



Biddeford Pool Community Center

biddefordpoolcommunitycenter.org

September/October 2022 Newsletter

Message from the President

Judging from the events and programs at the Biddeford Pool Community Center this past July and August, we are at the very least heading back to normal if not already there. After two summers with little activity the much missed Fourth of July parade and fireworks returned along with art exhibits and Artists by the Sea. And there were fitness classes, bridge, Story Time, and museum tours to name just a few of our activities. And we added Mah Jongg to our offerings. A big thank you to the volunteers who planned and organized these events and programs.

We also introduced a new program this summer. Heather Davis worked with UNE staff to arrange tours of the Girard Marine Science Center. During the tours we heard about the expanded oceanography curriculum and research being conducted in local waters. In the future there may be occasions to hear directly from students about their own research projects as well as opportunities for us to work side-by-side with students engaged in local marine research.

If you have suggestions for Biddeford Pool Community Center events and programs, please let us know.

A Walk Through The Intersection

(a 'movie' tour through the Mills of Biddeford)

Biddeford City Theater

205 Main Street

Saturday Sept 3rd 7:00pm

Cost \$10

AAA Alaska Cruise Tour Presentation

Join AAA Travel and Celebrity cruises to experience "new luxury" in the great wilderness of Alaska. Alaska's incredible wildlife, mountains and glaciers will be on display as Celebrity highlights its award winning trips to Alaska.

Come join us for a wonderful evening with AAA Travel and Celebrity Cruises.

September 10, from 5-7pm

with light refreshments

at Biddeford Pool Community Center.



Space is limited to 50, respond soon.

Please RSVP by e-mail to muyderman.khaney@nne.aaa.com or call 207-282-5212.

PLEASE JOIN US FOR A VERY SPECIAL RECEPTION
SUNDAY, SEPTEMBER 11, 2022, 4:30PM



This statue, OUR FOREBEARS OF THE SEA, was created by our old friend and neighbor, FRANK HANDLEN, as a study for the larger version that has resided on the village green in Kennebunkport since 1995. His son Paul and wife Cynthia were the models for the statue, and Paul very generously donated it to the Center earlier this summer.

The Handlen's made Biddeford Pool their home from the 1930's into the 1970's, when they sold the house that sits next door to the Center, now owned by Shirley Stallings. For more info on the statue and on Frank, go to this link: <https://www.kporttrust.org/frank-handlen>

Frank and Paul will be our special guests at this "unveiling".

Frank's 106th birthday will be on September 26th. There will be cake!

Drawing in Yates Street Park

(or inside BPCC if rainy)

w/Diane Noble

Thursdays 10-12 noon

September 29, October 13, 27, November 10

For more info: dbmn27@maine.rr.com



Have **ART**...Want to Exhibit?



We are looking for members that would like to display their paintings, photography, drawings, etc. on the walls of the **BPCC Library/Gallery.**

Book a month-6 weeks, starting October.

Contact Diane Noble dbmn27@maine.rr.com

Annual Meeting

Friday, October 14th

Date set but **stay tuned for details.**

It may be virtual, it may not! Board to decide 9/14.

A Slightly Batty Halloween 'Drop In'

Sunday, October 30st

4:00 pm on Center Lawn

Costumes Optional

Fire Pit, Music, and Burgers!

B.Y.O.B.



Buffleheads Night!!

Surprise !!

Ray & Karen will be offering

3 of their most popular entrees and desserts

In a 2 seating dinner at BPCC

5pm and 7pm

Saturday, November 12th

So....**SAVE the DATE,**

limited numbers

More info to come



LEISA's PLACE at the BPCC Library



I hope this newsletter finds you having enjoyed our beautiful summer days to the utmost! My hope is that you have had the opportunity to utilize our little library for your families and friends and enjoyed a book or two. In the last several months we have added 65 new (or almost new) adult titles and several young children's books. Some were new purchases, others generous donations from the community members. If you have books currently published 2020 forward and would like to donate them to the library, please contact me. In the meantime, I will continue to purchase newly released titles and always welcome ideas from you, our readers!

Thank you to those who have donated books as well as those who volunteer their time at the Library. Your generosity is much appreciated.

As the daylight shortens and the Fall season settles in, time for more reading enjoyment could be there for you!

Beginning the week of September 5th, we will be open each Monday and Thursday from 10-12pm. Closed Labor Day.

In October we will once again begin our **Thursdays only** schedule. We hope to see you there soon!

Sue Maccalous
email @ xraychic17@yahoo.com



Joan Beaudry Education Award



Three candidates from the BPCC area applied for the Joan Beaudry Education Award this year. One candidate was a previous recipient and the other two were first-time applicants. Interviews were held in early August and the committee will make its recommendations to the Board at the September meeting. It was a pleasure getting to know all the candidates. With their strong work ethic, impressive letters of recommendation and school transcripts, we feel confident that all 3 candidates will make excellent recipients for this award.

Each recipient is required to do 2 hours of community service. If you know of any local community service opportunities for our recipients, please contact Tracy or Greg below.

We welcome any undergraduate college students who have ties to the BPCC to apply for the Joan Beaudry Education Award. The scholarship deadline is June 1st every year. The application can be found on the BPCC website. Candidates must have a minimum GPA of 2.5 and value leadership, citizenship and community service. Complete eligibility guidelines can be found here: <https://biddefordpoolcommunitycenter.org/education-fund/>. If you have any questions, please contact co-chairs Tracy Callahan gtfamily@comcast.net and Greg Tarbox gftbox@gmail.com. (Biddeford High School students may apply through their guidance department but can opt to apply through the BPCC if their family are members.)

Drop-in Bridge continues on Mondays, 1 - 4 pm, at BPCC. All levels are welcome, and a \$1.00 donation is appreciated. RSVPs are not required but are very helpful. Please contact Debbie Melican (burnsmelican@gmail.com) if you would like to be added to the email reminder list.

Duplicate Bridge continues on Fridays, 1 - 4 pm, at BPCC. A \$1.00 donation is appreciated. RSVPs are required so that we have full tables. If you want to play, please contact Carol Bassett (cjobmaine@gmail.com).

We'd love to have you play with us!
Carol Bassett & Debbie Melican



Gentle Yoga : Quieter Practices of Yoga with Mindy Miller Muse **3 Mondays Sept 19, 26th & October 3rd at 11am**

This three class series explores three of the quieter practices of Yoga

Monday Sept 19 11am: Yin Yoga (slower paced postures all practiced on the floor with longer holds (1-5 minutes))

Monday Sept 26th 11am: Restorative Yoga: Postures practiced with the intentional inclusion of supports (Floor/pillows/blankets) to cultivate activate the restful part of the nervous system

Monday October 3rd 11am: Yoga Nidra-Guided Relaxation practice often described as "Sleep with trace awareness" this practice aims to systematically invite rest, rejuvenation and energy balance.

Advanced sign up is encouraged class will happen with minimum ups. Sign up for one or all classes! \$15 per class
walk ins welcome, space permitting.

Sign up at www.mindymuseyoga.com or
contact Mindy FMI at mindymuseyoga@gmail.com

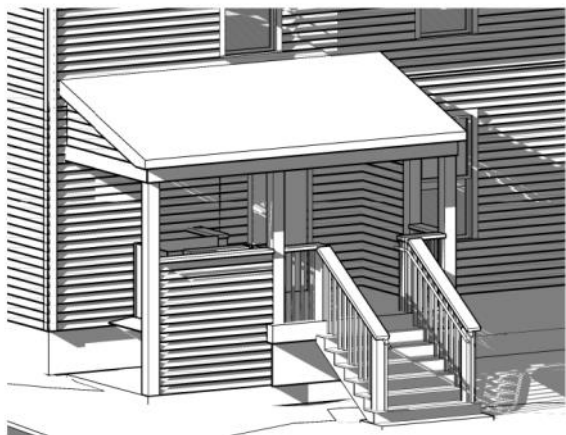


Fitness Classes with Tracy

Classes will continue into September, so please reach out to Tracy to get on the mailing list. If you are interested in any virtual fitness class offerings this fall or have any questions about future classes, please reach out to Tracy as well at gtfamily@comcast.net.

Fitness classes with Tracy Callahan in the Yates St. Park have been well attended this summer. The classes have a steady following from Biddeford Pool, Fortunes Rocks and Hills Beach. There are year rounders, seasonal property owners and several repeat renters who come back year after year. This year's offerings included Cardio & Strength, HIIT & Stretch, Bootcamp and Stretch & Active Recovery. We welcomed all fitness levels and engaged people from ages 14-75. Thank you to the Land Trust for allowing us to exercise in this beautifully renovated park. All donations for classes go to the BPCC.

Universal Access Porch for the Biddeford Pool Community Center



A workable design that will allow the Center's first floor to become handicap accessible has been presented to the Board of Trustees. Fellow member Chris Carroll, who is an architect, offered his help. The deck he has designed will accommodate a chairlift with protection from the elements, is ADA compliant, and user friendly. Bids have been sent out to several local construction contractors with the hope of finding one that can begin work as soon as possible at a reasonable price.

Jim Oleson
Building Committee Chair



BPCC Board Meetings

Board meetings being held on third Wednesday of each month at 4 pm.

If interested in joining contact Joe Valenza @ jjvidal@gmail.com.

Board Minutes may be found on the website biddefordpoolcommunitycenter.com

Center Rentals and other Requested Center Uses should contact Jim Oleson at (508) 641-7768 or jimoleson57@gmail.com.

Recruiting for the 2023 Seaside Fair

Chairpeople needed for the following areas:

Artists & Craftsmen recruiter

Raffle organizer

Lunch and Bake Sale recruiter

Children's Crafts creator

Many records and notes are available for referral .

Previous leaders are willing to meet and assist.

This fun event needs a fresh start!



Please contact: Eve @ eve@maine.rr.com. or 207-282-0417