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The Kennebunk

Village

MAGAZINE

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for the NEW YEAR**

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leaves behind ART LEGACY**

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On the Cover



Scott McNeff of Kennebunk with a female goshawk. Page 17
Photo by Amanda Kowalski.

INSIDE STORIES

Arundel Conservation Trust 4

Resolutions for the New Year 7

How to Naturally Reset after the Holidays

Birds of Prey 17

Q & A With Anush Hansen: 20

Art LEGACY 23

Also in this Issue

Dylan's Adirondack Chairs 6

Winter Bird Feeding 10

Happy New Year 12

Basement FAULTS 15

Service Directory 26

Calendar 27-29



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PACK MAYNARD

The Founding and Establishing of the *Arundel Conservation Trust*

By: Shelley Wigglesworth, Lead writer

The Arundel Conservation Trust ("ACT") was formed in early 2017 and is "dedicated to creating a stronger, more vibrant community in Arundel that honors our heritage through the conservation of natural, recreational, and scenic resources for the enjoyment & benefit of all".

Joan Hull, past president of the Arundel Conservation Trust, spoke about the founding of ACT. "We started as a group of six Arundel residents coming together with a common interest. We all knew in our hearts that Arundel needed something to unite townspeople in a way that would be lasting and open to all. In recent years disagreements about changes and choices in town had caused hurtful divisions and we knew we needed something to unite the town again, something we could all be a part of and benefit from."

The founding group of six began meeting in 2016. The members included Joan and Sam Hull, Dot Gregoire, Leia Lowery, Jack Reetz and Linda Zuke. Five years later, ACT now has over six hundred members, event sponsors and volunteers and an active and dedicated Board of Directors.

Around the same time the six began to meet, the town of Arundel was searching for a location for a new Municipal Building. One possibility was a parcel of forty-seven wooded acres of land on Limerick Road.

Founding ACT Board member Jack Reetz recalled, "The town only needed 6 to 10 acres for the new town hall, but we saw an opportunity to find a creative way to use the remaining forty acres. As we kicked around ideas, one of the members of the group, Leia Lowrey, suggested that we meet with Tom Bradbury at the Kennebunkport Conservation Trust, who had years of experience preserving land. After talking with Tom, and with his support, vision, and encouragement we began ACT." He added, "It wasn't long after that, when we approached Tom and the Board of KCT with an idea of our own."

That idea was for ACT to partner with KCT. A meeting was set up, and the

group of six came prepared with a power point presentation, a vision, passion, and compelling reasons as to how and why the Arundel Conservation Trust and Kennebunkport Conservation Trust would be a powerful partnership, and a solution where everyone benefits.

Hull said "We asked if they could take us under their wing and show us how to build a conservation land trust, as we knew the KCT had done so successfully. The KCT board agreed to help us, even loaning us the \$175,000 to buy the Limerick Road land."

In December 2017, the Arundel Conservation Trust was established as a tax-exempt 501(c) 3 Charitable organization, independently managed and self-financing as a chapter of KCT. "We worked out a critical cooperation agreement with the Town of Arundel and soon after, when the Town purchased the 47-acre Limerick Road property, ACT repurchased the 37 acres behind the new Town Hall site from the Town, funding it with the loan from KCT," Hull explained.

ACT's Arundel Community Trails conservation property on Limerick Road was the first land acquisition. It connects to the Eastern Trail with parking at the new Arundel Municipal Building property on Limerick Road. The Eastern Trail connection was made possible through a generous donation to ACT of an easement by adjacent landowner Phil Labbe.

The Community Trails property now includes a mile long walking trail that connects the town hall to the Eastern Trail. In addition, ACT has built a first of its kind half mile pump track for bikes through the forest, which has become a favorite of mountain bikers of all ages throughout Southern Maine and beyond. "It has provided a terrific way for our young people in particular, to get out in the woods and discover the natural world around them," said ACT current President Henry Ingwersen. He added "Our latest project is completing a second, multiuse trail, for walking, biking, and in the winter, snow shoeing and cross-country skiing. When finished, this trail will complete a 1.5-mile loop connecting both the ET and the first walking trail."



Courtesy photo of the Arundel Conservation Trust ribbon cutting ceremony at the Welch Woods property.

Shortly after the acquisition of the Arundel Community Trails property, KCT transferred to ACT stewardship of two other properties in Arundel. The 47-acre Cluff Preserve on Sinnott Road and the 6-acre Welch Woods property on River Road.

The Cluff Woods Preserve was a gift from the late Wilbur "Wib" Cluff Sr., a lifelong resident of Kennebunkport and Arundel, who made his living as an excavator. Shortly before his passing in 2013, Cluff relayed to KCT executive director Tom Bradbury that he spent his life digging up the land and wished to leave a piece of untouched land to be left for all to enjoy as part of his legacy. ACT intends to fulfill his wishes with plans to develop nature, discovery, and education programs along the trails.

The Welch Woods Preserve land was previously owned by avid outdoors person Richard Welch who donated the land to the conservation trust when he died in 2017. ACT volunteers of all ages helped to groom a half-mile trail, which is an easy loop through the woods to the shore of the Kennebunk River. Hull said, "We put in a picnic area, with benches built by the Arundel Boy Scouts." She added "Opening the trails has given Arundel residents and guests the first public access to the Kennebunk River in generations. Like the

trails of the flagship property, this preserve is proving to be a popular path for people of all ages to explore."

The vast property of the Cluff preserve is now in the process of building trails and walkways, with guided activities open to the public planned. These interactive activities will include learning mushroom species, how to identify animal tracks, identifying evergreens, distinguishing fern species, seeking out and identifying spring peepers, frogs, and salamanders of the native woods and more with the guidance of a Maine Naturalist.

Five years since ACT's formation, it is now responsible for conserving and managing close to one hundred acres of land and is actively seeking more special places and land to conserve.

ACT hopes to eventually find a creative way to build a pathway that will lead to the ocean by connecting to the extensive conservation system that KCT has built over the past 50 years.

Hull concluded: "ACT has given Arundel a sense of pride. People of all ages and backgrounds are working together toward a common goal that will be around for others to enjoy long after we are gone. You protect what you love, and you can't love what you don't know. Through ACT, we have opened the woods for all to know and love, forever."

FMI: <https://www.arundeltrust.org/>



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Dylan's Adirondack Chairs



Dylan Page with one of his completed Adirondack chairs. *Courtesy photo.*

By: Shelley Wigglesworth, lead writer.

Dylan Page of Kennebunkport is the oldest of three children. His brother Lucas is nine, and his sister Olivia is seven. The 11-year-old is the son of Danielle and Bryan Page. He is a student at Acton Academy in Kennebunk, along with his brother and sister. He is a hockey player, loves baseball and collecting and trading sports cards and hanging out with his friends. His latest interest is building Adirondack chairs, with the help of his father Bryan, who is a Pastor and part time finish carpenter.

Bryan explained how and why the chair building project came to be. "This summer while I was on an extended break from my job at Seven Mile Road Church, I told each of my three kids that we were going to pick one project to do together. Dylan and I decided to build an Adirondack chair and it came out great. Later, when he was planning for a business fair at Acton Academy, Dylan was stuck on what to do for the fair. I suggested the Adirondack chair idea. He had a basic grasp on wood working, and with guidance from

me, he felt confident that he could do it on his own."

Dylan said it takes about 3 hours to build an unfinished chair. A finished, painted chair takes about 4-5 hours. He shared a bit about what he has learned about building with his dad. "I learned how to use the chop saw, to be careful, how to take measurements and use a tape measure, sanding, and how to not split the wood when securing it with screws." He added "I like to make the cuts on my own without my dad hovering over me, but I also like the time with my dad and doing it together."

He said good craftsmanship is his goal with each chair he builds. "I want it to be a quality chair, so making sure the cuts are accurate, and the wood isn't splintered, is important, and I want people to be happy with their chair."

Dylan decided on his own that he wanted to donate a portion of the proceeds from each chair sold. He chose COS to receive \$5- per chair. Community Outreach Services (COS) addresses the emergency needs of individuals and families in the towns of Kennebunk, Kennebunkport and Arundel. They offer a food bank, voucher program, fuel assistance, and more to those in need.

A former volunteer at COS, Dylan said he chose the organization because "I wanted to help other people who are in need."

Dylan's slogan for his chair business is "Buy one, sit in one, start chillin' like Dylan!"

An unfinished chair is \$85- and a finished chair, painted the color of your choice is \$105-

FMI on purchasing a chair, please reach out to Dylan through his father Bryan at 207-671-8778, or email bryan@sevenmileroad.org.

Look for a Facebook page for Dylan's chairs coming soon.

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Local Business Owners and Town Leaders Share Hopes, Goals, and Resolutions for the NEW YEAR

By, Shelley Wigglesworth, Lead writer

Goodbye 2021. Hello 2022.

Jared Laflin of Beachfire Bar and Grille in Ogunquit: "Beachfire's resolution as a staff is to continue to give back to those who take care of our community. First responders, health care workers and those in the community that ensure our health and safety. We will continue our giving of meals and food to them as well as giving to children who may not have a lot. We are so incredibly lucky for the support of our community, and we want to support them as well!"

Pam Roche of Resurrected store in Lower Village: "My resolution is to worry less and stay in the moment. No expectations, just enjoy the ride."

Kortney Nedean, Selectperson town of Kennebunk: "My new year resolution is to take care of my mental and physical health as much as I take care of others. I want to

continue focusing on the good more than the bad and give energy only to what I can control in my personal life, our community and in the world. I'd like to read one book a month, go to bed earlier, wake up earlier and give time to projects, people and initiatives that are fulfilling, impactful and promote positive growth. I want to set SMART goals (Specific, Measurable, Attainable, Relevant and Time-Sensitive) to keep myself motivated in my career as a saleswoman, as a public servant for our



Bonnie Clement and Helen Thorgalsen of HB Provisions a popular general store with amazing service. Located: 15 Western Ave., Kennebunk. *Courtesy photo.*



Beachfire Bar and Grille in Ogunquit. "We will continue to give back." Located: 658 Main Street, Ogunquit. *Courtesy photo.*

beautiful town of Kennebunk, Maine and as a wife, daughter, sister, and friend. For everyone else, I suggest you

focus on simply being a good human—together we can make tomorrow better."

Bill Gaynor, Realtor, Legacy

Properties, Sotheby's International Realty: "My mantra for 2022 to engage with exceptional clients, present exceptional properties, and provide exceptional results."

Each day brings fresh opportunities and the chance to meet with locals and visitors alike throughout the year. The arrival of a new year is a wonderful time to not only reflect on how grateful we are, but to also look forward to good health, continued community

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HAPPY NEW YEAR 2022!



Michael Pardue, Town Manager Kennebunk: Focused on supporting and maintaining the best work-life balance I can for our team. *Courtesy photo.*



Bill Gaynor of Legacy Properties and his wife Amy Burns Gaynor. "Engaging in the exceptional." *Courtesy photo.*



Kennebunk Baptist Church. Pastor King would like to re-build fellowship and upgrade the church sound system. *Courtesy photo.*



Sandra Duckett, owner of Coffee Roasters located in the Lower Village; is grateful for a dedicated loyal customer base. *Courtesy photo.*



Pam Roche of Resurrected Store, located 13 Western Ave Unit #3, Kennebunk, will focus on "staying in the moment." *Courtesy photo.*



Tom Bradbury of the Kennebunkport Conservation Trust want to encourage all to "Appreciate the beauty that surrounds us." *Stacey Bradbury photo.*



Paul Humphrey, President of the KBA. I would like to recapture the energy and positivity of pre- pandemic times and show my children 'The way life should be.' *Courtesy photo of the Humphrey children.*



Kennebunk Selectwoman Kortney Nedeau. "I want to set SMART goals: Specific, Measurable, Attainable, Relevant and Time-Sensitive." *Courtesy photo.*

dedication, and new innovation. Thank you all for making Coffee Roasters your neighborhood coffee shop and cafe for breakfast, lunch, coffee, tea, and so much more! Happy New Year!

Sandra Duckett, owner of Coffee Roasters located in the Lower Village; Known to many as Kennebunk's "Coffee Roasting Queen" is grateful for a dedicated loyal customer base. Each day brings fresh opportunities and the chance to meet with locals and visitors alike throughout the year. The arrival of a new year is a wonderful time to not only reflect on how grateful we are, but to also look forward to good health, continued community dedication, and new innovation. Thank you all for making Coffee Roasters your neighborhood coffee shop and cafe for breakfast, lunch, coffee, tea, and so much more!

Pastor James King of Kennebunk Baptist Church: "My goals are to install a completely new sound system and recording for the church sanctuary, and to rebuild our fellowship following the pandemic."

Tom Bradbury, Director of the Kennebunkport Conservation Trust: "My goal for the new year, much like in new year's past, is to get as many people as possible to recognize and appreciate the beauty that surrounds us, in hopes that they will work to pass on that beauty to generations not yet born, so that they can be awed and grateful too."

Bonnie Clement and Helen Thorgalsen of HB Provisions "The best resolution we could wish for or plan on is to be so appreciative of our staff/team members who have given their all this past year plus and to keep them in a positive place here through that appreciation. We can also wish for keeping moving in the best direction forward into a safe and healthy world."

Happy New Year from all of us here at HB."

Paul Humphrey, President of the Kennebunkport Business Association and owner of Mornings in Paris Lower Village and Ogunquit: "Recently I was reminded about a British phrase that I

hope to embrace in 2022- 'fill your boots.' I wish to do so in many aspects of my life to get as much of something valuable or desirable as possible. In particular, time with my family and our four children. Enjoying and being grateful for the place we live and the friends and community around us and to embrace the seasonal activities, from the mountains to the ocean as much as possible. Most of all I would like to recapture the energy and positivity of pre- pandemic times and show my children 'The way life should be.'"

Michael Pardue, Town Manager Kennebunk: "As I reflect back on 2021, and look forward to 2022, I recognize the pandemic has challenged us in many ways, while at the same time, teaching us valuable lessons. For me, it has amplified the importance of caring for one another and for making sure I don't let time with loved ones pass by without appreciating the opportunity we have to be together. In 2022, I look forward to continuing to work tirelessly for the community, while

remaining mindful of the importance of a positive work-life balance.

In concert with my personal goal, I intend to role model this similar approach in the workplace. The Town has many initiatives underway and continues to strategize on ways to enrich our beautiful community. Advancing these efforts is not something done independently but is predicated on the skilled work of the highly professional team that supports Kennebunk. I recognize that team culture works from the top down. With that in mind, I resolve to stay focused on supporting and maintaining the best work-life balance I can for our team. When leadership demonstrates the entity's values and beliefs, the rest of the management team follows, creating an environment that touches every employee. I resolve to keep my vision for a superior team culture in mind in everything I do, while asking every member of the management team to commit to doing the same. I wish everyone a safe and healthy New Year." •

First in Maine to Offer InSpace™ Implants for Rotor Cuff Tears

Minimally invasive procedure for massive rotator cuff tears relieves pain and improves shoulder motion and function

York Hospital and Dr. Noerdlinger announced today that they are now offering the InSpace™ rotator cuff implant; a minimally invasive surgical treatment option for patients currently living with a massive rotator cuff tear. This provides a less invasive option than traditional full shoulder replacement, and involves the insertion of a biodegradable and inflatable device under the edge of the shoulder. Although the procedure has been successfully performed in Europe for over ten years, York Hospital and Dr. Noerdlinger are the first to acquire and practice this technology in Maine.

The InSpace™ Implant is designed to restore space between your upper arm bone and the outer edge of your shoulder, improving shoulder motion and function. It provides a simple and minimally invasive alternative arthroscopic surgical treatment for massive rotator cuff tears. This new option, offers on average, 26% less time in the operating room, along with long-term safety and effectiveness results similar to the more commonly performed Partial Repair procedure. The balloon implant

biodegrades over the course of about six to 12 months, and, in that time, reduces friction between the bones to lessen pain and improve recovery after a shoulder injury.

"York Hospital is the first hospital in the state of Maine to offer patients the Stryker InSpace™, a novel surgical device to treat irreparable rotator cuff tears without having to resort to a reverse total shoulder replacement. I continue to be impressed with York Hospital's willingness to embrace technology and offer their patients the latest in medical advancements," states Dr. Noerdlinger. "The InSpace™ device is a temporizing treatment for patients with rotator cuff tears and arthritis who do not need to undergo a full shoulder replacement."

The InSpace™ insert is an outpatient procedure, requiring no overnight stay. Followed by the use of a sling for a number of weeks, along with a physical therapy program, patients typically return to normal activity within six to twelve weeks.

For more information about York Hospital's Surgery Center or Stryker's InSpace™ Implant, please contact Jean Kolak, York Hospital Community Relations Office, jkolak@yorkhospital.com, or 207.351.2021. Or contact Atlantic Orthopaedics & Sports Medicine at 207-363-3490.

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variety of birds in your backyard. For winter visitors like the Dark-eyed Junco, millet spread on the ground is a nice choice.

Finally, suet is a great high energy food to add to your wild birds' winter diets. It is enjoyed by many types of birds but especially woodpeckers, nuthatches and chickadees. If squirrels become a problem for suet feeding, try a pure suet free of seeds and peanut butter.

With many of their natural water sources frozen birds are often in desperate need of a thawed body of water. Small song birds cannot survive by eating snow because the bird's body temperature will plummet to dangerous levels. Additionally, clean feathers are warmer than dirty feathers so taking a winter bath is important. If you add a thermostatically controlled heated birdbath to your yard it will provide the unfrozen water source the birds will need at a small energy cost.

Squirrels fight to survive each winter, too. This may mean they steal from your

bird feeders and maybe even damage them. Luckily there are well made, effective squirrel-proof feeders available like the Brome Buster Plus which uses the squirrel's weight to close access to food. It is best to avoid bird food with added hot pepper in an effort to thwart the squirrels. It is not effective on them and can be life-threatening for small songbirds especially in the cold weather. Of course, you could choose to co-exist with the squirrels by feeding them on the ground away from your bird feeding area. They may then be less likely to raid the bird feeders for food.

Because the winter sun will be lower in the sky, birds often fly into glass windows due to the change in reflections. Preventing strikes can be as easy as putting up a window feeder or placing feeders within a few feet of the window. There are specially designed window decals available that work too. Additionally, closing curtains or blinds can help.

With a little extra effort, we can help our backyard birds this winter and spend those days enjoying their company. Phone (207) 985-1511 or email: info@naturesgiftsmaine.com for additional information.

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Happy New Year 2022

Column by John Forssen,

If you happen to be a Viking (which I happen to be), I have great news: it's time once again to celebrate early spring and the season of New Year's Resolutions. "The fun stops here," my grandfather used to say, anticipating the last stroke of December's midnight clock. "Atonement is upon us."

More than likely, it's not all that bad because...well, if you're in your early 20s or even your late 50s, it makes little difference what you take on for New Year's Resolutions (NYRs) ...or, for that matter, if you choose to take on any at all. Because you've got time on your hands, a fact underscored by the availability of cheap life insurance for people your age. You are what the actuaries call a 'good bet'...a young horse on the cusp of winning the 'Derby'.

Why wouldn't they back you?

Not to belabor the point, but you've got all the time in the world to make your way up and down the slippery NYR slope, all the time in the world to make good (or not) on a few inadvertently voiced sparks of resolve. And more than likely, in the memorable words of poet Robert Burns (1785), it won't make any difference anyway, for the best laid schemes...etc., will find you discarding your good intentions long before they're able to take root. Come to think of it, the road to somewhere, as I recall, is actually paved with good intentions —could be somewhere in Indiana, I don't know, perhaps Upstate New York...and there's that 'Bridge to Nowhere' in Alaska. That could be it.

So...have another drink come New Year's Eve, wink as the clock strikes

twelve, and be assured that there's always next year, plenty of time to surrender to one of your 'better angels'...surrender, default and surrender again. You're young. Live it up. There's plenty of time for 'if at first you don't succeed....'.

But for me, at 80, or close enough to hoist that flag as my own, a new year's resolution casts a haunting shadow. With this many years in my rear view mirror there are all manner of questionable habits I might step away from...but here's the point: it's the questionable habits that we hold most dear. They define us. They make us who we are. We drink, we smoke, we stay up late, we eat poorly, we don't exercise, thrift is a relative stranger...on and on it goes. And what makes it worse, sorry to say, is that giving up any one of these familiar habits would feel like abandoning a cherished child along a deserted stretch of highway. Seriously, who would do a thing like that?

Moreover, in these, my twilight years, why would I want to give up something when this might be my last chance to enjoy it? Put another way, why would I try to spice up my old age with something as drab and moth-eaten as abstinence?

I mean, what's the point? After all the years, should I really look forward to spending my last days in futile yearning or in a withering state of some chemical withdrawal?

At the recent funeral of an old friend, stubborn as a cold day all the way to the end, I sensed the faint smell of a Cuban cigar and wisps of smoke emanating from the seams of his closed coffin. Of course, it was just my imagination, wishful thinking, I suppose. The doctors told him years ago that those damnable cigars were going to kill him...and, by God, they were right...

an inch or so beyond his 97th birthday, he drifted off in his sleep, the Cuban cigar still smoldering like a faithful companion, loyal to the last, in his bedside ashtray. We should all have a friend or two like that...or maybe a dog, but then, you never have to walk a cigar.

In the grocery store the other day, the clerk said, "I'll be with you in a minute."

"Take your time," I replied. "I have the rest of my life." Of course she laughed, but I could tell by her quickened pace that she wasn't sure how long that would be...and she didn't want it happening on her watch.

I gave up smoking cigarettes 40 years ago. Every year for 26 years, faithfully, I'd swear I'd smoked my last smoke; and on the stroke of the year's final midnight, I would make a great show of gathering all my cigarettes and tossing them into the trash. Never a second thought, I was done with that filthy habit...until the dawning of the next day, driven by second thoughts and an unbearable craving, I'd be up to my elbows in the garbage searching for something dry enough to smoke. It was a long process, but at the

end, several hundred cigars and a few pounds of chewing tobacco included, the earth didn't crack, and it turned out to be the sort of labor that gives perseverance a good name.

A stronger man than me might have wrapped the whole business up with a single resolution, but where would that have left him? Like poor Alexander (356 BC - 323 BC) before him, he would forever be chasing after new worlds to conquer. I, on the other hand, was set for a quarter of a century on the strength of a single resolution.

Truth is, however, I don't have that kind of time anymore. Given my mounting years, I'd be well over 100 if I had to quit smoking again. Nor is there much left to give up. So maybe it would be enough simply to change the character of the game, which is to say: Give up nothing, but allow more room for such things as generosity and patience...or as the sign in my dentist's office offered: 'Be Kind, Floss and Call Your Mother'.

Who could ask for more than that?
Happy New Year.

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How to Naturally Reset after the Holidays

By, Heather Evans, Village contributor

Hello and happy January! It is my pleasure to wish each member of the Village community a happy and healthy New Year! I hope everyone was able to spend time with friends and family during the holidays and stay safe, while having a little fun! Is anyone else tired of the whole slew of, 'New year, new me!' Trends, fad diets, and unnecessary guilt about any weight gain during the holidays? Because I am! While there is something to be said about setting a goal and working towards it, all of the societal pressures that come alongside really kills it for me.

I notice in the wellness field a lot of pressure to get back into a religious exercise routine, low-carb eating, and depriving the self of treats as soon as the New Year hits. The body does best with things in moderation, extremes in either direction aren't

healthy or helpful, because the body is always striving for balance. Eating and drinking while enjoying yourself is much needed for mental health, so feel no guilt about what the past few weeks may have held! Instead of the whole new year resolution idea, I would like to counteroffer with a few tips on how to naturally reset the body after some much-needed indulgence!

1. Hydrate We all know the importance of drinking water, but it is so important that it still deserves to be top of the list! Hydrating means drinking 12-16 cups of water, (6-8 pints), every day. If you are working out or being active for even 30 minutes during the day, you need to add 1-2 pints. This time of year, in New England brings dry and cold weather, staying hydrated will help keep your skin hydrated from the inside-out!

2. Move Another classic that can't be understated! Your body benefits from

Continue to page 14

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How to Naturally Reset after the Holidays

Continued from page 13

movement, and so does your mind. Walk, bike, swim, stretch, weight train, dance, just do something that gets your heart rate up for at least 30 minutes a day!

3. **Nourish** While crazy diets are uncalled for, there is something to be said for taking a step back from your regular eating habits to see what could be altered. What is your daily sugar intake? The AHA recommends no more than about 35 grams of sugar a day, if you were to look at a yogurt or fruit juice you have had recently, you would see you hit that daily limit in one serving. Trying to eat foods that are naturally low in sugar is a great first step when it comes to changing your diet. Another good idea is eating smaller portion sizes but eat more like 4-6 smaller meals a day or play around with intermittent fasting! For example, try to only eat between the hours of 8am-3pm to allow adequate time for digestion and for weight loss.

4. **Let go** We all have things that trouble us, this is your chance to pick one thing that you can't stop thinking about, and just let it go. Leave it behind with 2021. Whether we're talking about a bad habit, a toxic relationship, something tangible that inspires negative memories, or simply a poor thought pattern that you know you need to ditch, try to find something that is holding you back, and release yourself from its grasp.

5. **Move on** When we let go, you must immediately move on. Look ahead and see what new goals or plans you can get excited about! The urge to dwell over something lost is innate but try to replace a bad habit with a new positive one or replace that photo on the wall with something that brings you joy rather than sadness.

6. **Be gentle to yourself!** Love yourself! Consider that we have lived through a pandemic for 2 years, and it has taken a toll on both your mental and physical health. Acknowledge that truth, and

then congratulate yourself for all that you have done despite the hardship. Even if you aren't at your goal weight, or if you're struggling to adhere to a new diet or in the habit of getting ready for bed at 4pm (guilty!), Give yourself a break. Express love for the body and mind that has pulled you through this far!

7. **Act!** My final tip is just to do it. What is that thing you have been trying to get started or planning to begin? Planning and preparing are essential steps to achieve goals, but there comes a point where you are simply putting off the beginning. The beginning is always the hardest part, but the most important part is consistency, delay no further. The only time you have control over is now, so act today!

I wish everyone a warm and merry January!

I will be relocating to the Colorado area in mid-January for the time being, I am very excited for some new adventures and endeavors! I will miss all my clients and coworkers from



Column by: **Heather Evans**
Personal Trainer/Marketing @ Quest Fitness
Located at 2 Livewell Dr. Kennebunk

Quest Fitness so very much, but I will of course come back to visit! (My parents would be so mad if I didn't!)

I do plan to continue contributing my monthly health column to the lovely Village Magazine, and look forward to staying connected to the greater Kennebunk community even from 2500 miles away!

Thank you for reading!
Heather



Basement Faults



Column by: **Mark Birmingham**, Broker, Kennebunk Port & Shore Realty
Email: mark@kennebunkportandshoreale.com

The collapse of the Miami condo building earlier this year shocked everyone, except the owners. They knew the fix would cost them \$15,000,000. A swimming pool had been leaking into the garage below, causing structural rebar to rust. Ground water infiltrated as a result of construction next door as well. Delay or unwillingness to fix the issue killed 98 people. Dozens of lawsuits totaling hundreds of millions of dollars have been filed.

The foundation of a single-family home in the northeast won't have as dramatic a result as in Miami, but basement and foundation issues can still be catastrophic. Water in a basement is a common problem. But, structural faults, such as punky sills, cracks, and

high water tables, if neglected, can cause a plethora of costly repairs.

What seems benign might turn out to be a sign of a serious problem. Interior sheetrock cracks which zig-zag up to the full height of a wall, or wallpaper separating from the wall, and cracks where the wall and ceiling meet, are all clear indications of a settling problem. Accompanying foundation flaws would ratify an issue that needs immediate attention. Vertical foundation cracks are typically non-structural, but horizontal ones are nightmares, and should be addressed immediately.

Other worrisome signs include doors or windows which are out of square, uneven or bouncing floors, and long cracks from windows in the basement. The causes range from settling from:

age, new construction fill, poor drainage or loose soils. Even when the foundation is sound, water can encroach into the basement from the perimeter of the house via clogged gutters and downspouts. Earth sloping towards the house should be sloping away. If water during a heavy rain infiltrates your basement, another solution could be a perimeter drain, either interior or exterior. This will direct storm water around or out of the house.

Another more difficult problem is a high water table, which can actually enter from below the basement floor, finding a hairline crack created by hydrostatic pressure. Wicking away the water from around the house will mitigate hydrostatic intrusions. But, such forces of nature may need to be simply tolerated.

In winter, drainage issues from concentrated from melting snow or runoff near the foundation, or snow build-up at exterior doors, are typically

causes of wood rot at the base of door frames, and can also affect the sills separating the foundation from the house. If left unattended, a "punk" sill, that is, one that is partially rotted, can cause many of the above settling problems even with a solid foundation. To test your sills, which may show deceptive dried water marks, drive a large nail into in different locations. If the nail goes in too easily in several locations over a couple of feet, the punky area will continue to expand, and will have to be fixed. Don't assume the water marks assure a punky sill. The nail test is the best way to know for sure.

Of all the major things that could fail in your house, like the roof and the septic system, the foundation is by far the most serious, and potentially the most expensive to repair. If you have suspicions that your foundation may have a problem, call a pro inspect it so you will know what, if anything, you are up against. •

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Birds of Prey Working with Man

An interview with Kennebunk Falconer Scott McNeff

By: Shelley Wigglesworth, lead writer

When 45-year-old Scott McNeff of Kennebunk was just 14 years old, he met Dr. Heinz Meng while on a fishing trip in Vermont. Meng had a peregrine falcon with him. “I didn’t know it at the time, but Meng was one of the most highly esteemed raptor biologists and falconers of his generation. I was absolutely captivated by the peregrine. We sat in the grass together and he patiently answered my enthusiastic questions. When I walked away from him that day, I knew that I was going to be a falconer for the rest of my life,” McNeff explained. He added “That peregrine sparked the passion for raptors in my heart and Dr. Meng stoked the flame. I’ve been doing it ever since.”

McNeff later went on to an apprenticeship under Peter Spadone, a Kennebunk resident and fellow falconer, with Meng being McNeff’s sponsor for the legal requirements of becoming a licensed falconer.

McNeff’s experience with birds of prey includes working in the UK, breeding and training falcons for the royal families of the Middle East. “I worked with a team of professional falconers who trained scores of hybrid falcons each season to hunt from horseback,” and working in Vermont at the British School of Falconry. “For 5 years, I guided guests on hunting trips with trained bird dogs and hawks. It was a good way to expose the public to one of the world’s oldest hunting sports,” he said.

He now serves as a regional director and board member of the North American Falconers Association, which is the largest falconry organization in the world, and he is an active falconer here in Maine.

McNeff said “The ‘golden rule’ of falconry is that you should look at your area and see what kind of small game you’ve got in abundance and then choose the appropriate species of hawk

or falcon to hunt that quarry with. Here in Maine, that typically means that folks are catching squirrels and snowshoe hare with red-tailed hawks or catching ducks with trained peregrine falcons or hybrid falcons that were bred in captivity, created through artificial insemination. There’s a lot of variety that you can dive into if you’ve got the time, and especially if you can travel.”

Over the years, McNeff has hunted sparrows and starlings with merlin’s and sharp-shinned hawks, quail, rabbits, and jackrabbits in the Southwest with Harris’ hawks, and red-tailed hawks, and pheasants, ducks, woodcock and more in Maine and Vermont with goshawks and sharp-shinned hawks. “Right now, I’ve got a 14-year-old goshawk that was bred in captivity. He only hunts other birds. No mammals. He has caught everything from sparrows to geese, but I primarily let him catch ducks and crows.”

Falconry has been practiced around the world for thousands of years and is steeped in history and tradition. It is a rare example of wild animals working in conjunction with humans.

It is also a highly regulated field sport, managed at the state and federal level. “You have to be 16 years old to take the Federal exam in Augusta, and then find a licensed falconer who is willing to take you on as his or her apprentice for a minimum of 2 years. During this time, you learn to build facilities for your bird, and have them inspected by game wardens, etc. There’s a lot involved. During your apprenticeship, you must capture a hawk from the wild and train it to hunt with you successfully,” McNeff explained.

Bird of prey training consists of basic behaviorism techniques and positive reinforcement using food as a reward. “As predators, much of their lives revolves around acquiring food. When a hawk learns that you are assisting it in capturing its quarry, they forge a working relationship with you. The hawk learns that the human is a source of food, and



Scott McNeff in action with falcon. Robert Waite photo



Scott McNeff with a female goshawk. Amanda Kowalski photo

learns that while we are hunting together, the human (and sometimes dog) is there to help create situations where the hawk has a better chance at catching the prey. We effectively work for the hawk to help it be successful and they learn to really

appreciate that. That’s what keeps them from flying away and going off to do their own thing.”

McNeff noted that behaviors and relationships between humans and different raptors differ depending on the

Continue to page 18

species and age of the bird when training begins. "There's a whole vernacular around it. Eyass hawks are those that are taken from the nest and hand reared. Branchers begin training when they are about half-feathered and jumping around, but not flying yet. Passage hawks are several months old when we capture them and begin training. In the past, falconers also trained 'haggards' which were trapped and trained as adults, but the law prevents modern falconers from removing adults from the wild because they are valuable members of the breeding population." He added "Removing young hawks and falcons from the wild has been shown to have no impact on the wild populations because juvenile raptors only have about a 25% chance of living long enough to reach sexual maturity. In addition, if a falconer traps a young hawk and trains, it and hunts with it through its first winter and then releases it back into the wild, it has had a much slower and safer introduction to life in the wild and has a much better chance of surviving."

McNeff said there are about 6,000 falconers licensed in the United States.

Only about 4,000 of those are currently active, with hawks or falcons that they are working with. A high level of commitment is paramount to success. "Here in Maine, there are only a couple dozen of us. The reason there are so few falconers is that the commitment is more than most folks are willing to commit to. If you've got a 9 to 5 job, you simply can't be a falconer. To have a successful hawk, a person needs to spend a large amount of time outside training and hunting with it almost daily, especially in the fall and winter. If your job doesn't allow you the daylight hours necessary, (and because Maine doesn't allow hunting on Sundays) there's just no way to succeed. Every year, I'm contacted by numerous individuals who have started to study falconry and decided that they want to become licensed, and as soon as they start to discover the actual commitment of time that is necessary, they realize that it's beyond their means of commitment."

That high level of commitment goes hand in hand with passion for the sport and is something shared between fellow falconers. "Falconry has given


me ample reason to be outdoors. As someone who doesn't believe in a Christian God, Mother Earth has filled that need for spirituality in my life and nature is my church. Falconry gives me an opportunity to engage with the other congregants in that church on a daily basis. It has also put me in touch with so many wonderful people all over the world, starting right here in Kennebunk. Peter Spadone helped me get into falconry, and I became a part of his family. Even if we stopped flying our hawks and falcons together, we would remain close friends for life."

To view a short video of Scott McNeff and falconry <https://vimeo.com/23719002>


FMI on falconry: <https://www.n-a-f-a.com>



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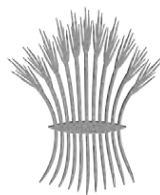
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Q & A With Anush Hansen:

A Professional Career and Wellness Counselor in Kennebunk

Please tell us about yourself and credentials.

I'm a Licensed Professional Counselor in Kennebunk, and a Certified Career Counselor credentialed through the National Career Development Association, dedicated to helping others find the career and life that truly fulfills their wants and needs. I opened my private practice, Kennebunk Career & Wellness Counseling (kennebunkcounseling.com) in 2019 and created Balanced Card Sorts and the Work-Life Balance Assessment card sort last year (balancedcardsorts.com).

Before opening my practice, I worked for 17 years in public health and health promotion research. It's this combination of experience that fuels my dedication to using a holistic, wellness-centered approach when working with my career counseling clients, and that helped to shape the development of the Work-Life Balance Assessment.

My family moved to Kennebunk in 2016 from New Hampshire. My husband is an attorney in town, my son is in 3rd grade at Sea Road School and my step-daughter is a senior at the high school. We absolutely love this area, and could not be happier that we live in such an incredible, caring community.

What kind of clients do you work with, and what concerns do they have?

The majority of my clients are going through some kind of career transition. Most are mid-career professionals between the ages of 30 and 55, who've recognized that the job they're in is no longer working for them. Some are burnt out, overwhelmed and feel disconnected from their work. Others are simply ready for a pivot and a new challenge. Nearly all are looking for better work-life balance, especially since Covid began.

I also see many younger adults, just getting started in their careers, who want to work on identifying what career path will be a good fit with their natural strengths, interests and values. They want to make an informed choice about their career and life direction, and they're thinking carefully about how their work will fit into their personal and family life in the future.

How have your clients' perspectives about their careers changed since the pandemic?

What I'm hearing from clients is that they want to work to live, rather than live to work. The pandemic shed new light on how people want to be working, and how much they're willing to give up for their jobs. Many people are reevaluating what their priorities are when it comes to their careers, their personal lives, and their work-life balance.

Workers are letting it be known, loud and clear, that there is more to life than their jobs. They want meaningful work that they feel connected to, but they also put a lot of weight on the other things and people in their life that matter most.

You mentioned burnout. How can someone tell if they're burnt out and need to change things in order to find more balance?

There are some specific characteristics researchers have identified as related to burnout, which include:



Anush Hansen Professional Career Counselor in Kennebunk.

overwhelming emotional exhaustion; feeling cynical and detached from your job; and a sense of inefficiency and inability to make a difference at work. If you're experiencing one or more of these, it's a red flag that you're likely more than just stressed and tired.

When clients say things like, "I just don't care about my job anymore," or "I dread going to work each day," or "I have absolutely nothing left to give at the end of the day," I know that they are on their way (or have already reached) burnout.

Researchers have also outlined six specific risk factors for burnout, which include a mismatch between your values and expectations versus your employer's expectations in the areas of: your workload, your control over your work, reward and recognition for a job well done, your work community, fairness & equity in your workplace, and your values (the pride and meaning you get out of work).

What can you do if you're experiencing burnout, and how should you start addressing it?

If you're experiencing burnout, it can be very helpful to closely examine each of the above-mentioned expectations to see how your needs align with what the reality is in your workplace. It's also important to carefully identify your career and life values and priorities when it comes to taking care of yourself, your family and your work-life balance.

Once you're able to see where the mismatch is, you can think about having a conversation with your supervisor to see if there are ways to make their expectations more congruent with what you need and want. At the same time, start exploring other positions or companies that align better with what you want your career and life to look like.

You created a card sort tool called the Work-Life Balance Assessment. How does it work and how can people find it?

I developed the Work-Life Balance Assessment when I noticed my counseling clients struggling to vocalize what specific factors in their careers and personal lives were leading to their stress, anxiety, burnout and lack of balance.

The card sort helps people clarify, prioritize and

process their career and life priorities, articulate what's getting in the way of having what they want, and create specific, actionable goals for building their priorities into their life.

It's available online and also as a deck of cards at www.balancedcardsorts.com

When doing the Assessment, you sort the cards into three categories:

1. Priorities you want or want more of in your career and personal life
2. Priorities you already have enough of in your career



The card sort tool called the Work-Life Balance Assessment helps people clarify. Visit: www.balancedcardsorts.com.

and personal life

3. Priorities you don't need or that don't apply to you
- You then answer 15 structured follow-up and goal-setting questions to help you delve into the meaning of your priorities and develop a practical, actionable goal to incorporate your personal and career priorities into your life, moving you toward a healthier balance.

Who should use the Work-Life Balance Assessment?

Anyone who wants clarity about what their wants and needs are when it comes to their career fulfillment, wellness and work-life balance. Individuals can do the card sort on their own, or they do it with a career counselor or coach.

Right now, there are over 20 career counselors/coaches across the country who use the Assessment with their clients. It's also being used in a leadership training with Harvard University staff, with graduate students at Eastern Michigan University, and HR and wellness programs across the country are using it to support their employees. My hope is that it reaches as many people as possible to help them find balance and wellness; especially given that so many are reassessing their work-life balance needs since Covid hit.

What are some useful tips for helping people move toward better work-life balance?

There are a number of fairly small and manageable changes people can work on to help reduce stress, feel more fulfilled, and improve their health and balance.

Implementing any one of the following has potential to create more space and time for people in their day-to-day:

1. Take small breaks throughout your day – Whether it's taking a walk around the block, drinking some calming tea, sitting in the sun for a few minutes, or doing some stretching and deep breathing, it's critical to have some down-time each day that's just for you.

2. Get a little physical activity – Even just 15 minutes of walking a day can reduce stress, boost your mood, and improve focus and efficiency.

3. Say "no" – If you're already feeling overwhelmed, taking on more responsibilities at work or at home is only going to amplify your stress and burnout. It can be hard to say no, but it's absolutely critical if you want to take back your time and focus on things that will decrease your stress, rather than increase it.

4. Unplug and set boundaries – Technology makes it very easy to be "on" all the time. Make sure you have very clear boundaries about when you're available for work and when you're not, and be sure to shut down all electronics at least 30 – 60 minutes before bed. You don't need all that extra stimulation, worry, not to mention blue-light, right before you try going to sleep.

5. Set a buffer between work and personal time – Especially if you're working from home. There are so many benefits to working from home, but it also blurs boundaries. If you can,

designate a specific work-space, preferably one that has a door so you can close it when you're done working for the day. Create a ritual that replaces your commute and allows you to decompress for 5-10 minutes and shift from your work life to your personal life. Remove work email notifications from your phone so you're not tempted to do work during your personal time.

6. Pay close attention to when you feel the most overwhelmed – As you start to identify what specific factors are most draining and depleting for you, you can start noticing and addressing them.

7. Get specific about your priorities in both your career and personal life – Once you know your priorities and values, you can identify and start making small changes to build your priorities into your life, prevent burnout and find more balance.

8. Reach out for help if you need it – Sometimes we're too overwhelmed and emotionally exhausted to know how to make changes. There are many local career and mental health professionals who can help you if needed.

How can someone get help if they need career help and support finding better work-life balance?

For a comprehensive list of local and general career support resources, you can visit my website at: balancedcardsorts.com/blogs/news/my-favorite-career-resources.

Anush's contact information::

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A SERIES ON LOCAL ARTISTS by John Forssen

From Pillar to Post

Every now and then, if you're fortunate, you'll happen across a person—no longer a child—who still has the capacity to find wonder in the world and to chase after it as if the chase could last forever. Waterboro artist Richard Winslow appears to be such a person...many faceted, meticulous in all pursuits and seemingly unaware of time.

In a distant past, he set out to be an engineer, enrolling at San Francisco State University...where, fulfilling an art requirement, he was introduced to what eventually became his first love: pottery. He speaks with passion about his pots, shelves of them, explaining his love of texture and noting how, when he places a lump of clay on his workbench, he "has no idea where it's going", a pursuit which, one imagines, must be somewhat like falling in love. There is no place 'to go', the heart is simply led.

Engineering, consequently, was short-lived, replaced by an interest in becoming a designer which he pursued at the Los Angeles School of Art, later to become a teacher of industrial arts at Massabesic High School, following his move from California to Maine. Along the way, stuffed like an extra pair of socks in an already bulging backpack, he earned certification as a guidance counselor, a position for which Massabesic also called him into service.

His interest in painting—oil, watercolor, pastel and something called watercolor-batik—was inspired by his painter wife Tina, a fabric artist, for whom he made frames. Watching her magic with fabric was enough to spark his interest in painting...which brought him into the Art Guild of the Kennebunks in the '90s. Eventually, following her passing in 2009, he became part of a group of painter/friends who traveled to Stonington each summer to paint and socialize. From this

experience there emerged a body of 'Stonington work' comprised of boats and water and colorful shoreline houses, all sharply executed. Some of this work he completed in both oil and watercolor, expressing a preference for the capacity of oil to deliver a greater degree of realism.

But there was more to come.

When one retires in the 'frozen north', Florida often beckons and, in the midst of this beckoning, he discovered another art-form: glass, both stained and fused, the latter being kiln fired twice: once to merge separate parts, again to 'relax' the joined pieces into a form.

Work habits, finally, discipline...the stuff that haunts many artists...seem not to trouble this painter-potter-fuser of glass. With the twinkling eye of a



Waterboro artist Richard Winslow.

leprechaun, he relates how his mornings are often 'zig-zagged' as one or another of his art forms, often competing with each other, pull him from 'pillar to post', each with its own tingling hold on his imagination.

Along the way, in his spare moments, he also built the house where he lives and works...also a work of art.

Somebody should write a story about this man.

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Kennebunk man leaves behind ART LEGACY

By: Shelley Wigglesworth, Lead writer

William “Billy” Derham was born July 29, 1943 in Biddeford, and raised in Kennebunk, graduating from Kennebunk High School in 1961. After high school, he was a student at the school of Fine and Applied Arts in Portland, and later served in the U.S. Navy from 1967-68. He died May 9, 2020 at the Kennebunk Nursing and Rehabilitation Center following a period of failing health.

Though he earned his living as a house painter and truck driver, art was Derham’s true passion, and one he held throughout his life. In the late 1960’s he had a studio and art gallery in his home on Route 9 in Kennebunk where his work was showcased and sold.

His pieces centered around wildlife and the outdoors, particularly the animal species he encountered in the Maine woods, marshes, and ocean where he spent most of his free time hunting and fishing throughout his life. Nature and nautical scenes were his favorite subjects. Fox, deer, game fish, ducks and duck hunting decoys were often depicted. Woods and ocean were also favorites, as well as fishing boats and skiffs, lobster buoys, traps, and gear. Derham mirrored the world he grew up in and knew well, and he showed his love and appreciation of his surroundings by immortalizing it in his art.

Pencil, pen and ink, and watercolors were his preferred medium, though he also dabbled in wood cutting and wood cut prints and on the rare occasion, oils.

When Derham passed, his son Todd, inherited his college art portfolio, his old brushes, and tools of the trade, as well as some of his pieces that were framed years ago and hanging in the homes where Todd grew up. *Courtesy photos from Todd Derham*

“My favorite is this watercolor,” Todd said, holding the painting up. “Dad won second place at an art show at the Brick Store Museum years ago with this. The museum named it ‘morning mist,’ for the show, but as far as I know, dad never had names or titles for his work. Not all of them were signed either. I’m not sure if that is because he was not finished with some of them or



William Derham's Art School portfolio ad.



Striper fish watercolor by Billy Derham.



Todd Derham holds a watercolor by his late father Derham. *Courtesy photos from Todd Derham*

not,” he said.

Todd commented on the wood cut print his father made of a man with a staff that was a bit spooky to him when he was a young kid. I always called it “the old freaky guy,” he said, adding “when I was a kid it freaked me out a bit.”

In a 1969 newspaper article on the elder Derham’s art, shown here, that very

wood cut print can be seen on above the sofa, with Derham, his then wife Laurie and their children, 5-month-old Todd and 2-year-old Kelly. Derham would later re-marry and have one more child, Sarah.

When asked to describe his father, Todd said “He was very clever, and a hard guy to explain. He was a bit of a hermit. He knew everyone in town, and they knew him, but I don’t think a lot of them knew about his art. He stopped painting years before he died.”

Todd said going through the art his father left behind prompted him to share it with others. He plans to have prints made up and possibly have a show and sell prints of his work for others to enjoy.

“It’s a shame to have them just sitting here. I think dad would like to have them enjoyed.”

When asked if anyone else in the family shared his talent for art, Todd said his father’s late sister Joan did, though as far as he knows no one else. He concluded “Dad has five grandchildren and two great grandsons, maybe they will.”

If you would like more information about purchasing copies of Billy Derham’s work, or if you own any of Billy Derham’s art, Todd would be interested in talking to you. He can be reached at: toddderham@rocketmail.com



Billy Derham with his mother Frances Derham.



Fishing boats watercolor by Billy Derham.

A 1969 news article about Derham and his art gallery.



This news clipping is missing pieces. Here is what it says in the piece:

Courtesy of York County Coast Star.

On Western Avenue in Kennebunk, between the Mousam River Bridge and Four Corners on Route 9 is a tasteful sign indicating that Wm. Derham’s studio and his paintings are in the white clapboard house beyond.

When Billy Derham finished Kennebunk High School he attended the school of Fine and Applied Arts in Portland. After graduation came marriage, two children, and two years of active duty with the Navy. “I got out the day before Christmas last year,” Billy draws.

He was born and bred in Kennebunk, and wants to live in Maine always. To learn a livelihood for his family and himself, his wish was to become a game warden and paint on the side. He loves the out of doors, he hunts and fishes, and he felt he was a “natural” for the job. So he took the test and passed everything with flying colors. Everything that is, except the weight requirement. He is 10 pounds under. “I can’t put on 10 pounds no matter what I eat.”..... If Billy isn’t home when you stop in, you’ll find his wife Laurie and his children Kelly, two and Todd, 5 months, delighted to show you what the man of the family has been painting.

The American Heart Association presents Get With The Guidelines - Stroke GoldPlus award for commitment to prioritizing quality care for stroke patients

Stroke is the No. 5 cause of death and a leading cause of adult disability in the U.S. On average, someone in the U.S. suffers a stroke every 40 seconds, and nearly 795,000 people suffer a new or recurrent stroke each year. Early stroke detection and treatment are key to improving survival, minimizing disability and speeding recovery times.

Get With The Guidelines-Stroke was developed to assist healthcare professionals to provide the most up-to-date, research-based guidelines for treating stroke patients.

"York Hospital is honored to be recognized by the American Heart Association for our dedication to helping our patients have the best possible chance of survival and after a stroke," said Lawrence Petrovich, MD, Medical Director of York Hospital Cardiology Services. "Get With The Guidelines-Stroke makes it easier for our teams to put proven knowledge and guidelines to work on a daily basis to improve outcomes for stroke patients."

As a recipient of the Get With The Guidelines Gold Plus Achievement Award, York Hospital reached an aggressive goal of treating patients with 85 percent or higher compliance to core standard levels of care as outlined by the American Heart Association/American

Stroke Association for two consecutive calendar years. In addition, the hospital demonstrated 75 percent compliance to four out of ten heart facility quality measures or four out of seven stroke quality measures during the 12-month period.

Each year program participants apply for the award recognition by demonstrating how their organization has committed to providing quality care for stroke patients. In addition to following treatment guidelines, participants also provide education to patients to help them manage their health and rehabilitation once at home.

"We are pleased to recognize York Hospital for their commitment to stroke care," said Lee H. Schwamm, M.D., national chairperson of the Quality Oversight Committee and Executive Vice Chair of Neurology, Director of Acute Stroke Services, Massachusetts General Hospital, Boston, Massachusetts. "Research has shown that hospitals adhering to clinical measures through the Get With The Guidelines quality improvement initiative can often see fewer readmissions and lower mortality rates."

For more information about the services offered by York Hospital's Cardiovascular Care, or to set up an appointment, please visit www.yorkhospital.com or contact them directly at 207-351-2424.

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DJ For More Than 2,000 Weddings Writes Children's Book "The Best Wedding Ever!"



The cover of "The Best Wedding Ever" by D.R. Dionne that tells the memorable story of a wedding as seen through the eyes of the petite Flower Girl and spunky Ring Bearer.

In a career spanning 40-plus years, D.R. Dionne, of Gorham, has provided musical DJ and Master of Ceremony services at more than 2,000 weddings.

Dionne has traveled throughout the Northeast as well as foreign countries presenting dance and background music and providing ceremonial support for wedding celebrations.

Dionne's company, Dionne Entertainment, has been awarded the "Couples Choice Award" for 6 years by Weddingwire, the online wedding planning service.

Dionne said, "It has been an honor to take part in one of the most memorable days in a couple's life. While each wedding has a distinctive style, based on cultural, religious and family traditions, they also share many similarities — the most important is when the bride and groom pledge their vows to each other and become husband and wife."

With the vast experience working with the bridal parties and events planners, Dionne has written a children's book, "The Best Wedding Ever." Through the eyes of the Flower Girl and Ring Bearer, Dionne describes all the significant moments that take place at a wedding — from the bridesmaids and groomsmen getting dressed, the entrance of the wedding party, the arrival of the Bride and her Father, the picture taking, the meals, music and dancing and the special moment when the Bride and Groom are married. The book is ideal for children between ages 3 and 8 years old.

The 42-page book has been colorfully illustrated by Kennebunk artist, Steve Hrehovcik. In addition to creating art of more than a dozen children's books, Hrehovcik paints people, pets, homes and buildings, scenic views, caricatures and cartoon. Hrehovcik said, "D.R.'s story is filled with so many opportunities to imagine the pictures that take place at a wedding. Working with D.R. has been a pleasure and a lot fun."

"The Best Wedding Ever" is available on Amazon and Barnes & Noble and other book outlets. Ebook is \$2.99, paperback is \$14.95 and hardcover \$24.95. For more information call 207-240-3012.

AWS

Thursday, January 6, 13, 20, 27 @ 3:30 pm & 4:00 pm — Rescue Readers AWS Adoption Center 46 Holland Road, Kennebunk. Rescue Readers brings together elementary/middle school students and AWS resident pets for a half hour of reading aloud. Students have access to special reading materials and receive reading comprehension guidance from our Humane Educator, as needed. Students are also welcome to bring their own reading materials. FREE, registration is required. Weekly registration opens at Noon on Sunday at <https://animalwelfaresociety.org/youth/rescue-readers/>

Monday, January 10, 17, 24, 31 @ 5:45 pm — Small Breed Learn + Play AWS Training Classroom 46 Holland Road, Kennebunk. Open to dogs 5 months and older, under 25 lbs and have completed Basic Training Level 1, or an equivalent obedience/manners group class. Learn + Play for small breeds is a series of sessions that build upon basic training — reinforce skills, learn new skills, bond with your dog and have fun. \$25 per session. Pre-registration is required: <https://animalwelfaresociety.org/training/learn-play/>

Tuesdays, January 11, 18, 25 @ 4:30 pm — Puppy Learn + Play AWS Training Classroom 46 Holland Road, Kennebunk. Open to puppies 5 months and under. Learn and Play is a series of one-time sessions that tackle the basics of raising a puppy. Each session includes a mix of socialization, obedience training, life skills, play and fun! \$25 per session. Pre-registration is required: <https://animalwelfaresociety.org/training/learn-play/>

Monday, January 17 @ 8:30 am — 11:30 am — Half Day Helpers AWS Humane Education Classroom (Boston House) 46 Holland Road, Kennebunk. Half Day Helpers is a youth volunteer program for elementary school students in grades 2-5. Students work together to make a treat, toy or activity for the animals. Students also complete tasks in the Adoption Center. Tasks could include providing fresh bedding, brushing cats, preparing snacks for dogs, or visiting with rabbits and birds, depending on the needs of the Adoption Center that day. By participating directly with the animals, children see firsthand how they make a difference. \$30. Registration opens two weeks before event at <https://animalwelfaresociety.org/youth/youth-volunteers/>

Monday, January 17 @ 1 pm — 4 pm — Junior Volunteers AWS Humane Education Classroom (Boston House) 46 Holland Road, Kennebunk. We welcome middle and high schoolers to volunteer as part of our Junior Volunteer program. Junior Volunteer hours can be applied to school community service requirements. At each session, Junior Volunteers see how many helping hands are needed to keep the bustling Animal Welfare Society running smoothly. Tasks vary based on the Adoption Center's daily needs and often include cleaning animal spaces, preparing meals, making enrichments and visiting with dogs and cats. By participating directly with the animals, children see firsthand how they make a difference. \$30. Registration opens two weeks before event at <https://animalwelfaresociety.org/youth/youth-volunteers/>

Kennebunk Free Library

2022 Speers Gallery exhibit "Through the Mind's Eye" by JOHN FORSSEN.



The exhibit features oil paintings of land and seascapes, many featuring a variety of birds.

John is a Kennebunk artist and frame-maker who has been engaged in some form of art for over 70 years. Following his retirement from teaching in 2008, he began drawing seriously and eventually painting with oils.

His work is inspired by what he sees in the natural world around him —but only after it has rolled around in his imagination for a while. While he admires "plein air" painting, he begins in his studio, rummaging through his memory for possibilities and then bringing them to life on canvas, layer by layer. He likes to begin his work days at 4:30 am because, as he says, "that's when the muse is waiting for me."

John's drawings have brought several best-in-category awards in Art Guild-of-the-Kennebunk shows, and he has exhibited at the Kennebunk Free Library, the former Whitney Gallery, River Tree arts, The Brick Store Museum, Artists-by-the-Sea in Biddeford Pool and the Gallery at York Hospital. He prices his paintings, along with his custom frames, to remain accessible to a wide audience.

Kennebunk Free Library is pleased to welcome back and display the works of this talented artist once again.

The public is invited to view the exhibit in the library's Speers Gallery from January 3 - 31 at 112 Main St., Kennebunk, Maine during regular library hours when the gallery is not in use for library programs. Please check the library website for current hours and gallery access, www.kennebunklibrary.org.

Virtual Nighttime Stories on Facebook from Kennebunk Free Library What better way to wind down at the end of the day than with a story or two? Join in virtually for nighttime stories with Miss Emmaline! Keep an eye on our Facebook page — you will find videos from Miss Emmaline sharing some relaxing stories for bedtime. Videos will typically be posted once a week. Our Facebook page can be accessed at <https://www.facebook.com/KennebunkFreeLibrary>. You do not need to have a Facebook account to view our page! Settle in and enjoy the stories!

Book Stacks for Children from Kennebunk Free Library Would you like to borrow a stack of library items handpicked by a librarian? We'd love to choose some materials for you! A KFL library card is required. If you're interested, fill out the Google Form and give us some information about your interests and the types of things you like to borrow from the library. If you have any questions, you can reach us via email at js@kennebunklibrary.org or by phone at 985-2173. We're excited to choose library items for you!

Take and Make Kits for Children at Kennebunk Free Library Looking to get crafty? Kennebunk Free Library will be offering take and make craft kits with all the materials to make a craft or two. No registration required, available while supplies last! Kits will be available in the library and curbside by request. This month, we will be offering snow and winter themed crafts! Kits will be available starting Monday, January 3. Visit us to grab some supplies that will help you get creative!

STEAM To Go Kits for Children at Kennebunk Free Library Looking for an activity with a side of STEAM? Kennebunk Free Library will be offering STEAM To Go kits for grades K and up with all the supplies for a fun experiment or activity. No registration required, available while supplies last! Kits will be available in the library and curbside by request. This month, we will be offering Insta-Snow powder that will be sure to amaze! Kits will be available starting Monday, January 3. Visit us to grab everything you need for a STEAM-tastic good time!

Zoom Storytimes at Kennebunk Free Library Ready to zoom, zoom, zoom into storytime? Get your zoomy hands ready and let's go! Zoom Storytimes will be held at 10 a.m. on Tuesdays in December. To participate, please complete our Google Form each week. Miss Maria will send the Zoom link and passcode one hour before Storytime on Tuesday mornings. Zoom Storytime will be held on the following Tuesdays: January 4 • January 11 • January 18 • January 25. All storytimes will begin at 10 a.m. Join Miss Maria for some stories, songs, and fun!

The Dragon Hunter and Treasure Seekers Guild (D&D) Welcome young adventurers! Come and join in on an exciting quest in the world of Dungeons and Dragons. Open to new and experienced players alike, we will meet every other Monday on January 10 and January 24 from 3:30-4:30 P.M. You're welcome to bring in a character from a previous game, to make a new one, or to use one of the pre-made characters provided in the starter set. All other supplies will be provided, just bring your imagination! This program is open to Teens ages 10 and up, and new players are encouraged to join in on the adventure. If you have any questions, call Miss Emmaline in the Children's Room at (207) 985-2173.

CALENDAR

Kennebunk Free Library



Kennebunk Free Library Hires Their First Development Director

Kennebunk Free Library is very excited to announce the hiring of their first Development Director, Anita Randall. Anita is a Mainer that toured New England for a while before arriving back home. She has spent time as a teacher in New Hampshire and Massachusetts and most recently as the Business Manager at her family's logging business in Waterford, ME. Anita also spent seven years in Rhode Island as the Founder and Executive Director of the East Bay Food Pantry and Thrift Shop. Here she oversaw all initiatives, services, fundraising, and community activity, wrote and received grants, designed and implemented an annual donor appeal, and cultivated corporate partners.

Hired in October, Anita has already figured out the culture of our Library and our community, "Nonprofits are near and dear to my heart and I am so excited to be working alongside the delightfully talented staff and volunteers of the Kennebunk Free Library! I am continually impressed by their creativity, knowledge and exceptional level of service. KFL is an invaluable resource in our community and I am truly grateful to be part of it!"

As a 501c3 nonprofit, KFL needs to raise over \$200,000 each year to supplement funds from the Town of Kennebunk and Town of Arundel. To meet this yearly goal, funds are raised through our Annual Appeal, Road Race, and other fundraisers throughout the year such as the March Madness auction and holiday wreath sales. It became clear though, that generating additional income for long-term sustainability was necessary.

The efforts to create a Development Director position took root in the creation of KFL's 2019-2024 Strategic Plan. Feedback from over 500 community members in our survey, focus groups, and individual interviews reinforced that KFL's growth was very important to our community. Anita's focus on fundraising will be through grants, planned giving, and large gifts and with the goals of growing KFL's capacity, ensuring funds are available for

emergencies, and with the long-term hope for a much-needed building expansion.

To speak with Anita please reach out to her at arandall@kennebunklibrary.org or 207-985-2173

You can visit our website at kennebunklibrary.org

Steve Hrehovcik Describes "Secret" of Survival in Rebel Without A Clue –

A Way-Off Broadway Memoir at the Kennebunk Free Library. With persistence, patience and pluck, Kennebunk writer/artist Steve Hrehovcik reveals how he became an expert on survival in his book *Rebel Without A Clue – A Way-Off Broadway Memoir*. Blending a candid confessional with a sense of humor, Hrehovcik describes his turbulent, often farcical, journey in a desperate search for a career in the theater. Hrehovcik makes a presentation about his book at the Kennebunk Free Library on Wednesday, January 12 at 6:00 p.m.

Never giving up, his story also reveals how he managed to carry on with some semblance of dignity and achieve a few surprising triumphs along the way – most important, a marriage of 55 years, three remarkable children and a wonderful grandson. At the end of each chapter Hrehovcik includes a cartoon drawing, adding fun to the theme of his story.

In addition to reading from his book and showing the cartoons, Hrehovcik discusses some of the advantages of self-publishing as part of his presentation.

This program is free, wheelchair accessible, and open to all. The Kennebunk Free Library is located at 112 Main Street in Kennebunk, Maine. For more information please call 207-985-2173 or email us at kfl@kennebunk.lib.me.us.

Heartfelt Gift of Christmas Joy December 13, members of the Seacoast Garden Club of Kennebunkport gathered for their annual tradition of making and decorating nearly 100 miniature boxwood Christmas trees. The trees were then delivered to local health facilities, homebound residents and libraries throughout the Kennebunks. One recipient described receiving her tree as a "heartfelt gift of Christmas joy."



Photo by Sandra Janes: Member of the Seacoast Garden Club of Kennebunkport gather every year in early December to make and decorate boxwood trees which are then taken to nursing homes, housebound residents and libraries.

The Lighthouse

Poem by: Emily R. Green



You were a lighthouse, a safe haven.
I was the wanderess.

Your hand softly guiding me back home.

It was your swift intellect and careful demeanor that I admired.

You spoke calmly of the storm, and embraced the change of sails.

Your soul was a harbor, no doubt.
Beckoning me to shore, you wrapped me in light and compassion.

I was drawn to you, you felt like a place of security.

Safe winds and fair glances is what I took.

The waves of your curling hair swept me overboard.

Your blue eyes were the ocean, I was lost at sea.

I knew not of your storms and though I row aimlessly to love born madness,

I was capsized in the depths sinking further to unreachable.

It was never about the push and pull of the tides.

It was about the presence of familiarity.

In desperation I reached out but you were simply the wind.

And so I drank my tears til I drowned, lost in your eyes fathoms deep.

BIO.

Emily R. Green was born and raised in Arundel, Maine. Growing up, she was passionate about songwriting and music. Early on her interests led her to poetry and creative writing. *The Lighthouse* is Emily's first poetry piece published.

Successful Food Drive Supports York Cty Shelter Programs

The First Congregational Church of Kennebunkport held a food drive and parking lot Christmas Fair on Sat., December 4th to benefit the Food Pantry of York County Shelter Programs. Church members are pleased to announce that more than 250 pounds of food was collected and delivered to the Food Pantry.



Pictured left to right are the Food Pantry Manager, James Colligan, who is accepting a \$1,000.00 check presented by church volunteers, Barbara Vennell and Cindi Menard.

**Wishing You
& Yours 365
days of Good
Health, Lots of
Love, Laughter
& Prosperity!**

**HAPPY
NEW YEAR
2022**

*From all of us at the
Village Magazine*

HAPPY NEW YEAR 2022!

Louis T. Graves Library

LIBRARY CLOSINGS FOR JANUARY: January 1 (New Year's Day) and January 17 (Martin Luther King Holiday). Please call the Library during inclement weather or check your local television listings to make sure we are open. The Library usually follows the local school closures and abides by any parking bans enforced by the Town of Kennebunkport. If there are major power outages, we will do our best to act as a warming center for residents and friends.

Special Limited Offer – Not Many Remaining – Please call us to order your History Book Set, Kennebunkport : the Evolution of an American Town, researched and written by local historian Joyce Butler. This 400 year history includes people, places, and events that have shaped our lovely village over time. Hundreds of images, maps, photos, charts, and stories are included in this two-volume set. Please call the Graves Memorial Library at 967-2778 for more details. \$50 per set (includes the handsome cardboard sleeve). All proceeds benefit the Louis T. Graves Memorial Public Library, 18 Maine Street, Kennebunkport.

TECH HELP at GRAVES LIBRARY

We have tech help just for you every weekday from 2:30 - 4:00. If you are trying to (1) set up Facebook, (2) need help downloading a book on Cloud Library, (3) make a picture folder, or (4) learn how to add things to a virtual shopping cart, etc., please stop by the Graves Library. Kennebunk High School students are here to help with all of your technology needs. No appointment necessary! This program is being offered through a grant from the American Library Association. The Graves Library is located at 18 Maine Street, Kennebunkport. Please give us a call for more details (967-2778).

Mondays @ 7:00 pm What's Your Story? Have you heard about our Interview Show? Each week, our Library Director, Mary-Lou Boucouvalas, sits down with a community member and talks to them about where they came from, what they do, interests, etc. A great way to get to know who lives in your neighborhood, attends your church, or waits on you at a local business. You never know who you might see on What's Your Story? Tune in Monday evenings at 7pm on the Louis T. Graves Memorial Public Library's Facebook page or YouTube channel, or watch them on the Town of Kennebunkport's cable channel 1301.

Wednesdays @ 7:00 pm. Portside Readers. Who does not like to be read a story? Listen to stories, poems, tales, essays, drama, songs and more by the Portside Readers, a small group of local actors, writers, book club members and a musician who love the written word and want to share the joys of reading and listening. Tune in Wednesday evenings at 7pm on the Louis T. Graves Memorial Public Library's Facebook page or YouTube channel, or watch them on the Town of Kennebunkport's cable channel 1301. Please call the Library for more information on this creative collaboration of friends and neighbors!

Tuesday, January 11 @ 5:00 pm. Louis T. Graves Memorial Public Library Association Annual Meeting. Reports of Committees, Thanking Departing Trustee, Voting in new Trustee Member, and Voting on Changes in Library Bylaws. This meeting will take place via Zoom. All Association Members are welcome to attend. Please call the Library for the link. (967-2778).

Wednesday, January 12 @ 9:30 am. Cyber Scams – What Not to Do! Did you know that the Kennebunkport Health Department is celebrating its

75th year in service to the community of Kennebunkport? As part of the celebration, they are kicking off monthly discussions held at the Graves Library. For January, Candice Simeoni (head of elder crimes) will be at the Library to talk about the tips and tricks of cyber scams. Be prepared to combat these dreadful scams with the help of your local authorities! Please call the Library for more details (967-2778). The Library is located at 18 Maine Street, Kennebunkport.

Thursday, January 13 @ 9:45 am. Morning Book Group. This group meets the second Thursday of every month. For January, the group is selecting and sharing poetry. New members are always welcome. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 or visit our website at <http://www.graveslibrary.org>.

Tuesday, January 18 @ 10:00 am. Miss Lyn Likes! Join us for a new program (virtually) with Miss Lyn who will feature various picture books that she loves for a plethora of reasons. Tune in to Facebook or YouTube and see what is suggested. Any of them sound good? Call us to reserve! (967-2778).

Wednesday, January 19 @ 9:45. Your Health Matters. Please join us and staff from the Kennebunkport Health Department to identify ways to improve healthy choices and overall well-being. Copies of the book Life Glows On by Claire Cook are available for check out at the Library. Not able to read the book before the discussion, please feel free to join us and learn more about this month's book pick. Help set the course for a healthy you! Graves Library is located at 18 Maine Street, Kennebunkport, Maine. Please give us a call for further details about this healthy monthly program. (967-2778)

Thursday, January 20 @ 5:30 pm. Wine On-Line with Maine & Vine. Join us on January 20 @ 5:30 pm for a fun hour of tasting, information, and trivia. Our two experts, Lani Dietz and Betsy Ross, will guide us through the program with ideas, pairings, and educational tidbits as we sip and critique. This will be a Zoom.com presentation moderated by Mary-Lou Boucouvalas at Graves Library. Please call the Library (967-2778) to register by Wednesday, January 19. We will send you the Zoom link on the day of the event. All participants are encouraged to purchase wine at Maine & Vine in Lower Village, Kennebunk prior to the start time. We would love to see you! And you don't have to worry about driving!

Thursday, January 27 @ 5:00 pm. Evening Book Group. Join us on Thursday, January 27 for the first book group of the 2022 reading year. At this meeting, we will book talk our selections and make the list for the remaining months. All are welcome to attend. Please give us a call if you are interested. (967-2778).

Friday, January 28 @ 9:00 am. Coffee and Conversation with Best-Selling Author Todd Doughty. Please join us for a fun-filled hour of coffee, conversation, and books with Todd Doughty, Senior Vice President of Random House Books, New York City. Todd is the author of Little Pieces of Hope, a book that is brimming with the pleasures of life, inspiring listeners to look for and celebrate the good things that surround us.

Ongoing:

Our Fabulous Friday Family readings every Friday at 10:00am on the Louis T. Graves Memorial Public Library Facebook Page (www.facebook.com/GravesLibrary) on YouTube (www.YouTube.com) and

local channel 1301. This program includes stories, finger plays, songs, and crafts. Designed for children 5 and younger, however, all ages are welcome. Parents and caregivers are encouraged to participate. No registration required. The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 and ask for the Junior Room or visit our website at <http://www.graveslibrary.org>.

A Photography Exhibit of Hidden Kennebunkport. To continue or celebration of local heroes, local talent, more of Steve (Roscoe) Ross' photographs will be on exhibit and sale at Graves Library through the months of January and February. Fifty-percent of all proceeds benefit Graves Library. The Library is located at 18 Maine Street, Kennebunkport. Come see Steve's new images on the walls at Graves Library! An exhibit not to miss.

Ongoing Book Sale at the Louis T. Graves Memorial Public Library. Visit the Book Cellar for what's in the store. Thousands of books to choose from – during Library hours. We also have notecards, journals, special books, ball caps, special gift books, coffee mugs, tote bags, bookmarks, and more. If you are unable to make it in, you can call us with your genre requests and we will fill a bag for \$10.00 (10 for \$10). For information, please call 967-2778 or our website at <http://www.graveslibrary.org>. Cookbooks, sports, religion, fiction, biography, history, children's, classics, health, and a whole lot more!

Caps for Sale! We are now selling ball caps with our unique Library Logo. Colors are Gray and Raspberry. Hats are made locally (Arundel) at Charlie Horse. \$20.00. Give us a call for purchase or inquiry. We are happy to ship too! (207-967-2778). Check out our Store on either our Website (www.graveslibrary.org) or Facebook (www.facebook.com/GravesLibrary) for more items. All proceeds benefit the Graves Library. We thank you very much!



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Fine Art Supports Families in Need



Kennebunk artist and frame-maker John Forssen will have a one-man show of his work through the month of January at the Speers Gallery in the Kennebunk Free Library.

Paintings in this year's show will range in price from \$200 to \$350, easily within the reach of most budgets, and half the proceeds of all sales will go to Community Outreach of the Kennebunks, a tri-community program offering aid to families in need. During a similar promotion last year, Forssen contributed nearly \$1000 to the program.

"Most people appreciate fine art," he says, "and this approach gives them a really good reason to pursue that appreciation."

A retired teacher and public affairs writer, Forssen speaks of his art as a life-long interest. . . accelerated several years ago by his social contact with other artists in the area.

"Actually, he says, "It began with a cartoon on an Easter egg, a nebbish-like character with skinny legs and a drooping belly. One of the women, also decorating eggs, remarked that the cartoon looked so much like her husband that she would like to take it with her. . . properly labeled, of course."

The husband, the artist in the family, noted the quality of the cartoon, at which point Forssen began a series of serious pencil drawings, moving eventually to painting in oil and joining both the Art Guild of the Kennebunks and Maine Women in the Arts.

In recent months he has been writing an ongoing series of articles on local artists which appears monthly in the 'Village' magazine.

"Truth is," he says, "I've been a doodler all my life, my earliest recognizable drawing being a stylized ram mounted on the side of a free-standing floor ashtray in my parents' summer camp. I was as surprised as anybody that it actually looked like the ram. From there I was hooked."

His current work consists principally of landscapes derived chiefly from a combination of memory and imagination.

"I admire the 'plein air' crowd," he says, for their ability to capture the 'look' and 'character' of a place in an immediate and spontaneous fashion. The look of the thing right in front of me, however, I find both confusing and intimidating. I don't copy well. Back in my studio, a tiny corner of a spare bedroom, I rummage through my memory for possibilities and then, layer upon layer, bring them to life on the canvass."

As for discipline, when there's work to be done, the day begins at 4:30 a.m. because, as he says, "that's when the muse is waiting for me."

Kennebunk Savings Awarded for Work with Small Businesses

Kennebunk Savings has been recognized by the Small Business Administration (SBA) for outstanding work with the small business community amid the COVID-19 pandemic. The Bank was honored with the "District Director Award" due to their exemplary lending practices to bolster local businesses at a critical time.

"Kennebunk Savings has consistently been among the SBA's top 10 lenders in Maine," said Diane L. Sturgeon, District Director at the SBA. "But from 2020 to 2021 they showed significant increases in loans for small businesses in Maine."

"The Director's Award singles out 504 and 7(a) loans, which are types of loans where a portion of the funds are guaranteed by the SBA," explained Chris Kehl, Executive Vice President, Managing Director at Kennebunk Savings. "It's intended for new businesses and collateral shortfalls — areas where we ordinarily might not be able to lend. As you can imagine, over the course of the last two years those kinds of loans were critical to our small business communi-

ty and we worked overtime to provide as many as we could."

Paycheck Protection Program (PPP) loans are perhaps better known to the general public, and were made available to businesses of all sizes. Nevertheless, the Kennebunk Savings PPP Portfolio reveals a continued dedication to small and local businesses, as 89% of the first-round PPP loans from the bank were under \$150,000.

"We understand our customer base and our communities," said Bradford C. Paige, President and CEO of Kennebunk Savings. "And small businesses in our communities know they can rely on us, particularly in times of economic stress. While we're certainly proud to be honored with the Director's Award, we even more proud of the meaningful impact of our work on the small business community throughout the pandemic."

The SBA District Director Award is given in recognition of lenders who "greatly increase" their use of SBA programs in lending portfolios and make "efforts to increase access" to programs like the Paycheck Protection Program.

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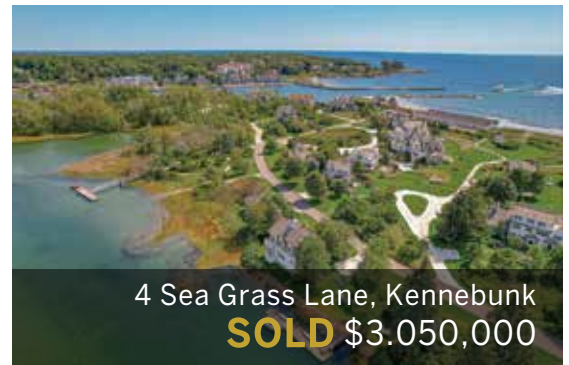
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