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Dusk at Perkins Cove, Ogunquit. Photo by Penny Polakoff





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by Jack Bjorn

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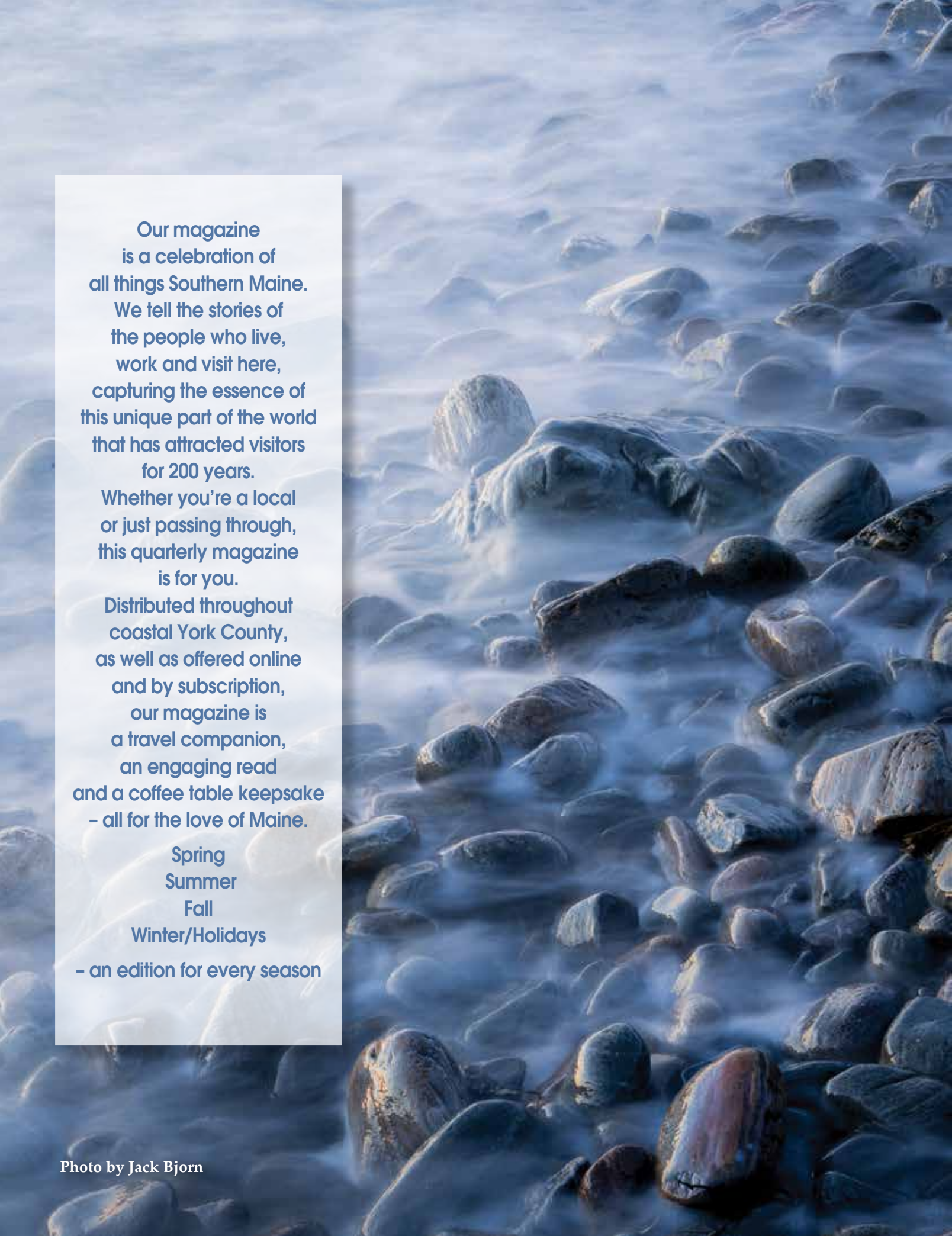
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Photo by Jim Groleau

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# TOURIST&TOWN

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### Rob Coburn

enjoys writing about people who create wonderful things – from local distillers to boat builders. He is the marketing director for a technology company and enjoys his summer side gig as a tennis instructor. He lives in Kennebunk with his family of three people, two cats and a dog.



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has called Kennebunk home for 34 years. A wife, mother and "Nonny," Faith has enjoyed writing for a number of Maine-based magazines and newspapers. She is happiest when she's able to share the stories of the people and places that make Maine the best place to be in every season, and is truly thankful to be part of the *Tourist & Town* team. [faith@touristandtown.com](http://faith@touristandtown.com)



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*A heartfelt thank you to our dedicated team of writers and to everyone who contributes all who share passions and talents with T&T.*



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### Editor's Note

*"A dish o' cream never hurt nobody."*

If for any reason you need your faith in humanity restored, just watch a person eat ice cream.

I'm not sure what it is, but it's magical. And it can't simply be the sugar that's behind the magic. No, ice cream seems to possess a unique kind of power, even within the world of sugar. (I should know. I come from an ice cream family – consumers, that is.)

In fact, I might enjoy watching a person eat ice cream as much as I enjoy eating it myself. (I knew that was a lie before I finished writing it.) But truly, it's like a getting a glimpse of the child inside a person – and watching that person transform just a little bit, right before your very eyes. It's as if, for that one moment, there's nothing but pure, unfettered joy.

I used to see it in my dad all the time – daily, in fact. And he was downright unapologetic about it.

After all, said my ice cream mentor with a wink and a smile, "A dish o' cream never hurt nobody."

Here's to never outgrowing the simplest of life's pleasures.

Happy summer everyone!

*Kingsley*

Kingsley Gallup  
Publisher/Editor



*These reflections ran in part in one of our newspapers a few years back, but since Father's Day has just passed, I'm sharing them again in honor of my pop – the wonderfully childlike fella who always*



George H. Gallup, Jr.  
1930-2011

*looked on the bright side of life...and who always made me smile.*



### ON THE COVER



Jack Bjorn is a full time attorney and hobbyist photographer based in southern Maine. As a lifelong Mainer, Jack grew up in greater Bangor, and now lives in Scarborough with his wife, Liz, and two dogs, Kona and Hilo. Jack enjoys every opportunity he can to get outside by the ocean and into the mountains, and loves to spend his free time golfing, hanging out at the beach with friends and photographing Maine's abundant coastal vistas. More info about Jack, his online gallery of photos, and where to order prints can be found at [jackbjornphotography.com](http://jackbjornphotography.com) or on his Instagram/Facebook profiles @JackBjornPhotography.

### CONTRIBUTING PHOTOGRAPHERS



Bob Dennis has been a photographer for the Kennebunk - Kennebunkport - Arundel Chamber of Commerce for more than 25 years. Dennis has published multiple

photography books on Kennebunkport, as well as annual calendars. Find him at [www.kportimages.com](http://www.kportimages.com) and on IG at @portimages.



Cynthia Fitzmorris is a paralegal by day, photographer in her spare time, whose passion is capturing the natural and nautical beauty of Maine. Find her online at [www.cynthia-fitzmorris.pixels.com](http://www.cynthia-fitzmorris.pixels.com) or stop by her table at the Kennebunk Artisans Marketplace.



Originally from New Jersey, Sandy Gnidziejko is a professional photographer, who got to Maine as soon as she could. You can see her work in Tourist & Town or meet her at one of her Little River Estate Sale events in York County and beyond.



Jim Groleau is enjoying diving deeply into his photography in retirement. Jim and his wife Devere reside in Kennebunkport. His passion is capturing the four

beautiful seasons combined with the diversity of the landscape where we live. Find him on IG @jgrolo.



Karen Hall lives in Cape Porpoise, one of her favorite places to photograph! When she isn't chasing light and shadows, Karen loves to travel and hike, and teach her favorite profession to the next generations of dentists at the University of New England.



Josh Hrehovcik is a Maine-based photographer and the author of the Retro Roadtrip family of travel books. His goal is to get more Instagram followers than

his brother. You can help him by following him @retroroadtrip65.



Penny Polakoff is a self-taught photographer who is particularly drawn to landscape and architectural photography. "My goal is to capture magical moments that I can then make my own. The final images are meant to echo the state of my heart when shooting, and to elicit emotion and connection through my art."



Phil Stone is a professional chef living on the Maine coast with his wife Annie. Stone received his first camera at 18 from his father, Don Stone, who was an American Impressionist painter and Stone's biggest inspiration. Stone's favorite subjects include wildlife and landscapes, particularly at sunrise and sunset. FMI: 207-468-3902, [pstone36@hotmail.com](mailto:pstone36@hotmail.com).



A collage of various lobster-themed supplies. In the top left, a red banner reads "Lobster Supplies!". Below it, there's a white cooler, a plate with a lobster illustration, and a large silver pot with a "It's Lobster Time" sign. Other items include green cups, a small bowl, a basket, and several informational cards, one of which says "How to Eat A Lobster".

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"Any photographer will admit that capturing a special image often involves some luck, and that's what I experienced on the afternoon of June 23, 2022, when I unexpectedly caught this image of two Kennebunkport icons in a rare juxtaposition. As we know, Walker's Point has been the summer home of the Bush family for over a century. The red-sailed Pineapple Ketch has offered sailing trips in local waters since 2005. On nearly all its trips, the Pineapple takes its passengers on sails *behind* Walker's Point but as I was driving along Ocean Avenue on that sunny afternoon, I glimpsed the boat sailing *in front of* the estate. I quickly stopped and parked the car and rushed out just in time to grab a few shots. When asked why the boat made that unusual change of course, owner Justin Troiano said that it was just a whim based on favorable seas and light winds." ~ Bob Dennis





# Through the Lens

with photographer Bob Dennis

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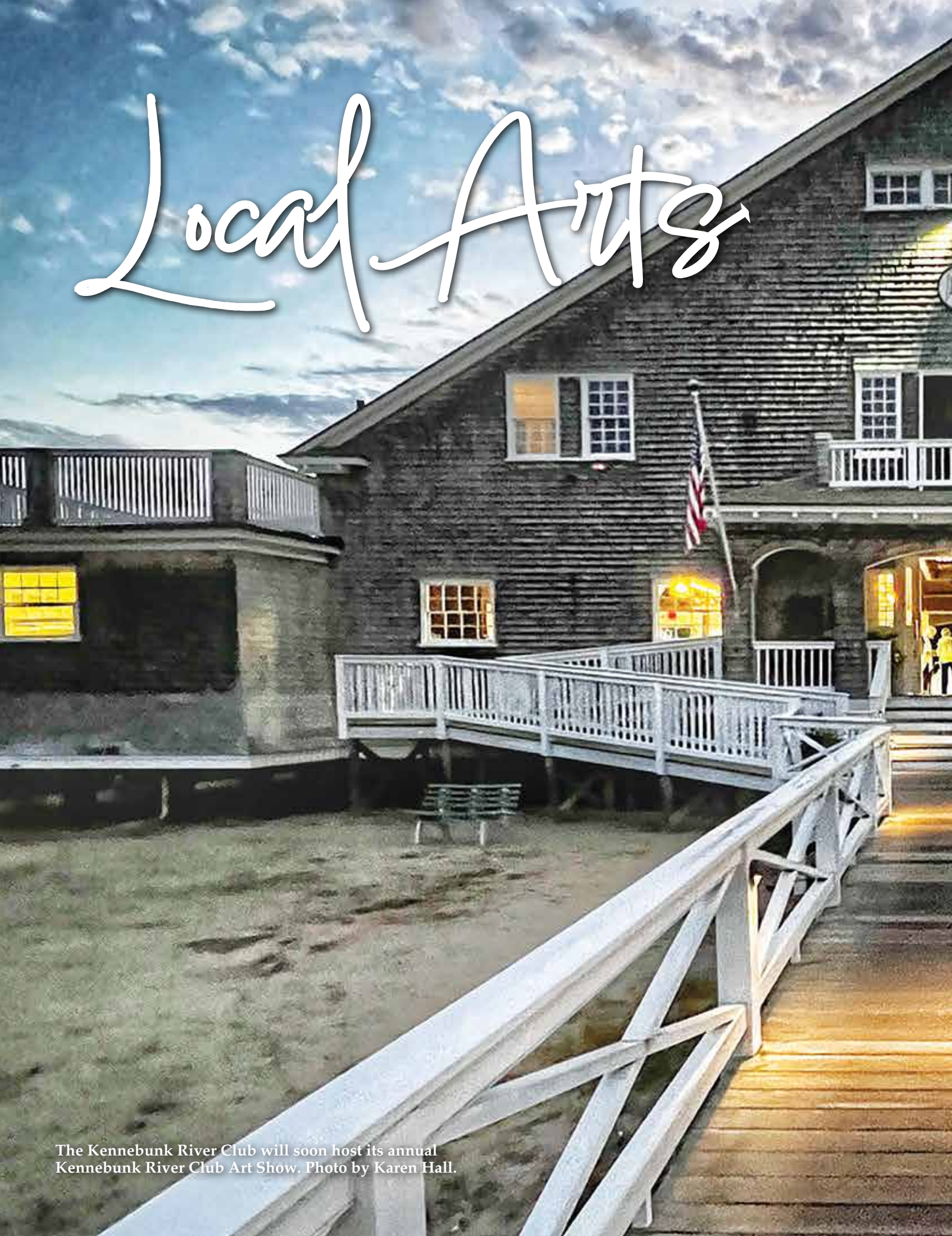
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# Local Arts



The Kennebunk River Club will soon host its annual Kennebunk River Club Art Show. Photo by Karen Hall.







# “Works of art within a work of art”

## The Kennebunk River Club Art Show is an August highlight

by Valerie Marier

Maine fosters bold imagination and ignites a creative spirit. For centuries, artists and authors have found inspiration in our craggy coastline, churning rivers, technicolor seasons and granite peaks. They recognize subject matter in the raw beauty and serene isolation of a Penobscot Bay island bathed in fog.

Today, works by Winslow Homer, Marsden Hartley, Edward Hopper, N.C. and Andrew Wyeth hang on the walls of revered institutions, including New York City’s Metropolitan Museum of Art. Authors E. B. White and Richard Russo garnered Pulitzer prizes, while books by other gifted Maine writers, such as Booth Tarkington, Kenneth Roberts and Elizabeth Stout, line the shelves of libraries across the country.

“Maine seems to make artists want to try something new,” noted journalist and author Katy Kelleher. That is especially evident at the annual Kennebunk River Club Art Show where sculptors, painters and photographers from Kittery to the Canadian border, and beyond, display their craft at a curated and juried show.

This August, the club will host its 66th show inside two weathered and venerable buildings listed on the National Register of Historic Places – the Boathouse and Casino on Ocean Avenue. It’s the only time during the year when the 134-year-old private club is open to the public. The show is chaired by M.L. Norton and Andrea Sahin, both of whom are renowned locally for their artistic endeavors and achievements.

Norton’s and Sahin’s planning and preparation begin months before opening night. “We start by collecting images from the various artists, then sort them according to color or subject, mood or medium,” Norton said. “We draw floor plans to determine the best way to display the art, adding paneled walls to our sketches to provide a more intimate, museum-like feeling in the spacious Casino and Boathouse. Our ultimate goal is to share and promote this incredible talent in a way and setting that educates the viewer.”

*—continued on next page*



Above: The century-old Boathouse and Casino of the Kennebunk River Club get transformed into temporary museums for the annual art show in August. Photo by Andrea Sahin



Sahin added, "During the show, visitors can purchase one-of-a-kind originals. Prices start at approximately \$125 and might run into the thousands. The subject matter, different mediums and price range make this a unique and worthwhile exhibit."

Three judges will decide and award prizes for "Best in Show" and two Honorable Mentions among the expected 140 pieces of art. Traditionally, the judging panel includes a curator, a gallery owner and an art teacher. This August, Elizabeth Moss, founder and owner of Elizabeth Moss Galleries, will serve as one of the three judges. Moss launched her art career in the Washington, D.C. area, interning at the Kreeger Museum and then working with the sculptor conservator at the Smithsonian Hirshhorn Museum and Sculpture Garden. She later moved to Maine and opened galleries in Portland and Falmouth.

Among this year's selected artists are Annie Darling of Cape Elizabeth whose colorful designs have delighted attendees at past shows. Additionally, there are works from nature and landscape photographer Michael Fillyaw, muralist Heather Hill and prize-winning still-life painter Jeff Bye, a former summer resident of Kennebunkport.

Jeff Bye's connection to the Kennebunk River Art Show began in the mid-1990s when he was 24 years old. The RISD graduate recalled, "I decided to enter a painting of a nude and I honestly wasn't sure if the subject matter would appeal. But it won a prize and that triggered a lot of opportunities."

Within weeks, Jean Briggs, who then owned Mast Cove Galleries, asked Bye for several paintings to hang in her renowned Kennebunkport venue. One year later, River Tree Arts staged a solo exhibit of Bye's works depicting scenes at Fenway Park, followed by another solo at the Crown Gallery in Portland. At 26, Bye became the youngest Master indoctrinated into the Copley Society of Boston, America's oldest non-profit art association.

Today, Bye is represented by galleries in New York and Boston. His work has been exhibited nationally and internationally and is part of collections all over the world. Locally, his magnificent paintings can be seen at Portland's renowned Greenhut Galleries and, of course, the Kennebunk River Club Art Show this August.

The Kennebunk River Club Art Show is open to the public on Sunday, August 13, 10-5, in the Casino and Boathouse, 116 Ocean Avenue, Kennebunkport; \$10 admission. FMI call 967-2090.



August 13, 10-5, in the Casino and Boathouse, 116 Ocean Avenue, Kennebunkport; \$10 admission. FMI call 967-2090.



Photos top to bottom: The annual KRC Art Show spotlights paintings, sculptures and photography by gifted and prize-winning artists (Photo by Andrea Sahin); Jeff Bye's *Forever Girl* is a Portland scene near Harbor Fish in the Old Port. Done in oil on linen, the 20x50" painting demonstrates Bye's realistic use of color. (Photo by Jeff Bye); Berri Kramer's *Keeper's Green* was awarded Best in Show at last summer's Kennebunk River Club Art Show. (Photo by Andrea Sahin)





## A little song, a little dance...

### How a comedy classic came to be

by Dana Pearson

#### Part 1: Serendipity

It all started, as so many good things do, with Steven Spielberg. Watching his autobiographical movie *The Fabelmans* this past winter, I was amused to learn that he had shot his high school class's senior skip day on Super 8 film, just as my pal John (who had accompanied Diane and me to the Spielberg flick) and I had shot ours in the spring of 1982. Back at home, I dug up the lone print of that quirky silent film and brought it to Video Creations in Kennebunk to have it digitized.

I hadn't seen the owner, Blake Baldwin, in a while. After tending to business, we sat at a table by the window and fell into casual conversation. At one point, and I can't recall how the subject came up, I mentioned how my wife and I were in the midst of watching every episode of *The Mary Tyler Moore Show* in chronological order— a natural thing to do, having just completed the entire Blu-ray collection of *The Dick Van Dyke Show*. Both shows more than hold up well, I told him, eagerly insisting that they remain two of the freshest and funniest TV comedies ever, more than 50 years later.

Blake smiled and agreed, then said, "My uncle was Peter Baldwin." I paused, something clicking in my head. As an obsessive observer of TV credits, I blurted, "I've seen his name recently." "Yes," said Blake, "he directed several episodes of *Mary Tyler Moore*. And a couple *Dick Van Dykes*."

Returning to the subject of Mary, he said, "You know the Chuckles episode?" Di and I had recently viewed an early episode in which WJM-TV's Chuckles the Clown made a rare screen appearance, but I knew — as anyone who loved the series during its memorable run from 1970-1977 would know — what he was talking about. So I said, "'Chuckles Bites the Dust'?" We were both smiling now. "Joan Darling directed that one," said Blake. "Oh yeah?" I said, wondering if he was about to tell me she had been his junior high prom date. "She and her husband Bill Svanoe have a place in town. Really good people. Friends of mine." This information was not computing, so I said, "She lives in Kennebunk?" He told me the name of their street; it was within walking distance of my house.

—continued on next page



With the hairs on the back of my neck tingling, I felt compelled to unnecessarily sum up what Blake had just told me: “You’re telling me that the director of ‘Chuckles Bites the Dust’ lives in Kennebunk?” I’m sure he detected smoke issuing from my ears as my writer-brain fired into overdrive. “Do you think she’d be up for talking with me about it?” “I’m sure she’d love to,” said Blake. “Let me get you their number.” He did, I called them that afternoon, and now...this.

I would soon learn that Darling and her husband had bought a lovely three-story house on Ocean Avenue in Kennebunkport around 20 years ago, though it could be said they didn’t get their money’s worth, since, as Darling joked, “We never saw the third floor.”

She was familiar with the state, having gone to a Maine summer camp while growing up in Brookline, Massachusetts. Early on in their marriage, whenever they’d be able to get away, she and Svanoe would come to Maine. Heading home from Boothbay one time, they stopped in Kennebunkport and found the Colony, which they stayed at because it allowed dogs.

“And Bill looked at me and said, ‘We’re going to live here someday.’ He just knew.” When they eventually took the plunge, they took it quickly: “We saw [the Ocean Avenue] house at 11, made an offer at 1, they accepted it at 6, our plane left at 9.”

Because the house was too large for their needs, they later downsized to a two-story house on Chamberlain Way in Kennebunk – where Blake told me they were now living. However, since last being in contact with Blake, they decided to downsize again, and are now considering a one-story house in the area.



## Part 2: About Chuckles

If you’re not familiar with “Chuckles Bites the Dust,” what is *wrong* with you? Sorry, I don’t mean to be judgmental, but c’mon. After all, the seventh episode of the sixth season of *MTM*, which originally aired on October 25, 1975, has made it to the top of countless Greatest TV Comedy Episodes Ever lists that it’s hard to believe anyone could be unfamiliar with it.

I was in the sixth grade when I first saw it. It wasn’t until watching it many years later that I appreciated the rather deep message that laughter is often the best way to cope with tragedy and loss. As a kid, I found the set-up terribly funny: Chuckles the Clown was dressed as Peter Peanut for a parade in downtown Minneapolis when, as Lou Grant (Ed Asner) puts it while breaking the shocking news to his TV news crew, “a rogue elephant tried to shell him.”

What follows is a string of one-liners, mostly by Murray Slaughter (Gavin MacLeod), inspired by the ridiculous nature of the death. Mary, however, is aghast at her colleagues’ insensitivity and callousness, and shames them in the days leading up to Chuckles’s funeral service. Of course, that is when her co-workers behave themselves and Mary finally finds emotional release – after a pitch-perfect, agonizing, embarrassing, slow-build acting showcase by Moore – in an explosive bout of inappropriate laughter. And then the kicker: When the minister kindly assures Mary that Chuckles would’ve wanted laughter at his own funeral, Mary breaks down sobbing.

–continued on next page

Opposite page: Director Joan Darling behind the camera in the 1970s. Above: Director Joan Darling encouraged Mary Tyler Moore to do the funeral scene in “Chuckles Bites the Dust” without rehearsal - and Moore nailed it. Courtesy photos





### Part 3: The Director's Chair

Jay Sandrich ought to have directed "Chuckles" for two good reasons.

The first reason is the brilliant script by David Lloyd, the highly revered and prolific comedy writer who penned 31 *MTM* episodes after having cemented his reputation by crafting monologues for Johnny Carson throughout the 1960s. (He also wrote episodes of the *MTM* spin-offs *Rhoda* and *Lou Grant*, as well as the classic comedy series *The Bob Newhart Show*, *Taxi*, *Cheers*, and *Frasier*.)

The second reason pertains to the odds. Sandrich ultimately directed 119 of the 168 episodes (that's 71 percent) of *MTM*. He had already helmed half a dozen Lloyd-penned episodes, which included three of the six shows already shot for Season 6; he had to have known the "Chuckles" story would be a hit with the audience.

But that's the thing: He didn't.

"The regular director, Jay Sandrich, didn't want to do 'Chuckles' because he thought it was in bad taste," said Darling. She, on the other hand, thought it was a riot, despite the reservations of cast and crew members.

So how did Joan Darling get to direct what has come to be regarded as the funniest episode of *The Mary Tyler Moore Show*?

Like this: After starting out in a New York improv group, Darling worked steadily on and off Broadway, and played several TV and film roles (including a part in a Steven Spielberg-directed episode of *The Psychiatrist* in 1971), until landing the steady gig as Frieda Krause on the Arthur Hill-starring legal series *Owen Marshall, Counselor at Law* from 1971-1974.

"I wanted to be an actress," she said from her winter home in Orlando, Florida. "That's all I wanted to be."

But life had other plans for her. There was an early diversion in 1964, when her improv work caught the eye of Carl Reiner, creator/producer of *The Dick Van Dyke Show*. Darling's agent "tried to get me to be a writer," she said, so Reiner partnered her with Howard Ostroff to write the charming flashback episode that aired March 17, 1965, "Your Home Sweet Home is My Home."

But it was the next diversion that would catch. It was while discussing a film role in the mid-1970s with Norman Lear – then dominating the airwaves with his shows *All in the Family*, *Maude*, and *Good Times* – that the fabled producer (who turns 101 in July) turned to an associate and said, "She's the one." He looked at Darling and asked, "How'd you like to be a director?"

"I said, 'No,' but that I'd think about it," said Darling. "And Lear said, 'That's what you really are.'"

Something in the way she talked about making a movie convinced Lear that she had the goods, so he offered her the directing gig for the first two episodes of an unconventional TV series he was planning – *Mary Hartman, Mary Hartman* (1976-1977).

"He asked me, 'What's your concept?' I said, 'I think *Mary Hartman* is not just a take-off on soap operas, I think it's about how television is destroying America.' You gotta remember I said this to Norman Lear, who had four of the top 10 shows on at the time. He looked at me and said, 'That was not what we intended, but if you could do it, that would be great.' So I said 'OK' and I gave it a try."

Lear allowed Darling to help cast the production, and later encouraged her to not only direct, but also to shoot and edit it. ("The size of this man's generosity was just astounding," she said.) Darling said Lear initially considered the show "a throwaway," but ended up loving the results; however, he couldn't sell it to any of the three networks. According to Darling, ABC's "Fred Silverman said it was the best acted, best directed television show he'd ever seen, but it would never get on the air because it was too strange."

But the influential Lear convinced independent TV station owners across the country to air the series; it became a cult hit. But before they debuted, Darling's agent showed the pilot episodes to Grant Tinker (Moore's then-husband) at *MTM Enterprises*. He hired her for a season, with her first job directing an episode of the company's new series, *Doc*, starring Barnard Hughes.

—continued on next page



"After directing *Mary Hartman* and before I did "Chuckles," the Directors Guild of America called me and asked me to join," she said. So she did, thinking she'd be a professional director for one year and then return to her acting career, "having no idea I'd be really good at it." She'd be busy directing for 15 years.

And then came a chance to shoot a *Mary Tyler Moore Show* script.

"I was supposed to do 'Georgette's Wedding,'" she said. "I went to the studio, and Grant showed me around. We got to talking, and he told me about these scripts." One of them was "Chuckles Bites the Dust."

"I said, 'Oh my god, I would just *love* to do that script,' and we got to talking about improvisational theater. And I told him how someone from Second City had been murdered in a parking lot, and at the funeral, everybody was making jokes, and we talked about that. I said, 'I think death is really funny,' then I went home."

When her *MTM* script was delivered, "I opened up the envelope and it wasn't 'Georgette's Wedding,' it was 'Chuckles.' I went screaming into the kitchen, saying to Bill, 'I got "Chuckles"! I couldn't believe it.'"

Of note: That wasn't Joan Darling's first trip to the *MTM* lot, as she had read for the part of Rhoda Morgenstern when *The Mary Tyler Moore Show* was being cast in 1970. "I had two callbacks, and was in second place for that role." Years later, she would direct Valerie Harper in an episode of the popular *MTM* spin-off.

#### Part 4: Saving the Day

Joan Darling is understandably proud at having directed "Chuckles Bites the Dust." However, she has a modest tendency to deflect accolades to the cast and crew of the sitcom that was early in its sixth and penultimate season. She'll say something like, "I was going to teach these people how to do the show? It was at the top of the ratings for six years. I just had to set them up to have a good time."

Plus she had the confidence of working with David Lloyd's inimitable contribution.

"I knew from the bottom of my toes when I read the script. I said, 'Oh, this thing is a diamond. This is just perfect.' And I knew, knew, *knew*."

She will, however, acknowledge that one of her contributions was important to the production of the episode. It was, in fact, pivotal.

"We started rehearsing on Monday [for the Friday taping]," said Darling, "and about mid-day Wednesday, Mary suddenly stopped rehearsal and said, 'You know, is this show in good taste? I mean, it's about death and we're laughing.'" Apparently, Jay Sandrich wasn't the only one with reservations about the script's morbid themes.

That's when Darling's perspective kicked in and saved the day.

"I told her what I really believed. I said, 'I think everybody has laughed inappropriately at one time or another – you know, when you're in high school and they bring the soprano in and you get the giggles. Everybody's done that, and everybody feels bad about themselves.' And I said, 'But I think if Mary Richards does that, everybody would feel a little bit better about themselves.' And she looks at me and went, 'Let's go to work.'"

As Darling said, Moore was the boss, and "if she said on Wednesday she didn't like the show, they would've pulled out another script and I'd go do something else and it would never have seen the light of day.

"I really tried to find something in the piece of material that I loved and wanted to express, so I had thought a lot about Chuckles before Mary ever came to that moment. I feel it's very important as an artist to know what kind of effect you want to have on the audience with whatever material you're doing. And if I hadn't already thought about that, the show would've gotten lost."

—continued on next page



Opposite page and above: By grouping Murray (Gavin MacLeod), Sue Ann (Betty White), and Lou (Ed Asner), director Joan Darling allowed for a continuous flow of humor in "Chuckles Bites the Dust." Here, the trio tries - and fails - not to laugh so much over the death of WJM-TV's resident clown. Courtesy photos





### Part 5: Shooting the Script

There was some tension leading up to the taping of the show on Friday, when it would be filmed in its entirety twice – once as dress rehearsal, the second for airing (though often sections from both would be edited together for the final product). Darling knew that many were still dubious as to the episode's theme, and worse, its humor.

One day, riddled with anxiety, she pulled over on the side of the road to calm down, telling herself, "You lived through your childhood, you can live through this."

"My husband and I went out to early lunch before the two tapings, and I said to him, 'I don't think anybody knows how funny this show is, except me.'" She pinned her hopes on a potentially offensive line in the first scene, when "The Happy Homemaker," Sue Ann Nivens (Betty White), entering the newsroom, displays a tacky mobile depicting the major food groups, saying she had just used it on a special of hers called "What's All This Fuss About Famine?"

"I knew if they laughed then, it'd be all over," she said. (The line would deservedly receive uproarious laughter.) A few minutes later, Executive Producer James Brooks approached Darling to compliment her on how well the rehearsals had proceeded, though she could tell he was "kind of in shock" that that was the case.

Everyone's worries were unfounded. As the episode was filmed, the live studio audience connected with the offbeat material, rewarding it with wave after wave of laughter. Darling was pleased with how well a certain scene she had blocked came off:

"Sue Ann, Lou, and Murray...they're standing one behind the other, and Mary's at the desk," she said. "The way I staged that, I could hold all three of them rather than having to cut to them [one by one], which would have broken up that little run of comedy. When it was their turn to speak, they could push the other person aside and move up. That was perfectly natural. When Jim Brooks and [Executive Producer] Allan Burns first saw that, I remember them going, 'Wow,' and looking at me, and I thought, 'Oh, I guess they like that a lot.'"

When Lou informs inept anchorman Ted Baxter (Ted Knight) just before air-time that he'll have to improvise a eulogy for the TV station's deceased clown, the audience is in for a treat, including this painful passage: "I don't know his age, but I guess he was probably in his early sixties; it's kind of hard to judge a guy's face especially when he's wearing big lips and a light bulb for a nose."

But the pay-off is the funeral scene, when Mary suddenly – and with great terror – finds laughter building up inside her. Using what she had learned from her acting days, Darling said to Moore on the second day of rehearsals, "Mary, listen, I don't think we should rehearse the funeral scene. I know you can do it, and you know you can do it. I'm going to set up the cameras in a way where you'll be covered with close-ups in both tapings. I just think we should let it fly."

Darling said, "I conveyed to her that I believed thoroughly that this was a piece of cake for her. And she bought it." Laughing, she added, "Actors will do that. The first taping, she nailed it. She nailed it both shows."

*—continued on next page*

Above: Joan Darling (right) directing Valerie Harper as Rhoda, a role Darling nearly landed. Courtesy photo



### Part 6: The Last Line

A funny thing happened on the way to taping. Darling found that the last line in the script, while funny on the page, wasn't working during rehearsals.

"The producers at MTM were so fabulous," she said. "They'd take new directors aside and say, 'If you're having a problem with anything, any trouble with a scene, please call us and have us come down and look at it, because either there's something in the scene that we haven't made clear to you, or it needs a rewrite.' That's very unusual in that business."

She called David Lloyd, who "rattled off 20 fabulous last lines," but none of them clicked. So Darling decided to trust the brilliance of the cast. "My actors always knew they could do whatever they wanted, and then I would be delighted with any surprises they brought me."

As the characters gathered in Mary's apartment in the aftermath of the funeral, discussing how they'd like to be buried and memorialized, "Mary goes over to the refrigerator, and takes the horrible food mobile out and says to Ted, 'When you go, would you take this with you?' That was improvised."

And so ended arguably the funniest TV episode ever.



### Part 7: End Credits

Darling earned Emmy and DGA nominations for "Chuckles Bites the Dust," and kudos from Jay Sandrich, the veteran director who had passed on the job. (David Lloyd won an Emmy for his script.) But as the years have passed, she has received praise from those who viewed it when it first aired, or in syndication, as its status has grown and grown. Darling took a tricky subject matter and turned it into comedy gold, by adhering to her belief as a director that "it's got to be truthful, it's got to be how people behave."

There would be other directing gigs for Joan Darling – *M\*A\*S\*H*, *Taxi*, *Amazing Stories*, *Magnum, P.I.*, the feature film *First Love* – but there can be no doubt the "Chuckles Bites the Dust" has been the most memorable and lasting.

Darling's philosophy of directing has had a lasting effect to this day.

After The Daniels won the Oscar for directing *Everything Everywhere All at Once* in March, Daniel Kwan publicly thanked Darling for what she had taught them at a Sundance directors' lab, which she has conducted for 30 years.

"What I had said to them that was so helpful was: When you're directing, you're the host at the party. Your job is to make everybody feel like they're guests at this party and to feel good about themselves so they'll do their best work."

As Chuckles the Clown would sign off: "A little song, a little dance, a little seltzer down your pants."

[dana@touristandtown.com](mailto:dana@touristandtown.com)



Joan Darling's sole directing credit for *The Mary Tyler Moore Show* would be for the classic sitcom's funniest episode. Courtesy photo

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Glisten in the rising morning sun;

Where worn rounds of sea glass  
Reflect the sunlight  
And cast refracted rainbows  
Across the rocks;

Where the waves gently kiss the shore  
And thrum against the rocks,  
A steady heartbeat  
That echoes my own;

Where the lone cormorant  
Dives beneath the surface  
And emerges with a flailing fish  
Captured tightly in its mouth,  
Or perhaps a fighting crab  
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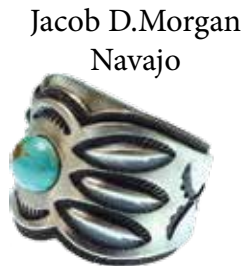
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A close-up, detailed painting of numerous blueberries. The berries are in various stages of ripeness, with colors ranging from deep blue to a reddish-purple. Each berry has a small, dark, star-shaped mark at its base. Several green leaves are interspersed among the berries. The text "Local Fare" is written in a white, cursive script across the upper middle of the image.

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## Mrs. Cumbler's Iced Tea - the BEST summer quencher!

by Valerie Marier

An old aluminum pitcher has served me well over the decades.

The day after school finally let out for the summer back in the '50s, my best friend Sally and I would bolt to her back yard and work on our tans. We'd lie on striped turkish towels, pale faces to the sun, our milky limbs anointed in baby oil laced with iodine.

No sooner had we lathered up when Sally's mom, dear Mrs. Cumbler, would appear with plastic tumblers of her delicious iced tea. She would say, "You girls need to keep cool."

Her recipe: steep six or seven Lipton tea bags plus 10 big stalks of fresh mint in boiling water for half an hour. Drain and add one can of frozen Minute Maid orange juice, a cup of sugar, lots of ice. Year after year, it was the liquid asset of my summer.

Mrs. Cumbler made her tea in a 14"-tall aluminum pitcher. My mom had an identical one. They loved going to flea markets together, especially in Bucks County across the Delaware River from our adjoining homes in Titusville, New Jersey. Undoubtedly, they each bought pitchers there.

Mom knew I coveted her pitcher because, shortly after I was first married, she gave me hers. That pitcher has been in every home I've lived in since. When my kids were young, I tried Mrs. Cumbler's tea recipe on them with some success. But my summer elixir never captured their fancy the way it had mine. They preferred grape Kool-Aid.



Over the years, my pitcher's signature *raison d'être* changed too, and I'm not sure when or why. I probably went on yet another diet and decided sugar and orange juice weren't beneficial to my growing waistline. And truthfully, I don't even know if stores still sell Minute Maid frozen orange juice.




Today, that pitcher is a key tool in my gardening arsenal. I use it to mix Miracle-Gro All Purpose Plant Food with water for fertilizing my tomatoes, flower pots and hanging strawberry basket. Every two weeks they receive an enriching douse.

I keep the aluminum pitcher on my back deck near the hose or sometimes on the potting table next to my vegetable garden. The pitcher is dented and dinged, scratched and scarred, definitely showing signs of wear and tear, and age. Just like its owner.

That aluminum pitcher is as dear to me as mom's tiger maple desk that sits in my guest room, and her daisy and button glass plate that I use for serving appetizers. It's a treasured relic, a tangible stepping stone back to my girlhood when Sally and I were teenage pals.


Out of curiosity, I Googled "aluminum pitchers." The e-commerce Etsy website featured a photo of a 15-inch aluminum pitcher similar to mine. The ad described it as "an item from the mid-1950s, a two-quart aluminum water pitcher with a shabby chic finish, selling for \$22."

Nope. Mine is priceless.



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# Peaches, glorious peaches

by Kathy Oberman Tracy

Soft, juicy, sweet and lightly perfumed... the juice rolls over your lip and down your chin... now, that is biting into a perfectly ripe peach!

While we tend to think peaches are grown mainly in southern United States – Georgia and South Carolina – and in California, you can actually grow your own peaches right here in the state of Maine.

There are a few varieties, along with some simple tricks to help the fruit withstand Maine's cold climate, mostly because these varieties don't bloom until mid-May when the chance of frost is very slim. They will grow quickly and deliver a bumper crop by mid-August into early September.

Garnet Beauty, Desiree, Galaxy Donut, Saturn Donut, Stellar Autumnstar and Scarlet Prince are among the varieties of peach trees that can thrive in Maine.

The names suggest their color and/or shape, and the flesh inside can range from yellow to white to cream with a tinge of pink. Donut peaches are squat and, as the name suggests, they look a bit like a donut while the other varieties here are nice round spheres.

To help the peach trees grow hardy and survive the Maine climate, it is suggested that you harden off the trees for winter, plant them in well drained soil and make sure they are consistently watered during the hot, dry months.

To get a bumper crop, you should thin out the peaches while they are green and the tree is full of fruit. This will allow for air to circulate around the fruit and provide enough sun to help ripen it. This all helps to keep the crop beautiful and delicious.

Peaches contain vitamins A, B complex, C, E and K. They are also full of minerals like Manganese, Niacin and Potassium, and have loads of fiber and antioxidants. Peach flowers have been used in Chinese medicine to aide in digestion, while the fiber helps to keep your gut clean and healthy.

Due to the high level of antioxidants, peaches are also said to help with maintaining clear, beautiful skin, reduce cholesterol and protect against cancer. To receive the full benefits of the peach, be sure to eat the skin as well as the delicious sweet flesh.

Like most stone fruits, peaches can be baked into pies, cakes and muffins; grilled as a savory side dish or sweet dessert; preserved as jams, jellies, sauces, salsa and chutneys. You can also freeze the fruit and use it frozen in a smoothie or Sangria!

## Grilled Peach, Tomato and Burrata Salad with Pickled Red Onion

Serves 4

2 Grilled Peaches, quartered  
2 Ripe Tomatoes, cut into quarters  
4 Small Burrata balls  
Red or White Balsamic Vinegar  
Olive Oil  
Chopped Basil, Parsley or Chives for garnish

Quick Pickled Red Onions:

1 Red Onion, thinly sliced  
1 cup Apple Cider Vinegar  
½ cup Water  
¼ cup Sugar  
1 tablespoon Salt  
Cracked fresh Pepper

In a small saucepan, heat the vinegar, water, sugar, salt and pepper until hot and sugar and salt have dissolved. While the vinegar mixture is heating, fill a mason jar or small bowl with the onions, pour the hot mixture over the onions. Shake or stir the onions with mixture and allow it to sit for 30 minutes.

Remaining pickled onion can be kept refrigerated for up to two weeks.

To serve the salad, divide the peaches, tomatoes and burrata on 4 individual plates. Using a fork, place pickled onion over the top of each and drizzle with vinegar, olive oil, sprinkle with sea salt and fresh cracked pepper and garnish with chopped fresh parsley, chive or basil.



## Peach & Blueberry Crostata

Serves 6-8

Use your favorite pie dough recipe or store bought frozen dough. Trader Joe's has the best.

For the Filling:

4 cups sliced fresh Peaches

1 cup fresh Blueberries

2/3 cup Granulated Sugar

2 tablespoons grated Lemon zest

1/4 cup Cornstarch

1/4 cup Peach or Mango Juice

1 extra-large Egg beaten with 1 table  
spoon Water, for egg wash

In a large saucepan, combine the peaches, blueberries, granulated sugar, lemon zest and mango juice over medium heat and cook for 5 minutes.

Combine the cornstarch with 3 tablespoons of water and stir into the mixture. Bring the mixture to a boil then lower the heat and simmer for 2-3 minutes longer. The mixture should be slightly thick.

Remove the mixture from the heat and allow to cool for 20 minutes, and then refrigerate for an additional 30 minutes, until fully cooled.

Preheat the oven to 425 degrees. Use a piece of parchment paper to line a baking pan.

On a lightly floured surface, roll out your pie dough into an 11 or 12-inch round, and place on the sheet pan. Spoon the peach and blueberry mixture onto the center of the pastry, mounding into the center and leaving a 2-inch border all around. Fold the dough up over the filling, making pleats where necessary.

Brush the pastry dough with egg wash and bake for 30 to 35 minutes, until the pastry is lightly browned and the filling has thickened and bubbling.

Allow to cool for 20 minutes, and serve immediately or at room temperature.

## Rosé & Peach Sangria

1 bottle Rosé

2/3 cup Peach Schnapps

1 fresh Peach, thinly sliced

1 Lemon, cut into thin rounds

1 Orange, cut into thin rounds

Chilled Club Soda or Prosecco

In a pitcher, combine the wine, peach schnapps, peach slices, lemon and orange rounds. Stir to combine and place in the refrigerator for 1 hour minimum, or overnight.

To serve, add a few ice cubes to 6 wine glasses and add the sangria. Top each glass with club soda or Prosecco.

## Grilled Peaches

Serves 4

4 Peaches, halved and stones removed

1 tablespoon Grapeseed oil

Lightly brush the cut surface of the peach with grapeseed oil. Using a clean and lightly oiled grill on medium heat, grill the peach halves until marked and warm.

When serving the grilled peaches as a savory dish, sprinkle with salt and pepper. These grilled peaches are an excellent accompaniment to grilled pork loin or grilled lobster.

To serve the grilled peaches as a dessert, lightly sprinkle with sugar while still warm. A nice way to serve them is with vanilla ice cream sprinkled with minced candied ginger and a tiny grind of fresh nutmeg.

## Peach & Mango Salsa

1 Peach, peeled and diced

1 Mango, peeled and diced

1 Red Pepper, seeded and diced small

1/2 cup diced Red Onion

1/2 Jalapeno, diced or to taste

2 cloves Garlic, minced

2 tablespoons chopped Cilantro

3 tablespoons Olive Oil

1 tablespoon Lime Juice

1 teaspoon White Balsamic Vinegar

1 teaspoon Honey

Salt and Pepper to taste

To make the salsa, place the diced peaches, mango, red pepper, red onion, jalapeno and garlic in a medium bowl and stir to combine. Using a small jar with lid, add the olive oil, lime juice, vinegar, honey and salt & pepper and close the lid tightly. Shake the ingredients until well combined and pour over the diced fruit and vegetables. Using a rubber spatula stir to combine and evenly coat the fruit and vegetables.

Stir in the chopped cilantro, and allow to sit at room temperature for 30 minutes, stirring occasionally. Taste and adjust the seasoning if necessary to your own taste.

Serve immediately or refrigerate. Salsa will taste best when allowed to come to room temperature before serving.



# Smoke BBQ in Kennebunk offers a new take on a local favorite

by Rob Coburn

Six months after a successful launch, Smoke BBQ is fulfilling the promise of creating community through good food and a good time. When I recently stopped in to check on things, owner Josh Maynard insisted I try Smoke's new lobster roll. I didn't argue.

Toasted with a secret ingredient and filled to the brim, the lobster roll Maynard produced was an unexpected and enjoyable version of the traditional lobster roll. The bun was as good as it gets and the lobster had a light smoke flavor that made it both delicious and at home in a barbecue restaurant.

Maynard said he was still tweaking the process and currently offers the lobster roll as a special. Special indeed.

And here's a little Smoke insider tip: If you order hand-cut fries as part of a takeout order, put them in the toaster oven for a few minutes when you get home. Intended to be eaten within a few minutes of coming out of the Smoke kitchen, these delicious fries require just a quick re-heat to be fully experienced. Also the smash burger with fries is a must try if you like a great burger.



Owner Josh Maynard proudly displays his latest menu special. Photo by Rob Coburn



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North Berwick

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Sanford/Springvale Farmers' Market

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May through October, with a market the Saturday before Thanksgiving

Central Park (across from City Hall), Sanford

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

Wells Farmers' Market

Wednesdays, 1:30- 5 PM

June - September

Wells Library, Post Road, Wells

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

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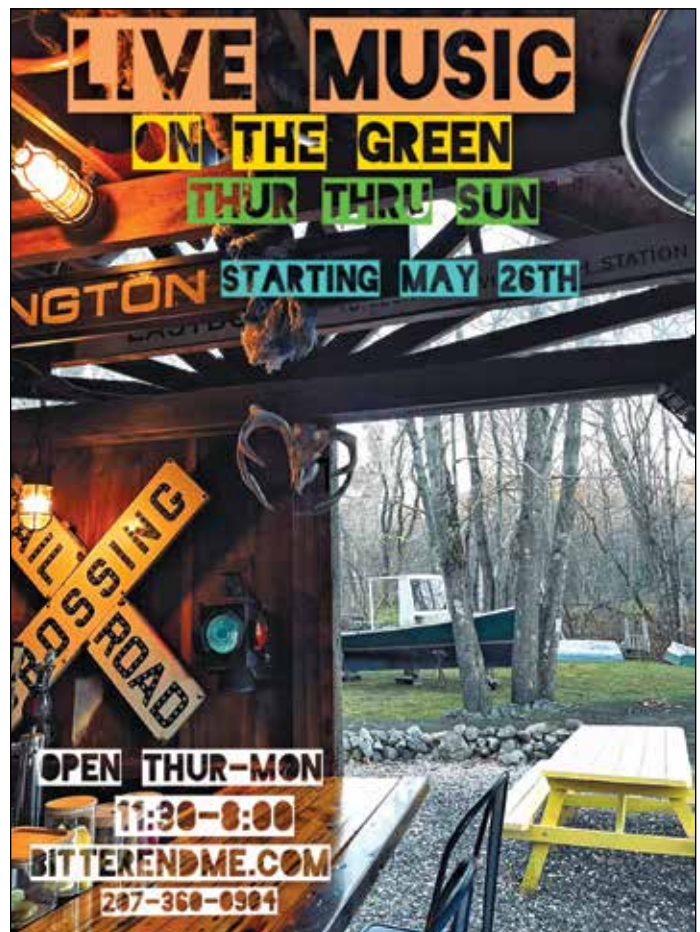
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Here is a fast and easy Wild Blueberry Smoothie from the Wild Blueberry Association of America. Serves two.

### Ingredients:

6 oz. frozen wild blueberries

6 oz. vanilla yogurt

1 T. honey

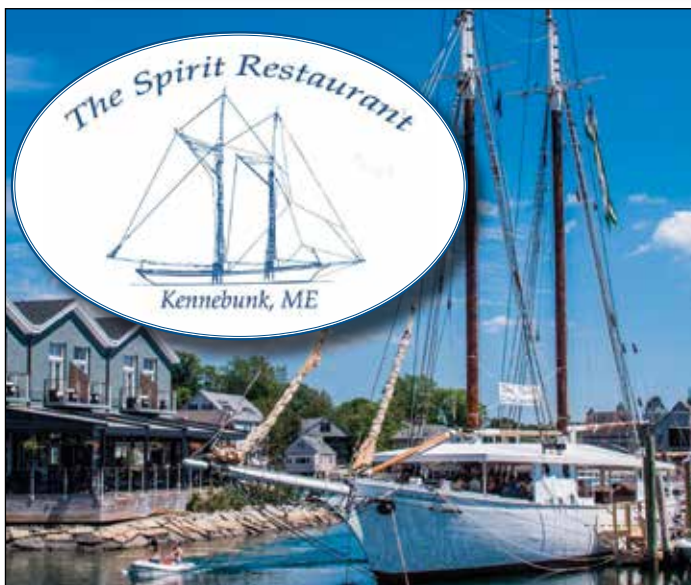
½ cup milk

### Preparation:

Blend well at high speed.



*Did you know? Maine produces 99% of all the blueberries in the country, making it the single largest producer of blueberries in the United States. Native Americans once called them "star berries," because the five points of blueberry blossoms make a star shape.*



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## Blueberry Lemon Shortbread

### Ingredients

2 cups white or whole wheat flour  
½ teaspoon salt  
½ cup dark brown sugar  
½ tablespoon grated lemon peel  
¾ cup dried Maine wild blueberries  
1 cup butter

### Preparation

Preheat oven to 350 degrees.  
Mix the flour, salt, sugar, lemon peel and dried blueberries.  
Cut in butter and mix until a smooth dough forms. Chill for 30 minutes.  
Roll out the cold dough to ½-inch thickness between two sheets of wax paper.  
Cut out with cookie cutters or score and cut into squares.  
Place 1 inch apart on an ungreased cookie sheet.  
Bake for 15 to 18 minutes or until lightly browned.  
Yield: about two dozen

## Berry Lemonade

### For the Simple Syrup

1 lb. strawberries/other berries  
1 cup sugar

### For the lemonade

2 cups of the berry simple syrup  
1 1/3 c. fresh lemon juice  
Sliced berries and lemons for serving

### To make the syrup

In large saucepan, combine berries, sugar and 2 cups water. Bring to a boil, stirring to dissolve sugar.  
Reduce heat and simmer about 10 minutes. Skim off any foam that has risen to surface. Let syrup cool in saucepan 1 hour. Strain through fine-mesh sieve and let cool completely (you can keep the berries for another time). Refrigerate up to 2 weeks.

### To make the lemonade

In pitcher, stir together the simple syrup, lemon juice and 5 cups ice-cold water. Serve over ice with fruit.



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A dense, vibrant display of numerous paper cranes hanging from strings. The cranes are made from various patterned and colored papers, including floral, geometric, and abstract designs. Some cranes are blue, others pink, yellow, or purple. The background is a light, neutral color, making the colorful cranes stand out. The overall effect is a lush, textured wall of origami art.

# Local Finds

Chains of Cranes hang in TipToe Eco Marketplace  
in Kennebunk. Photo by Sarah Holden-Remick



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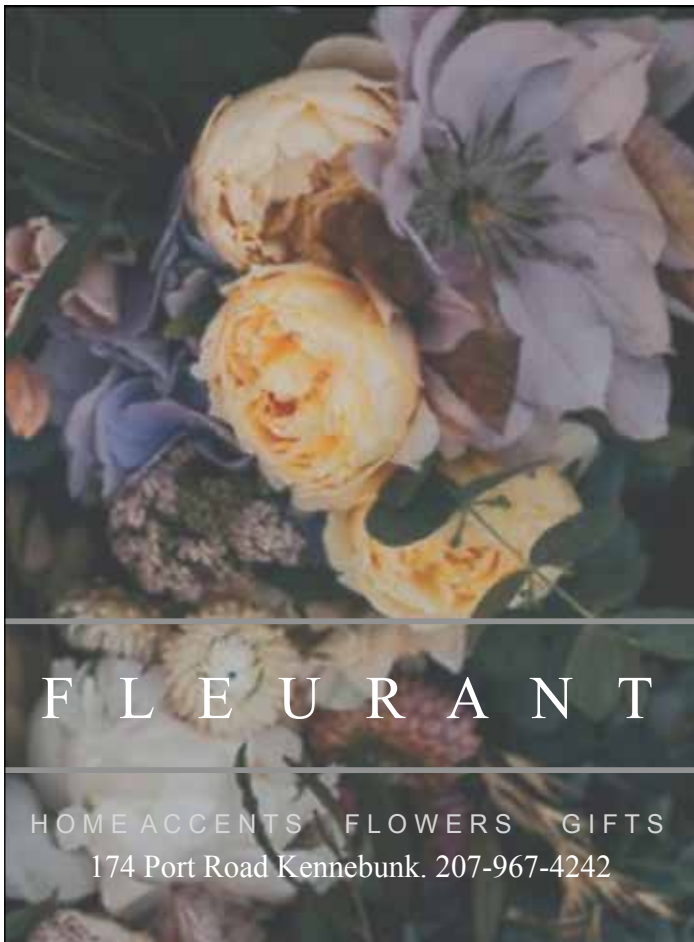
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Photo courtesy of Fleurant, Kennebunk

Did you know? The name ranunculus is a combination of two Latin words, rana, meaning frog, and unculus, which means little. Thus, the name ranunculus means 'little frog.' They are part of the Ranunculeae or buttercup family. They symbolize charm.



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# The Chains of Cranes Project

*We wrote about Chains of Cranes in a recent issue of Tourist & Town newspaper, but given our enthusiasm for these wonderful cranes, we wanted to include them in our magazine as well.*

The crane, a symbol of peace and hope, is Origami artist Michael Stone's favorite design. The inspiration for Stone's Chains of Cranes Project came while he was helping a dear friend get out of a domestic violence situation. Stone donates a portion of the proceeds from his chains of cranes to Caring Unlimited, York County's Domestic Violence Resource Center. Supporters have helped raise several thousand dollars to date for Caring Unlimited.

Chains of Cranes, which come with a heart on every package, can be found at TipToe Eco Marketplace in Kennebunk, A Little Something in South Berwick and Kit Supply and Co. in Kittery Foreside, as well as online at [chainsofcranes.com](http://chainsofcranes.com).

*"Folding peace cranes offers me a chance  
to be in the moment, spending time in peace,  
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*I believe that everyone should be surrounded  
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*~ Chains of Cranes founder Michael Stone*



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## Cloth Interiors puts exceptional fabrics to work

by Rob Coburn

Cloth Interiors is located in the heart of what owner Teri Cardinelli refers to as 'The Home Improvement Mile' – a stretch of Route 1 in Kennebunk full of must-stop shops for local homeowners. In her shop, Cardinelli offers designer window treatments, upholstery and wallpaper to clients who come in knowing precisely what they want *and* to those who need a little help envisioning the final product.

Cardinelli is at home in her hatbox of a showroom and efficient workroom. The showroom is awash in fine fabrics of indescribable colors and patterns – all arranged around a large center table designed to sort and compare choices and combinations. With a knack for combining fabrics that complement each other, Cardinelli helps clients fall in love again with their spaces.

The design process begins with conversation about the function of a chosen fabric. How will it be used? And where? And what will need to happen to transform it into a seamlessly functional finished object?

Cardinelli makes it clear she is not an interior designer. In other words, she is not the person to start an entire room from scratch. Rather, Cardinelli finds inspiration from a room, hints from the homeowner, and uses her experience to make suggestions that result in spaces her clients can feel proud of – and they do. Cardinelli sees herself as a functional designer.

The journey from Cloth Interiors' design room table to the workroom in back is more than just a few steps. It usually involves a visit to the client's home and possible re-direction depending on what she finds, such as how her client's windows are framed and finished and what the best hardware might be to operate the window treatments. Function is at the heart of Cardinelli's projects, but it is the beautifully appropriate fabrics that make these projects come alive.

In her well-organized workroom, Cardinelli and team also transform two-dimensional fabrics into finely finished three-dimensional functional objects. Cardinelli's experience and expertise help her make treatments that fit exactly – to avoid trial and error nightmares.

With an eye on the future, Cardinelli understands the challenges of the industry and the need for more people to learn trades such as hers. She is keen to educate and is now mentoring a talented seamstress to equip her mentee with the skills necessary for work at this level.

Stop by 99 York Street (Route 1 south) in Kennebunk, talk with Cardinelli and look through her collection of fabrics that can transform your own space. You will be amazed at the possibilities.



Above left: Deciding on a fabric is not an easy feat, given the exquisite selection at Cloth Interiors, located at 99 York Street (Route 1) in Kennebunk. Above right: Owner Teri Cardinelli at home in her showroom. Courtesy photos







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## Whiskey Leatherworks expands to meet the demands of a growing fan base

by Rob Coburn

It was time to catch up with Whiskey Leatherworks, following an initial interview with the owners last fall. I was glad I did.

Whiskey Leatherworks' first shop in Lower Village Kennebunk was a true workshop – a space intended for making and fulfilling custom wholesale and retail orders. With an expanding business and a growing fan base, however, Whiskey Leatherworks owners Daniel and Allyson Earnest looked again at the small space they had carved out for walk-in retail customers and knew there had to be a better way.

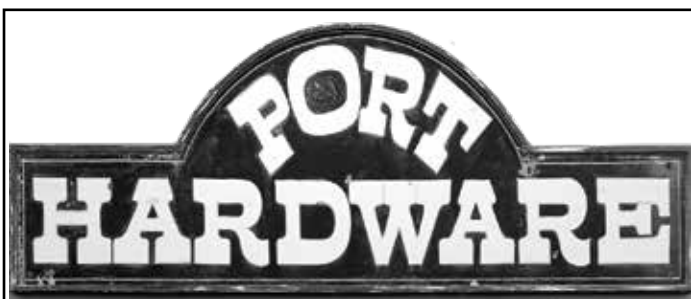
The better way has since arrived – in the form of a workroom in West Kennebunk and a separate retail space (with dedicated workspace) at 185 Port Road in Lower Village Kennebunk. The retail store's grand opening took place at the end of May.

The space on Port Road is a welcoming and inspiring showroom, perfectly suited for the one-of-a-kind creations filling the space. The expansive retail display features high-quality leather and waxed canvas goods from belts to bags and is a must-visit for gifts for yourself, your dogs and the folks you care about. (My own family has long-term tested one of Whiskey Leatherworks' dog leashes and it's only getting better with age. All four paws up!)



Clockwise from top left: Daniel Earnest (who co-owns Whiskey Leatherworks with wife Allyson) works on his latest project; colorful art adorns the walls and complements the leather goods in Whiskey Leatherworks' showroom; Whiskey Leatherworks is located at 185 Port Road in Kennebunk. Photos by Rob Coburn





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## Birdhouses are for the birds

by Jo O'Connor, photo by Sandy Gnidziejko

Birds can be as discerning as house hunters when it comes to finding a new home. According to thespruce.com, factors that affect which birds will use a birdhouse or nesting box include: entrance hole size, cavity depth and house height; interior floor dimensions, general house shape and design, materials used and house location and mounting style. Birds will also consider surrounding vegetation, area activity and safety.

Here is a mini guideline of a few local birds, with their housing preferences:

**American Robin:** Place nesting shelf under an overhang overlooking an open area. It is unlikely to use a birdhouse if placed on a tree. They prefer to be near woodlands and lawns with a few shrubs and trees.

**Barn Swallow:** Place nesting shelf under an overhang or porch and away from doors (because of their messy droppings). Usually like farmlands and open spaces.

**Black-Capped Chickadee:** Try a tree trunk or limb between 5 to 15 ft high with the entrance hole facing away from the prevailing wind. The house should receive between 40 and 60% sunlight. You can put 1 inch of wood shavings in the bottom of the box (but never sawdust). Our state bird can usually be found on forest edges, in meadows and yards with mature trees.

**Eastern Bluebird:** In an open area on top of a 3 to 6 ft. post. Entrance should ideally face east or north. These birds prefer open areas, parks and yards.

Sources: [the spruce.com](http://thespruce.com), [welcomewildlife.com](http://welcomewildlife.com)



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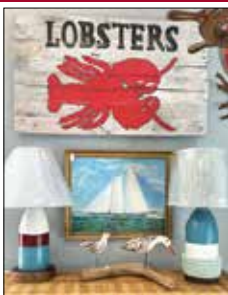
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~ author unknown*

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# Local History



Photo by Geraldine Aikman











# “The crown jewel of Main Street”

## Kennebunk’s original House of Worship, Town Hall and library: 250 years inside First Parish Unitarian Universalist Church

by Valerie Marier

Among the time-honored buildings of Kennebunk, few notch the precedents of First Parish Unitarian Universalist Church. For 250 years, the pulse of local history has resonated strongly within its white clapboard walls.

Kennebunk was part of Wells in the 1600s, and Wells was a province of Massachusetts. Those early settlers were spunky and strong but possessed little money and scant education. Most were farmers, eking a sketchy living from the virgin land they worked sunup to sundown. Church services offered companionship and respite from their daily grind and, because communities were then called “parishes,” their church was known as the First Congregational Parish of Wells.

In the early 1700s, 32 families living in Wells center decided to move to the Landing area of Kennebunk and establish a community along the navigable Kennebunk River. But attending Sunday services back in Wells meant negotiating a treacherous seven miles on foot or horse over muddy rutted trails through thick pine forests.

Hostile attacks by indigenous Wabanakis were a daily threat. Every river, including the Kennebunk,

Mousam and Webhannet, had to be forded. At that time too, babies were commonly baptized on the day they were born. New mothers rode on horseback, strapped behind their husbands while clutching their swaddled infants and, upon arrival, entered an unheated drafty building.

Warm church with stoves were unheard of in those times. One minister kept his hands warm by banging on the pulpit but his feet were near numb. He asked a woman in the parish, famed for her knitting, to make him moccasin liners. She refused and said, “If your feet are too cold to preach, it’s time to go home.”

Within a short time, the Landing families realized they needed – and wanted – a church of their own. In addition to the difficult treks to Wells, they were unhappy their tax dollars went to maintain a meeting house so far away. They made numerous requests to build a separate meeting house but every petition was denied. Finally, on June 14, 1750, they received

permission from the the Honorable Spencer Phips, Lieutenant Governor of the Massachusetts Bay Province, and seconded by the Great and General Court in Massachusetts.

*—continued on next page*



Opposite page: First Parish Unitarian Universalist Church stands at the intersection of Main Street and Route 1. Built in 1750, it is part of the Kennebunk Historic District, an historic district listed on the National Register of Historic Places. Top photo, this page: The trompe l’oeil ceiling and walls were installed in the sanctuary and painted around 1850. The artist is unknown. They have been restored several times since and are considered one of the most magnificent furnishings of First Parish. Above: The ceiling at the Unitarian Universalist Church in Kennebunk, done in trompe l’oeil (“trick-the-eye”), appears to be hand-carved but it’s actually painted and was installed in the church around 1850. The artist is unknown. Photos by Bob Dennis





Construction of their new church began immediately. Every male in the Landings pitched in to erect the 30-foot-long, two-story-high building. Some contributed lumber, others shaped and hewed the timbers.

This house of worship was called the Second Parish of Wells and its first minister was a local school teacher named Daniel Little who received a salary of 53 pounds, plus firewood. He was ordained in March, 1751 and served for the next 50 years. Reverend Little was "famous for his lengthy prayers and two hour sermons," and his installation marked the beginning of what ultimately became the First Parish Church of Kennebunk.

*"Imagine our church as a person walking through time, 238 years of joy and struggle, crisis, prosperity, bleak times, fulfilling times. I Imagine this person in the wilderness, deep forests, cold, determined to start a church. Picture the Herculean tasks: building a meeting house, finding a minister, knitting 30 families together." (Excerpt from a sermon by Reverend Peter T. Richardson in 1988.)*

As shipbuilding flourished along the Kennebunk and more people moved to the area, church members recognized they needed a bigger building. Discussions – pro and con – continued for nearly a decade until 1772 when sawmill owner Joseph Storer (for whom Storer Street is named) donated ample acreage (actually, the site of the present church) in the center of their burgeoning village. Construction began in early 1773 and was completed enough by that November "that the public worship of god be hereby removed from the Old to the New Meeting-house." (*History of Kennebunk*)

Situated at the intersection of County Road and today's Main Street, the 56'x46' church was a dark yellow, two-story post-and-beam structure made with no nails.



Carpenters used doors, windows, pews and other fittings from the Landing church to create a new meetinghouse with a wide center aisle, plus 40 pews on the lower floor and 25 in the upper gallery. (In that era, pew assignments were awarded to those paying the highest taxes.)

The pews were square with seats on four sides. "All the seats had hinges that folded up to make more room when the occupants were standing. At the close of prayers, there was a general slamming of seats, especially by the younger generation, and that also served to rouse those who had fallen asleep." (*Kennebunk's First Meeting House* by Edward Bourne III and Hartley Lord II).

Once again, every able-bodied male in the Landing community helped construct this new church, a pattern of volunteerism and stewardship still prevalent at First Parish 250 years later. Reverend Lara K-J Campbell, today's minister, noted:

*"This building exists today because the people – our congregation – maintain it and do the bulk of the work. Their love and commitment to this church is evident throughout the entire building and has been since the very beginning."*

Within a few years, church membership had doubled and parishioners wanted more space. So in 1803, as written in *Kennebunk's First Meeting House*, "The church was sawed in two and the rear end moved back 28 feet, and a new addition was built in between the two halves." The building was painted white and has remained that color ever since.

Local carpenter Thomas Eaton served as head contractor for a salary of \$500. When he climbed out on the new roof to take a final inspection, he slipped on a ledge and started to slide as people down below watched in horror. Fortunately, a wooden peg that had not been fully driven

*—continued on next page*

Photo top: In 1752, the church purchased this pewter communion set, which sits today in a cabinet on the church library wall. In 1815, widow Tabatha Hubbard added a large silver spoon with the initials "T.C." to the set. Apparently, on a Sabbath several weeks prior, Mrs. Hubbard noticed the minister removing a fly from the wine with his fingers, and she thought this spoon would "alleviate" that situation. Photo above: The 250 year-old church also served as Kennebunk's first town hall and first library (until Kennebunk Free Library opened in 1907). Books still stand on shelves in the parlor and can be borrowed from the church. Photos by Bob Dennis





in “snagged his pantaloons and he hung there until a ladder was placed nearby.” This was doubly fortunate, actually, because later that winter, Eaton studied the works of Boston Unitarian architect Asher Benjamin and designed a steeple and belfry with arches, balustrades, urns, Doric columns – and space for a bell.

Not just any old bell. The church chose a 1017-pound Paul Revere bell, cast in Boston in 1803 for a cost of \$452, only the third church bell throughout Maine. Once installed, the bell rang every morning at 7, then at noon and again at 9 PM for curfew. It has since served as the town’s timepiece and messenger and rings hourly today. (In 1824, it tolled continuously to alert the citizenry of a fire that destroyed half of Main Street; the gongs were heard in the Shaker Village near Alfred, more than 12 miles away.)

In those early days, there was little instrumental or vocal music in churches. Songbooks were rare and expensive. As written in *Kennebunk’s First Meeting House*, “Sometimes as many as 20 singers with untrained but eager voices formed a choir. The only accompaniment was the bass viol, occasionally augmented by the clarinet, and later the bassoon. The church’s first organ, made by Joshua Furbish of Wells, was paid for by subscription and installed in 1810. It was rather lacking in power and relied somewhat on aid from the bass viol.”

(Captain William Lord Jr. donated a new pipe organ in 1850 that cost \$1000. George W. Bourne, who built the Wedding Cake House, frequently played that organ. Later, in 1900, Mrs. Hartley Lord donated a Hook & Hastings tracker organ that has been restored several times since but still features grand music during today’s services.)

In May, 1819, the church initiated the first Sunday School in Maine. Reverend Nathaniel Fletcher, the church’s second minister, had gone to Portsmouth’s South Church for a “pulpit exchange” with Dr. Nathan Parker. While there, he observed “a bold innovation” – a Sunday School that had been operating for two years.

When Fletcher returned to Kennebunk, he asked parishioners John Low and Daniel Sewell to establish a Sunday School. They published a notice in the *Kennebunk Gazette*, inviting townspeople to send their children for religious instruction. (This was the only church in Kennebunk then, so children of any denomination were welcome.) In its first year, the Sunday School grew to include 30 teachers and 216 children who learned religious principles and songs by rote. “Picture the old balconied church with classes in all the box pews. They began and closed with singing hymns and recitations in a large group.” (*History of Kennebunk*)

In 1820, Maine achieved statehood, Kennebunk separated from Wells, and the Second Parish of Wells (as the church was then called) became known as the First Congregational Parish of Kennebunk. It was still unheated, causing teeth-chattering among many parishioners on winter mornings so two wood stoves were installed with the proviso that “fuel costs should not exceed \$6 for the winter.”

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**Photo above left:** This bell in the First Parish steeple is one of only 23 Paul Revere bells still in existence, and Paul Revere himself is rumored to have overseen its installation in the church in 1804. (Photo by Val Marier) **Photo above right:** This Hook & Hastings tracker organ was installed in First Parish in 1900. Behind it was an archway that once led to a small windowless space where black slaves and house servants were allowed to “attend” church. (Photo by Bob Dennis)



## Over the Years:

1776: Reverend Daniel Little read the Declaration of Independence on the front steps of the church.

1800 : Reverend Nathaniel Fletcher became the second pastor at an annual salary of \$400.

1817: President James Monroe visited First Parish

1827: Dr. John Thornton Kirkland, president of Harvard University, led the congregation in prayer during the ordination of First Parish's third minister, George Wadsworth Wells. During Wells' tenure, he presided over 483 funerals and married 350 couples. The first wedding ceremony was held in the church on February 11, 1838.

1869: The first youth group was organized as the Young People's Guild.

1883: The hand-wound E. Howard "Roundtop" Clock was installed in the belfry. It was electrified in the late 1960s but the electric winder wore down the gears. Today, parishioner Paul Coughlin of Kennebunk winds the clock by hand every Sunday afternoon.

1891: The first kitchen was built in the church. Two years later running water was added.

1893: Women attended and voted in a Congregational meeting for the first time.

1946: A cookbook written by the ladies of First Parish was published and included recipes for "Dressed Up Hamburg," "Lamb Balls with Currant Jelly" and "Hand Lotion" (a combination of spirits of camphor, glycerine and lemon juice).

1973: Coffee hour was changed from monthly to weekly.

1977: The Fire Society of Kennebunk celebrated its 164th consecutive meeting at the church.

Two years later, the church added a new wooden pulpit made of Honduran mahogany. A lookout aboard a Kennebunk schooner in the Caribbean had spotted a huge log floating in the ocean, so he looped a rope around it and towed it back to Maine where a carpenter fashioned it into the magnificent pulpit still dominating the front of the sanctuary today.

Kennebunk's first official town meeting was held in First Parish on August 14, 1820, and continued there until 1858 when they moved to Washington Hall, site of today's town offices. The Selectman's Office was in the lower front corner of the church. (It's believed this room eventually became the Sunday School library.)

The next 50 years marked one of the most prosperous periods in First Parish history. Congregations were large (75 or more on a Sunday), fundraising was generous, so plans were formulated to remodel the interior. In the 1838 re-configuration, "The galleries were removed and the first floor was raised to its present position. The wide center aisle was taken out and replaced by aisles on each side of the center. The square pews were removed and all pews were now long pews." (*Kennebunk's First Meeting House*) In essence, the church looked similar to how it does today.

The most remarkable addition then was adding 6000-square-feet of hung ceiling and walls, which were painted in trompe l'oeil, making them appear as if they were carved in wood. These "trick-the-eye" paintings are believed to be done around 1850 but the artist remains unknown. Over the next century and a half, they have been restored several times and are revered as the church's centerpiece today.

First Parish installed its first furnace in the basement in 1852. Several years later it also established the first and only library in Kennebunk (which continued until 1907 when the Kennebunk Free Library opened.) People borrowed books and magazines from stacks holding 2500 volumes (though another source suggests there were only 1200). During the 1890s, Mr. and Mrs. Fred P. Hall served as librarians. They were described as "competent and informed of the best sellers and made excellent selections."

The town's first Christmas tree was set up in the middle of the Sunday School room by Reverend Joshua Swan in 1857. Church lore reveals that Swan "composed an original hymn for the occasion. This tradition of an annual Christmas party continued for 134 years when the parishioners celebrated a Hanukkah festival instead. In the early 1900s, William Barry, the architect, was asked to play Santa Claus, which he refused to do. But he would come as the Christmas elf, singing 'Ta Ra Ra Boom De Ay' as he roared in."

From its earliest days, First Parish has extended a helping hand to its community, state and nation. In 1751, church members voted to have an annual contribution on Thanksgiving day that would be used for charitable purposes;

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Above: The pulpit was carved from a gigantic mahogany tree that was spotted by a lookout standing in the crow's nest of a schooner in the Caribbean, then towed by rope back to Maine. A carpenter then created this pulpit that stands in First Parish today. Photo by Bob Dennis



their first collection was \$50. Church records also indicate that members raised funds for survivors of a fire in Boston in 1760, then in 1770 to help families of 170 sailors from Marblehead who were lost in violent storms, and to Icelanders in the late 1880s for relief during a year-long famine.

Over the decades, First Parish has been the church of Honorable Hugh McCulloch, Secretary of the Treasury under President Abraham Lincoln; George B. Emerson, the noted preacher of Boston; and Captain Nathaniel Lord Thompson who in his day built 106 ships on the Kennebunk River.

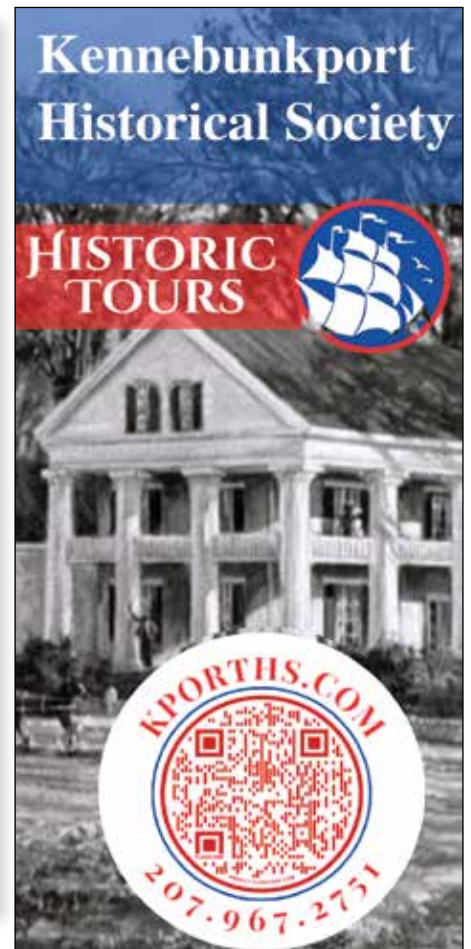
The building has been used for graduation exercises of Kennebunk High school and as a Red Cross rescue station during the great fire of 1947. Today, the church welcomes AA meetings, yoga and art classes, and proudly flies LGBTQ banners. It is used by so many for so much – indeed, a church for everyone.

For parishioner Kevin Flynn, First Parish is quite special. He said, “When I walk into the sanctuary, I’m reminded of the hopes and dreams of those early settlers as they founded the town and this sanctuary. We have been here for a long time and have grown substantial roots, thanks to the spirit of the people who kept this church going through good times and tough times. It is truly the crown jewel of Main Street.”



Maintaining this 250-year-old structure has rested almost entirely on members of the congregation. First Parish has spent more than one million dollars over the last 25 years on renovations and repairs, but more help is needed to maintain the historic structure, considered to be the finest example of Federal period architecture in Kennebunk. The non-profit independent First Parish Preservation Foundation is dedicated solely to preserve this treasure and welcomes pledges and contributions, all of which are tax deductible. FMI go to [www.fppfoundation.org/](http://www.fppfoundation.org/)

(Special thanks to the parishioners of First Parish and to the Brick Store Museum for historical data used in this article.)



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## The Seaside Inn: A beachfront oasis loaded with charm

by Jo O'Connor

Picture being able to claim every superlative imaginable in your industry:

The oldest family-run inn in the country.

The only inn located directly on Gooch's Beach, Kennebunk.

In 2022, the Chamber of Commerce of the Kennebunks gave them the well-deserved "best of" award in the categories of Customer Service, Romantic Stay and Family Spot to Vacation. In a word – wow.

Operating since 1667, The Seaside Inn is located at the head of the Kennebunk River directly on Gooch's Beach. Owned and operated by the Mason family, on your first visit you will know you have discovered a truly special place. Starting with the Gooch family and moving through the Twombles, Severances and now the Masons, the inn remains a family-run business passed down through nine generations.

Nestled among the pines and poplars, The Seaside is a year-round, 22-room oceanfront inn located directly on the east end of a beautiful stretch of fine white sandy beach. While the inn has been in operation for some 356 years, today travelers, honeymooners and staycationers alike get a fabulous getaway or vacation retreat with sweeping ocean views. Set on five acres, their well-manicured lawn leads guests to a private sandy path onto one of the best beaches in Maine. Guests can stroll down the long halls decorated with original nautical artwork and historic inn photography.

An extended continental breakfast in the 1850 Boathouse Room is offered to the inn's guests, who must try the revered homemade muffins baked daily by the breakfast cook, Holly, who has been with the inn for 46 years. Likewise, the spry gardener Louise Jaubert has been keeping the grounds for 48 years. "We have an 82% return rate. We love seeing our repeat customers year after year," said owner/general manager Ken Mason.

As an added touch, Mason hangs out a country flag on the pole at the entrance to recognize the origin of their guests (they have more than 30 flags on hand).

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Clockwise from top left: The Seaside Inn today, located at 80 Beach Avenue in Kennebunk; this 1890 photo of the Seaside Hotel portrays the unique New England architectural style of big house-little house-back house-barn; a pathway to Gooch's Beach from the Seaside Inn; the entrance to the oldest family-owned inn in the country – the Seaside Inn on Gooch's Beach. Courtesy photos



In recent years, the family expanded the second-floor deck, providing spectacular ocean views, and an over-sized hot tub on the deck for guests. As a bonus, they feature an outdoor area with lounge chairs with large misting machine and outdoor shower. Plus, they offer guests the use of six turquoise cruiser-styled bicycles. Guests of the Seaside receive free access to a local fitness center (Conant Conditioning) in downtown Kennebunk. Innkeeper Mason is also a notary, which in Maine means he is a Justice of the Peace. He is happy to perform small civil services (up to about 20 people) for guests of The Seaside. How romantic! Want a taste of Maine when you are away? Check out the inn's webcam on their website for views of Gooch's Beach. Next time you are heading down Beach Avenue, turn your head to the left just before the beach turn and see what you've been missing.


FMI: 80 Beach Avenue, Kennebunk; [kennebunkbeach.com](http://kennebunkbeach.com)




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# Local Lifestyle

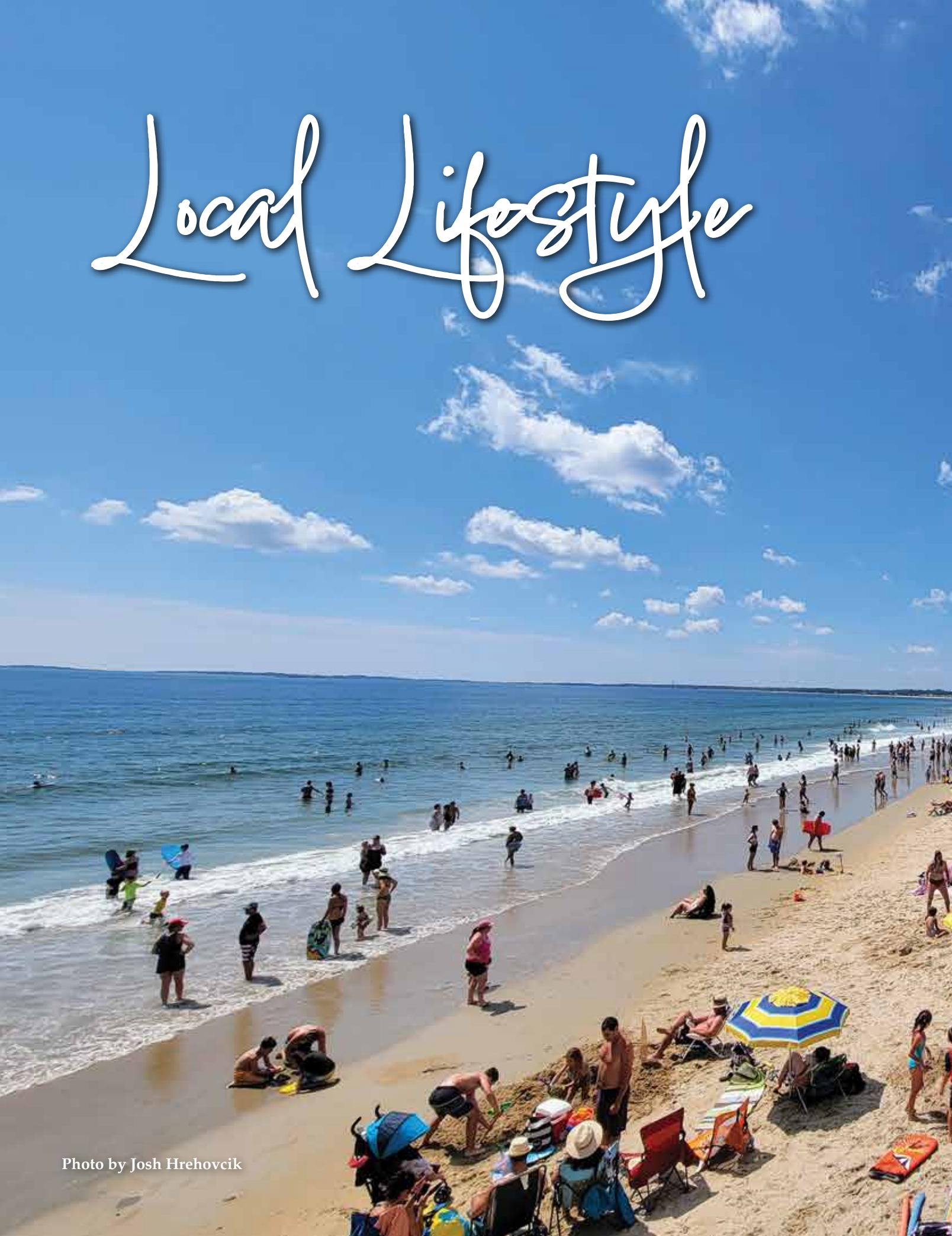


Photo by Josh Hrehovcik







# Mainers love their summertime

*The following is an excerpt from a story by (the now late) Dean Johnson, whom we miss dearly.*

No other state celebrates summer like Maine. First, have you spent a winter here? Second, it's such a short season – eight weeks with maybe a couple of weeks tacked on either end – that we don't just enjoy the warm weather season.

We devour it, we attack it, we grab summer by the shoulders and shake it senseless. There is no casual, laidback, la-de-da approach to summer in these parts, no taking it for granted,

Not in the Pine Tree State, my friend. We leap full-bodied into the mid-calendar months with the kind of wild, unbridled enthusiasm that would be the envy of a pack of glue-sniffing Dobermans.

The coastline is a big part of that, of course, as it is with so much else here. No other coastal state in the continental U.S. has the extreme seasons Maine experiences.

New Hampshire doesn't count... with, what, its maybe 300 yards of coastline? Ha! And don't get me started on Massachusetts's Cape Cod/Gulf Stream/ 70-plus ocean temp travesty.

Maine is unique, so there is no end to the way we observe...some would even say worship...the warm weather months,

We have so-called "Goldilocks" summers here: not too hot, not too cold...just right. Lobster is plentiful and, relatively speaking, cheap. There are beaches everywhere. Waterfront eating and drinking establishments are as ever-present as mosquitoes and dandelions.

Local farms are bursting with fresh vegetables and berries, all dogs are suddenly everybody's friends, and it seems all but impossible to visit all the local breweries, craft stores, gift shops, and bric-a-brac spots. Kennebunk's Lower Village even has a meadery, for cryin' out loud.

There are outdoor festivals, and craft shows, and drive-ins, and amusement parks, and concerts, and any other reason we could possibly conjure up to be beneath the sun or the stars for as many hours of the day as possible.

Sample the many terrific restaurants we have that can accommodate most any budget. Surf. Shop. Bike. Hike. Paddle. Kayak. Stroll.

The point is, there are myriads of ways to revel in and experience this most unique Maine experience. . .summertime.



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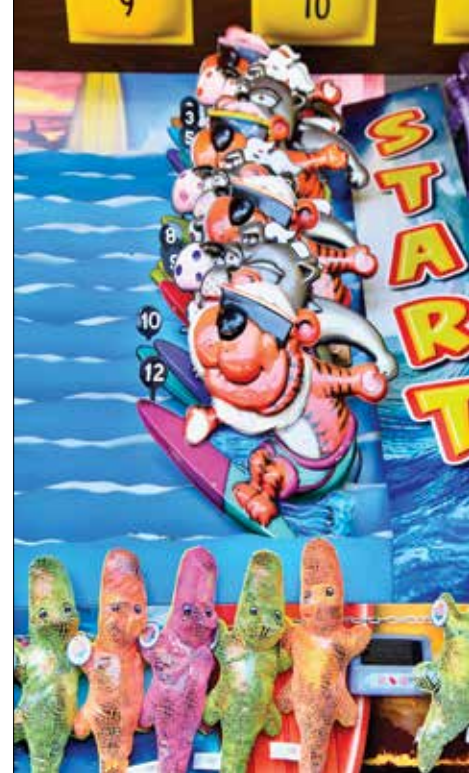
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## Arcade mania

by Jo O'Connor

photos by Sandy Gnidziejko

Whether it is a classic pinball machine, Pac-Man or Sonic the Hedgehog, arcades still can be found in amusement parks across the county. You line up for tokens, scope out the darkened hall and then try your luck with machines of all kinds, at all levels. The gaming business has changed so much, pinball machines often replaced by handheld consoles and now mobile phones.

Alas, arcades are still around to bring us back to yesteryear. Is it Donkey Kong, Frogger or Mario Bros. that makes you return? You can still find arcades on Wells Beach and at Palace Playland in Old Orchard Beach.

Video games first became popular in the 1950s, however, it wasn't until the 1970s that they became more ubiquitous. Coin-slot arcade games became increasingly popular and were dominated by shooting or racing-themed games.

According to Throwbacks.com, "The visuals and technology used in arcade games during the Golden Age were more primitive than the video games we play today. The games concentrated on engaging gameplay, narratives and memorable characters rather than spectacular graphics, music and controls."

Still, there may be time to be a kid again and relive what your pop culture brought to that day and age – neon colors, the chance to move a claw into place for your favorite treasure, or seeing just how many tickets you need to go to the prize wall. It's all there, ready to escort you down memory lane.







## Two countries, three Great Lakes, 23 states, scores of rivers and locks: All in a year's cruise

### Jack and Meredith Rogers complete "The Great Loop" aboard their 41-foot ocean cruiser

*by Valerie Marier*

Jack and Meredith Rogers' 6,064-mile year-long voyage started in Kennebunkport on a sunny day in June, 2022. They headed south from the Kennebunk River to New York harbor, up the Hudson River to Albany, through the Erie Canal and across lakes Ontario, Huron and Michigan, down the Ohio and Mississippi rivers to the Gulf of Mexico (which they traversed at night!) before passing through Florida's Lake Okeechobee and entering the Atlantic Intercoastal Waterway when they turned their helm north towards home. Whew!

"Every inch of ocean, river and lake was new territory but I wouldn't call it a vacation!" Jack Rogers said, laughing. "It's a terrific way to see our beautiful country and it's a major commitment." Highlights included snapping photos of the Statue of Liberty and St. Louis Arch with his Canon Rebel from aboard his boat, negotiating 44 locks over 10 days through the the 240-mile-long Trent-Severn Waterway, spotting an Amazon guy on Michigan's Mackinaw Island delivering packages in a horse-drawn carriage, over-nighting at the Chicago and Pensacola yacht clubs ("the best!" Jack confirmed) and devouring "delicious oysters" in Mobile.

*—continued on next page*

Crossing their wake! Meredith and Jack Rogers hold the gold burgee (indicating they had completed the Great Loop) when they crossed their wake in New York harbor on June 12, 2023. Courtesy photo



What prompts a retired couple in their late 60s to leave home, hearth and creature comforts to embark on a 12-month trek of living, eating, sleeping and “getting along” in a space the size of a large living room? What about family holidays and monthly bills, wicked thunder storms and pea soup fog? Whose idea was this anyway?

Apparently, Meredith’s, because the couple named their 41-foot 408 Meridian cruiser “Her Idea.”

“After I retired a few years ago, I suggested we take a cross-country RV trip but Meredith would have NO part of that plan, none,” Jack said. “She grew up working at marinas on Cape Cod and is passionate about cruising. When she began researching the Great Loop, I wasn’t so sure. I wanted to be a ski bum in Colorado but I respect her nautical knowledge.”

Both Rogers have sturdy sea legs. They are not “boots” on the high seas. Prior to purchasing “Her Idea,” they owned six boats ranging in size from 16 to 30 feet and spent numerous summers cruising the Maine coast. Jack added, “We get along and never fight. We agree that if one person doesn’t want to do something, we won’t do it. The ‘go-no go’ rule is crucial for a trip like ours.”

Commitment and preparation began several years ago when they attended several three-day Great Loop conventions where they met other “loopers,” watched instructional movies and heard first-hand accounts of what lay ahead. (Every year, fewer than 200 people complete the Great Loop.) During this time, Jack also studied for and received his captain’s license.

Countless and careful considerations went into finding just the right vessel. In addition to twin diesels, they wanted a bow and stern thruster, a comfortable stateroom “for hanging out during our layovers” and a good working galley. (“I love to eat and Meredith is an excellent cook,” Jack said. “We also had a grill on board.”)

“It was important to have all stairs with treads and risers, no ladders, plus two separate state rooms, each with its own head. We wanted the main stateroom aft so we didn’t spend every night listening to water slap against



The Great Loop is a 6000-mile continuous waterway that recreational mariners can travel. It includes part of the Atlantic and Gulf Intracoastal Waterways, the Great Lakes, Canadian Heritage Canals and the inland rivers of America’s heartland.

Anyone who completes the journey is then named an official “looper.” During their year-long voyage that began in June, 2022, the Rogers consumed 2,868 gallons of fuel (approximately \$15,000). Their most northern point was Blind River in Ontario, most southern point was Sanibel Island in Florida, most eastern point was Boon Island off Maine, and most western point was Peoria, Illinois. They “crossed their wake” at the Statue of Liberty on May 12, 2023.

For readers who wish to know more details about Jack and Meredith’s amazing adventure, Jack wrote a near-weekly online blog: <https://herloopyidea.blogspot.com/>

their bikes to the nearest supermarket for provisions, or do laundry at the marina. (“We had a washer/dryer on board but it was small,” Meredith said.)

Food storage aboard “Her Idea” was crucial. “We’d buy a big box of Honey Nut Cheerios, then empty it into ziplocks,” Meredith said. “I’d make burger patties and freeze them. We primarily ate protein, like chicken and fish, and had very little junk food because we didn’t have room to store it. But we ate on board most of the time.”

*—continued on next page*

the bow. We had two hotspots that provided connections for T-Mobile and ATT, the internet and television, along with the NEBO-Boat Logging app, which allowed our two Colorado-based daughters to track our nautical path.”

On June 11, 2022: Anchors aweigh!

Once underway, the twosome followed a daily regimen. Every morning, Jack rose between 5:30 and 6, quickly chugged a cup of coffee, then checked his Windy, PredictWind and Weather apps. He also consulted Waterway Guides (he used 12 different ones during the cruise) to assess bridge heights (“Her Idea” is 18-feet high) and “escape spots” (in case the weather turned sour). Meredith got up around 6:30 and immediately hauled binoculars, headsets, cameras and life jackets up from below. (“We took our valuables down every night,” she said.)

By 7 AM, with lines in, bumpers up, headsets on (“otherwise we can’t hear over the noise of the boat”) and Captain Jack at the wheel, “Her Idea” steamed out of the marina for that day’s leg. Meredith soon took over, maintaining an average speed of six to eight knots while Jack studied Garmin, AquaMaps (to assess depths and channels) and Navionics apps on his iPad. “I believe in that old saying, ‘The sea is so great and my boat is so small.’ Plus, 50% of the time we cruised alone so I wanted to be prepared for anything and everything.”

Clocking 30 to 50 miles daily, they generally reached their destination around noon while the seas were still calm. After mooring and hosing down the boat, they set out to explore the town on foot, ride

Once underway and on the water, Meredith did the majority of the driving. Here she sits at the helm and also checks for crab pots on the Intercoastal Waterway near Cocoa Beach, Florida, in mid-March 2023. Courtesy photo





Heading up the Intercoastal Waterway between Vero Beach and Cocoa Beach, Florida, in mid-March 2023. Courtesy photo



Every afternoon around 5, fellow loopers gather at the marina for "docktails." The Rogers returned to Maine with nearly 100 business cards, passed back and forth during docktails. "It was fun to swap and hear war stories of situations encountered and mastered," Meredith said. Courtesy photo



Captain Jack said, "It was especially cool to photograph iconic structures like the Arch and the Statue of Liberty from the boat. You have a whole different perspective. Here we were on the Mississippi River in St. Louis." Courtesy photo

Around 5 PM, the Rogers gathered with other loopers (sometimes three couples, often 10) for "docktails." Casual friendships flourished as they shared tales of the sea and swapped business cards; the Rogers returned to Maine with nearly 100 cards. Most loopers are retirees and senior citizens, "But we met several young families who are boat-schooling their children," Meredith added.

After an early dinner, a game of cribbage and maybe an episode of "Ted Lasso" on the Samsung TV, Jack said, "We fell into bed. A looper's midnight is 9 PM!" He admitted he didn't always sleep well. "I'm anxious about the route, the channels, the next day's weather, so I'd check my phone apps a lot during the night."

Most days on the water were "spectacular and unique," Jack said, citing the magnificent Palisades along the Hudson River and the sparkle of Alexandria Bay in the Thousand Islands. "One day, we docked at Blind River in Ontario, a place so remote that the two boys who helped moor us had never even been on the Internet."

There were scary moments too. One night their sleep was interrupted when they heard voices and movement on the top deck. Jack said, "I'm standing down below in my underwear, hollering 'Get off the boat!' I don't have a gun or even a Louisville slugger but it turned out the guys were just drunk. They were gone before we knew it."

"The Mississippi is an adventure, too," Jack recalled, citing the day they encountered a 1200-foot-long 60-foot wide barge with a tow. (Note: Protocol for the approaching boat is to radio the barge captain for instructions on passing. He decides and declares, "Go to one" or "Go to two." One means port, two means starboard. This American Merchant Seaman's Manual signal once referred to bells – one short blast for port, two quick blasts for starboard – but today, captains use boat radios to communicate this vital information.) "I just wanted to stay out of his way," Jack added.

*—continued on next page*



This is the front of the Rogers' business card which they swapped with other loopers along the way. They named the 41-foot Meriden cruiser "Her Idea" because "it really was HER idea," confirmed husband Jack. "I wanted to be a ski bum in Colorado for a few years and then maybe travel the US in an RV. But Meredith is passionate about cruising so that's what we ended up doing!" Courtesy photo



Mechanical difficulties cropped up periodically. The Rogers had planned to cross the Gulf of Mexico at night, traversing the 180 miles with 10 other boats. "But our alternator was acting up and not charging the battery, so we had to find a mechanic, order a part and wait for it to be installed," Jack said. The eight-day delay meant they traveled alone through the Gulf, leaving at 3 PM and arriving the next day at 10 AM. "You learn to just suck things up. Not much else you can do," he declared.

In retrospect, Jack admitted, "We brought way too many clothes!" He packed 10 pairs of gold-tipped black socks and five good shirts but wore a bathing suit and tee shirt 24/7. "And I forgot dress shoes and only had deck sneakers," Meredith said. During their year at sea, Jack lost 20 pounds, Meredith aggravated an already-sore right shoulder throwing mooring lines, and they both missed nibbling on carpaccio at Hurricane Restaurant in Kennebunkport.

But steaming up the Kennebunk River on a sunny Saturday in late May, past friends waving "Welcome Home" posters and balloons, Jack and Meredith Rogers felt undeniable pride in realizing they'd successfully completed one of the world's unique adventures. After sipping champagne with their pals at the Arundel Yacht Club, they went home to their house in Kennebunk, ordered Chinese take-out for dinner, and went to bed early. Jack said, "And for the first time in a year, I slept like a baby."

• • • • •



Above: Meredith and Jack Rogers celebrate Thanksgiving 2022 aboard "Her Idea" in Florida. At right: The Big Chute Marine Railway is a patent slip at lock 44 of the Trent-Severn Waterway in Ontario, Canada. It carries boats in individual cradles over a change of height of about 60 feet and is the only marine railway (or canal inclined plane) of its kind in North America still in use. The railway is vital for those cruising the Great Loop route. Courtesy photos



The Rogers enter a lock in the Erie Canal which goes from Albany to Buffalo. Note the burgees – the Great Loop burgee features a route map of the loop (on left) and the other is from the Arundel Yacht Club in Kennebunkport, where the Rogers are members. Courtesy photo



"Her Idea" approaches another lock on the Erie Canal that goes from Albany to Buffalo. Courtesy photo



"Her Idea" heading through a narrow passageway of the Trent-Severn Waterway that Lake Ontario to Georgian Bay. The Rogers did this in August, 2022. Courtesy photo







Photo by Cynthia Fitzmorris



## Summertime and the livin' is easy

by Jo O'Connor

Now that summer is here, a number of random thoughts pop into my head:

Screen door slamming.

Smell of Coppertone.

Swatting of greenheads.

Body surfing at Gooches Beach.

Catching the butterfly exhibit at York's Wild Animal Kingdom.

Convertibles whizzing by.

Freshly cut grass.

Longer days.

The Sunoco Garage Band on Monday nights in Lower Village Kennebunk.

Running through a cold sprinkler.

Drinking from a hose.

Fireworks in the distance.

Toes in the white sand of Goose Rocks Beach in Kennebunkport.

Trying to figure out the special sauce at Flo's Hot Dog stand in Cape Neddick.

Smashing into your bestie on the bumper cars at Palace Playland in Old Orchard Beach.

Grabbing a burger at Rapid Rays in Saco.

Lining up at the Palace Diner in Biddeford.

Belting out Broadway tunes any night of the week at the Front Porch in Ogunquit.

Planning to take a rail bike ride at the Seashore Trolley Museum in Arundel.

Getting a delicious cup of lobster bisque at The Arundel Wharf in Kennebunkport.

Catching an outdoor concert at Lafayette Park in downtown Kennebunk.

Getting a double-scoop of butter pecan at Dunne's Ice Cream.

Darting down to the Kittery outlets for that bargain summer outfit.

Making an annual sojourn to FunTown/SplashTown USA in Saco.

The "joy" of repairing screens.

Putting calamine lotion on a red ant bite.

Making up a fresh cucumber and tomato salad with apple cider vinegar and sea salt.

Picking up friends from the Downeaster.

Getting startled by the first garter snake of summer.

Contemplating AC for the first time this season.

Cruising the Cape Porpoise Islands by boat.

Seeing the first firefly of summer.

Doing a gallery hop.

Getting wigged out finding a tick on your ankle (and thinking about it for the next few days).

## Field Notes of a Maine Birdwatcher Colorful Songsters

by Ken Janes

In May and June we are fortunate to have many beautiful birds returning from Central and South America to raise their young in Maine. The Rose-breasted Grosbeak is one of the most spectacular, and fortunately for all of us birdwatchers, they are fairly common.

The flashy black-and-white males have a distinctive rose-red breast and can be found in the deciduous trees of many backyards and local conservation areas. The males sing a loud rob-in-like song, as they try to impress a mate. Once he attracts a female, the pair will mate for life.

The plain, gray-brown female does all the work building their nest and incubating the eggs, so her dull plumage lets her stay hidden from predators and curious birdwatchers.

In mythology, these birds symbolize hope and new beginnings. If you can't find one in your neighborhood, I know they nest at Kennebunk Land Trust's For All Forever Preserve on Webber Hill Road, Kennebunk. Beginning in the middle of May, just walk down the path to the open field, listen for their sweet song, and you will soon be treated to a view of one of nature's most colorful songsters.



Photo by Ken Janes

### NATURE SCENE NOTECARDS



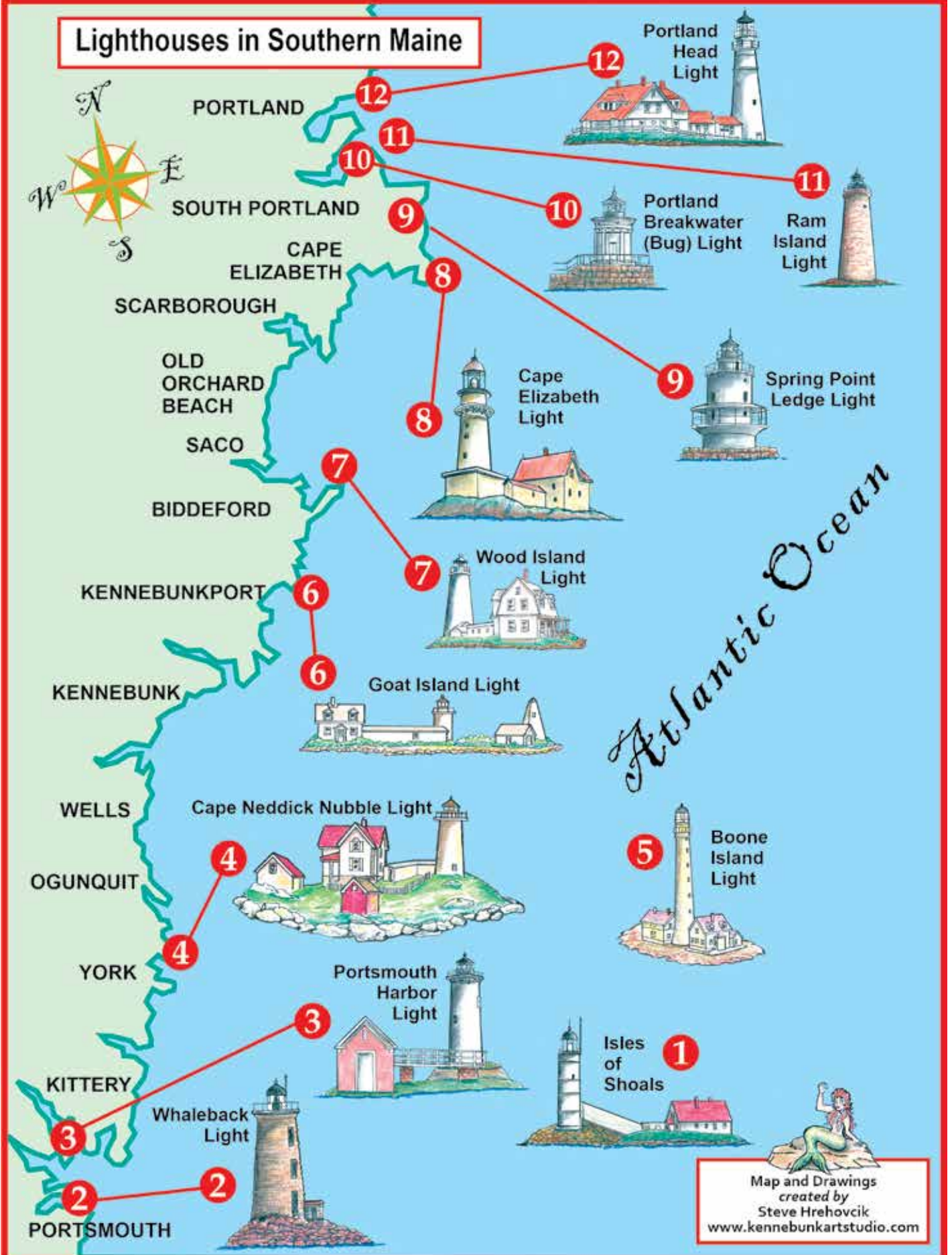
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# Lighthouses in Southern Maine







## Coast encounters of the best kind

*by Faith Gillman*

The rocky coast of Maine is the perfect place for so many reasons, not the least of which is the abundance of tide pools, where an array of sea creatures reveal themselves at low tide. From barnacles, crabs, snails and seaweed to urchins, mussels, sea stars and baby lobsters, tide pools teem with life. For Carol Steingart (aka “Coastal Carol”) of Coast Encounters in Wells, time exploring them along the coast of Maine is just another day at the office.

On a beautiful early morning in late May, Steingart led a small group to the tide pools off Narragansett Point on Kennebunk Beach at low tide. The fog lifted and the sun broke through as we made our way carefully down to the pools. Maximum group size is 10, to ensure safety throughout the tour.

“Safety is my number one concern. It all starts with a conversation before booking [an excursion]. I explain the challenges associated with tide pooling and discuss any limitations participants may have,” said Steingart. “Once in the field, I do a safety talk which concludes with my motto, “Low and Slow.” The rocky shoreline is difficult to navigate over. Rocks are slippery, seaweed is slippery, barnacles are sharp, and terrain is irregular. All participants must have good balance and be able to bend and crouch down to locate creatures beneath their feet. I provide full coverage water shoes with treads, but it’s not a guarantee against slipping. I’m happy to report that aside from an occasional barnacle scratch (affectionately known as a “kiss”) there have been no accidents.”

As we got our feet wet (figuratively and literally) Steingart pointed out the many inhabitants of the tide pools, beginning with rockweed – seaweed that abounds on the coast of Maine.

“These are the seeds of the rockweed,” she said, pointing out the spaghetti like appearance of the knotted wrack variety. Bladder wrack rockweed looks more like fingers.

*—continued on next page*

The tide pools off Narragansett Point at Kennebunk Beach are as beautiful as they are plentiful. Photo by Faith Gillman





"And here's a hermit crab. They are scavengers. One claw is a bit bigger than the other."

Several types of shrimp were observed as a fast little fish darted by.

"That's a rock gurnel," said Steingart. "They look like eels and live in the tide pools all their lives."

Urchins and dorids (snails without shells that lay their eggs inside a slimy purse) are abundant on the rocks.

"Did you know sea urchins have tube feet? Little threads that reach out searching for something to attach to – like suction cups. There's a five-star pattern as they are cousins of the sea star. Dogwhelk or winkles snails have an appendage that can suck meat out of a mussel," said Steingart, holding up an empty mussel shell. "They release hydrochloric acid into the shell, creating a hole and then they can digest the meat—like a mussel smoothie."

The chance to explore and share brought one participant to this Coast Encounters excursion.

"We came to Maine just for this," she said. "When I was little, we went on a trip to the coast of Maine and explored tide pools. It was special memory for me so I wanted to show my child (a budding marine biologist) what it was like. There is so much diversity and beauty here."

Steingart turned our attention to the many crabs found in the tide pools, both native and invasive, like the Asian shore crab and green crab.

"Native crabs run sideways," she said. "You can tell the gender of crab by looking at the tail flap. Narrow is male, wide, female."

As a volunteer for the Marine Invader Monitoring and Information Collaborative (MIMIC) for nearly 10 years, Steingart has seen the impact of climate change to the delicate balance of tide pools. MIMIC brings together volunteers and scientific experts from state, federal, and nonprofit organizations to monitor for invasive species along the New England coast.

"Organized by the Massachusetts Office of Coastal Zone Management, trained volunteers like myself search for marine invasive species at more than 140 sites from Rhode Island to Maine from June to October. I work directly with scientists from the Wells Reserve," said Steingart. "The data collected each month serves as an indicator of migration patterns throughout New England. I'm proud to be involved on the cutting edge of these discoveries in our region."

"I've seen changes occurring with new inhabitants infiltrating the intertidal region. It's been quite profound to see changes year to year. I may see a single specimen and the next year there are thousands. One species is the European Rock Shrimp, *Palaemon elegans*. Guess where it came from? First found in Salem Sound, Massachusetts, in 2010, it's now found from Long Island all the way to Maine, and likely to continue spreading further along the Atlantic coast. According to MIMIC, the ecological impacts of this invasion are yet unknown, but it's likely preying on native species and competing for space and resources."

*—continued on next page*

Above, left: Dorids, which are snails without shells, lay their eggs inside a slimy purse attached to rocks. A tide pool is really a nursery for many creatures. Above, middle: Crabs with two claws and eight legs are called decapods. Carol Steingart shows the proper way to pick up a crab so you don't get "pinched." Above right: Tide pools in Maine – a nursery for many creatures that start small and grow before heading into the sea – abound with seaweed, like the rockweed pictured here. Photos by Faith Gillman



Steingart was “immediately captivated by the rocky shoreline of Maine and the critters under the rocks,” when she visited the Shoals Marine Laboratory as an undergraduate at the University of New Hampshire in 1977. During the ‘70s, she worked in freshwater streams in New Hampshire and in the 80s moved to the music recording engineering field. She returned to her “passion in the tide pools of Maine” more than 25 years ago when she was asked to do a presentation for her daughter’s second grade class. The tide pool talk was so well received teachers asked her back. With that, Coast Encounters which “offers unique intertidal excursions on the Maine coast to small groups and brings tide pools to schools and other locations,” was born.

Steingart not only loves the accessibility to the Maine coast in “all its splendor;” she also enjoys the nutritional benefits offered. In addition to excursions, Coast Encounters offers cooking programs such as “Algal Edibles” and “Sushi Made Simple” that explore adding sea vegetables in “delicious and nutritious ways” to a healthy diet.

“Almost 20 years ago my family adopted a macrobiotic diet. Sea vegetables are an essential nutritional component so I took cooking classes and learned how to prepare dishes with different local algal species,” she said. “I got pretty good at it. My cooking classes evolved from my knowledge and passion for incorporating these nutrient-packed, mineral-rich vegetables into a normal diet. I recently attended a National Seaweed Symposium in Portland. I was amazed at how well attended it was and most especially how many new kelp farms have been licensed to operate in the Gulf of Maine. Kelp is the new kale!”

Past-president and lifetime member of the Gulf of Maine Marine Education Association, member of the National Marine Educators Association and 2022 award recipient for marine education excellence, Steingart also holds a license to collect marine life for educational purposes. She uses her knowledge to educate others on sea creatures and the thoughtful exploration of tide pools.

“We practice “Tidepool Etiquette.” We find a specimen, hold it momentarily and then let it go,” said Steingart, who also served as a Shoals Marine Lab faculty member for 17 years. “We return each creature back to where we found it and if a rock is moved, we return it to its original position. We are respectful visitors to their home. My special license allows me to collect specimens to house in my traveling touch tank for school programs and public events. Specimens should never be taken home by people without a permit.”

Steingart operates Coast Encounters around the “inquiry-based pedagogical approach of hands-on learning.”

“Whether it’s in the classroom or outdoors, I enjoy witnessing the transformation that takes place from beginning to end of my programs. Participants often have trepidations about handling sea creatures. I offer a little gentle guidance and a lot of enthusiasm,” she said. “In the end, their sense of empowerment and respect for the inhabitants brings me such joy. I love it when returning customers, especially children, recite so many of the cool facts they remembered from their first experience. It’s like instant feedback. I know I’ve created an impact on them.”

*To schedule an excursion with Carol Steingart/Coast Encounters, visit [coastencounters.com](http://coastencounters.com) or call 207-831-4436.*



Photo above left: Baby lobsters can be found in tide pools along the coast of Maine. It’s okay to observe and touch but always returns any sea creature to where it was found. Photo by Carol Steingart. Photo above right: Carol Steingart of Coast Encounters has been a marine educator for more than 25 years. Photo by Faith Gillman





Photo by Phil Stone



Photo by Jim Groleau



# Local Beauty

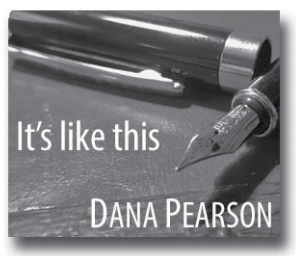


Photo by Jack Bjorn



Photo by Jack Bjorn





## Incident at Kessler Corner

The other day there was a bit of a traffic snarl at the intersection of Main and Storer streets in Kennebunk, which I still call Kessler Corner, which still has me having to explain to many people that I'm referring to the intersection of Main and Storer streets, which has me wondering why I keep calling it Kessler corner if most of the time that leads me to having to explain I'm talking about the intersection of Main and Storer streets. I mean, sure, there are still people around who recall that the Lafayette building housing Duffy's Tavern and other businesses used to be the Kessler Shoe Factory, which in the mid-19th century was the largest employer in Kennebunk (and was the place where Harold Alfond got his start in the shoe business in the 1930s), but nowadays the majority of people living here likely don't know that bit of history, which is fine. I mean, it's not like people moving into Kennebunk from away are required to take a history test of the town in order to live here, just as immigrants are required to learn a bit of United States history in order to become U.S. citizens which, I'm convinced, makes newly minted citizens far more knowledgeable about American history than most American-born Americans. But I digress.

Where was I? Oh, yes: There was a bit of a traffic snarl at the intersection of Main and Storer streets in Kennebunk the other day. I was heading north onto Main Street from the Mousam River bridge when traffic slowed to a crawl at the lights. Now, I could try to describe exactly what caused the congestion, but then we'd be looking at a paragraph nearly as long as the first one, and no one needs that. Suffice it to say, certain people were slowly running a red light from one direction while others were trying to move forward in another direction with their green light. Hilarity ensued.

My window was down as I entered the intersection and came to a halt. Someone was blaring their horn – not the brief, civil honk one might employ when stuck behind a driver who has yet to press the accelerator after the light turned green five seconds ago, but the sort of prolonged honk that contains non-verbal profanity. The honking ceased as a couple of cars cut in front of me from the right (coming out of Water Street, for those familiar with the area) to turn south over the bridge. The driver in the last car had her window down and, being stuck in the slow-moving procession that had successfully caused me to halt, she took the opportunity to make eye contact with me and say with frustration, "The Massachusetts people are back." She had a you-know-what-I'm-talking-about expression.

I did not respond for two reasons. First of all, I don't like it when people honk angrily (and that includes me). Secondly, if I were to respond, I would have raised my hand and said, "Massachusetts born and raised, proudly." And then that might have triggered more honking.

There was a time when I tried not to draw attention to my Bay State roots, and that was when my family moved to town in the summer of 1979 before I began attending Kennebunk High as a sophomore. I adopted the attitude of "Yes, I'm from Massachusetts, but don't hold it against me," and would play up the fact that I'd summered in Kennebunk since birth, just as my father had, in the house his grandfather had built in 1931. (My father's ancestors included plenty of rusticators). It's not like being from Massachusetts was a source of shame, but it was close, and not just because of certain driving habits, real or imagined, attributed to the oft-maligned Massholes.

It took years for me to lose that feeling. Falling in love with and marrying a fellow Massachusetts transplant may have helped. I've become far more philosophical about it. Because when you really think about it, any native Mainer who doesn't have Wabanaki blood running through their veins is, ultimately, from away. It doesn't matter how many generations they've got under their belts, they're from away, because at some point, they came here, just like the family from Worcester unloading the moving truck down the street today just came here.

And being in a place for a long time doesn't automatically imbue a person with nobility – or impeccable driving skills. It's not just Massholes who can drive poorly and cause accidents. Mainiacs are perfectly capable of that, too.

I think that must have bugged me, too, when that woman disparaged someone whose car sported Mass plates. It's that whole "Others" thing, and the implication that the "Others" are less than "Us." Which is patently ridiculous, because there are no "Others" on this planet of ours, which Carl Sagan brilliantly described as a "pale blue dot" in the vastness of the universe. It's just us. And that includes everyone who was involved in the bit of a traffic snarl the other day...at Kessler Corner.

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