

Community Objectives:

- 1. Develop a Vibrant Economy
- 2. Excel in Education
- 3. Protect Human Potential
- 4. Promote Arts & Entertainment
- 5. Beautify the Environment
- 6. Empower Youth
- 7. Build Community
- 8. Expand Fitness & Recreation

LOCAL VOICES



Fall 2010

FREE — Please Take One!

Published as a Public Service by REM, Convenor of Collaborative Community Enterprises

Giving a Voice to the People of Mid-Maine

REM Holds Its First Annual Craft Fair



By Faye Nicholson

The first annual REM Craft Fair was a big success for the crafters, the people who purchased the crafts, and for REM. The fair was held on Saturday, October 23, at The Manor on College Avenue in Waterville.

Visitors and crafters alike talked about the “homey atmosphere,” the good food, the pleasant music, and how nice it was to be greeted at the door and helped to find a place to park in the parking lot. People were positive about the great variety of crafters and the high level of their artistry.

The community had enjoyed 36 years of this fair at Colby College. When Colby found itself no longer able to crowd the fair into its growing list of activities for Parents Weekend, leaders of previous Colby Craft Fairs came to REM to ask if we would be willing to take over the leadership, to preserve the essence of the fair, and to find a new venue.

Most of the crafters were artists who had been at the fair for many years. Some were new. REM was delighted to hear that they had done well at our first REM Craft Fair. One artist reported to REM that at our fair, she had sold the most she had ever sold in a single day. In a down economy with a changed venue, we were very pleased to hear that!

At next year’s craft fair, on October 29, 2011, we will endeavor to improve those things that people spoke to us about. We will bus crafters to a remote parking area to allow more parking. We will better light the items displayed in the raffle, and we will extend the luncheon offerings and expand seating in the dining area. To ease the crowding, we will look



At the REM Craft Fair,, over 40 Artisans presented their crafts, such as Woodworking, Stoneworking, Stained Glass, and many, many more.

Add music and food... and you had a lovely place to spend the afternoon.



into extending the fair to a two-day event. We’ve learned a lot and feel confident that we can continue to improve this cherished community event.

Faye Nicholson is executive director of REM.



REM Community Awards Ceremony Set For January 15

By Faye Nicholson

Each year, REM and its over fifty partner organizations hold an awards ceremony celebrate the exemplary volunteers which fuel our services to this community. Traditionally, this event has been held in November, but this time, we’re moving it to January. The next REM Community Awards Ceremony will be held on January 15, 2011.

At this event we also premier the new *REM Partners Community Directory*. It makes sense to do so at the beginning of the year. The holiday season is very busy and people are in a preparation frenzy. It makes more sense to move the community celebration to a time when something special will be more welcome.

We are hoping that two other changes will help people par-



Last year’s REM Honoree Ron Woodbrey, stands between REM President Marlene Myers and REM Executive Director Faye Nicholson.

ticipate. January 15 is a Saturday and the time will be from 2:00 to 4:00 p.m. Senior citizens will have time to enjoy the show at the Waterville Opera House and the reception in the REM Forum afterward and still get home before dark.

This is a free event. Come and pay tribute to some wonderful people who give so much to our community. There will be lots of dancing and singing and music and good cheer. Don’t miss it!

Holiday Events from REM!

See the back page for details of fun events you won’t want to miss, such as Mrs. Santa’s Workshop and Gingerbread Mania!



Refreshments provided by REM’s catering team.

Christmas Boxes

The Maine Children’s Home is looking for donations of clothing and toys for underprivileged children throughout the state. See story on p. 8



Dancers from Young Americans Dance Center.

A Tobacco-Free Workplace: The Best Business Move You Ever Made

Smoking contributes toward absenteeism and lost productivity. Employees who smoke are absent from work 50% more often than those who don't. Because smoking is the leading cause of preventable death, smoking affects insurance costs. Some fire and casualty companies cut their premiums by 50% for smoke-free companies.

There is no safe level of secondhand smoke for employees, and no safe period of time for exposure. Breathing secondhand smoke at work increases chances of getting lung cancer by 20 – 30% and damages the lining of blood vessels, changes that can cause a heart attack. Workers who smoke have more accidents than nonsmokers on the job, and smoking contributes to the risk of fire and explosion.

Research shows that up to 70% of Maine's smokers would like to quit. Addiction to tobacco products truly is an addiction. While not all smokers and tobacco users want to quit, many do and will appreciate your assistance in accessing services that can help.

Employers in Maine can legally ban the use of all tobacco products, including cigarettes, cigars, smokeless tobacco products, and any new tobacco products of any and all types on the entire property that is under their management. A tobacco-free policy can even include a ban on the use of all

tobacco products within personal vehicles while such vehicles are on the employer's property.

A tobacco-free policy can save you money while making your workplace a healthier one.



Bringing together a small group that includes employees, management and tobacco users can help you to create a policy that will fit your workplace and meet Maine law. Larger workplaces may want to include someone from human resources, union reps, top administration, maintenance staff, security staff, and others.

Maine's Workplace Smoking Law requires that all enclosed areas of business facilities in Maine where employees perform work and for which the employer is responsible are smoke-free. Employers may only allow smoking outdoors, at least 20 ft. from entryways, windows, vents and doorways, and not in any location that allows smoke to circulate back into the building.

Remember:

- It's about the smoke, not the smoker!

- A smoke-free workplace is the law in Maine.
- Employers are responsible for writing and establishing a tobacco-free policy that, at least, meets the requirements of current Maine law.
- Smoke-free workplaces are safe.
- Smoke-free workplaces save money.
- Tobacco use has a significant impact on health.

Your local Healthy Maine Partnership of Greater Waterville is here to develop and implement a Tobacco-Free Policy for Your Workplace. For more information, contact Amber Desrosiers, Health Promotion Coordinator, at 873-0686 or adesrosiers@unitedwaymidme.org.

Written and compiled by Amber Desrosiers from information on the website of the Partnership for a Tobacco-Free Maine, www.tobaccofreemaine.org/channels/workplaces/.

Healthy Maine Partnerships is a collaborative effort among 28 local coalitions, the Maine Department of Health and Human Services (Maine Centers for Disease Control and Prevention, and Office of Substance Abuse) and Department of Education, supported primarily by the Fund for Healthy Maine with federal grants from the United States Centers for Disease Control and Prevention, and Substance Abuse and Mental Health Services Administration.

Kennebec Valley Entrepreneurial Network Holds Forum

By Ken Young

The Kennebec Valley Entrepreneurial Network (KV-EN), in partnership with the Colby College Career Center and The Goldfarb Center for Public Affairs and Civic Engagement sponsored an Entrepreneurial Network event at Colby College on Monday, October 25, 2010.

One hundred twenty participants were welcomed to the event by Conrad Ayotte, one of the owners of J.S. McCarthy Printers in Augusta, and a respected long time Kennebec Valley entrepreneur.

Erik Pages, a nationally recognized expert on entrepreneur-

ial skill building and regional entrepreneurial networks, discussed the challenges of being entrepreneurs and the significant benefits available to entrepreneurs who participate in similar networks around the country. He lauded the role of entrepreneurs in job creation and the underwriting of renewed regional prosperity.

The participants split in to smaller breakout sessions to discuss why they came to the event and what they wanted from the network going forward. A network session with refreshments followed the breakout sessions.

The breakout groups generated a wide spectrum of ideas about what will be needed for the KV Entrepreneurial

Network to underwrite a thriving "ecosystem" that supports the work of entrepreneurs in the Kennebec Valley. Brainstormed ideas ranged from creating a KV-EN vision and culture, technical support needs, connections with other groups and resources, to specific topics to be addressed in upcoming meetings.

Participants emphasized organizational themes such as involving a diverse group of entrepreneurs — young, old, new, and experienced, both leaders and drivers; fostering a servant-ship culture, where mentoring at all levels is the norm with a willingness to contribute and help others with business problems.

A related theme was establishing a learning culture, utilizing the KV-EN for education, resource identification, on-line discussion groups, internships, and business plan competitions. Furthermore there need to be efforts to introduce entrepreneurial training programs in to the regions K-12 curricula helping to introduce future entrepreneurs in the pipeline. Also the KV-EN will benefit from connecting with other existing entrepreneurial and LinkedIn groups.

Networking events and technology can facilitate entrepreneurs getting to know each other, what we do, what our needs are, where to go for business counseling, accessing capital and talent near and far. The KV-EN can also provide an opportunity to identify local resources, to buy and sell from each other. Some specific topics for future meetings mentioned were sharing success stories, failures and lessons learned, how to identify markets, accessing capital, and how to start a business in Maine.

Ken Young is executive director of the Kennebec Valley Council of Governments (KVCOG). KV-EN is open to new members and will hold its next networking event on November 30, from 5:00 to 7:00 at Thomas College. For more information, one may contact Ken Young at 453-4258, ext. 16, or kyoung@kvcog.org.

Take a Bite Out of Waterville!

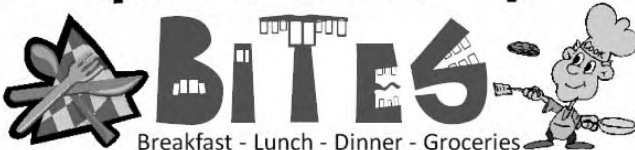
By Sharon Campbell Delano, with Chris Delano

Watervillebites.com is your one stop directory to all things edible in Greater Waterville. Research local menus, explore options for taking out or dining in, or find bakeries, coffee shops, farm stands, or grocery stores. Listings are available for Waterville, Winslow, Oakland and Fairfield.

We encourage all food-related businesses to check out their listings on Watervillebites.com. Let's work together to keep this site current for visitors and locals alike. Email info@watervillebites.com with your menu, website, or Facebook page.

Who are we? How did this start? We are an Oakland couple who both work in fields where guests often ask, "Where is there a good place to eat?" or "Where can I find local food?" Chris has worked in the hotel field for over 20 years. As a front desk clerk, he gets inquiries daily. I work as an administrative assistant at Living Water Spiritual Center in Winslow. While the Center serves meals during its multi-day programs, some programs begin at 7:00 p.m. People

Waterville Maine



from out of town will ask where they can pick up a meal on their way in.

Chris and I began by creating a printout. We had to update the printout so often that I began having dreams about how to improve on the list. In August 2010, I woke from a dream with the name of the website and direction to take it in fresh in my mind ... Waterville bites.

Friends are encouraging us to expand the listings to include more local options. In the future it may be Waterville bites and sites. Or... food and fun ... We'll work on that. For now, please visit Watervillebites.com the next time you are wondering, "Where can we grab a bite?"

Excel in Education

Got Internet Access? You Can Build Your Skills to Work with Girls!

By Renee Rendazzo

Hardy Girls Healthy Women has online learning opportunities coming up! The HGHW Training Institute is expanding to monthly online fun and interactive online seminars for adults who work with young people.



Anybody who is familiar with Hardy Girls knows that we are on a mission to create opportunities that give voice to girls. Since 2000, Hardy Girls' programming has been powered by the latest research in girls' development, including the work

of Hardy Girls' co-creator and board member, Lyn Mikel Brown. We teach media literacy and encourage activism!

Open your eyes to the media images and messages that surround you and there's no avoiding the sexualization and objectification of girls and women. Young women in submissive and suggestive positions sell clothing; pop stars marketed to youth perform with stripper poles; even cartoon characters adopt flirtatious poses and attire. Research from the American Psychological Association confirms that these trends are compromising girls' healthy social, emotional, and physical development. Boys, too, are affected by the relentlessly stereotypical versions of boyhood that are sold to them.

How can we, as adults who work with youth, help them build the resiliency to combat this? It's easy! If you can go online, you can build your skills during our enlightening Web seminars with acclaimed researchers. Interact in real time with experts in human development and psychology and learn strategies to talk to girls (and boys) about the world in which they live.

Upcoming seminars include the following unique and timely topics: "Sexualization and the Packaging of Girlhood," "Addressing and Preventing Harassment of LGBTQ Youth,"

(Continued on p. 3)

KVCC To Launch Solar Heating And Cooling Training Project

By Jonathan Humphrey

Kennebec Valley Community College is gearing up for its Northeast Solar Heating and Cooling Instructor Training Project. The ambitious project, which covers all of New England and New York, will launch in January 2011.



To prepare for the launch, the college recently hired Vaughan Woodruff as a full-time Solar Thermal Instructor. An engineer who has operated his own solar thermal system design and installation company, Woodruff has extensive experience working, teaching, and writing in the field of sustainability. He will lead the instruction efforts for the project.

The goal of the project is to increase the quality and availability of instruction related to solar heating and cooling system design and installation techniques in Maine, Massachusetts, New Hampshire, New York, Connecticut, Rhode Island, and Vermont. Professional development activities, supported by a state-of-the-art solar heating and cooling lab on KVCC's campus, as well as a mobile training lab, will target instructors from high schools, community colleges, career and technical education centers, apprenticeship programs and private industry training incubators who are looking to enhance their existing plumbing; heating, ventilation, air conditioning (HVAC); pre-engineering, and environmental technology programs.

"Utilizing the sun to create heat for hot water, space heating, and air conditioning is essential to reducing our carbon footprint and our reliance on fossil fuels. However, to make sure this vision becomes reality, it is essential that this technology is installed properly and cost effectively. To do this, it is critical that instructors are trained properly on the most up to date technology and installation methods," said Dana Doran, Director of Energy Programs at KVCC.



Vaughan Woodruff

On October 8, 2009, the Solar Instructor Training Network was launched by the United States Department of Energy (DOE), in partnership with the U.S. Departments of Labor and Education, to address a critical need for high-quality, local, and accessible training in solar system design, installation, sales, and inspection. KVCC was selected by DOE as one of nine regional resource and training providers across the United States, winning a \$3.3 million grant from DOE to support the effort.

KVCC began incorporating elements of renewable energy

education in its Electrical Technology program in 1995 and has expanded its role in such education steadily over the years through both credit and non-credit courses and training programs. The teaching of small wind turbine and solar-electric system design and installation in its Electrical Technology program, coupled with its many "green" professional development courses and training programs, has put KVCC in the center of state and national efforts to expand education in this growing sector of the economy.

The KVCC campus itself is steadily being developed as a model of energy efficiency and renewable energy production. Over the past two years, KVCC has made major energy efficiency upgrades to two campus buildings and is currently developing a state-of-the-art energy services and technology lab in space formerly occupied by a carpentry lab. The design includes unique infrastructure and training capability with a solar thermal system for domestic hot water, space heating, and air conditioning using a two-ton absorption chiller manufactured in Germany.

In the 15 years since becoming a renewable energy education pioneer in Maine, KVCC has maintained its success in the arena by focusing on delivering high-quality programs that respond to the needs of industries on the front lines of green efforts in the state. The surge in demand for such education is now allowing the college to capitalize on this early experience and emerge as a regional leader in the field.

For more information on the KVCC Northeast Solar Heating and Cooling Instructor Training Project go to www.kvcc.me.edu/NESolar/ or contact Dana Doran at ddoran@kvcc.me.edu or 453-5157.

Jonathan Humphrey is marketing specialist for Kennebec Valley Community College.

Peaceful Classrooms Make A Peaceful World

By Rebecca Green

On September 21, the children, staff and parents of the Kennebec Montessori School celebrated the International Day of Peace by gathering around a newly installed peace pole at our school. This hexagonal pole, crafted out of red cedar, bears the phrase "May Peace Prevail on Earth" in eleven languages: Arabic, English, French, Hebrew, Japanese, Mikmak, Russian, sign language, Spanish, Swahili, and Thai. It also has a collection of paw prints to remind us that we share our planet with the animals. We sang songs, listened to the phrase spoken by members of our community in English, Russian, Spanish, Urdu, and Ewe, and observed a moment of silence.



Peace education at KMS begins with guidelines for treating each other with respect in the classroom and resolving disputes by listening and talking to each other. There is also a global emphasis in the curriculum that promotes respect for differences at an early age. Children learn the names of continents, identify flags, color maps, and hear about how children live in other countries.

Each classroom has a "peace corner" to give children an opportunity for quiet reflection and a silk "peace rose." (*The Peace Rose* a children's book that models problem solving by using a rose, sort of like a talking stick, which can be extended from one person to another.) "Making silence" is a group activity that builds concentration, but also encourages everyone to stop for a moment to focus on really listening to what is going on around us.

So why the emphasis on peace in the Montessori curriculum? It goes back to Maria Montessori's own passionate activity as a peace activist. During her lifetime, and particularly during World War II, Montessori, an Italian citizen by birth, traveled widely, lecturing and writing about the importance of peace education. Three times, she was nominated for a Nobel Peace Prize for this work. She believed

that "establishing lasting peace is the work of education; all politics can do is keep us out of war."

Although our peace pole was only meant to be a symbol of this ambitious but admirable goal of Montessori education, the children themselves are already finding ways to put it into practice. After the tranquility of the peace ceremony had evaporated in the hubbub of a typical school day, one of the teachers overheard two children locked in argument. "I know," said one of them, "Let's go over to the peace pole and work it out."

A peace pole may not provide the solution to world peace, but it's a great place to start!

Rebecca Green is the Head of School at the Kennebec Montessori School. For more information about the school, call 453-6055 or visit www.kennebecmontessori.org.

Work With Girls (cont. from p. 2)

"Fighting Like a Girl: Myths, Realities and Solutions," and "Packaging Boyhood: Helping Boys Resist Media Stereotypes." These seminars are perfect for educators, counselors, and parents who want to help young people navigate and resist these powerful and omnipresent messages. Continuing education units will be available.

Your voice can make a difference! To learn more about Hardy Girls and our upcoming Web seminars, visit www.hghw.org. See you online!

Protect Human Potential

Introducing PFLAG

By Sharon Saunders

PFLAG Waterville, serving the Mid-Maine area, is a year-old chapter of the national PFLAG association (Parents, Friends and Families of Lesbians and Gays). We have been meeting monthly at REM, and our mission dovetails nicely with REM's third priority, "to protect the human potential."

PFLAG promotes the health and well-being of LGBTQ (Lesbian, Gay, Bisexual, Transgendered, and Questioning) people and their families and friends in three ways:

- **Support** to cope with an adverse society;
- **Education** to enlighten an ill-informed public; and
- **Advocacy** to end discrimination and to secure equal civil rights.

During our first year, PFLAG Waterville focused on offering support and council to families. Our meetings were set up so we could offer support the first half of the meeting, then do business during the second half. The support part would consist of people taking turns telling their stories (if they wanted to) about who they were and why they were at the meeting. The idea was that hearing people say they have gay children whom they love, who are successful in life, and who are in long-term relationships would make it easier on the other parents coming for support.

This year we are focusing on education. In September we sponsored a community screening of the documentary *Out in the Silence*. This event was well attended and allowed for discussion and networking afterward. At our monthly meetings, we are presenting guest speakers in order to learn about similar efforts by others in Mid-Maine. We plan to sponsor another community screening and discussion in the spring.

To be directed to our support line, find out about upcoming meetings and events, or to obtain information about joining PFLAG Waterville, please call REM at 873-4444.

Renee Rendazzo is the Training Institute Manager for Hardy Girls Healthy Women.

Alfond Youth Center Offers Expanded Programs and Activities

By Len LeGrand

The Alfond Youth Center, located at 126 North Street in Waterville, is the nation's only combined Boys & Girls Club and YMCA. This unique structure allows us to provide our community a variety of unique programs.

For example, our licensed After School Childcare program now serves more than 185 families. The program provides a free hot meal and certified teachers who offer the Boys & Girls Club Power Hour homework help program, computer-based activities, and art lessons. Supervised recreation and athletic programs such as YMCA swimming, and the U.S. Tennis Association QuickStart program are also offered. Aquatic Programs are also conducted outside of the After School Program and serve infants through senior citizens.

One of the many special events in our After School Program was Civic Day, held on October 7. Nine participants in the program were chosen to job-shadow city officials in Waterville. City Clerk Arlene Strahan swore in the Youth Mayor and City Council members. The youth were paired up with City Councilors, Police Chief, Fire Chief, Parks & Recreation Director, Public Works Director, Tax Assessor, Information Technology Director, and other city officials. City Council Chair Dana Sennett guided Youth Mayor Zoe Perkins through the council's procedures of conducting business and passing a resolution. Congressman Mike Michaud met the group at Castonguay Square where the Youth City Councilor Chris Fillyaw, read a proclamation honoring those serving in the military.

For adults, the Alfond Youth Center has programs ranging from our early morning Walking Club to a coached Master Adult Swim class. Adults and Seniors enjoy fitness classes,



City officials pose with their youth counterparts in front of the City Hall steps on Civic Day.

Tai Chi, yoga, land and water aerobics, volleyball, basketball, and monthly luncheons with a speaker.

A recent addition to the Alfond's wide array of adult programs is pickleball, a fun game played in the gym using badminton court boundaries and a net set at 34" above the floor. The game is played with a paddle about twice the size of a ping pong paddle and a ball similar to a whiffle ball.

The rules are similar to tennis, but there is a "no volley zone" on either side of the net, to keep players from making smashing shots. It can be played at a low impact level, which is great for stretching. Pickleball can also be played at a highly competitive level at tournaments sanctioned by the USA Pickleball Association (www.usapa.org). The Alfond Youth Center is listed as one of USAPA's "Places to Play."

The game got its name from the name of the family dog of the inventors. Pickles, the family Cocker Spaniel, would chase stray balls and then hide them in the bushes. When a family guest would go after the ball, the inventors would say, "Don't go after that ball. It's Pickle's ball." Hence the name of the game evolved into pickleball.

In summary, there is a lot happening at the Alfond Youth Center. Visit our newly redesigned website, www.alfondyouthcenter.org, for up-to-date information on our events and programs.

Len LeGrand is Grants Manager for the Alfond Youth Center.

MaineGeneral Welcomes New Breast Surgeon

By John D. Begin



Greater Waterville area residents who require breast surgery can now have the procedure done locally thanks to the addition of general surgeon Timothy C. O'Brien to MaineGeneral Medical Center's surgical team. O'Brien recently relocated to Central Maine from Northampton, MA, where he had practiced for ten years. He is pleased to offer breast surgery in Waterville and is working to develop a follow-up connection for these patients with MaineGeneral's Breast Clinic at the Harold Alfond Center for Cancer Care in Augusta.

"I will see patients referred for abnormal mammograms and other breast issues at the cancer center's breast clinic, just like some of the Augusta surgeons are already doing," he said. "The goal is to allow Waterville-area patients to take advantage of the services the clinic offers. Patients will be able to work with the program's breast care coordinators who, I think, are the biggest part of the program because they offer support and help in guiding women through the whole process."

Patients diagnosed with breast cancer also will be able to take advantage of the center's multidisciplinary approach to treatment, linking them with medical and/or radiation oncologists and other cancer center staff who can provide collaborative care and support in one location.

In addition to treating benign and malignant breast disease, he offers a broad range of traditional surgery that includes:

- Surgery for skin-based lesions
- General wound care
- Hernia surgery
- GI and biliary tract surgery

The minimally invasive procedures he offers include:

- Laparoscopic hernia repair
- Laparoscopic cholecystectomy
- Appendectomy and splenectomy
- Laparoscopic colectomy for benign and malignant disease

O'Brien has a particular interest in doing minimally invasive surgery on the gastrointestinal tract, specifically focusing on the colon. "It's been part of my practice for quite a while and is something that can and should be offered in a community

like Waterville," he said.

A self-described "patient-centered physician," O'Brien said his approach is to include patients in determining the best course of action for their individual care. "I like to involve patients in decisions regarding their treatment and care," he said, "and I believe the more information patients have, the better decisions they can make."

O'Brien said he also enjoys working collaboratively with other physicians in providing patients with the best care possible. This "multidisciplinary approach," he said, is the direction in which modern medicine is moving. "That's what patients expect and that's what we should deliver," he said.

A graduate of Hahnemann University School of Medicine in Philadelphia, O'Brien completed residency in general surgery at Beth Israel Hospital and Harvard Medical School in Boston followed by a two-year National Institutes of Health (NIH)-sponsored research fellowship at Beth Israel Deaconess Medical Center/Harvard Medical School. He is certified by the American Board of Surgery and is an American College of Surgeons fellow.

O'Brien, who lives in Sidney, said he and his wife Tricia, a Portland-area native, wanted a move to Maine to be closer to her large extended family. "Our children are seven and nine and we thought it would be good for them to grow up much closer to their aunts, uncles and many cousins," he said. "Everyone's now within a short driving distance instead of three to five hours away, which is great."

O'Brien practices at MGMC's Thayer Campus and sees outpatients at MaineGeneral Surgery, 325B Kennedy Memorial Drive, Waterville. He is accepting breast and other surgical patients and is available for consultations and referrals. For more information, please call 861-6550.

John D. Begin is a communications specialist for MaineGeneral Health.



Timothy C. O'Brien

On the Road With Effective, Innovative Health Care

By George Myers Jr.



While many Kennebec Behavioral Health activities take place at its clinics in Waterville, Augusta, Winthrop, and Skowhegan, KBH's reach extends well beyond Kennebec and Somerset counties. Its traveling health-care providers offer treatment and supports to families in their homes in Lincoln, Sagadahoc, Penobscot, Knox, Franklin, Androscoggin and Waldo counties, too.

For example, the agency's Family Behavioral Health and Visitation Services provides an intensive, time-limited home and community-based intervention service for families who are experiencing difficulties or conflict.

At-home services such as this provide for "live-action counseling," said Program Director David B. Whitestone, Ph.D. "It allows us to work through the parent, but not undercut the parent's authority," he said. "Rather than get a report about what might be going on, you get an observation, through our own eyes, about the home environment and the real behavioral relationships occurring between parent and child."

(Continued on p. 5)

Inland Opens Walk-in Clinics at Walmarts in Waterville and Augusta

By Sara Dyer

Inland Hospital and its parent, Eastern Maine Healthcare Systems, are always looking for innovative ways to meet the growing healthcare needs of the community and collaborate with new partners, but a healthcare clinic at Walmart? Inland leaders thought it would be a great way to offer people a quick and easy resource for basic medical care in a popular shopping setting. For Walmart, it's another way to add value for their customers.



"We opened our walk-in Clinic at Walmart in the Waterville Supercenter in July, and another clinic in the Augusta Supercenter in October," says John Dalton, Inland President and CEO. "They have been very well received and people tell us they are pleased to have such a convenient option."

The clinics at Walmart are staffed by caring, experienced Nurse Practitioners from Inland who provide non-urgent care, such as treatment for sinus infections, earaches and sore throats. Other services include sports physicals, flu shots and glucose testing.

The service is fast, affordable and no appointment is needed. Open seven days a week, the clinics in both Augusta and Waterville offer care Monday – Friday, 10:00 a.m. – 8:00 p.m.; Saturday, 10:00 a.m. – 6:00 p.m.; and Sunday, noon – 6:00 p.m.

"People should always try to see their personal healthcare provider when they can, but when they can't, or if they don't have a regular provider, these new clinics are a great option for getting well and staying well," notes Hope Pendexter, RN, Administrator of Inland's two Clinics at Walmart. Pendexter adds that the walk-in clinics can also help ease the burden on busy emergency rooms, which aren't intended to treat everyday illnesses like sore throats.



Kim Fantasia, Inland Nurse Practitioner, and Bethany Welch, Med Tech, at the new clinic in the Waterville Walmart.

The Clinics at Walmart accept cash, credit cards, and some insurances. For more information about the services and prices, visit www.inlandhospital.org.

Sara Dyer is Director, Community Relations for Inland Hospital.

On the Road (cont. from p. 4)

The most complicated thing for a child is the emotional structure of the home environment, which is why the program treats more than the child in the home, Whitestone said. "Being there allows us to see how all these things intertwine."

The program's affiliated Family Visitation Center supports safe, nurturing healthy meetings between children and families, either on-site, in the community or in families' homes. It presents opportunities for families who are facing challenges to spend time together and, if needed, to learn new skills.

KBH's home-based Multisystemic Therapy Program, also provided to children and family members in their homes, addresses serious issues that, if unresolved, could lead to a child's removal from the home. This technique is designed to reduce out-of-home placements through the use of intensive in-home and community-based interventions.

The agency's Community Support Program offers supportive services in the community or in people's homes as well as unique, specialized group services, such as our fall presentations to area library staffs about the mental health consumers and homeless who spend increased time at those facilities during winter months. In addition, the program offers non-traditional outreach, where providers offer quality-of-life services to consumers who reside in area boarding homes.

Children's Case Management takes KBH providers into homes in Kennebec and Somerset counties to help youths who have a mental health diagnosis, developmental disability, autism spectrum disorder or other issue.

Home-based services help in dealing with school systems, the courts, and other agencies that give your family services. To learn more about them, call KBH at 1-888-322-2136, or go online to www.kbhmaine.org.

George Myers Jr. is Director of Communications for Kennebec Behavioral Health.

Promote Arts & Entertainment

Warming Up for Christmas

By Linda Fotter

Steve Fotter is not only a guitar player, but he has been teaching guitar lessons in the community for over 25 years. "Warming Up for Christmas with Steve and Linda Fotter and Friends" is a benefit concert for the Mid-Maine Homeless Shelter. The show will be at the Waterville Opera House this year on December 5, at 6:00. Steve has been doing this concert for over five years and incorporates some of his students into the show.

There will be a house band and several student ensembles. The student groups include the Blues Sisters (teenage girls), the Wise Guys (teenage boys), the All-Men Brothers (adult men), and Steve's Angels (adult women). Steve is also joined by some local talent to help this cause: Guitar players Doug Wainoris, owner of Down Home Music in Fairfield; Dean Bureau, owner of Uncle Dean's Good Groceries; harmonica player D.W. Gill; and piano player Gerry Wright will also be there. "Warming Up for Christmas" is a great way to start off the holiday season and help a good cause.

Steve is very passionate about using his God-given talents in music along with many good friends to raise money for the homeless shelter. His family has been very blessed over the years with help from other people, and helping the Mid-Maine Homeless Shelter is Steve's, his family's and friends' way to "pay it forward."

This year, Steve's son Jason is flying in from Studio City, CA where he lives and works. Jason is part owner of FuseFX, a company that does visual effects for television shows and movies. He will be playing the drums in the house band. Please come join us to celebrate this worthy cause and support the Mid-Maine Homeless Shelter!

Tickets cost \$15 per person and can be purchased either in advance or at the door. Call 873-7000 or visit www.opera-house.org to buy tickets or get more information.



Steve Fotter

Join in the Drumming!

By Faye Nicholson

On the third Friday of the month, the REM Drum Circle starts to beat at 6:30 in REM Forum at The Center in downtown Waterville. Everyone is welcome to join in the rhythm.



Don't have a drum? Don't worry. There are plenty to share. Young and old are welcome to experience this growing musical adventure.

Like to learn more? There are teachers available for group lessons to help you deepen your drumming skills, which you can use to enhance gatherings with family and friends.

Note: The Drum Circle will not meet in December, but will start up again January 21, 2011. For more information about the Drum Circle, call Lynn at 622-3355 or send an email to chrysalis@mailhaven.com.

About the Mid-Maine Homeless Shelter

By Jessika Duprey

The Mid-Maine Homeless Shelter first opened twenty years ago, on November 26, 1990. Originally called the Mid-Maine Interfaith Shelter, it had six beds and was located in the Notre Dame Christian Awareness Center at 110 Silver Street. Eleven months later, the shelter moved to its permanent home at 28 Ticonic Street. In 1994, a two-story, 12' X 16' extension was added to provide office space and relieve overcrowding. In November 1996, a family unit was added downstairs so that families could remain together.



Since the shelter began, we have seen an ever growing need for shelter in central Maine. The need has increased immensely, and in 2009, the Mid-Maine Homeless Shelter provided a hot meal and a warm bed to an average of 19 adults and 7 children per day. That year, the shelter served over 13,000 meals and assisted more than 1,000 community members with food in its Homeless Prevention Program.

The Mid-Maine Homeless Shelter is a non-profit organization committed to serving the needs of homeless and displaced persons in Maine. The shelter is supported by the donations of churches, individuals, public service groups, and local businesses.

Jessika Duprey is office coordinator and a comprehensive case manager/night supervisor at the Mid-Maine Homeless Shelter.

Local citizens who care about community journalism donate money to help REM afford the thousands it costs to print *Local Voices* and have it inserted into the *Morning Sentinel*. Please help by sending your donation to REM, 93 Main St., Suite 3, Waterville, ME 04901.

Promote Arts & Entertainment (Continued)

A Place For “Crafty” Women

By Martha Dempksi, Sheri Arnold, and DonnaMessier



As one of the more recent projects of REM, the Crafting Circle has accomplished a lot. Our table at the REM Craft Fair was a huge success, and our circle is only two months old! The six of us worked very hard donating both time and energy to pull it off.

We are looking for more women who, like us, have a bit of time on their hands and who like to be creative. What better way is there to get to know other creative people in our community? Best of all, it's free!

Martha Dempksi, our fearless leader, has made it a passion of hers to find a place where women could meet each other and not have to spend money to be there. She feels that women need more nurturing and caring relationships with one another. She has built her own self-esteem by being creative. “Face it folks,” she says, “There is almost no better feeling than a project you completed yourself.”

Martha spoke with some different people in the community,

and many suggested she talk to REM about her dreams. REM gave her the REM Forum as a place to make it happen.

We started with an idea and now we want to grow. Our dreams include next year's Craft Fair. We also plan to raise money for Breast Cancer Awareness. Currently, we are trying to learn more about felting. Sometimes, we get lessons on primitive painting. Sometimes it's helping with knitting and crochet problems, but it's always fun.

So get together your latest project and come join us for a cup of coffee and laughter. We meet every Tuesday from 11:30 a.m. to 2:30 p.m. in the REM Forum in The Center in Downtown Waterville. For more information, call Martha Dempksi at



From left to right, Sheri Arnold, Donna Messier, and Martha Dempksi stand behind the Craft Circle Table at the REM Craft Fair.

624-1398 or e-mail her at cmdempksi@msn.com and put “Crafting Circle” in the subject line.

Beautify the Environment

Sebasticook Regional Land Trust: Conserving Land in Central Maine

By Jennifer Irving

Central Maine is home to beautiful and productive farmlands, rich wildlife habitat and a tradition of public access. Its stunning scenery and recreational opportunities support our local economies and help to define our Quality of Place. A membership-supported conservation nonprofit, the Sebasticook Regional Land Trust (SRLT) offers an award-winning mix of land protection and educational programs designed to recognize and conserve this landscape and its resources.



Albion landowners Michael Scholz and Julie Phelps to conserve their farmland through a conservation easement. Michael, a bread baker, grows grain on the property and, along with Amber Lambke, is a founder of the Somerset Grist Mill in the old Somerset County Jail in Skowhegan. The conservation easement they placed on the property with SRLT supports their vision to “leave the farm as a sustainable, self-sufficient home and business,” says Michael. (See sidebar.)

While land protection is the cornerstone of our work, we have paired our land trust activities with a highly successful educational program based out of our Education Center in Unity. We were honored by the Maine Chapter of The Wildlife Society in 2009 as a result of this effective combination of educational programs and land protection accomplishments. More than 350 children and families have been introduced to the wonders of nature through our family events and school outreach programs.

Adult programming includes workshops and field trips, all designed to increase awareness and appreciation for the local environment and its importance to our Quality of Place. Our next program will be the Unity Area Christmas Bird Count on Saturday, December 18. Call us to learn more about how you can participate in this annual census of mid-winter birds.

The SRLT is reliant upon the support of its members and volunteers. More than 200 volunteers from seventeen towns contributed their time, energy and expertise to the SRLT in 2009, and we're on track to have an even bigger year in 2010. No matter your interests or time availability, you can be a part of the SRLT's growing success. For more information about volunteer opportunities, programs and membership, phone 948-3766, email info@SebasticookRRLT.org, or visit www.SebasticookRRLT.org.

Jennifer Irving joined the Sebasticook Regional Land Trust, formerly Friends of Unity Wetlands, as its Executive Director in 2005. The SRLT Education Center is located at 93 Main Street in Unity.



In October, the Second Annual Farm & Habitat Bike Tour gave riders, such as Peter Abello and Anders Olson, an opportunity to tour working farms and conservation areas in Albion, Benton and Winslow. The ride was organized by the Sebasticook Regional Land Trust and the Time & Tide Resource Conservation & Development Area. Photo by Barbara Egan.

With roots in the Friends of Unity Wetlands, the SRLT has compiled a conservation portfolio of 2,000 acres since 2005. In February of this year we expanded our service area to the expansive Sebasticook River Watershed, extending from Dexter to China, from Pittsfield to Stetson. We are excited about partnering with landowners and communities to increase the pace of land conservation in Central Maine, with projects currently under way in Albion, Benton, China, Jackson, Stetson and Unity.

The SRLT works with landowners to help them protect water quality, enhance wildlife habitat, and sometimes, to forever conserve their lands. In our most recent project, landowner Kent Hewitt donated 149 acres to the SRLT to ensure that it will remain open to the community for non-motorized recreation and nature study. The resulting Pleasant Lake Preserve in Stetson will also be managed for its sustainable timber resources. We are now seeking volunteers to help develop trails and other public-access improvements with support provided by a grant from the LL Bean Maine Land Trust Grant Program and Maine Coast Heritage Trust.

Elsewhere in the watershed, the SRLT is working with



Seth Benz leads a past bird-watching expedition for the Sebasticook Regional Land Trust. Photo by Barbara Egan.

Conservation Easements

One approach to land conservation used by the SRLT is the conservation easement, a flexible but permanent tool used by landowners to shape the future uses of their land. Conservation easements assure landowners that their vision for their property will forever be followed.

After placing land under conservation easement, a landowner retains ownership and may sell the land or leave it to heirs. The SRLT is responsible for forever ensuring that future landowners respect the terms and conditions created in the conservation easement. The SRLT has accepted conservation easements on more than 1,200 acres of farmland, woodland, and sensitive wetlands.

Connect to community: www.rem1.org/remnet/

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New Solar Panel Array at Thomas Brings Many Benefits

By Katie Greenlaw

Thomas College has taken yet another step in its ongoing sustainability efforts. The college's new grid-tied PV (photovoltaic) solar power panels were installed on the roof of the main administration and classroom building in late April. According to Thomas's vice president for information services and the project's director Christopher Rhoda, "The panels are now producing several thousand watts at certain times of the day."



Crews from ReVision Energy installed the thirty-six 230-watt solar PV panels. The panels produce 8.28 kilowatts; each kilowatt of PV produces roughly 1,350 kilowatt hours of clean, renewable energy annually, so the array at Thomas College will be producing roughly 11,170 kilowatt hours each year.

ReVision also installed a grid-tied inverter, which converts the DC (direct current) power made by the PV panels into AC (alternating current) used to run lights, radios, etc. The system will offset more than 14,700 lbs. of carbon dioxide (CO₂) annually. It will also offset 13.6 lb of nitrogen oxide and 26 lbs. of sulfur oxide per year, both of which are known air pollutants.

How does it work? The sun hits the solar panels. DC energy from the solar panels goes to the inverter, which changes DC into AC. The AC energy then goes to the college's load center, where it is distributed to lights, appliances, etc.

Any excess energy goes back to the existing electrical grid where the utility company saves the energy credits for up to 12 months. The panels are estimated to reduce the cost of electricity in the building by approximately \$1,600 annually.

The project was made possible, in part, by funding a \$50,000 grant from Efficiency Maine, which has awarded \$477,000 for renewable energy demonstration projects to eleven organizations in Maine. Thomas's was one of the two largest, both \$50,000. The other grants ranged from \$20,000 to \$49,440 and went to colleges, secondary schools, and municipalities.



The grant-winning projects were selected from 32 proposals received in August 2009. The grants came from the Renewable Resource Fund, established in 2000, and require a five-to-one match from the organization. The fund was supplemented with federal stimulus money.

This project is one of several steps that Thomas and its faculty are taking to improve sustainability in the local area. Thomas professor Dr. John Joseph, co-chair of the Sustain Mid-Maine (SMM) Energy Team, recently co-authored a \$170,000 grant from the Maine Energy Efficiency Conservation Block Grant program to implement a two-year residential and industrial energy saving plan. The award will help reduce home energy use and promote the use of solar

and wood-based renewable energy.

In addition to lowering energy costs for the college, Rhoda noted that this project enables Thomas to be a good environmental steward and to share information with the local community. "It is important to demonstrate for our community our long history of environmental stewardship. This project is just the beginning, as other projects are planned that will help reduce our dependence on foreign oil and provide lower cost options for our campus," Rhoda said. "For us, solar and other newer energy sources are great complements to buildings that are well insulated, lighting systems that are energy efficient, responsible heating and cooling...it is all part of a bigger picture."

Sustaining Mid Maine: An Update

By Linda Woods

The Sustain Mid Maine Coalition is a non-profit organization designed to conserve resources, sustain a healthy environment, and promote economic prosperity for the Mid Maine region. The group has about 50 volunteers working on energy conservation, education, waste reduction, local food availability, and increased availability and use of public transportation. Here's an update on what our teams have been doing:



senger, low-floor buses, with two spaces where wheelchairs can be secured. The buses have internal ramps instead of steps and are designed to be easy for all passengers to board, including those with disabilities.

Besides a new route between Waterville and Augusta, routes within the two communities will be expanded and will be run more often. The service improvements are being implemented as the result of a year-long Transit Needs Assessment, which was conducted in association with the Maine Department of Transportation and included a number of public forums. They are the first stage of a planned expansion that could include more commuter options and additional buses over the next five years.

The Garden Team: This year, in addition to the community garden at North Street, Waterville residents could plant vegetables in a new community garden on Moor Street. In July, a grand opening celebration was held with live music and lots of complimentary food. Neighbors and gardeners showed off their garden plots and shared stories. Funding for this new garden came from a grant from Inland Hospital.

Also, for the first time this year, Oakland residents could have a plot in the Oakland Community Garden. Produce was enjoyed by the gardeners themselves, as well as by recipients at the Oakland Food Pantry and the Mid Maine Homeless Shelter. Two garden beds were used by staff and students at Messalonskee Middle School. A Harvest Fund of Maine Initiatives grant provided funding for the Oakland garden.

Finally, in 2011, Winslow residents will be able to obtain a plot at a new community garden in the Dallaire Street Park.



Ellen Paul and Geoff Hill distribute Sustain Mid Maine Coalition reusable shopping bags.

If you are interested in obtaining a plot in any of these gardens, in Waterville, Winslow, or Oakland, for the 2011 season, write to me at lwoods@waterville-me.gov.

The Rethink, Reduce, Reuse, Recycle Team collaborated with Waterville Main Street at the annual Harvest Fest. Participants in the downtown scavenger hut received a reusable, canvas shopping bag with the Sustain Mid Maine Coalition logo when they completed the hunt. Other shoppers were given reusable bags made from 100% recycled plastic bottles.

Distributing these bags promotes two of our objectives: to stem the proliferation of plastic bags and to provide an attractive, reusable bag for shoppers. We also hope to promote the Sustain Mid Maine Coalition to people who do not yet know we exist.

The bags feature our eye-catching logo on the front with a plea to use the bag in memory of team member Blanche

(Continued on p. 8)

Maine Children's Home Christmas Program Is Underway

By Steve Mayberry



THE MAINE
CHILDREN'S HOME
for Little Wanderers
Serving families and children since 1899

Each year, the Maine Children's Home for Little Wanderers provides a full Christmas for over 1,600 children throughout the state of Maine. It is a two-month effort that uses about 300 volunteers and donations of toys and clothing from thousands of people, businesses, organizations and churches.

We started to take calls for assistance on October 25, and will continue until December 3. Volunteers are manning the phones Monday through Friday from 9:00 a.m. to 1:00 p.m.. Parents and guardians meet state income guidelines — we currently work at 135% of the federal poverty level — and agree not to accept Christmas assistance, except food, from any other organization. Recipients must be able to show proof of income when picking up their Christmas box.

The Pajama Program and the Battle of the Bridge

The **Pajama Program** (www.pajamaprogram.org) is based in New York City and has a Maine chapter. They distribute warm sleepwear and books to needy children. They have been supporting our Christmas Program for several years.

The **Battle of the Bridge** is the annual Waterville-Winslow high school football game, held this year in Winslow on October 23. This is the second year that people attending the game were asked to bring new toys and clothing or cash for our Christmas Program.

A Typical Christmas Box

Below is a sample of what goes into a child's box:

- Mittens
- Thinsulate glove
- Hat
- Reading book
- Coloring book
- Crayons and markers
- Large and small toy
- Family game
- Outfit of clothing
- Special items when requested
- Other items, as available, such as winter coats, snowsuits, boots, etc.



We help children from birth to age 12. Each child receives a box with only new items. It takes approximately \$200,000 to provide for over 1,600 children, and the contents of each box are valued at \$92 to \$150.

We receive a lot of help from businesses and other organizations. Huhtamaki donates all the boxes that the gifts are put in. New Balance recently donated 500 pairs of new sneakers and their employees volunteer for packing and box distribution day. The Pajama Program donated a quantity of new books and 1,000 pairs of pajamas, and the Battle of the Bridge brought in many new toys and clothes. (See box.) The Maine Army National Guard sends three trucks and six soldiers to move all the packed boxes to the two armories where distribution takes place. The New Balance Foundation in Boston gave us \$25,000 to cover the overhead costs of this program, as they have done for many years.

We have already started to pack Christmas boxes. It may

seem early, but we have a schedule. Boxes will be distributed from the Waterville Armory on December 15, and the Augusta Armory on December 16. If you want to contribute to this program, now is the time to go shopping. Generally, it is the lack of clothing that halts the packing process.

Right now, businesses and churches are signing up for Giving Trees. Instead of ornaments, each tree has tags. Each tag lists a toy or article of clothing needed or wanted by a deserving child. Employees and parishioners take the tags, purchases the items, and return the unwrapped gifts to the company or church. If your business or parish would like to be involved, please call Cristen Sawyer, Christmas Program Director, at 872-0261. No Maine child should wake up Christmas morning and wonder why Santa forgot him or her.

Steve Mayberry is Development Director for the The Maine Children's Home For Little Wanderers.

“A Healing And Happy Place” For Grieving Children

By Susan Roy

Holly Caron comes through the door every Thursday night to begin her role as a facilitator for Hope's Place, our program for grieving children. It's not unusual to find Holly with her arms full of material that she is donating for the craft projects she plans to do with the children that evening.



Holly Caron

Holly lost her 23-year-old daughter, Heather, in February 2008. A few months later, she attended the Grieving Parents Group, which, she recalls, was her salvation. She then decided to take the training to become a Hope's Place facilitator.

Holly thoroughly enjoys working with the children and the other volunteers. When people ask how she can possibly do this after the loss of Heather, she replies, “Hope's Place is not a sad place; it is a healing and happy place. Hope's Place is a warm loving environment and every time I walk in there I feel a real sense of calm. I try to urge others to become involved in volunteering as it is really good for the soul!”

Sustain Mid Maine (cont. from p. 7)

Davison's late husband, Art, an ardent nature lover who devoted much of his time to the conservation movement. Be watching for these bags to be available at other events.

Finally, the **Education Team**, working with the Garden Team and the University of Maine Cooperative Extension, presented the 2010 Food and Garden Series. They held six programs at various locations to provide information on growing, using, and saving food. This team also sponsored the Green Expo in conjunction with the Taste of Waterville, which attracts many visitors. Various presenters arranged their materials downstairs at Barrels Community Market to showcase their energy-efficient products.

Linda Woods is interim coordinator of the Sustain Mid Maine Coalition. She can be contacted at lwoods@water-ville-me.gov or 680-4208. To learn more about the group, check out its website, www.sustainmidmaine.org, or join it on Facebook at www.facebook.com/sustainmidmaine/.

Hope's Place is a program of Hospice Volunteers of Waterville Area where children, teens, and their parents or guardians can gather to gain support following the death of a significant person in their lives. Participants network with other families, learn healthy coping strategies, and gain hope. Five peer support groups meet concurrently in which young people meet with others their own age and their parents or guardians meet with other adults. Children and teens are encouraged to process grief through music, dance, and play. A supervised “volcano room” will soon provide for the physical release of emotions.

Slated to open later this year, the Volcano Room through a grant received from the United Way in 2008. Healing happens in the Volcano Room through the physical expression of feelings. The natural language of children is play, and play is usually physical. Thus children, especially young children, more easily express their feelings physically, with their whole bodies, rather than just in words.

The room can be powerful in removing blocks in the grieving process for both adults and children. Anger and frustration are often labeled as “negative” feelings, but it can be very healthy to be able to feel and release these feelings.

Hospice Volunteers of Waterville Area is very fortunate to have Holly as a facilitator for our Hope's Place Program. We are always looking for compassionate and caring individuals who are willing to give their time and energy to help the children and teens that we serve.

Hope's Place facilitator training is a comprehensive, 32-hour course geared towards learning the special needs of grieving children and teens. The trainings are offered twice a year in the spring and fall. When facilitators have completed the training they will be prepared to co-facilitate sup-



Louise Winslow, center, is shown here with two of her young charges at Hope's Place. A student at Colby College, she is a facilitator for both Hope's Place and Camp Ray of Hope, a weekend retreat for grieving children and adults that HVWA holds each year on the third weekend of September at Camp Mechuwana in Winthrop.



port groups for grieving children and teens. For more information about training or referrals to the program contact Jillian Fortin, Youth Services Coordinator, at 873-3614 or jfortin@hvwa.org.

Susan Roy is the new executive director of Hospice Volunteers of Waterville Area. She takes over from Dale Marie Clark, who retired this past summer.

Local citizens who care about community journalism donate money to help REM afford the thousands it costs to print *Local Voices* and have it inserted into the *Morning Sentinel*. If you'd like to help, please send your contribution to REM, 93 Main St., Ste. 3, Waterville, ME 04901. We are also looking for writers, editors, layout designers, and proofreaders to assist with future issues. If you would like to help, please contact REM at 873-4444 or rem@rem1.org.

Know a Girl Who Rocks?

By Jackie Dupont

Hardy Girls Healthy Women will hold their fourth annual Girls Rock! Weekend on April 8-10, 2011. The weekend will include the presentation of the third annual Girls Rock! Awards to five girls in Maine.



Hardy Girls is searching to honor five girls who rock by using their voices in bold and powerful ways. Hardy Girls is committed to ensuring that girls' voices are not just heard but made bigger throughout their communities. Girls who are making Maine a better place inspire us and inspire other girls to join together to create a world in which girls and women experience fair and equal treatment, independence, and safety every day in every place.

For the Girls Rock! Awards, we're looking for girls ages 12-19 who are making a difference in these five areas:

- **Title IX Champion:** Whether on or off the playing field, this girl has demonstrated odds-defying behavior as an advocate for girls' equal access to athletic facilities, coaching, education, or equipment.
- **Health Advocacy:** This girl has supported and/or campaigned for wellness policies or programs that promote healthy lifestyles and choices for girls.

- **Against the Odds:** Refusing to be limited by what has traditionally been known as a physical or developmental disability, this girl has been busy redefining "able" and making positive change for girls in Maine along the way.
- **Community Organizing:** This girl sees the importance of a united community and is making it happen by bringing together her school, peers, and/or community. She not afraid to start changing the soil, especially for other girls!
- **Entrepreneurship:** This girl is turning her passion into a paycheck, building up her own business and her bank account. Please note any philanthropic components of her business.

Nominations must be received by February 18, 2011. All selected Girls Rock! Award recipients must be available to accept their award at the Girls Rock! Award celebration on Friday, April 18, 2011 at the Holocaust & Human Rights Center in Augusta. Winners will receive a \$250 savings bond.

For more information and to submit your application online visit www.hghw.org. If you have any questions, call 861-8131 or write to info@hghw.org.



Dani Lorrain, a senior from Boothbay, gives her acceptance speech upon receiving the Against the Odds award. Despite two disabilities that interfere with her vision, she has worked at state health and youth conferences to encourage communities to begin building the Search Institute's 40 Developmental Assets (www.search-institute.org/assets/), which are the building blocks of healthy development that help young children grow up healthy, caring, and responsible adults.

Jackie Dupont is Director of Programs for Hardy Girls Healthy Women, a Waterville non-profit working to ensure that all women and girls are independent, safe and equal in their everyday lives.

Find out what's going on around town! Check out the REM Community Calendar: www.rem1.org/calendar/

Build Community

Building Community One Hour at a Time

By Stacey Jacobsohn

It has been a busy and rewarding fall season for the Mid Maine TimeBank. We thank REM for providing us space to grow our community — and it has been growing! Building our support network of neighbors helping neighbors is a slow but exciting process, and there were many touching moments as our members discovered the unique qualities of time banking: how it can be just as honorable to receive as to give, how one member got a ride from the emergency room at midnight, or companionship during the grief process. There are so many more stories...

We were finally able to get a group project going for one of our Winslow members, Libby, a wonderful lady with disabilities and a beautiful farmhouse in need of some TLC. In October, ten time bankers converged with kids, rakes, paint brushes, and helping hands to get her place ready for winter. The kids loved the leaf pile! We finished right on time to enjoy our barbeque in the warm fall sunshine — so glad the weather cooperated!

For me, as coordinator, it was a labor of love started over a year ago: she had attended many leadership meetings and

given her expertise on many organizational matters and I wanted to return the favor. Finding members near her to help with repairs or check in on her, helping her feel supported, not alone, and able to stay in her home, took a lot of effort and time, more than I had expected.

It finally paid off, and Libby is all set with firewood now, with another member returning to stack it neatly in her basement. For all of us, it was a milestone, and serves as my personal motivation and inspiration to continue to gather and organize more neighbors, to help each other weather this economic recession in style. We have what we need if we use what we have, and we are just warming up.

Thanks again to REM for supporting our efforts while we build community. It is folks like you that help get things done, and that is all we need. We have members in Kennebec, Somerset, Penobscot, and Lincoln counties. Organizations, as well as individuals, can join. Find help when you need it and give when you can.

For further information on our network of neighbors, visit our website at www.midmetimebank.org. For national information on how time banking is building communities across



Two time bank members rake leaves during the work party at Libby's house.

the US and globally, go to www.timebanks.org. No computer? No problem! Just call us at 385-4238.

Stacey Jacobsohn is coordinator of the Mid Maine TimeBank. She can be reached at 385-4238 or info@midmetimebank.org.

Making Connections with Community Through Loaned Executives

By Richard Caro

The theme of this year's United Way of Mid-Maine campaign is "Making Connections." One way we make connections is through our loaned executives. Unique to the United Way, this program engages a local business leader in our fall fund raising work while providing the person with valuable community experiences that build excellent leadership and managerial skills.



This fall, United Way of Mid-Maine is honored to be hosting Shawn Sutton, an assistant manager at the Hannaford Supermarket in Brunswick. Shawn began his tenure with us on Monday, August 23, with a week of "campaign training" that provided background information on how United Way improves people's lives. The training also teaches public speaking skills, necessary for sharing United Way's work through presentations at businesses in the community.

The first week of orientation also included visits to many of the agencies that United Way of Mid-Maine funds. Shawn

highlights this first-hand agency experience when making presentations to groups, "Each agency has its own story to tell; each provides such a valuable resource to the community. I was amazed to see just how much each agency does every day to help people."

"Sharing that experience with others and inspiring them to be aware of the needs and the resources in our community is what the job is all about," adds Shawn. "That's how we can all benefit from the work of United Way. I feel lucky to have had the experience and also to have been able to help make a difference."

Shawn finished his ten weeks of service on Friday, November 5. United Way of Mid-Maine would like to thank Hannaford for their generous contribution of a loaned executive and to thank Shawn for his incredible contribution of energy, organization, and caring.

Contributing a loaned executive is easy and rewarding. It's a win/win for the company, and for the community. To be considered for next year's loaned executive opportunity, please call the United Way of Mid-Maine office at 873-0686.



Shawn Sutton stands in front of the Brunswick Hannaford.

Richard Caro is Resource Development Coordinator for the United Way of Mid-Maine.

Find out what's going on around town! Check out the REM Community Calendar: www.rem1.org/calendar/

What It Means To Be a REM Partner

By Gregor Smith

The REM Partners are a coalition of over fifty area nonprofit organizations that work together to identify community problems and develop programs to address them. Membership is open to any nonprofit entity (including schools, hospitals, churches, governmental agencies, and nongovernmental organizations) that is active in the Waterville area.



The REM Partners first convened in the Summer of 2001, when Faye Nicholson, REM's executive director and dream-catcher-in-chief, started thinking how wonderful it would be if local nonprofit organizations could all work together for the common good. At one of their earliest meetings, the Partners prepared the following vision statement:

"We are a diverse group of area nonprofit organizations working to coordinate, and communicate our missions and our services to this community, including ways to access them. We hold the belief that communication and cooperation enhance the common good of all. We encourage volunteerism and honor and celebrate volunteers throughout our community, fostering the growth of a shared, commonly held network of volunteers."

Always open to new membership, we pledge our organizations to the support of our Partners and share openly ways we can be of help to each other. From this strong base, we identify community problems and develop programs together to address them, utilizing our shared awareness of our community resources.

Benefits of Partnership

From colleges and hospitals with hundreds of employees and substantial real estate holdings to small community groups with no offices or paid staff, all Partners enjoy the same privileges. The benefits of becoming a REM Partner include, but are not limited to:

Local Voices: Partners receive advance notification of the publication of upcoming issues of *Local Voices*, REM's 8- to 12-page, community newspaper. *Local Voices* is currently published three times a year with print runs of around 11,000. Copies are distributed throughout the Waterville area, mostly as inserts in the *Morning Sentinel*. Partners may submit articles about their own activities and receive preference over non-Partners when space is tight.

- **REM Community Awards:** Each Partner may select one or more of its volunteers to honor at REM's annual Community Awards Ceremony held at the Waterville

Opera House. Each Partner participating in the ceremony receives a beautiful crystal awards disk to present to the honoree and a nylon banner with the organization's name and logo. The banner is displayed at the ceremony.

- **REM Partners Directory:** Each year, REM prepares a directory of the Partners that contains a description of and contact information for each organization. This directory is released at the REM Community Awards Ceremony and is distributed throughout the year. The 2010 version of the directory is also available online at www.rem1.org, giving even the smallest Partner organization exposure on the World Wide Web.
- **REMnet:** Partners may submit notices of their upcoming activities on REM's web site, at www.rem1.org/remnet/. REM sends weekly messages to more than 200 subscribers, notifying them of new postings. There is no charge to subscribe to REMnet, and Partners are asked to encourage their employees or members to sign up.
- **Rentals:** REM Partners can rent the REM Forum and the REM Board Room for half price. REM provides these spaces for community events in The Center at 93 Main Street in Waterville. With 1280 square feet of space and a spring-loaded floor, the REM Forum is suitable for dinners, dances, meetings, and receptions for up to 100 people. Adjacent to the Forum is a lounge suitable for informal gatherings; it can be rented with the Forum or separately. Up the stairs, the REM Board Room is ideal for smaller meetings; REM Partners may hold their own board meetings in the board room for free.
- **Poster Distribution:** REM's Poster Team helps the Partners promote their events by distributing posters within a 20-mile radius of Waterville, reaching people not previously reached.

Levels of Participation

There are two levels of Partnership: an organization can become a collaborating member for \$50 or an affiliated member for \$100. Organizations that can give more are encouraged to do so. Members at both levels have the same privileges, but affiliated members are not obligated to send representatives to the semi-annual meetings of the REM Partners or to participate in joint events.

If you represent a nonprofit organization that would like to become a REM Partner, please contact Faye Nicholson, at rem@rem1.org or 873-4444. You are welcome to join us!

Our New REM Partners Directory is Coming in January!

By Faye Nicholson, with Gregor Smith

Each year REM publishes its *REM Partners Community Directory*. The directory spotlights our many local nonprofit organizations and allows community-conscious local businesses to advertise their goods and services.

The 2011 edition of the directory will be coming out in January. In the mean time, the 2010 version is currently available online at www.rem1.org, in the REM office, from the REM Partner organizations, and in various waiting rooms and community gathering places.

These directories are handed out by the more-than-50 REM Partners, who are Waterville area non-profit organizations that have joined with REM. The directory is used to introduce longtime residents and newcomers alike to the nonprofit sector of our community and the amazing people who serve as volunteers. People choosing a community in which to live care about the services available to their families and the extent of community engagement in the place they choose to call home. This directory showcases all the best that the Waterville area has to offer.

The directory provides a brief description of and contact information for each of the REM Partners, as well as pictures and stories about their latest REM Award honorees. Each organization may choose one or more of its volunteers

to honor at the REM Awards Ceremony and in the directory for their exemplary service to the community.

Another feature of the directory is the two-page "Directory of Community Conscious Businesses." Area businesses place ads in the directory. Some use their ads to promote their business, other pay tribute to one or all of the honorees.

These businesses are the lifeblood of our community. Supporting local businesses supports our community in so many ways. They are the foundation of our quality of life. They not only provide the services we need, but are the major supporters of our nonprofit organizations. If you are given the opportunity to welcome a newcomer to our community, be sure to give him or her a copy of the *REM Partners Community Directory*.

The 2011 directory will be released at the REM Community Awards Ceremony on January 15. If you would like to have the directory at your home or place of business, please contact REM and we will make sure you have as many copies as you'd like. If you own a business and would like to



REM Partners

ACAT (Aqua City Actors Theatre)
 Alfond Youth Center
 American Red Cross of Mid-Maine
 Big Brothers Big Sisters
 Bioregional Conservancy & Cultural Reclamation Trust
 Boy Scout Troop 433
 Catholic Charities Maine
 Central Maine Growth Council
 City of Waterville
 Colby College
 Good Will-Hinckley
 Greater Waterville Communities For Children & Youth
 Hardy Girls Healthy Women
 HealthReach Community Health Centers
 HealthReach RSVP
 Healthy Maine Partnerships of Greater Waterville
 Hospice Volunteers of Waterville Area
 Humane Society - Waterville Area
 Inland Hospital
 Kennebec Behavioral Health
 Kennebec Messalonskee Trails
 Kennebec Montessori School
 Kennebec Valley Community College
 Kotlas - Waterville Area Sister City Connection
 Let's Talk Language School
 Lighthouse Christian Fellowship
 Literacy Volunteers of America - Waterville Area Affiliate
 Maine Association of Nonprofits
 Maine Centers for Women, Work and Community
 Maine Children's Home
 Maine Dance Teachers Association
 Maine International Film Festival
 MaineGeneral Medical Center
 Mid-Maine Chamber of Commerce
 Mid-Maine Global Forum
 Mid-Maine Homeless Shelter
 Mid-Maine Time Bank
 Rebekah Assembly of Maine
 REM
 St. Mark's Episcopal Church
 Salvation Army
 Sexual Assault Crisis & Support
 Skowhegan Free Public Library
 Sunset Home
 Sustain Mid Maine
 Thomas College
 United Way of Mid-Maine
 Waterville Area Habitat for Humanity
 Waterville Business & Professional Women
 Waterville Historical Society
 Waterville Main Street
 Waterville Opera House
 Waterville Public Library
 Winslow Veterans of Foreign Wars
 WMHB

Thank you, Gregor, for all of your earnest efforts. Your editing skills have made us contributors look brilliant. - Your friends at the Alfond Youth Center

LOCAL VOICES

Gregor Smith, Editor-in-Chief and Webmaster
 Layout Design by Gregor Smith
 Assisted by Jackie Dalton
 Proofread by Nancy Day Clark and Tony Cocco,

Local Voices is published three times a year by REM as a community service. Most of the articles in this issue were contributed by the REM Partners, a coalition of over 50 local nonprofit organizations. Opinions expressed are those of the authors and are not necessarily those of the *Local Voices* staff or of REM's board of directors.

When you finish reading *Local Voices*, please share it with a friend. Back issues are available in the REM office, 93 Main St. Suite 3, Waterville.

advertise in the directory, let us know. We can use an ad you provide or create one for you. Just call 873-4444 or email rem@rem1.org. The directory is distributed for a whole year. It is one of the most economical promotions available.

Expand Fitness and Recreation

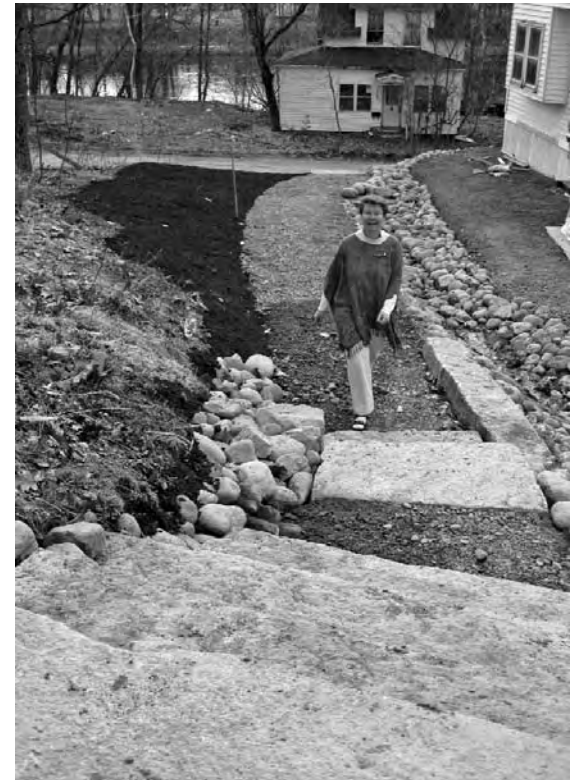
Everyone enjoyed the February opening celebration of the Quarry Road Trails. Snowshoes, skis, boots, sleds, and mountain bikes were the order of the day.



KMTrails Year in Review: Pictures for a Trail Exhibition



Over 100 people turned out for KMTrails' Mushroom Hunt and Hike in October. Above, leader Richard Tory picks up a large mushroom to show to the gathered group.



Helen Hanson checks out the newly installed granite step approach to the Rotary Centennial Trail from Crummett Street in Benton. The steps were opened in March.



Folks of all ages turn out to walk the Inland Woods Trail on opening day in September.



The mission of Kennebec Messalunksee Trails is to promote, build, and maintain recreation and fitness trails along our waterways connecting Waterville, Winslow, Benton, Fairfield, and Oakland. This mission is a multi-faceted effort to improve the health of our community, embrace our river heritage, provide a model of regional cooperation, and draw attention to the aesthetic and economic value of our clean and reborn rivers. For more information, visit www.kmtrails.org or call 873-6443.

REM Community Calendar

Below is a sampling of community events taking place in Greater Waterville in the next few weeks that are not described elsewhere in his publication. All are open to the public, and most are free. For additional listings, see the REM Community Calendar online at www.rem1.org/calendar/. The online calendar is continually updated and includes an event submission form.

The Homecoming, Fri., Nov. 26 & Sat., Nov. 27, 7:30 PM; Sun., Nov. 28, 2:00 PM: This captivating Christmas tale, full of heart-warming holiday carols, is based on the book by Earl Hamner, Jr., creator of *The Waltons*, and the play by Christopher Sergel. The story takes place on Dec. 24, 1933, in a small town in the Blue Ridge Mountains of Virginia where Olivia and her children are preparing for Christmas and waiting for Daddy to come home. Midnight arrives to the magic of Christmas! Tickets: \$16 for adults, \$14 for youth and seniors. Waterville Opera House, 1 Common St., Waterville. FMI: 873-7000, www.operahouse.org.

Kringleville, Fri., Nov. 26 – Wed., Dec. 22: Kringleville is one of Downtown Waterville's oldest traditions. Parents, bring your children to visit Santa at his seasonal home in Castonguay Square. (Hours: Wed.-Thurs., 4:00-7:00 PM; Fri., 4:00-8:00 PM; Sat., 12:00-3:00 PM & 3:30-6:30 PM; and Sun., 12:00-3:00 PM & 3:30-5:30 PM Closed Mon. & Tues., except Dec. 20-21, 4:00-7:00 PM) Sponsored by Waterville Main Street. FMI: 680-2055, www.kringleville.com.

Fifth Annual Parade of Lights, Fri., Nov. 26, 6:00 PM (Rain/Snow Date: Sat., Nov. 27): Watch dozens of floats light up Main Street as Santa arrives in Downtown Waterville. The parade route begins at the north end of Main Street by Rite Aid, travels down Main Street, continues to Spring Street and Elm Street and then loops back, ending at Castonguay Square, where the giant spruce tree will be lit. Free. Sponsored by Waterville Main Street. FMI: 680-2055, www.kringleville.com/parade.htm.

Carols in the Round, Sat., Nov. 27, Sun., Nov. 28, Thurs., Dec. 2, and Sun., Dec. 12: The Mt. View Chamber Singers are a 20-voice, a capella choir from Mt. View High School in Thorndike. Directed by David Stevenson, their Yuletide series of hour-long concerts in which they encircle the audience and sing by candlelight have become a perennial favorite. This year, they will have 27 performances including four in the Waterville area: Riverside Congregational Church, Corner of Cushnoc and Webber Pond Roads, Vassalboro (Nov. 27); First Baptist Church, Corner of Elm and Park Streets, Waterville (Nov. 28); United Methodist Church, 614 Main St. (Rte. 32), Vassalboro (Dec. 2); and Kennebec Valley Baptist Church, 91 Marston Rd., Waterville (Dec. 12). All performances are at 7:00 PM. Free; donations accepted. FMI: 568-4620, [dstevenson@rsu3.org](mailto:d Stevenson@rsu3.org).

Tracking and Awareness Workshop, Tues., Nov. 30, 7:00 PM – 8:00 PM: Learn ancestral skills designed to peak awareness and interpret the landscape. We will go through exercises designed to increase your physical senses and go beyond. Barrels Community Market, 74 Main St., Waterville. Sponsored by Maine Primitive Skills School. FMI: 660-4844, www.barrelsmarket.com.

Pre-diabetes: What Is It? What Can You Do About It?, Wed., Dec. 1, 9:00 AM – 10:30 AM: Have you been told that you have pre-diabetes or "high sugar?" If so, making a few simple lifestyle changes can help you prevent developing diabetes; join us to learn how. No charge; pre-registration required. Medical Arts Conference Room, Inland Hospital, 180 Kennedy Memorial Drive, Waterville. FMI: 861-3333.

Open Mic Night at Jorgensen's, Wed., Dec. 1, 7:00 PM – 9:00 PM: 'Tis the season to warm your soul with fresh sounds, hot drinks, and good company. Featuring Colby a cappella groups, free apple cider, hot chocolate, and pastries! Jorgensen's Café, 103 Main St., Waterville.

Co-sponsored by Waterville Main Street and the Goldfarb Center at Colby College. Part of the Get Up Downtown Series. FMI: 680-2055.

United Way Community Forum, Thurs., Dec. 2, 12:00 PM – 1:30 PM: We want to hear from you: what's working and what's not in our communities? If you live or work in northern Kennebec, Somerset, or western Waldo counties and you want your voice heard, call us to make a reservation. Breakfast will be provided. Please plan to arrive 10-15 minutes early. There is NO COST for you to attend, and you will not be asked to make a donation. Center for All Seasons, 1 Center Drive (off Route 27), Belgrade Lakes. FMI: 873-0686, www.unitedwaymidme.org.

Design, Create, Paint Greeting Cards, Thurs., Dec. 2, 3:30 PM – 4:30 PM: Children and adults will explore the medium of watercolor paints and create unique card designs to give to friends and family. Students will meet with an artist who shares her own real-world experiences of designing, creating and selling original art greeting cards. For ages 7 to adult. Cost: \$20. Please register in advance. Freshwater Arts, 74 Main St. (below Barrels Community Market), Waterville. FMI: 680-2055, www.freshwaterarts.org.

Lights for Life Open House and Tree Lighting, Thurs., Dec. 2, 4:30 PM – 7:00 PM: All are welcome to join us for this annual commemoration of loved ones who are no longer with us. Following a time of refreshments, camaraderie and reflection, the Lights for Life tree will be illuminated at 6:15 PM. There will also be activities for children. In addition, the names of loved ones will be displayed on the HVWA Memorial Wall throughout December. Free; donations accepted. Hospice Community Center, 304 Main St., Waterville. Sponsored by Hospice Volunteers of Waterville Area. FMI: 873-3615, www.hvwa.org.

The Art of Radio Documentary, Thurs., Dec. 2, 7:00 PM: Joe Richman is an award-winning independent producer and reporter for National Public Radio's *All Things Considered* and the founder of *Radio Diaries*. For 15 years, *Radio Diaries* has helped people document their own lives. Past productions include some of the most well-known documentaries heard on NPR in recent years: "Teenage Diaries," "Prison Diaries," "My So-Called Lungs," "New York Works," "Thembi's AIDS Diary," and "Mandela: An Audio History," which won the DuPont-Columbia Award, the broadcast equivalent of the Pulitzer Prize. Free. Ostrove Auditorium, Diamond Bldg., Colby College, Waterville. FMI: 859-5300, goldfarb@colby.edu.

Luke 2:15: A Guided Retreat, Fri., Dec. 3, 7:00 PM – Sun., Dec. 5, 1:00 PM: Focusing on some of the principal figures of the Christmas story, we will reflect on the life-lessons they can teach us for our spiritual journey. Through presentation, personal reflection and sharing, retreatants will deepen their own inner faith journey and open themselves to a meaningful and holy Christmas. Cost: \$185 (includes meals and lodging). Please register at least 10 business days in advance with a \$100 deposit. Living Water Spiritual Center, 93 Halifax St., Winslow. FMI: 872-2370, www.retreatinmaine.com/calendar.htm.

Chop To It!, Sat., Dec. 4, 1:00 PM – 3:00 PM: Meet Kellie Huard, business owner, third-degree Black Belt, State Karate Champion, Maine State Skirmish Grappling/Jiu-jitsu Champion, and much more! Learn about women in martial arts as well as jiu-jitsu/taijitsu self defense and muay thai/kickboxing! For girls in grades 2-6. Cost: \$15. Group rates and scholarships available. Register at least 24 hours in advance. Huard's Jiu-Jitsu and Karate, 234 Clinton Ave., Winslow. Sponsored by Hardy Girls Healthy Women. Part of the Adventure Girls Series. FMI: 861-8131, www.hghw.org.

A Little of This, A Little of That, Sat., Dec. 4, 7:30 PM: For this Colby Symphony Orchestra concert, we've programmed a wide selection of works. The concert will begin with Emil von Reznicek's *Donna Diana Overture*, followed by Richard Wagner's "Siegfried Idyll," and will

conclude with the solo debut of Colby's wonderful new pianist, Yuri Funahashi, performing Dmitri Shostakovich's virtuosic Second Piano Concerto. Jonathan Hallstrom, conductor. Free. Lorimer Chapel, Colby College, Waterville. FMI: 859-5671, vlemieux@colby.edu.

Guyland, Tues., Dec. 7, 7:00 PM: Why do so many guys seem stuck between adolescence and adulthood? Why do so many of them fail to launch? Just what is going on with America's young men? In his new book, *Guyland: The Perilous World Where Boys Become Men*, sociologist and gender studies authority Michael Kimmel documents interviews with hundreds of young men, ages 16-26, in high schools, college fraternities, military academies, and sports bars to understand better Guyland's rules and restrictions, its layers of peer pressure and gender policing, its features and artifacts. Free. Page Commons, Cotter Union, Colby College, Waterville. FMI: 859-5300, goldfarb@colby.edu.

Defending Human Rights in Zimbabwe, Wed., Dec. 8, Time TBA: Jestina Mukoko, the 2010 Oak Fellow, will be giving her farewell address to the Colby College and Waterville community. Ms. Mukoko is the National Director of the Zimbabwe Peace Project and a human rights defender from Zimbabwe. Free. Room 215, Lovejoy Bldg., Colby College, Waterville. FMI: 859-5300, goldfarb@colby.edu.

Body, Place, Planet: An Astronaut's Perspective, Thurs., Dec. 9, 7:00 PM: Stephen G. Bowen is the first submarine officer selected by NASA to serve as a mission specialist. He is a veteran of two space-flights, STS-126 in 2008 and STS-132 in 2010, and has logged more than 27 days in space, including 34.5 hours in five space walks. Free. Room 1, Olin Science Center, Colby College, Waterville.

The Nutcracker Ballet, Fri., Dec. 10, 7:00 PM; Sat., Dec. 11, 2:00 & 7:00 PM; and Sun., Dec. 12, 2:00 PM: The holidays would not be complete without a visit to the magical world of *The Nutcracker*. Each magical performance brings toy soldiers, dancing mice, and even a Christmas tree, to life right in front of us. Children of all ages will delight in Tchaikovsky's perennial favorite produced by the Bossov Ballet Theater from Maine Central Institute in Pittsfield, Maine. Tickets: \$15 for adults, \$13 for youth and seniors. Waterville Opera House, 1 Common St., Waterville. FMI: 873-7000, www.operahouse.org.

Carols and Lights, Fri., Dec. 10, 7:30 PM, and Sat., Dec. 11, 4:00 PM and 7:30 PM: Now in its 41st year, this Colby tradition continues to thrive! A musical prelude begins at 3:30 and 7:00, and the service itself includes Advent and Christmas readings and carol singing. Student vocalists, instrumentalists, and choral and a cappella groups take part in the services, with both traditional and contemporary music of the season. The service concludes with the lighting of candles throughout the congregation and their singing of carols, ending with "Silent Night." Free, but advance tickets required. Lorimer Chapel, Colby College, Waterville. FMI: 859-5671, vlemieux@colby.edu.

Holiday Open House, Sat., Dec. 11, 1:00 PM – 4:00 PM: Come celebrate the holidays with us! Visit with the animals and have some refreshments. Do your Christmas shopping at our retail area. Santa will be here for the kids, and goodies will be given. Donations are welcome. Humane Society - Waterville Area, 100 Webb Road, Waterville. FMI: 873-2430, www.hswa.org.

Spano Conducts Sibelius, Sun., Dec. 12, 2:00 PM: Railroad Square Cinema is thrilled to collaborate with the world-renowned Philadelphia Orchestra for live simulcasts and encore performances. Today's concert includes Iranian native Behzad Ranjbaran's Piano Concerto, Sibelius's incidental music for Shakespeare's *The Tempest*, and his turbulent Fifth Symphony, composed while World War I raged. Tickets: \$18 for adults, \$8 for students. Railroad Square Cinema, 17 Railroad Square, Waterville. FMI: 873-4021, www.railroadsquarecinema.com.

Festival of Trees Returns!

After taking a year off, Good Will Hinckley's Festival of Trees will return this December. This eighteenth festival will feature twenty full-size Christmas trees, each decorated by a local business or nonprofit organization. The festival will be held December 3 - 11 in the Prescott Building at the school on Route 201 in Hinckley.



The festival will open on Friday, December 3, with our first Down Home Dinner, which will include turkey, ham and all the fixings! Tickets are limited. Order early. Tickets cost \$10 per person in advance and \$12 at the door. Admission includes dinner, desserts, and entrance to official tree lighting ceremony, enhanced by seasonal music from area musicians. The dinner buffet will be open from 5:30 to 7:00 p.m., with the tree lighting ceremony immediately following. Tree viewing will be open to the general public at 7:30.

The trees will be on view daily, December 4 - 10, from 9:00

a.m. to 7:30 p.m. Santa will also be present every morning, 9:00 a.m. - 1:00 p.m, and we'll have holiday music each evening, 6:30 - 7:30 p.m. See the Good Will Hinckley website, www.gwh.org, for a full schedule. There is no charge to view the trees or hear the music.

On Saturday, December 11, we'll have our Festival of Trees finale. On this final day, the trees will be on view from 9:00 a.m. to 7:00 p.m., and from 5:00 to 7:00, we'll have an old-time Christmas carol sing-a-long at the Moody Memorial

Russian Ornaments on Sale



The Kotlas Connection will be selling Russian-made ornaments again this year. They will be available at both branches of Kennebec Federal Savings (KFS), on Main Street and Washington Street, in Waterville, beginning the weekend after Thanksgiving and continuing until just before Christmas. Ornaments will also be on sale at two Christmas craft fairs, at Temple Academy on Saturday, December 4, and at Waterville High School on Saturday, December 11. For more information, visit www.kotlas.org or call Ellen Corey at 872-7719 or Martha Patterson at 872-5935.

Chapel to the music of the Skinner pipe organ, with hot chocolate and coffee and hay rides to the Prescott Building to view the trees.

For more information about upcoming events or to book a tour please visit www.gwh.org or email or call Lisa McGowan, Events Manager, at events@gwh.org or 238-4280.

Mrs. Santa's Workshop

4:00pm Friday, Nov 26

FREE!

Children 8 and under will have the chance to choose or make a gift for a friend.

Location: REM Forum
93 Main St,
Downtown Waterville
- have fun and stay warm while you are waiting for the Parade of Lights.



REM's Vintage Tea a Big Success!



Hostesses for REM's Vintage Tea were Marie Cormier (left) and Georgette Moore (right), who are pictured here with Marie's son Ken.



Ron Woodbrey pours tea for a very special lady, his mother Mary.



Gingerbread Mania

1:00 pm - 3pm on Saturday, Dec 11

We have Gingerbread Houses ...
- Now we need decorators and owners!

You're sure to have fun at this event at REM Forum
93 Main St, Downtown Waterville!

All are welcome,
but please call 873-4444 to place a reservation by Dec 5th ...
- we wouldn't want to run out of supplies!



Be sure to check out the YuleTide Village in the REM windows along Main St - on display starting Thanksgiving Day!



Basket Number & Title: _____

Name: _____

Address: _____

Phone: _____

Mail/Bring Raffle Ticket and money (\$1 per ticket) to
REM, 93 Main St - Suite 3, Waterville, ME 04901

Win a Basket Full of Goodies
For Just \$1 per Ticket

Gift Baskets are displayed in REM's window at
93 Main Street in downtown, Waterville
View a listing of the baskets' contents at
www.rem1.org under YuleTide series

Winning tickets will be drawn on Saturday, December 11, 2010

More Tickets = Better Chances