

## Fall Clean-Up Volunteers Needed at Gorham's Little Falls Garden



**GORHAM, ME (September 23, 2022)** -- Would you like to learn more about the "Food Forest Garden" at Little Falls Activity Center? Can you volunteer a few hours on Oct 1st from 8am to 11am to help put the garden to bed? Could you use some walking onions, thyme, lemon balm, comfrey, tansy, or helianthus for your garden?

Come learn a little about the concept and the plants there for community use, and do a little garden clean-up and plant divi-

sion.

Please let us know when you are available by filling out the Google Form found on the event Facebook page at <https://www.facebook.com/events/656182078969747?ref=newsfeed>

FMI email Gail Platts [geplatts@gmail.com](mailto:geplatts@gmail.com)

Event by Gorham Edible Main St and Food Forest, 40 Acorn St Gorham Maine 04038.

## Dempsey Challenge 2022 Special Section pages 7-10



Patrick Dempsey's sister, Mary Dempsey (r.) prepares to begin the morning ride at the Dempsey Challenge on Sunday with her grandson Mason. Pictured with Mason's mom, Nicole Evans, holding baby Trace and Ethan Evans. TCT Photo by Laurie A. Steele. More photos on pages 7-10

## Gorham/Westbrook ME Bankers Association Focuses on Wellness

**WESTBROOK, ME (September 16, 2022)** – The Maine Bankers Association Employee Benefits Trust has formed a partnership with OMC Wellness that will offer wellness strategy and programming to members of the Trust. OMC Wellness provides population health management, health coaching and proprietary wellness software, all of which are being made available to members of the Benefits Trust and the members' 3000 employees throughout the state.

"As nearly every industry in the country is struggling with staffing challenges, we're all thinking about what is most important to the team within our members' offices," said Marcia Ferguson, Senior Vice President of insurance of the Maine Bankers Association. "Banks offer good paying jobs with good benefits and truly value the health and well-being of their employees. Being able to focus on the employees, and their own person-

al, physical and mental goals in health and wellness is extremely important to our members. We have offered a wellness program for more than 15 years and we are excited about this new partnership."

OMC Wellness was founded in Leeds, ME in 1996 and currently operates as a subsidiary of Wellness Workdays. OMC Wellness works with businesses and organizations, large and small, on effective wellness programs. Using physician-driven approaches and the science of designing and delivering behavior change to drive results, OMC Wellness helps design initiatives that maximize employee recruitment, retention, and engagement.

"We know that the pandemic has taken a toll on mental health and overall stress of individuals in every industry," said Debra Wein, CEO and founder of Wellness Workdays. "The Maine Bankers Association takes the wellness and

health of their members' employees seriously. OMC Wellness specializes in customizing wellness approaches for organizations of all sizes. Whether it's a bank with a handful of employees, or the largest bank in Maine with dozens of locations, we are ready to provide each bank with the perfect blend of solutions to engage every employee."

OMC Wellness, a subsidiary of Wellness Workdays, is based in Maine and works with clients across the United States. The Maine Bankers Association represents the Maine banking industry, eighteen of its 35 member institutions participate in the Benefits Trust with 3000 employees statewide.

"We take the responsibility of promoting wellness seriously," said Wein. "Our focus is on promoting outcomes for our client partners. Using a unique, hands-on approach, with a specific focus

on behavior change, we are able to help organizations and individuals succeed."

OMC Wellness focuses on six elements as defined by the Harvard Business School to maximize outcomes. Multi-level leadership, accessibility, program scope & quality, communications, organization alignment and partnerships are used to bring the total health of participating employees to maximum potential.

"Our four-step process to drive results is unique," said Wein. "The results have been proven. It works, and considering everything happening around us, the timing for the Maine Bankers Association couldn't be better."

More details about OMC Wellness can be found at [www.omcwellness.com](http://www.omcwellness.com).

More details about the Maine Bankers Association can be found at [www.MaineBankers.com](http://www.MaineBankers.com).

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# Newsmakers, Names & Faces

## Out and About The Two Latest Tee Shirts



Art Turner wearing Queen Elizabeth II 1926-2022 shirt. (Rachel Morin Photo)

**By Rachel Morin**

In last week's edition, we saw photos of Art Turner's tee shirts featuring all things English or British and read about Art's high regard for The Royal Family.

We wondered which Tee Shirt Art would wear on the day of Queen Elizabeth II's Funeral. Perhaps you may have wondered as well.

Here are the two NEW tee shirts Art wore the day of the funeral. The Queen Elizabeth II 1926-2022 in early morning and the God Save the King in the afternoon.



Art Turner wearing God Save the King shirt. (Joyce Theriault Photo)

Send all items for What's Going On to the Editor. Deadline is Friday by five.

## Fire Prevention Week Spotlights Fire Escape Planning

AUBURN, ME (Grassroots Newswire) (September 22, 2022) -- During the week of October 9, 2022, the National Fire Prevention Association (NFPA) observes the 100th anniversary of Fire Prevention Week™, the longest-running public health observance in the United States. The timing of the annual event commemorates the date of the Great Chicago Fire, which began on October 8, 1871, and killed more than 250 people, left 100,000 homeless, destroyed more than 17,400 structures, and burned more than 2,000 acres of land.

In support of this year's theme for Fire Prevention Week - "Fire won't wait. Plan your escape™" - the fire and water cleanup and restoration specialists with SERVPRO® in the Auburn area remind home and business owners that the single most important thing to do when fire breaks out is to get out of the building. "This is especially true in a home fire," says Rick Isaacson, CEO of Servpro Industries, LLC. "The NFPA warns that today's homes burn faster than ever, leaving residents two minutes or less to safely escape a home fire after the smoke alarm sounds."

According to the NFPA, your ability to escape from a fire depends on two things: early warning from smoke alarms and advance planning. Their Fire Prevention Week website (<https://www.nfpa.org/fpw>) offers information and resources in English and Spanish to help property owners choose and maintain a smoke alarm,



plan an escape route, and ensure that every person, including children and the elderly, knows what to do in case of a fire.

If your home is affected by fire, the next challenge you face is cleanup and restoration. "This is where a disaster remediation specialist like SERVPRO can help," says Isaacson. "Our website offers answers to FAQs that can help you understand what you should do first after a fire, how the fire repair and restoration process works, and more. Even small fires or neighboring fires can cause extensive damage to walls, ceilings and contents in a home, so it's best to check with a professional to see if remediation is the way to go."

Additional fire-related frequently asked questions covered include:

What items can survive a house fire?

Can smoke damage be removed?

How much does it cost to fix a fire damaged house?

How to clean after fire damage?

What should I do with all the water that was used to put out the fire?

How to recognize and deal with smoke damage even if your home hasn't been directly impacted by

fire?

SERVPRO specializes in fire and water cleanup and restoration services and repair services, helping to remediate damage for both commercial and residential customers. For more information about SERVPRO, please visit [www.servpro.com/](http://www.servpro.com/). For more information on SERVPRO in the Auburn area, please contact please contact one of the local business owners below.

\* For SERVPRO of Augusta/Waterville, please contact Anthony Wolverton who can be reached at (207)622-7166 or [awolverton@servproaw.com](mailto:awolverton@servproaw.com).

\* For SERVPRO of Lewiston-Auburn, please contact James Brigham who can be reached at (207) 783-2500 or [jbrigham@servprolewistonauburn.com](mailto:jbrigham@servprolewistonauburn.com).

\* For SERVPRO of Oxford/South Paris - ME, please contact James Brigham who can be reached at (207) 539-2501 or [jbrigham@servprolewistonauburn.com](mailto:jbrigham@servprolewistonauburn.com).

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# Newsmakers, Names & Faces

## Gorham Football Announces Players of the Week



**Upperclassmen Teammate of the Week: Luke Burns #37/61**

A Junior OL/DL Luke has stepped up the last few weeks to really help the Rams by filling in and playing well on the Offensive Line.

**Defensive Player of the Week: Luke Burns #37/61**

Luke had 6 tackles including 1 for loss on the night.



**Offensive Player of the Week: Cody Sellick #33**

A Senior RB had a great night behind his Offensive Line. He had 18 Carries for 146 Yards and a TD. He also added 2 Receptions for 37 Yards and a 19-yard Kick Off Return.



**Special Teams Player of the Week: Caden Smith #5**

He averaged 39 yards a punt including a long boot of 45. 2 of his Punts were downed inside the 20 to help the Rams flip the field. In the return game, he added 39 yards on 2 Kick Returns.



**Underclassmen Teammate of the Week: Noah Douglas-Estabrook #24**

Noah has been one of the Rams' key players on scout teams the last few weeks and helping the Rams prepare each week.

### Gorham Representation Sought on Board of Trustees

**GORHAM, ME (September 22, 2022)** -- The Portland Water District is encouraging write-in candidate campaigns for an open seat representing Gorham on the Board of Trustees. There will be no candi-

dates listed on the November 8 ballot for the seat which is up for election.

The Portland Water District is governed by a Board of 11 trustees representing the cities and towns it serves. The Board sets important policy and direc-

tion to actively protect our water resources and ensure safe and clean public water for over 200,000 people in Greater Portland.

The Board generally meets twice monthly, a workshop session and a regular business meet-

ing. Trustees receive a stipend for meetings attended.

For more information, please contact the Town Clerk's Office at 222-1670 or Portland Water District at 774-5961

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*In her free time, Fran enjoys spending time with her family & friends and her pride & joy is her grandson, Caiden.*



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## Seniors Not Acting Their Age

# Unpredictable Weather is Normal Sea Kayaking Downeast

By Ron Chase

Our original plan to complete a four-day sea kayak excursion along the Bold Coast in Eastern Maine was aborted after the first day due to foggy weather and turbulent seas. Six Penobscot Paddle & Chowder Society Chowderheads regrouped and resolved to take advantage of other exceptional sea kayak opportunities the Downeast coastline has to offer.

Since we were situated in Lubec only a few miles from Cobscook Bay that was our obvious first choice. A phone call to Cobscook Bay State Park confirmed campsites were available and there was a convenient boat landing just outside the park in Edmunds.

The campsites at the park are some of the finest in Maine. We secured two scenic sites next to one another overlooking the bay. Both had picnic tables and one included a large lean-to. We were ideally positioned to explore perhaps the most unique body of water in Maine.

Cobscook Bay has an average tidal range of 18.4 feet and it sometimes exceeds 26 feet. The extreme tides were a cause for concern as we wanted to ensure water access and egress at low tide without wading through expansive mud flats. Park employees confirmed that Edmunds Boat Landing accommodated boat traffic at all tide levels.

As a result of the huge tide differentials, massive amounts of water flow in and out of the bay twice a day. The consequence is unusu-

ally strong currents particularly in narrow channels. The best example is found in an attenuated waterway between Mahar Point and Falls Island in Pembroke called Reversing Falls.

Attempts to harness the ocean tides running between Cobscook and Passamaquoddy Bays to generate electricity began about a century ago. In 1935, the Passamaquoddy Bay Tidal Power Project was initiated but ultimately failed for a variety of reasons. More recently, the Cobscook Bay Tidal Energy Project was created to again consider the feasibility of using the tides to produce energy.

Six Chowderheads launched solo kayaks from Edmunds Boat Landing in warm sunny weather with gentle winds. Still recovering from our struggle with dense fog the previous day, the clear conditions were a welcome contrast.

The tide was flowing out as we traveled north along the western shore of the bay. After passing Birch Island, we used a GPS, map, and compass to determine the location of Reversing Falls.

Following the designated bearing on our deck compasses, we traversed easterly across the bay and entered a narrows between Kelley and Mahar Points. Soon after, waves were observed in the passage between Mahar Point and Falls Island. From our vantage point, descending the falls seemed a reasonable option. However, it was unclear when the tide and current would permit a return, so a

collective determination was made to forego the adventure.

While lingering above the falls, the group decided to investigate Bellier Cove farther northwest. We found the pull of the current surprisingly powerful when withdrawing from the perimeter of the falls.

Persisting northwesterly against an outgoing tide, we navigated past Dram and Williams Islands to Hurley Point, which marked the entrance to Bellier Cove. Strong currents were flowing out of a narrow passageway exiting the cove. A substantial effort was required to paddle upstream into the estuary where we disembarked on a rocky point for lunch. The reward for our perseverance entering Bellier was cruising through entertaining rips when departing. The tide was with us on our return to the landing.

For our final two days in the sea kayaking paradise, we chose to explore outer Machias Bay. The bay has many similarities with the Bold Coast: tall spectacular cliffs, powerful tidal currents, and frequent fog. Unlike the Bold Coast, there are numerous islands to reconnoiter.

On day one in Machias Bay, we embarked from a landing in Bucks Harbor and encountered superb conditions with clear skies, warm weather, and mild winds. Traveling along the rugged shoreline and around the Point of Maine was nothing short of glorious. Alas, on day two we were socked in with soupy fog. Our Machias Bay experience was



Three kayakers begin a trip on Cobscook Bay



Paddlers cross Cobscook Bay towards Reversing Falls



Kayakers encounter spectacular cliffs in outer Machias Bay



A kayaker cruises through rips leaving Bellier Cove

typical for Downeast sea kayaking: wonderful views, challenging seas, unpredictable weather, and fog seemingly always lurking nearby.

Read about eight more exciting sea kayak voyages along the Maine coast in my book, *Maine Al Fresco: The*

*Fifty Finest Outdoor Adventures in Maine.*

Ron Chase resides in Topsham. His latest book, *"Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine"* is available at [www.northcountry.com/maine-al-fresco](http://www.northcountry.com/maine-al-fresco) or in bookstores and

through online distributors. His previous books are *"The Great Mars Hill Bank Robbery"* and *"Mountains for Mortals – New England."* Visit his website at [www.ronchaseoutdoors.com](http://www.ronchaseoutdoors.com) or he can be reached at [ronchaseoutdoors@comcast.net](mailto:ronchaseoutdoors@comcast.net).

# Maine Recognizes Clean Energy Week 2022

**MAINE, STATE-WIDE (September 20, 2022)**—In recognition of the sixth annual National Clean Energy Week (NCEW), Governor Janet Mills issued a proclamation celebrating September 26-30, 2022, as Clean Energy Week in the state of Maine.

In her proclamation, Governor Mills recogniz-

es the growing importance of clean energy, noting Maine has committed to producing 80 percent renewable energy by 2030 and has a goal of 100 percent by 2050. Last year, Governor Mills joined more than half of the nation's governors in issuing proclamations to recognize NCEW in their respective states.

"We thank Governor Janet Mills for joining us in celebrating National Clean Energy Week," said Heather Reams, chair of NCEW and president of Citizens for Responsible Energy Solutions (CRES). "Across the country, the cost of living continues to rise. It is critical that we take a hard look at the solutions clean energy

technologies provide to address America's most pressing environmental, economic, and national security needs. The sixth annual NCEW and Policy Makers Symposium connects government officials from both sides of the aisle as well as top industry leaders, researchers, investors, and advocates to discuss how we can make the prospect of a clean energy future a reality, not only in Maine but throughout the country."

"Clean energy is

part of America's energy future and includes generation from renewable sources such as onshore wind, offshore wind, solar, hydro and geothermal sources, as well as energy storage," said Governor Mills in her 2022 proclamation. "The clean energy sector is an expanding part of the economy and has been a key driver of growth in Maine over the last decade, and Maine has a goal of more than doubling the clean energy workforce in the state

to 30,000 jobs by 2030, growing local economies and boosting the state's workforce and economic development."

NCEW began in 2017 as a bipartisan forum to bring together clean energy leaders and advocates across America. Through engaging programming such as the Policy Makers Symposium, the weeklong virtual event celebrates the critical role that clean energy plays in reducing greenhouse gas emissions while simultaneously bolstering the nation's economy and energy independence.

For more information about NCEW, including sponsorship opportunities, remote and in-person events, and registration for the Policy Makers Symposium, visit the NCEW website at <https://nationalcleanenergyweek.org>.



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# Arts & Entertainment

## National Presenters to Appear at Three Maine Retreats this Fall

**BANGOR, ME (September 15, 2022)**—Three sought-after speakers known nationally for their effective and memorable presentations and faith-filled messages will appear at retreats in Old Town, Auburn, and Bangor in October and November.

**Dr. Scott Hahn in Old Town**

The Parish of the Resurrection of the Lord will host “The Riches of Our Faith” with Dr. Scott Hahn on Saturday, October 1, from 8 a.m. to 12:35 p.m. All are welcome to attend the gathering at Holy Family Church in Old Town. The morning offers the opportunity to examine Scripture at the heart of the Church with one of today’s most respected scholars. Dr. Hahn delivers talks nationally and internationally on a wide variety of topics related to Scripture and the Catholic faith, helping thousands of Protestants and fallen away Catholics to re(embrace) the Catholic faith.

“I never cease to be amazed at the opportunity I have to share why I became a Roman Catholic and how the Lord worked in my wife’s life and our family as well,” said Dr. Hahn.

His emotional words

Dr. Hahn’s presentation on October 1, visit [www.stpaulcenter.com/maine2022](http://www.stpaulcenter.com/maine2022).

**Fr. Bill Garrott, O.P., in Auburn**

Immaculate Heart of Mary Parish will present “iMercy: The Divine Hotspot” on October 4-6 at St. Philip Church in Auburn. Fr. Bill Garrott, O.P., will offer three evenings of preaching inspired by the Holy Spirit. The iMercy mission aims to help parishioners enter more deeply into the love of the Holy Trinity and experience God’s merciful touch through the sacraments. Fr. Garrott’s retreat themes include “The Father Blesses,” “The Son Heals,” and “The Spirit Strengthens.”

Fr. Garrott is the youngest of eight children and has 24 nieces and nephews. After earning a bachelor’s degree in chemistry and working several years in the field of technology transfer, he entered the Order of Preachers in August of 1988. After six years of spiritual and academic formation, he was ordained to the priesthood in May of 1994.

He uses his musical talents on piano and guitar to preach and present parish missions, weekend retreats, days of recollection, and various youth

events. Through word and song, Fr. Garrott desires to draw listeners more deeply into that unconditional love which the Father, the Son, and the Holy Spirit reveal to us through the Catholic faith.

“I think many people are distracted by technology. My mission is to get people to read the Scripture and I think music functions as a backdoor to the soul,” said Fr. Garrott. “You might call my ministry a ministry of encouragement. I’m preaching the theological version of hope. God has a plan and God provides always. There’s just a tremendous joy for people who have somehow mustered the courage through the Holy Spirit to drop their lives for a moment and attend.”

For more information on the event on October 4-6, call the parish at (207) 782-8096.

**Fr. Larry Richards in Bangor**

St. Paul the Apostle Parish in Bangor will host Fr. Larry Richards for a four-day mission at St. John Church on November 7-10 from 6:30 p.m. to 8:30 p.m. each evening. Fr. Richards makes two promises to anyone who attends part or all of his four-day missions: “One, you will never be bored. And two, your life will be

changed forever.”

Each night features a different theme to draw participants closer to God’s love, improve prayer lives, discuss love of others and the importance of family, and heal. The experiences are also meaningful for fallen-away Catholics.

A nationally known and captivating presenter, author, and TV and radio host, Fr. Richards has conducted hundreds of parish missions, conferences, and retreats. He is known to make the love of God real in his presentations. In 2014 and 2021, respectively, his four-day presentation at Good Shepherd Parish in Saco and Prince of Peace Parish in Lewiston drew standing room only crowds and are still talked about.

“I exist to bring people to Jesus. That’s the reason I got ordained. The whole point of my job, I always say, is to introduce people to Jesus Christ,” said Fr. Richards. “Then, once I introduce Him to them, I tell them you have to spend time with Jesus to get to know Him. So, I try to do that in a real way.”

Ordained to the priesthood in 1989 for the Diocese of Erie, Pennsylvania, Fr. Larry speaks from his experiences as a pastor of an inner-city parish, a high school chap-

lain, and a counselor. Fr. Larry’s book *Be a Man! Becoming the Man God Created You to Be!* is a #1 best seller for Ignatius Press. He is the host of *The Reason for Our Hope* and *Open Line* on EWTN and *Changed Forever* with Father Larry Richards on Relevant Radio. He is also the founder of the Reason for Our Hope Foundation, a non-profit organization dedicated to spreading the Good News of Jesus Christ through CDs, DVDs, and books.

For more information about Fr. Richards’ visit to Bangor, call the parish at (207) 217-6740 or visit [www.stpaulbangor.me/father-larry-richards-parish-mission](http://www.stpaulbangor.me/father-larry-richards-parish-mission).

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# New Venue for Kids First Drives Fundraiser to New Success

SCARBOROUGH, ME (September 23, 2022) -- The Kids First Center, a Scarborough based non-profit providing co-parenting education opportunities for parents around the state, announced that its fundraising gala is set for Thursday, September 29, 2022. The event will kick off at 5:00 pm at the Throttle Car Club on the Downs campus in Scarborough. Traditionally an annual event, the gala returns after a pandemic pause. According to the agency's Executive Director, "Like

many non-profits in Maine, the Kids First Center has needed to change the way programs are delivered to clients. The agency met the challenge by pivoting to all online programming to parents across the state." How agencies like the Kids First Center financially support themselves also has required a rethinking of strategies. Robbins indicated, "In planning for our first large in-person fundraiser since 2019, we want the community to gather at a place that is open, accessible, and inviting. The Throt-

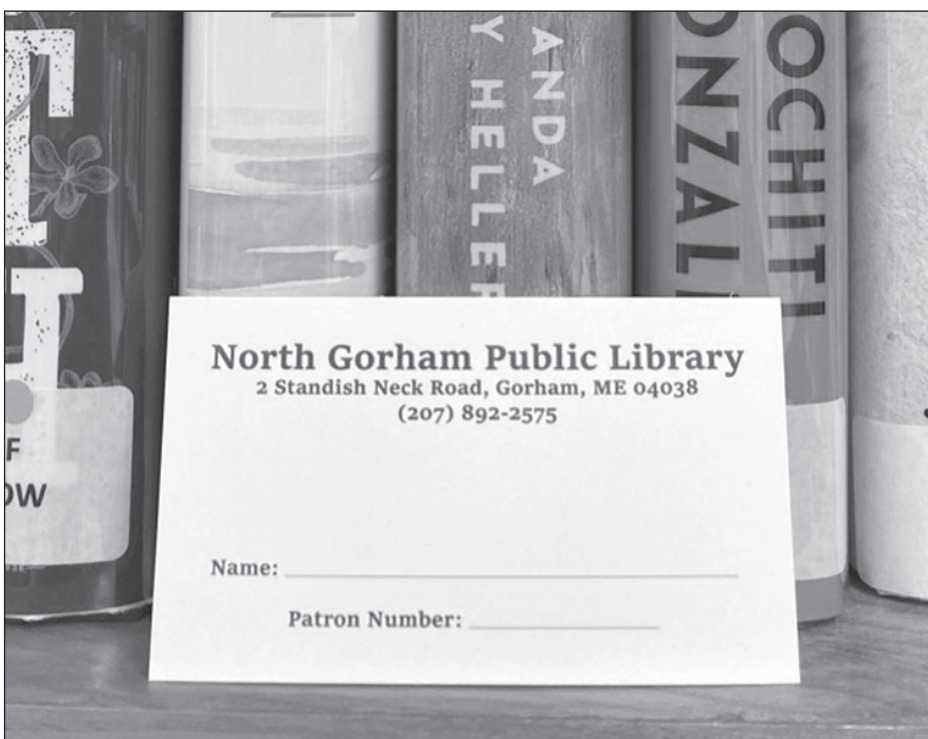
tle Car Club is a new venue that meets the space and distancing needs of events in the post-pandemic world, while providing the intimacy for new and old friends to mingle comfortably. It is the perfect place for a post-covid fundraiser." With a backdrop of vintage and classic cars, this event will feature a barbeque feast by Mainely Pig Roasts, music by Champagne Casanova, a live and silent auction, and raffle. Doors are open from 5:00 to 9:00 pm, and tickets are available through the Kids First Center's website

for \$85/each. Proceeds from this event will support the mission of the Kids First Center of creating a more peaceful world for children. "During the pandemic, many things took a pause. Parental conflict at the time of divorce or separation did not. In many cases it was worse since access to supports such as the court and mental health care was made much more difficult." In its pandemic response, Kids First expanded its reach from the greater Portland area to the entire state and

beyond. "The introductory program, The First Step: Foundations in Co-Parenting, went online in March 2020 just weeks after the pandemic hit. In each year since, more than 1200 parents have attended the First Step and the numbers are growing. Parents now can access live interactive programs on their computers, tablets, and smart phones." Robbins concluded, "The Kids First Center is meeting parents where they are, and the children of Maine are the beneficiaries." *About Kids First Cen-*

*ter: Established in 1998, the Kids First Center is a safe place for moms and dads to learn how to peacefully co-parent and how to keep children from the middle of adult disputes. Raising healthy, happy, and well-adjusted children is possible even when parents are not together. Through educational programming for parents, children, and allies, the Kids First Center strives to support families during difficult transitions and teach resilience skills that last a lifetime.*

## Get Your Library Card at North Gorham Public Library



GORHAM, ME (September 23, 2022) -- September is Library Card Sign-Up Month! NGPL li-

brary cards are free for residents of Gorham, Standish, Windham and surrounding communities. If you

haven't visited us before, here's your reminder to get a library card! 2 Standish Neck Rd in Gorham.

## HART Announces Summer Event and Campaign Success

CUMBERLAND, ME (September 23 2022) -- HART (Homeless Animal Rescue Team) of Maine, adoption center and shelter for cats, is pleased to announce their summer Medical Appeal campaign raised \$30,000 while their annual Yard Sale, held in August at the Cumberland Fairgrounds, garnered over \$52,000, smashing their event goal by over \$12,000.

The proceeds from the Medical Appeal campaign are helping defray the costs of the very expensive medical procedures and care which some of the cats admitted to the

shelter this past Spring have required.

Andy Hanna, HART's Operations Director, is thankful for this outpouring of support, noting, "It's through the generosity of the HART community that we are able to provide the essential treatments and surgeries that some of the cats need. These funds will help provide medical care which will allow these cats to live out long lives, and bring joy to those families who will eventually welcome them into their homes."

The proceeds from the Yard Sale, HART's

annual flagship fundraising event, will go directly to providing essential care for the hundreds of cats they take in each year. The money raised will help pay for food, litter, general medical care, and the costs associated with more complex medical needs that some surrendered cats require to survive, thrive, and be ready for adoption.

Joann Wallace, long-time HART volunteer and organizer of the event, noted, "All this was accomplished with a large group of incredible human beings that gave 150% of the time, energy, and sweat to make this happen."

## Gorham Grinders Run Cross Country Style Race



Here is the fun and passionate running group Gorham Grinders (K-5th graders) at their first fun Cross Country style race. Thank you to Coach Jim Karcanes and all the volunteers who help promote the sport of running for youth!

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Send all items for Names & Faces to the Editor. Deadline is Friday by five.

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Maine State Police IMAT (Incident Management Assistance Team) were on hand at the Dempsey Challenge. TCT photo by Laurie A. Steele



Sue Love and Deneka Deletesky from the Dempsey Center are behind one of the many bike rims decorated with shoe laces and yarn woven into them. The shoe laces have the Dempsey Challenge logo and stripes with Dempsey Challenge colors. The barrier wall coming into the event was decorated with many of these hand-decorated wheels created by Sue Love and Sarah Kelley from the Dempsey Center. TCT photo by Laurie A. Steele



Photo by Lewiston Mayor, Carl Sheline

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**CONGRATULATIONS** to all the Participants of the **2022 DEMPSEY CHALLENGE!**

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Sunday morning Steve Burger, Ben Grenier, Caden Cole, John Grenier and Casey Beaudoin were manning the Rainbow Bicycle tent at the Dempsey Challenge. TCT photo by Laurie A. Steele

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# Meet Gorham School Committee, Town Council Candidates at BML



**Meet The Candidates!**

**Baxter Memorial Library**  
October 11th, 6 pm

**School Committee**

- Andrew M. LaPlaca
- Stewart B. McCallister
- Jennifer Whitehead

**Town Council**

- Michelle L. Inman Carlson
- Claude Fred Daigle III
- Philip T. Gagnon Jr.
- Christopher M. Kelley
- Janet H. Kuech
- Robert L. Lavoie
- Seven R. Siegel

Join us at Baxter Memorial Library for an evening with our School Committee and Town Council Candidates! Each candidate will introduce themselves and their platforms to the audience, followed by an opportunity for conversation and questions.

GoCAM will live-stream through the Town's website, broadcast on Channel 3 and provide video to view later.

**GORHAM, ME (September 20, 2022)** -- Join us at Baxter Memorial Library on October 11 at 6PM for an evening with our School Committee and Town Council Candidates! Each candidate will introduce themselves and their platforms to the audience, followed

by an opportunity for conversation and questions. GoCam will live-stream through the Town's website, broadcast on Channel 3 and provide video to view later. Town Council Candidates include Michelle

Inman Carlson, Claude Fred Daigle III, Philip T. Gagnon Jr, Christopher M. Kelley, Janet H. Kuech, Robert L. Lavoie, and Seven Siegel. School Committee Candidates include Andrew LaPlaca, Stewart McCallister, and Jennifer Whitehead.



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**GORHAM LITTLE LEAGUE**  
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- Acquire tarps and field maintenance equipment
- Add scoreboards

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# UMaine Extension Series for Parents, Caregivers Opens Oct. 4



**ORONO, ME (September 19, 2022)** — University of Maine Cooperative Extension opens a free six-session online educational series for parents and caregivers Oct. 4 from 1–2:30 p.m. Additional sessions are scheduled Oct. 11, 18, 25 and Nov. 1.

“Back to Basics: Building Routines for Success” will focus on managing daily household tasks; meal planning and budgeting; learning to live with others; finding work and managing money; and coping with everyday stress. Each session includes time for questions.

The series is free; registration is required. Register on the program webpage for one or more sessions to participate. For more information or to request a reasonable accommodation, contact Melanie Bryan, 207.342.5971; melanie.l.bryan@maine.edu.

# VA Maine Encourages Landlords to Advocate for Homeless Veterans

**AUGUSTA, ME (September 7, 2022)** —

In response to the ongoing affordable housing crisis, VA Maine Healthcare System’s Homeless Team, encourages local landlords to partner with its homeless Veterans programs — which provides rental subsidies and landlord support for approximately 366 Veterans and their families across the state.

The programs are currently facing challenges due to increases in rent, lack of housing, and growth in inflation rates and emboldens landlords to consider opening their homes up to a Veteran family.

“It’s important that communities throughout Maine work together to keep our Veterans in safe and stable homes. Help serve those who have served our nation. Our goal is to partner with landlords to house at least 90 homeless veterans and their families before the end of December 2022,” said Amy Morin, Acting Homeless Programs Coordinator at VA Maine. Last year, during the 100-Veteran Challenge, landlords helped reduce



Veteran homelessness by 31% and helped 86 Veterans secure housing.

Throughout the pandemic, veteran homelessness rose by 84%, currently leaving 134 homeless veterans and their families without housing. “We are hoping landlords will partner with us, so that we can end veteran homelessness together as a community,” Morin added.

There are benefits of renting to homeless Veterans:

VA provides services to Veterans placed in permanent housing to support their housing stability. Reliable income from subsidies where a portion of the rent is automatically paid on time to landlords by a public housing authority or a VA grantee.

Support from VA case management to

connect landlords and Veterans with help they may need.

Making a positive impact in changing a Veteran’s life.

Since the beginning of 2022, VA Maine homeless programs have successfully housed over 61 Veterans in its community through VA’s permanent housing programs, but it is not enough.

To support, revitalize and streamline VA’s commitment to end Veteran homelessness and ensure at-risk Veterans are protected from this housing crisis, VA has established a nationwide goal to house 38,000 homeless Veterans during calendar year 2022.

Maine landlords interested in helping Veterans can reach out to VA ME at 207-623-8411 EXT: 5714 or email us at [landlordengagement@va.gov](mailto:landlordengagement@va.gov) for more information.

VA Maine homeless programs provide homeless Veteran’s with transitional housing and emergency shelter, along with case management that comes with access to a variety of housing subsidies and financial assistance.

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# Calendar

Send your submissions to the Editor. More online.

### Tuesdays

**LEWISTON** – Baby Storytime held on Tuesdays, starting September 6th at 10:15am. Enjoy an interactive storytime with your baby that includes early literacy fun with books, songs, rhymes and body movement. Recommended for children ages 0 – 24 months old and their caregivers. Play and social time immediately follow the program. Siblings are always welcome. Please stay home if you or your child are sick and not feeling well.

Free. 513-3133; www.LPLonline.org

### Wednesdays

**GORHAM** – 10:00am Weekly story time has resumed at the North Gorham Public Library! Storytime is open to children & their caregivers. Join us weekly for stories, songs and crafts every Wednesday at 10am. 2 Standish Neck Rd, Gorham ME.

### September 20 – December

**LEWISTON** -- 3rd Tuesdays from September-December 2022, 3-5pm at the Lewiston Public Library: MAINE-TRANSNET TEEN TABLETOP TUESDAYS

This fall, LPL Teen and MaineTransNet Youth are joining up to host monthly tabletop role-playing sessions, on the 3rd Tuesday from 3-5pm in person in the LPL teen

space. All supplies will be provided and no previous RPG experience is required – just bring yourself and your creative mind!

This program is open to teens ages 13-19.

For more information, contact the Lewiston Public Library Adult & Teen Services Department at 513-3135 or LPLReference@lewistonmaine.gov. www.LPLonline.org

### September 30

**GREENE** -- Final event of 2022! Speaker Magdalana Siegel presents “Honoring Our Wisdom” on Friday, September 30th at 2&7PM at the Sawyer Memorial in Greene.

### October 1

**GORHAM** -- Public Bean Supper, White Rock Community Clubhouse, 34 Wilson Road, Gorham; Saturday, Oct 1, 4:30-6:00pm

We are back inside! Eat in or take out, no pre-orders. Meal includes baked kidney & pea beans, coleslaw, potato salad, macaroni & cheese, biscuits, hot dogs and dessert. Wearing of masks for those who are not vaccinated is suggested.

\$10 adults, \$5 under 12 Follow us on Facebook for updates: facebook.com/whiterockcommunityclub

### October 3

**AUBURN** -- The Auburn Art Club will meet on Monday, October 3 at 2:00 p.m. at the Park Avenue Methodist Church on Park Avenue in Auburn.

The program will be a fashion show. Refreshments will be served by Grace Keene, Jill Jones, and Evelyn Larrabee. All members are invited to attend.

### October 4

**LEWISTON** -- Public Hearing is Scheduled to Amend FY2021 - 2022 HOME Budget to Include Additional Allocation in HOME-ARP Funding. http://www.lewistonmaine.gov//CivicAlerts.aspx?AID=1567

### October 4

**LEWISTON** -- Tuesday, October 4 from 4 to 6:30 pm at the Lewiston Public Library: PRESERVING THE HARVEST—A HANDS-ON FOOD PRESERVATION WORKSHOP. Come learn the basics of canning and freezing applesauce. Registration required. Free. Bring your own potholder. Contact info. 513-3135; www.LPLonline.org

### October 8 – November 13

**BOOTHBAY** -- Boothbay Region Art

Foundation’s 15th annual juried exhibition, Art in Maine, will be held at the foundation gallery Oct. 8 through Nov. 13. Art in Maine’s exhibit presents a fresh and selective look at the fine art being created by Maine artists today, showcasing originality in the media of painting, drawing and sculpture. The opening reception is Saturday, Oct. 8 from 5-7 p.m.; over \$1,00 dollars in prizes will be awarded.

The prospectus and other details can be found on the gallery’s website: www.boothbayartists.org.

Works will be juried by artist Kathleen Galligan who is represented by Portland Maine’s Greenhut Gallery and Littlefield Gallery in Winterport.

### October 12

**GORHAM** -- Lakes Region Senior Center is holding an OPEN HOUSE on Wednesday, October 12, 2022 from 10-1 at 40 Acorn Street, Gorham, Maine. (This is actually in Little Falls, of Gorham.) We would like to acquaint you with our Senior Center and the many programs that we have to offer. Refreshments will be served. Please bring a friend.

Send all items for What’s Going On to the Editor. Deadline is Friday by five.

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## Gorham: Check Out Fall at The Farm Artisan Fair

### Fall at The Farm Artisan Fair

Soaps - Decor - Woodcrafts - Ornaments- Candles - Crochet - Knitted - Fall/Winter Gear

Orchard Ridge Farm  
October 1st  
8am - 4pm

Visit the Amazing Farm Market!

### GORHAM, ME (September 17, 2022)

-- Maine Micro Artisans and Orchard Ridge Farm are proud to present Fall at The Farm! This event will be held SATURDAY, OCTOBER 1, 2022 AT 7 AM – 3 PM, and will feature dozens of artisans from all over Maine. Just a bit of what you can expect from these talented folks includes: Soaps - Woodcrafts - Leather

Goods - Pottery - Toys - Puzzles - Sewn Craft - Macrame - Folk Art - Crochet - Knit - Resin Art - Jewelry.

Stroll the farm’s walking trails, check out the orchards and meet the animals. When your feet are tired, grab a bite to eat at the restaurant and relax at the picnic tables!

Orchard Ridge Farm is located in 236 Sebago Lake Rd in Gorham.



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## SENIORS

### LEWISTON SENIOR CITIZENS TRIPS FOR 2022 White Mountain Hotel & Resort - December 4 - 5, 2022

Trip includes 1 night lodging and 3 meals, including the Grand Sunday Brunch, 2 different entertainment shows, Austrian Sleigh ride through Jackson Village with a Jingle Bell Chocolate Tour. Stop at the Christmas Tree Shop and Lunch on Sunday at Polly's Pancake Parlor. A \$100 deposit per person is due upon signing. Price is \$369 pp double occupancy.

Spotlight on San Antonio, Texas - April 2-6, 2023

Trip includes 5 days, 4 nights lodging, 3 breakfasts and 2 dinners, visit to two UNESCO world heritage sites, visit to the Mission San Jose, visit to the ALAMO, boat

ride along the Paseo del Rio known as the River Walk, National Museum of the Pacific War and so much more.

Reflections of Italy - October 9 - 18, 2023

Trip includes 10 days, 9 nights lodging, and 12 meals, including Rome, Vatican Museums, Sistine Chapel, St. Peter's Basilica, Assisi, Perugia, Cortona, Florence, Michelangelo's DAVID, Chianti Winery & Cooking Class, Venice, St. Mark's square, boat ride to Murano Island, Milan and much more.

Virginia Beach, Colonial Williamsburg & Historic Norfolk - May 22 - 27, 2023

Trip includes 5 nights lodging and 8 meals, guided tour of Colonial Williamsburg, narrated Norfolk Naval Base Harbor Cruise, admission

to the Nauticus & Battleship Wisconsin, visit to Mariner's Museum and Park, admission to Virginia Beach Aquarium & Marine Science Center and free time on Virginia Beach and the Virginia Beach Boardwalk. A \$75 deposit pp is due when signing up. Price is \$809 pp double occupancy and includes bus driver's tip.

For more information on any of our trips, please contact Claire Bilodeau (207)784-0302 or Cindy Boyd (207)345-9569. For more information about any of our trips, please contact Claire Bilodeau (207)784-0302 or Cindy Boyd (207-345-9569.

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## WANTED

**Odd jobs and Gig work** Retired teacher and counselor looking for odd jobs and Gig work. Trained and experienced in babysitting, Petsitting, senior/adult care and cleaning. Contact: Missy 207-539-3204 or [allinoneservices1@yahoo.com](mailto:allinoneservices1@yahoo.com).

I am using a 40-year-old computer and my wife and I would like to buy a "wow" computer to communicate with our grandchildren and our children. Please call (207) 650-7224.

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**NUMBER OF WEEKS TO RUN:** \_\_\_\_\_



# Southern ME Organization Serves Those Experiencing Homelessness

**PORTLAND, ME (September 7, 2022)** — Shelter is a human right, yet the number of people living unsheltered in Portland, Bangor, Lewiston, and throughout the state of Maine has surged. There is a homelessness crisis in our state and the available shelters simply cannot meet the need, leaving many people living outside - in doorways, under bridges, and scattered throughout parks.

At Preble Street, we see firsthand the devastating physical and mental toll of homelessness and know that shelter that is more than just a place to be out of the elements. Our community needs a place where people can get off the street, stabilize, and focus on healing and restoration. This is why we are excited to open the doors to Elena's Way, a Preble Street Wellness Shelter, a new shelter model that is a critical part of the solution to homelessness.

Located at 5 Portland Street in Portland, Maine, Elena's Way will be a 24/7 client-centered, trauma-informed shelter grounded in social work and medical best practices. With plenty of natural light, openness, and space between beds, the building is designed to provide warmth, safety, and

a healing environment for 40 people who are currently unsheltered or are currently unable to or unwilling to access other shelter. Elena's Way is anticipated to open to clients very soon.

"Like the highly successful shelter Preble Street operated at the University of Southern Maine Sullivan Gym in the spring of 2020, guests at this new shelter won't have to wait outside for entry at night or leave in the morning," says Mark Swann, Preble Street Executive Director. "They won't have to carry their belongings from place to place throughout the city. Staffed by Preble Street social work professionals with services and meals onsite, this new kind of shelter offers an opportunity for healing, and a chance for individuals to work toward their goals of housing, healthcare, and employment."

Professional case-work, laundry, storage, and mail are all offered on-site. Nutritious meals will be created at the Preble Street Food Security Hub and served three times daily, with warming cabinets and a refrigerator allowing clients the choice to eat them at any time of day.

"People experiencing homelessness often

feel they have no choices or control in their lives," shares Andrew Bove, Preble Street Vice President of Social Work. "Elena's Way will empower clients to be the decision-makers about how to best meet their own needs. Unlike traditional shelter environments, guests have access to their beds at all hours of the day, allowing them to rest whenever needed. It's a place where people are treated with respect and dignity and offered the space and peace they need to begin rebuilding their lives."

This is all made possible by the support of the many people who share in our goal to empower Mainers experiencing homelessness to reclaim their lives. Thanks to the generous donors of The Campaign for Preble Street, the support of MaineHousing, and many others, Elena's Way is a place where our most vulnerable neighbors can find hope for the future.

"We've been partnering with the Department of Health and Human Services, the Statewide Homeless Council, the Governor's office, and organizations like Preble Street to begin implementing a new approach to homelessness," says MaineHousing Director Daniel Brennan.

"We're so proud to be part of this. We know that it's the right thing to do. We know that we're on this new path, finding new ways to better institute new best practices and provide trauma-informed shelter and care. That's what brings us here to this beautiful new shelter, Elena's Way."

Elena's Way is named for Elena Schmidt, a person who has had a profound impact on Preble Street and the services we provide. Her wisdom, open heart, and values-based skills helped Preble Street grow and expand our services to reach more people. In her nearly 20 years here, Elena has served as the first Development Director, the first Human Resource Director, and now as Agency Archivist. She has been instrumental in growing this agency through her fundraising efforts, commitment to our mission, and tireless devotion to helping people who need it the most.

For 27 years, 5 Portland Street served as the Preble Street Resource Center where thousands of people found support and a hand up when they needed it most. Now, at this new Wellness Shel-



ter, people will continue to find opportunity and hope.

Preble Street is a nonprofit human service agency serving the most vulnerable people in Maine since 1975 through innovative, best-practice, client-centered programs. In addition to the largest direct service emergency food program in northern New England, Preble Street operates low-bar-

rier programs throughout Maine providing 24/365 services for individuals and families, including homeless youth, women, veterans, and survivors of human trafficking, driven by its mission to meet urgent needs, empower people to move beyond the crises in their lives, and advocate for solutions to homelessness, hunger, and poverty. [PrebleStreet.org](http://PrebleStreet.org)

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