

Cambodian community to build center, first-in-Maine temple



WESTBROOK, ME (August 11, 2023) – Maine’s Cambodian community today held a press conference announcing the launch of its fundraising campaign to construct a Cultural & Community Center and a traditional Cambodian Buddhist temple on 30 acres of land in Westbrook.

“Today... we are launching a project and capital campaign called ‘Welcome Home’ to build a new cultural and community center and spiritual home for the Cambodian community,” said Navan Leng, president of Watt Samaki Temple, which is spearheading the initiative. “Our plans include building a community center where Cambodian culture, arts, and music can find a home and also serve as a place for English language classes, food pantry, and community gardens. Our project is not just a temple for the Cambodian Buddhist

community. We are exploring partnerships with land trusts and trail organizations to look at improving and building publicly accessible trails that connect to the City of Westbrook’s existing trails and City Forest lands.”

Watt Samaki Temple (Temple) is currently located in Buxton, Maine, on a small 8.6 acre parcel. The community has outgrown the location and worked with Coastal Enterprises, Inc., to secure financing to acquire the 30 acre parcel at 00 Cumberland St., Westbrook, ME 04092 (official street address pending). The Temple and its community partner Khmer Maine are currently engaging civil engineers, wetland biologists, and other experts to prepare for the formal planning board approval process. The Temple and

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WMPG celebrates 50 years of broadcasting

PORTLAND, ME (August 11, 2023) – WMPG, Portland’s beloved college/community radio station, is excited to celebrate its 50th anniversary of broadcasting exceptional programming to the vibrant community of listeners in Maine.

WMPG began in 1971 as a pirate radio station at the University of Southern Maine (USM), previously known as UMPG (University of Maine Portland Gorham). Howard Allen, a USM student stuck an antenna out of his dorm window, used bits from a washing machine as his first console, and successfully broadcast his music throughout the Gorham campus. With the help of USM officials and our friends at Maine Public Broadcasting Network, WMPG successfully broadcast its first legal radio signal on August 31st, 1973 at 11.00am.

WMPG has been a beacon of information, entertainment, and community engagement – providing a platform for local voices, emerging artists, and diverse perspectives. Over the past five decades, the station has played a vital role in fostering connections and amplifying the rich cultural tapestry that defines southern Maine.

To commemorate this extraordinary achievement, WMPG has curated a year-long celebration featuring a range of special events and programs that highlight the station’s remarkable journey and pay homage to the community it serves. The anniversary festivities include:

Driveway party at WMPG from midday to 6pm on Thursday, August 31st featuring live music and food.

Live broadcast from, and party at, the new McGoldrick Center for Career & Student Success as part of the USM Homecoming week on October 14th from



6-9pm. Featuring food, music and the premiere of the WMPG 50th anniversary video featuring many voices and faces of WMPG.

Retrospective Programs: WMPG will broadcast a series of curated shows and unforgettable moments from its extensive archives, allowing listeners to relive the most significant milestones in the station’s history while reminiscing about cherished memories.

Alumni Spotlight: The station will showcase the achievements of its talented alumni who have gone on to make a mark in the broadcasting industry and beyond. Through interviews and profiles, listeners will gain insights into the lasting impact of WMPG on their careers and personal growth.

Community Engagements: WMPG will host a variety of community events – broadcasts from local gatherings and partnerships with grassroots organizations. These initiatives aim to deepen the station’s connection with the community and encourage collaboration among Maine residents.

Special Programming: Listeners can look forward to broadcasts featuring renowned local musicians, thought-provoking interviews with influential communi-

See WMPG, page 3

Notes from the Gorham Town Manager’s Office



GORHAM, ME (August 11, 2023) – Employment Opportunities at the Town of Gorham

A municipal career at the Town of Gorham allows employees to work with a close-knit team, and to make a real impact on the lives of friends, family, and neighbors from the very start, while earning a comprehensive package of pay, benefits, and paid time off (for eligible employees).

We are currently hiring for several positions, including Youth Services Librarian, Facilities Coordinator, as well as EMT-Basic, EMTAdvanced and Firefighters/Paramedics positions with the Gorham Fire and Rescue Department.

To view openings and apply, please

visit the Town’s Employment Opportunities page at <https://www.gorham-me.org/human-resources/pages/employment-opportunities>.

Save the Date for Gorham Recreation’s Annual Glow in the Park Family Fun Run/Walk

Save the date and join friends and family at Gorham Recreation’s annual “Glow in the Park” family run/walk and mega dance party on the field at Shaw Park (55 Partridge Lane) on Friday, August 25th starting at 7:15pm.

Prizes will be awarded for “Best in Glow,” “Glowiest,” and “Most Original Glow”! An ice cream truck and food trucks will be serving up great treats and food.

To register and learn more, visit https://gorhamme.myrec.com/info/activities/program_details.aspx?ProgramID=29000. Proceeds benefit recreation programs and Shaw Park improvements.



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Newsmakers, Names & Faces

Seniors Not Acting Their Age

Austin Stream Rocks



Paddlers lower their boats down the embankment to Austin Stream



Adam Chase probes one of the many rapids



A tandem shredder team paddles Austin Stream

By Ron Chase

Every cloud has a silver lining. Given the rainy, foggy, humid weather we've experienced over the past month, that's likely an adage many find difficult to embrace. However, there has indeed been a silver lining for one group, whitewater boaters. For several weeks, the rivers and streams have been raging.

For many paddlers, choosing from a wide selection of whitewater options has been the larger problem. In some cases, there has been too much water. The high water levels also provide opportunities to navigate streams that are rarely available.

My friends and I paddled three consecutive days in late June. Our last choice was Temple Stream in Temple and Farmington, a stimulating first descent for me. A few hours after we completed our trip on Temple, the area received a deluge of rain. We were fortunate, flooding resulted in some areas.

My son, Adam, and I had our sights on the Dead River for the first day of July. Heavy rains had overfilled Flagstaff Lake, which feeds the Dead. Flagstaff Lake Dam operator Brookfield Renewable

announced water levels would be unusually high. We decided to pass.

Our research indicated infrequently paddled Austin Stream in Bingham was flowing at a quality level. A Penobscot Paddle & Chowder Society trip announcement resulted in four enthusiastic Chowderheads electing to join us. The six of us met at the Austin Stream takeout in Bingham on another gray, partly rainy day. Our group consisted of three kayakers, a solo canoeist, and a tandem team in a two-person inflatable vessel called a shredder.

The lower portion of Austin Stream is a six-mile stretch of almost continuous whitewater. The gradient in the first four miles is a challenging 100 feet per mile. While there are no dramatic falls, the stream consists of a series of steep boulder-strewn rapids that require attentive rock dodging. The American Whitewater Association rates it Class III/IV.

There is a downside to paddling Austin Stream; locating a suitable place to launch is no easy task. The trip begins in a deep valley. Reaching the river requires bushwhacking down a steep densely wooded embankment from the Dead-

water Road. After some exploration on the rough dirt road, we found an acceptable location to lower our boats to the stream.

Once the strenuous carry was completed, we arrived at a precipitous rapid tumbling through a boulder garden. Finding a safe place to launch the boats was our next challenge. Since there were no calm eddies along the shore, we had to slide our crafts directly into the fast moving current ready to paddle.

Safety concerns were paramount. The most significant danger in long continuous whitewater is the risk of encountering fallen trees, logs, or other debris called strainers. Capsizing and swimming was another potential hazard. Since the rapids are steep and shallow, rolling a canoe or kayak is problematic. Swims would likely result in long punishing ordeals with the risk of injury and the possibility of losing boats and paddles. Our goal was to remain upright while carefully watching for perilous obstructions.

Adam and I were the only Austin Stream veterans, so we alternated probing the rapids. Boat scouting navigable routes



Rock dodging is common descending Austin Stream

between the ubiquitous boulders while avoiding boat flipping pour overs was our primary concern. Since eddies were rare, finding calm spots to regroup was a secondary objective.

Our descent began with a flourish of exhilarating whitewater activity. Maneuvering through a continuum of invigorating rapids, the powerful current propelled us swiftly downriver.

Approaching an island, Adam spotted a strainer blocking the entire left side. We were able to negotiate through a narrow channel on the right. Fortunately, that was the only major hazard we encoun-

tered.

We turned a bend at about mile four and entered the most complex rapid of the day. Pockmarked with holes on the left and center, we were able to skirt down an abrupt passage far right. That descent marked the end of the continuous whitewater and the gradient began to diminish.

Sporadic Class III rapids continued to an area where swirling currents carried us under a bridge in Bingham. Easy whitewater followed for the remaining mile to the takeout completing an extremely entertaining river adventure. And, everyone remained upright!

My book, *Maine Al*

Fresco: The Fifty Finest Outdoor Adventures in Maine relates nine more exciting Maine whitewater escapades and six multi-day river trips.

Ron Chase resides in Topsham. His latest book, "*Maine Al Fresco: The Fifty Finest Outdoor Adventures in Maine*" is available at www.northcountrypress.com/maine-al-fresco or in bookstores and through online retailers. His previous books are "*The Great Mars Hill Bank Robbery*" and "*Mountains for Mortals - New England*." Visit his website at www.ronchase-outdoors.com or he can be reached at ronchaseoutdoors@comcast.net



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Newsmakers, Names & Faces

Gorham's USM Art Gallery announces new public artwork



GORHAM, ME (August 4, 2023) -- The University of Southern Maine is thrilled to announce the acquisition of TANGLE, a sculpture by artists Pamela Moulton and Roy Fox. Funded by the Maine Percent for Art Program, TANGLE takes the whimsical form of a fantastical five-legged creature constructed of steel, rope, and net salvaged from the Gulf of Maine.

Moulton and Fox's material choices speak to the history of netfishing in Maine. Practiced over

12,000 years ago by the Wabanaki people, then in the early 1600s by early European settlers, it continues today in our commercial fishing industry and water-adjacent communities.

Unfortunately, discarded rope and net, known in the fishing industry as "ghost gear," endangers marine life and is nearly impossible to recycle. The artists salvage these ropes and nets, allowing the material to take on new forms in TANGLE. The sculpture sees knotted and twisted

channels reminiscent of mycelial structures intertwining to reveal a mythical creature in their wake.

Moulton and Fox fashion these weighty environmental concerns into something joyous: a celebration of our intertwined ecological destinies and a reimagining of what is possible through artistic salvage and reuse.

TANGLE is scheduled to open in late October 2023. More details, including a ribbon cutting ceremony date to follow.

"The more nets we washed, the more lace-like patterns surfaced. A tangle of haunted voices guided us." — artists Pamela Moulton and Roy Fox

Pamela Moulton is a Maine-based artist with a strong sense of community. Her multi-disciplinary, largescale installations — built entirely from salvaged commercial nets and ropes — are highly interactive, playful, exploratory, and thought-provoking. Her work aims to target climate issues specific to coastal communities. She holds a BA from The University of Vermont and an MFA from Ecole Supérieure d'ArtAix, France.

Moulton's work has
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WMPG *Continued from page 1*

ty figures, and engaging discussions on topics that resonate with Portland's diverse population.

Website, Facebook group, and film dedicated to celebrating 50 years of WMPG featuring artwork, ephemera, stories and more)

As part of the anniversary celebrations, WMPG invites its valued listeners, esteemed alumni, dedicated volunteers, and the entire community to join in the revelry. Throughout the year ahead, the station will actively engage with its audience through social media, ticket giveaways, and opportunities to share heartfelt memories and sto-

ries about the station's profound impact on their lives.

"Reaching this remarkable milestone is a testament to the passion, commitment, and support of our incredible staff, volunteers, and the community," said Annella Linton, Development Director. "For 50 years, WMPG has been the voice of southern Maine, and we are honored to have played a role in the lives of so many individuals. We eagerly look forward to continuing to serve as a vibrant source of entertainment, education, and connection for the community in the years ahead."

As WMPG commemorates its 50th anniversary, the station renews its pledge to empower Uni-

versity of Southern Maine students and community members to deliver exceptional programming, amplify local talent, and foster community bonds. This big milestone serves as a poignant reminder of the enduring power of community radio and its profound impact on individuals and society as a whole.

For more information about WMPG through 50 years, please visit the station's website at wmpg.org

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


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August is Summer Sun Safety Month, Tips from CMH

LEWISTON, ME (August 11, 2023) – New England has some of the highest melanoma rates in the country, despite being among the least sunny regions of the U.S., according to the Journal of the American Medical Association.

August is Summer Sun Safety Month which is a great time to focus on the

dangers of skin cancer and steps we can take to minimize the risk, according to Central Maine Healthcare physicians.

“There’s no reason why you can’t have a great summer and protect yourself at the same time,” said Michael Stadnicki, MD, medical division chief, Primary Care, Central Maine Healthcare.



Michael Stadnicki, MD, medical division chief, Primary Care, Central Maine Healthcare

Dr. Stadnicki offers the following advice to his patients.

UV exposure can even occur on cloudy, windy or cooler days. We often burn on such days because we feel cooler and do not think to apply adequate sunscreen to protect our skin.



Rebecca Brakeley, MD, pediatrician at Central Maine Healthcare

Avoid peak times of the day for sun exposure: 10:00 a.m.-2:00 p.m.

Use sunscreen with an SPF of 30 or higher. If sweating, reapply often.

When swimming, apply after exiting the water, and reapply often.

Wear proper clothes to protect your skin, such

as brimmed hats.

Wear sunglasses. UV rays can damage your eyes and also accelerate cataracts.

Moisturize your skin regularly.

Drink plenty of water when it is hot and sunny and minimize carbonated and alcoholic beverages.

Make sure to eat as well to avoid getting lightheaded. If out for a hike bring enough water and snacks.

Rebecca Brakeley, MD, a pediatrician at Central Maine Healthcare, says she has learned a lot about skin protection, both as a doctor and a parent.

“I’ve picked up a few tips by being a pediatrician and a mother of

three young children,” Dr. Brakeley said. “My own kids don’t like having sunscreen applied, so I find that hats and SPF rash guards or cover-ups are a great way to keep them protected. We also have a sunscreen stick that makes faces and ears easier to apply.”

Dr. Brakeley also advises:

Stay away from the chemical sunscreens and use zinc-based products recommended by the American Academy of Pediatrics.

For babies less than six months, the recommendation is to avoid direct sunlight exposure - so hats and shade are the best solutions.



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Red Cross: Donation shortfall may impact blood supply

PORTLAND, ME (August 8, 2023) — The American Red Cross has seen a shortfall of about 25,000 blood donations in the first two months of the summer, which makes it hard to keep hospital shelves stocked with life-saving blood products. By making an appointment to give blood or platelets in August, donors can keep the national blood supply from falling to shortage levels.

Right now, the Red Cross especially needs type O negative, type O positive, type B negative and type A negative blood donors as well as platelet donors. For those who don’t know their blood type, making a donation is an easy way to find out this important personal health information. The Red Cross will notify new donors of their blood type soon after they give.

The Red Cross needs donors now. Schedule an appointment to give by downloading the Red

Cross Blood Donor App, visiting RedCrossBlood.org or calling 1-800-RED CROSS (1-800-733-2767).

All who come to give throughout the month of August will get a \$10 e-gift card to a movie merchant of their choice. Details are available at RedCrossBlood.org/Movie.

Upcoming blood donation opportunities Aug. 16-31:

- Androscoggin
Auburn
8/19/2023: 9 a.m. - 2 p.m., Senior Community Center, 48 Petengill Park Livermore Falls
8/22/2023: 11 a.m. - 3 p.m., Livermore Falls Town Hall, 2 Main Street Cumberland
Brunswick
8/30/2023: 12 p.m. - 5 p.m., Brunswick Hotel and Tavern, 4 Noble St Freeport
8/21/2023: 12 p.m. - 5 p.m., Hilton Garden Inn Freeport, 5 Park Street Gorham
8/17/2023: 1 p.m. - 6 p.m., Cressey Road United Methodist Church, 81 Cressey Road Portland
8/23/2023: 10 a.m. - 3 p.m., Portland Elks

Lodge, 1945 Congress St. 8/25/2023: 11 a.m. - 3:30 p.m., MMC 995 Congress Street, 995 Congress Street

8/29/2023: 9 a.m. - 2 p.m., Martins Point, 891 Washington Avenue Scarborough

8/24/2023: 12 p.m. - 5 p.m., Saint Maximilian Church, 150 Black Point Rd

South Portland
8/31/2023: 9 a.m. - 2 p.m., Portland Sheraton at Sable Oaks, 200 Sable Oaks Drive

Westbrook
8/25/2023: 12 p.m. - 5 p.m., Westbrook Community Center, 426 Bridge Street

Yarmouth
8/25/2023: 10 a.m. - 4 p.m., American Legion Post 91, 196 Main St

How to donate blood
To make an appointment, simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. A blood donor card or driver’s license or two other

forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

Amplify your impact – volunteer!

A stable blood and platelet supply is critical to national preparedness. Additionally, as we approach the beginning of what is expected to be another active hurricane season, the Red Cross urges everyone to get ready now and consider becoming a volunteer to help people affected by the growing number of climate-driven disasters.

Support impacted communities by assisting at Red Cross shelters, using your professional skills as a licensed health care provider or becoming a member of the Red Cross Disaster Action Team. To learn more, visit redcross.org/volunteertoday.



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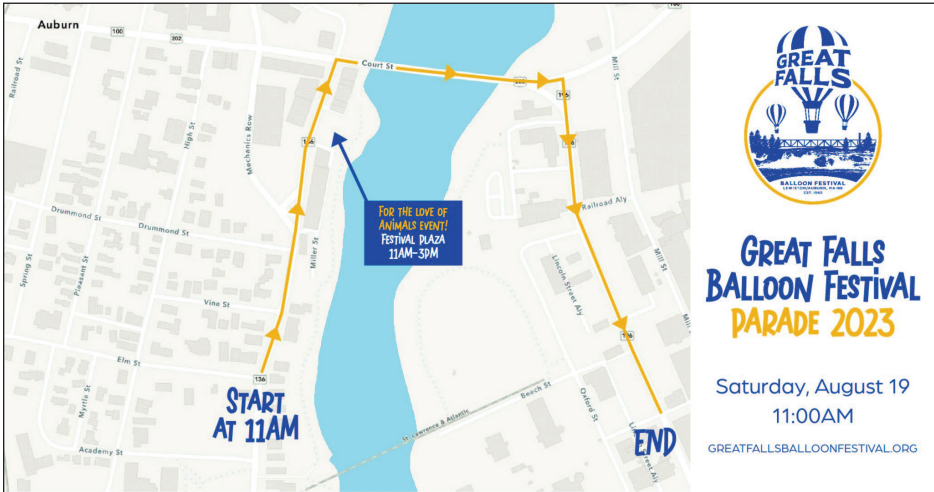
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Great Falls Balloon Festival Guide

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GFBBF Parade



Please join us on Saturday, August 19, 2023, at 11 a.m. for the festival parade!

The parade will line up on Elm Street, Auburn, proceeding down Elm

Street. It will turn left onto Main Street, right onto Court Street and across the Longley Bridge. It will then turn right onto Lincoln Street, and then a right onto Chestnut Street

and disperse on Oxford Street. The parade will last approximately 2 hours.

Check <https://greatfallsballoonfestival.org/parade/> for more information

Hot Air Balloon Rides

Balloon rides are available for 6 launches throughout the weekend. Morning flights launch at 6 a.m. and evening flights lift off at 6 p.m.

All balloon rides are free-flying and go where the wind takes them. Balloons range in size—from 2 to 10 passengers. Whatever the size of your group, we can find a balloon to fit your needs. At the end of each balloon ride, there will be a champagne toast to celebrate your adventure.

The earlier you book, the better the selection.

Availability

Friday, August 18, 2023 (morning *limited availability* and evening launch)

Saturday, August 19, 2023 (morning and evening launch)

Sunday, August 20, 2023 (morning and evening launch)

Cost \$250 / person

All purchases must be prepaid with either a check or a credit card, we can also send you an invoice via email after you send in your form where you can pay securely online. (see Ride Application).

Passenger Ride Application Form can be accessed at <https://greatfallsballoonfestival.org/hot-air-balloon-rides/>

Ticket Delivery All tickets will be

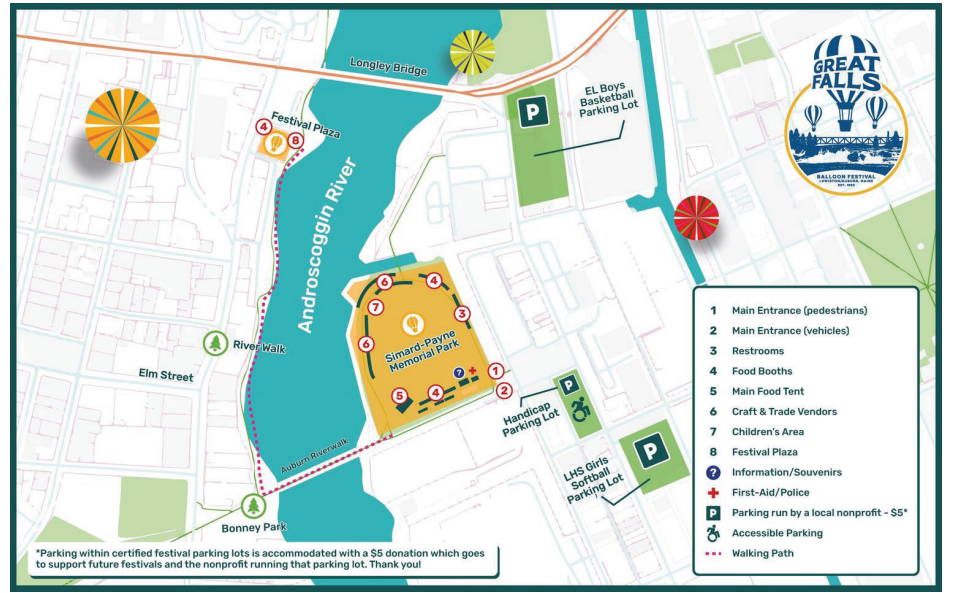
mailed out prior to Monday, August 15, 2023. If tickets are purchased on or after August 15, 2023, tickets will be available on the day of your flight. Please refer to your email confirmation for time, location and pick up information.

If traveling and you have not received your tickets in the mail, replacements will be issued during flight registration per your confirmation email.

Questions? Contact: Rides@GreatFallsBalloonFestival.org

We hope to see you at the festival and that you will join in on the fun and excitement of taking a hot air balloon ride!

Directions and Parking



Directions

The main launch site for the festival is Simard-Payne Memorial Park (formerly Railroad Park), off Oxford Street in Lewiston.

From Points North Take the Maine Turnpike (I-95) to Exit 80, Lewiston. At the light, turn left and follow ME-196 W/Lisbon Street downtown (about 2.5 mi.). At the intersection of Lisbon Street and Main, turn left. At the next light, turn left onto Lincoln Street. Simard-Payne Memorial Park is located off Oxford Street, one block over from Lincoln.

From Points South

Take the Maine Turnpike (I-95) to Exit 75, Auburn. At the light, turn left and follow US-202/ME-4/ME-100/Auburn (Washington Street and Minot Avenue) for about 4.75 mi., to the intersection with Court Street. Turn right onto Court Street. Cross the bridge into Lewiston. Take the first right onto Lincoln Street. Simard-Payne Memorial Park is located off Oxford Street, one block over from Lincoln.

Parking

Ample parking is available in the downtown area and in several lots adjacent to the festival grounds. Many non-profit organizations will be rais-

ing money for their organizations by offering parking for a donation. This parking will be located around the Bates Mill and along Lincoln Street in Lewiston. The City of Lewiston is graciously donating the use of these areas to the non-profit organizations. This does not include the parking lot across from the Franco Center on Oxford St. Please be respectful of our surrounding area businesses, private parking lots.

Handicap parking is in the corner lot of Chestnut & Lincoln Street. The Auburn Municipal Parking Garage also has many handicap spaces.

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From The Board of Directors

We are pleased to announce the dates of the 29th Annual Great Falls Balloon Festival is scheduled for August 18, 19, and 20th. The Board is working diligently on creating a theme and inviting balloons to attend this year's festival. We are working on gathering sponsorship, volunteers, vendors, parade participants, and exciting entertainment also if interested in any of these areas, please reach out to us. We will be announcing the theme and Specialty Balloons very soon.

As always, we are looking forward to sharing this incredible community event with all of you! This event is very dear to the twin cities and the communities surrounding the

Lewiston and Auburn and the GFBB Board is honored to volunteer to create this event.

We are all very proud to serve and fulfill our mission:

The mission of the Great Falls Balloon Festival is to provide fundraising opportunities for local non-profit organizations, while celebrating our community and promoting the Lewiston/Auburn area as a visitor destination.

We will continue to offer a jam-packed weekend and carry on our fantastic traditions and we may even throw in a few new and exciting things too!

Balloon launches are 6:00 am and 6:00 pm Friday, Saturday and Sunday.

Weather permitting, the moon glow will illuminate Simard Payne Memorial Park on Friday night. It is quite a sight to see! Come on down and enjoy a ride – if that is not for you, there will be tethered rides available Saturday and Sunday afternoons at the main field.

Both stages, Lewiston and Auburn, will be full of great entertainment all weekend – check out our schedule in this insert or on our website for all the details. There is something for everyone, we hope you enjoy it!

Craft and trade vendors will line the park and the carnival will be present to lend fun and excitement as well!

Since its creation,

Great Falls Balloon Festival Guide pages 7 - 12



the mission of the festival is to provide a place for local non-profits to raise much-needed funds. This is accomplished by the mouthwatering food offerings and donations to the parking lot groups. The organizations work hard all year preparing for this event to provide these choices to you. Visit your favorite food booth and support them!

According to economic impact studies done at the festival, the revenue stream over the

weekend to Lew/Auburn is \$2.3 million dollars, with 65% of that coming from outside the twin cities. Between our local restaurants, hotels, stores and gas stations, everyone benefits. The numbers are impressive for a weekend event supporting our great community!

It goes without saying, but we will say it any how... we could not put on this great event without the help and support of many volunteers, corporate sponsors and the

cities of Lewiston and Auburn. Everyone involved puts in endless hours and the board cannot thank everyone enough! We also thank the local landowners who may find a balloon in their backyard over the weekend!

Please come on down to the festival this year and enjoy all it has to offer. We look forward to being your hosts!

Thank you,
Board of Directors
2023 Great Falls Balloon Festival.

Donate to support The Great Falls Balloon Festival

The Great Falls Balloon Festival would not be able to happen without the support of our community and sponsors.

The mission of the Great Falls Balloon Festival is to provide fundraising opportunities for local non-profit organizations while celebrating our community and

promoting the Lewiston/Auburn area as a visitor destination. By supporting us, you are giving us a chance to give back to our community and local non-profits. Donations collected will help us support our mission. To donate, go to <https://greatfallsballoonfestival.org/donate/>

Donations to Great

Falls Balloon Festival are not tax-deductible.

Commonly asked questions:

Q: Once I've set up a monthly donation, how can I make changes to my account (i.e. change amount, change my credit card number)?

A: It's so easy! Once you make your first donation we will email you

asking you to create an account that would allow you to edit your donation settings.

Q: What if I need to stop giving. Can I stop whenever I want?

A: Of course! You can stop your monthly donation by logging into your account or by emailing us at info@greatfallsballoonfestival.org.

org.

Q: When will my credit card first be charged?

A: Monthly charges occur once per month. Your first online donation will be charged to your card on the date that your transaction is made. All subsequent charges will occur on the same day of each month. If you would

like to change the date of when you are charged you can email us at info@greatfallsballoonfestival.org.

Q: I have another question.

A: No problem. Email us at info@greatfallsballoonfestival.org and we will reach out as soon as possible to answer any questions.



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GFBF Blood Drive

Auburn Senior Community Center

Saturday August 19, 2023

9:00am – 2:00pm



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Auburn Senior Community Center

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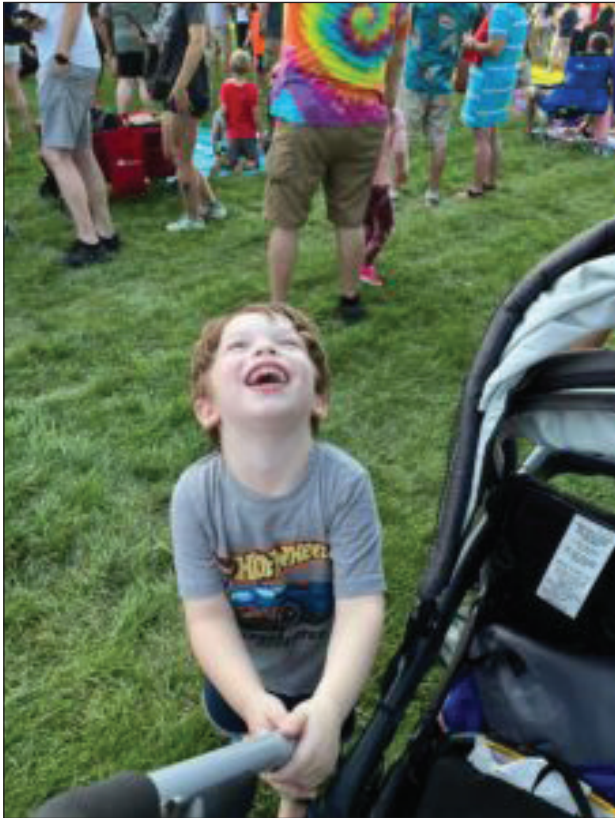
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Guest Guide



The first impression that comes to mind when we see hot air balloons is the free spirit and grace of floating where ever the wind decides to take you. But there is much more to a hot air balloon launch and flight than just riding the wind.

Hot air balloons are considered aircraft and are regulated by the Federal Aviation Administration (FAA) just as fixed-wing aircraft are. Hot air balloon pilots must pass a yearly in-flight certification to maintain his or her license as a commercial pilot. The Great Falls Balloon only invites pilots who have met these qualifications.

The balloons themselves must pass a yearly safety inspection which includes testing the fabric of the balloon, fuel system, integrity of the basket, burners, and all other related equipment before the balloon receives its annual airworthiness certificate to fly.

Unlike fixed-wing aircraft, a hot air balloon is dependent upon fair weather. Ideal conditions are calm winds below 8

mph and cool temperatures. Since wind and heat come with the sun, the ideal time for a balloon to fly is early in the morning before the sun gets too high in the sky and in the early evening as the sun begins to descend. The exception to this rule would be wintertime flying when the sun is less intense.

To inflate the balloon, pilots use inflation fans to fill the balloon with outside air. This process is called cold packing. When the balloon is inflated enough the pilot uses his burner to heat the inside air to approximately one hundred degrees warmer than the outside temperature. This is when the balloon takes shape and is ready to fly on a new adventure.

It is the heat inside the balloon that makes the balloon rise. If the outside air temperature is too high, the pilot would need to add more heat to the balloon to compensate. High heat can cause damage to the fabric of the balloon. This is why balloons rarely fly in the heat of the day.

Hot air balloon pilots

are always aware of the weather and the function of their equipment. The safety of the people in the basket is a top priority for the pilots always have the final say in whether the conditions are right for them to fly.

The experience that our visitors get at the Great Falls Balloon Festival is rare in the ballooning world. At most festivals, spectators are not allowed in the area where balloons are launching.

However, this up-close-and-personal venue also poses some challenges. Our main launch site is small. Our visiting balloons are huge. Our visitors are smitten. But our pilots and crews need space. A lot of it. They also need to be able to see and hear each other to keep themselves and everyone else on the field safe.

Maintaining a safe environment is a top priority, and it is crucial to the future of the festival.

Below are some things to keep in mind when visiting the festival:

THE BIG 5:

Don't Smoke. Our visiting balloons carry tanks full of propane gas. Due to the obvious fire hazard created by the use of propane gas, as well as the risk of damage to the balloon envelopes, smoking is prohibited.

Don't bring your dog. Or your cat, or bird, or snake. With the exception of service animals, NO PETS of any kind are allowed on festival grounds.

Don't bring your wheels. This includes bikes, skateboards, scooters, roller skates, and unicycles. The level of foot traffic on the walkway around the park is very high, especially at launch time.

Don't drink. No alcohol is allowed on festival grounds.

Don't fly drones without written permission. Flying drones at the festival can be very

dangerous with the large amount of people and all the radio wave interference.

LAUNCH TIMES AND SITES

Launches are scheduled for 6 am and 6 pm throughout the weekend and are always weather permitting. This includes wind and clouds as well as more obvious conditions like rain and lightning.

In the event of questionable conditions, Our Balloonmeister will wait as long as they can in hopes of a turn for the better. However, a launch decision may be delayed by up to an hour if weather conditions are changing. Ideally, the balloons will launch by 6:45 p.m. This time frame provides a fair ride for our passengers and gets everyone back on the ground before we run out of daylight.

Simard-Payne Memorial Park in Lewiston is our main launch site. Additional launch sites may be added if needed.

SPECIAL SHAPE BALLOONS

Specials fly only in the morning. At our evening launches, the special shape balloons will inflate and stay at the field to glow for the crowd. They are large, complex, and hard to pack up in the dark.

MOONGLOW

This ground-level

light show is a crowd favorite! Following the Friday evening launch, some of our visiting balloons will return to the field, inflate and light their burners for a ground-level light show, weather permitting.

ATM

There is an ATM available at Simard-Payne Memorial Park, near the Information/Souvenir Booth.

What are hot air balloons made of?

The bag or envelope is made of a reinforced fabric called rip-stop nylon (some balloons are made of dacron). The material is very lightweight

but very strong. The fabric is coated to prevent leaks.

What are the baskets made of?

The baskets are made from rattan or wicker. The material is lightweight and very durable. Each basket is individually woven by hand.

How fast does it go?

As fast or as slow as the wind. Since the balloon has no forward propulsion system, its speed is determined entirely by the speed of the wind. That is why balloon competitions are strictly for accuracy, not for speed.

How high does it go?

See Guide, page 11

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Meet some of the balloons




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Balloons & Pilots 2023

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JACK SEMLER / INDY HOT AIR WESTFIELD, IN

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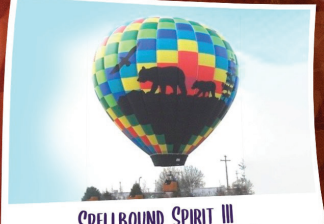

Balloons & Pilots 2023

LAST ONE
JOE AND BETH HAMILTON / HOPE SOUND, FL


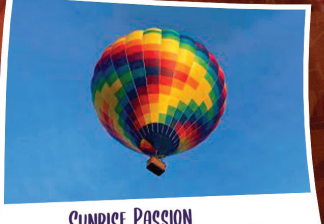
Balloons & Pilots 2023

JUST GOLDEN
KELLY HILBERTH / BLOOMFIELD, NJ

Balloons & Pilots 2023

SPELLBOUND SPIRIT III
RANDY LEE / FOUR OAKS, NC

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SUNRISE PASSION
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Guide
Continued from page 9

The balloons will fly from ground level to anywhere from tree level to a couple of thousand feet above ground level, depending on wind direction and speed.

When is the best time to fly?

Usually just after sunrise and one or two hours before sunset. This is the time of day when the winds are calmest and the air the most stable.

How long can the

balloon stay up?

It depends. Normally, the balloon carries enough fuel to remain aloft for 1 to 2 hours, but factors like outside air temperature, the weight being carried in the basket and weather conditions determine the duration of the flight. Our pilots try to get in at least 45 minutes of air-time each flight.

What kind of fuel is used?

Propane is kept in pressurized tanks in the basket. The balloon carries 30-40 gallons of liquid

propane. It is carried under pressure through flexible hoses to the burner. When the valves are opened, the propane atomizes and is ignited by a pilot light in the burner. The flame may shoot out as much as ten to twenty feet, making a loud whoosh.

How do you get back?

With the help of friends, who drive a chase vehicle. The chase crew will follow the flight of the balloon (as well as existing roads allow) and should be on hand to make

the recovery when the balloon touches down.

What should I wear?

We recommend wearing casual clothing and comfortable shoes. Consider light layers of warm clothing so you can easily adjust to the temperature as the sun comes up. The coolest you will be is on the ground. Once you're in flight, the burners tend to keep the baskets nice and warm.

DISCLAIMER:

Due to weather conditions, the best times for balloon launches are 6

a.m. for morning launches and 6 p.m. for evening launches.

Launches are always weathered permitting and times may vary depending on conditions.

The Moonglow (hot air balloons tethered and

lit up with propane) is scheduled for Friday night (usually at dusk) after the balloons return from the evening launch. If the weather doesn't allow the Moonglow show on Friday night there will be one on Saturday night instead.

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Meet some of the balloons



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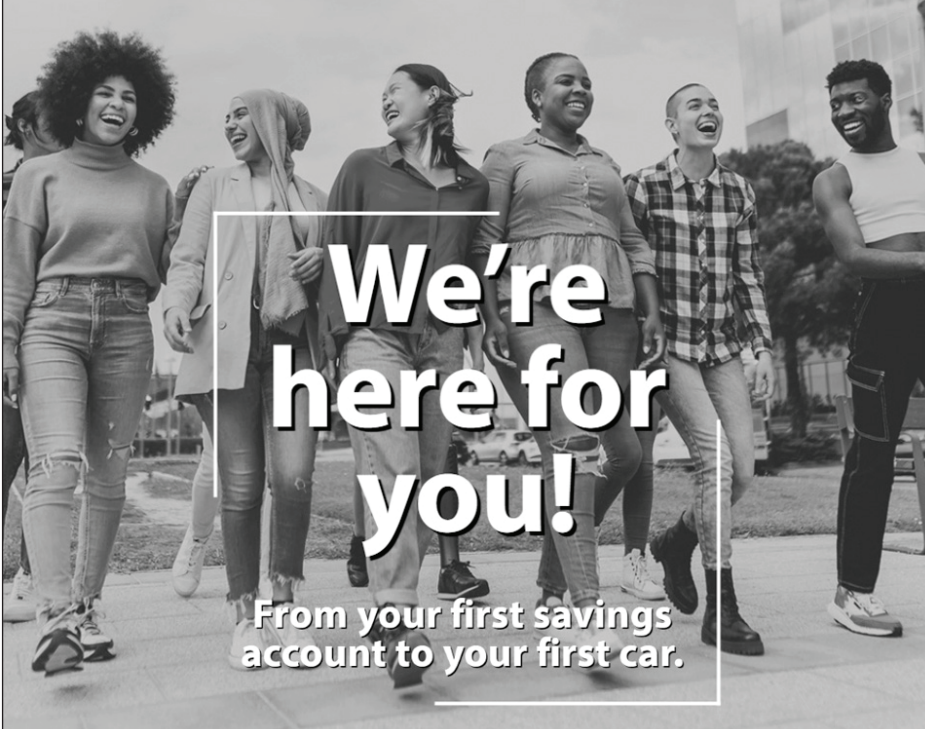

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Calendar

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AUBURN -- Community Little Theatre presents the musical *The Little Mermaid*, based on the Hans Christian Andersen story and the classic Disney animated film. Show dates are August 10, 11, 12, 17, 18, and 19 at 7:30 p.m. and August 13 and 20 at 2:00 p.m. Tickets are available online at www.laclt.com/box-office or by calling 207-783-0958.

Aug 18
LEWISTON -- Opening Minds through Art (OMA) classes Fridays July 14–August 18 from 1-3 p.m. at Education Center of SeniorsPlus at 8 Falcon Road in Lewiston. Through a series of classes, OMA engages students with dementia in creating freewheeling art. Contact SeniorsPlus, at 207-795-4010, edcenter@seniorsplus.org.

Aug 19, 22
DaPonte String Quartet Summer Series II Program with guest violinist Petros Karapetya: Francaix String Trio in C; Stravinsky Three Pieces for String Quartet; Stravinsky Concertino for String Quartet; Brahms String Quartet in C Minor, op. 51, no 1

Saturday, August 19, 7:30 pm St. Paul's Union Chapel, Waldoboro

Tuesday, August 22, 7:30 pm Ocean View Grange

Tickets and addition-

al information available at dapontequartet.org

Aug 21, 28
LEWISTON -- The Lewiston Public Library, in partnership with ArtVan, will be offering art programs in Kennedy Park this summer for children ages 5-14 on Mondays July 10, 17, 24 and August 7, 14, 21, 28 at 3:00PM. Information can also be found on our website at <https://lplonline.org/events/artvan-in-kennedy-park-2-july/> and <https://lplonline.org/events/artvan-in-kennedy-park-2-august/>

For any further information, please contact the Children's Department at LPLKids@lewistonmaine.gov or call 207-513-3133.

Aug 25
BAR MILLS -- JOHN JOHN BROWN - SONGS, STORIES AND ART: LESSONS FROM STRANGERS, at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Aug 25 at 7:30 pm. Tickets: \$15 General Admission at www.sacorivertheatre.org or call 207-929-6473 for reservations.

Aug 26
BUXTON -- Had-dock Supper Buffet - Saturday, August 26, 2023

- 5:00 pm at Living Waters Church, Parker Farm Road, Buxton. Suggested donation: \$10 Adult, \$5 Child, \$20 Family.

Please note: We will offer the option of takeout containers for those who do not want to come inside for seating.

Wearing of face masks for those who wish is optional.

Hand sanitizer is available for those who wish to use it.

Aug 26
GRAY -- First Congregational Church of Gray Saturday Night Church Supper, August 26, 2023, @ 5:00 P. M. at the Parish House, 5 Brown Street, Gray

Handicapped Accessible; Meals are single-sized and are \$10.00 each. Please pay at the door.

The Menu includes: Variety of Casseroles & Salads, Baked Pea Beans, Red Hots, Breads, Assortment of Desserts & Beverages.

Phone # day of the supper - 657-4279

Sept 2
GORHAM -- On Saturday, September 2nd, starting at 1:00 pm at the United Methodist Church, 439 Park Avenue in Au-

burn, the Maine Iris Society will hold its annual auction of Siberian irises and daylilies. All are welcome.

Sept 2
BAR MILLS -- DAVID MALLET - at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Sept 2 at 7:30 pm. Tickets: \$15 General Admission at www.sacorivertheatre.org or call 207-929-6473 for reservations.

Sept 6
BAR MILLS -- MARIA MULDAUR'S 50TH ANNIVERSARY OF "MIDNIGHT AT THE OASIS" - at Saco River Theatre, 29 Salmon Falls Road, Bar Mills, ME, Sept 6 at 7:30 pm. Tickets: \$15 General Admission at www.sacorivertheatre.org or call 207-929-6473 for reservations.

Sept 14
AUBURN -- Job-sInME is hosting a Career Fair that is Free to job Seekers at the Hiton Garden Riverwatch on Sept 14, 2023 from 3-6 PM. Some of the best companies in Maine will be there looking to hire!

Oct 21
WESTBROOK -- Annual Holiday Craft Fair and Silent Auction

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baked goods and very popular silent auction items featuring sports memorabilia, game tickets, themed gift baskets, fabulous items and gift certificates! **SILENT AUCTION ENDS AT 2PM.**

Every 1st, 2nd, and 3rd Monday
LEWISTON -- PROGRAMS FOR HOMESCHOOL FAMILIES, held the 1st, 2nd and 3rd Monday 11:15am-12:30pm starting March 6th, 2023 at the Lewiston Public Library Children's Department

Homeschool families, are you looking for opportunities to have fun and socialize with other homeschool families? LPL will be offering activities for homeschool families in the Children's Department the first three Mondays of each month from 11:15am-12:30pm. The activities will be a Homeschool Video Game Social on March 6th, a Homeschool

Lego Club and Curriculum Swap on March 13th, and a Homeschool Storytime and Craft on March 20th.

This program is free and recommended for homeschool families with children of all ages. No registration is required. Contact info. 513-3133, LPLKids@lewistonmaine.gov

Second and fourth Thursdays

LEWISTON -- **YOUTH TRADING CARD GAME CLUB** held from 4 PM to 5 PM at the Lewiston Public Library. Join the Youth Trading Card Game Club to play, learn, trade, and compete with your peers! Games include Pokémon, Magic: the Gathering, and more. All skill levels are welcome. Library staff and volunteers will be available to teach new players and coach developing ones. Free. For kids & teens ages 8-18. 513-3135; www.LPLonline.org

GORHAM LITTLE LEAGUE

Field Funding Campaign

The Gorham Youth Baseball & Softball Association is making a large capital investment to provide updates and add fields to accommodate practice and game schedules:

- Develop 2 fields at White Rock
- Purchase seasonal fence for Shaw Park
- Repair dugouts and fencing, build storage centers
- Add infield mix and relevel current fields
- Acquire tarps and field maintenance equipment
- Add scoreboards

VISIT: GYBSA.COM FOR MORE INFORMATION, INCLUDING DONATION LEVEL REWARDS

DONATE TODAY!

VISIT: tinyurl.com/GYBSA-DONATE or

MAIL TO: GYBSA, PO Box 176, Gorham, ME 04038

GYBSA is a non-profit 501(c)(3) tax deductible contribution

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FOR SALE

Wood boiler - Must go! \$2,500. Alternate heating carbon steel wood boiler. Purchased in 1996 for \$6,800. New door seal, bricks, blanket, and silicone card bead. Includes cycle timer and plumb fittings. 1,400#. Model E100 wood gun. Can be lifted directly into your trailer. GORHAM. (207) 222-2755.

GENERATOR

Briggs & Stratton Elite series 7000 Watt generator - Key start- 25 foot 10 gauge rigid power cord included. Used 63 hours. Asking \$650.00 cash - serious inquiries only, please call 207-929-1575

HOUSE KEEPING

Housekeeping/ House Arranging small items to aid in mobility. Small jobs/spring cleaning and removal of unwanted items. Scheduled regularly and ongoing. (207) 705-7989

LIVE & CODE IN MAINE

Maine cybersecurity startup seeks local software engineer
Defendify is looking for a senior full stack engineer to join full-time. Small team/big results. Fun + flexible + always interesting. Come build our award-winning, all-in-one cybersecurity platform. Position information and to apply: www.defendify.com/careers.

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23 years full time, references upon request, seniors and veterans discount on labor, free estimates. Call for on site review of your project with advice on what you have now and the best way to proceed. Call 207-786-9849

SENIOR TRIPS

August 18, 2023 - Warren's Lobster House - Kittery - We will have lunch from a limited menu which includes a super salad bar, the main entrée and dessert. After lunch we will head to Ogunquit where you will have a few hours to shop or walk on Marginal Way or find a bench and enjoy the ocean view. We leave Lewiston Park and Ride at 9:15 a.m. and will be back around 4:30 p.m. Price is \$77.00 which includes the bus, lunch and tips.

August 30, 2023 - THE DAVINCI CODE - Ogunquit Playhouse - Bus will leave Lewiston Park and Ride on Lisbon Street at 12 Noon and travel to the playhouse for the 2 p.m. show. After the play we will go to the Clambake Restaurant in Scarborough for dinner on your own. The price

for the bus, bus driver tip and play is \$105.00 due at sign up. Deadline to sign up is August 14 th . Last year's play sold out so if you are interested sign up early. September 27, 2023 - Join us for a day of fun in Bar Harbor. We will leave Lewiston Park and Ride at 7:15 a.m. and head to Bar Harbor Cellars. We will enjoy a tour and tasting of 5 different wines . From there we head to Bass Harbor where we will enjoy lunch at the Seafood Ketch Restaurant. Lunch is on your own. After lunch we travel to Seal Cove to visit the Seal Cove Auto Museum. The price for the bus, wine tasting, auto museum and tips is \$87.00. The deadline to sign up is August 30 th . Sign up at the Lewiston Senior Citizens office at 65 Central Avenue in Lewiston.

FRYEBURG FAIR - OCTOBER 3, 2023 - Senior Day at Fryeburg Fair. 65 and over get in for free . For those under 65 the price is \$15.00. You are responsible to pay for your admission. Bring something with you showing proof of your age. We will leave the Lewiston park and ride

at 8 a.m. and be dropped off at the entrance with a return time of around 5 p.m. You will have plenty of time to view exhibits, visit the animals and enjoy the food. The price for the bus and driver's tip is \$52.00. Deadline to sign up is August 29, 2023.

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

NOVEMBER 29, 2023 TO DECEMBER 1, 2023 - WHITE MOUNTAIN HOTEL & RESORT

- This trip includes 2 nights lodging, 2 breakfasts, 1 lunch, 2 dinners and 2 different entertainment shows, an Austrian sleigh ride at Nestlenook Farm in Jackson, NH., shopping at Settler's Green or in town shopping. All room

and meal taxes & gratuities included. The price is \$589.00 per person double occupancy. A \$100.00 deposit per person is due at registration. Final payment is due October 28, 2023. Pick up location is The Auburn Mall (in back of J.C. Penney) 500 Center Street, Auburn, ME at 10:30 A.M. For more information on any of these trips please contact Claire at 207-784-0302 [Home] or 207-576-8604 [Cell] or Cindy at 207-345-9569 [Home].

SUPERVISED EXERCISE

Fit to Function, individualized exercise programming promoting function through fitness. All ages welcome with emphasis on middle aged and older adults. Currently offered at private Lewiston gym, in-home options available. Call Mike Phelan for more information. 207-577-8777

WANTED

Full & Part Time
John's Cleaners in Lewiston is seeking a garment pressor &

delivery person. No experience necessary. We will train. Pay is \$14 -\$16 / hr with paid holidays. Call 784-9096 or apply in person.

Odd jobs and Gig work

Trained and experienced in babysitting, petsitting, senior/adult care and cleaning. Contact Missy at 207-539-3204 or ms.melissajackson@yahoo.com

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Temple
Continued from page 1

Khmer Maine plan to hold neighborhood meetings to get feedback from neighbors on potential plans and uses for the land.

“Maine’s Cambodian community is small but mighty, around 2,000 according to census figures. Since refugees of the Cambodian genocide started arriving in the 1980s, our community has moved beyond Portland and Sanford to surrounding areas, like Westbrook, Gorham, Windham, Saco, Biddford, and some now even in Augusta and Bangor. Our children go to Maine schools, our young men and women join the armed forces, our entrepreneurs start their own businesses,” Khmer Maine President Marpheen Chann said at the press conference.

“Our community has called Maine home going on half-a-century now and just like the Irish, Italian, and French Canadian communities who came before

us, it’s time to come forth and say ‘We are Maine, too.’”

Also present at the press conference were Westbrook’s Mayor Michael Foley and Marcel Ntagora, a community engagement specialist at the Greater Portland Council of Governments.

Mayor Michael Foley spoke in support of the project, saying, “As the city of Westbrook continues to diversify... the community center and the temple that will be here will be a tremendous benefit to the community and to the region. As we saw from the Cambodian new year celebration this year they bring a lot of people in to celebrate in Riverbank Park earlier this year.”

“And this plot of land is unique as it’s connected to the City Forest which connects into a number of trail systems as well as our community center. So it will be a unique economic development opportunity to bring people to Westbrook from all over New

England to worship here but also connection to trails and recreational opportunities...”

The Cambodian community is seeking support for its development of a cultural & community center and traditional temple. Individual donors can give at wattsamaki.org/welcomehome and companies and corporations who can make monetary donations and donate lumber and building supplies can reach out to marpheen@khmermaine.org.

About Khmer Maine
Khmer Maine is a nonpartisan, grassroots organization working to improve the quality of life and the social and economic well-being of Cambodians in Maine through cultural exchange, community building and civic engagement. Khmer Maine also partners to support members of Maine’s Southeast Asian and Pacific Islander communities and strives for solidarity with Black and Indigenous communities in Maine.

Gallery
Continued from page 3

been shown at Chapelle d’Aniane, France; National Gallery of Art, Tirana, Albania; Katonah Museum, NY; Portland Museum of Art; and Ogunquit Museum, ME. She has received fellowships and grants from the Maine Arts

Commission, Tempoarts, Kindling Fund, NEFA, and Conseil Regional in France.

Roy Fox studied art at the San Francisco Art Institute and received his BA in multi-media art from Marlboro College, Vermont. He has worked professionally as an artist and designer in

Los Angeles and Maine. Projects have included partnering with the Guggenheim, Whitney, and Metropolitan museums in New York, among others.

Together, Pamela and Roy bring a rich, synergistic blend of vision and experience to their collaborations.



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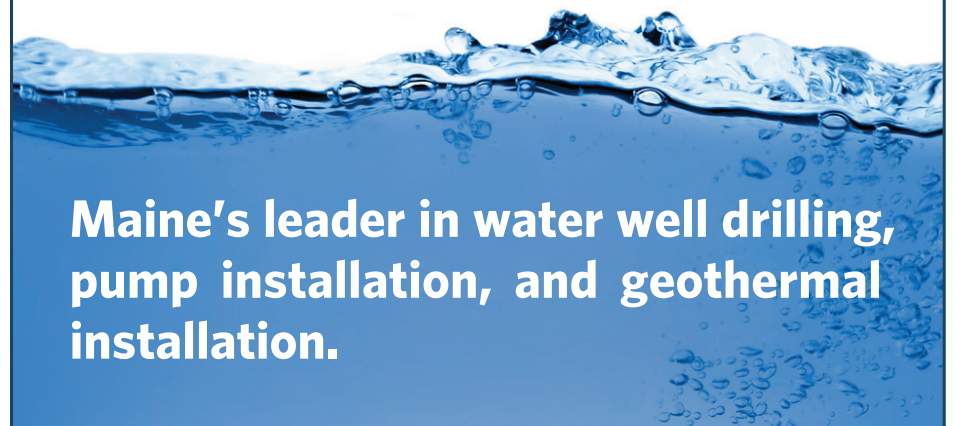


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