

JANUARY  
2023

# The Kennebunk Village MAGAZINE

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*Knitting hats & staying  
warm this* **WINTER**

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**Meteorologist Jason Nappi**  
TALKS ABOUT LIVING IN KENNEBUNK



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*On the Cover*



Stay Warm this Winter: Bella, Kylie and Edie Rossborough of Kennebunk modeling KPT Knits hats. Story on page 13.

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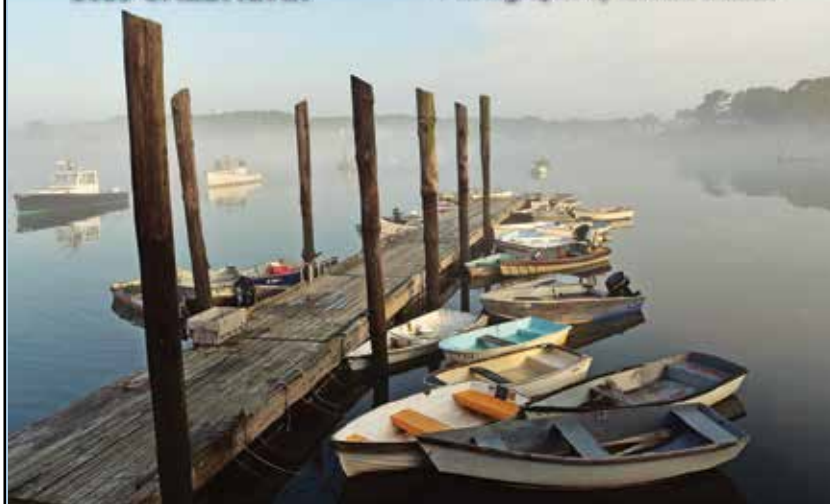
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PACK MAYNARD



# At a Depth: The Soul of the Work

By John Forssen, Village contributor

Art and history occur in layers. They reflect sequential narratives which measure the length and breadth of happenings, large and small... processes analogously reflected in the layer-by-layer tradition of encaustic art, the roots of which reach back to the 5th Century B.C., when it was applied to color face masks on the mummified remains of ancient royalty.

Kennebunk artist Kathy Ostrander Roberts may be a modern incarnation of these ancient practitioners, producing works in that tradition



The encaustic art of Kathy Ostrander Roberts is displayed in her Gallery on the Art Hill in Lower Village.

which capture both the mysterious depths and the endless movement of the sea. Her work is exhibited in her gallery on the Art Hill in Kennebunk's lower village.

In addition to being an artist, however, she is also an author, a journalist, a real estate entrepreneur (Kennebunk Port & Shore Realty) and a historian...but she speaks of art as a lifelong love dating back to her childhood years when, like all children, she painted faces and flowers on rocks.

She also pursued art in college for a several years and, more recently, spent time under the influence of locally celebrated artists DeWitt Hardy and Corey Staid. She has also been associated with the Art Guild of the Kennebunks.

Unlike traditional forms (e.g., watercolor, oil and pastel, each of which she is familiar with), encaustic art is accomplished on a 'board', employing applications of colored beeswax mixed with pine resin, a variety of ephemera and a torch...as in blow torch.

"My husband had a fit when he first saw me come into the house with that torch," she recalls.

"The beauty of this form," she says, "is its movement and spontaneity. I seldom have more than a cursory idea of the end product when I begin, but begin I must and, before long, the materials combine and take on a collective life of its own."

The process starts with a beeswax medium which comes pre-mixed with pine resin (melted in a standard kitchen crock pot) and then applied (gently poured or painted) to the surface of

board. Next come subsequent layers of colored encaustic medium. Each layer is fused to the previous layer with a blow torch.

The spontaneity of this process is clearly evident in her work which features the many moods of the sea, colors ebbing and flowing, constant motion, some frothing under the heat of the torch, other quietly bubbling, others yet reflecting the gentle sway and curl of unseen currents.

While the character of the sea inspires her work, the medium, which encourages layering to create a perception of depth, offers opportunities to 'bury' a variety of images within the larger context of the painting: a piece of an historical document, for example, which is evident upon close scrutiny of one of her works currently displayed in the gallery.

Some of her paintings, she says, "may have 20 or more layers to them, "each layer adding an element of depth which allows the viewer to see into the painting to where the soul of the work lies, as opposed to simply looking at it."



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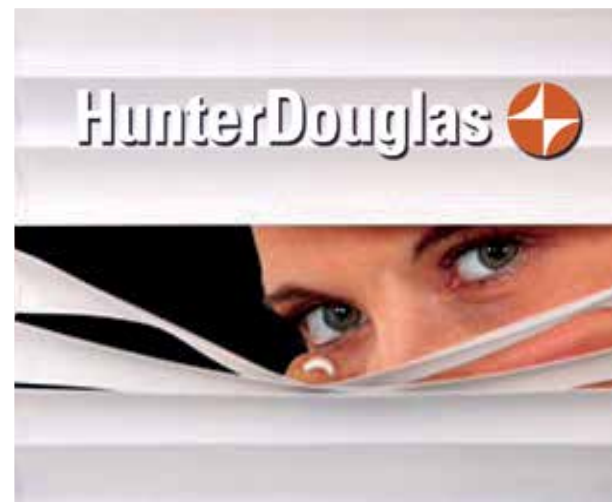



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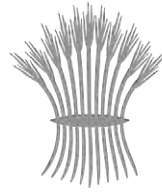
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Real Estate column by Mark Birmingham, *Broker*  
Kennebunk Port & Shore Realty

# Forecast for Real Estate 2023

The period of December 2019 through December 2022 has been like no other. The pandemic was the driving force for many changes, some of which have become permanent. It seems every facet of our lives has been affected. While the Covid virus is now more of a nuisance than a mortal threat, it will maintain its presence much like the common flu.

Many aspects of change reflect this new permanence in our lives. The

real estate market is a good barometer to measure the changes in Maine's demographics, economic development, job creation, and property values. Added to the life-changing pandemic, the specter of climate change looms over all of humanity with much longer timeframes and far-reaching transformations.

These issues are enormous. While researching this article I discovered many things that startled me. For instance, the population of Maine has sharply increased in the last few years. In fact, 58% of moves are into Maine versus 42% outbound, a sharp change from a population growth rate of less than 1% per year just a few years ago. While many bemoan this trend, it has and will be good for the state, as most of those moving here are high-salaried remote workers attracted by the state's rural beauty (themainemonitor.org)

This trend is also supported by the desire for many to live in an environment less affected by climate change. Winters here have become noticeably milder over the last thirty years, and severe weather, droughts, and wildfires appear to be less frequent

here, or absent altogether.

As a real estate professional, I've seen this inbound migration firsthand. During the pandemic, prices have increased with historic swiftness, making property here as dear as in the Boston area. The dynamic of supply and demand continues to support prices now, and the above mega-trends will only accelerate as high-speed internet becomes nearly ubiquitous state-wide, and climate change attracts more people to seek the Maine lifestyle.

All of this is a preamble to where the real estate market is going in 2023. Looking at the period of August through October of this year, versus last year, the volume of sales in the state dropped almost 14%, but prices continued to rise by 7.8%. In York County, the story was even more pronounced. Sales volume was off by 16.1% and prices rose by 16.3% (Maine Association of Realtors). These numbers support the demographic shift of more high-net-worth individuals purchasing property here. This group is largely populated with retiring baby-boomers, who are relatively impervious to economic downturns, and pay with

cash (themainemonitor.org).

Nobody has a crystal ball, but my opinion of where things are going is this: more of the same. Prices can't continue upward at this rate forever, but I've been surprised at how much they've increased this year. Most in the business expected a leveling of prices, which is inevitable at some point. However, demand continues to push this dynamic. Price drops seem to be a remote possibility for the foreseeable future.

So, having now experienced many months of inflation and sharply higher interest rates, real estate in Maine has proven to be remarkably resilient. Our state is uniquely positioned as a desirable place to live, with a low cost of living, improving internet infrastructure, and other climate change insulating factors that will attract more people to live here. Of course, there are issues with more people—more traffic, pollution, and other stresses on individual communities. But, when asked the question, "Would you move away?" the answer is just another question, "Where would be better?"

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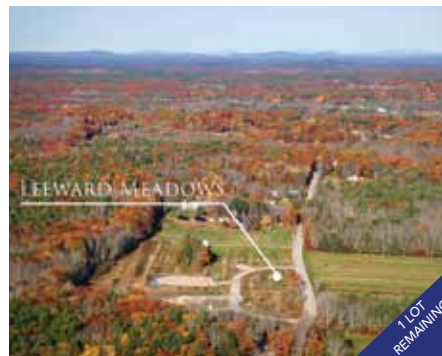
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# Mother and Daughter Create Wellness Book and App

## The Simple Journey-Awareness Made Simple - Discover, Uncover, Recover

By: Shelley Wigglesworth, lead writer

Mother and daughter authors and App creators Susan DeMauro and Jody DeMauro Mancini, formerly of Kennebunk have just released a work book and app awareness practice, The Simple Journey.

Through developing The Simple Journey from an idea in 2007 to designing an app in 2021 and writing a book in 2022, the most important by-product “has been learning about ourselves, each other, and the special bond of our mother-and-daughter relationship,” the women said.

“Our app and book explore 52 ordinary topics, prompting one topic each week of the year. Each includes SimpleSparks™ which are catchy, easy-to-remember rhymes, thoughts, and phrases that deliver weekly takeaway reminders. We designed the book to fit easily into a purse, bookbag, car, or office. The spiral coil at the top makes the pages easy to flip, compact for travel and lightweight. It can also stand up as a display with a stand,” Jody said

“Our primary purpose of The Simple Journey is a weekly reflective practice for greater awareness. We use ordinary topics that are familiar to everyone. Each reflection is brief and is less than 400 characters in length. This was deliberate, as we wanted to create a practice that is straightforward, engaging, and easy to use,” Susan explained.

The book and the app include additional features, such as a mini-podcast for a short listen where Susan and Jody share their own answers to the week's questions.

What really sets this book and app apart from others of this kind is that one topic a week is practiced and reinforced, instead of one a day. “We found that exploring only one topic for one week was the ‘secret sauce’ for effective practice. The consistency of read, reflect, repeat mantra keeps the connection to each reflection fresh, helping to see how, where, and why a



Daughter and mother authors and App creators Jody DeMauro Mancini and Susan DeMauro.

*Courtesy photos*

topic is showing up in our lives,” Susan explained.

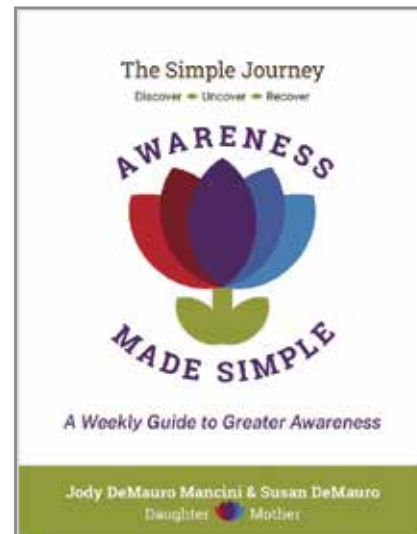
Since The Simple Journey launched in 2021, Jody and Susan said the feedback has been amazing. We are truly humbled and wildly ecstatic by the response from our users. Seeing others use and practice The Simple Journey has been rewarding and overwhelmingly joyful for us. The most common comment we hear is how staying on one topic for one week helps them notice how often their lives intersect and interact with it. Some have shared they never had a reflective practice because they didn't know where to begin but found The Simple Journey a welcome place to start.”

Susan added “Interestingly, every user takes a different approach - some users like the ability to journal their thoughts directly in the writing space created within the app, while others like the traditional pen and paper, and still others like to only reflect. Users like the flexibility.”

Jody and Susan plan to expand on The Simple Journey by gathering users to build a Simple Journey community together-producing a podcast, planning retreats, developing a community blog, offering Zoom meetings etc.

inspiration for The Simple Journey stemmed from her personal journey of recovery. “In 1987 I was introduced to the miracles of willingness, honesty, and gratitude through a 12-step recovery program giving me a new opportunity to live more fully. I chose to do the work.” She added “Raising three children as a single mother and teaching at a small New England college kept me busy throughout my life, but I was searching for more. I gravitated to educational workshops and personal retreats with focused conversations, robust connections, and contagious energy. I wanted to be part of this powerful message of a simple journey. So began my journey and design on The Simple Journey concept - using ordinary words to create awareness.”

Jody is a former teacher and a



The Simple Journey book - front and back.



The Simple Journey app is available for Apple or Android, and each offers a 7-day Free Trial. The app is not subscription based. You can purchase The Simple Journey app for 12 months, six months, or monthly - it downloads to your device and is yours forever.

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*About the Authors:*

Susan is a mother of three and grandmother of 7. A retired community college technology educator, she said her

married mother of 2. She said her reasons for collaborating with her mother on this project evolved. “For years I have had a longing to spark deeper conversations but did not have the courage, clarity, or time to even think about attempting anything like this project. Now that my children are grown, the time was right for me to create The Simple Journey with my mother. By doing so, I discovered the courage, willingness, and openness to show up fully for my own journey. Today, I know that my thoughts, words, and actions matter. This awareness has given me more peace and freedom, and I have discovered that the joy really is in the journey.”•



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# Healthy & Savory Simple... RECIPES

By: Gina Martel, Village publisher

Happy New Year, Village readers!

As the publisher of the Village magazine I'm always evolving and experiencing with new ideas. Inspired taste and simple recipes made for real, actual, everyday meals using wholesome, unprocessed ingredients has become a passion. Creating meals to always include fresh local, and or organic vegetables, basically, fresh clean food is easier than you think.

There are just so many great recipe options to call your own! It doesn't matter if you're a beginner cook or an experienced chef. My tip is to follow a recipe and make changes when needed for a healthier version.

Be creative, get your family involved and celebrate the new year with a new hobby that will add flavor to your table.

Here are a few simple tasty recipes for you at home to indulge yourself. Add your own twist and without a doubt, you'll make some enjoyable recipes to call your own.



Photos by Gina Martel.

## Simple Chicken Kale Salad

Makes about 2 -4 servings

Ingredients:

- 2 boneless chicken Brest
- 1 bunch kale
- 1/4 cup extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 tablespoon balsamic vinegar
- 1 teaspoon Dijon mustard
- 1 medium clove garlic, minced
- 1 teaspoon brown sugar
- 1/4 teaspoon kosher or sea salt, or to taste
- Fresh cracked black pepper
- 2 carrots shredded
- 2- teaspoons Sesame seeds
- 1-cup of homemade croutons

Instructions:

Preheat oven to 350 degrees. Bake chicken in the oven with olive oil, salt and pepper for at least 30 minutes.

Meanwhile, Make the Salad

Wash the kale, remove stems and chop into bite-sized pieces.

In a large bowl, combine the kale, shredded carrots, Sesame seeds and chicken. Set aside.

Dressing: In another bowl, whisk together the olive oil, lemon juice, balsamic vinegar, Dijon mustard, garlic, brown sugar and season with salt and pepper.

Pour the dressing over the salad ingredients and toss to coat. Chill and serve.

**Homemade croutons:** Use a hearty sourdough bread (When Pigs Fly) drizzle with olive oil and fresh crushed garlic. On a cookie sheet bake for about 20 minutes or until hard. Cool, cut and serve.



## Quinoa Bowl, Deliciously Hearty & Healthy

Makes about 2 -4 servings

Ingredients:

- 1 cup of cooked Quinoa
- 1 peeled cubed sweet potato
- 1/2 cup of cranberries (fresh or frozen)
- !2 cup of chopped walnuts
- 1/4 cup of chia seeds
- 1 cup of vegetable broth
- 1/4 teaspoon of sea salt

Instructions:

In a covered pan add 1/2 cup of quinoa and 1 cup of broth bring to a boil and simmer for 5 min. Add cubed sweet potato's and cranberries simmer for an additional 10 min or until done.

Mix in walnuts, sea salt, chia seeds and serve!



## Chicken Thighs with Rice/Veggies

Makes about 2 -4 servings

Ingredients:

- 2 cups of cooked Jasmine rice
- 4 boneless chicken thighs
- 2-orange bell peppers
- 1- large Zucchini
- 2-3 cloves of fresh garlic
- 4 tbs olive oil
- About 1/2 cup of chicken broth or stock
- 1/3 cup of unsalted peanuts

Instructions:

In a large warm skillet add olive oil and chicken thighs. Cook for about 20 min until brown on each side. Remove chicken and set aside.

In the same skillet add garlic, peppers and zucchini saute until tender about 5- 10 minutes. Remove and set on aside.

Then in the same skillet de-glaze the pan (*De-glazing is simply the act of adding liquid broth to a hot pan, which allows all of the caramelized bits stuck to the bottom to release*) then add chicken and vegetables back to skillet, cover on low heat for about 5 minutes. Chop chicken and veggies.

Serve on top of rice.

Garnish with glaze and chopped peanuts.



## OVEN BAKED LEAKS, VEGETABLES AND POTATOES

Chop vegetables and potatoes. Drizzle with Olive Oil, sprinkle your favorites herbs, toss and bake 350 degrees until tender. For a one of a kind flavorful experience use an iron skillet.



## Spaghetti with Kale

Makes about 3 -4 servings

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 head of kale, stems discarded and leaves finely chopped
- 1/3 cup of fresh parsley
- 3 large tomatoes blended
- 2 large garlic cloves, minced
- Salt & freshly ground black pepper
- 8 ounces spaghetti
- Lots of freshly grated Parmesan cheese and parsley, for serving

**Combine:** Heat the olive oil in a large skillet over moderately high heat. Add the, tomatoes or can sauce the garlic and cook, stirring occasionally, add kale and saute until it's bright green and wilted, about 15 minutes. Season to taste with salt and pepper.

**Meanwhile,** cook the spaghetti in a large pot of boiling well-salted water until al dente. Set aside 1 cup of the pasta cooking water, and then drain the pasta well. Add the spaghetti to the skillet and cook, adding the pasta cooking water as needed to loosen the sauce, and tossing to combine well. Taste and adjust the seasonings.

Serve immediately, with finely grated Parmesan cheese on top.

Here are just a few restaurants that serve incredible fresh clean farm to table dishes for a special night out!

50 LOCAL, Kennebunk  
BANDALOOP, Arundel  
Lost Fire, Cape Porpoise  
Bitter End, Wells  
Batson River, Biddeford, Kport & Wells.  
Beach Fire, Ogunquit



## Linguine Pasta with Meat and Broccoli

Makes about 3 -4 servings

Ingredients:

Makes about 2 servings

- 1/2 box of linguine pasta
- 2- cups chopped broccoli
- 1- large chopped red bell pepper
- 1/2 cup of fresh chopped parsley
- 1/3 cup olive oil
- 2-cups of 90% Pineland Farms ground beef
- 1- teaspoon fresh ground black pepper
- 3 1/2 -tsp of ground flaxseed
- 1/2 tsp of iodized salt
- 1-cup fresh grated Parmesan cheese.

Instructions:

Pre- cook pasta according to box. In a large skillet cook meat until brown. Then add salt, broccoli and red peppers to skillet. Saute for about 3 minutes.

Once these are mixed well in the skillet add 2 cups of pasta, olive oil, flaxseed, parsley and pepper. Toss all together!

Garnish with fresh grated Parmesan cheese.



happy new year 2023



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# Christmas Prelude 2022

Moments Captured *by Robert Dennis*

Images of Kennebunkport [www.kportimages.com](http://www.kportimages.com)



At Kennebunkport's Christmas Prelude, Mistletoe and his son Jangle entertained the crowd at Kennebunk Outfitters.



Dock Square rocking the night at the 11th annual Christmas Prelude fireworks display!



And just like that... Santa Claus arrived in Cape Porpoise on a fire engine and began greeting a long line of children and parents.



Christmas Prelude's final signature event, the popular and endearing Pooch Parade!

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# Stay Warm this Winter

## with Kennebunkport Knits

By: Shelley Wigglesworth, lead writer

Launched in 2021, KPT Knits is a handcrafted luxury collection of knitwear featuring modern hats, headbands, and cowls. The business was founded by Gail Weeman Phillips who is the primary knitter and was looking for something to do after retiring in 2017. The lifelong resident of Kennebunk is a wife, mother, and grandmother.

Phillips began knitting at the age of 8. "An elderly lady that lived on High Street in Kennebunk took me under her wing and invited me over to teach me knitting as I was infatuated by the Barbie doll clothes she knit. I will never forget a mint green Barbie doll skating dress she made for my doll which included a white angora ruffle at the bottom of the skirt that enhanced the beauty of the handmade piece. I was unable to knit pieces of that intricacy when I was learning, but eventually I did learn to knit such things once I got older," she said. Phillips never stopped knitting after learning the skill taught to her by her loving neighbor all those years ago. "In recent years I began making matching sweaters, hats and mittens for my grandsons, Hamilton and Oliver," she said.

Phillips' love for knitting is what lead to her create KPT Knits. "After babysitting my grandsons during the week, I realized that Hamilton, my oldest, who is now 4, would be going to Pre-k in the fall of 2022. I am not one to sit home idle, and when one of my dear friends came down with ovarian cancer and started treatment, I wanted to do something for her. I read that people's heads become overly sensitive and cold once they lose their hair. Through a group on Facebook, Knitter's, and Crocheter's of Maine, I asked if anyone knew of patterns for 'chemo hats. They are highly informative and directed me to Knots of Love which has patterns for beanies and blankets for people in need. I had to find a soft yarn and was able to find a beautiful yarn which was 50% silk/50% merino wool at



Gail Weeman Phillips and daughter Kayla Phillips of KPT Knits. Courtesy photos



KPT Knits products.



Bella, Kylie and Edie modeling KPT Knits hats.



Hamilton and Oliver modeling their grandmother's hats.

Jagger Mills in Sanford. I knit my friend a couple of chemo hats and she absolutely loved them and wore them to her treatments. I decided I would concentrate on making hats and that was the beginning of KPT Knits."

She added "I came up with the name of KPT Knits knowing that we live in a beautiful town that is world renowned and I felt that the KPT went along well with Knits."

KPT Knits currently offers hand knit hats, headbands, and cowls. "I focus mainly on adult hats but do offer sizes for infants, toddlers, and children, and I take custom orders. I also offer a 'Mommy & Me' set which includes matching hats for Mom and toddlers and includes faux fur matching Pom Poms in a variety of colors and patterns. The prices range from \$25 - \$70."

The quality of the yarn Phillips uses in her work is what really sets her products apart from others. "I use

Malibrigo Rasta yarn. Malibrigo is a family-owned yarn company located in Uruguay and Peru. They have developed a line of hand-dyed yarns of incredible softness and wonderful color variations. The yarns are also 'anti-itch.' This line of yarn is named Rasta as it resembles dreadlocks and is a super bulky weight yarn which ensures extreme warmth. Malibrigo yarns are made with 100% Uruguayan Merino wool. Uruguay has one of the biggest wool supplies in the world, and it is extremely high quality, not only for warmth, but in regard to softness. The wool is 100% produced by Uruguayan farms. The free-range sheep graze through the hills and are herded by actual old-style shepherds. Each adult hat that I knit requires a full hank (skein) of yarn."

KPT Knits customers rave about the cozy creations Phillips knits with love. At a recent craft fair at the

Kennebunkport Legion, one customer had this to say "KPT Knits offers the warmest and most gorgeous winter hats! Once you wear one, you will be back to buy more." Another customer added "I bought one for my grandson last week and he has not taken it off-he said it is so warm and comfy."

Phillips has taught one of her daughters, Kayla how to knit and the mother-daughter duo work at craft fairs together selling KPT merchandise. KPT is also available at select local shops, including Uptown Curl & Boutique, 1 Storer Street in Kennebunk and Minka in Kennebunkport. You may purchase online as well through KPT Knits Instagram and FaceBook.

"Knitting has a personal gratification aspect to it, which I enjoy. You have a finalized product for someone to wear in a matter of hours-a product that is unique and stunning, functional, and stylish, and made with love. Knitting is also relaxing to me. I usually knit at night while watching television. It also keeps my mind active and is good for combating Dementia. My Mom has Alzheimer's and was diagnosed several years ago so I try to keep my mind focused and active."

FMI about KPT Knits, contact Gail Phillips:  
FACEBOOK KPT-Knits Ph: 207 590-8481 • email:  
gailwphillips1@gmail.com



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# York Hospital Welcomes New Medical Staff

York Hospital is pleased to welcome the following new providers to the medical staff. Emily Appleton, PA and Julie Wark, FNP-BC, are currently caring for patients at Diabetes & Endocrinology Associate of York Hospital. The Walk-In Care team welcomes Philip Browne, NP, Heather Kinsey, FNP-C, and Carson Wagor, PA-C. Caroline Duquette, APRN, cares for patients in Hyperbaric Medicine and Wound Healing and Jacob Lareau, PA, practices at Atlantic Orthopaedics & Sports Medicine on the York Hospital campus. Marcus Santana, MD is caring for patients in Pulmonary Associates of York Hospital and the ICU, and Sarah Shepherd, DO has joined the medical staff in the Emergency Department.

**Emily Appleton, MS, PA-C, ATC** recently joined the provider team at Diabetes & Endocrinology Associates of York Hospital, while also remaining on the medical staff at Kittery Family Practice, where she has been seeing patients for over a decade.

**Julie Wark, APRN-BC**, has over 15 years' experience caring for patients, most at York Hospital, in positions of risk coordinator, med-surg nurse and RN care manager at Kittery Family Practice.

**Philip Browne, FNP-C**, is caring for patients at York Hospital's various Walk-In Care locations. He earned his BA in Psychology from the University of Maine at Orono, followed by an MSN and FNP certification from the University of Southern Maine in Portland.

**Heather Kinsey, MSN, APRN, FNP-C**, returns to York Hospital's Walk-In Care services following her

position in Palliative Care at Wentworth Douglass Hospital, where she consulted with patients, offering symptom management in their outpatient palliative care clinic.

**Carson Wagor, PA-C**, has joined the medical team caring for our patients at York Hospital in Wells Walk-In Care. After graduating from University of New England (UNE) in Biddeford, Maine, with a BS in Medical Biology/Pre-PA Program, Carson attended Arcadia University in Glenside, Pa., where she earned a Master of Medical Science (MMS) in Physician Assistant Studies.

**Caroline Duquette, DNP, APRN, CHPN**, is the newest member of the Wound Healing and Hyperbaric Medicine, while also serving as clinical educator for the hospital medical staff.

**Jacob Lareau, PA**, has joined the provider team at Atlantic Orthopaedics & Sports Medicine, where he sees patients at their office on York Hospital's main campus.

**Marcus Guena Santana, MD**, is the newest member of the medical staff at Pulmonary Associates of York Hospital.

**Sarah Shepherd, DO** has joined the team at York Hospital's Emergency Department.

For more information about these newest members of the York Hospital medical staff, please call York Hospital at 207-351-2273. For further details about other York Hospital providers and services, visit [www.yorkhospital.com](http://www.yorkhospital.com) or contact Community Relations at 207 351-2385 or [info@yorkhospital.com](mailto:info@yorkhospital.com).

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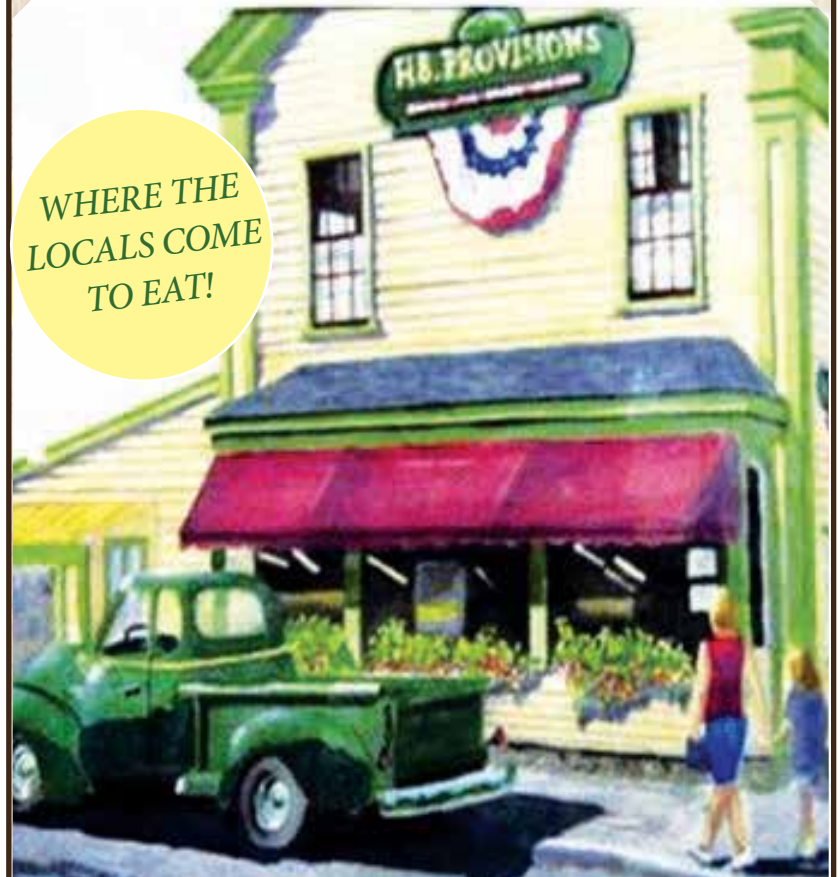
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## Maine Libraries Collaborate to Host Global Trade & Politics Program Series

Five Southern Maine libraries – York Public Library, Scarborough Public Library, Prince Memorial Library, Patten Free Library, and Kennebunk Free Library – are excited to announce that they will be joining forces this winter to bring you a series of virtual programs on Zoom featuring experts in global trade and politics, all sponsored by the Camden Conference.

This collaboration, proposed by York Public Library Director Sophie Smith, is the first time Maine libraries have pooled their resources to broaden the scope of Camden Conference programming available to their communities, allowing for a more thorough exploration of the topic. It also provides the unique opportunity for people from communities that span Southern Maine to come together to discuss global issues that affect us all.

Speaker in the series include:

• Thursday, January 5 at 2:00 p.m.: Mike Lynch on The Global Gold Trade



- Tuesday, January 10 at 6:30 p.m.: John Sutherland on Industrial Era Global Trade
- Tuesday, January 17 at 6:30 p.m.: Kathleen Sutherland on 21st Century Global Migration
- Monday, January 23 at 6:30 p.m.: Rodger Cuzner, Canadian Consul General, on Bilateral Trade
- Tuesday, January 24 at 6:30 p.m.: Francesco Duina on International Trade and Values
- Wednesday, February 1 at 6:30 p.m.: Peter Dugas on International Climate Policy & Trade
- Thursday, February 2 at 6:30 p.m.: Ula Polsky and Lindsey Jamison from the Roux Institute on Educating for the Future of Global Trade.
- Wednesday, February 8 at 5:30 p.m.: John Doughty on the Global Space Race

The Camden Conference is a fantastic educational resource for Mainers: a world affairs conference that has been held annually in Camden since 1988. The 36th Camden Conference, Global Trade and Politics: Managing Turbulence held February 17-19, 2023, will highlight the importance of global commerce and how it impacts our everyday lives.

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# WINTER HORSES: Keeping Them Safe

After Autumn leaves, horses enjoy the comfort of cold temperatures in early winter, a continuation of a respite from the insects & heat of summers. With the exception of brutal winds, ice or below zero temperatures, horses were designed to handle cold weather- it's unfortunate that in human's hands, breeding for what humans want has altered some horses ability to be what they were intended, and to withstand the elements of winter.

In daytime horses stand in the sun but if it's overcast, windy or if there is bitter cold or blizzard conditions, their barn provides the best shelter, offering safety and protection from the elements all year round no matter where you live. Horses should not be outdoors at night in winter due to the dangers of ice and challenging footing. If a horse falls and can't get up there's a chance they won't survive by the time someone finds them in the morning. Whatever is difficult in daylight is worse and more frightening at night. Winds and unexpected noises & sights like snowmobiles, often produced by unknowing people can confuse horses causing them to startle and run- more dangerous at night.

The shelter of a barn or large 3 sided shelter that is a minimum of 12' deep and 24' wide even for just one horse helps, is less costly but not as effective. The larger the space, the better and more inclined the horse will be to use it. If a horse stands outside of a shelter, there's reason and generally it's that it's too small or confining. Shelter also prevents frostbite on areas like the muzzle, lips and ear tips that have little or no fur covering. Ideally horses have access to their barn allowing them the freedom to use it as they need. It is after all, a place where they feel safe. It's not fair to lock them out of their space. It would be like being locked out of our homes. It's essentially one of the few comforts horses have.

**SNOW** Horses love it. If they have had a bad experience, - fallen or gotten stuck they acquire 'horse wisdom' and are very cautious. Snow covers the hard ground on which they can no longer run and keeps their coats and underside of their hooves clean. Navigating through it can be easy or difficult however, depending on the amount & texture - powdery, slushy, or hard & icy with a crust. The best and safest snow sticks to the ground which may have



**Deep snow can be dangerous & difficult for horses to move with their spindly legs. It also taxes the heart. Making paths helps them navigate. Falling or trying to roll in snow this deep with their heavy bodies making a crater like space keeping their legs upright, could render them helpless to stand.**

an ice covering. A foot of snow provides traction making it safe for horses roll, run and provides a soft landing should they slip and fall. Rolling helps stretch their backs, alleviates itchy skin and keeps their coats clean while keeping the skin dry. Snow that isn't too deep also makes it easy for them stand up without getting stuck. One problem with blankets, especially those treated so they are waterproof making the surface smooth, is that upon rolling their body creates a crater like space keeping their legs up in the air, making it difficult or impossible to get up. If they get stuck and no one is aware for hours, the result can be life threatening.

Soft, powdery snow is pretty but offers little protection and no traction because it does not stick to the hard ground or ice underneath. Slushy snow can be slick. As prey, horse's instincts for self preservation and a suspicious nature when it comes to footing helps keep them safe. They generally will learn from other horses, walk carefully and avoid areas that are untouched or shiny. But as horses do frolic any slipping or sliding has the potential for serious injury to tendons, ligaments and muscles, or even falls that could prove disastrous resulting in a broken leg, which happens every year. Shoes, somewhat controversial for many reasons, can have studs or borium applied to provide traction just as cleats do for our shoes. If horses are barefoot which is considered healthier for the foot, putting shoes on for that reason doesn't make sense.

Hard icy snow with a crust of ice has

traction but makes walking difficult as horses must break through the ice which each step. As prey horses don't expend energy needlessly, so they will find a spot to stand and not move which can lead to other problems. Regular movement is necessary for digestive health to prevent colic. This type footing is also dangerous and can cause lacerations on the lower leg which does not have muscle protecting the soft tissues inside. If there is blood in the snow it's best to check the legs for injury. The best solution in this

type footing is to help them by breaking through the snow and creating some paths. The paths encourages them to walk and break through more ice until they create a space that gives them room to move and space from other horses, as well as a spot to roll safely.


Deep, heavy snow presents another issue. The weight of snow when mixed with water is very hard to move as anyone who has shoveled understands. Though it sticks to the ground and cushions falls, it's hard for horses to maneuver. Although portrayed in film as easy, it's very taxing for them as it is for us to walk through it. It's difficult enough for them to move in it, let alone with weight on their backs. The exertion for some can tax the cardiovascular system. Again, taking a shovel or snow blower and making several narrow paths, encourages them to continue the process. If a space can be plowed to give them access to better footing, it's helpful.

What happens to horses in the wild? They are cautious but have very hard lives. Horses get injured and die for a variety of reasons. Domestic horses should not be treated as if they're wild.

Snowballs are fun to make but dangerous when they form on the underside of the hoof causing the horse to walk on stilts, not feeling the ground beneath them. Not only is that hard on their bodies, but also dangerous, - worse if a horse is ridden this way. The snow packs into shoes and even on bare feet. It takes seconds to remove them and even better - easy to prevent by applying products like

**Gabriela Rodriguez Quinn,**  
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Spam or a coating of vaseline. Often the snowballs will come off on their own but not in synchrony, leaving 3 feet bare and one on a stilt. In addition, leaving them on for long periods will cause soreness due to walking unevenly which people can relate to, if they have experienced the sensation of even a little slab of snow on one foot but not the other.

**ICE** is treacherous. Falls on ice happen more often than they should because there is so much one can do to prevent accidents. Horses with shoes need studs or borium added for grip. Removing shoes for winter forcing them to walk on hard ground, just to save on the expense is not a good idea because it's a difficult transition at that time of year. Barefoot horses have the fleshy underside of the foot called the 'frog' which acts to grip the ground if trimmed properly. The rough edges of the hooves also help with grip. Winter is not a time to save money on necessary foot care and the foot specialist should continue trims regularly.

Bodies of water like swampy areas and ponds should be cordoned off before winter- very easy to do. Why take the chance knowing horses fall through ice needing rescue every year? Many don't survive. If you have many acres, they must be managed & maintained. Small acreage is comparatively easy, however even small spaces that accumulate water forming puddles, will become ice in winter. They should be covered with dirt or sand and flattened. A large 1400 # horse may be able to break through some ice, but a smaller horse may slip. It's very simple to add temporary lines to keep horse out of certain areas for their protection.

Many organic materials are available as well as salt to treat ice & prevent falls. Horses owners must be vigilant, not lax in care. As disgusting as it sounds, manure and soiled bedding has great



## WINTER HORSES: *Keeping Them Safe*

sticking power and can be used to cover ice. Urine soaked shavings should always be removed from stalls but can be recycled and placed on icy spots. Hay that has not been eaten and covering the ground should be left for added traction. When cleaning the barn, organic material like hay dust and accumulated dirt with tiny pieces of manure as well as shavings and sawdust can be swept into corners, then sprinkled on icy spots and paths. Sand and salt/sand mixtures work well. They may be costly but worth keeping everyone safe.

Unfortunately everything with horse care is expensive but it's not a time to scrimp. Horses that fall on ice can survive and be sore for a few days, with painful groin injuries, contusions and bruises requiring cold therapy to reduce swelling, followed by heat to increase circulation - just like people. But the worst case scenario which happens - is a broken pelvis, leg or withers (the highest point of the back), requiring euthanasia.

**BLANKETS** Horses begin to grow winter coats in mid September. If they're not blanketed, coats continue to thicken and the fur stands upright, creating an



**Blankets serve a purpose & are an integral part of a horses 'wardrobe'. But with a core temperature higher than ours & a winter coat, overheating is easy. Blankets can help reduce the extent of an injury in a fall.**

insulating 'Down' effect. Blankets press the fur down preventing the layers from keeping the skin warm. That is dangerous because the horse's coat will be useless and blanketing must continue throughout the season. Though blanketing is in some ways more convenient for the horse owner keeping the horse clean, it's not necessarily the best situation for the horse. Blankets get dirty and must be cleaned and alternated to prevent painful rubbing.

With a higher core temperature than humans - in addition to their winter coats, horses can easily overheat. When temperatures climb into the 40's or higher and there is sun, they are uncomfortable.

Blankets should be removed in these situations to allow the horses skin to breathe. Not exposed to air, the horses skin also gets itchy and the horse is unable to relieve the discomfort by rolling. Some horse owners remove blankets to allow them to roll before putting another on, while some horses have to wait until Spring to have the blankets removed.

Barns are an integral part of a horse life but they should never be kept inside, locked in stalls for days. It's bad for the respiratory system, even with the doors open. It's hard on them physically but also mentally and increases the chance of an accident when they are finally allowed out, due to all the pent up energy they need to release. Boarding facilities should have a plan to allow horses out. There is really no excuse not to do it and is terribly unfair to the horse.

### Did You Know

- a question from Chanel West Coast, cast member of 'Ridiculousness'

Why don't horses stop to poop like dogs, cats & most every animal when they're ridden or driven? Because people generally don't let them.

Winter can be a pleasant, safe time of year for horses providing we do what we must to provide good care. Regular forage (hay) despite the costs at \$8-\$11/bale (they require a bale per day) generates heat & alleviates frustration from hunger, and also give them something to do to alleviate boredom. Horses should not be eating bark off trees or acorns due to the tannins that will cause colic. They should also not be given too much grain which is difficult to process, to make up for a lack of forage. They were designed to eat regularly- 22 hours in a 24 hour period.

**Horses depend on us for care**, so don't forget to keep yourself safe and wear those cleats. Don't forget to have a back up vet and keep the truck & trailer clear of snow, ready to go in an emergency and to make paths to the road in case of a fire. Be prepared!

Happy New Year, BlixxHorses

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# Prepare Your Yard for Winter Bird Feeding

Feeding birds in winter is a rewarding way to watch wildlife at home. While providing some extra food during the time of year that can be cruel and difficult for survival.



By, Amy Allenwood: Guest contributor

Our backyard birds and their needs change with the seasons. We can help them survive the winter elements so they can soon reward us with their songs of Spring.

Successful winter backyard birding starts with the right seed. Birds will seek the highest energy in the form of fats and proteins with the lowest energy cost. Bring the birds to your yard by selecting a high quality, fresh seed or seed blend with a black oil sunflower seed base. If empty seed hulls on the ground are a concern, shell free seed and blends will eliminate that problem. Add peanuts from a peanut feeder and you are likely to increase the

variety of birds in your backyard. For winter visitors like the Dark-eyed Junco, millet spread on the ground is a nice choice. Finally, suet is a great high energy food to add to your wild birds' winter diets. It is enjoyed by many types of birds but especially woodpeckers, nuthatches and chickadees. If squirrels become a problem for suet feeding, try a pure suet free of seeds and peanut butter.

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

Squirrels fight to survive each winter, too. This may mean they steal from your bird feeders and maybe even damage them. Luckily there are well made,

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

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

With a little extra effort, we can help our backyard birds this winter and spend those days enjoying their company.

FMI: (207) 985-1511 or [info@naturesgiftsmaine.com](mailto:info@naturesgiftsmaine.com).  
com: Located: 106 York St. Kennebunk.

## Feeding Tips

To make the most of feeding birds in winter:

Clean off feeders, platforms, and perches after each storm so seed is easily accessible.

Leave fruit and berries on trees, hedges, and bushes to provide a natural source of food throughout the winter.

Add a heated birdbath to your backyard or place a safe heating element in a regular birdbath to provide birds with liquid water.

Stamp or shovel snow around feeders to provide easier access to spilled seed for ground-feeding birds.

Leave nesting boxes and birdhouses up all year round to provide winter roosting sites.

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# NEWSCENTER Maine Meteorologist Jason Nappi

## TALKS ABOUT LIVING IN KENNEBUNK AS A CHILD AND HOW IT HAS INFLUENCED HIS LIFE.

By: Shelley Wigglesworth, Lead writer

42-year-old Jason Nappi was born and raised in NJ, and moved to Kennebunk, Maine when he was 11 years old in 1993

meteorologists) on the StormCenter show made me want to be a tv weatherman.”

After graduating high school in New



**NewsCenter Meteorologist Jason Nappi.** *Photo: s NEWSCENTER Maine, and Jason Nappi* along with his brother, sister, and mother. His mother was enrolled at UNE medical school at the time. “My mother moved my family up here as a single mom of three in 1993 to make a better life for us. She is the smartest, hardest working person I know,” Nappi said.

He remembers his first year in Kennebunk as the year he became interested in weather. “I fell in love with the weather-snow and nor’easter snowstorms interested me specifically. My mom got my siblings and me a snow mobile and during the winter, we used to ride it on the blueberry plains heading to Sanford from our home in West Kennebunk. Watching the weather for snow and seeing Joe Cupo and Kevin Mannix (former NewsCenter Maine

Jersey where his father lives, Nappi earned his B.S. in meteorology from SUNY Oneonta in 2002. Shortly after, he returned to Maine, where his brother, mother and stepfather still live, and worked at a television station in Portland from 2007-2009 as a meteorologist. During this time, Nappi also worked at his family’s restaurant The Bakery and Café, which was located on Main Street in Kennebunk during the mid-2000’s. “I made pizza a couple nights a week and drove to Portland in the middle of the night to do the weather updates on tv the next morning,” he said.

In May of 2022, Nappi landed a job as a meteorologist at NEWS CENTER Maine, the station he faithfully watched as a youngster after moving to Maine and becoming interested in weather. Nappi, who now resides in Kennebunkport,



**Quote:** This was one of the happiest days in my life. No one and nothing will ever change that. Brothers only a year and a half apart both made their dreams come true. My brother and I both went to Kennebunk Middle School. Most people said we would never make anything out of our lives. Well here we are. Jon is a successful business owner in Kennebunk and I got my Bachelor of Science in meteorology many years ago. Now I work at the place I grew up watching as a kid 30 years ago. We made it. Don’t ever give up on your dreams.

reflected on his early years in town. “Living in Kennebunk during an impressionable age and time in my life, even if it was only a couple of years, was what really shaped my future. My former Science teacher Mr. Beer was someone who left a lasting impression on me, and my pursuing my weather interest. I loved having the beach to go to, at any time of the day or year to unwind and take pictures. My favorite sport, hockey also came to be because of living here. I actually earned to ice skate at Rodney’s Pond on Route 99.”

He is thankful for the impact living in Kennebunk has had on his life, and for the support has received from his parents, stepparents, siblings, and friends along the way.

Today, Nappi’s passion for mentoring and encouraging others to fulfil their dreams, regardless of age, real or perceived setbacks, disadvantages, or what they may have been told by others, is a driving force in his life and goes hand in hand with his job at NEWS CENTER. “My favorite thing about my job is giving back to the youth. I mentor future broadcast meteorologists’ and that is easily the best part of my life. My future plans are to expand my mentoring of



Jason Nappi as a school kid in Kennebunk.

future meteorologists and help as many people as possible chase their dreams, whatever those dreams may be, just like I did.”

When it comes to those who may be interested in taking the meteorology career path, Nappi said “The best advice I can give to anyone wanting to study meteorology is not to give up. I failed many classes and was told by a lot of people I would never succeed. But I’m still here because I didn’t quit.”

FMI about Nappi: [www.facebook.com/jasonnappiwx](https://www.facebook.com/jasonnappiwx)



# Dogs of our Village

## Part 2

By: Shelley Wigglesworth, Lead writer

Dogs are man's best friend, and we know how special the pooches in our village are. Because of this, we are periodically featuring dogs of the community in the Village. We hope you enjoy our second installment in our new series: Dogs of our Village.



**Rudolph "Rudy"** -owned by Kevin Ridge of Kennebunk. Rudy spends his days working alongside his daddy at Indigo the Salon for Hair in Kennebunk. "He's the village's social butterfly, he visits all the shops in the Port on his daily walks."



**Sweet Pea and Abby**-owned by native Kennebunker's John and Lisa Norman "Both are rescue dogs and best friends."



**Rudy** -owned by Niko, Effie, Sia and Erik of Kennebunk. "Rudy is almost 7, he's our good boy and our constant companion."



**Belle** -owned by Tom Cloutier of Arundel "Belle is an 8-year-old Doberman that lives at Specially Designed Stables LLC in Arundel and thinks that she is a horse."



**Pyper Dixie Herman and Artie**-owned by Mark and Mary-Beth Brown and family of Kennebunk.



**Bodhi**-owned by The Battagliese family of Kennebunkport.



**Quincy**-owned by Robin Levangie "He loves flying on Goose Rocks Beach."



**Roxy and Russ**-owned by Mary and Jack Manning of Kennebunk. "This dynamic duo is a handful of mischief and fun."



**Tani**-owned by Harriet and Jimmy Gott of Lower Village.



**Wyatt**-owned by Mary Lou Nedeau of Kennebunk.



**Shooter** - owned by Dave "Packmann" Packard of Lyman.



**Dune**-owned by the Davis family of Kennebunkport.



**Lilly Bell Meehan**-owned by Robin and Dave Meehan. "Lilly loves her daily morning walks on the beach, riding in her boat, and playing with her dog pals."



**Mookie and Outlook**-owned by Sara Erickson of Kennebunk. "Rescue labs and best friends."



**Maddy and Lotty**- owned by Lisa Pagano of Wells.



**Oliver and Annie** -owned by The Shea-Dumas family of Mystic Acres Farm in Arundel. "Oliver is a an energetic, playful, super-smart Brittany. Annie is a loyal, sweet Boxer mix from Arkansas who made her way to our family through Lucky Pup Rescue."



**Sage**- owned by Kathleen Dolan of Kennebunk. "He is a miniature American shepherd puppy."



**Cutter**-owned by: John and Kristen Martin of the Colony Hotel. "Cutter is salty, nautical dog and serious winter lover."



## KFL Announces January Art Ex- hibit, “Seacoast Moderns: Unexpected”

The Speers Gallery at the Kennebunk Free Library presents Seacoast Moderns: Unexpected, an exhibition of new artwork, January 4-30. The Seacoast Moderns are a group of artists from the New England seacoast area, founded in 2010 within the Kittery Art Association. Their work attempts new modes of representation, often depicts unusual subjects, and ranges from abstract to conceptual to whimsical.

Unexpected consists of over 25 paintings, prints and 3D assemblages, all with subjects or approaches that viewers are unlikely to have seen before.

The public is invited to an artist’s reception on Saturday, January 7, from 2:30-4:30PM. Refreshments will be served.



Sunrise Birches, by Pat Higgins

The Kennebunk Free Library is pleased to offer this collaborative exhibit.

The public is invited to view the exhibit in the library’s Speers Gallery from January 4-30 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](http://www.kennebunklibrary.org).



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# The Late Payment Penalty

By John Forssen, *Village contributor*

I'll be darned three times over if the story I'm about to tell isn't at least partly the God's honest truth.

That said:

My Aunt Lydia and her husband Ned have been married for some 50-odd years. That's a fact, but there's nothing 'odd' about it to Aunt Lydia. She can recall every last minute of those years, ticking them off on her fingers, when circumstances require her to review for her lifelong partner the length and breadth of her sacrifice. Uncle Ned, on the other hand, is only confused by such precision. He prefers round numbers...content after such encounters to wander off (out of ear-shot, to be sure) muttering, "It's gotta be closer to 100."

Aunt Lydia lives in a colorful world of details. Attentive to a fault, she still has all her high school diaries, Valentine's cards of past lovers as far back as the Fourth grade...and, from day-one of their marriage, an archive of calendars, each day marked, first

light-to-last, with the details of each living moment...particularly the day upon which the semi-annual tax bill comes due.

Against this catalog of past (and future) comings and goings, Uncle Ned plods along in what Aunt Lydia once described as congenital absent-mindedness. "His mind," she says, "is as clear and uncluttered as a day without clouds."

It was Monday, cold and rain-soaked—the 16th of November—that the tax notice arrived. There was no need to open it to learn when payment was due. That was stamped in bold letters on the front of the envelope: Friday, November 20, just four days away.

Aunt Lydia, who always kept the future close at hand, had already, from the year before, marked the date in her calendar...starred and underlined to be sure it would not pass unnoticed.

But somehow, despite that extra effort and much to her chagrin it did. Like a puff of wind, it simply disappeared.

Now, it's possible that she might have been distracted in some way, but that would be a stretch, for Aunt Lydia's devotion to her calendar was, by this time, legendary. Her entire life, chapter and verse, was neatly recorded in and directed by the pages of that tiny book. Indeed, a friend once remarked that she would have greater tolerance for someone tampering with the affections of her husband than with her calendar.

So who knows what mischief the gods were up to?

At any rate, like public offices in most places, the doors of the town hall in Aunt Lydia's small community are locked and the windows shuttered at

5:00...on the dot, no exceptions, as was the case on this 20th of November, the day the taxes were due...and, as of that hour, outside the locked doors and shuttered windows, unremitted.

Needless to say, this small dereliction would not go unnoticed for long. More than likely, Aunt Lydia would wake with a start in the middle of the night...the unpaid taxes erupting in her sleep with such force that Uncle Ned would be instantly on his feet clawing to escape the walls of a still active dream.

But that's not how it happened.

As the hour-hand on the kitchen clock slipped past 5:00 on this 20th of November, it occurred to Uncle Ned...he had some vague recollection...that Aunt Lydia had mentioned something to be done on this all-but-spent day. Had he said nothing, had he had the sense to let that sleeping dog lie, he might have avoided the firestorm to come. Indeed, he might even have commiserated, offering comfort and reassurance to his lifelong partner.

But that's not how it happened, either.

Uncle Ned, you see, did not have the sense to let that sleeping dog lie. At precisely three minutes after five on this 20th of November, he said, "Hey, Lyd, wasn't there something you were supposed to do today?" There was no urgency in his tone. Indeed, his remark had a kind of aimless quality to it, as did so much of his conversation that there was seldom more than an occasional need to attend to what he was saying.

A more quick-witted individual would have allowed Aunt Lydia a moment or two for self-discovery no matter the duration of those moments, giving her the opportunity to slap her

forehead and say something to the effect of, "How could I be so stupid?"

On the plus side Uncle Ned saved her that humiliation. It was a generous act...but now he owned the oversight. The dereliction was his and, to be sure, Aunt Lydia would provide ample opportunity for reflection....

The rain had not stopped by Monday morning, nor the cold, the two being a perfect reflection of Aunt Lydia's mood as she trundled up three breathless flights to the tax office where, behind a plexiglass shield, a young woman was busy sorting through a pile of forms.

"I am here to pay my taxes," Aunt Lydia declared, smiling, but not enough to conceal the tiniest note of likely indignation in her tone.

Before the young woman could speak, Aunt Lydia help up a cautionary hand and began to recite the virtues of her long-standing residency, her normally prompt payment of all debts and lastly the infirmities that age and ill health had thrust upon her. "So, please," she concluded, "do not penalize me for being one business day late in close to a half-century."

Sadly, taxes allow little room for compassion and, as gently as possible, the woman said as much.

Aunt Lydia scowled a deep scowl and, through visibly gritted teeth, said, "You are not a very nice person." Clearly, Aunt Lydia was ready for a disturbance.

"Perhaps so," the young woman replied and then, consulting a chart at her side, she continued in a tone so icy that there could be no argument. "One day," she said. "That will be sixty-nine cents."

And there's the truth of it...one more time...sixty-nine cents. •

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# Ogunquit Museum of American Art Names New Board Members for 2023

The Ogunquit Museum of American Art (OMAA) has added three new members to its 2023 board of directors with backgrounds in national television, manufacturing, banking, and energy. The new members of the board are Cynthia Fenneman, Philip Morgan, and John Shapiro. The museum has also made a change to its executive committee naming Karyn S. Morin of Partners Bank as the new Treasurer.

"We are grateful to have Cynthia, Philip, and John join us as we steer the museum into its next phase," said Amanda Lahikainen, PhD, Executive Director of Ogunquit Museum of American Art. "They bring a diverse set of leadership skills that will complement the talent of the other members of the board of directors. We have already experienced the collective energy that these individuals will add to our exciting 2023 season."

New Board Member Profiles (in alphabetical order):

Cynthia Fenneman

Cynthia Fenneman was formerly the

CEO of American Public Television, one of the nation's leading producers for top-rated public television shows including America's Test Kitchen, Jacques Pepin, Biz Kid\$, Roadtrip

Nation, Doc Martin, and Midsomer Murders. Cynthia is a Board Member of the York Harbor Reading Room, the Chair of Strawberry Banke's Board of Trustees, and was most recently the chair of the Museum's National Council, an advisory body to Strawberry Banke.

Philip "Flip" Morgan

Philip Morgan, nicknamed "Flip," is the retired former President and CEO of Morgan Construction Company



in Worcester, MA, designers and manufacturers of rolling mill equipment for the worldwide metals industries. Morgan Construction was started by Flip's great-great grandfather in 1888. Flip ran the company from 1986 until it was sold to Siemens Metals in 2008. Flip retired from Siemens in 2010. Flip has extensive not-for-profit Board experience including serving as trustee at Worcester Polytechnic Institute in MA; Fay School in Southborough, MA; Mass Biomedical Initiative in Worcester; and The Worcester Regional Research Bureau. Locally, in Maine, he has served as a trustee for the York Historical Society and York Hospital and is currently serving on the Board of The Ogunquit Playhouse.

Flip is a graduate of Harvard College and Harvard Business School.

John Shapiro

John Shapiro has more than 35 years

of experience in the banking and energy industries. Most recently in July 2021, John was appointed to the board of directors for Sprague Resources. Since November 2009, John has served as a director on board of Blueknight Energy Partners, L.P., a master limited partnership headquartered in Tulsa, OK, and since November 2015, has served as a senior advisor to Mountain Capital Partners, LLC, a Houston-based private equity firm focused on upstream E&P investments. John was an officer at Morgan Stanley & Co., where he served from November 1984 to December 2008 in various capacities, ultimately as Global Head of Commodities and a member of the firm's Management Committee. Prior to Morgan Stanley, John worked for Conoco, Inc. and New England Merchants National Bank. John received his Master of Business Administration from Harvard University and a bachelor's degree in economics from Princeton University.

Open: May 1 through October 31. More information at [www.ogunquitmuseum.org](http://www.ogunquitmuseum.org).

## Closed Jan 8th & Reopen Jan 18th

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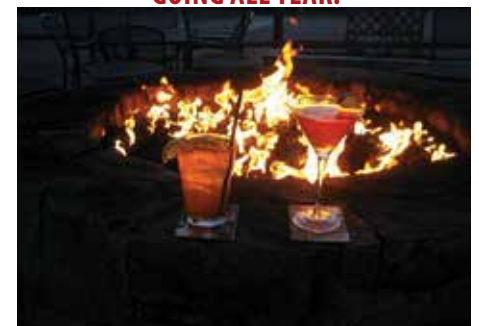
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## Upcoming events

### Huntington Common Charitable Fund Approaches Year-End Grant Application Deadline

The Huntington Common Charitable Fund (HCCF) is approaching its year-end application deadline. The HCCF seeks proposals from nonprofit organizations to improve the lives of older adults in York County, Maine, and is stewarded by the Kennebunk Savings Bank Foundation. So far in 2022, donations have totaled over \$290,000. Past projects funded by the HCCF include Saco Cycles, a program from Age Friendly Saco that gives older adults living in residential care facilities an adaptive cycling experience using a specially built TrioBike. "It has been truly heartwarming to see the joy of experiencing a bicycle ride again," says Jean Saunders, Director at Age-Friendly Saco.

2022 HCCF funds have been awarded to support mental health supports for older adults in partnership with Sweetser, transportation services from Heart to Heart Ageless Love, and a farm share program for older adults facilitated by Good Shepherd Food Bank. "The variety of ideas and programs we see every year is inspiring," said Rachel Peter, a Community Relations Administrator and Officer with Kennebunk Savings. "We're honored to serve as the stewards of this fund and to help give back to older adults in this community."

The next grant deadline is December 31st. Nonprofit organizations with programs focusing on bettering the lives of older adults in York County can apply here. (<https://www.kennebunksavings.com/about/community-promise/huntington-common-charitable-fund/>)

### York Hospital to Offer Webinar for Families with Picky Eaters on Jan. 19

Is your New Year's resolution to have peaceful and nutritional dinners for the entire family? Then set the table and mark your calendar for York Hospital's "Managing Mealtime With Your Picky Eater" webinar Thursday, Jan. 19, from 6–7 p.m. Dietitian Karen Mountjoy, MEd, RD, LD, CLC, and occupational therapist Rebecca Rafferty, MSOT, OTR/L, have the recipe to help families overcome mealtime madness and enjoy stress-free, and healthy meals.

To reserve your spot, sign up via Eventbrite (<https://www.eventbrite.com/e/managing-mealtime-with-your-picky-eater-tickets-482585324697>) or visit [www.yorkhospital.com/events](http://www.yorkhospital.com/events). Can't join us live? Register anyway and you will receive a link to view the recording on the hospital's YouTube channel following the event.

For further information or to schedule an appointment with Rebecca Rafferty, at York Hospital Pediatric Rehab Therapy, call 207-384-7295 or email Rebecca at [rebecca.rafferty@yorkhospital.com](mailto:rebecca.rafferty@yorkhospital.com). For more information about Karen Mountjoy, or Coastal Family Nutrition, visit [coastalfamilynutrition.com/](http://coastalfamilynutrition.com/) or call 603-674-2479. For details on this webinar or future community programs at York Hospital, contact Community Relations at [info@yorkhospital.com](mailto:info@yorkhospital.com) or 207-351-2385.

**Parks and Recreation Master Plan Survey** The Town of Kennebunkport Parks & Recreation Department is seeking community input about the Town's

parks and facilities to guide the development of a Master Plan. In collaboration with Terrence J. DeWan & Associates Landscape Architects and Planners, the Town is working to develop a Master Plan of existing facilities, amenities, and the anticipated future facility and recreational program needs of the community. In addition to a prioritized list of recommendations for park and facility improvements to guide development and maintenance over the next decade, the Master Plan will also provide conceptual design work for the community's two largest parks: Firefighter's Park and Parson's Field. The first step in this process is to conduct a survey of residents and park users to find out what is needed and best suited for our community's parks. This survey can be found at <https://bit.ly/KportParksRec> on the Master Plan website where you can also learn about Kennebunkport's open spaces and watch the Parks and Recreation story unfold.

People wishing to complete a paper copy of the survey can pick one up at the following locations:

- Parks & Recreation Department, 20 Recreation Way
- Town Hall, 6 Elm Street
- Police Department, 101 Main Street
- Public Health Department, 101A Main Street

Your input is valuable to us. Whether you live, work, learn, and/or play in Kennebunkport we want to hear what you think. Tell us what you would like to see in your community by taking this survey. **Please complete and return or submit the survey by January 31, 2023**

**Dear Friends,** Did you realize that River Tree Arts is one of the oldest non-profit community arts centers in the state? 40 years young this year! Through our remarkable range of art and dance classes, workshops and music lessons, for all ages, we continue to deliver on our commitment to our mission of "Arts for All." And yet, three years of the Covid economy have brought big challenges; all of our expenses have increased. Our staff and faculty have worked hard to manage costs and increase revenues; we've expanded offerings so that more members of our community can experience the energizing power of the arts. But while demand for our programs remains robust, class fees do not fully cover costs, and grant funding has become considerably more competitive.

Your continued support for the many ways in which River Tree enriches our lives here in the Kennebunks is important. Any amount you choose to contribute\* will be greatly appreciated. And as always, we welcome your participation and feedback.

Thank you, so very much, for helping to ensure that our community arts center continues to thrive — for another 40 years!

Thank you for your continued generous support for River Tree Arts. Paula Gagnon, President of the Board. Tina Fischer, Development Chair Committee.

Please Donate Today to River Tree Arts

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## Wells Reserve

### Tuesday, January 3, 8-9:15am Morning Yoga.

Begin the new year with healthy habits. This weekly virtual Hatha yoga class is designed for people who need to stretch, strengthen, tone, and relax on a regular basis. Sessions led by Leslie Fiore, founder of Port Yoga in Kennebunk, who has been practicing and teaching yoga for more than 20 years. Hosted by the Wells Reserve. \$108/\$90 for the 9-week series. Registration required at [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or 207-646-1555 ext 116. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

### Saturday, January 7, 10am-12pm Winter Tree Walk.

Visit the Wells Reserve at Laudholm to discover how to identify common Maine trees and learn how they handle the winter. Led by Maine Master Naturalist Eileen Willard, who spent 15 years as a University of New Hampshire dendrology (study of trees) instructor. Ages 12 and up. \$8/\$6. Registration required at [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or 207-646-1555 ext 116. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

### Saturday, January 7, 4-5:30pm Full Moon Walk.

Enjoy a tranquil winter's night walk at the Wells Reserve at Laudholm, exploring Moon phases and lore. A great family experience for those who can enjoy the quiet. Individual \$8/\$6, family \$20/\$15. Registration required at 207-646-1555 ext 110 or [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org). FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

### Wednesday, January 11, 10:30am-12pm

**Wednesday Walk.** The natural world has long been a muse for poets, writers, and other artists. Meet on the Wells Reserve's Laudholm campus to explore nature through a poetic lens with guide Norma Fox. Ages 12 and up. Free. Microspikes/snowshoes available to rent with advance notice. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 ext 110. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

### Thursday, January 12, 12-1pm Flying Squirrel

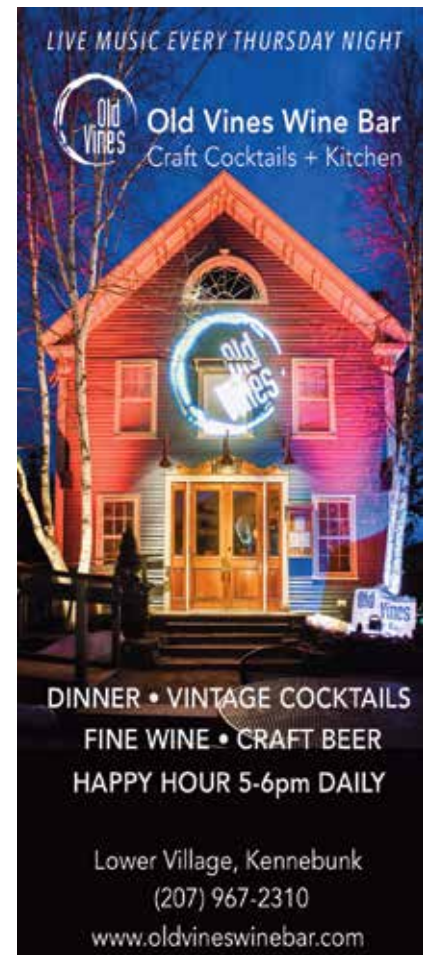
**Citizen Science.** Learn all about flying squirrels in a virtual presentation by C.J. Wong, a Ph.D. candidate at the University of New Hampshire. Wong is studying the effects of forest fragmentation and urbanization on these tiny nocturnal animals. Find out how you can participate in a flying squirrel research project by making and installing a nest box for monitoring the squirrels. Hosted by the Wells Reserve. Free. Register through [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

### Wednesday, January 25, 10:30am-12pm

**Wednesday Walk.** The natural world has long been a muse for poets, writers, and other artists. Meet on the Wells Reserve's Laudholm campus to explore nature through a poetic lens with guide Norma Fox. Ages 12 and up. Free. Microspikes/snowshoes available to rent with advance notice. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 ext 110. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

### Saturday, January 28, 1-3pm Nature Photography Workshop.

Learn the "fundamentals" of photography with Seacoast Photography School founder and lead instructor, David Mazur, who will provide hands-on lessons on focus, exposure, and composition that will enhance your photography skills. Indoor instruction followed by outdoor practice at the Wells Reserve. Open to beginner and intermediate photographers. \$75/\$60 includes \$25 donation to Wells National Estuarine Research Reserve. Registration required at [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or 207-646-1555 ext 116. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).



## Brick Store Museum

### Tuesday, January 10:

Free Admission Day, 10:00AM — 5:00pm, at Brick Store Museum, 117 Main St, Kennebunk. Thanks to generous support from the Mrs. James Sage Coburn Fund and Kennebunk Savings Bank, visits to the Museum are free every Tuesday! FMI call 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

### Tuesday, January 17:

Free Admission Day, 10:00AM — 5:00pm, at Brick Store Museum, 117 Main St, Kennebunk. Thanks to generous support from the Mrs. James Sage Coburn Fund and Kennebunk Savings Bank, visits to the Museum are free every Tuesday! FMI call 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

### Tuesday, January 24:

Free Admission Day, 10:00AM — 5:00pm, at Brick Store Museum, 117 Main St, Kennebunk. Thanks to generous support from the Mrs. James Sage Coburn Fund and Kennebunk Savings Bank, visits to the Museum are free every Tuesday! FMI call 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

### Tuesday, January 31:

Free Admission Day, 10:00AM — 5:00pm, at Brick Store Museum, 117 Main St, Kennebunk. Thanks to generous support from the Mrs. James Sage Coburn Fund and Kennebunk Savings Bank, visits to the Museum are free every Tuesday! FMI call 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).



## York Paddle & Pickleball Club Donates \$14,000 to York Hospital Living Well With Cancer Fund



Photo (left to right): Chip Coupal, York Paddle Tennis and Pickleball Club Board President; Jan Underhill, the club's "Put Away Cancer" tournament co-chair; Kate Ford, club member and York Hospital Director of Volunteer & Student Experiences; Susan Kelly-Westman, York Hospital Oncology Social Worker; Mary Ellen Valhos, Practice Manager, York Oncology Services; and Dr. Patrick Taylor, York Hospital President & CEO.

York Hospital President & CEO, Dr. Patrick A. Taylor and York Hospital Oncology caregivers recently accepted a check for \$14,000 from the York Paddle Tennis and Pickleball Club (YPPC). For the second consecutive year, funds were raised through the club's end-of-season tournament to help cancer patients through York Hospital's Living Well With Cancer Fund. Club members were delighted to raise even more money this year than last and Jan Underhill, the club's tournament co-chair explained that while over 65 YPPC Pickleball members participated, many others contributed to the fundraiser. "Unfortunately, many of our members, if not all, have a personal experience with cancer. Having the opportunity to help others and hopefully ease some of their challenges is very meaningful and inspiring," shared Underhill. "Online donations made it easy for those who were unable to attend the event and the overwhelming generosity of our members exceeded all expectations," she added.

While accepting the donation, Oncology Social Worker Susan Kelly-Westman said the hospital was most grateful to the York Paddle & Pickleball Club for this generous donation to the Living Well with Cancer Fund. She added that "The fund assists people in our community who are being treated for cancer in a myriad of ways—from free exercise classes, support groups, acupuncture, yoga, art classes, and massage, to helping with living expenses like wigs, rent, heat, groceries, and gas. Every donation goes directly to patient care and the programs help alleviate the burden—both emotional and financial—of the cancer journey."

York Paddle Tennis and Pickleball Club Board President Chip Coupal commented, "We at York Paddle Tennis & Pickleball Club can think of no better local cause than the Living Well with Cancer Fund at York Hospital to help our fellow neighbors in need. These past few years have been challenging for all of us and

our membership has shown what we can do when we work together as a team. We look forward to helping out long into the future."

For details about York Hospital's Cancer Care services, contact Susan Kelly-Westman, LMSW, at 207-351-3721, York Hospital Oncology & Infusion Care, 127 Long Sands Road, York, ME 03909. For more information on York Hospital's other services or to donate to the York Hospital Living Well With Cancer Fund, visit [yorkhospital.com](http://yorkhospital.com) or contact the Community Relations office at 207-351-2385 or [info@yorkhospital.com](mailto:info@yorkhospital.com). If you are interested in discovering more about YPPC, visit [yorkpaddletennisclub.org](http://yorkpaddletennisclub.org) or contact them at [yorkpaddletennisclub@gmail.com](mailto:yorkpaddletennisclub@gmail.com).

### AWS

**\*NEW DATE AND TIME\* Sundays, Jan 8, 15, 22, 29 @ 2 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! \$29 per session. Attend one, or take them all! Pre-registration is required: <https://animalwelfaresociety.org/training/learn-play/>

**Thursdays, Jan 5, 12, 19, 26 @ 3:30 and 4: 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 youth programs coordinator as needed. Weekly registration opens by noon on Mondays at <https://animalwelfaresociety.org/youth/rescue-readers/>

### Louis T. Graves Library

**Mondays at 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 at 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!

**Wednesday, January 4 from 12:00-4:00 pm. Early Release – Games & Crafts!** Looking for something fun to do? Spend your early release Wednesday at the Library building with Legos, playing games, doing crafts and more! The Library is located at 18 Maine Street, Kennebunkport and open Monday-Friday 9:30-5:00 and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Tuesday, January 11 at 5:00 pm. Library Association Annual Meeting** Please join us for the Annual Meeting of the Louis T. Graves Memorial Public Library Association. You will hear reports from President, Library Director, Nominating Chair, and Treasurer. Three new Board members will be voted in, reception immediately following. The Library is located at 18 Maine Street, Kennebunkport and open Monday-Friday 9:30-5:00 and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Thursday, January 12 at 9:45 am. Morning Book Group.** This group meets the second Thursday of every month. This month, the group is reading BYOP (poetry). New members are always welcome. The Library is located at 18 Maine Street, Kennebunkport and open Monday-Friday 9:30-5:00 and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Thursday, January 12 at 6:00 pm. C.A.R.E.S.** Join us for our monthly discussion with 3 Towns: 1 Community C.A.R.E.S. (Conversation, Advocacy, Resources, Education, Support). C.A.R.E.S. meets on the second Thursday of every month at 6:00 pm in the Community Room at the Graves Library (18 Maine Street, Kennebunkport) for a guest speaker presentation, open discussion, and overdose first aid training. Anyone is welcome! The Library is located at 18 Maine Street, Kennebunkport and open Monday-Friday 9:30-5:00 and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Thursday, January 12 at 5:30 pm. Wine On-Line.** Join us on Thursday, January 12th at 5:30 pm for a fun hour of tasting, information, and trivia right on Zoom. For January, we will be tasting wines to start your year off right. Our two experts, Lani Dietz and Betsy Ross, will be on hand to guide us through the program. Please call the Library (967-2778) to be added to the Zoom List! Stop by Maine & Vine or the Wine House on Main to pick up your wine prior to event.

**Thursday, January 19 at 6:45 pm. Monthly Movie Night.** Join us on Thursday, January 19th for our monthly movie night. All are welcome to attend. Light refreshments

will be served. For this month, you know him as Reacher, but not in this feature. The Library is located at 18 Maine Street, Kennebunkport and open Monday-Friday 9:30-5:00 and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Tuesday, January 24 at 9:00 am. Be an Informed Health Consumer-** Understanding the Risk of Polypharmacy. Are you aware that if you take 5 or more medications daily you are at an increased risk of unintentional consequences? Join us to learn ways you can prevent the risks of medications consequences and how to become a more informed health consumer. Space is limited for this program, please call Graves Library at 207-967-2778 to reserve your seat today. The Library is located at 18 Maine Street, Kennebunkport and open Monday-Friday 9:30-5:00 and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Tuesday, January 24 at 4:00-5:00 pm. Mini Canvas Paint Class – Let it Snow!** Local artist, Marguerite Genest will teach us how to paint a snowman. Ages 10 and up, pre-registration required. The Library is located at 18 Maine Street, Kennebunkport and open Monday-Friday 9:30-5:00 and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Wednesday, January 25 at 10:00 am. Tech & Tea.** This month's topic in Tech & Tea will be smartphone basics. If you have a smart phone and questions, or if you are considering buying a smart phone and aren't sure which one is best for you, join us for this information session. The Library is located at 18 Maine Street, Kennebunkport and open Monday-Friday 9:30-5:00 and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit [www.graveslibrary.org](http://www.graveslibrary.org).

**Thursday, January 26 at 5:00 pm. Evening Book Group.** Join us on Thursday, January 26th for this month's book group. For this session, we will be choosing the 2023 line up. Your nomination must be a book you have read. All are welcome to attend. The Library is located at 18 Maine Street, Kennebunkport and open Monday-Friday 9:30-5:00 and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**LIBRARY CLOSURES:** The Graves Library will be closed on January 2, for New Year's and January 16, for Martin Luther King day. We hope you all enjoy time with family and friends. Stay safe!

#### Ongoing:

**Fridays at 10:00 am. Our Fabulous Friday Family Story Time** every Friday in the community room. This program includes stories, finger plays, and songs. For January we will have a Marshmallow Guessing Game, Scavenger Hunt, Bookmark Station, Photo Booth, and Winter I Spy Terrarium! Have you tried our new design your own Kaleidoscope Creations? The Library is located at 18 Maine Street, Kennebunkport. For further information, please call 967-2778 and ask for the Junior Room or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Graves Library Community Art Show.** A variety of pieces created by staff, volunteers, and patrons will be on exhibit and sale at Graves Library through next May, 2023. Fifty-percent of all proceeds benefit Graves Library. The Library is located at 18 Maine Street, Kennebunkport. As items sell, new ones are added. We invite you to take a look in the Business Center whenever you get the chance.

**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,

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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 \$20.00 (10 for \$20). Cookbooks, sports, religion, fiction, biography, history, children's, classics, health, and a whole lot more! The Library is located at 18 Maine Street, Kennebunkport and open Monday-Friday 9:30-5:00 and Saturdays 9:30-12:30. For further information, please call 967-2778 or visit our website at [www.graveslibrary.org](http://www.graveslibrary.org).

**Caps for Sale.** We just got a new shipment in, with a new color, just in time for the holidays. Give a Graves Library ball cap to everyone on your list — naughty or nice! All proceeds benefit the Library. A \$20 win-win for everyone.

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

**Meet Us at the Museum** — The Graves Memorial Public Library has passes to six different Museums throughout Maine for all Kennebunkport residents and patrons to visit for free. Brick Store Museum, Ogunquit Museum of Art, Seashore Trolley Museum, Children's Museum of Maine, Portland Museum of Art, and Coastal Botanical Gardens. Please give us a call at (207) 967-2778 to reserve a pass for a particular day.

## Kennebunk Free Library

### Immigration to America During the Industrial Age

The Camden Conference and Kennebunk Free Library will host John Sutherland on Monday, January 30 at



6:00 p.m. at the Kennebunk Free Library. Sutherland will be discussing Immigration to America During the Industrial Age: 1800-1924.

A direct cause of modern immigration to the U.S. is the Industrial Revolution and the

mass-manufacturing of products, the need to get workers to produce those products, and their export to other nations. The competition from those relatively inexpensive goods meant that hand-craftsmen could not compete, causing more workers to emigrate to the industrialized countries. Immigration also has been a controversial political issue since the late 18th century and remains so. Fear of competition for jobs and bias against certain nationalities drives the controversy.

John Sutherland is Professor of History Emeritus and former Director of the Institute of Local History at Manchester (CT) Community College. He also taught at the University of Connecticut and Eastern and Central Connecticut State Universities. Currently an instructor at USM's Osher Lifelong Learning Institute, he co-authored with Bruce Stave of UCONN, *From the Old Country: An Oral History of European Migration to America*.

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](mailto:kfl@kennebunklibrary.org).

### 21st Century Global Migration and Global Trade

The Camden Conference and Kennebunk Free Library will host Kathleen Sutherland on Monday, February 6 at 6:00 p.m. Sutherland will be discussing 21st Century Global Migration and Global Trade.

This discussion is a companion to John Sutherland's January 30 discussion: Immigration to America During the Industrial Age. Migration is caused by people searching for a better material life and safety. What is the effect of this migration process on global trade? We look at



the late Twentieth and Twenty First Century picture and in particular the impact of increased migration to the U.S. from Africa, Asia, and Latin America. Discussion will also include the economic impact

of migration from Asia and Africa to Europe. Kathleen Howard Sutherland (Ph.D. Indiana University) is Associate Professor Emerita of Political Science at Bowling Green State University. She teaches at the Osher Lifelong Learning Institute at the University of Southern Maine. She presented a paper on Somali and Sudanese refugees at the Middle East Studies Association Annual Meeting. This program is free and wheelchair accessible. The KFL is located at 112 Main Street in Kennebunk, Maine. For more information please call 207-985-2173 or email us at [kfl@kennebunklibrary.org](mailto:kfl@kennebunklibrary.org).

**Storytime at KFL** It's time for Storytime! On Mondays at 10:00 a.m., join Miss Maria inside the library for songs, stories, rhymes, and fun! Storytimes are designed for ages 2-5, but everyone is welcome! These events are free and wheelchair accessible. Kennebunk Free Library is located at 112 Main St., Kennebunk. For more information, please call 985-2173. Upcoming storytime dates include: **January 9 • Tuesday, January 17 • January 23 • January 30**

**Beadcraft at KFL** It's time for Beadcraft! Perler Beads — tiny plastic beads that can melt — were first introduced as a craft in Sweden in the 1950's, and we still love them! Children ages 6 and up, or age 5 with a caregiver, are invited to join us for an afternoon of beading fun on Wednesday, **January 4 at 1 p.m.** Design suggestions will be offered, but creativity is encouraged! All craft materials will be provided. Registration is recommended but not required. This event is free and wheelchair accessible. KFL is located at 112 Main St., Kennebunk. For more information, please call 985-2173

**Lego Club at KFL** Ready to get building? KFL is offering a Lego Club for children ages 4 and older. Lego Club will meet on Friday, **January 27, from 3:45-4:45 p.m.** Come and build new and imaginative creations or ask the librarian for a challenge to complete. All Lego blocks will be supplied; please leave yours at home. Registration is appreciated. Lego Club is free and wheelchair accessible. KFL is located at 112 Main St., Kennebunk. For more information or to register, please call 985-2173 x-108 or visit the website [www.KennebunkLibrary.org](http://www.KennebunkLibrary.org).

**Kindness Club at KFL** In a world where you can be anything, be kind! Start your new year off with kindness at Kennebunk Free Library's Kindness Club for kids. We will meet on **Tuesday, January 10, at 3:45.** This program is open to ages 6 and up; registration is appreciated but not required! Kindness has no age requirement — if a friend younger than 6 would like to join in, please reach out to Miss Maria at [mrichardson@kennebunklibrary.org](mailto:mrichardson@kennebunklibrary.org), or 985-2173 x 105. Parents are welcome to join in! When your little sees you talking about and practicing kindness, they will want to join in even more! 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 [www.kennebunklibrary.org](http://www.kennebunklibrary.org).

**Junior Science at Kennebunk Free Library** Brrr, it's cold! Join us for Junior Science on **January 9th at 3:45pm** to learn some winter science! How does snow form? What's the best way to melt ice? Learn to make a snowstorm in a jar and your very own fake snow! Registration is required for this event. For ages 5+. This event is free and wheelchair accessible. KFL is located at 112 Main St., Kennebunk. For more information and to register, please call 985-2173 or visit the website [www.KennebunkLibrary.org](http://www.KennebunkLibrary.org).

**Dungeons and Dragons Side Quest Challenge - Go!** Welcome, young adventurers! Is your character looking to strengthen their skills, brew a potion, discover a mysterious trinket, travel to new lands, or to gain new knowledge? Since we will not be meeting until the end of the month, now is the time to do so with your very own Dungeons and Dragons Side Quest Challenge! Waiting for you downstairs will be a mystery box of things to accomplish until our next meeting. Just reach your hand in, shuffle the cards around, and discover what your character will be doing next! Stop by anytime the library is open between **January 9 & 20 to pick up your challenge.** Once you've done your challenge, you'll tell Miss Emmaline at our meeting on January 23rd all about your character, and the information will be added as a bonus to the campaign. Happy adventuring! This event is free, wheelchair accessible, and open to Teens ages 10 and up. If you have any questions, see Miss Emmaline in the Children's Room, or call at (207) 985-2173.

**Tech Time - Tuesdays and Wednesdays** Are you stuck on a technology question that might need some extra help to be solved? Whether it be trying to use one of the library's digital services, making heads or tails of a new device, or just having a second pair of eyes help troubleshoot a piece of software, don't worry, the library is here to help! To sign-up for one of our Tech Time appointments, please visit the front desk to be placed on our scheduling sheet. Appointments to meet one-on-one with our Technology Educator can be scheduled Tuesdays and Wednesdays from 2:00-4:00 P.M.. Appointments are only 45 minutes long, but there is always an opportunity to schedule a follow-up appointment if we run over our time limit. When setting up the appointment, help us to better assist you by describing the issue you want to discuss. If possible, also make sure to bring your charged device with you along with any needed usernames and passwords. If you have any questions or concerns, please feel free to visit us at the desk, call (207) 985-2173, or email our technology educator at [kfl@kennebunklibrary.org](mailto:kfl@kennebunklibrary.org) so we can help you further.

**The Dragon Hunters and Treasure Seekers Guild (D&D)** Welcome, young adventurers! Come and join in on an exciting quest in the world of Dungeons and Dragons. Open to new and experienced players alike. Because of the holiday break, we will meet on Monday **January 23 & 30 from 3:30-4:30 P.M.** You're welcome to bring in a character from a previous game, to make a new one, or to use one of the pre-made characters provided in the starter set. All other supplies will be provided, just bring your imagination! This event is free, wheelchair accessible, and open to Teens ages 10 and up. New players are encouraged to join in on the adventure. If you have any questions, see Miss Emmaline downstairs in the children's room, or call at (207) 985-2173.

**Chill Gaming** Ready to chill, eat snacks, and play some games? Come hang out with friends, test out your gaming card decks, play on our Nintendo Switch, try out new RPG board games, or anything else in between for our event, Chill Gaming! Basically anything that relaxes you is welcome and encouraged! Because of the holiday break, we will meet on Thursday, **January 5 & 19 from 3:30 -4:30 P.M.** There will be games provided by the library, but players are free to bring their own games, learn new games at their own pace, or you can just come to hang out and have a good time listening to some lofi beats! This event is free, wheelchair accessible, and open to Teens ages 10 and up. If you have any questions, see Miss Emmaline in the Children's Room, or call at (207) 985-2173.

## To the Editor



Nancy Tuttle and Valerie Marier, co-chairs.

### Seacoast Garden Club boxwood tree workshop

**2022.** Each December members of the Seacoast Garden Club hold a festive workshop during which they make boxwood Christmas trees for shut-ins and senior residents in the communities of Arundel, Kennebunk, Kennebunkport and Wells. This long-standing club holiday tradition took place on December 12, and over 60 trees were created and decorated by club members and then delivered to various social service agencies, area libraries, and friends of SGC members. Pictured (L-R) with some of the completed trees are SGC co-president Judy Phillips and Jean Moulton, boxwood workshop chairman.

**Animal Health Officials** Remind Bird Owners to Protect Flocks from HPAI Maine Animal Health officials with the Department of Agriculture, Conservation and Forestry (DACF) remind commercial and backyard flock owners to keep birds indoors to prevent the spread of highly pathogenic avian influenza (HPAI). Today's reminder follows the detection of HPAI in a small, non-commercial group of backyard birds in Washington County.

HPAI is a highly contagious virus that can be spread in various ways from flock to flock, including through wild birds, contact with infected poultry, equipment, and on the clothing and shoes of caretakers. Starting in February 2022, DACF reported detecting 14 cases of the disease in domestic birds, all involving non-commercial backyard flocks. DACF found these cases in six counties across the state.

Practical measures to protect the health of Maine's domestic birds: Prevent contact between domestic and wild birds by bringing them indoors or ensuring their outdoor area is fully enclosed. Practice strict biosecurity measures, including washing hands before and after handling birds and when moving between different coops, wearing clean clothes, and keeping vehicles clean and free of dirt, manure, and other organic material.

Disinfect boots and other gear when moving between coops. Do not share equipment or other supplies between coops or other farms. Clean and disinfect equipment and other supplies between uses. Use well or municipal water as drinking water for birds. Keep poultry feed secure to ensure no contact between the feed/feed ingredients and wild birds or rodents. Avoid visiting other farms, homes, or facilities with birds.

Know the signs of HPAI and monitor the health of birds regularly. For a snapshot of HPAI in Maine, frequently asked questions, and additional HPAI resources, visit [maine.gov/dacf/hpai](http://maine.gov/dacf/hpai). To report sick poultry or unusual domestic bird deaths, call the USDA's toll-free hotline at 1-866-536-7593.

**To report a strange-acting or dead wild bird, call the MDIFW at (207) 287-8000. After hours, evenings, and on weekends, please call (800) 452-4664.**



# 4 New Year Resolutions for a Healthier You



Alissa Wigglesworth learned to play ukulele at an Adult Education class.



Kennebunk Outfitters Run Squad



Quest Fitness members staying fit and working out.



Biddeford Recreation Fitness activities.

## Learn a new skill-

You don't have to invest a lot of time or money to learn a new skill or take an enrichment class. Adult Education courses are not just for academics, they are full of fun, interesting, and quick courses to expose you to something new. Classes range from photography, learning an instrument, chair caning, knitting, sewing, jewelry making, computer skills, writing, learning a new language, arts and crafts, Yoga, cooking, gardening and more. Adult Education programs are offered through all local public-school districts and new classes are always being introduced. Programs are low cost, some are free, and scholarships are also available.

### FMI:

Kennebunk, Kennebunkport, and Arundel Adult Education:  
Biddeford Adult Education:  
Wells Adult Education:

## Volunteer

The key to successful and enriching volunteering is to give of yourself and your time in a field that you are knowledgeable in or know and/or love. If you love to garden, offer your time gardening at schools, libraries, or for those unable to garden. If you have a passion for reading, offer to read to children in schools, hospital residents, seniors, or shut-in folks. Love animals? The Animal Welfare Society in West Kennebunk has a multitude of volunteer opportunities including pet socialization, fostering, dog walking, cleaning and more. Have a knack for getting along well with the elderly? The (Senior) Center in Lower Village can put you to work serving seniors. You don't have to commit a lot of time. Driving seniors to appointments, teaching a class, or simply socializing or playing a board game is often more than enough.

### FMI:

Graves Library Kennebunkport-  
Kennebunk Free Library  
The (Senior)Center-  
Animal Welfare Society

## Fitness

Whether you want to begin walking or joining a group or a gym, keeping your body active is one of the best gifts you can give yourself. Quest Fitness in Kennebunk can set up an exercise and fitness program for individuals of all abilities. Kennebunk Outfitters in Lower Village offers a Run Squad for weekly fitness with company where all skill levels are welcome. Kennebunk, Kennebunkport, Arundel, Biddeford, and Wells Recreation departments offer dancing, adult group sports, Martial Arts, Yoga, and exercise groups. Our local Land Trusts in Kennebunk, Kennebunkport and Arundel have miles of walking, hiking and snowshoe trails open to all to use free of charge.

### FMI:

Quest Fitness  
Kennebunk Outfitters  
Kennebunk Recreation  
Kennebunkport Recreation  
Arundel Recreation:  
Biddeford Recreation  
Wells recreation  
Kennebunkport Conservation  
Trust:Kennebunk Land Trust  
Arundel Conservation Trust



## Help with addiction

You are not alone. Help and hope is available for those suffering from addiction or those with loved ones who are addicts.

### FMI:

Alcoholics Anonymous  
Al-Anon-Support for friends and family members of alcoholics:  
Narcotics Anonymous  
Smoking and Vaping cessation  
Overeaters Anonymous  
Eating Disorders Anonymous  
Gamblers Anonymous





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Online Virtual Tour: [Ipsir.com/16poets](https://Ipsir.com/16poets)

### KENNEBUNKPORT - 16 POETS LANE

Majestic Shingle-style cottage sited high atop its prominent knoll in distinguished Cape Arundel Woods offers utmost privacy while being only steps to Ocean Avenue and minutes to the activities of Dock Square. The home of 5BR/4.5BA, 2 fireplaces, extensive porches, decks, patios, and 3-car heated garage reflects Maine living at its best.

**Andi Robinson 207.604.2479**

**Elaine Prendergast 207.604.0449 | \$3,295,000**



Online Virtual Tour: [Ipsir.com/5agamenticus](https://Ipsir.com/5agamenticus)

### YORK - 5 AGAMENTICUS AVENUE

This exquisitely crafted and refined shoreside residence can be your ultimate Maine getaway. Imagine a sunrise on a sandy beach as you meander down your own private boardwalk to the shore. Gleaming southern pine floors underfoot makes for a welcoming statement in the 4 ensuite bedroom structure with waterviews from nearly every space. Perfection in Cape Neddick.

**Bill Gaynor 207.468.3002 | \$2,950,000**



### KENNEBUNKPORT - 30 & 32 SOUTH MAIN STREET

Potential options as a family compound, a vacation home, or an income property with 3 individual residences, each with wood burning fireplaces, nestled in the heart of desirable Cape Arundel. Sited on 1.5 acres and comprised of an elegant 3BR/4BA main house with a 2-car garage, a 2BR/1BA cottage, and a 1BR/1BA cabin.

**Andi Robinson 207.604.2479**

**Elaine Prendergast 207.604.0449 | \$2,300,000**



Online Virtual Tour: [Ipsir.com/waterside](https://Ipsir.com/waterside)

### KENNEBUNKPORT - 21-23 WATERSIDE LANE

Build your dream house at Goose Rocks Beach. Recently surveyed with a defined building envelope the .70 acre lot offers great potential. The possibilities are numerous with this legal 2 family cottage. Create a family compound or a single family home. The property is serviced by both public water and public sewer. Private deeded beach access. You can have it all both privacy and sandy beach.

**Chris Stone 207.590.3425 | \$1,900,000**



Online Virtual Tour: [Ipsir.com/whitesailsinn](https://Ipsir.com/whitesailsinn)

### KENNEBUNK - 61 FLETCHER STREET

Welcome to the White Sails Inn. Thoroughly refurbished, redecorated, and reinvented, this successful and vibrant Bed and Breakfast imbues hospitality and luxurious comfort. Nautically themed guest suites sparkle and entreat relaxation, with each guest room thoughtfully named in honor of the area's rich ship building history. Elegant indoor & outdoor spaces, Shipwreck Pub.

**Michele Perejda 207.400.6227 | \$1,800,000**



Online Virtual Tour: [Ipsir.com/121mile](https://Ipsir.com/121mile)

### BIDDEFORD - 121 MILE STRETCH ROAD

Not often does a property become available in "The Pool", as Biddeford Pool is affectionately called. Located in a quaint beachfront village that possesses miles of pristine beach, bold rocky shoreline, and almost 30 acres of the East Point Audubon Sanctuary. 4BR/2BA. New efficient windows, siding, insulation, and electrical wiring are some of the recent upgrades.

**Andi Robinson 207.604.2479**

**Elaine Prendergast 207.604.0449 | \$1,525,000**



**Andi Robinson**

207.604.2479

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25 WESTERN AVENUE (ROUTE 9) KENNEBUNK, ME 04043



**3 CHRISTOPHER ROAD, KENNEBUNK** - Lovely must-see Cape Cod styled 3 bedroom and one and a half bath home in desirable location. Just a short walk to the bridal path and Parsons beach. This home is move in ready with hardwood floors throughout the first floor, a front to back living room with a wood burning stove. Additionally, there is a charming eat-in kitchen as well as a comfortable dining room. The upstairs has Berber rugs and three bedrooms and a full bath. This delightful home has been meticulously maintained. \$595,000



**16 DRAGONFLY LANE, KENNEBUNKPORT** - Great opportunity in Kennebunkport. This is a legal duplex. Great opportunity to make an income while living on one side of this lovely Cape style duplex. Each side has 2 baths, kitchen, living, dining, and 2-3 bedrooms. Home is off Ocean Ave for great privacy and close to everything Kennebunkport has to offer. \$775,000



**698 OCEAN AVENUE, WELLS** - Smell the ocean once you step out of your car. Location, Location, Location. Moody Point is a sought-after area in Wells. This is a year-round home, and one of two free standing homes on the property. No condo fees! 'Home Port' looks at the Atlantic Ocean on a corner lot with magnificent views of the ocean from many rooms. This 4 bedroom, 2 bath home has many possibilities. Moody Beach and Crescent Beach are minutes away from this home. The towns of Ogunquit, and Kennebunkport are an easy car ride as well. \$799,000



**781 POOL STREET | BIDDEFORD** - Lovely & pristine 25-Acre wooded parcel dotted w/ outcroppings of rugged Maine granite & just an easy stroll to the extensive sands of Fortunes Rocks Beach! It is also less than 2 miles from the University of New England. This is an ideal parcel for creating an exclusive residential development as many of the lots would have lovely views through mature trees to both the ocean and Peter Pond. \$2,900,000



**Gail Ann Arnold**  
Owner, Broker



**Laurie Bassett**  
Marketing



**Kathy Baker**  
Rental Manager



**Tricia Gallagher**



**Laura J Ross**



**Mark Gary**



**Claudette Batignani**



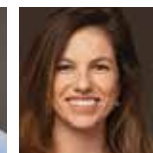
**Helen Curry**



**Denise Hodson**



**Rick Natoli**



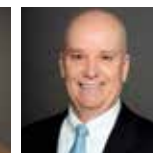
**Tara Baker**



**Katie Palmer**



**Dan Roche**



**Mark Seeley**



**Andrea Roth Kimmich**



**Leo Tuttle**