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Peaks Island Star

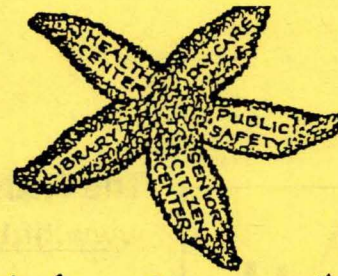
9-2023

Peaks Island Star : September 2023, Vol. 43, Issue 9

Service Agencies of the Island

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Peaks Island STAR



Newsletter of the Island's Service Agencies & other Community News

September 2023

Volume 43

Issue 9

September at the Peaks Island Branch Library

129 Island Avenue * 207.766.5540 * peaks@portlib.org

Tuesday: 1 - 7 pm Wednesday: 9 - 12 Friday: 10 - 4 pm Saturday: 9 - 12

September is Library Card Sign-Up Month

Anyone age 5 or older may have a library card. When you apply, adults will need a photo ID with their current address, teens may show a school ID, school schedule or club ID, children under the age of 12 need to be accompanied by a parent. The parent will need a photo ID or their library card. You'll be able to borrow books, magazines, music, a birding backpack, museum passes and much more. If you have lost your library card, we can issue you a new one. Stop in and see all that the library has to offer. The library no longer charges overdue fines.

Laughter Yoga at the library

Wednesday, September 20, 12:15-1:00 pm at the Library

Laughter Yoga is a simple yet very powerful form of exercise that everyone can do anywhere and at any time! Gain all the health benefits of laughter as you laugh for no reason at all. No previous experience necessary as the yoga portion involves breathing and stretching exercises only (no poses). All exercises can be done seated. Led by Denise Macaronas, Certified Laughter Yoga Leader

Pre-registration required as space is limited, contact the library to sign up.

Creative Writing for kids, Grades 3, 4, 5 begins Friday, September 15 at 3:15pm at the library. This group will meet for 45 minutes each Friday afternoon. The library will provide journals and pencils. Drop ins are welcome.

The Knitting Group meets on the **first Tuesday of each month at 4 pm - 5 pm**. Bring your current project and join other knitters for conversation and inspiration! All are welcome, as are all skill levels.

Preschool Story Time, Fridays at 10:30 am – Children ages 3-5 and their caregivers. Join us for picture book read alouds, finger plays, music and movement.

Rhythm & Rhymes, Fridays at 11 am – Join us for songs, rhymes, finger plays, stories and movement. Infants to 3 years old.

Adult Writing Group begins on **Saturday, September 16 at 9 am** and will continue every Saturday at the library. This is for anyone who likes to write or would like to start. All skill levels, beginners to experienced and drop ins are welcome.

Middle School Book Group - Tuesday, September 19, at 5:45 pm. Join us!

Tuesday Adult Book Discussion Group meets **Tuesday, September 12, at 7 pm** in the Community Room to discuss *Horse by Geraldine Brooks*. On **October 9** the discussion will be *The Quiet American by Graham Greene*. Contact the library to reserve a copy of the book. All are welcome.



The Fifth Maine Museum

www.fifthmainemuseum.org, 207-766-3330

“What They Wore” – a new exhibit at the Fifth Maine Museum

One of the new exhibits at the Fifth Maine this year is entitled, “What They Wore: An Exhibit of Civil War Clothing.” It showcases three uniforms: a Union soldier’s, a Confederate soldier’s, and a nurse’s. On Thursday, September 7th, Dr. Richard Milstead, guest curator of the exhibit, and Carolyn Lawson, expert on Civil War nursing, will give a fascinating talk on the importance of what soldiers and nurses wore during the War.

The Fifth Maine Museum’s summer of music continues.

Peaks Island has been blessed with amazing live music this summer. During September, we’re excited to host two more concerts at the Fifth Maine: Süpernørmål on Saturday, September 16th, and the Hedgehogs at the Harvest Moon Hedgehop on Friday, September 29th. Come enjoy a party on the porch before the end of the season!!



Mark your calendars for these Fifth Maine events during September:

Sep 2, 10am-3pm – ART WALK – Meet our island artists in their home studios!

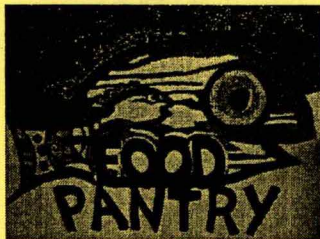
Sep 7, 6:30pm – “What They Wore: An Exhibit of Civil War Clothing” talk by Dr. Richard Milstead and Carolyn Lawson.

Sep 16, 7-8:30pm – Süpernørmål concert to benefit the Fifth Maine Museum.

Sep 20, 7pm – Illustration Institute event, crime fiction writer Brenda Buchanan shares her creative process.

Sep 29, 6-8pm – Harvest Moon Hedgehop with the Hedgehogs! Come dance the night away!!

Thank you for being part of the History, Legacy, and Community of Peaks Island!



Peaks Island Community Food Pantry

The Peaks Island Community Food Pantry is located in the Brackett Memorial Church and is open on Mondays at 3:30–5pm. Our mission is to provide food assistance to our island neighbors in need, supported by many different individuals and organizations from Peaks Island.

Thank you to the many generous donations from the members of the Peaks Island community (and beyond) and thanks to the generosity of New Brackett Church for housing the food pantry!!

If you would like to donate items to the food pantry, our needs this month are: *pasta sauce, pasta, Saltine and Ritz crackers, canned pineapple, canned peaches, canned pears, apple sauce, granola bars, 1 pound bags of sugar, coffee, mustard, ketchup, mayonnaise, boxed cereal, vegan meals.*

A reminder that you can make cash donations via check. Please make checks out to “Peaks Island Food Pantry” – send to Susan Hanley, 108 Brackett Avenue, Peaks Island, ME 04108.

If you have any questions about the food pantry, or you would like to arrange a food drop off or a donation pick up, please contact Susan Hanley, 207-332-2443.



Peaks Island Health Association News

Summer is winding down and there are hints of fall in the air....

Plans are being made to again offer community flu and updated COVID immunizations clinics on the island.

A Flu Clinic has been scheduled for September 26, 2023
(Details on time and place will be posted soon)

Newest COVID Booster vaccine is expected in October

Peaks Island Health Center
Community-focused care close to home
A Maine Medical Partners Family Medicine Partners Practice
87 Central Avenue, Peaks Island Maine 04108
(207) 874-2466

peaksislandhealthcenter.org
Open on Monday, Wednesday & Friday, 8 AM to 3 PM
Practitioner: Katherine (Kitty) Gilbert, FNP

Free Medical Equipment

The Peaks Island Health Center and St. Christopher's Church make free medical equipment available on loan temporarily. Crutches, wheelchairs, walkers and other supplies are provided on a first come, first served basis. Borrowers are only asked when they think they will return it and also relieve the program of any liability. For more information, call or text Lisa Penalver at 272-5962 or Chris Hoppin at 232-2908 or choppin@aol.com.

Deadline for the OCTOBER STAR is Monday, September 25th. Submissions may be emailed, dropped off at the library or put into our outside book drop.

St. Christopher's Catholic Church

Rector: Father Seamus Griesbach at 773-7746

Sunday Mass is at 8:30 AM each week. All are welcome. For information about other mainland services, check www.portlandcatholic.org. For information on Baptism, Reconciliation, Marriage and Funerals, please contact Father Seamus. Home bound Catholics who would like to receive Holy Communion should call Barbara Hoppin at 232-6641.

HOME START NEWS

Our community meeting on July 29 gave people a chance to meet the Backyard ADU builders for the 3 units of affordable year round rentals at 18 Central Ave. It also announced our It Takes a Village fund raising campaign which is going well - so far about half of what we need has been raised - which also means there's plenty of room for more donations: see www.peakshomestart.org.

We're run into a snag, however. Although the project will be built on the existing footprint within current zoning requirements, the City has informed us we need a variance because it is a large building on a small lot. Our Practical Difficulty Variance appeal will be heard by the Zoning Board of Appeals (ZBA) on September 7 at 6 pm.

If you would like to support this appeal, you can email your comments/concerns to zoning@portlandmaine.gov. All comments received by Sept.6 will be included in the packets to the ZBA board members. If you would like to attend the zoom board meeting, go to <http://portlandme.portal.civicclerk.com>.

Thanks !

**Trefethen-Evergreen Improvement Association (TEIA)
September, News Update (teiaclub.org)**

September is here! As summer begins to wrap up, we want to thank everyone in the Peaks Island community, members, neighbors, and family, for helping us have an amazingly successful 2023 season. If you are not currently a member, we hope you consider joining next season to enjoy some perks such as access to our beautiful clubhouse throughout the summer, discounted concert tickets, easy beach access, restrooms, parking, and, most importantly, friendships that last a lifetime!

While the majority of our events this season have already happened, we are hosting pilates on the lawn or on the porch with Michelle Mola on September 7, 11, 14, 18, and 21. Outdoor pilates is a bit different from indoor pilates, so make sure to check out our website, teiaclub.org, for details.

We hope you have a wonderful year and hope to see you next summer!



Peaks Island Lions Club News

The Peaks Island Lions Club will continue community events in September. Our final Burger Night for the season is **Weds., September 13**. John Kamp BBQ Night (featuring ribs, pulled pork, smoked turkey, beans, and other sides) is **Weds., September 27**. COME ON DOWN!!

We are looking for new members! Whether you are year-round or a seasonal resident, come join our "pride" of 32 Lions. We host 30+ events annually and have great fun and camaraderie. **Come volunteer** for an upcoming event and see what we are all about! Feel free to reach out to President Joe Whalen or Vice President Liz Samson at lionsclubrental@gmail.com for information.

Much of our proceeds supports island students through our scholarship grants, which last year amounted to \$30,500. We also assist other Peaks organizations, such as the work to renovate St. Christopher's Church for its 2023 centennial celebration.

Since the 1950s, Peaks Island Lions Club members have all been volunteers.

Star Subscription-Would you like the monthly Star mailed to you, during the months of September to June? If so, drop off or mail \$8.00 (cash or check, Peaks Island Star) along with your address to the library.

Peaks Island Star % Peaks Island Branch Library, 129 Island Ave, Peaks Island ME 04108.



PEAKS ISLAND CHILDREN'S WORKSHOP

71 Herman Avenue director@picwmaine.org 766-2854 www.picwmaine.org

THE PEAKS ISLAND CHILDREN'S WORKSHOP WILL BE CLOSED September 4.

September is always one of the most exciting times of year in a school! We say goodbye to our biggest PICW friends as they leave for the brick school, welcome new friends to PICW, and get into new routines with new faces and new fun! We are especially happy to have Abby Knight officially on board as our lead infant/toddler teacher starting September 5. Congratulations, Abby!! Welcome, fall!

The Board of the PICW is always open to suggestions and communication from the community. Please contact us through Board President, Heather Thompson, at heather@juniperdesignbuild.com.

Peaks Island Elementary School

And just like that... we're off to another exciting year of wide-eyed curiosity, discovery and passion for learning at PIES! Welcoming new friends and returning classmates, we are starting the school year with 45 prekindergarten through grade 5 students. The first day of school for grades one through five will be Wednesday, September 6th, and the first day for PreK and kindergarten children will be Thursday, September 7th. Thank you in advance, everyone, for your cautious driving as our students walk to and from school each day.

We are so grateful for the generosity of the Peaks Island Fund (PIF) and its donors for awarding us grant funding for "Storytelling, Stoneware and STEAM" experiences for this school year! International storyteller Len Cabral will be with us for a 2-day residency on October 17th and 18th. Be sure to mark your calendars for an Evening of Storytelling with Len Cabral for the island community on October 18th - an event not to be missed! We also are thrilled to have received funding for our own kiln from the PIF. Our gifted art teacher Laura Glendening will be able to work with all students to create pottery, one of their very favorite art mediums, throughout the school year. Finally, the PIF has also funded an afterschool STEAM (science, technology, engineering, arts and math) club to be led by our innovative school librarian and STEAMer Bridget Joyce!

Thank you, Peaks Islanders, for your support of our beloved school. Here's to a joyful and productive year ahead~

Kelly and the PIES Team