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Service Agencies of the Island

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Peaks Island Star

THE NEWSLETTER OF THE SERVICE AGENCIES OF THE ISLAND

AND OTHER COMMUNITY NEWS ITEMS

JULY 1981 ISSUE 8

CALENDAR OF LATE SUMMER EVENTS ON PEAKS ISLAND

July 25 CASCO BAY HEALTH CENTER CRUISE (Leaves Peaks Island at 7:00 p.m.) See NOTES for details. Still time enough to sign up.
25 Peaks Island House Tour (Benefit Kitchen of Trefethen-Evergreen) See window of Library for map and details.
25 St. Christopher's Fair Lobster Lunch-11:30-1:30 Ham and Baked Bean Supper 5-7.
26 Old-fashioned Chicken Barbecue St. Christopher's Hall 12 noon - 5:00 p.m.
27-31 Brackett Memorial Methodist Church Bible School Closing exercises July 31 7:00.

August 1 Trefethen-Evergreen Improvement Association Fair Clubhouse 11:00-
1 CYO High School Youth Dance St. Christopher's Hall 8:00-11:30.
2 Pancake Breakfast Fifth Maine Regiment Community Center 3:30-10:00 a.m.
5 Music Association Amy Gardner, Soprano; Starr Demitre, piano 5th Maine 8 p.m.
Public cordially invited.
8 New Member reception Trefethen-Evergreen Association 8 p.m.
8 Senior Citizen Center - White Elephant Sale.
8 Fifth Maine Regiment Center FAIR See NOTES.
8 St. Christopher's Bake Sale after Masses by CYO (See Hours of Services in Note:)
14 Penny Auction Women's Council St. Christopher's Hall 8:00 p.m.
15 Pot Luck Supper Brackett Memorial Church Hall followed by film on Hurricane Island Outward Bound Program.
15 CYO High School Youth Dance 8:00-11:30 Hall. Live Dance Band Music.
15 Junior Championship Sailing Races Trefethen-Evergreen.
23 CIVIL WAR GALA 5th Maine Community Center See NOTES.
17,18 Lion's Club Annual Variety Show Greenwood Gardens Great Local Talent.
19 Music Association Concert 5th Maine Community Ctr. 8:00 p.m.
20 Casco Bay Health Center Board Meeting P.I. Community Center 7:30 All Welcome.
21 Spaghetti Supper St. Christopher's Hall 5-7 For those who love Italian Food.
23 2nd Annual CHILDREN'S FESTIVAL - Peaks Island Child Development Center.
A Special Day for Children of All Ages.
22 Sadie Hawkins Tennis Tourney Trefethen-Evergreen.
29 Irish Night Dance and Entertainment St. Christopher's Hall 8:00 p.m.
featuring Miss Jean McVeigh from Ireland and Irish music.
29 Senior Citizen Food Sale for the benefit of the Casco Bay Health Center.
20 CBIDA Annual Meeting (20%) at the 5th Maine Hall.

If we've missed anything, we're sorry. Check the bulletin Boards and windows of the Senior Citizen Center, Peaks Island Library and Feeney's Store.

HAVE A GOOD SUMMER!
NEWS FROM THE CENTER PEAKS ISLAND CHILD DEVELOPMENT CENTER

We are keeping very busy as the summer progresses.

The summer program has enjoyed two delightful presentations in connections with their world studies. Carolyn Mitchell showed slides of Peru to a large audience and Peg Stewart brought many articles of clothing to share from Kenya and other African countries.

At the center the preschoolers have been doing activities relating to the exploration of self concept, body awareness, family relationships and this week are finding out about community helpers. We have been taking field trips in small groups to explore the waterfront in Portland, the Custom House and other exciting spots. The pre kindergarteners are going to the Fabric Store to find material to create their own dashiki's.

Cindy's group has settled into their new space on Brackett Ave very nicely. They will be taking several field trips in the next several weeks to experience the boat ride, new library and the dock area.

Our most exciting field trips are coming up in mid-August. The preschoolers will be visiting the Gulf of Maine Aquarium and all the groups will be getting a tour of Portland from the seats of the Double Decker bus! The staff is estatic about this trip!!

We would like to thank everyone who brings us their recyclables so regularly and a special thank you to Gene Dinsmore for all the lumber for projects and the workbench.

Don't forget the festival - coming up on Sunday, August 23rd!!! T-Shirts will be on sale (hopefully) next week at the center! Come and see.

Beth Matthews

FIFTH MAINE REGIMENT COMMUNITY CENTER NOTES Civil War Gala Aug 23 (Note CALENDAR change)

A Nineteenth Century Civil War Gala will serve as its third Civil War Reunion. The program will include several appearances of the Company F Color Guard from Mass. A picnic lunch (bring your own brown bag or buy sandwiches and beverages at the Center). There will be an hour concert by the Centennial Brass Band; folksinger, Bill Bunyan; David Webster, Maine Humorist; and parlor songs by Elizabeth Harmon. A 19th century fashion show by Cynthia Snow of Plymouth, Mass. with local models. A wine and cheese party will conclude the events. Call Kathy Locker at the 5th Maine for reservations 6-3330.

NEWS FROM THE CASCO BAY ISLAND TRANSIT DISTRICT

THE CASCO BAY ISLAND TRANSIT DISTRICT IS EMBARKING ON ITS MOST IMPORTANT VOYAGE.

ON WEDNESDAY, JULY 29, 1981, A HEARING WILL BE HELD AT 10:00AM IN THE FEDERAL COURT HOUSE, 156 FEDERAL STREET, PORTLAND, ME.

JUDGE JOHNSON WILL BE REVIEWING BOTH THE CBTD REORGANIZATION PLAN AND THE CBL PLAN FOR THEIR ADEQUACY AND MERITS. IT IS EXTREMELY IMPORTANT FOR AS MANY PEOPLE AS POSSIBLE TO BE IN ATTENDANCE ON THAT DAY. WE WANT TO IMPRESS UPON JUDGE JOHNSON THAT THERE ARE MANY PEOPLE INTERESTED IN THE OUTCOME OF THESE PROCEEDINGS. THE ATTORNEY FOR CBL HAS REPEATEDLY REFERRED

BY IRENE MURRAY

TO THE INDIVIDUALS INVOLVED AS A SMALL, SELECTIVE GROUP OF "ISLAND DISSIDENTS." WE NOT ONLY RESENT THAT LABEL, BUT WANT TO PROVE HIM WRONG!

MEMBERS OF THE CBTD BOARD AND OTHER INTERESTED PARTIES ALSO WILL BE SELLING BUTTONS TO RAISE MONEY FOR LEGAL FEES. ANYONE WHO WANTS TO HELP RAISE MONEY ON A GREATER SCALE, CAN CONTACT PAUL HUSTED WHO HAS GRACIOUSLY AGREED TO CHAIR A "FRIENDS OF THE CASCO BAY ISLAND TRANSIT DISTRICT."

SEE YOU IN COURT! ! !

LOOK FOR NOTICES TO KEEP YOU POSTED.
NEWS FROM THE PEAKS ISLAND LIBRARY

The library has been very busy this summer with so many of our summer friends back.

Our summer reading program is a hit. We got the stage put up in the children's section and it has wonderful artwork from the kids. All their favorite characters from the books they have been reading this summer. Any child who has not signed up and would like to please do. You still have time.

A special feature at the library is our Wednesday afternoon story hour and movie at 2p.m. We are trying to keep in the spirit of the summer program at the day care and tell stories of different countries that the summer program is studying. In June they were studying South America. We asked a friend who has been there and she came and showed us slide shows and spoke Spanish and even had some traditional food for everyone to put on. Her name was Carolyn Mitchell.

Then we went to Africa with our friend Peg Stewart from the Maine State Library. Peg also brought clothing, money, pictures and good experience to share with us. It was quite a time. The children really enjoyed putting on the clothes to see how they would look if they lived in that country.

This summer if anyone has any extra paper bags or plastic bread bags that you would just throw away, WE NEED THEM. They are great on rainy days or if you have a lot to carry. Thank you.

I'd like to mention to anyone who has children who get up early on Sunday's and like to listen to the radio. The Children's room of the Portland Public Library has every Sunday on WMEX FM 93 at 8:00 a.m. a radio program. It's 30 min. and different people come and read stories or tell riddles. It is a very entertaining program. It will give some good ideas of other books to read.

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KIDS SECTION

A puzzle to figure out from Encyclopedia Brown. Good Luck!

Encyclopedia Brown once had a case with a haunted client. But the ghost turned out to be a very alive thief who spirited away an expensive camera.

If the spirit moves you, try to do this haunted word maze. You must find words by drawing a continuous line from letter to letter until you spell the word. For example, we have found MUMMY for you. You go forward, backward, horizontally, vertically and diagonally. However, you cannot jump over any letter. Start anywhere you want to, find: GHOUL, BATS GROANS, SCREAMS, WITCHES, WEREWOLVES, VAMPIRE and GHOST.

COME INTO THE LIBRARY FOR THE ANSWER!
TIPS FROM THE CASCO BAY HEALTH CENTER

Sunstroke (Heatstroke) and Heat Exhaustion

These are two frequent summer problems that can be avoided if common sense precautions are observed. Too much sun and heat affects the heat regulatory center in the brain with a resulting non-functioning normal response. So AVOID too much sun and heat! Sunstroke symptoms are:

1. High body temperature (106-109 degrees possible) 4. Rapid pulse
2. Nausea 5. Hot dry skin
3. Headache, confusion, dizziness 6. Unconsciousness or convulsions may occur

This is a serious emergency especially among older people.

* OBTAIN MEDICAL HELP IMMEDIATELY then institute the following while waiting:
1. Bring patient indoors, undress and put to bed.
2. Sponge body with lukewarm water.
3. If ice available, packs may be placed on forehead, axillae and around body.
5. If conscious, give cool drinks - offer salt solution of ½ tsp of salt to ½ glass cool water every 15 minutes.
6. Take patient's temperature after sponging. If still elevated, continue sponging every 10 minutes. A temperature of 103 is tolerable.
7. DO NOT GIVE STIMULANTS.

Heat exhaustion is caused by circulatory disturbances brought about by excessive loss of salt and water by prolonged sweating.

Symptoms are:
1. Dizziness, faintness, rapid heart beat 4. Pale, clammy skin
2. Nausea, muscle cramps 5. Normal temperature
3. Headache

Treatment:
1. Cool patient - loosen tight clothing - keep inside out of heat and in bed.
2. Warm wet towels to muscle cramp areas.
3. May give salt solution as in heat stroke
4. May give tea or coffee if patient is not nauseous.
5. If you are subject to heat exhaustion frequently check with your physician in regards to adequate salt and water intake during periods of excessive heat.

FROM THE CASCO BAY HEALTH CENTER BOARD

It is not too late to take our annual cruise on Saturday, July 25th. Balmy breezes! Moonlight on the Bay - fun - food - good music and company. Donation $30. per couple; $15. - single. Contact 766-3394 or the Health Center for tickets. Boat leaves Custom House Wharf 6:30 p.m. and Peaks Island at 7:00 p.m.

Please remember - YOUR support keeps your Health Center going. If you can't make the cruise, you may make a donation any time at the Health Center during office hours... We need your help to keep us afloat! Thank you - CBHC Board

CHURCH NOTES AND SERVICES

The Episcopal Church welcomes you to Holy Eucharist - Sundays at 10:15 at St. Christopher's Church. Additional Information Call Barbara Whitney 766-2005

St. Christopher's Church Weekend Liturgical Celebrations Sat. 4:00 p.m. 7:00 p.m.
Sunday at 9:00 a.m.
Feast of the Assumption of the Blessed Virgin Mary Aug. 15 Services August 14 at 4:00 and 7:00 p.m. and Aug. 15 at 9:00 a.m.
Brackett Memorial United Methodist Church Services at 10:00 a.m. on Sundays Summer Seminar on the Gospel of John each Sunday eve. at 7:30 p.m.

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