



Biddeford Pool Community Center

biddefordpoolcommunitycenter.org

July - August 2024 Summer Newsletter



Message from the President

The building will have been completely repainted by the time you read this letter. The yard work is mostly complete at least until this fall when we will be able to plant some new grass. I guess it is time to enjoy ourselves for the summer!!! I know I am ready for some downtime sitting on the beach, riding my bike or just going for a walk with the dog. All the fun stuff here in the Biddeford Pool area. Do not forget to check out the BPCC online calendar to round out your busy days ahead. Events planned for July and August that come to mind are the 4th of July parade, Seaside Fair, Artists by the Sea, Mah Jongg, exercise and art classes, bridge and a book group. Keep an eye on the calendar as I may have left something out.

Have a nice, safe summer!

Jim

Fourth of July Parade

Thursday, July 4th, Join the fun and participate!



Be creative with your car, create a float, decorate bikes, ride a unicycle, roller skate, create a band, walk a unicorn!!

Assemble 10:00am in area of BPVFD barn at 10:00am by category
(bikes, cars, floats, walkers)

Parade starts at 10:30am

Route is LB Orcutt to Ocean Ave., to 7th St, to 1st St., to LB Orcutt and into the Village,
Ending on Vines Landing

LB Orcutt will be closed from 10:00am - 11:30am, so plan ahead.

**We need HELP keeping the parade together; blocking all side streets;
organizing the parade gathering by category.**

(bikes, cars, floats, and walkers)

Walkers are ask to stay at the end of the parade or on the sides of the route .

Willing to help? Please call Eve @ 207-282-0417



BPVFD Cook-Out following parade

At the Fire Barn

11:30am - 1:30pm

Let's support our volunteer firemen!

Fun Summer Events for All Ages

REVIVAL OF

Canoe, Kayak, and Paddle Board Races

July 4th, 12:15 pm at Bridge on Bridge Rd. - High Tide

Register at the Bridge 11:45am - 12:15pm - Help Needed

Donation \$5

Life Jackets **REQUIRED!**

Canoes first, Kayaks second, Paddle Boards last

NO PARKING AVAILABLE - DROP OFF ONLY.

First Prize for each race

Finish line is Oddy's dock (by Vines' Landing) **Judges needed**

To help please contact Eve @ 207-282-0417 or eve@maine.rr.com



Rock Painting with Diane Noble

Monday, July 9th

\$5 (for supplies)

3:30pm - 5:30pm - upstairs at BPCC

Contact Diane @ dbmn27@maine.rr.com



Seaside Fair

Saturday, July 13th, 10:00am – 2:00 pm

Be sure to mark your calendars to come shop at BPCC!

18 local artists & crafters with unique hand-made jewelry, stained glass, paintings and prints, weaving, woodworking, fabric, books, pottery, crocheted bracelets, stone, shell, and driftwood art. There will be Lunch, Raffle, and Kid's Craft Activities. Help is still needed with set-up, breakdown, supervising in the child craft area, and raffle ticket sales. Contact Cary Frye at 202-841-0066 or cfrye1216@gmail.com



Stone Skipping at 'the Gut ' (by Vines Landing)

Monday, July 15th

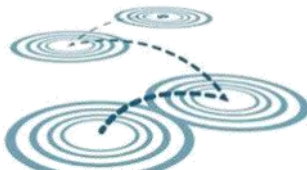
Register at 5:15pm, Skipping at 5:30pm

Bring your own stones (3)

Your best skip gets recorded.

4 Categories: 8 and under; 9-12; teens; adults.

Prize for each category winner.



Fun Summer Events for All Ages

Refrigerator Garden Pickling for kids

Monday, July 22nd

with Jennifer Brown Straubley

4:30pm, at BPCC



Let's read about gardening and make our own refrigerator garden pickles.

Center for Wildlife Visit

Thursday, July 25th

FMI visit- thecenterforwildlife.org

3:00pm - 4:00-pm at BPCC

New England Natives or Birds of Prey

Don't miss this opportunity to see and hear about these birds.

A suggested \$10 donation to CFW would be appreciated.



Circus Story Time with Daisey Carroll

Monday, August 5th

4:30pm, at BPCC

Get ready for *Circus Smirkus* coming to K-port August 8th & 9th



Wood Island Lighthouse Tours Will Start on Schedule

The Friends of Wood Island Lighthouse have made great progress in overcoming the effects of the January storms. The boathouse, which was moved about 16' from its previous location and severely damaged, has been stabilized on a temporary location by volunteers and our contractor, Paradise Construction, and a new boardwalk connects the Coast Guard ramp to the cross-island boardwalk. The restored Coast Guard peapod, which was rescued from the boathouse on January 29, is currently on shore and will be displayed, once again, at Vines Landing following the July 4 parade. Tours will begin on July 3 (no tour on July 4) on Wednesdays, Thursdays, Fridays and Saturdays at 9:00, 10:30 and 12:00 through August 30. The reservation system, available through the FOWIL website, www.woodislandlighthouse.org, opened on June 1 for reservations throughout the season. Currently, about 30% of the summer tour seats have been reserved. A boat ride to Wood Island and a tour of the restored Keeper's House and lighthouse tower is a wonderful and unique way to entertain your out-of-town visitors and to show off a piece of local history.

The Parade is looking for new leadership in 2025.

Years of organizational material is available.

Interested? Call Eve at 207-282-0417 or 207-468-3253 (cell)



Artists by the Sea

Biddeford Pool Community Center

August 9-11

The traditional Artists by the Sea show,
plus a silent auction fundraiser for

Wood Island Lighthouse & Fletcher Neck Sanctuary
featuring small works of B'Pool and coastal landmarks.

Opening Reception & silent **Auction Friday, August 9, 5-7:30pm**

Exhibit open Saturday, July 10, 10am – 4pm; Sunday, July 11, 10am – 3pm

Virtual Art Show

Check out the paintings by

the “Artists by the Sea” group on line at www.artistsbythesea.net

Union Church Summer Speaker Series 2024



Thursday, July 18, 7:00 PM – MONICA WOOD
Novelist ~ Memoirist ~ Playwright

Acclaimed new novel: *How to Read a Book* (A “charming, open-hearted novel, deceptively easy to read but layered with sharp observations, hard truths and rich ideas.” NYT Book Review)

Thursday, August 1, 7:00 PM – PHILIP BERMINGHAM
Portrait Photographer ~ Author

** Cosponsored by Biddeford Pool Community Center**
Artful portraits of politicians, diplomats, royalty, and world leaders (highlighted in *Portraiture: Philip Bermingham on the Job*). Portraits and stunning landscapes of Biddeford Pool on exhibit at BPCC.



Thursday, August 15, 7:00 PM -- DR. MATTHEW EDNEY
Cartographic Historian

A map-guided exploration of the New England Coast in the 1600s and the Massachusetts Bay Colony's efforts to expand into Maine, tapping the rich collection of the Osher Map Library and other collections

Thursday, August 29, 7:00 PM – NICK FULLER GOOGINS
Author ~ Educator

Debut novel: *The Great Transition*: (An “emotionally compelling and humane” climate story; named one of the 10 best science fiction and fantasy novels of 2023. Washington Post Book Review)



Series tickets (all 4 events) \$65; individual events \$20. FMI and to purchase tickets, visit unionchurchme.com / News & Events or scan QR Code. Doors open at 6:30 PM; events are held at Union Church, 3 Stonecliff Rd., Biddeford Pool, except Philip Bermingham's August 1 talk and photography exhibit (Biddeford Pool Community Center, 2 Yates Street, Biddeford Pool).

100% of proceeds benefit nonprofit community organizations and individuals and families in need.

Biddeford Food Pantry ~ Saco Meals Program ~ Seeds of Hope Neighborhood Center ~ APEX Youth Connection ~ Ever After Mustang Rescue ~ The Ecology School ~ Others



Library News

Greetings to everyone as we kick off our summer season with hopes for enjoyable weather as we gather with friends and families.

The Library at BPCCC will be **open Monday through Friday** from 10am to 12pm beginning on July 1st for July and August. Posters will be located at the bulletin boards at the post office and the tree at the corner of BPCCC as well as the side entry door of the library. Exceptions to these hours will occur for the Seaside Fair, the Art Show and the two holidays. Closures will be posted as needed.

We have added many new books over this past year for your reading pleasure and hope you and your family will stop by often.

Thanks and appreciation go out to those who have donated books as well as financial support over these past many months. All of these are important as we continue to keep current in the book world!

New book suggestions are always welcomed.

A heartfelt thank you to all our volunteers for their time given to this community opportunity. We are able to have our library open each week of the year because of their generosity.

Sue Maccalous
Volunteer

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



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

The application is available on the website and includes a 500 word essay describing personal goals and objectives and addressing what the student perceives his/her role in the community to be. All award recipients will be asked to give back to the Biddeford Pool community by completing some community service (minimum 2 hours). A sample list of volunteer opportunities is also available on the BPCCC website. The amount of the reward is based on available funds and will be no more than \$1,000 per year. Complete eligibility guidelines, application process and online application can be found on the BPCCC website <http://biddefordpoolcommunitycenter.org/education-fund/>. Any questions can be directed to co-chairs Tracy Callahan gfamily@comcast.net and Greg Tarbox gftbox@gmail.com.

BPCCC Website Update

The Board has been busy testing and refining the redesigned website for member use. We're excited and hoping for a July go-live! Helpful instructions will be emailed to our members for navigating the user-friendly, information rich website that will make membership dues and signing up for events a breeze! Feel free to email us with any questions before or after launch: MembershipTeam@biddefordpoolcommunitycenter.org.

Carol & Janet



BPCCC Board Meetings (Summer break July-August)

Board meetings are held on the third Thursday of each month at 4 pm. You are welcome to attend. Board Minutes may be found on the website <https://biddefordpoolcommunitycenter.org/>

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

Bridge options at BPCC:

WELCOME to bridge players returning for the summer and those new to our area this year! If you are interested in playing bridge:

On Mondays we play drop-in Bridge, 1 - 4 pm. We rotate partners and have the chance to play and chat with lots of different folks. All levels are welcome. Advanced sign-ups are helpful but not required. For more information, please contact Debbie Melican (burnsmelican@gmail.com).

On Fridays we play duplicate, 1 -4 pm. Because full tables are required to play, advance sign-up is needed. Please contact Carol Bassett (cjobmaine@gmail.com) if you wish to join this group.

Several folks have asked about lessons. If anyone knows someone interested in offering bridge lessons for beginners and/or a refresher course, please contact Carol or Debbie.

Wishing you an opening hand (well, actually we wish us all 2 clubs!),
Carol and Debbie



Mah Jongg Wednesdays at 1:00, BPCC

Very happy to say we have some new players who have joined us for Mah Jongg on Wednesdays and we await the arrival of our summer visitors. If you have any interest in observing or playing, please contact me, Lynne Cox at 978-807-2598.

BEACH YOGA - Tuesday and Thursday

7:15am-8:15am at Bath House Public Beach

beginning the week of May 13th and will continue through Thursday August 29th

Gilbert PL, Biddeford Pool, weather permitting

\$15 per class donation (no Venmo)

Proceeds will benefit a local charity.

Last year's proceeds went to Biddeford and Saco food pantries.

For more information text or call Barbara Lisa 207-415-6955



REIKI BY APPOINTMENT

60 minute session, \$60 (no Venmo), Call or text Barbara Lisa 207-415-6955

What is Reiki?

Reiki is a complimentary energy healing technique that uses energy to reduce stress and anxiety and encourages relaxation. Reiki uses a gentle hand placement technique to help promote healing and balance in the body. It does not treat conditions on its own but can support and complement traditional healing practices and treatment you receive.

SOME BENEFITS OF REIKI

*better sleep

*balances immune system

*eases stress and tension

*reduces anxiety

*promotes overall healing and well-being

Tracy's Exercise Offerings - BPCC Summer 2024

FITNESS CLASSES W/TRACY CALLAHAN gtfamily@comcast.net

Location: Yates St Park or BPCC in inclement weather.

Please email Tracy to be added to distribution list for more details. Classes begin June 24th-Labor Day. All levels Welcome. \$120 donation for unlimited classes with Tracy or \$12 donation per drop-in class. Donations will benefit BPCC Education Fund.

| | SUN | MON | TUES | WED | THUR | FRI | SAT |
|-------------------------------------------|-----------------------------------------------|-----------------------------------------------|-------------------------------------------|-----|------|--------------------------------------------|-----|
| 6/23-7/16 (no classes July 17-31st) | 9:15-10:00 Stretch *No class 6/30 | 8:30-9:15 Strength | 8:30-9:15 HIIT | | | 8:45-9:30 Bootcamp for All Levels | |
| 8/2-9/2 | 9:15-10:00 Stretch & Active Recovery | 8:30-9:15 Strength *Select weeks TBD | 8:30-9:15 HIIT *Select weeks TBD | | | 8:45-9:30 Strength & Cardio | |

Class Descriptions

STRETCH & ACTIVE RECOVERY: A blend of stretch, balance and yoga flow. All levels welcome. Bring water and a towel or mat.

STRENGTH & CARDIO: Multi-level fitness class. Research shows that doing both strength and cardio decreases bodyfat significantly more than each method alone. Bring water, a towel or mat, weights & bands if you have them.

HIIT: 30 min of high intensity intervals (not necessarily high impact) w/short rest periods to rev your metabolism. Finish with a 15 minute dynamic stretch. All levels welcome. Bring water and towel or mat.

BOOTCAMP: With a new class each week, you'll have fun while pushing yourself to new limits. Be prepared to run, squat and crunch in this full body workout. All levels welcome. Bring water and towel or mat.



For the most up-to-date class schedule and to register for all classes please scan the QR code or go to <https://www.signupgenius.com/go/10C0C48AEA62DA6F85-piyo#/>

Yoga w/Mindy Muse



Gentle to Moderate Yoga w/Mindy, Wednesdays 9:30am-10:30am

July 3 - August 28th, 2024 (No class August 7th). \$20 per class or purchase a discount class card (be sure to sign up for each of the specific dates you plan to attend). Please bring your own yoga mat.

NEW Gentle Chair Yoga w/Mindy, Thursdays 10:15am-11:00am

July 11- August 29th (No class August 9th) \$15 per class or purchase a discount multi class pass (be sure to sign up for each of the specific dates you plan to attend). Chairs provided.

Location: Biddeford Pool Community Center, Yates St.

Visit <https://mindymuseyoga.com> to sign up for classes. For more information or for help signing up, please contact Mindy at mindymuseyoga@gmail.com or 207-838-9684.



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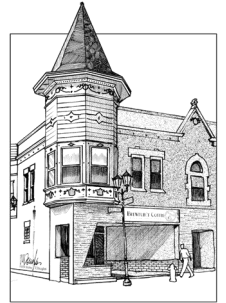
Oops! Please note the following events that were not included in the July-August Newsletter.

*****Correction - Rock Painting is on Tuesday, July 9th.*****

Urban Sketchers

Fridays 10-12 noon, July 12, 26, August 9, 23

A group that meets downtown at different locations to DRAW.
Anyone welcome. Contact Diane dbmn27@maine.rr.com



Philip Bermingham

Portrait & Landscape photographs

On exhibit at BPCC

July 16 to August 5

In person at Union Church Speaker Series
7pm, Thursday, August 1st



Bicycle Tour of Vietnam, Thailand & Cambodia

Slide presentation by

Frank & Patti Bifulco

Sunday, August 18, 5:30 – 7:30pm

with sampling of foods

(more info beginning of August)