

December
2021

Village magazine

The Kennebunk

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40th annual
**Christmas
Prelude**

**THE MAGIC
OF CHRISTMAS TRADITIONS**

**Patrick
Dempsey**
speaks to the
Village Magazine

Christmas 1914
Let's take a step back in
time

Maine's premier monthly magazine serving York County

www.thekennebunkvillage.com



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On the Cover



Patrick Dempsey speaks to the Village about living in town, being a Mainer, the Dempsey Center, Christmas traditions, and more. *Cindy Giovagnoli photo*

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The Village welcomes letters, briefs & suggestions.

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PACK MAYNARD



By John Forssen

Nicholas had just turned four, so it was really his first Christmas...the first, at least, that he could anticipate. It was tentative, bare scraps of memory, but it was there, something vaguely, tantalizingly familiar...and, like the first, faint aroma of cookies baking in the oven —chocolate chips and brown sugar— it was headed his way.

In the beginning it was just a feeling. He had no name for it, but there was an unmistakable undercurrent like sudden goose bumps or the shimmering mist that a fading dream leaves in its wake. He could sense it in the crisp autumn air: something great and mysterious was approaching. And he could feel it as Halloween slipped quietly into Thanksgiving and, with the first real snowfall, as the days and finally the hours tip-toed toward December... and, yes, that magic moment when the Advent calendar with all its hidden doors appeared one morning on the kitchen wall.

In that moment, it all came back to him: it was Christmas, so close now that he could almost reach out and touch it.

The very thought filled Nicholas with excitement.

But he had no way of knowing how soon it would arrive. There were the mysterious doors, certainly, each one a tick on what his mother called the Christmas clock; but there was also the very real business of time, itself — an endless accumulation of seconds, minutes and hours climbing toward days and weeks and whatever came next.

You see, time was still somewhat of a mystery to Nicholas. He knew about today and tomorrow; and he was aware of the expressions 'next week' and 'next year', but he had little idea of the distance from one to the other. And whenever he was told that something would happen 'in a little while', he would fill that 'while' asking again and again, "Is it time yet?"

So, on this morning of great

discovery, he and his mother had the following conversation:

It began with Nicholas asking, "Can I open the first door?" to which his mother replied, "after breakfast, Sweetheart...in just a bit."

"But when will that be?" Nicholas asked, clearly impatient. Breakfast wasn't even on the table yet. He closed his eyes, and tried to measure the mysterious, sometimes undulating boundaries of "just a bit". He already knew how elastic those boundaries could be.

Repeating the phrase, he asked, "Is that a long time?"

"Only if you think about it," his mother said. She was just putting on her apron. Except for that simple exercise, there wasn't a sign of breakfast...not so much as a pitcher of juice or a box of cereal, and the kitchen at that moment was as quiet as an empty box. His father was just getting up and his sister, three years older, was still asleep. Time appeared to be standing still.

Just a bit was nowhere in sight.

Nicholas was perplexed, but there was something in this mother's words —only if you think about it— that he found intriguing and he began to imagine all the things he had ever thought about....

As you can imagine, there weren't so many, being only four years old... indeed, once he got past this morning's breakfast and the distant approach of Christmas, the band-aid on his toe, the teddy bear he carried around by its ear and the bristles of his grandfather's beard, he found himself at the end of his list.

There was nothing left to think about and, still, the first door of the Advent Calendar remained closed, sealed as tightly as if by lock and key. It did occur to him, however, that while he thought about breakfast, he did not think about the Advent calendar; and while he was thinking about the band-aid on his toe, he did not think about the advent calendar. Nor did he think about it while he was thinking about his teddybear or the bristles in his

grandfather's beard.

As you can see, Nicholas was a very clever lad, and it wasn't long before he was making his way around the kitchen thinking very hard about everything he saw...no matter how big...no matter how small.

Indeed, when at last his father came down —no more than a few minutes later— Nicholas was on his hands and knees by the refrigerator peering into the tiny hole in the baseboard where they had once seen a little brown mouse stick out his head and wiggle his pink nose. How they had laughed at that.

Moments later, his sister appeared, her eyes barely open and her hair tangled as if by the troubled fingers of a nightmare. Nicholas thought about that, too. He smiled at the sight, but he knew better than to say anything.

And so it went that morning: juice,

cereal, a glass of milk, the distant sound of his mother and father talking, and suddenly, as if by magic, his thoughts were interrupted. Breakfast was over, the dishes washed and put away and he was at the Advent calendar, his fingers gently peeling back the first door. Now that was something to think about...he could hardly believe it.

In the fullness of its season, Christmas arrived that year, as it did for years and years after...until, looking back, an old man now, Nicholas could only marvel at all the Christmases that had come and gone, each with its own fine threads of urgency. There were children and grandchildren now, even one great grandchild, a curly-headed little boy who climbed on his lap one morning and asked, "Is it Christmas yet?"

And Nicholas replied, "Not yet, but it's coming...in a just a bit."•

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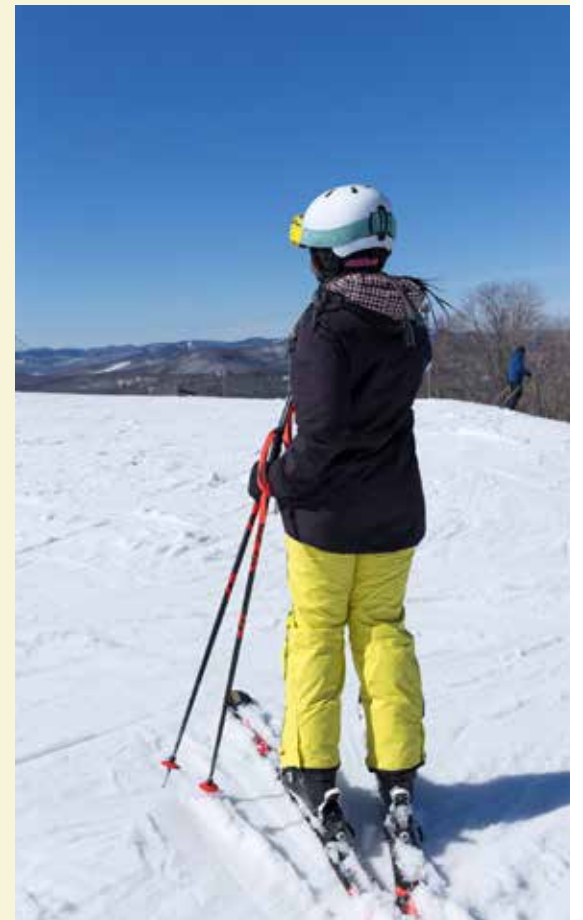
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2021 Christmas Prelude Thursday, December 2 - Sunday, December 12

40th annual Christmas Prelude is back

this year with minor changes taking place to implement COVID safety and health protocols.

About Kennebunkport's Christmas Prelude:

In the early 1980's a meeting was organized by and for local businesspeople to discuss ways the business community could celebrate and give thanks to the residents after the busy tourist season was over and to simultaneously stimulate the local economy in an otherwise quiet time. That meeting was the beginning of what would become the Kennebunkport Business Association's Annual Christmas Prelude Celebration. Christmas Prelude has evolved into the spectacular nationally recognized

event it is today-a magical seaside holiday celebration where memories and traditions continue to be made the first two weekends in December for the last 40 years. With Christmas Prelude being held virtually in 2020 due to the pandemic, 2021 Christmas Prelude is back once again with improvising this year to implement safety and health protocols. Read on to find out what has been tweaked and what to expect. The wearing of masks is recommended indoors and when social distancing is not possible elsewhere.



Prelude Opening Festival Block Party

To reduce the risk of crowd gathering, the traditional tree lighting and fireworks will be replaced by frequent, ongoing tree lightings of the Dock Square Tree, counting down from five on both weekends. A surprise fireworks display will happen sometime during the celebration on the 10th of December. Additionally, the Nonantum Resort will set off fireworks both Friday and Saturday evening on the second weekend. The block party will take place between 6-8pm along Western Avenue stretching from Beach Avenue in Kennebunk to Spring Street in Kennebunkport both Fridays. This family-friendly celebration will feature live music, street performers,

Kennebunkport Christmas Prelude in the 1980s *Kennebunkport Historical Society photos.*

fire eating shows, fire baton performances and more. Snacks and treats will be available from local vendors with appearances by special characters. Per Maine law, carrying open containers of alcohol and drinking alcoholic beverages in public are prohibited.

New location for Hat Parade

The annual Christmas hat parade will be held December 4 at 3 pm, at a new location this year- in Lower Village, Kennebunk. A route will be determined. Masks are required for participants and there will be a prize for best mask this year in addition to a prize for best hat. Prize winners will be announced later that day on the Prelude Facebook page with prizes



Santa arrives by lobster boat.

Photo by Bob Dennis.

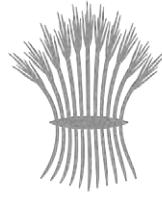
to be mailed to winners. Please visit the Prelude page to sign up for the parade and look for route announcement.

Santa Arrives by Lobster Boat

On Sunday, December 5, at 2 pm Santa, Mrs. Claus, and the lobster elves will travel up the Kennebunk River from the Atlantic Ocean on the F/V Nor'easter, to wave to children at the Matthew Lanigan bridge in Dock Square. Santa, Mrs. Claus, and the elves will not

be disembarking this year for the usual walk-through town with children. The boat will stop for photos and waves at the bridge. Those who cannot make it in person can get an inside peek of Santa's journey via Facebook live on the Christmas Prelude Facebook page.

For a complete schedule and guide to Christmas Prelude 2021, please visit: christmasprelude.com
Continue to page 8 for Prelude picks for all.



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\$10 and under Prelude Picks for all!



Photos by Bob Dennis photo

Our picks for good old fashion free and affordable Christmas Prelude activities for all ages! Create magical Christmas memories in Kennebunkport that will last a lifetime and won't break the bank.

Prelude Trolley Rides at Seashore Trolley Museum

Friday, Saturday, Sunday December 3,4,5 and Friday, Saturday, and Sunday December 10, 11, 12, 10am - 6pm. Ride in heated trolleys decked out in live holiday greens on a private heritage railroad while enjoying hot chocolate! The trolley rides are 25 minutes long. \$10 for ages three and up; free for children two and under (sitting on laps). Please purchase tickets in advance. The start time on your ticket is the time your trolley ride will depart. To book: 207-967-2800.

Prelude Opening Festivals-Dock Square

Friday, December 3, and Friday December 10, 6-8pm. The block party will happen along Western Avenue



stretching from Beach Avenue in Kennebunk to Spring Street in Kennebunkport. A family-friendly celebration featuring live music, street performers, fire eating shows, fire baton performances and more! Snacks available from local vendors, appearances by special characters and frequent lightings of the Dock Square Tree, counting down from five.

Tree Lightings:

Cape Porpoise Lobster Trap Tree Lighting: Friday, December 3, 4:30pm at Cape Porpoise Square. Lower Village Tree Lighting, Saturday, December 4, 5:30pm Christensen Lane and Route 35. Dock Square frequent tree lightings: Friday December 3 and Friday December 10, between 6-8pm during the Block Party events.

Prelude Craft Fairs:

Saturday, December 4: Atlantic Hall, Cape Porpoise 7:45am-2:30pm Church on the Cape, Cape Porpoise 8:30am-1pm. Kennebunkport American Legion Post 159, School Street Kennebunkport, 8am-4pm.



Seashore Trolley Museum, photo.

The Village Baptist Church, Main Street, Kennebunkport 8:30am-4pm.

The Center Holiday Fair, 175 Port Road, Lower Village, 9am-2pm.

Santa Arrives by Lobster Boat:

Sunday, December 5, 2pm at the Mathew Lanigan Bridge. Join Santa on his annual pilgrimage up the Kennebunk River to wave to children. Families can get an inside peek of Santa's journey via Facebook live on the Christmas Prelude Facebook page.

16th Annual Hat Parade:

Saturday, December 4, 3pm
NEW LOCATION in Lower Village, Kennebunk Route TBD. In keeping with longstanding Christmas Prelude tradition, wear your favorite eye-catching holiday hat and join the parade.

Christmas Candlelight Caroling at the Franciscan Monastery:

Saturday, December 4, 6:30pm
Join the Franciscans at Our Lady of Lourdes Grotto on the grounds of St. Anthony's Monastery for the story of the birth of Jesus interspersed with Christmas songs by candlelight. Presented by St. Anthony's Monastery and the Secular Franciscan Order. Participants are asked to wear masks entering and leaving the venue and to socially distance in family/friend pods on the grounds. No parking on property. Enjoy roasted chestnuts at the entry.

5th Annual Christmas Prelude Boat Rides:

Saturday and Sunday December 4,5 and Saturday and Sunday December 11,12 10am-4pm Join Captain Mike and Shelley for a ride up and down the Kennebunk River on the F/V Nor'easter, an authentic Maine lobster boat owned and operated by local lobsterman, Captain Mike Perkins. Rides take place every half hour from 10am-4pm. A boatload of fun for all ages! Board the boat behind the Pilot House Restaurant (4 Western Avenue, Kennebunk) or behind the Nonantum Resort (95 Ocean Avenue, Kennebunkport).

\$10 per person, pass is good all day! No advance purchase required.

11th Annual Pooch Parade:

Sunday, December 12, 11am Dock Square Bring your pooch wearing their favorite holiday attire! The parade starts at Consolidated School (School Street, Kennebunkport), down Maine Street, through Dock Square, and onto Ocean Avenue. For a complete list of Christmas Prelude 2021 events, activities, and sponsors, please visit: www.christmasprelude.com

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Art Guild of the Kennebunks Exhibit During Prelude at Masonic Hall



Palomino by Steve Hrehovcik Acrylic

The Art Guild of the Kennebunks helps celebrate Prelude with an art exhibit and sale at the Mason Hall on Friday, Saturday and Sunday, December 10, 11 and 12. The Masonic Hall is located at 15 North Street, Kennebunkport. Exhibit hours are 10 AM to 5 PM.

Previous Prelude exhibits have featured more than 50 art pieces that include oils, watercolor, pastel, pen and ink paintings and prints, as well

as pottery, wood carvings, art deco and “found art” items. Many Prelude visitors have discovered souvenir items and presents to take home as a memory of their time in Maine.

Susan Mesick, treasurer of AGK and coordinator of the exhibit, said, “The Art Guild of the Kennebunks is celebrating its 40th year and is excited to be holding an in-person Art Exhibit at the Masonic Lodge on Temple Street.”

The forerunners of the guild began in 1980 when a group of gallery owners in Kennebunk and Kennebunkport gathered to promote the arts. They had their first exhibit the following year. When the group officially became the AGK, in addition to traditional paintings, it expanded to include photography, printmaking, sculpture, textile art, woodworking, pottery and mixed media.

Each year the AGK presents a scholarship to a Kennebunk High School student who intends to pursue a career in the arts. Funds for the scholarship come from the raffle of a painting which will be awarded to the raffle winner at the end of the exhibit.

Attendance is free. For more information call (207) 651-5699

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Maine Women in the Arts: Prelude Fine Art Show with Crafts - December 2-5

Maine Women in the Arts (MWA) is excited to announce it will once again host a Prelude arts and crafts show December 2-5 at the Masonic Lodge, 10 North Street in Kennebunkport.

Local artists representing a variety of mediums participate in MWA and will have their latest original artwork for sale. There will be paintings, photographs, and pottery. These same artists will



Canada Geese by Gail Santos.

have unique, handmade crafts to treasure.

The Prelude show is one of MWA's biggest shows of the year. The selection is always varied and this year, in particular after a hiatus due to Covid, you will find a wide selection of both fine art and crafts.



Pottery by Kathleen King.

The show will open Thursday, December 2, from 5-7 PM with live music to enhance the holiday spirit. This is an opportunity to be the first to select from these one-of-a-kind arts and crafts. The show will continue Friday, December 3, from 10-7; Saturday, December 4, 9:30-6; and Sunday, December 5, 10-4. There will be live music from 1-3 each afternoon.

In accordance with CDC guidance, facemasks are required. Admission is free.



Meandering Langsford Road by Sheila Clough.

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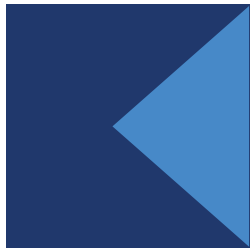
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& Shelley Fleming Wigglesworth, Writer

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The Keeper of Time

By John Forssen

"...so, yes, we were actually searching for the moose, chasing it, if you will", Saco photographer Arthur Buczacz concedes, gesturing toward the photographs on his shop wall. "I don't normally do that. I prefer to go out with an intention to take a picture and then let the picture come to me," as his wall attests: a variety of flowers, ice-crystallized branches, gear boxes, stylish wrought iron steps, a lone pine tree lost in a lakeside fog... all beautiful, simple and thought provoking.

But back to the moose.

"We were up in Rangeley," Walter continues. "We'd spent the better part of a day-and-a-half searching for it when, all of a sudden, knee deep in the murky water of a roadside flowage, it appeared. Two hundred digital photos later came the picture of the dancing moose you see on the wall."

And, yes, the moose, its chin just raised and dripping from the flowage, appears to be taking the first tentative step of a classic dance, a quadrille perhaps or maybe a minuet.

One of the interesting things about Walter is that while he is a photographer —holding memberships in Saco Bay Artists, the Portland Camera Club and Maine Women in the Arts, and regularly exhibits with those groups— his business card reads: Walter's Watch and Jewelry Repair...a whole other



Photographer and Jeweler Walter Buczacz poses in his Biddeford shop with an image he captured of a 'dancing' Moose.

story that goes back to his having married the daughter of the original shop owner. Beyond that, he holds a degree in biology, the roots of which he credits to an eighth-grade teacher who introduced him to the straight lines and square corners of the "scientific method".

But it has been photography, his first love all the way back to that early wind-up, single-snap Brownie camera, that has kept a firm hand on his internal tiller all these years.

He grew up in Teaneck, New Jersey, taking pictures for both the high school newspaper and the year book and, subsequently, following his years at the University of Maine (Orono) where he was in an English class with Stephen King, he spent several summers in New York

cataloging the comings and goings of that cosmopolitan population.

Aside from achieving some level of excellence, the first sale for any artist is always memorable. For Walter it occurred in the second exhibit season at the North Dam Mill after its renovation. "A green pepper," he says without a trace of irony in his tone. "It was of a green pepper,"... so simple, yet striking enough to take up company with, say, a Campbell's

Soup Can.

As for discipline, a question of work habits, aimed at all artists and writers by folks who would like to be artists and writers, Walter simply shrugs. "I do it because I love it. Like I said, 'the pictures come to me'. So there's no need for discipline."

On that note, the phone rings. It's a customer, and Walter the Photographer goes back to being Walter, *the Keeper of Time*.



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MUSEUM SHOWCASES LOCAL ARTISTS FOR HOLIDAYS

The Brick Store Museum's annual Holiday Showcase pays special homage to the region's independent artists and creators. Without many fairs, festivals or large gatherings this year, those who make their living in the arts have been severely impacted by the pandemic. The Museum's Holiday Showcase is a month-long event inside the Museum's galleries that will feature the works of artists and fine crafters. The Holiday Showcase will open on Saturday, November 27, and end on Tuesday, December 21.

During the entire month, admission to the Museum will be free courtesy of sponsor H.M. Payson, as a holiday gift to our communities. Visitors will be able to visit the Museum's newest exhibitions and shop for locally-made gifts and artwork supporting both individual artists in York County and the Brick Store Museum's educational mission in the community.

The Museum also has an option for those not comfortable coming indoors during the pandemic – artwork and special pieces will be featured on the Museum's social media feeds and via its new online store, the Museum Mercantile, which can be found at www.brickstoremuseum.org.

The Holiday Showcase is open anytime the Museum is open (closed only Mondays). More information can be found on the Museum's website, www.brickstoremuseum.org, or at the Museum's front desk at 117 Main Street in Kennebunk. Over twenty regional artists have joined the showcase to show off paper art; paintings; jewelry; basketry; custom drawings; sculpture; fiber and textile works; photography, handmade soaps and sachets; candles; accessories; wood carvings; and more.



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TALES FROM THE ARCHIVES

Christmas 1914

By, Leanne Hayden
Collections Manager,
BRICK STORE MUSEUM

Let's take a step back in time to Christmas 1914, the Eastern Star had received a special message from Santa Claus who reassured Kennebunk he and the elves were working overtime to get gifts ready. His four-faithful reindeer; Dasher, Prancer, Dunder and Blitzen, were called from the "dense timber" and preparing in the stables for the long trip.

The official communication from Santa Claus "caused much interest and several hours after its publication a tiny snow-bird flew through an open window and into the sanctum. In graceful manner it hopped about,—from chair to desk, from picture to case and at an opportune moment perched on the editor's shoulder, from where it chirped secret wishes and hopes of many residents of Kennebunk and what some of them desired Santa Claus to place in their stocking Christmas morning."

Following is an abbreviated list as printed in the Eastern Star which was forwarded to the North pole by special messenger.

Kennebunk Citizens Christmas Wish List 1914:

Webhannet Club (local women's club)—A notice from the school board that a room and instructor have been provided for the teaching of domestic science.

Supt. J. W. Lambert and Prin. A. L. Dennison—A high school building with all modern improvements and a lecture room.

Brown street residents—The completion of the concrete walk from the corner to the bridge.

Leatheroid Mfg. Co.—An order for 500,000 trunks.

C. F. Hosmer—A community building at the Playgrounds which will provide for office-gymnasium, swimming pool, hall for basketball, lecture room and one-eighth mile track.

Boys and girls of Kennebunk—Snow for sliding

and ice for skating.

Town Water Committee—A roving charter and the right to take over the local system of the Mousam Water Co.

J. W. Bowdoin—A real estate boom.

E. A. Fairfield (Postmaster)—No Sunday mails.

Ladies' Aid Society—A kitchen.

Cappy Tarbox (Butcher)—More hams to smoke.

Carl Remar and A. Rosenstein - Letters from relatives in Russia which have not been censored.

G. W. Larrabee & Co.—An alarm that will drive the burglars away.

C. G. Perkins—More Democratic votes.

W. H. Littlefield, chairman of the Republican town committee—A return of all Progressives to the fold.

Don Chamberlin, chairman of the Progressive town committee—Names of candidates for the spring election.

M. William Stanley and B. D. Wyatt—A law which will close Branch Brook to fishermen for several years.

Residents of Zions Hill—A road drag for Summer Street.

Perley D. Greenleaf—A license to conduct a bowling alley.

School teachers - An increase of salaries.

Kennebunk Firemen—An automobile chemical engine.

Deputy Sheriff E. L. Jones—A certificate admitting him to the York County bar.

Frank Littlefield of the Meserve Pharmacy—The \$10,000 prize for the best decorated window.

This last wish referred to a tradition in downtown Kennebunk of the businesses decorating their store windows for Christmas. There was no prize for this event, Mr. Littlefield said this in jest for the newspaper. However, based on the description in the Eastern Star, all the windows were something to behold.

"Once more we are under the spell of Christmas, and Kennebunk stores are properly dressed for the occasion. Not in the memory of the oldest inhabitant have the windows presented so many objects that delight the eye and hold the attention. Old and young are fascinated by the decorations, and by the stocks so fresh and alluring. Everywhere there are festoons of greenery, which

bespeak in themselves the holiday season, were it not for the brilliant red bells that still further call attention to the fact that Christmas is approaching. Don't miss the Christmas windows in Kennebunk this year."

Some of the standout windows included the above Meserve Pharmacy that had a tree and a Victrola IX in their display window, along with several items for sale including a manicure set and some fine stationery.

Harry E. Lunge's hardware store had a nine-foot Christmas tree on a revolving stand with miniature lights, with cotton and powdered mica used for a snow scene. This store had on showcase, chafing dishes, skates, percolators, snowshoes, watches, flashlights and more.

The centerpiece of the Hudson Harness Store was a little boy mounted on a white horse on his way to meet Santa Claus next to a display of trunks, feed bags, sleigh bells and of course harnesses.

George Bonser & Sons four windows were decked out with poinsettias, wreaths, garlands, and Santa in a sleigh drawn by reindeer along with coats, sweaters, slippers, gloves, shirt waists and vanity sets.

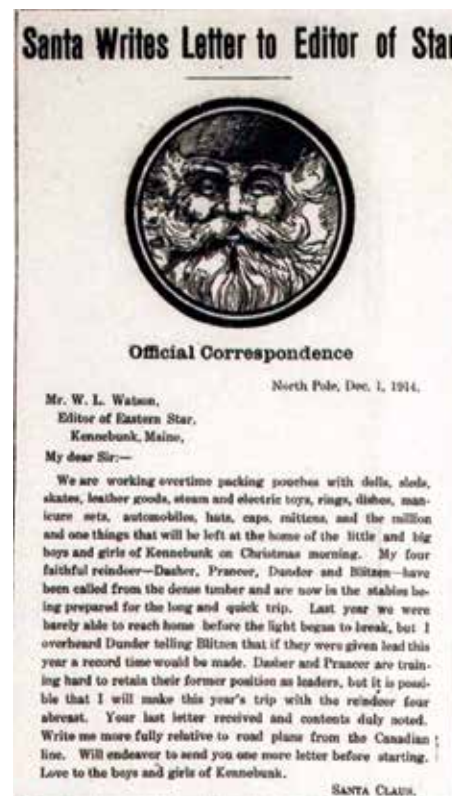
Fiske Drug Store was celebrating its one-year anniversary opening the night before Christmas in 1913. Their store windows had on display confectionary boxes, hand mirrors, thermos bottles, humidors of tobacco and booklets of Christmas cards among other gifts.

Other stores described as part of the article were The Daylight Store, the Tea Store, Mrs. Davis Millinery Store, Nason's store, Barrett's Jewelry store, J. W. Lord's store, J. W. Bowdoin's store, The Raino Store, Potter Bargain Store and Norton & Harden's electrical supply.

In 2021, the Christmas decorations in downtown Kennebunk will look very different but certainly as festive as



Santa Christmas Card, c.1910.



Eastern Star Dec. 4th 1914 Santa Claus Letter.

it was in 1914. Enjoy the Christmassy atmosphere and remember, shop local. And be sure to check out the Brick Store Museum Holiday Showcase, there will be a wide selection of local arts and crafts!•

Patrick Dempsey speaks to the Village about living in town, being a Mainer, the Dempsey Center, Christmas traditions, and more.

Q & A Interview with Actor Patrick Dempsey

By: Shelley Wigglesworth, Lead
writer

Kennebunkport is a popular destination for countless famous people to visit, and a handful of them like it so much, they decide to settle here. One well known celebrity who is a native Mainer and true champion of causes near and dear to his heart, bought a home in town a few years ago. Because of his love for the community and people who live and work here, as well as his appreciation for the natural beauty and the vast spaces that have been conserved for all to enjoy nature thanks to Kennebunkport Conservation Trust, actor Patrick Dempsey agreed to an interview with us to speak about all he loves about the Kennebunks, what it means to him to be a Mainer, and more.

Patrick Dempsey was born January 13, 1966, in Lewiston, Maine, the youngest of three children born to Amanda and William Dempsey. He grew up in Maine and while still in school, he began performing as a juggler and magician before acting on stage in plays, which eventually lead up to roles acting on the big screen and on television. In the early 2000's Dempsey starred opposite Reese Witherspoon in the movie *Sweet Home Alabama*, and later earned the role of Dr. Derek Shepherd "McDreamy," on the hit medical drama, *Grey's Anatomy*, for which he is best known. Dempsey was also named to TV Guide's list of the fifty sexiest men on television.

The 55-year-old father of three founded the Dempsey Center here in Maine, which has a mission of providing services and state of the art care to those

with cancer, focusing on making life better for those managing the impact of cancer. There are Dempsey Center physical locations in Lewiston and South Portland, and a virtual location, Dempsey Connects is also available allowing for easy access for those homebound or out of the immediate area. Services are provided at no cost. The Dempsey Center was founded in honor of his late mother, Amanda.

While at his home in Kennebunkport, Dempsey is often out and about, shopping, dining, and enjoying the vast beauty of the area. He has even been known to rub elbows with the locals on occasion-and the locals love him. Those who have met him speak of his charming and genuine demeanor, infectious smile, kindness, and willingness to graciously pose for photos.

Jonathan Cartwright of Musette restaurant in Cape Porpoise knows Dempsey, as the two share a friendly relationship centered around their shared interests of cycling and food. He had this to say. "I am always amazed at how humble and genuine Patrick is. I think it's so grounding for us all, as he is so human to everyone in our town. I am inspired by his dedication to his Dempsey center and how hard he works for center. It's so easy for us at team Musette and all our friends to join with him and get behind such a worthy cause as the Dempsey Center."

Beth Nadeau of West Kennebunk agreed with Cartwright's sentiments. Nadeau met Patrick and his family shopping at Hannaford in Kennebunk. She said he was "super nice and so friendly" to everyone.

When I met Patrick, I was struck by these same qualities that I had heard so much about, in fact, talking with him was like being around an old friend. We hope you enjoy our Q and A interview with Kennebunkport's own "McDreamy"



Cindy Giovagnoli photo of Patrick Dempsey.

Patrick Dempsey.

Q: How would you say Maine has shaped/influenced you as a person, and what does being a Mainer mean to you?

A: "Maine has given me a strong sense of values, traditions, and community. It has taught me independence and understanding. It is truly a special place. I think there's an altruistic nature to most Mainers who have a real sense of giving back. Now that I have a place in Southern Maine, I get to go back and connect to the land. I have a place to center and reflect on where I've come

from and where I'm going. It brings up a lot of emotion and memories."

Q: What do you love about living/being in Kennebunkport?

A: "I always enjoy being home because of the people, the kindness, the openness. It's nice to walk down the street and have someone look you in the eye and say, 'good day to you,' 'good morning,' it's the spirit of the town that I like the most."

Q: What are a few of your favorite Kennebunkport locations/places?

Continue to page 16

Continued from page 15



Patrick Dempsey with Village Magazine writer Shelley Wigglesworth and Theo the dog in Cape Porpoise.

A. "Goose Rocks Beach and the Kennebunkport Conservation Trust's Goat Island Light House.

Q. You have been known to utilize the Kennebunkport Conservation Trust Properties. Why are these places so meaningful to you?

A. "It means a great deal to me that the (Trust) land is being preserved and that the entire community has an opportunity to share our natural beauty. With the increasing development it's more important than ever. The past is what gives us our future. I am incredibly grateful that the land and the architecture is being protected."

Q. You are also known to shop local. Why is this important to you?

A. "It's especially important for all of us to support our local businesses, they are an important part of our community. Once again, (the local businesses) adds to the character, the charm, and the beauty, and is the foundation of our village. It's nice to see a lot of new businesses have opened and are doing well."

Q. The Dempsey Center is one of your largest endeavors, and one of the

Patrick Dempsey school photo as a child in Maine.



most meaningful. What is the legacy you hope to accomplish through the Dempsey Center?

A. "We want to make sure that we're there for Mainers who've been diagnosed with cancer on their cancer journey. I hope we meet that challenge in a sustainable way and bring support and empowerment to people who've been impacted by cancer. I hope that is the legacy."

Q. With the holiday's approaching, would you like to share any holiday tradition you may have with our readers?

A. "Hitting the slopes for the holidays. I enjoy skiing with my family at Christmas."

The Village would like to thank Carmella Pettit, Patrick Dempsey's national public relations manager for facilitating this interview. •

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Santa Paws Fest is BACK!

The 6th annual Adopt-a-Tree Festival is here, a hybrid in-person and virtual event!

You will have the chance to view beautifully decorated trees and wreaths, and take a chance on "adopting" each one through purchase of raffle tickets. We will also have take-home activities, opportunities to shop for your pups and humans, and awareness activities to help you help out our rescue pups.

Where: Vinegar Hill Music Theatre, Arundel ME, and virtually! Everyone can participate!

When: Dec 4th and Dec 5th

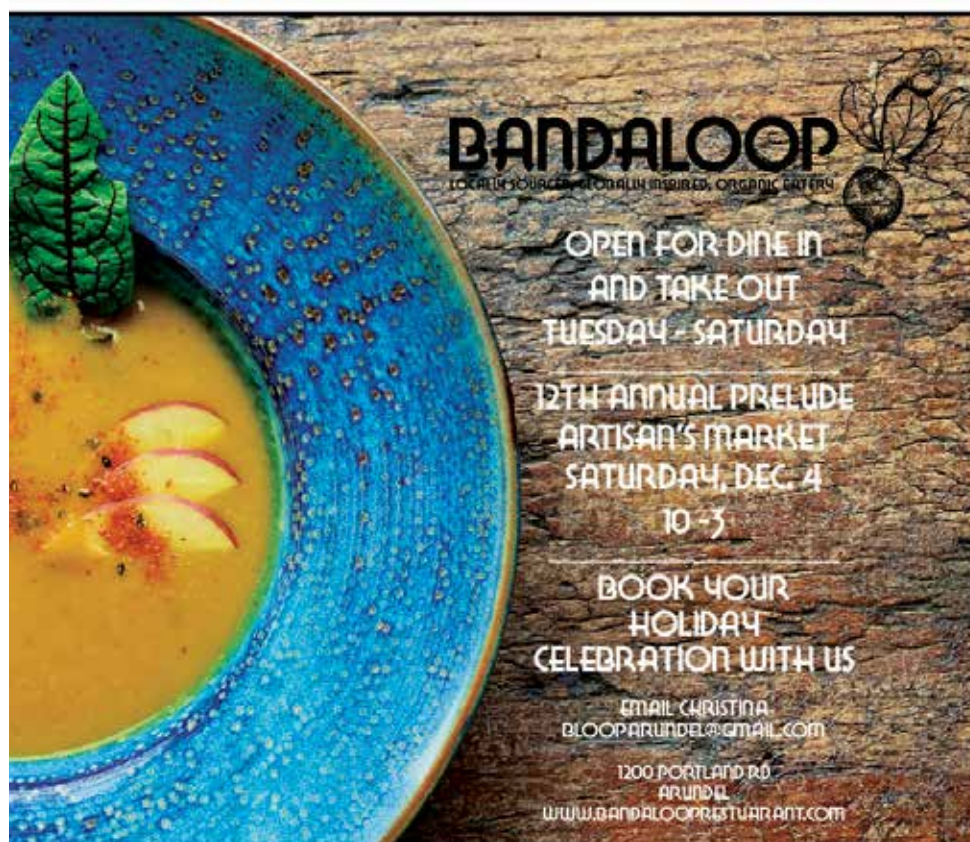
Pick up of winning trees and wreaths begins Sunday afternoon, Dec 5th

Admission: Free to participate but you can buy raffle tickets or donate directly to the rescue.

How can I participate? Decorate an artificial Christmas tree or a real or artificial wreath of any size, style or fashion - traditional or non-traditional, using any type of materials. The tree and its decorations will be raffled off - if you are unable to pick up you can pay to have your winnings mailed. The virtual option allows anyone in the U.S. to participate - so fun!

Suggestions for decorating your trees: While traditional Christmas decorations are always beautiful, you could also create your own masterpiece by creating a specific theme (ocean, tools, animals, memory tree, money tree with scratch tickets, items or gift certificates from your business, honoring a favorite author, animal, a different holiday, military etc.). The possibilities are limitless! We are in awe every year at the creativity and beauty - we will post some of the past trees on the event page and on social media posts.

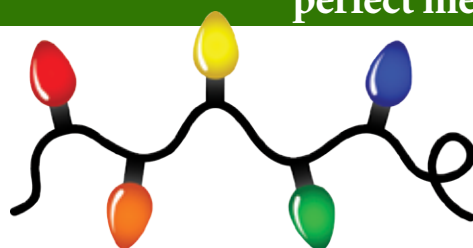
How can I enter a tree? Fill out the online form [HERE](#), print and scan to luckypuprescue@yahoo.com or drop it in the mailbox at the Chamber, 16 Water St., Kennebunk by November 19th. For questions, leave a message at (207) 985-6763. You can also fax to 207-692-1001. If you don't receive confirmation, please contact us, as technology has its limits!



Who receives the proceeds? The Adopt-a-Tree Festival (AATF) supports Lucky Pup Rescue, a local non-profit all-breed dog rescue. All proceeds will

be used directly for the care of the dogs who are in foster care with the rescue. Lucky Pup Rescue, Inc is a 501c3 non-profit organization.

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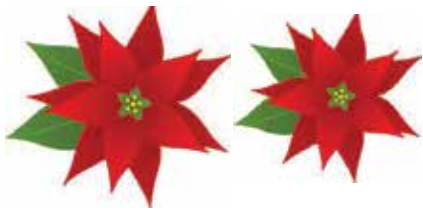


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State of the Market

By Mark Birmingham, Broker, Kennebunk Port & Shore Realty
Email: mark@kennebunkportandshorerealty.com

In the last two years, the real estate market has changed fundamentally, affecting all of us. So, it's worth taking a look at the state of the market at the end of this year, 2021.

Both the residential and commercial sectors saw robust activity this year, carrying momentum from the previous year. And, in both sectors very strong demand dramatically increased dollar volume of land sales, as buyers' needs were not fulfilled with current inventory. Always wanting to know the speed and direction of the market, brokers and clients alike should be well aware of certain key metrics.

RESIDENTIAL

Inventory levels, already historically low before the pandemic, continued to drop relentlessly this year, creating a frenzied buying process for some, and paralysis for others. "Days on market", or DOM, a measure of the

average number of days properties were on the market before going to a pending state, dropped from 21 to 17 days in 2021, nationwide. In York county, the DOM average dropped in some locales to seven days! Locally, prices have increased by 12% over last October, and sales volume dropped by 6.3%, accelerating the supply/demand dynamic that has pushed values higher by 30% over the last two years. The forecast for next year is more of the same, but we all know these numbers are unsustainable.

COMMERCIAL

In the commercial world, the pressures in the market have brought about systemic changes in some urban markets, and as in residential, land sales have exploded to alleviate the shortages in the industrial market with new construction. Cash is plentiful in all deal making right now, and building something new, although expensive, is

still a viable option. This will hold up as long as the economy continues to chug along with low unemployment and low interest rates.

There are market segments which are suffering, though. Exacerbated by the pandemic, the hospitality sector has an especially acute problem: workforce shortages. But, this is not the only sector affected. Indeed, labor shortages have touched any business that requires relatively unskilled labor, across the economy, forcing business owners to consider selling. The problem there is: who will buy their business to face the very same issue? Making a profit for these businesses becomes extremely difficult when the labor needed to push sales volume just isn't there. So, very often these businesses limp along, hoping for a sea change, but many fear that none will materialize.

I've asked everyone whom I thought

would know the answer, but no one seems to truly know why, with 4.8% unemployment (higher than pre-COVID), we don't have enough people to work where work is needed. Furthermore, absent an answer to that, predicting the future is impossible.

Some businesses have too much business, like UPS. Markets which have features like we do in Maine—spectacular beauty, fresh air, uncongested roads, etc., are faring unusually well, attracting millions of people away from the cities, and away from climate change calamities. The pandemic's biggest contribution might be that big business has realized that productivity was unchanged by working at home. Now, the reconfiguring has begun, and the cities are scrambling to find long term solutions. In the meantime, finding a home will continue to be a challenge, for a while at least. •

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Change: the one and only Constant in Life



*Happy Holiday Season
Villagers!*

We have been blessed with some beautiful weather this fall, so don't be caught off guard when winter comes barreling around the corner and spreads an icy layer across our state, perfecting our landscape with a glittering white blanket. Living in New England means that we are used

to the inevitability of change, with seasons coming and going, tourism hitting peaks and valleys, and with Covid being an extra layer, change is all too familiar to us. This means we are a little more conditioned to dealing with change as our climate and economy are in a constant state of flux.

It was Heraclitus, a Greek philosopher who said, "change is the only constant," explaining how we oversee the creation of our futures. It is entirely up to us to accept life as it comes, or to fight it. The only thing we know to be true is that change is inevitable. Why fear or avoid change when we know that nothing lasts forever?

Well, the fear of change is also

constant. From the beginning of time things have been changing and evolving, and humans have been in an uphill climb to conquer the world before it changes again. When that fear of change becomes irrational, our ability to control it becomes a phobia, called metathesiophobia. Change is a concept that threatens the human species because we crave control.

Control is a modern-day crutch. There is an extent of control that is necessary for life, but most people aim to control every single moment, which is impossible. Everything in nature occurs in a cycle, including the human experience. In my yoga practice and training, I have found this cyclical pattern become clearer. Every yoga practice represents a life cycle. We



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

begin in Child's pose, and finish in Corpse pose. You begin on an inhale, setting your intention and creating a sense of purpose for your practice and finish on an exhale, letting go of anything that you no longer need. Each move you make; you treat as a significant life step. You can be whoever you want to be when on your mat, and with practice, that lifestyle



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can bleed into your everyday, treating every single day like an individual life cycle. With this practice, you are only concerned with what you can control in your own daily activities. This mindset can ease the fear of change, because it's not quite so overwhelming. All that matters is the present moment since that is the only place where life truly exists. Keeping your focus there, will allow you to take in new elements of life in a calmer manner, because you are taking things in at your pace.

When a society rejects change there is no growth and no progress. Resisting change creates an energy block that will hinder your progress. By resisting, you are actively working against the force driving the change,

which is not only unhelpful, but emotionally exhausting!

To handle change a little better, I recommend you try my Three Cs of Change!

1. Cool Step one: stay cool, calm, and collected. Any transition can be very overwhelming. Taking in new information in a calm manner is very important. Just telling yourself that change is inevitable can help protect you from the disempowering reactions to change for example the, 'Why me?' You are in control of your life and your emotions. No matter how tough or daunting something may seem, if you invite it into your life on your terms in a cool and calm manner, then the change can happen at your pace and can seem much more manageable.

2. Competent Trust in yourself. Have faith your knowledge and abilities. Know that you have the skills and tools that you need to handle whatever life throws at

you, because you are confident in your strengths and aware of your downfalls and know how to best serve yourself.

3. Core Know that no change can alter the core of what makes you, you! Change is an external matter; nothing can change your internal makeup unless you let it! Keep yourself protected by not allowing circumstances or people to change your opinions until you have a thorough understanding of all the pieces of the puzzle.

All in all, just take change as it comes. Let yourself grieve any loss and feel any emotions, then simply breathe out whatever you are clinging onto. In my experience just remembering to let go – moment by moment – can by itself be the key to maneuvering positive and profound change. If all that you learn from your change is a little bit of letting go, you'll have received one of the greatest gifts of change. This one realization can help you turn your life into the one you've always wanted!

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York Hospital Earns National Recognition for Efforts to Improve Stroke Treatment

York Hospital Earns National Recognition for Efforts to Improve Stroke Treatment

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

York Hospital has received the American Heart Association's GoldPlus Get With The Guidelines®-Stroke Quality Achievement Award for their commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines.

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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The Wells Chamber of Commerce is pleased to host the 36th Annual Christmas Parade

The Wells Chamber of Commerce is pleased to announce the 36th Annual Christmas Parade scheduled for Sunday, December 12, 2021. The parade steps off at 2:00pm from the Wells Plaza and proceeds north on Route 1 to the Wells Junior High School.

The Primary Event Sponsor is Kennebunk Savings, Silver Sponsors are Avita of Wells and DF Richard Energy. Bronze Sponsor is the Rotary Club of Wells.

There will be plenty of cookies and cocoa to be had the day of the Parade – Coldwell Banker Realty in Kennebunk will be serving at the starting point and York Hospital in Wells will be in front of the Junior High School gymnasium at the conclusion of the parade - we hope to see you there!

Families, youth groups, civic



groups, businesses and individuals are cordially invited to join us. There is no charge to participate. For more information on the parade, please contact the Wells Chamber of Commerce at 207-646-2451 or on the web at www.wellschristmasparade.com.



**36th ANNUAL
WELLS
CHRISTMAS
PARADE**

**Sunday, December 12
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Upcoming events

Maine Women in the Arts Prelude Fine Art Show with Crafts - Dec. 2-5 Original artwork and unique crafts by Maine artists. Show hours: Thursday, December 2, 5-7 (featuring live music); Friday, December 3, 10-7; Saturday, December 4, 9:30-6; Sunday, December 5, 10-4. Live music 1-3 each afternoon. Free admission. Facemasks required. Masonic Lodge, 10 North Street, Kennebunkport. FMI: www.maineartists.com.

THE ATLANTIC HALL TO HOLD IT'S ANNUAL PRELUDE FAIR ON DEC. 4TH.. The Atlantic Hall will be holding it's annual Prelude Fair on Saturday, December 4th, from 7:45 A.M. until 2:30 P.M. There will be a wide variety of items sold at The Fair, including antiques, jewelry, paintings, unique Holiday gifts and decorations, photographs, oriental rugs, rope craft, handmade paper, sculptures, cheeses, jams / jellies, and a special Old-Time Raffle.... Also, and new this year, will be Ed Wright, acoustic guitarist and Cape Porpoise resident, who will be performing a mix of Holiday Music, for all to enjoy..... Please Note.....Masks must be worn..... for any questions, please contact Ed Briggs at 207 967 3357.

American Legion Christmas craft fair Saturday December 4 8am-4pm Sunday December 5 9am-3pm Featuring a wide variety of crafts by Maine artisans, gift baskets, baked goods, photographs jewelry, raffles, silent auction and more. Presented by American Legion Post 159, 102 Main street (across from the police station) Kennebunkport for more information call 967-2400

AWS

Thursday, Dec 2 @ 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, Dec 6 @ 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. Pre-registration is required: <https://animalwelfaresociety.org/training/learn-play/>

Tuesday, Dec 7 @ 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. Pre-registration is required: <https://animalwelfaresociety.org/training/learn-play/>

Thursday, Dec 9 @ 3:30 pm & 4:00 pm – Res-

cue 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, Dec 13 @ 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. Pre-registration is required: <https://animalwelfaresociety.org/training/learn-play/>

Tuesday, Dec 14 @ 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. Pre-registration is required: <https://animalwelfaresociety.org/training/learn-play/>

Thursday, Dec 16 @ 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, Dec 20 @ 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. Pre-registration is required: <https://animalwelfaresociety.org/training/learn-play/>

Tuesday, Dec 21 @ 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. Pre-registration is required: <https://animalwelfaresociety.org/training/learn-play/>

Thursday, Dec 23 @ 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, which are often holiday-themed. 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/>

Thursday, Dec 23 @ 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 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/>

KFL Digitizes Historic Newspapers

Kennebunk Free Library is pleased to announce the availability of newly digitized historic newspapers from our Special Collections. With the assistance of our partner institutions, Osher Map Library and the Maine State Library, and with funding generously provided by the Maine Humanities Council Bicentennial Grant Committee, we have completed a long sought after and much needed digitization project to preserve the content in issues of three local historic newspapers which have been maintained in storage for nearly three decades. The newspapers are: the Kennebunk Enterprise (1904-1920), the Seaside Echo (1901-1907) and the Wave (1887-1890).

While KFL holds microfilm of several other newspapers, these three publications have never been preserved on any other format. Not only has digitization allowed us to make these newspapers freely avail-



Kennebunk Enterprise Cover

Kennebunk Free Library

Climate Politics in Contemporary Europe

The Camden Conference and the Kennebunk Free Library present Dr. Susana Hancock at the Kennebunk Free Library on Wednesday, December 15 at 6:00. Dr. Hancock will be discussing Climate Politics in Contemporary Europe.

Dr. Susana Hancock is a specialist in Arctic climate geopolitics. With a background ranging from astrophysics to linguistics, she is a recent three-degree graduate of the University of Oxford. Originally from Maine, she has worked and lived in the polar regions for much of her life. Currently, Susana is an Expert Reviewer for the Intergovernmental Panel on Climate Change, is on the Executive Committee of the Association for Polar Early Career Scientists where she works on climate and science diplomacy, and has been an Arctic consultant for the UN's Intergovernmental Oceanographic Commission. She has just returned from COP26 in Glasgow and the UN in Geneva, where she was an invited speaker on Arctic environmental geopolitics and on cognitive linguistics in climate communication. In her other life, she is an elite rower who has competed around the world and qualified for the 2016 Olympic trials and currently coaches at Waynflete School.

This program is free and wheelchair accessible. 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@kennebunklibrary.org.

able to anyone via the internet, it has also saved the content within the issues from permanent loss due to rapidly deteriorating conditions of the newsprint itself. The Enterprise in particular was badly in need of preservation due to brittle paper flaking away with such little disturbance as walking by the volumes. As a bonus to readers and researchers- the digitized issues are also keyword searchable!

We are very happy to share these publications with you. They are a treasure trove of information about our community and are an invaluable resource for preserving and remembering the area's history. You will find local news stories, advertisements for local businesses and services, social event columns, editorials, obituaries, regional and national news, and much more, all illustrating what life in the Kennebunks and York County was like more than a century ago. We invite you to explore the newspapers by visiting <https://digitalmaine.com/kennebunk/> where you can access each publication, along with the digitized volumes of the Andrew Walker Diaries. We hope you enjoy these resources and find them useful. 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@kennebunklibrary.org.

CALENDAR

Kennebunk Free Library

KFL announces its December 2021 Speers Gallery exhibit "The Art of Primitive Photography" by Cheryl Boucher. The exhibit is a celebration of pinhole photography.



Monastery K'port.



Purpose.

Cheryl learned the art of pinhole photography in 2017, and enjoys the excitement of not knowing what images she'll get, or not get, until the photo making process. She has taken numerous photography and art classes, beginning in 1985 at the Southern Maine Technical College, and most recently at Engine in Biddeford, where she continues to use the darkroom at Engine to develop her work.

Cheryl is inspired by all forms of photography: pinhole, black and white, hand coloring, digital and print imaging. Nature provides her greatest inspirations. She encourages artist to experiment with something new and different, and is happy to have rediscovered having fun with art again, especially the unique expression she has found through pinhole photography.

Kennebunk Free Library is pleased to display the works of this talented artist.

The public is invited to view the exhibit in the library's Speers Gallery from December 1 – December 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.

December's STEAM Kit from Kennebunk Free Library has a sweet twist! During the month of December, we will have all the supplies you need to decorate a gingerbread person. Decorating a gingerbread person will encourage spatial visualization and problem solving, not to mention artistic creativity! Each kit will include a gingerbread person, icing, and some candies to decorate with. Be sure to take a picture of your creation and send it to us! We will create a virtual display with the photos. We can't wait to see your gingerbread person! Kits will be available starting Wednesday, December 1, and will be available while supplies last.



Photo by Bob Dennis.

This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173 or visit the website 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! Every week, you can find a video from Miss Emmaline sharing some relaxing stories for bedtime. The videos will be posted on our Facebook page, which you can access at <https://www.facebook.com/Kennebunk-FreeLibrary>. You do not need to have a Facebook account to view our page! Settle in and enjoy the stories!

Family Photo Day at Kennebunk Free Library

Smile for the camera! On Saturday, December 11, between 10 a.m. and 2 p.m., come to the Kennebunk Free Library for a family photo! We will have a photo area set up inside with a winter backdrop and props. The photos will be taken by a KFL staff member and will be emailed to you. Photo sessions will be in 15-minute increments, one family at a time. Registration is required for this event. To register for a time slot, please call 985-2173. This event is free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or visit the website www.KennebunkLibrary.org.

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 ys@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 winter animal crafts! Kits will be available starting Wednesday, December 1. Visit us to grab some supplies that will help you get creative!

Brick Store Museum

Friday, December 3: Holiday Showcase at the Museum, 10:00AM-5:00PM. Enjoy unique items and gifts from local Maine artists and crafters all in one place, in a holiday "pop-up" store, the Holiday Showcase, at the Brick Store Museum. Open weekly through December 21st. Call 985-4802 or visit www.brickstoremuseum.org for more information.

Saturday, December 4: Holiday Showcase at the Museum, 10:00AM-5:00PM. Enjoy unique items and gifts from local Maine artists and crafters all in one place, in a holiday "pop-up" store, the Holiday Showcase, at the Brick Store Museum. Open weekly through December 21st. Call 985-4802 or visit www.brickstoremuseum.org for more information.

Sunday, December 5: Holiday Showcase at the Museum, 10:00AM-5:00PM. Enjoy unique items and gifts from local Maine artists and crafters all in one place, in a holiday "pop-up" store, the Holiday Showcase, at the Brick Store Museum. Open weekly through December 21st. Call 985-4802 or visit www.brickstoremuseum.org for more information.

Friday, December 10: Holiday Showcase at the Museum, 10:00AM-5:00PM. Enjoy unique items and gifts from local Maine artists and crafters all in one place, in a holiday "pop-up" store, the Holiday Showcase, at the Brick Store Museum. Open weekly through December 21st. Call 985-4802 or visit www.brickstoremuseum.org for more information.

Saturday, December 11: Holiday Showcase at the Museum, 10:00AM-5:00PM. Enjoy unique items and gifts from local Maine artists and crafters all in one place, in a holiday "pop-up" store, the Holiday Showcase, at the Brick Store Museum. Open weekly through December 21st. Call 985-4802 or visit www.brickstoremuseum.org for more information.

Sunday, December 12: Holiday Showcase at the Museum, 10:00AM-5:00PM. Enjoy unique items and gifts from local Maine artists and crafters all in one place, in a holiday "pop-up" store, the Holiday Showcase, at the Brick Store Museum. Open weekly through December 21st. Call 985-4802 or visit www.brickstoremuseum.org for more information.

Saturday, December 18: Holiday Showcase at the Museum, 10:00AM-5:00PM. Enjoy unique items and gifts from local Maine artists and crafters all in one place, in a holiday "pop-up" store, the Holiday Showcase, at the Brick Store Museum. Open weekly. Call 985-4802 or visit www.brickstoremuseum.org for more information.

Saturday, December 18: Holiday Candlelight Stroll, 6:00PM. Explore the stories and traditions of Kennebunk's immigrant families in the 1930s. Virtual participants will meet six families (all new since last year!), including the Tolchinskys of Russia, the Andersons of Sweden, the Lemontagues of Canada, the Drescigs of Italy, the Drakoulakos of Greece, the Brenners of Poland, and the Neithercuts of Scotland, all of whom immigrated to Kennebunk at the turn of the 20th Century to work in the labor and mill industries. A take-out dinner catered and packaged by For the Love of Food & Drink

(Wells) will be available. Call 985-4802 or visit www.brickstoremuseum.org for more information.

Sunday, December 19: Holiday Showcase at the Museum, 10:00AM-5:00PM. Final Day! Enjoy unique items and gifts from local Maine artists and crafters all in one place, in a holiday "pop-up" store, the Holiday Showcase, at the Brick Store Museum. Call 985-4802 or visit www.brickstoremuseum.org for more information.

Sunday, December 19: Holiday Candlelight Stroll, 6:00PM. Explore the stories and traditions of Kennebunk's immigrant families in the 1930s. Virtual participants will meet six families (all new since last year!), including the Tolchinskys of Russia, the Andersons of Sweden, the Lemontagues of Canada, the Drescigs of Italy, the Drakoulakos of Greece, the Brenners of Poland, and the Neithercuts of Scotland, all of whom immigrated to Kennebunk at the turn of the 20th Century to work in the labor and mill industries. A take-out dinner catered and packaged by For the Love of Food & Drink (Wells) will be available. Call 985-4802 or visit www.brickstoremuseum.org for more information.

RiverTree Arts

Maine Lobster Buoy Decorating Kits On sale now!

Get creative and have some Prelude holiday fun decorating your very own authentic Maine Lobster Buoy! Each take-home kit includes an authentic lobster buoy, rope, sharpies, and decorating ideas. \$25 per kit. Curbside pickup. Purchase online. www.rivertreearts.org/kennebunkport-prelude/

Wreath Workshop Sunday, November 28, 12-3pm Location: The Nonantum Resort, 95 Ocean Ave, Kennebunkport. This festive workshop is a great way to get into the holiday spirit by making your own wreath. Each participant will start with a beautiful, fresh, 14-inch green wreath. There will be many decorative options to choose from including pine cones, bows, berries, and many decorative pics. Our professional staff members will help guide you in the creative process. This workshop will be led by local artists and River Tree instructors Lynne Stewart and Paisley Violet Hanson. \$45 per wreath. Registration required. www.rivertreearts.org/kennebunkport-prelude/

Holiday Star Workshop Monday, December 6, 5-8pm Location: The Nonantum Resort, 95 Ocean Ave, Kennebunkport. For those among us who are thrifters and struggle with tossing beautiful things, this upcycled holiday/greeting card star ornament will be a delightful addition to your holiday decor. These three-dimensional star ornaments also make a wonderful hostess gift. You'll dazzle your friends and family with this minimal-skill needed craft. Adults 18+ \$30 per person. Registration required. www.rivertreearts.org/kennebunkport-prelude/

Holiday Ornament Workshop Thursday, December 9, 4:30-5:30pm (kids) Thursday, December 9, 6-7:30pm (adults) Location: The Nonantum Resort, 95 Ocean Ave, Kennebunkport Looking for something creative and fun to do this holiday season? Come join the painting fun and create some holiday ornaments! Each attendee will leave with 2-4 finished ornaments. \$15/kids \$30/adults Registration required. www.rivertreearts.org/kennebunkport-prelude/

Louis T. Graves Library

NEW HOURS — New hours are Monday through Friday 10:00 to 5:00; Saturday 9:30 to 12:00. Book Cellar Hours Are the Same.

Special Limited Offer — 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.

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!

Thursday, December 16 @ 5:30 pm. Wine On-Line with Maine & Vine. Join us on December 16 @ 5:30 pm for a fun hour of tasting, information, and trivia. Local shop owner, Lani Dietz, and guest Sommelier, Betsy Ross, will guide us through the program with ideas, pairings, and educational tidbits as we sip wines selected by our two experts. 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, December 15. 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, December 9 @ 9:45 am. Morning Book Group. This group meets the second Thursday of every month. For December, the group is discussing The Unredeemed Captive by John Demos. 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>.

Sunday, December 12 @ 11:00 am. 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 holidays. Join us on Sunday, December 12 from 11:00 to 3:00 for a special open house. 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.

Tuesday, December 14 @ 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, December 15 @ 2:15 pm. Middle School Book Club — The Page Turners. This group will meet via ZOOM for the month of November. Copies of the book will be provided ahead of time at either Kennebunk Free or Graves Memorial Public Library. Call us for details and we will get you started (967-2778)!

Thursday, December 16 @ 5:30 pm. Wine On-Line with Maine & Vine. Join us on December 16 @ 5:30 pm for a fun hour of tasting, information, and trivia. Local shop owner, Lani Dietz, and guest Sommelier, Betsy Ross, will guide us through the program with ideas, pairings, and educational tidbits as we sip wines selected by our two experts. 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, December 15. 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!

HOME FOR THE HOLIDAYS — ONLINE AUCTION — THROUGH DECEMBER 12 at 8:00 pm. The Louis T. Graves Memorial Public Library will be hosting an on-line fundraiser in November-December to help with budget shortfalls due to canceled events earlier this year. "Home for the Holidays" consists of themed baskets that will be for sale through 32auctions.com/HOMEFOR21. If you are looking for a gift for the holidays, stay-at-home nights, or a treat for yourself, sign on to the auction site (November 30-December 12) and start bidding. Thirty Two baskets are being designed and donated by friends of the Library, which means that 100 percent of the sales will directly benefit the Library. Please feel free to visit the Graves website ([graveslibrary.org](http://www.graveslibrary.org)) or call (207) 967-2778 for more details. Your support means so much!

Ongoing:

Our Fabulous Friday Family readings every Friday at 10:00 am 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,

45 Years of Service Presentation



Dennis Lamontagne, a member of American Legion, Webber-Lefebvre Post # 74, Kennebunk, was presented with a Certificate commemorating his 45 years of faithful service to veterans and the community as a member of the Post. The presentation was made on October 6, 2021, by Debra Couture, Commander, and Kirk Thurston, First Vice Commander of the American Legion, Department of Maine, with many post members in attendance. Dennis, who served as Commander of Post #74 for 18 years and continues to serve in his current role as Second Vice Commander, was honored by this event and received congratulations from all in attendance.

Kennebunkport. For further information, please call 967-2778 and ask for the Junior Room or visit our website at <http://www.graveslibrary.org>.

Book Bundles To-Go. Everything about December can be put together in a bundle to go. We have so many books holidays, things to do at home, cozy books! Give us a call at the Graves Library to help you get a bundle of books to go! (967-2778).

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 ([graveslibrary.org](http://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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OPEN HOUSE Join us for an open house on Sunday, December 12 from 11:00 to 3:00 featuring the work of Steve (Roscoe) Ross. The Kennebunkport photographer/garbage-guru/handyman and uber-environmentalist seeks to capture a moment or feeling that's triggered when he strides Gooch's Beach at sunrise or visits Cape Porpoise harbor at dusk.

Born in Montreal, Roscoe has been mesmerized by photography since childhood. He was a young model at Max Sauer Studios and later joined photography groups in the city to hone his craft. One summer during



his 20s, he stuffed a Canon AE1 into his backpack and discovered that "Europe was the perfect place to play around with photography." Even today, he still treasures his hundreds of Kodachrome slides of schooners, forests, gardens and people.

The Library is located at 18 Maine Street, Kennebunkport. Please call 967-2778 for more details. Parking Available — Maine Street and Consolidated School. We are grateful to the generosity of Kennebunk Beach Realty for sponsoring this Exhibit! One-half of all items sold will benefit Graves Library.

Horses and the Link to Violence

Horses are beautiful, powerful animals. Despite their size however, as prey they are gentle and peaceful. So why is it they are often connected to violent acts and handled so roughly?

Though there are many male horse owners particularly in the racing industry, according to the most recent study done by the American Horse Council. 90% of horse owners are women. Traditionally women are labeled as nurturers - the kinder, gentler, caring, more sensitive sex. Through example from others who use force or due to ignorance, lack of education regarding the needs and characteristics of horses, their own need to dominate, or in some cases out of fear, some continue to handle horses roughly, passing on a terrible example. Viewing horses as objects not as individuals, makes it easier to mistreat them. They are seen as something to use, dominate and overpower, easily done with unnatural aids developed for those purposes. It becomes a competition where there is a winner and a loser, with the horse in last place.

Why would anyone want to intimidate a prey animal? Horses are not fighters unless restrained, unable to flee or get away from the abuser. They avoid altercations. Fighting wastes energy needed for self preservation. Instead, horses instinctively co-operate even in situations of abuse. They are a huge money makers for the industry they serve. Horses are passed

around, bought and sold like cars with little history that goes with them. With each change comes more confusion and behavioral issues. If used traditionally, pain and injuries compound. There is always a good reason a horse becomes 'bad' or dangerous, or doesn't want to be ridden. If a horse doesn't co-operate, resorting to force is seen as acceptable.

Due to the lack of knowledge most people have regarding horses, they are easy to mistreat a publicly. Their stoicism works against them, as they don't verbalize pain or fear like dogs. Instead they quietly take their punishment. In some cases however, an act that appears to be cruel may be something else entirely. It takes knowledge and experience with horses and also familiarity with the handler, to make a correct and fair assessment.

A horse can 'look' at peace, when in fact, they're frozen in fear which often happens with horses that are marketed as 'bombproof'. Though it is important to gently and over time desensitize horses to become less fearful, a horse that has lost or been stripped of their basic instincts for survival is no longer by definition a horse. Their survival instincts have developed over millions of years and have not changed through domestication, but 'bombproof' appeals to those who don't really want to deal with the difficulties that come with interactions with horses.

It's easy to hide abusive practices prevalent in the industry. Public events like shows and sports like racing often have 'behind the scenes' activity the public never sees. Some practices are subtle, used to make the horse submissive including withholding food, tying horses in uncomfortable positions for even moments but commonly done for hours to 'teach them a lesson'. Other breaches are more obvious, like striking a horse with an object or a fist, particularly in the face. Unlike humans, scars and bruises on horses' skin are hard to see but the toll this takes on the horse is profound. Anyone can be pressured, rushed or annoyed but to make a habit of bullying is inexcusable.

In riding and training, examples of misuse include: incorrect use of whips and crops which are meant to be extensions of the arm, not to strike, using spurs that continuously jab the horses' side and at times make contact with internal organs not protected by the ribcage, kicking horses to make them move faster, 'upping the bit' for more control, forcing the head down into uncomfortable positions or restraining their head preventing freedom of movement, negatively impacting balance and vision, restraining their legs to control movement, overworking, riding for hours without dismounting to allow the horse to stretch their back or drink water, riding even at a walk despite injury



Gabriela Rodriguez Quinn,
Director

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and forcing a horse into competition despite obvious injury because the rules allow it. These are just a few of a multitude of actions used to exert control and break spirits which interestingly is what generally attracts people to horses to begin with.

Often it's due to a lack of understanding and

Continue to page 33

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The Magic of Christmas Traditions



By Shelley Wigglesworth, Lead writer

In our village, we have many beautiful traditions that townspeople and visitors alike look forward to. In Kennebunkport, Santa, and Mrs. Claus, along with the lobster elves have been arriving via lobster boat during Christmas Prelude festivities for 40 years. In Cape Porpoise, Santa has been delivering Christmas presents by plane to Goat Island lighthouse residents as well as to lighthouses throughout New England since in 1929. Thanks to the Friends of Flying Santa, the tradition will live on well into the future. Also in Cape Porpoise, the lighting of the lobster trap tree—a very Maine tradition in a tiny fishing village remains a favorite. In Kennebunk, candlelight caroling at the Franciscan Monastery has been a popular tradition for years, as well as Santa's arrival in downtown Kennebunk for the tree lighting in late November. Now that we have shared a few public Christmas traditions celebrated in our village, we will share some of the special Christmas and holiday traditions from our readers. Whatever your tradition may be, have a very Merry Christmas and holiday season from all of us at the Village magazine.

Village Baptist Church traditions

Pastor Joe Everett of Kennebunkport's Village Baptist Church said "Every year at Christmastime the church is decorated in celebration of God's extraordinary gift to us. Then on Christmas Eve we celebrate with readings of the Christmas story and singing of traditional Christmas carols. We didn't even miss this tradition last year during the pandemic - we held it outside around a campfire. At The Village Baptist Church, we never get tired of remembering how 'God so loved the world that he gave his one and only Son, that whoever believes in



Yogi Nunan with his grandchildren at Nunan's Lobster Hut for Christmas.

him shall not perish but have eternal life. John 3:16"

Tree-mendous

Cheryll Pendergast, who has stood in for Mrs. Claus for many years on Santa's arrival by lobster boat during Prelude said "My family loves Christmas trees. We have a tree in every room in the house. We even have one in the barn, but our favorite tree is our night tree. It's a huge pine tree that stands at the edge of the woods. It's decorated with hundreds of lights. We drink cocoa and sing Christmas songs as we hang homemade decorations that we make for our animal friends. We've even seen reindeer tracks around our tree! Every night the little ones look out their windows to see the glistening lights in the woods. They always say goodnight to their Night Tree!"

Light tour

Rose Gordon of Kennebunk and Dot Dallaire of Lyman both agree that their favorite Christmas tradition is "loading all the kids in the car at night and driving around looking at the Christmas lights."

Christmas lists sent a most unusual way

Jacquelyn Simonds, lifelong resident of the Kennebunks said "From the time



John and Stephanie Redmond making Christmas tamales.

I was young, my brothers and I were expected to compile our Christmas list (usually from the Sears wish book.) Once written, the list went under the living room rug. Sometime before Christmas, we would discover that the lists were gone! Santa had picked them up. The tradition lives on. My children, and now their children have continued with this."

Mexican tamales

Stephanie Redmond of Kennebunkport shared her family Christmas tradition. "We make one hundred Mexican tamales on Christmas Eve and have an open house style 'stop by, have a tamale, and spread Christmas cheer.' This has been our Christmas family affair since we moved back to Kennebunkport from San Diego 2014."

Lobster for Christmas

Multi-generational commercial lobsterman Yogi Nunan of Nunan's Lobster Hut, Cape Porpoise shared his favorite Christmas tradition he and his wife Terri started in the 1980's. "Each year we all have Christmas together in the Hut. We have thirty plus people together at the table, and we always have lobster." Clara Hutchins Troegner, Yogi's sister-in-law added "We get



Nannie's fruit cake.

the lobster fresh from the ocean on Christmas Day. Whoever wants to go for a boat ride to collect Christmas dinner with my brother-in-law Yogi or my nephew Jon Nunan can go along for the ride."

Fruit cake

Ruth Cheney of West Kennebunk shared her grandmother's fruitcake recipe (see below.) She said "My grandparents, John and Bertha Fleming lived on Summer Street in Kennebunk when I was growing up. My grandmother, "Nannie" was a wonderful baker. My favorite was her holiday fruitcake and I make fruitcakes every year at Christmastime using her recipe."

Nannie's Fruit Cake

Ingredients:

- ½ cup raisins,
- 1/3 cup butter
- ¾ cup packed brown sugar
- 2 tablespoons molasses
- ¾ cup hot water
- 1 egg
- 1 cup of candied fruit

The Magic of Christmas Traditions



½ cup walnuts
1 ½ cups flour
1/2 teaspoon salt
½ teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon baking soda
½ teaspoon baking powder

Directions:

Preheat oven to 275 degrees.

Combine:

½ cup raisins,
1/3 cup butter
¾ cup packed brown sugar
2 tablespoons molasses
¾ cup hot water

Boil this mixture for 3 minutes and allow to cool in large bowl. Once cool, beat in 1 egg, 1 cup of candied fruit, ½ cup walnuts. Sift together and add 1 ½ cups flour, 1/2 Teaspoon salt, ½ teaspoon cinnamon, ½ teaspoon nutmeg, ½ teaspoon baking soda. ½ teaspoon baking powder. Pour into a loaf pan lined with greased waxed paper. Cook for 2 ½ hours.

Tinsel task

Deb Nedead of Kennebunk shared a Christmas tradition that makes her smile to this day.

“My father insisted my sisters, my brother and I hang the tinsel one strand at a time!”

Feast of the 7 Fishes

Susita Hood of Wells carries on her traditional Feast of the 7 Fishes each Christmas Eve. She explained, “The Feast of the 7 Fishes tradition includes inviting anyone into your home who has nowhere to go on Christmas Eve. It is part of the Italian American Christmas Eve celebration, although it is not called that in Italy and is not a feast, but a grand meal. This celebration commemorates the wait, for the midnight birth of the baby Jesus. The eating of fish on Christmas Eve is a Catholic tradition. Catholics were expected to abstain from eating meat or products derived from animals such as butter or dairy on Fridays and holy days. Christmas Eve being one of the designated days on which to abstain, most good Catholics would eat fish, typically cooked in oil. In southern Italy and Sicily, fish is extremely



Susita Hood with her children Hunter, Erica, Calina and Conner at her Feast of the 7 Fishes.



Francine Tanguay's handmade Christmas star.

abundant, which may explain why so much of it was added to Christmas Eve dinner. It is also worth noting that while it's called the Feast of the Seven Fishes, the meal includes more than just fish. Side dishes and other accompaniments to the fish round out the meal. Tradition states that if you go over seven fishes you must make it thirteen different fishes! Of course, that's what I end up doing almost every year.”

The brightest star

Francine Tanguay of Wells said “In 1968 when my husband Ray and I celebrated our first Christmas together, we didn't have money for a treetop. Ray fashioned a star out of cardboard and foil wrapping paper and we used it for years. Eventually it grew tattered, and we tried other tree toppers but none of them had any meaning, so Ray took the flimsy cardboard star, smoothed the worn wrapping paper, and laminated the whole thing and we use



it every year. It isn't perfect but it has meaning for us and isn't that the best reason to put it at the top of the tree?”

Hitting the slopes for the holidays

Patrick Dempsey said his favorite



Christmas at the Village Baptist Church. Pastor Joe Everett of Kennebunkport's Village Baptist Church said “Every year at Christmastime the church is decorated in celebration of God's extraordinary gift to us.”



Nunan family going out to get lobster for Christmas dinner.



Mark and Deb Nedead with dog Sally in front of their tree circa 1970.

Christmas tradition is hitting the slopes during the holiday with the people he loves. “I enjoy skiing with my family at Christmas.”•

knowledge that people accept abusive practices. Keeping horses alone and locked in stalls 24/7 except to be ridden, leaving head gear on 24/7 that places direct pressure on facial and cranial nerves, not providing a comfortable space for a horse to lie down, isolating by preventing socialization with other horses or interactions with people other than the owner, and quietly inflicting pain or threatening to inflict pain, all serve to intimidate and frighten these peaceful, social animals. Breaking a horse's spirit helps gain supremacy. The resulting relationship becomes one of fear, not one found in a partnership based on politeness, trust and fairness through good leadership.

Why do some who are knowledgeable and witness such behaviors look away and do nothing? There are many reasons, but in an industry that excuses such behaviors and encourages people to look away, it's not surprising that this continues. The motto often heard is "everyone does something different". Though grays exist, there is good and not good, right and wrong, correct and incorrect methods to treat horses according to their needs. Still it is possible to act by sharing and documenting the information even if nothing is done.

HORSES & FILM

Horses have always been iconic mages in westerns like Gunsmoke, The Rifleman, Bonanza, Maverick to name a few. Rough practices and aggressive handling of horses, gunshots, chaos, galloping horses across rough terrain is what the viewing public has been

taught to see as acceptable. It's not. In 1939, public outcry over the riding of a horse over a cliff in Jesse James, caused the American Humane Association to launch its monitoring of animal welfare on movie sets, a practice that continues today with the "No Animals Were Harmed" disclaimer in many film end credits

To this day however, some horse owners still believe horses should still be treated like they see in movies—tied down, tied to trees, tied on crossties – something very difficult and dangerous for a prey animal because the flight instinct is so strong. Discomfort is obvious when observing horses stomp and struggle with insects, seen as predators to a horse, but often horse owners tune them out or are oblivious to what the behavior means.

What does the Old West have to do with horses now? Nothing. Horses are no longer needed for transportation yet people are still drawn to the image 'dude ranches' and similar facilities market. Horses used in this way become completely soured, develop behavioral issues due to handling and pain until they're too injured to continue. Often the care they receive is well below standard and horses in these situations are still 'broken', not gentled to be ridden. Their next trip is usually to slaughter as payment for their services.

The Link with Human Violence

What is it about horses that attracts abuse? Often it's the same element that occurs in abusive relationships: the need for control, to overpower,

dominate and make submissive. Many handlers and rider are uneducated and sadly unaware of horses' needs, not understanding the things we do, are often against their nature. Others simply don't care but know how to use these practices to their advantage. Something as simple as yelling at a horse habitually will make the horse perceive the human as a predator—someone to fear. Often abuse occurs in small enclosures where the horse can not get away. Aggression escalates the fear and the horse is labeled 'dangerous'.

A friend recently shared a picture of a woman in a t-shirt that read: "Beware, I ride horses, which means I haul 50# sacks of feed, 75# bales of hay, I use pitch forks and yell at 1200# animals, move them out of my way whenever I want to. You will not be a problem."

I didn't find this humorous but rather sad knowing this reality that needs to change. Where in this passage is anything said about a relationship, a commitment, the horse's needs or their gentle nature? What does this say about anyone who takes this to heart? How does this reflect good leadership? Interactions with horses actually take very little physical strength if you understand them. They can hear a whisper and are generally more willing when they're treated well.

There are those who will shake their heads when they read this article and those who will nod and embrace these ideas because they have a deep love and understanding for these intelligent, sentient beings. If



While horses enjoy taking a run & are incredible athletes without restraints or weight on their backs, their instinct to conserve energy when needed to escape a threat has not changed in millions of years.

you are a horse owner become educated about your horses' needs. Raise the bar and be a good example for others.

There is an abundant evidence that animal abuse is often linked with violence against people. Violence can beget more violence. On the other hand, respect, patience, a gentle approach, and kind interactions are more likely to get you what you need from animals, as it does with humans.

For more information on the Link between animal abuse and human violence, please see the website to the National Link Coalition www.NationalLinkCoalition.org

A special Thank You to Phil Arkow for his help in writing this article and his inclusion of the landmark event in Horses and Film that changed the way animals are treated. Change is possible.




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Third Annual Prelude Labyrinth of Lights- Labor of Love Beacon of Hope

By: Shelley Wigglesworth. Lead writer

Labyrinths have been created in various settings all over the world since ancient times, dating back thousands of years. A single path on the ground which will take you to the center and back, a labyrinth is engaged symbolically and sometimes ritually for purposes such as meditating, prayer, spiritual connection, soul searching, celebrations, mourning, honoring, reflecting, connecting with nature and more. In a nutshell, labyrinths are places for personal, psychological and spiritual contemplation and unification.

The Kennebunkport Conservation Trust labyrinth dream became a reality three years ago and is now a sought-out destination. The labyrinth is seventy inches wide and wheelchair accessible. Designed to be accessible to everybody, it is a place where persons of all walks of life, demographics, ages, and abilities come to experience the beauty of this peaceful path. Here is how it came to be.

Juliet Altham has been involved with the KCT labyrinth since the beginning. She said she learned about a labyrinth being on

a 'to-do' list at the Trust, with fellow KCT volunteer Jenny Comeau already working on fundraising for it. "I had discussions with Tom Bradbury when I came across the site one day and instinctively felt there was something powerful about it - as well as it being beautiful. We were immediately on the same page about its significance and the kind of structure we imagined, and so he asked me to present a proposal to the Trust board of directors, which I did. In September of 2018, the KCT board approved the labyrinth and from there, the entire project was conceived, planned, and executed by volunteers."

By October of 2018, a core working group was formed with Jenny Comeau, Beth Hagens, Ingunn Jørgensen, Melanie Montembeau, Jenne James,



Labyrinth of lights Christmas Prelude 2018 at the KCT Grist Mill property. Kennebunkport Conservation Trust photo.

Louise Spang, Kate Brown and Otie Ann Fried, Rebecca Roberts and Juliet Altham. These dedicated volunteers were supported by equally dedicated local businesses who donated materials, advice, and labor, with key contributions from Spang Builders, Woods Farm Landscaping and Brian Fairfield Stonework.

"Invitations were sent out for people to donate a stone in honor of someone," Rebecca Roberts noted. She added "In December of 2018, as part of Kennebunkport Prelude, the first Labyrinth of Light event was held at the Grist Mill property."

In December of 2019, a second Labyrinth of Light ceremony took place once again for Kennebunkport's Christmas Prelude, this time at the Kennebunkport Village Green.

Plans for groups of volunteers to dig in labyrinth stones for a permanent KCT labyrinth continued during COVID at a slower pace as volunteers from the labyrinth group worked in pairs and small groups through the summer and fall to continue digging in stones. The continuation of construction during the pandemic offered hope to those working on the labyrinth, and despite some inevitable obstacles along the

way, Altham said "it allowed us to refocus and to collaborate together on a common goal despite all that was going on in the world. It was very therapeutic. The project really began to flow at this time."

By November 2020, the labyrinth stones were complete and in December 2020 the third Labyrinth of Light ceremony took place on site at Emmons Preserve. This event consisted of ongoing solar lights illuminating every night at dusk until dawn from Prelude until snowmelt, rather than a onetime lighting, providing not only a peaceful and beautiful display but a powerful and symbolic beacon of hope during very uncertain times.

The 2021 Labyrinth of Lights will take place this year at the Kennebunkport Conservation Trust's Emmons Preserve during Christmas Prelude with solar lights once again being illuminated from dusk until dawn, extended beyond the first two weeks of Prelude, this year the symbolic lighting will occur until winter solstice.

FMI on the KCT Labyrinth- www.kporttrust.org/labyrinth

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