



# TOURIST&TOWN

Thanksgiving Special

November 3, 2022

Volume 64

Issue 20

PEOPLE PLACES FOOD ART EVENTS

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*Cover by Holly Lombardo*



CAPE PORPOISE KITCHEN

## THANKSGIVING MENU 2022



### STARTERS

Roasted Butternut Squash  
& Apple Soup \$9.99/qt

Pumpkin Chili (Vegetarian) \$9.99/QT

Smoked Salmon Dip \$18.99/lb



Baked Brie in Puff Pastry w/ Apricot Preserves, Sliced Pears & Walnuts  
With Assorted Crackers . Serves 8-10 \$28.00

Cocktail Shrimp Platter with Lemon Wedges & House Cocktail Sauce \$28/ doz

Selection of Charcuterie, Artisan Cheeses, Olives & Crackers - Market

### FRESH TURKEY

Uncooked - Brined overnight & prepped with an Olive Oil Herb Rub

Ready for you to roast \$9.99/lb (instructions included)

Herb Roasted Whole Turkey- Brined & Roasted \$10.99/lb

Carved Breast of Herb Roasted Turkey \$17.99/lb

(Please note: Turkey prices are based on current market.)

### HOLIDAY SIDE DISHES

Sage & Sausage Bread Crumb Stuffing - \$8.99/lb

Cornbread Stuffing with Roasted Chestnuts & Herbs- \$11.99/lb

Yukon Gold Mashed Potatoes - \$7.99/lb

Whipped Sweet Potatoes with Honey Pecan Crumble- \$8.99/lb

Maple Ginger Roasted Acorn Squash- \$9.99/lb

Caramelized Brussels Sprouts with Pearl Onions & Rosemary \$14.99/lb

Grand Marnier Cranberry Sauce w/ Toasted Pecans & Orange Zest \$6.99/pt \$13.99/qt

Traditional Turkey Gravy - \$5.99 Pt, \$10.99/Qt

### HOLIDAY DESSERTS

Pies: Pumpkin, Apple, Wild Maine Blueberry, Apple Cranberry \$18.95 ea

Pecan Pies, Chocolate Silk Pie \$23.99 ea

Mini Molasses Cookies - \$7.50 doz in a cello bag with ribbon

Sweetie Pie's Hand Decorated Shortbread Cookies in a Cello Bag \$5.50 ea

### ORDERING GUIDELINES

**DEADLINE FOR ORDERS IS FRIDAY, NOVEMBER 18 AT 2 PM**

**OPEN WEDNESDAY, NOVEMBER 23, 7 AM-7 PM**

**OPEN THANKSGIVING DAY, NOVEMBER 24, 7 AM-1 PM**

For your convenience and to ensure consistency, our Thanksgiving side dishes  
are packed in 1 lb and 2 lb containers. Please order accordingly.

1 Lb = 2-3 servings; 2 Lb = 4-6 servings

Easy Re-heating Instructions Included with your Order.

All Prices are based on weight prior to Cooking.

CAPE PORPOISE KITCHEN

207-967-1150 1 Mills Rd, Kennebunkport

[www.capeporpoisekitchen.com](http://www.capeporpoisekitchen.com)

*This special EXTRA issue  
of Tourist & Town  
comes to you with  
warm wishes for a  
wonderful Thanksgiving  
– from Tourist & Town to you!*

### Publisher's Note

Well, the holidays are getting close and it's time for all of us to catch the bug – the kindness bug, that is.

My daughter Daisy certainly has it. Just the other day, she was again talking about how she wants to tell the world to just "get over it" and be kind to one another. She often asks how she can best spread kindness. She wants to know what she can specifically do. She says she wants it to be something BIG.

My response is always the same. "Actively seek out ways to spread goodness, make sure to help when help is needed, get busy supporting the causes you are passionate about and most of all, **be** the kindness you so passionately want to spread in this world. 'Bloom where you are planted' and make your life your message.

"To **live** that beautiful kindness of yours," I try to remind her frequently, "and to bring that kindness to all areas of your life, and to all the people your life touches, well, that's pretty darn BIG if you ask me!"

Thanksgiving reminds us of these things. It reminds us to give and be grateful. It reminds us to channel our gratitude for what we have into reaching out to others.

While giving and gratitude shouldn't have set seasons per se, it doesn't hurt to be reminded of them a little bit more this time of year.

So here's to the 'season' of giving and gratitude. May we be all be just a bit more deliberate about living the two of them.

Kingsley Gallup



*"Do all the good you can,  
By all the means you can,  
In all the ways you can,  
In all the places you can,  
At all the times you can,  
To all the people you can,  
As long as ever you can."  
~ John Wesley*

### TOURIST&TOWN

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## Paying it Forward 2022 Local opportunities for giving – the first of a two-part Paying it Forward series –

*Please take a moment to research these worthy opportunities for giving – some you might be aware of, some might be new to you.*

**American Red Cross  
of Northern New England**  
www.redcross.org/local/me-nh-vt.html  
2401 Congress St.  
Portland, ME 04102  
(207) 874-1192

**Animal Welfare Society**  
http://animalwelfaresociety.org  
PO Box 43  
West Kennebunk, ME 04094  
46 Holland Rd.  
Kennebunk, ME 04043  
(207) 985-3244

**Apex Youth Connection**  
http://apexyouthconnection.org  
45 Granite St.  
Biddeford, ME 04005  
(207) 282-9700

**Arundel Conservation Trust**  
www.arundeltrust.org  
PO Box 2704  
Kennebunkport, ME 04046  
info@arundeltrust.org  
(207) 967-3465

**Caring Unlimited**  
http://caring-unlimited.org  
PO Box 590  
Sanford, ME 04073  
mail@caring-unlimited.org  
(207) 490-3227

**Center for Grieving Children**  
www.cgcmaine.org  
893 Main St.  
Sanford, ME 04073  
(207) 775-5216

**Community Harvest**  
http://communityharvest.org  
PO Box 1393  
Kennebunk, ME 04043  
info@communityharvestonline.org  
(207) 967-1911

**Community Outreach Services**  
http://coskennebunks.org  
PO Box 1175  
Kennebunk, ME 04043  
(207) 604-0445

**Habitat for Humanity**  
http://www.habitatyorkcounty.org  
PO Box 267  
Kennebunk, ME 04043  
(207) 502-7021

**Make A Wish - Maine**  
http://wish.org/maine  
66 Mussey Rd.  
Scarborough, ME 04074

**MaineHealth Cancer Care**  
*See page 13 of this issue for details on a special fundraising effort this holiday season.*

**Maine Needs**  
http://maineneeds.org  
332 Forest Ave  
Portland, ME 04041  
info@maineneeds.org

**Ronald McDonald House**  
http://rmhcmaine.org  
250 Brackett St.  
Portland, ME 04102  
(207) 780-6282

**Seeds of Hope**  
http://seedsofhope4me.org  
35 South St. Biddeford, ME 04005  
rev.shirley@seedsofhope4me.org  
(207) 571-9601

**The Center**  
http://seniorcenterkennebunk.org  
175 Port Rd.  
Kennebunk, ME 04043  
(207) 967-8514

**The Community Gourmet**  
www.thecommunitygourmet.org  
Kennebunk, ME 04043

**Tourist & Town's Book Depot**  
12 Depot St.  
Kennebunk, ME 04043  
thebookdepotkbk@gmail.com  
*See story in this issue for current beneficiary*

**United Way of Southern Maine**  
http://uwsme.org  
36 Water St.  
Kennebunk, ME 04043  
(207) 874-1000

**Wreaths Across America**  
*Sponsor a wreath at Arundel Cemetery.  
See page of this issue for details.*

**York County Shelter Programs**  
www.yorkcountysshelterprograms.com  
PO Box 1268  
Alfred, ME 04002  
info@ycspi.org  
(207) 324-1137

*Special thanks to Tourist & Town's Meghan Candee for compiling this important list.*

## 'Tis the season for random acts of kindness

*A sampling of acts of kindness,  
gathered from our readers*

- Give to a cause.
- Help out with a fundraiser.
- Pick up litter.
- Buy a gift for someone in need.
- Call a friend.
- Help with a household chore.
- Tell someone you know that you are proud of them.
- Tell someone you know why you are thankful for them.
- Walk the neighbor's dog.
- Send a motivational text to a friend who is struggling.
- Plant a tree.
- Donate things you are no longer needing or using.
- Send someone you know a joke to cheer them up.
- Send an inspirational quote to a friend.
- Donate to a charity.
- Donate to food banks or serve at a soup kitchen.
- Write a letter to someone you know who could use some extra attention. A real letter – with paper!
- Hold the door open for someone.
- Bring flowers to someone you know who is having a tough day.
- If someone did a great job for you, write a note to that person's boss thanking and commending them.
- Ask someone "how are you doing" and really listen. Sit down.
- No multitasking.
- Pay the toll for the driver behind you.
- Pay the bill for the person behind you in line at the drive through.
- Buy a lottery ticket and give it to the person behind you in the market line.
- Each time you get a new article of clothing, give one away.
- Put your shopping cart away.
- Give a compliment.
- Leave a book in a Little Free Library – or at Tourist & Town's Book Depot!

# Turkey on the loose - and thankfully found

by Valerie Marier

My mother's sewing machine hummed all year but it leapt into overdrive in early November. She'd dig into her stash of dog-eared "Family Circle" magazines, locate a "DIY in 10-Minutes Thanksgiving Potholder" pattern, sit down at her Singer and sew serenely all afternoon.

"I thought you might like this for your table, Val," she'd say, presenting me with a ten-foot-long tablecloth ablaze with orange and yellow leaves, hemmed in brown ball fringe. A week later she'd pop by toting a red felt turkey head, stuffed with batting and attached to a metal rod. "Get yourself a ripe pineapple at the A&P," she'd say, "and stick the turkey head on top—it makes an adorable centerpiece."

From aprons trimmed with tangerine rick-rack to dishtowels featuring hand-stitched pumpkins, Mom's Thanksgiving craftsmanship was bottomless – and endless.

Every year my holiday storage box became more crammed. Rick-rack wasn't my thing. I certainly wasn't partial to ball fringe. But I loved Mom and dutifully used every turkey trapping she gave me over the years.

Her one creation that I actually liked was a four-by-six-foot tan banner with an embroidered multi-colored turkey sitting beneath the words: "Come Ye Thankful People, Come."

Over the past two decades, that banner has hung above the fireplace mantle, from a front attic windowsill, but primarily on the entrance porch, a beacon of our hospitality. The banner welcomed siblings from Colorado, New York and New Mexico who frequently flew in for the four-day weekend with their children. It lent credence to our family's open-door policy of inviting "strays" and singles who were alone over the holiday to join us.

Several years ago my husband and I decided

to spend Thanksgiving in Florida where his daughters live. I asked my daughter Alex, who lives in nearby Portsmouth, New Hampshire, if she would like to use any of my decorations. Indeed she did. "Can I have the turkey banner to hang on our front door?" she asked.

After the holiday Alex put the banner in a box in her basement. Christmas came and went, winter thawed into spring, summer faded to fall. Suddenly, it was the week before Thanksgiving. I texted Alex and reminded her that I needed the banner since I would be hosting the family that year.

But there was a problem. The turkey banner was missing. The prior Memorial Day weekend, Alex's house had been completely destroyed by

a fire caused when a BBQ smoker accidentally exploded. Ten firetrucks with gushing hoses couldn't extinguish the raging blaze that swept through and ravaged her four-bedroom home. No one was hurt,

but the loss of "stuff" was profound. It took a year and a week before she, her husband and two children, plus Lucy the Labrador, could move back into their reconstructed home.

When brother Robert arrived from Colorado with his family on the Wednesday afternoon before Thanksgiving last year, he looked at the wall of the entrance porch where the banner usually hung. "Where's Mom's banner?" he asked. "The fire," I answered. "It was in Alex's basement."

On Thanksgiving morning, we all breakfasted

on our "traditional" sour cream coffee cake layered with whole cranberry sauce. We played Rumikub into the night on a table covered with Mom's handmade yellow and orange tablecloth. The weathered red felt turkey-headed pineapple graced my kitchen island. Only the family banner was missing from traditional Thanksgiving regalia.

Then I began to plan the next Thanksgiving. Because my brother and sister were coming with their families, I wanted to start baking coffee cakes ahead to put in the freezer. I had to figure out where 14 relatives were going to sleep.

As I was making a chart of arriving bodies and available beds, my phone rang. Alex said, "Mom, you're not going to believe this. I was down in my basement this morning, sorting through some of the boxes that had been in storage all last year from the fire – and I found the banner! It smells like

smoke, it's a little moldy, but I've got it!"

During the long hard year after Alex's house burned down, we all learned the collateral horror of fire. My daughter's family not only lost their home, they lost library books and lacrosse team shirts, treasured photo albums and piano lesson song sheets, Christmas stockings, ski hats, Easter baskets, bicycles, and a 15-year-old's lifetime accumulation of Legos.

Yes, it was all "stuff." And fortunately, no one was hurt in the fire. But finding that family banner still reeking of smoke underscores why we gather together. When Mom died many years ago, she didn't leave her children money or stock. That frugal woman bequeathed a richer, more meaningful inheritance of hand-sewn tablecloths and turkey heads, all made with love, and with words she wanted her family to live by: "Come Ye Thankful People, Come." And we do.



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IN ASSOCIATION WITH WELLS CHRISTMAS BARN WE WILL BE SELLING XMAS TREES & WREATHS TO KICK OFF THE SEASON ON NOVEMBER 25TH WITH LIVE MUSIC AROUND THE FIRE PIT.

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FOR THANKSGIVING!**

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# Seacoast Garden Club prepares to bloom all winter Area residents invited to open meeting on November 14

The Seacoast Garden Club of Kennebunkport is revving up for the 2022-23 season. Founded nearly 40 years ago by eight local women, there are currently more than 90 members from Kennebunk, Kennebunkport, Arundel, Biddeford and Wells. Meetings are held on the second Monday of each month, from October to May, at the Community House, 8 Temple Street, Kennebunkport, starting with coffee and refreshments at 9:30, then followed by the business meeting and program.

For the November 14 meeting, the club invites area residents who are interested in joining the Seacoast Garden Club to come and meet other members and also enjoy the "Native Seed Talk" program which will be presented by Ginger Laurits of the Wild Seed Projects.

Laurits is a master gardener and volunteer at the Wells Reserve at Laudholm where she coordinates and maintains the native plant garden with other volunteers. She will talk about the Laudholm native plant gardens, why native plants are important to include in our landscapes, plants that work well in Maine perennial gardens and where to buy native plants. Other programs scheduled for 2022-23 include a video/discussion about Beatrix

Farrand, the most successful female landscape architect in early 20th century America; Edible Landscaping by horticulturist Aaron Parker; and Dispelling Common Garden Myths by Jamie Colen, director of Fuller Gardens in North Hampton, N.H.

The SCG builds friendships but it is not strictly social. Its members offer volunteer service to the communities where its members live. They also support the Conservation Pledge stated on the inside cover of the SGC yearbook, which reads, "I pledge to protect and conserve the natural resources of the planet Earth and promise to promote education as we may become caretakers of our air, water, forests, land and wildlife."

Throughout the year, the Seacoast Garden Club maintains a busy agenda. During the summer, members plant and tend local beds at the monument in Kennebunkport's Dock Square, the Community House on Temple Street, the Louis T. Graves Memorial Public Library, the Kennebunkport post office and the Oaks Neck peninsula overlooking the ocean at the intersection of Gooch's and Middle Beaches. They also maintain gardens in Kennebunk, including town hall and the Faerie Garden and "Touch and Sniff" garden at the Kennebunk



**Come see what the Seacoast Garden Club is all about at the open meeting November 14!**  
**Shown here is one of the local gardens planted and tended by members at the Center (formerly Senior Center of Lower Village). Photo courtesy of SGC.**

Free Library. Additionally, several members plant and maintain window boxes at the Center (formerly known as the Senior Center) in Kennebunk.

Each December, club members make and decorate boxwood Christmas trees and every May they create floral baskets, all of which are then distributed to local health facilities, homebound residents and libraries. The club's most successful fundraiser is the annual Plant & Pie Sale, held every May over

Memorial Day Weekend, and featuring grown-by-members plants and homemade fruit pies.

Club President Claire Julian says, "We welcome residents who are interested in any of our garden club activities. The November 14 open meeting is a convenient and easy way for people to find out more about what and who we are. Please come!"

FMI contact Diane Israelson (disrisn@yahoo.com) or Susan Joakim (susanjoakim@gmail.com)

## TRADITIONS

### Traditions Thanksgiving is a great time to...

- Express gratitude.
- Have pie for breakfast.
- Connect with loved ones.
- Collect canned goods for a food drive.
- Personalize your Thanksgiving table, perhaps with name cards or quotes or words of gratitude.
- Start a gratitude journal.
- Watch a classic movie
- Create a beautiful centerpiece.
- Play games.
- Host a Thanksgiving potluck.
- Give party favors.
- Play trivia.
- Wear pjs all day.
- Try out new recipe(s).
- Make family recipes.
- Decorate the table in a fun way.
- Write down wishes or gratitudes.
- Volunteer.
- Go for a walk.
- Break the wishbone.
- Make Thanksgiving cookies.
- Write thank you notes.
- Play great music.
- Involve everyone in the process.
- Reflect on the year.

- What are the most popular Thanksgiving traditions?
- Watching the Macy's Thanksgiving Day Parade
- Breaking the wishbone for good luck.
- Taking a nap.
- Sharing what you're most thankful for.
- Watching a football game.
- Running a turkey trot.

## FALL INTO WINTER FASHION SHOW

Featuring fashions by...

Carla's

Dannah

J. McLaughlin

PJ's Unique Peek

Kennebunk Outfitters

Dannah for Men

WEDNESDAY, NOVEMBER 2  
4:00 - 6:00 PM  
THE NONANTUM RESORT  
OCEAN AVE, KENNEBUNKPORT  
95 OCEAN AVE

\$35 ticket includes light fare and a swag bag! Cash bar available.  
For more information, visit  
[www.seniorcenterkennebunk.org](http://www.seniorcenterkennebunk.org)

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## 10TH ANNIVERSARY CELEBRATION



**NOVEMBER 12th, 2022**  
**Wells-Ogunquit Senior Center**  
 300 Post Road, Wells, Maine  
 6pm - 9pm

★ MUSIC FROM ANDY MACLEOD  
OF FOG AVE

★ SAVORY HORS D'OEUVRES  
CATERED BY AVITA OF WELLS

★ BEER & WINE CASH BAR

★ SILENT AUCTION! ★

Please help us celebrate  
 10 YEARS of making a  
 difference in our community!  
 We have been so fortunate to  
 have the opportunity to help  
 so many families in need of  
 our FREE services such as  
 social programs and support  
 groups!  
 It is only through the support  
 & generosity of our local  
 community & people like YOU  
 that we are able to continue  
 helping these families!

**TICKETS**  
**\$40**

**THIS IS A TICKETED EVENT**  
 TICKETS MAY BE PURCHASED:

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 (207) 502-7238

OR

AT OUR WEBSITE

[WWW.APLACETOSTARTFORDEMENTIA.ORG](http://WWW.APLACETOSTARTFORDEMENTIA.ORG)

IF YOU ARE NOT ABLE  
 TO ATTEND BUT  
 WOULD LIKE TO  
 SUPPORT OUR  
 MISSION, YOU MAY  
 STILL DONATE AT  
 OUR WEBSITE.



## A Place to Start celebrates 10 years providing hope, help and guidance to families living with dementia



*Look for Faith Gillman's full story on A Place to Start  
 and its 10th anniversary in the next issue of Tourist & Town.*

*"It's been ten years since we opened our doors with a mission to help local families! We have had the amazing opportunity to meet so many wonderful people, build lasting connections and create a community of caregivers who can help each other through a difficult period of their lives. We are proud to announce our 10th Anniversary and we hope you can join us in celebrating this milestone!!" ~ from A Place to Start's website*

*Don't miss the  
 10th Anniversary  
 Celebration on  
 Saturday,  
 November 12!*

### Newcomers and Neighbors Club welcomes you

The Newcomers and Neighbors Club of Kennebunk, Kennebunkport & Arundel invites the public to enjoy photographs and stories of wildlife adventures provided by two wildlife photographer sisters from Maine - Shelly Lance-Fulk and Jacklyn Amtower. They are Founders of Compass Rose, and visited 7 continents and published 5 books chronicling their travels. There is no need to pack your bags, update your passport or stand in line for airport screenings, just come to the meeting!

The meeting will take place Thursday, November 3, with social time beginning at 6:30 PM, followed by the presentation at 7 PM, at the Community House, 8 Temple Street, Kennebunkport. FMI: [www.kptanewcomers.org](http://www.kptanewcomers.org)

**Christmas Marketplace**  
 Bar Mills Community Church  
 Friday-Saturday  
 December 2-3

Handmade items, fresh greens, baked goods, gift ideas for your family, friends and even your pets – and, of course, Wanda's Wonderful Homemade Pickles!

# Holiday OPEN HOUSE

FRIDAY **Nov. 18**  
 10AM - 7PM

SATURDAY **Nov. 19**  
 10AM - 7PM

SUNDAY **Nov. 20**  
 10AM - 5PM

Come savor light refreshments  
 while you shop and enjoy our  
 holiday cheer to keep you going  
 the rest of the year!

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### Christmas My Way: A Sinatra Holiday Bash at City Theater 205 Main St. Biddeford • December 2-18

With 40 swinging hits, nothing will be silent this night as 6 singers serve up cool versions of Sinatra standards and holiday favorites. December 2-18, Friday and Saturday, at 7:30 PM, Sunday at 2 PM (No Show Dec 4). Tickets are \$30 (all fees included) and are available at [www.citytheater.org/buy-tickets](http://www.citytheater.org/buy-tickets) or 207-282-0849.



**Lobsters and Lobster Meat sourced from our family boats.**  
 Fresh haddock, scallops, swordfish, halibut - baked goods – and more!

**Fall Hours (Labor Day - Columbus Day)**  
 Mon 11-6:30, Tues closed, Wed 11-6:30, Thurs 11-6:30,  
 Fri 10-7, Sat 10-7, Sun 10-6  
 (207) 204-0402 • 130 Main Street • Kennebunkport

# Kennebunkport Chime Choir Concert

## – Mark your calendar for Sunday, November 13!

Many people know about hand bells, but few are familiar with hand chimes which have a unique mellow tone unlike any other. You can hear them in person when the Chime Choir of the Kennebunkport South Congregational Church performs on Sunday November 13, at 3 PM in the church.

The integrated sound flowing from the interaction of eight different players playing 29 different chimes is truly special.

The free concert will feature familiar light classical pieces, as well as popular show tunes, including selections from "The King and I," "The Sound of Music," "Fiddler on the Roof," and "My Fair Lady." Piano, vocal and other instruments will also be incorporated into the musical selections.

The South Church Chime Choir was formed in 2016 with a core group of chimes and players. Since that time, more chimes have been acquired, new players



Led by musical director and choir conductor David Brandes (on left), the 8-member Chime Choir will be performing at a free afternoon concert on November 13. Photo courtesy of South Congregational Church.

added, and repertoire expanded.

All of the well-loved musical selections have been arranged for chimes by the church's music director and choir conductor, David Brandes.

This special concert will be held at South Congregational Church, 2 North St., Kennebunkport.



## EVENTS

### Upcoming Events

#### Biddeford Fall Craft Fair

November 5, 9 AM-3 PM

J Richard Martin Community Center, 189 Alfred Street, Biddeford  
Biddeford Fall Craft Fair will host crafters and vendors selling their items and unique holiday gifts. Food will also be available.

#### Harvest Fair, Kennebunk

November 5

St. David's Episcopal Church, Route 1, Kennebunk

Silent auction, gift baskets, jewelry, baked goods and so much more.

#### Holiday Craft Fair

November 5, 9 AM-2 PM

West Kennebunk Fire Station, 80 Thompson Road

#### League of Maine Craft Show

November 5 & 6

See details this page

#### Portland Holiday Arts and Craft Show

November 5-6, 9 AM-4 PM both days

Portland Fireside Inn and Suites, 81 Riverside Street, Portland  
Portland Holiday Arts and Craft Show features a diverse group of artists and crafters. You will find wearable art, soaps and lotions, candles, cards, jewelry, fine art, glassware, gourmet goods and more.

#### South Portland Holiday Vendor Event

November 11-13, 10 AM- 6 PM each day

The Maine Mall, 364 Maine Mall Road, South Portland  
South Portland Holiday Vendor Event will host local vendors and small businesses offering their products and services.

#### A Place To Start

November 12: 10th Anniversary Celebration

See facing page for details

#### Portland Autumn Makers Market

November 13, 10 AM- 3 PM

Thompson's Point, Thompson's Point Road, Portland  
Local crafters, makers, artisans and farms.

**Holiday Craft Fair**

West Kennebunk Fire Station  
80 Thompson Road  
**November 5, 2022**  
9 am - 2 pm

For more information or to register for a table email  
[Rebecca.Manikian@gmail.com](mailto:Rebecca.Manikian@gmail.com)

Sponsored by the West Kennebunk Village Comm

**League of Maine Craft Show 2022**

**November 5 & 6**

Wells Jr High  
1470 Post Rd (Route 1), Wells  
10am-4pm  
Free Parking & Admission

[www.SummerSolsticeCraftShows.com](http://www.SummerSolsticeCraftShows.com)  
207-967-2251

RECIPES

Sausage Stuffing

*"My late mother-in-law, Helen Gillman, made this sausage stuffing for Thanksgiving and was kind enough to share her recipe with me many years ago. It is a family favorite!" ~ Faith Gillman*

Ingredients:  
1 pound sausage  
½ pound hamburger  
1 large onion, chopped  
5 to 6 cloves of garlic, chopped  
1 quart of chilled chicken stock  
16 ounces seasoned breadcrumbs  
½ cup grated parmesan cheese  
2 slightly beaten eggs  
½ teaspoon sage  
1 tablespoon parsley

In a pan sauté sausage and hamburger, drain and cool. Sauté onion and garlic together, cool.

Combine meat mixture, onions and garlic, stock and breadcrumbs. Add grated cheese, eggs and spices. Mix well. Allow mixture to cool completely before stuffing turkey.

Can also be baked separately in a greased baking pan, covered at 375 degrees for 30 minutes; uncover, bake another 15 minutes at 400 degrees to brown.

Next-Door Neighbor Anne's Sweet Potatoes

Mash 6 cups canned yams (get most of the liquid out)

Beat in: 2 eggs, 1/4 cup brown sugar, 1/4 cup melted butter, 1 tsp. salt, 1 tsp. cinnamon and a half-cup of Jack Daniels. Mix with beater until smooth.

Put in buttered casserole; sprinkle with 1/2 cup brown sugar, melted butter, pecan halves.

Bake at 375 (no cover) for 20 minutes.

My Grandmother's Pumpkin Bread

Ingredients:  
2/3 cup shortening  
2 2/3 cup white sugar  
4 eggs  
1 can (1 lb.) pumpkin  
2/3 cup water  
3 1/3 cup flour  
2 tsp baking soda  
1 1/2 tsp salt  
1/2 tsp baking powder  
1 tsp cinnamon  
1 tsp cloves  
2/3 cup walnuts  
2/3 cup raisins



Heat oven to 350. Grease two loaf pans. Cream butter and sugar; add eggs, pumpkin, water. Blend in dry ingredients. Add nuts and raisins.

Bake 65-75 minutes or until a toothpick comes out clean.

Background design by Geraldine Aikman

The tastiest turkey soup ever

~ Thanks to the Turkey Trot Golf Tournament and a bit of research

by Valerie Marier

I have never liked turkey soup.

A lot of my friends, the day after Thanksgiving, they boil the carcass, throwing in armloads of parsley, thyme and maybe a diced onion or limp celery stalk. Then, after straining the unsightly mess, they add chopped up turkey meat, a whole lot of rice, a carrot or two, and call that turkey soup.

To me, it looks like low tide at Coney Island after a wicked Nor'easter. And I loathe rice.

But this past September I played in the Turkey Trot golf tournament at Webhannet Golf Club in Kennebunk. And amazingly, our team won! Okay, not low gross or net, not even closest to the pin, but for BEST COSTUME. We had found perfect outfits and our autumnal-hued tutus and turkey hats won the day. (For costumes, remember...)

Our prize? One frozen 20-pound turkey for the team.

But here's the deal. Betty only cooks popcorn, Donna T. speed-dials carry-out most nights, Donna M.'s kitchen on Drake's Island is tinier than a postage stamp. So they looked at me with hope. "Oh sure," I said. "I'll cook us a turkey dinner! No problem."

We gathered together a few nights ago and ate our prize. We enjoyed all the trimmings – mashed potatoes and gravy, Brussels sprouts with bacon, cornbread stuffing and cranberry sauce, apple pie and a moist, flavorful Tom roasted to perfection.

After they left (toting tupperware containers loaded with leftovers and sliced turkey), Mr. Wonderful and I looked at our kitchen counters piled high with gravy-slathered plates and enough wine glasses to do a Tasting.



At left: Tournament winners! (for costume) Donna Main, Val Marier, Donna Thompson, Betty Smith. Above: Mr. Wonderful carving the prized turkey.

Do the Gobble Wobble  
A Thanksgiving Playlist

by Jo O'Connor

With all the preparations you have to do before Turkey Day, why not set up a playlist to liven up your holidays. Here are some suggestions.

- The Thanksgiving Song* by Adam Sandler
- No Place Like Home for the Holidays* by The Carpenters
- Mashed Potatoes* by James Brown
- What A Wonderful World* by Louis Armstrong
- Harvest Moon* by Neil Young
- Thank You* by Dido
- Autumn Leaves* by Eve Cassidy
- Thank U* by Alanis Morissette and Christopher Fogel
- Thank You* by Sly & the Family Stone
- Thank you for Being a Friend* by Andrew Gold
- Thanksgiving* by George Winston
- Kind & Generous* by Natalie Merchant

Green & Wax Bean Side Dish

*Green and wax beans mix with some interesting flavors for a delicious vegetable side dish.*

Ingredients:  
2 cups fresh green beans, trimmed  
2 cups fresh yellow wax beans, trimmed  
1/4 cup chopped onion  
1/4 cup butter  
3 Tbsp. pine nuts or cashews, toasted  
1/2 tsp. dried tarragon leaves  
1/2 tsp. salt  
dash pepper

Preparation:

Place green and yellow beans in heavy saucepan and add water to cover. Bring to a boil over high heat, reduce heat to medium and cook for 8-10 minutes until beans are tender. Drain well in colander. Add all remaining ingredients to beans and cook over medium heat for 1-2 minutes to melt butter and blend flavors, stirring constantly. Serves 8

I suggested he start by carving the whole damn bird so I could ... I could ... what?

I sat on a kitchen stool and Googled "turkey soup" on my iPhone, and found a recipe that suggested I put the picked-apart bird (including the skin and all that unsightly stuff that ends up coating the bottom of the pan) in a crockpot. Really?

"Then," the recipe said, "pour chicken broth to the brim and let it bubble all night long. When we woke the next morning, the entire house smelled like Thanksgiving. Even our cat Sunshine was in a serotonin sedation state, passed out on the floor just below the simmering crock pot.

After straining and cooling the broth, then skimming off the fat, I poured the liquid into a large soup cauldron, added chopped celery and onions, a few diced carrots, plus a slew of white and dark meat and a handful of half-alive thyme from my withering herb garden out back. When it came to a boil, the soup smelled delicious. And tasted even better when I added two cups of cooked orzo.

I now have enough soup in the freezer to take me through Valentine's Day. I've delivered some to housebound friends getting over Covid. And Mr. Wonderful declared it the best soup he's ever had. I agree!

What happened? Was it the prized turkey? Our fabulous costumes? The nearly-comatose thyme? The simmering crockpot? I haven't a clue.

All I know is that I now adore turkey soup. Well, MY turkey soup anyway.

HB's Cranberry Orange Relish

~ An HB Provisions Favorite

Ingredients

1 12 oz bag of fresh cranberries  
1 orange  
Zest of 1 orange  
1/2 cup sugar (more or less depending on taste and preference)

Directions

Zest and then peel the orange. Add all the orange sections, cranberries, zest and sugar to the food processor and pulse until finely chopped.  
Put it in a bowl and refrigerate for a few hours or more until you are ready to enjoy.

Make it yourself or pick some up at HB Provisions in Kennebunk this holiday season.

RECIPES

Pumpkin Cheesecake

*A Tourist & Town favorite, from Patricia Clark*

Ingredients:

Ginger snap Crust  
24 ginger snap cookies  
3 Tablespoons sugar  
1/2 stick unsalted butter, melted

Pumpkin Filling

16 oz. cream cheese, room temperature  
1 16-oz can unsweetened solid pack pumpkin  
5 eggs  
3/4 cup, firmly-packed brown sugar  
1/2 cup Frangelico (hazelnut liqueur) or a liqueur of your choice  
1 teaspoon cinnamon  
1 teaspoon vanilla  
1/2 teaspoon ground ginger  
1/4 teaspoon ground nutmeg  
1/4 teaspoon ground cloves

For the crust: Grind ginger snaps and sugar in processor to fine crumbs. With machine running, slowly add butter. Press mixture into bottom of 9-inch spring-form pan. Freeze for 15 minutes.

For filling: Position rack in center of oven and preheat to 350 degrees. Blend all ingredients in processor until smooth, stopping once to scrape down sides of work bowl. Pour filling into crust-lined pan. Put a pan under to catch any drips.

Bake until edges of cake begin to pull away from sides of pan and cake begins to brown, about 55 minutes; center will not be firm.

Cool on rack. Refrigerate at least 12 hours. Let stand at room temperature before serving.

Pumpkin Martini

Ingredients

2 tablespoons finely crushed graham crackers, for rimming  
1 tablespoon granulated sugar, for rimming  
1 1/2 teaspoons pumpkin pie spice divided  
1 1/2 ounces vanilla vodka  
1 1/2 ounces Irish cream liqueur, plus more for rimming  
1 1/2 tablespoons pumpkin purée  
1 1/2 ounces Irish cream liqueur, plus more for rimming  
Cinnamon stick for garnish

Directions

Gather the ingredients.

In a small dish, combine the graham cracker, sugar, and 1 teaspoon of pumpkin spice.

Pour a bit of Irish cream into a second small dish.

Rim a cocktail glass by dipping the rim into the Irish cream, then rolling it in the graham cracker mixture, tapping off excess.

Place the glass in the freezer for a quick chill.

In a cocktail shaker, pour the vanilla vodka, 1 1/2 ounces of Irish cream, pumpkin purée and the remaining 1/2 teaspoon of pumpkin spice. Fill the shaker with ice.

Shake vigorously.

Strain into the cocktail glass.

Garnish with a cinnamon stick.

To make a quick pumpkin pie spice: Combine two tablespoons of ground cinnamon, one tablespoon of ground ginger, 1 1/2 teaspoons of ground nutmeg, and 1/2 teaspoon of ground cloves. This blend also makes an excellent pumpkin spice coffee!

If using pumpkin pie filling instead of puree, use just 1/4 to 1/2 teaspoon of pumpkin spice, as the filling has sweetener and spice in it.

Try vanilla or spiced rum as an interesting alternative or for extra spice, replace the vodka with a bold rye whiskey.

<https://www.thespruceeats.com/pumpkin-martini-recipe-761145>

## KFL Wreath Fundraiser

Kennebunk Free Library is now accepting orders from individuals and businesses for wreaths, which will be delivered to the library for pick up on Saturday, November 19. Wreaths can also be shipped to friends and family around the country for an additional fee. Made at Wreaths of Maine in Waldoboro, these beautifully handmade, double-sided 23" Balsam wreaths, centerpieces and sprays will adorn your front door and make excellent gifts.

There are multiple options to choose from, ranging from \$32-\$45, as well as a 33" wreath suitable for larger windows and doors for \$63. Every wreath is handmade by a skilled wreath-maker and decorated. All proceeds benefit the Library. Orders are accepted through November 8 at 8 PM.

Order at our online store ([kennebunkfreelibrary.square.site](http://kennebunkfreelibrary.square.site)) or pick up a form in the library. Kennebunk Free Library is located at 112 Main Street in Kennebunk, Maine. For more information please call 207-985-2173 or visit [kennebunklibrary.org](http://kennebunklibrary.org).



## Ogunquit Performing Arts announces Classic Film Festival lineup

As shoulder season eases into "armrest" season, Ogunquit Performing Arts announces the November schedule for its 21st Annual Classic Film Festival.

Following on the heels of a busy high season filled with visitors, social events, and special entertainment opportunities, Ogunquit Performing Arts offers a fall/winter Sunday afternoon alternative for those whose tastes run to classic films.

The three November films promise not to disappoint, using film styles and techniques ahead of their time, ranging from film noir psychological thrillers to fantasy romantic comedy. All share release dates during the Christmas holiday season from 1945 to 1958, represent some of the best known actors and directors of the period, and received thirteen Oscar nominations between them.

Screened at the Dunaway Center's community auditorium, 23 School Street, Ogunquit, on Sunday afternoons at 2 PM on November 6, 13 and 20, will be the following films:

*Bell, Book and Candle* (1958) November 6

This spoof on witchcraft is a delightful fantasy romantic comedy starring Kim Novak, James Stewart, and Pyewacket the magic cat, with supporting actors Jack Lemmon and Janice Rule. Based on a Broadway hit of the same name, the movie version is directed by Richard Quine. Love spells, a bongo-playing warlock, quirky rare African Art shop owner, former college rivals... guaranteed to entertain.

*Spellbound* (1945) November 13

One of director Alfred Hitchcock's more undervalued films, this film noir reflects memorable artistry. Shot with breathtaking

black and white cinematography, it is enhanced by a dream sequence designed by Salvador Dali, and underwritten with a spectacular music score by Miklos Rosza. Starring Gregory Peck and Ingrid Bergman, along with a now classic Hitchcock cameo, this psychological thriller is ahead of its time in portrayal of a woman battling for authority in a man's world. Centering around a murder, a love affair, an imposter with amnesia, and use of the innovative method of psychoanalysis as a tool to solve the mystery... the unpredictable ending is guaranteed to surprise.

*Leave Her to Heaven* (1945) November 20

Another film noir, this one was adapted by Director John Stahl from the 1944 novel, *Leave Her to Heaven* by best selling, award-winning author Ben Ames Williams.

Starring Gene Tierney and Cornel Wilde with supporting actors Jeanne Crain and Vincent Price, this psychological thriller weaves together a journey by train, a spurned fiancée, a whirlwind romance, obsessive love, unexplained deaths. The suspense mounts as author Richard Harland (played by Wilde) is increasingly separated from those he loves most by the clandestine acts of his new wife, Ellen Berent (played by Tierney). The unanticipated denouement, is guaranteed to please the viewer's imagination.

This afternoon series, offered most weekends from November through May (except designated holidays), is a great antidote to winter's cabin fever. Admission, parking and popcorn are free. FMI [www.ogunquitperformingarts.org](http://www.ogunquitperformingarts.org).

*Ogunquit Performing Arts*

## Christmas Marketplace

Handmade Crafts, Vintage Items, Breads, Baked Goods, Pickles and more...



**BAR MILLS  
COMMUNITY CHURCH**

13 Hermit Thrush Drive, Buxton, Maine 04093

[www.barmillscommunitychurch.org](http://www.barmillscommunitychurch.org)

Friday, December 2<sup>nd</sup>  
Saturday, December 3<sup>rd</sup>

4:00 pm to 7:00 pm  
9:00 am to 1:00 pm

*We look forward to sharing this holiday season with you!*

## Wells Chamber hosts 9th Annual Veterans Day 5K

The Wells Chamber of Commerce will be hosting their 9th Annual Veterans Day 5K on Saturday, November 12, at 10 AM. The 5K run/walk will start and end at the Wells Elks Lodge, 356 Bald Hill Road, Wells. Proceeds will benefit Honor Flight Maine.

The cost for adults is \$20 prior to November 11 and \$25 after. Students (11-17) \$15 prior to November 11 and \$20 after, kids (10 and under) are free. The first 100 registrants will receive a free long-sleeve T-shirt. The Wells Elks will have food and beverages for sale after the race (bring your ID). Prizes will be awarded in a number of categories. FMI visit [wellschamber.org](http://wellschamber.org), call 207-646-2451 or register online at [RunSignUp.com/Race/ME/Wells/VD5k](http://RunSignUp.com/Race/ME/Wells/VD5k).



## Harvest Fair returns to St. David's Saturday, November 5!

After a 2-year hiatus, St. David's (Route 1, Kennebunk) will be holding its Annual Harvest Fair on Saturday, November 5, from 9 AM to 2 PM.

The fair will offer the same wonderful tables as in the past, including a silent auction table and tables with themed gift baskets for raffle, jewelry, homemade baked and frozen goods and handmade crafts. Lunch will also be provided by area award winning restaurants.

New this year will be two unique raffles: a hand built children's play castle donated by John Dulude and a handcrafted quilt by Pat Musser.

**Tickets will be available at the day of the sale.**

**Mark your calendars!**

**You don't want to miss this! FMI: 985-3073**

## York County Audubon presents: "A World on the Wing" with birder and author Scott Weidensaul

On Tuesday, November 15, at 7 PM, York County Audubon is pleased to host famed birder and author Scott Weidensaul, who will present a program on bird migration. This program will be presented via Zoom.

Every year, massive flocks of birds cross immense oceans, fly above the highest mountains, or remain in unbroken flight for months at a stretch. In the past two decades, our understanding of the navigational and physiological

feats that birds are capable of has exploded. What we've learned of these key migrations – how billions of birds circumnavigate the globe, flying tens of thousands of miles between hemispheres on an annual basis – is nothing short of extraordinary.

In this program based on his bestselling book *A World on the Wing*, Scott Weidensaul will take you around the globe – with researchers in the lab probing the limits of what migrating birds can do, to the

shores of the Yellow Sea in China, the remote mountains of northeastern India where tribal villages saved the greatest gathering of falcons on the planet, and the Mediterranean, where activists and police are battling bird poachers – to learn how people are fighting to understand and save the world's great bird migrations.

Scott Weidensaul is the author of nearly 30 books on natural history, including the Pulitzer Prize finalist *Living on the Wind* and

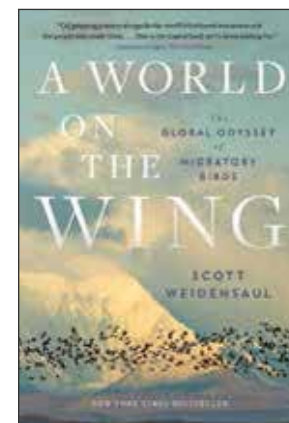


Courtesy photos

his latest, the New York Times bestseller *A World on the Wing*. Weidensaul is a contributing editor for Audubon and writes for a

variety of other publications.

Please register in advance at [www.york-county-audubon.org](http://www.york-county-audubon.org). After



registering, you will receive a confirmation email containing information about joining the meeting.

## Kennebunkport Historical Society Presents:

### "Gifts We Can Barely Carry: Songs from John F. Kennedy's Trip to Ireland"

The Kennebunkport Historical Society is pleased to present a live concert with film written and performed by Irish musician Kevin Farley of York, Maine. "Gifts We Can Barely Carry: Songs from JFK's Ireland Trip" is scheduled for two performances, on Wednesday, November 9, at 7 PM, and Sunday, November 13, at 1 PM, at the Town House School located at 135 North Street, Kennebunkport.

Throughout this lively and informative presentation, Farley is next to a large screen singing the songs and playing various traditional Irish instruments experienced by President Kennedy during his "journey home" in 1963. The film consists of historic sound clips of JFK, hundreds of photos, news clippings and historical images related to the songs and how they figured in his trip.

"The Irish people welcomed JFK with music every place he went. He requested songs, sang along with songs, and quoted song lyrics in his speeches," Farley said. "My program is called a 'concert with film' because they both happen at the same time. That way, it only takes half as long, and everyone can

get home earlier!"

Kevin Farley has been performing Irish music since 1979, when he departed managing the bookstore in Kennebunkport and began a 5-year stint traveling the country with The Carpetbaggers Irish Band. His subsequent solo career included 900+ gigs at America's most celebrated Irish pub, The Black Rose in Boston. In 1997, he changed his emphasis to entertaining seniors in settings ranging from independent living

retirement communities to therapeutic recreation in care settings, including memory care, a path he followed for the next 25 years.

The Kennebunkport Historical Society is a non-profit, member-supported organization. The Society was founded in 1952 to preserve, protect and present Kennebunkport's social, cultural and architectural history. It has continued this scholarly tradition for more than 60 years and

has greatly expanded its scope and outreach during this time. The Society stewards multiple period buildings, an extensive clothing collection, and

archives that include artifacts, photographs, books and artwork; all of which are open to the public and available for research.

Tickets are \$15 for members/\$18 for non-members and are available at [www.kporths.com](http://www.kporths.com) or by calling: 207-967-2751.

**THE SHOPS**  
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HOME & GARDEN • GIFTS • APPAREL & MORE

**Annual Holiday Event**  
Kick-Off Thursday Nov. 3 at 5:00pm - throughout the weekend  
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[theshopsatcapeneddick.com](http://theshopsatcapeneddick.com)

 **International Women's Club of New England**

**Holiday Fair** ★

**Saturday, November 12, 9–2**

★ **First Parish Church of York,**  
**Pilgrim Hall, 180 York St, York, Maine**

★ **Early Holiday Shopping!** ★

**International and Local Gift Items**  
**Antiques • Wood Crafts and Stained Glass**  
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**RAFFLES! ★ BAKE SALE!**

**We sell Breakfast and Lunch!**

- Coffee and Donuts
- Delicious Breads and Bagels
- Homemade Soups, Chilies and Chowder

Proceeds go to these charities: ★

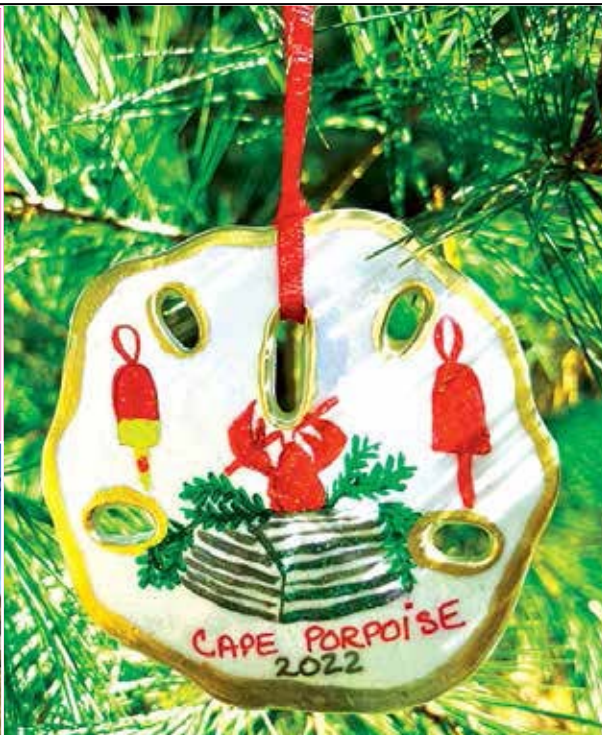
**Girls on the Run, Exeter, NH**  
**Camp Kita, Berwick, ME • 240 Strings, Portland, ME**  
**A Place to Start, Kennebunk, ME**

One Hundred  
Limited Edition  
Handpainted  
Holiday Ornaments  
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"Please keep Mark's spirit  
alive in your hearts and in  
your actions. Hopefully,  
everyone who knew him  
will be inspired to be more  
like him. Do a kind deed  
in his honor and make this  
world a better place,  
as he did everyday."  
~ April Dufoe



Each ornament is numbered. Each is special.  
A one-of-a-kind treasure in honor of a one-of-a-kind man.

Ornaments are \$29.99 each.  
Stop by Bradbury Brothers Market in Cape Porpoise  
or reserve yours by emailing [Christine@bradburybros.com](mailto:Christine@bradburybros.com).

With deep gratitude to local artist  
Maureen Massey

## Give a smile this holiday season to patients and families facing cancer

Kennebunkport resident Kit Marcoccio, whose husband Nick was diagnosed with acute lymphoblastic leukemia in February of this year, is asking for your support in creating "smile kits" this holiday season for patients at MaineHealth Cancer care and their caregivers.

The type of cancer for which Marcoccio's husband is now in treatment is actually a pediatric cancer, very rare for an adult, and treatment will span at least the next three years. "While we were dealt a bad hand," Marcoccio said, "it could be worse. We meet families who have a three+ hour drive, one way, for treatment, families who have lost their jobs as they battle cancer. . .and the list goes on.

"The patients and caregivers are incredibly strong," said Marcoccio,

"but it is so hard to see what everyone is going through. Because of this, I've started a holiday drive to help put some smiles on these families faces."

Marcoccio is kicking off her fundraising efforts with "smile kits" made up of useful, comforting and fun items for patients and caregivers as they weave their way through chemotherapy. "These are items that we have learned first-hand can come in handy," said Marcoccio. "We plan to bundle the items into kits and stock the nursing station so they can give them out to those families who need a pick-me-up."

The best way to help is to shop from the Amazon "wish list" Marcoccio created for this purpose (<https://www.amazon.com/hz/wishlist/ls/1A1EZ1FXNONG1>). You can also donate to

Marcoccio's Venmo account (kmarcoccio). Cash donations will go towards filling the "smile kits" and buying gas cards for those families who travel 2+ hours for treatments.

"All donations help," said Marcoccio. "\$5 could mean a new hat to go into a smile kit. No gift is too small." Marcoccio noted that all items must be new, due to germ/contamination concerns.

Next, Marcoccio intends to sponsor two families for the holiday season. These are families who have lost jobs as they conquer this illness, with children ranging in age from 4 to 13.

Marcoccio thanks all donors in advance for their consideration and support. "It means the world to me, my family and the many deserving patients and families who will benefit from this drive," Marcoccio said.

The Amazon "Wish List" for Marcoccio's "Smile Bags"  
–Holiday Cheer for MaineHealth Cancer Care Patients/Caregivers –  
can be found at:  
<https://www.amazon.com/hz/wishlist/ls/1A1EZ1FXNONG1>



National Wreaths Across America Day  
– Saturday, December 17, 2022 –

The Arundel Cemetery, located on Walkers Lane in Arundel, will join the more than 3,100 participating locations across the country to "Remember, Honor and Teach" on Saturday, December 17, 2022, as part of Wreaths Across America. This is a significant honor for our local area, which comes thanks to the tireless efforts of American Legion Post 159 in Kennebunkport.

To sponsor a wreath for Arundel cemetery please go to [www.wreath-sacrossamerica.org/meardc](http://www.wreath-sacrossamerica.org/meardc). For general questions about WAA, the December 17 ceremony or volunteering, call Hans Ruediger at 207-216-1147 or email [hwrueidiger@hotmail.com](mailto:hwrueidiger@hotmail.com).

### Sponsorship Options:

- 1 Wreath Individual Sponsorship (\$15)
- 2 Wreaths (\$30)
- 5 Wreaths (\$75) \*most popular
- 10 Wreaths (\$150)
- Or a custom number of wreaths

**Deadline for wreath sponsorships is November 28th!**

## Through the Lens with photographer Bob Dennis



Maximum fall color at Snug Harbor Farm

[kportimages.com](http://kportimages.com)  
[@portimages](https://www.instagram.com/portimages)

# Tourist & Town's Book Depot:

## Sharing the joy of reading while raising funds for local causes

When *Tourist & Town* publisher Kingsley Gallup purchased the former train depot in Kennebunk, she knew it was destined for meaningful things.

In addition to housing *Tourist & Town*, the depot now houses the Book Depot – a quality used book room open to the public on most Fridays from 9 AM to 12 PM and on Saturdays during Depot Days.

"One doesn't purchase a newspaper in this day and age unless one deeply

values the written word – the *hard copy* written word," said Gallup. The Book Depot is a way to share the joy of reading while raising funds for meaningful causes. Donations are requested – no amount is too small.

The Book Depot is located in the old train depot at 12 Depot Street in Kennebunk.



From now through the end of 2022, your donations will benefit The Jimmy Fund

Proceeds will be donated to The Jimmy Fund, to benefit childhood cancer, in honor of Onyx Redman, who passed away on October 10 at the age of two. Onyx's contagious smile and ice blue eyes captured the hearts of many. He was an old soul, with a purpose to teach those around him. His friends and family knew him as Onyx the Rugged, rough and strong in character. Onyx fought a long and hard battle with ATRT, he was diagnosed at just 4 months old and endured multiple treatments and surgeries. Please keep Onyx and his family in mind when perusing books at the Book Depot.

## Little Pieces of Hope

### A dash of Trivial Pursuit, a Jeopardy challenge and smiles on every page

We are re-running this story, as it seems so fitting for the season.

by Valerie Marier

Everyone remembers crossing the Rubicon to the reality and breadth of Covid 19 that second week of March, 2020. My husband and I were careening north along I-95 from Naples, Florida, a winter sojourn cut short. We spent one sleepless night at a Hampton in North Carolina, wearing masks and haz-mat suits. Scary times.

But in New York City on Wednesday of that fateful week, Todd Doughty, senior VP and deputy publisher at Doubleday, faced the menacing monster with aplomb and creativity. After leaving his office on Fifth Avenue for Grand Central Station, he boarded a Metro-North train heading to Westchester County.

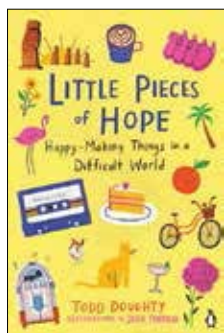
The World Health Organization had just de-

clared Covid-19 a global pandemic and Todd knew he'd be working at home for the foreseeable future. Bouncing home on the 5:25 train to Bronxville, he opened his iPhone and began scribbling notes.

"NYC. Fat goldfish. A really good burger. Long walks. Your foot sticking out from under a blanket in order to find some cool air. The musical intro to NPR's 'All Things Considered.' Sondheim. Lin-Manuel Miranda. Freshly cut yellow tulips...."

The next day Todd posted his list on Instagram. The day after that, he posted another list. He admits, "I discovered that everyday things mattered more than ever before. Feeling connected mattered ... and hope mat-

tered." Within months, his lists, musings, quotes and playlists morphed into a delightful book: *Little Pieces of Hope: Happy-Making Things in a Difficult World*.



"Bright green buds on trees. Rosie the Riveter. The National Spelling Bee. Meredith Willson, national treasure. Maya Lin, national treasure. A 64-degree day. On Cloud tennis shoes. Using British slang words, such as trainers, lift and collywobblers. Old faded red barns. The friendship of Carl Reiner and Mel Brooks. Little Free Libraries. The sound of a train whistle early in the morning or late at night. A decent passport photo...."

Doughty offers 3000+ items that make him hap-

py in a difficult world. Some I'd never heard of so I Googled "the photography of Vivian Maier" and "the art of Tug Rice." (By the way, I liked learning about things I didn't know.) But most entries made me purr: a Dutch door with the top open, a bucketful of Lincoln logs, getting the giggles in church, Neuschwanstein, heated towel racks.

Interspersed throughout the 242-page book are short sweet essays about teachers, summer reading, small towns and other topics.

Todd closes with these words: "The moral of this story? Look out the train window. . . You never know what you might see – and what inspiration or solace you might find – on the other side of the glass."

*Little Pieces of Hope* is available on Amazon, independent bookstores including Fine Print in Kennebunkport, and at



Stems to Stearns  
"Flower Bar"



Holly C. Ross  
Fish House  
Designs



Tourist &  
Town's  
Book Depot



Beetle &  
Magnolia  
Jewelry



Steve Ross  
Photography

# GRATITUDE & GIVING

## Books on Gratitude

### Books on Gratitude for Adults

*The Little Book of Gratitude*  
by Robert A. Emmons

*Gratitude* by Oliver Sacks

*Bless Back: Thank Those Who Shaped Your Life* by Julie Saffrin

*Living in Gratitude: A Journey That Will Change Your Life*  
by Angeles Arrien

*365 Thank Yous: The Year a Simple Act of Daily Gratitude Changed My Life*  
by John Kralik

*The Gifts of Imperfection*  
by Brené Brown

*Choosing Gratitude: Your Journey to Joy*  
by Nancy Leigh DeMoss

*Thanks a Thousand: A Gratitude Journey*  
by A.J. Jacobs

### Books on Gratitude for Children or Students

*Thank You, Omu!* by Oge Mora

*Thankful* by Eileen Spinelli

*Look and Be Grateful*  
by Tomie dePaola

*The Thank You Book*  
by Mo Willems

*Thanks for Thanksgiving*  
by Julie Markes

*Thank You Bear*  
by Greg E. Foley

*My Heart Fills with Happiness*  
by Monique Gray Smith

*When Grandma Gives You a Lemon Tree*  
by Jamie L.B. Deenihan

## Ongoing at Graves Memorial Public Library 18 Maine Street, Kennebunkport

Virtual Family story time is streaming every Friday at 10 AM on Facebook (<https://www.facebook.com/GravesLibrary>) and YouTube. You can always view on local access channel 1301 too.

Ongoing Book Sale. Thousands of books to choose from – during Library hours. There are also notecards, journals, special books, ball caps, special gift books, coffee mugs, tote bags, bookmarks and more. Or call with your genre requests and the library will fill a bag for \$10 (10 for \$10).

Caps for Sale! The library now has ball caps with the unique library logo. Hats are made locally (Arundel) at Charlie Horse. \$20 each. Give a call for purchase or inquiry: 967-2778).

Meet Us @ the Museum. Graves Memorial Public Library now has daily passes to six different museums throughout Maine for all Kennebunkport residents and patrons to visit for free: Brick Store Museum, Ogunquit Museum of Art, Seashore Trolley Museum, Children's Museum of Maine, Portland Museum of Art, and Coastal Maine Botanical Gardens. FMI visit <https://graveslibrary.org/resources/museum-passes/> or call 967-2778 to reserve a pass.

## Notable Maine Illustrators on view at Brick Store Museum

The Brick Store Museum announces its newest exhibition, The Great State of Illustration in Maine, in collaboration with Illustration Institute, is now on view through February 2023. The exhibit features over 80 historic and contemporary illustrators who call Maine home.

Notable Maine illustrators in the exhibition include Dahlov Ipcar, Ashley Bryan, Barbara Cooney, NC Wyeth, Rockwell Kent, Edward Hopper and Francis Hamabe. Current illustrators like Matt Tavares, Chris van Dusen, Melissa Sweet, Scott Nash, Nancy Gibson-Nash, Stephen Costanza, Tim Sample, and Wade Zahares have also shared work that adorn four full galleries of artwork to illustrate the incredible work of Maine illustrators.

This exhibit was curated by Illustration Institute, based in Portland, which works to raise audience appreciation of illustration in its many forms. This exhibit makes the case that we're currently living in a Golden Age of Illustration in Maine, as there are more illustrators living in our state, either year round or seasonally, than in any other time in history.

The exhibition is generously supported by the Davis Family Foundation, The Onion Foundation and the Perloff Family Foundation. An Artists & Museum Members Reception is planned for Thursday, November 10 from 4pm – 7pm. Illustrator visits and programming will be announced on the Brick Store Museum's website, [www.brickstoremuseum.org](http://www.brickstoremuseum.org), starting with a visit by Matt Tavares on Saturday, November 26th. The exhibition runs through February 2023; the Museum is open six days per week and only closed Mondays.

*This is an abbreviated calendar. Stay tuned for a more extensive calendar in our next issue...*

### Wednesday, November 2

**Beadcraft at Kennebunk Free Library**, 112 Main Street, Kennebunk, 1 PM

It's time for Beadcraft! Perler Beads - tiny plastic beads that can melt - were first introduced as a craft in Sweden in the 1950's, and we still love them! Children ages 6 and up, or age 5 with a caregiver, are invited to join for an afternoon of beading fun. Design suggestions will be offered, but creativity is encouraged! All craft materials will be provided. Registration is recommended but not required. FMI please call 985-2173 or visit the website [www.KennebunkLibrary.org](http://www.KennebunkLibrary.org).

### Thursday, November 3

**3 Cs of Storytelling: Character, Conflict, and Context**, Wells Public Library, 1434 Post Road, Wells, 4 PM. Join Chris Boucher in this interactive writing workshop for National Novel Writing Month where attendees will learn to: Identify the 3 Cs in the stories around them, apply the 3 Cs in planning their own story, and develop an original scene based on the 3 Cs. This class is for ages 11-99+. For more information, please contact Stefanie Claydon at [sclaydon@wellstown.org](mailto:sclaydon@wellstown.org) or call the library at 207-646-8181.

**Annual Holiday Event at the Shops at Cape Neddick**, 1300 US Route 1, Cape Neddick, 5 PM. This event runs through the weekend. Raffles, music, refreshments and holiday shopping! FMI [theshopsatcapeneddick.com](http://theshopsatcapeneddick.com) or 363-2500.

**Shops at Cape Neddick's Annual Holiday Event Kickoff**, 1300 Route 1, Cape Neddick, 5 PM. Raffles,

music, refreshments, shopping and more. This event will run throughout the weekend. FMI call 363-2500 or visit [theshopsatcapeneddick.com](http://theshopsatcapeneddick.com).

### Saturday, November 5

**Harvest Fair**, St. David's Episcopal Church, Route 1, Kennebunk. St. David's is holding its Annual Harvest Fair after a 2-year hiatus. The fair will offer the same wonderful tables as before: silent auction, themed gift baskets for raffle, treasures, jewelry, homemade baked and frozen goods, handmade crafts and lunch provided by area award winning restaurants. Mark your calendars. You don't want to miss this! FMI call 985-3073.

**Biddeford Fall Craft Fair**, J Richard Martin Community Center, 189 Alfred Street, Biddeford, 9 AM-3 PM. Biddeford Fall Craft Fair will host crafters and vendors selling their items and unique holiday gifts. Food will also be available.

**Holiday Craft Fair**, West Kennebunk Fire Station, 80 Thompson Road, 9 AM-2 PM. Loads of fun to be had!

### Saturday & Sunday, November 5 & 6

**League of Maine Craft Show**, Wells Jr. High, 1470 Post Road, Wells, 10 AM-4 PM. FMI [www.summer-solsticecraftshows.com](http://www.summer-solsticecraftshows.com) or 967-2251.

### Wednesday, November 9

**Senior Luncheon**, Kennebunkport Recreation Building, 20 Recreation Way (next to Consolidated School), 11:30 AM-1:30 PM. \$15 per person. This luncheon will honor all veterans in the community with a special ceremony. Veterans who register will receive a special gift for your service to our country. The meal will be

provided by Alisson's Restaurant and the menu is still being developed. Vegetarian meal available by request. Entertainment by Red Gallagher will be sure to please. Deadline for registration is November 2. Register at [www.kennebunkportrec.com](http://www.kennebunkportrec.com) or call 967-4304.

**Saturday, November 12 Gelli Plate Fun**, Brick Store Museum, 117 Main Street, Kennebunk, 9:30 AM-12 PM. Have fun making colorful prints on a gelli plate, with Teaching Artist Christine Burgess! In this workshop you will have a chance to experiment making designs with stencils and other household items. Materials will be provided, no experience necessary. \$45 per person/\$40 for Members. Please register in advance by calling 985-4802 or visit [www.brickstoremuseum.org](http://www.brickstoremuseum.org).

**A Place To Start's 10th Anniversary Celebration**, Wells-Ogunquit Senior Center, 300 Post Road, Wells, 6-9 PM. Music, good, drinks, silent auction and more!

## Cover Artist: Holly Lombardo

I guess you could say I've been a painter my whole life... I just didn't know it. I am a self-taught artist. I painted primarily with watercolors for almost 15 years. I now paint exclusively with acrylics and continue to be surprised with the vibrancy and effects I can create with mixing colors and their juxtaposition on the canvas. When I am in the woods or near the ocean, I not only hear the sounds and smell the air, but I see colors.

With each brush stroke I try to capture light and movement between colors, and I let my eyes dance over the canvas as I record nature's artwork in my own way. Painting is not only a means of creative expression for me, but also a way to share the colors and textures of nature that I have always loved. FMI [hollylombardoart.com](http://hollylombardoart.com)



**Christmas My Way:  
A Sinatra Holiday Bash**

**December 2<sup>nd</sup> - 18<sup>th</sup>**  
Fridays & Saturdays at 7:30pm  
Sundays at 2:00pm  
No performance on December 4<sup>th</sup>

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*Thank you to Geraldine Aikman for the lovely fall background designs appearing throughout this issue.*

**Sunday, November 13**  
**Chime Choir Concert**, South Congregational Church.  
 See full story in this issue.

**Monday, November 14**  
**Seacost Garden Club Open Meeting.** Come check out what the Seacost Garden Club is all about! See full story in this issue.

**Tuesday, November 15**  
**Morning Yoga**, Wells Reserve at Laudholm Farm, 342 Laudholm Farm Road, Wells, 8-9:15 AM. This is the first in a series of seven weekly virtual sessions led by Leslie Fiore, founder of Port Yoga in Kennebunk, who has been practicing and teaching yoga for 20 years. \$84/\$70. Registration required at [suzanne@wellsnerr.org](mailto:suzanne@wellsnerr.org) or 207-646-1555 ext 116. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Virtual Holiday Wine Tasting**, Kennebunk Free Library, 112 Main Street, Kennebunk, 6:30-7:30 PM. Get a jump start on your holiday entertaining plans and support your library at the same time. Lani Dietz, owner of Kennebunk's Maine and Vine (13 Western Ave.), will tell us about three wines that are perfect for the holiday season. Mention this KFL fundraiser to receive a 10 percent discount at Maine and Vine on the three selected wines. The first ten folks who register will be entered in a drawing to win a luxury charcuterie box for four from Kennebunkport's The Port Box Co. Suggested donation is \$10. Purchase tickets at <https://kennebunkfreelibrary.square.site/> to receive descriptions of the three chosen wines along with pairing suggestions. FMI call 207-985-2173 or email [kfl@kennebunklibrary.org](mailto:kfl@kennebunklibrary.org).

**Wednesday, November 16**  
**Wednesday Walk**, Wells Reserve at Laudholm Farm, 342 Laudholm Farm Road, Wells, 10:30 AM-12 PM. The natural world has long been a muse for poets, writers, and other artists. Meet on the Wells Reserve's Laudholm campus to explore nature through a poetic lens with guide Norma Fox. Ages 12 and up. Free. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 ext 110. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Friday, November 18**  
**Better Than Black Friday + Tiffany's Bday Bash**, The Daily Sweat, 65 Portland Road, Kennebunk. \$5 classes all day, surprise sales, new retail, giveaways and more AND to end the day, a 60 minute surprise class, followed by cupcakes and champagne!

**Friday, November 18**  
**Art in Nature: Block Printing Workshop**, Wells Reserve at Laudholm Farm, 342 Laudholm Farm Road, Wells, 12:30-2:45 PM. Discover your inner artist by creating your own make-and-take block print at the Wells Reserve. Block printing is a fun and easy way to create unique cards and decorate other paper goods. No experience required. All materials provided. Families with interested and patient kids ages 12 and up are welcome. \$16/\$12. Registration required at [caryn@wellsnerr.org](mailto:caryn@wellsnerr.org) or 207-646-1555 ext 110. FMI [wellsreserve.org/calendar](http://wellsreserve.org/calendar).

**Saturday, November 19**  
**Arm Balance workshop**, The Daily Sweat, Kennebunk, 4:30-7:30 PM. \$30/drop in, \$25/members – always wanted to fly your lizard but not sure how? We've got you covered! Join us for this fun but challenging sequence

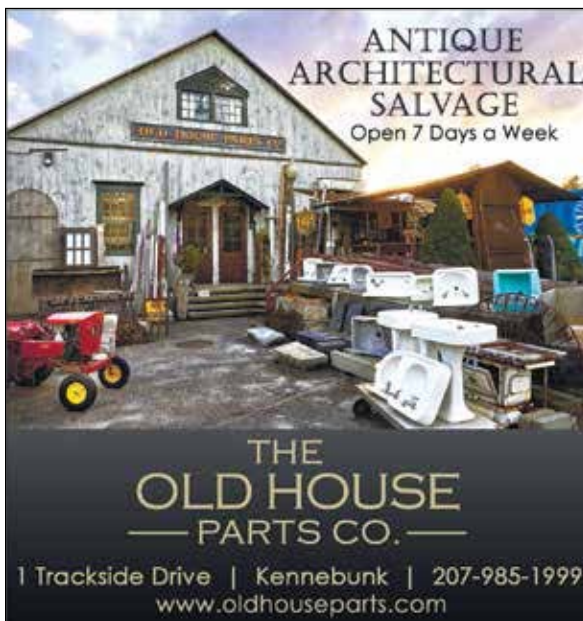
of arm balances that will help you understand the mechanics needed to make these inspiring poses part of your practice.

**Fall Frolic**, Wells Reserve at Laudholm Farm, 342 Laudholm Farm Road, Wells, 10-11:30 AM. Join Maine Master Naturalist Linda Littlefield Grenfell for a brisk walk at the Wells Reserve to explore autumn. \$8/\$6. Registration required at [linda@wellsnerr.org](mailto:linda@wellsnerr.org) or 207-646-1555 x128.

**Friday, November 25**  
**Black Friday**, The Daily Sweat, 65 Portland Road, Kennebunk. It's the biggest shopping day of the year + The Daily Sweat has deals as throughout the day!

**Friday & Saturday, December 2 & 3**  
**Bar Mills Community Church Christmas Market**, have many more beautiful handmade items for the Christmas Marketplace this year. As usual we will have a great selection of fresh greens to decorate your home, a wide variety of baked goods-cookies, breads, pies and candy to satisfy your taste buds. Don't forget to pick up a couple of jars of Wanda's Wonderful Homemade Pickles. There will also be plenty of handcrafted gift ideas for your family, friends and even your pets.

**Friday, December 2-Sunday, December 18**  
**Christmas My Way: A Sinatra Holiday Bash at City Theater**, 205 Main St. Biddeford. With 40 swinging hits, nothing will be silent this night as 6 singers serve up cool versions of Sinatra standards and holiday favorites. Fri & Sat at 7:30 PM and Sun at 2 PM (No Show Dec 4). Tickets are \$30 (all fees included) and are available at [www.citytheater.org/buy-tickets](http://www.citytheater.org/buy-tickets) or 207-282-0849



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# CALENDAR

## Birding Tips

by Jo O'Connor

For birds and bird lovers, southern Maine boasts excellent habitats with its indented coastline and numerous islands. These locales are attractive for breeding seabirds, migrating shorebirds and wintering waterfowl. Click into [allaboutbirds.org](http://allaboutbirds.org) site, which is a great resource for all things birds.

Just getting started? Here are a few pointers:

1. Binoculars. Your enjoyment becoming a birder depends on how great the birds look through your binoculars. Recently, binoculars have become available at surprisingly low prices. You can start under \$100 – or grab a pair at a local yard sale. Eventually, it may be worth spending between \$250-\$300 for a lighter weight, lifetime warranty, waterproof housing and vastly superior images.

2. Field Guide. Once you start seeing birds, you'll start wondering what they are. Pop into your local bookstore and pick up a field guide in your region. Or add a bird identification app to your phone.

3. Bird Feeders. With binoculars and a guide in hand, the next step is to bring the birds into your backyard, where you can get a good look at them. Bird feeders come in all types. Start easy with a black-oil sunflower feeder, or in the winter add a suet feeder.

4. Spotting scope. Now you have the basic equipment. However, if you really get into it and want to check out those mallards on the other side of the pond or that bald eagle perched on a tree limb a quarter-mile away, you may want to invest in a spotting scope, which is indispensable for getting those detailed clues about a species' ID. Caution: these scopes are not cheap.

5. Camera. In this digitized world, everyone is a photographer. Even capturing a blurry photo of a bird can help you ID our feathered friends. According to [allaboutbirds.org](http://allaboutbirds.org), more amateur photographers than ever are connecting with birds through taking stunning pictures.

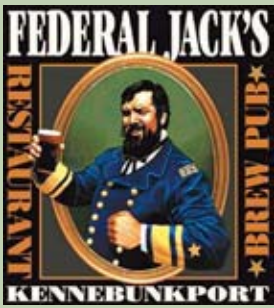
6. Skills. Once you're outside and surrounded by birds, the [allaboutbirds.org](http://allaboutbirds.org) site recommends practicing a four-step approach to identification.

- a. Judge the bird's size and shape
- b. Look for its main color pattern
- c. Take note of its behavior
- d. Factor in the habitat it's in

7. Records. In order to get an accurate picture about where to see a variety of birds, oftentimes birders log and share info including date, time, location, species and weather. Many people keep their records online at the ebird project, which tracks sightings. You can also explore the data all ebirders have entered.

8. Apps. When you are out birding, bring along your phone and upload apps like (many of them add in sounds you can listen to as well). My recommendations for apps are: Ibird Pro, Birdseye, Audubon, Peterson or Sibley.

9. Connections. While bird watching can be a solo pursuit it can also be a social endeavor, and the best way to learn is from other people. Get yourself out on social media: try Facebook's Maine Birds or the Maine Audubon page.



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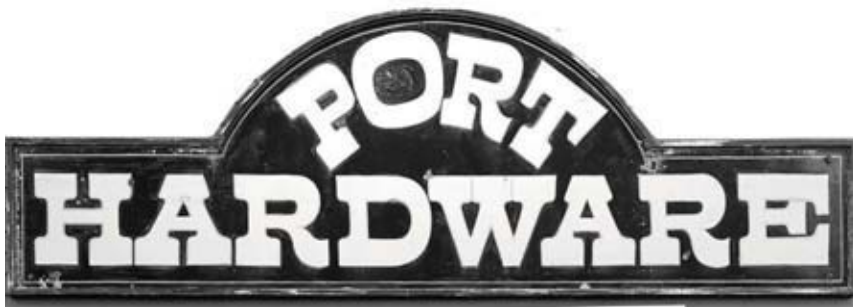
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