



Biddeford Pool Community Center

biddefordpoolcommunitycenter.org

May / June 2023 Newsletter



Earth Day Week-end Report: Friday evening's Social and impressive presentation by Sarah Curran from Governor Mills Office of Policy Innovation and the Future was very well attended. To read Sarah's presentation go to: [Maine Won't Wait.com](http://MaineWon'tWait.com). & [Maine Climate Council.org](http://MaineClimateCouncil.org)

Saturday's Clean up started with a review of the 7 Clean up Areas of the Pool, with emphasis given to the rocky shoreline and the mangled lobster traps accumulated there. Before departing, thanks was given to Mother Earth as several people read the 'Thanksgiving Prayer' from [Braiding Sweetgrass](#) by Robin Wall Kimmerer. Corn chowder, assorted sandwiches and homemade cookies were well received following the morning clean up.

Saturday night, with Ice Cream Sundaes, several of us watched '**Breaking Boundaries**' a powerful film featuring David Attenborough and scientist Johan Rockstrom examining Earth's biodiversity. A highly recommended viewing, it is available on Netflix.

It was a non-stop, educational, fun Earth Day Week-end!

After the movie, several members suggested that once the Center's supply is depleted, plastic water bottles should no longer be offered. Pitchers of water will be available. Bring a thermos.

"If we could really see what we have done to the world, we would go mad!" Sue Coe

"If the destruction of the natural world isn't making us happy, then why are we doing it?" Derrick Jensen

"Climate change is not just another issue. It is **THE** issue that unchecked, will swamp all other issues." Ross Gelbspan

Message from the President

The Biddeford Pool Community Center calendar lists the dates and times of BPCC activities, most of them happening at the Center. Go to biddefordpoolcommunitycenter.org and click on the calendar button to see a list of activities.

The April calendar showed there were 25 activities held on the 20 weekdays last month. On half the weekdays one activity was scheduled at the Center. On four of the 20 weekdays, two activities were scheduled. On one of the days, three activities and on another, four activities.

I'm sharing this with you for two reasons. One is to let you know that in addition to reading the newsletter to find out about BPCC activities, you can check the calendar on our website, which brings me to my second reason for sharing this information.

The newsletter comes out every two months. It typically highlights the BPCC activities planned for the next 60 or so days, but new activities can crop up in any 60-day period. And sometimes there are program changes. For an up-to-date listing of BPCC activities, check the calendar.

On behalf of the Board of Trustees, I hope you will participate in BPCC activities and invite you to suggest possible future activities for us.

Celebrate Cinco de Mayo

Saturday May 6th

5:30 – appetizers / 6:15 – dinner

Bring your Muchachos!

Wear A Sombrero, por favor!

Chefs: Peter & Eve McPheeters

Guacamole, chips & salsa, Chicken Enchiladas

Choose: Regular Chicken or Vegetarian

Pinto Beans/Green Rice

and Chocolate Bread Pudding

BYO Beverage

\$ 20.00

RSVP - Cynthia @ 286-7776 ASAP

charchibald@me.com

Please specify number attending AND regular or vegetarian

Fire Barn, Biddeford Pool

Sponsored by Union Church



Biddeford's Climate Task Force Info Session

Tuesday, May 16th, 7:00 pm with dessert & coffee

Upstairs at the Center

Did you know that Biddeford had a 'Climate Task Force'??

In 2020, the Biddeford City Council declared a Climate Emergency, and Mayor Alan Casavant appointed the Climate Task Force to create a plan for Biddeford. Dr Meghan Daly, Brad Favreau, Tim Boston, and Jim LaBelle, members of the CTF, will present an info session update.

Come hear what they have to say!!

Please r.s.v.p. to Eve @ eve@maine.rr.com or 207-282-0417

"You cannot change any society unless you take responsibility for it, unless you see yourself belonging to it and responsible for changing it." Grace Lee Boggs

Out to EAT!

**Mr. T's Smoke Shack
FOOD TRUCK**

is coming to B'Pool by FO Goldthwaites

**Saturday, May 20
5-7pm**

RSVP indicating your time of pick-up
and how many orders you will place
eve@maine.rr.com or 282-0417



Dinner Menu

*All sandwiches include bottle water, cole slaw,
cornbread & Choice of Side
~ \$1. Upcharge for iced tea or soda

- *PULLED PORK SANDWICH \$16
- *BRISKET SANDWICH \$18
- *PULLED CHICKEN SANDWICH \$16
- *SMOKED MEATLOAF SANDWICH \$17
(Served with bacon & cheese on top)
- *RIBS ½ rack \$20
- *QUESADILLA \$12
(add choice of pulled pork or chicken)
- *THREE CHEESE MAC & CHEESE. \$12
Can add choice of pulled pork or chicken \$6 Brisket \$8

~ SIDES ~

- Three Cheese Mac & Cheese
- Beans
- Potato Salad

[*prices might vary]

Seaside Fair Help Wanted

Saturday, July 15th (rain date 16th)

Help is needed Friday for tent and table set up (8 men). Saturday 4 are
needed to supervise Kid's Crafts, 2 Face painters, Raffle Ticket Sales
people, Lunch Prep, and Parking.

This is a **BIG** production and we need your help!! Please !!

Contact Eve @ eve@maine.rr.com or 207-282-0417. Or

Diane Noble @ dbmn27@maine.rr.com or 207-284-6394

Interested Crafters should contact Renee Messier at 207-502-0050 or
oldpool@maine.rr.com space limited!





Garden & Art Tour

BIDDEFORD POOL • HILLS BEACH
FORTUNES ROCKS • GRANITE POINT

AUGUST 5 • 11AM - 3PM
RAIN DATE AUGUST 6



ANNOUNCING THE 2023 BPCC GARDEN & ART TOUR!

Set against the backdrop of our beautiful beaches & marshes, the communities of **Biddeford Pool, Hills Beach, Fortunes Rocks and Granite Point** will open some of our premier gardens for visitors to take a self-guided tour. Local artists will be joining several of our gardeners to showcase their work. Master Gardeners will also be on hand to talk with attendees at some locations.

Purchase online at [eventbrite.com](https://www.eventbrite.com)
(Search for Biddeford Pool Community Center Garden & Art Tour)
Tickets \$30 each

Proceeds to benefit the BPCC, which fosters educational and charitable assistance for local area persons in need.

BiddefordPoolCommunityCenter.org

The Lecture BPCC hosted on March 8 with Dr. Sidney Springer PhD UNE School of Pharmacology

was well appreciated by attendees. It was suggested that some of the comments people offered afterward might be shared with our membership via this newsletter. What follows is a sample of some of the responses:

"Dr. Springer's suggested approach for getting our medical providers involved in deprescribing will assist us in possibly having fewer medications and therefore fewer side effects from medications."

"Interactions between supplements, vitamins and prescribed medications can become problematic. We were informed about the need for more consultation between patient, provider and pharmacists."

"We were glad we were there! Several specific items of learning included having a list of all of one's medications, vitamins and supplements posted on the refrigerator at home and carried in one's wallet. The resource of a pharmacist as an available consultant for medication review was helpful."

"We were guided toward a greater understanding of our own advocacy for our personal health care."

"Dr Springer's personal style of conveying significant information about pharmaceuticals, medically prescribed and self prescribed, enhanced our understanding of the need for regular medication review and the importance of the concept of deprescribing."

"She engaged with our attendees and felt that the small interactive group was a joy to teach. At the close of the session she offered to return, perhaps in the fall and/or to find us an Integrative Health Care Pharmacist to continue the discussion."

Fall BPCC newsletters will offer more information about future BPCC/UNE events. Heather Davis

New Book Recalls the History of the Pool's Summer Community



Every July, when summer residents flocked back to Biddeford Pool, local lobster fisherman Jordy Goldthwaite would greet them, asking, "Up for the Season?"

Now, ***Up for the Season*** is the name of a new book about the history of the Pool's summer community, edited by long-time summer residents Janice Hamilton and Christy Bergland. This collection of short articles includes histories of some of the old cottages, childhood memories of the Pool, stories about favorite places, such as the Store, and articles by or about Joe Bain, Penny Marshall, Peter McPheeters and many others.

Among the questions these articles have tried to answer is, when and why did your family first come to Biddeford Pool? When families from cities such as Cincinnati and St. Louis first started summering at the Pool in the mid-1800s, they stayed in hotels or boarding houses. The first cottage was probably built in 1885. Over the years, the summer residents have played, sailed, eaten, drunk and laughed together. Today their descendants are still summering at the Pool and enjoying the ocean breezes that attracted their great-grandparents.

There will be a book launch at the Pool in July. In the meantime, the book can be ordered online at <https://boutique.bouquinbec.ca/up-for-the-season.html>. If the order page appears in French, click on the French/English link near the upper right corner to switch to English. (You might not see that link if you are using the small screen of a cell phone.) Or you can go to <https://boutique.bouquinbec.ca> and search for ***Up for the Season*** or for one of the editors. The book costs \$20.00 Canadian (about \$15 U.S.), plus shipping. Profits will be donated to the BPCC.

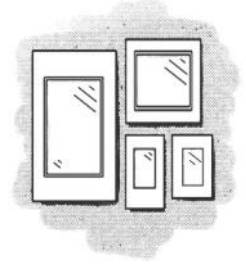
Virtual Art Show

The Artists by the Sea group will continue to show their work on the site below.
Check it out, new work posted.

www.artistsbythesea.net

Library/Gallery show

On exhibit in the Library is work by watercolor artists in
Russel Whitten's Thursday studio class into May.



Drawing Sessions

w/Diane Noble
Thursdays, 10-12noon
May 4 & 18, June 8 & 15

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 needed but are helpful. Please contact Debbie Melican (burnsmelican@gmail.com) if you would like to be added to the email reminder list, or feel free to just drop-in.

Duplicate Bridge happens on **Fridays, 1 - 4 pm, at BPCC**. A \$1.00 donation is appreciated. Advanced sign-up is 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 bridge with us!
Carol Bassett & Debbie Melican



Mah Jongg Wednesdays at 1:00

Excited to announce that we have continued to play through the winter months and now spring. Since we await the return of summer residents, I anticipate more players for Mah Jongg. Open to all who have some knowledge of the game. Contact me, Lynne Cox, at m.lynnecox@gmail.com or 978-807-2598.

We would love to have more players!

BEACH YOGA - Tuesday and Thursday at bath house beach.

7:15 am. Weather permitting..

Also, Introducing my home studio/mini gym and fitness program by appointment.

Call or text me @ 207-415-6955 for more information

private/ semi private / small group availability.

Thanks and happy spring/summer, Barbara Lisa





BPCC LIBRARY AT LEISA'S PLACE



BOCC LIBRARY NEWS: Now that we've turned our clocks ahead one hour and advanced our calendars to the month of May it's definite.... SPRING HAS ARRIVED! And with that, the beauty all around us seems to boost our spirits! Happy Spring to Everyone!

Your library has acquired several new book over the winter months either by generous donation or purchase by the organization. At this point we continue to be open on **THURSDAY only 10-12**. However as I said in the past, I'm happy to help anyone obtain a book in the off hours. Contact info below. **Beginning the week of July 4th, we plan to be open Monday through Friday each morning 10-12**. This schedule is of course dependent on having the individuals needed as volunteers. We have been staffed nicely over the off season, but most likely the summer will require some additional volunteers. The role of the volunteer is relatively easy and I will say, enjoyable. The opportunity to meet visitors as well as those you are acquainted with is a pleasure. In addition, you are surrounded by books! If you think you would like to offer your time to your library, please contact me for more info. I'd love to chat with you.

There are two things I would like to make our users aware of. First is the Notebook containing a list by author of all the Adult level books we've added since 2017. This useful as a quick reference for you. Second is the cart with some of our past popular reads that you may have missed or forgotten about. We try to offer a variety of reading materials but are always very appreciative of all suggestions for additional books.

Sue Maccalous ***SEE YOU AT THE LIBRARY !***
617-671-5977

The list below are titles we are interested in acquiring through donation.

Night Tiger / Yangsze Choo
This is How You Lose Her / Junot Diaz
Seven Husbands of Evelyn Hugo / Taylor Jenkins
We All Want Impossible Things / Catherine Newman
Lungfish / Meghan Gillis (Maine author)
Yerba Buena / Nina Lacour
The Guest Book / Sarah Blake
The Gifted School /Bruce Holsinger



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.org

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

****Calling All College Students****
Joan Beaudry Memorial Education Award



Joan was a longtime Biddeford Pool resident and passionate educator. This award was created in her memory to provide assistance for any college student who has ties to Biddeford Pool Community Center. Applicants' immediate family shall be members of BPCC (grandchildren of active members are also eligible). **Candidates interested in applying MUST have applications completed and submitted no later than JUNE 1st, or forfeit eligibility for the year.**

The application is available on the website and includes a 500 word essay describing personal goals and objectives and addressing what the student perceives his/her role in the community to be. All award recipients will be asked to give back to the Biddeford Pool community by completing some community service (minimum 2 hours). A sample list of volunteer opportunities is also available on the BPCC website. The amount of the reward is based on available funds and will be no more than \$1,000 per year.

Complete eligibility guidelines, application process and online application can be found on the BPCC website <http://biddefordpoolcommunitycenter.org/education-fund/>. Any questions can be directed to co-chairs **Tracy Callahan** gfamily@comcast.net and **Greg Tarbox** gftbox@gmail.com

Marie Joseph Spiritual Center

It is with great sadness that we pass along the announcement of the closing of Marie Joseph Spiritual Center. Retreats will run through June and doors will close June 30th. The sisters will spend one last Summer here and then transfer to N.H. and MA locations.

What wonderful neighbors they have been over the years. We are all devastated to see them go. Another era of loveliness gone.

The BPC Center is planning a Farewell Social sometime in July. Details will be in the BPCC 2023 Summer Newsletter .

