven Hospital; pediatrics, immunology, Cleveland Clinic; infectious disease.)

Cynthia Garner-Wiseman R.N.

Summer Schedule 1987
Beginning July 20th until Labor Day

Monday: Clinic Open 9-5pm
Dr. O'Brien 9-1pm

Tuesday: Clinic open 9-5pm
Dr. Radis 9-2pm

Wednesday: Clinic open 12-5pm
Dr. O'Brien 12noon-4pm

Thursday: Clinic open 12:30-8pm
Dr. Radis 4-8pm

Friday: Clinic open 9-4:30pm
Dr. Radis 9-11am

EMERGENCIES

For emergencies likely to require transfer to the mainland, call 911. The public safety operator will arrange for the Peaks Island police (stationed 24 hours a day on Peaks) to come to your home and coordinate emergency transfer via the Portland fireboat.
For other medical conditions which arise after hours, call the clinic number: 766-2929.
Dr. Radis will return your call. Weekend coverage is shared with Dr. Radis by Multi-Speciality Associates in Portland.
Dear Resident,

The Islands Health Center is a non-profit organization made up of Peaks Island residents. Its mission is to see that health services are available on the Island. Our well-equipped Health Center Building is located on Sterling Street, in back of the Community Center.

Physician, Charles Radis and Dentist, Robert Lundin maintain office hours here. Each is in private practice. Whether they continue to practice in our community depends upon patronage by Island residents. It is important that trained professionals be available on the Island when emergencies arise, so please consider visiting them for your family's medical and dental needs.

To better serve the community, the Health Center Board would appreciate information regarding your health and dental needs.

Please complete the following questions and return the survey to Bayview Market or to the Health Center by September 7, 1987.

Thank you for your help.

Board of Directors
Casco Bay Health Center
766-2929

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CLINIC HOURS (July 20-Labor Day)

M ON - Clinic open 9-5, Dr. O'Brien 9-1pm
T UES - Clinic open 9-5, Dr. Radis 9-2pm
WED - Clinic open 9-5, Dr. O'Brien 9-12
THURS - Clinic open 12:30-8, Dr. Radis
FRI - Clinic open 9-4:30, Dr. Radis 9-11

Family Dentistry Hours

Mon-5p, hygienist appoints.
Wed-10a to 7p, Dr. Lundin
HEALTH CENTER SURVEY

1. Number of adults in household:
   age: _______ 20-40 _______ 41-60 _______ over 60

2. Number of children in household:
   age: _______ birth to 5 _______ 6-10 _______ 11-19

3. Residence: year-round? Yes___ No___ How long _________
   summer? Yes___ No___ How long _________

4. Do family wage-earners regularly commute to the mainland?
   Yes___ No___

5. Has your household used Islands Health Center?
   Yes___ No___

6. If no, is there a reason why? Are there circumstances or conditions which could be changed so that you would consider using the services offered?

   If yes, please answer the following questions:

7. What type of care did (do) you receive?
   _____ routine medical
   _____ routine dental
   _____ emergency illness or injury
   _____ emergency dental
   _____ counseling

8. In your experience in receiving health care at the Islands Health Center, did you get the kind of consideration and treatment that encouraged you to go back for further health care? Yes ___ No ___ If no, please explain.

9. Is transportation to the Health Center a problem for you? Yes ___ No ___

10. What suggestions do you have for improving the Health Center Services?

Do you have our 24 hour phone number?
It is 766-2929.
Copy it by your telephone now.