

The Cape Courier

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Dec 18 - Jan 14, 2025

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Cape Elizabeth sailors compete in New Orleans

By Kevin St. Jarre



Contributed photo

Owen Rhile and Celeste Tourangeau on the downwind leg of a race in New Orleans.

The Cape Elizabeth High School Sailing Team sent sailors and a coach to New Orleans, Louisiana to compete in sailing races. There was a total of 28 teams, drawn from

all seven sailing districts across the country. Cape Elizabeth was represented by

-see SAILING page 3

News from November PB meeting

By Hanna Gilley

51 Starboard Drive Subdivision Amendment

Francis and Cindy Walsh had requested an amendment to the Cape Colonial Village Condominium Subdivision Plan to expand the footprint of their condo unit located at 51 Starboard Drive in order to add a 10' by 14' sunroom. The applicant had brought forth their request during a recent Planning Board workshop. Chair Sahrbeck opined that the request was straightforward enough to be approved by consent agenda item and without planning board member discussion. The rest of the board members agreed and voted unanimously to approve the applicant's request.

Cookie Jar Site Plan Amendment

Tom and Donna Piscopo requested amendments to the previously approved site plan for their business, The Cookie Jar, located at 554 Shore Road. The purpose of the Piscopos' request for changes in their site plan is to make vehicular parking and access improvements to the property.

John Mitchell, of Mitchell and Associates and representative of the applicant, summarized updates made by the applicant to incorporate comments made by Cape Elizabeth town staff including the town engineer. Updates to the site plan include clarification on site utilities located on Preble Street and not

Shore Road, the addition of a Watch For Pedestrians sign, the preservation of three trees currently on the property, and that the party responsible for stormwater management via the rain garden will be the owners of the property. Additionally, vehicle traffic will be one-way alongside the building with painted one-way directionals, and two-way traffic will be allowed in the rear of the building with ingress and egress from Preble Street.

Most notably, Mitchell discussed changes to designated parking to include a requested provision to the ordinance to reduce the necessary parking spaces from 12 to nine spaces. This provision was granted by the board. As the site plan currently dictates, there will be three parallel parking spaces along the building, including one handicap space, and six additional parking spaces in the rear of the building. The current four spaces in the front of the building will remain.

Tim Reiniger of 40 Belfield Road and Chair of the Cape Elizabeth Town Council shared that the site plan changes had become a "high profile issue for all of us, including the Town Council," and that there is a "keen interest in The Cookie Jar retaining parking in the front" of their building. Reiniger also said that this issue will be critically important for the Town Council and public interest.

Jeff Larabee, abutter to The Cookie Jar,

-see PLANNING BOARD page 5

News from Dec. 9 Town Council meeting

By Hanna Gilley

Item #1-2025 Election of the Town Council Chair

The Town Council Chair position and various committee assignments for the 2025 year were discussed during a November 14 caucus. In that caucus, the council nominated Penny Jordan to be Town Council Chair for 2025. Councilor Stephanie Anderson made the motion to approve the nomination and it was approved unanimously by the council.

Chair Jordan shared with the chamber how much serving as chair means to her and asked the council and the public to "help me and be patient as I shift into this position." Jordan said that she will bring a collaborative approach to leadership and will leverage the "brain trust" around her, adding that "collective thinking brings the best solutions."

New Town Council and School Board Members Take Oath of Office

The Town Clerk administered the Oath of office for three new town council members: Jonathan Sahrbeck, formerly Chair of the Cape Elizabeth Planning Board, Elizabeth Scifres and Andrew Swayze. Three new school board members were also sworn in: Christopher Boniakowski, Peter Engel and Lee Schroeder.

The town council members also voted unanimously to approve the Town Council Rules and Town Council Code of Ethics for the 2025 calendar year.

Town Council Reports and Correspondence

Chair Jordan shared that correspondence

-see TOWN COUNCIL page 3

Teacher implements waste separation initiative at CEMS

By Marta Girouard



Contributed photo

The waste separation station at CEMS, an initiative led by teacher Chriss Sutherland.

Last year while on lunch duty, Chriss Sutherland, who has taught 5th through 8th grade Spanish at Cape Elizabeth Middle School (CEMS) for three years, noticed that students were dumping all waste into one receptacle. "Immediately, this felt wrong," he said. Initially he tried to implement a CLYNK program in the cafetorium in order to recycle the aluminum but the idea did not get off the ground for multiple reasons. He kept the idea in the back of his mind as a future possibility

and started to talk to other folks to lay down some groundwork.

According to Sutherland, before COVID, CEMS along with other schools in the region used to compost and recycle. An unintended effect of COVID on school systems was to inadvertently end certain best practices, this being one of them. COVID also had a negative impact on staffing, particularly with

-see WASTE page 7





The Cape Courier
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NEXT ISSUE: Jan 15
DEADLINE: Noon, Jan 3

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Thank you to Carl Best and other Good Samaritans

Three weeks ago my dog Bassi ran out into Spurwink Road right into the side of a truck. Bassi flew up into the air and landed almost in my lap with a broken leg.

Carl Best, a man whom I hadn't met until that moment of crisis, jumped out of his car, offered a ride to my car, about a half a mile away and when I said I didn't want to move my dog, took my keys and went to get my car, having never in his life driven a Prius until that moment!

Meanwhile, another good citizen stopped his truck and directed traffic. The poor driver of the truck my dog ran into came back too.

Many, many thanks to all of these good men for their immediate and compassionate response.

At this writing, Bassi is making a good recovery and trying to be patient while bone grows around the plates and screws in his leg.

Louise Sullivan

THANK YOU!

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Suzi Van Wye & Dick Barnes

Basil & Carol Brown

Max Rea Jr - In Memory of Gladys & Lucille Rea

Mary Jean & William Holden

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'Bravo to Colleen Graves'

Bravo to Colleen Graves on her recent letter to the Courier entitled "Mitchell Road is a death trap."

We have lived on Mitchell Road for 40 years, and have experienced the danger increase dramatically within the last five. Very often we see runners, bikers, parents with strollers, dog walkers and folks out for a stroll pass by our house. Daily, we see and hear several vehicles speed-

ing at least 20 miles over the limit.

Most of our neighbors have put up "Please Slow Down" signs which are totally ignored. I too have stopped by the Cape police station and called with concerns for the safety of my neighbors and their children and pets. It's only a matter of time before the unthinkable happens.

Allison and Alan Earnhart

Motor vehicle burglaries reported

Reported by Debbie Butterworth

PUBLIC INFORMATION

- 11-6 An officer responded to a residence in the Mitchell Road area for a domestic disturbance.
- 11-7 An officer spoke with a resident of the Sawyer Road area regarding a suspicious email.
- 11-12 Two officers responded to a residence in the Scott Dyer Road area for an assault in progress.
- 11-12 An officer met with a resident of the Mitchell Road area regarding the possible violation of a court order.
- 11-12 An officer met with a subject in the Shore Road area regarding a fraud report.
- 11-14 An officer met with subjects regarding suspicious material they received.
- 11-15 An officer met with a subject in the Two Lights Road area regarding a neighbor dispute.
- 11-16 An officer met with a resident in regard to a dispute in the Two Lights Road area.
- 11-18 CLO officer met with a subject in the Mitchell Road area regarding a behavioral health concern.
- 11-19 An officer met with a resident in the Shore Road area regarding a motor vehicle burglary.
- 11-19 An officer met with a subject in the Oakhurst Road area regarding a motor vehicle burglary.
- 11-16 An officer met with a resident of the Shore Road area regarding a fraud complaint.
- 11-27 Two officers responded to a residence in the Scott Dyer Road area for a wellness check.
- 11-29 Two officers responded to a residence in the Mitchell Road area for a domestic disturbance.

SUMMONSES

- 11-12 Gorham resident, failure to produce insurance, Fickett Street, \$186
- 11-13 Cape Elizabeth resident, speeding (67/45 zone) Bowery Beach Road, \$230
- 11-26 Cape Elizabeth resident, speeding (39/30 zone), Sawyer Road, \$114
- 11-26 Cape Elizabeth resident, operating vehicle using hand held device, Shore Road, \$85
- 11-26 Westbrook resident, operating vehicle using hand held device, Ocean House Road, \$85
- 11-26 Cape Elizabeth resident, operating vehicle using hand held device, Two Lights Road, \$85
- 11-29 Cape Elizabeth resident unregistered vehicle, Cheverus Road, \$85
- 11-29 Westbrook resident, speeding (54/45 zone), Route 77, \$114
- 11-30 Cape Elizabeth resident, unnecessary brake or acceleration noise, Scott Dyer Road

JUVENILE SUMMONSES

- 11-27 Cape Elizabeth resident, failure to produce license or permit, Chambers Road, \$152

ACCIDENTS

- 11-27 Jennifer Mills, accident on Wells Road
- 12-01 Daniel Fishbein, accident on Bowery Beach Road

FIRE CALLS

- Fire calls: 11
- EMS calls: 47

2025 Publication schedule		
Issue No	Ad/Copy Due	Issue Published
01	Jan 3	Jan 15
02	Jan 24	Feb 5
03	Feb 7	Feb 19
04	Feb 28	March 12
05	March 14	March 26
06	March 28	April 9
07	April 11	April 23
08	April 25	May 7
09	May 9	May 21
10	May 23	June 4
11	June 6	June 18
12	June 20	July 2
13	July 4	July 16
14	July 25	August 6
15	Aug 8	August 20
16	Aug 22	Sept 3
17	Sept 5	Sept 17
18	Sept 19	Oct 1
19	Oct 10	Oct 22
20	Oct 31	Nov 12
21	Nov 14	Nov 26
22	Dec 5	Dec 17

Town Council

Continued from page 1

is being shared to public businesses and in public town places that represented opinions and potential legal advice to citizens but that it was "correspondence from a former councilor" and was not authorized or approved by the Town Council body.

Town Manager's Monthly Report

Town Manager Patrick Fox shared that the Greater Portland Council of Governments (GPCOG) has started to gather initial info from local businesses and that there will be an upcoming business forum on December 18, 2024. Councilor Anderson added that they also wanted to "hear from those who wanted to start a business in Cape Elizabeth but decided not to or formerly ran a business and no longer do." More information on the upcoming forum can be found on the town website.

Fox said there have been twelve ADU permits issued since July when the updated ADU ordinance went into effect, and the Senior Property Tax Relief Program is seeing 240 applicants for this year. Fox also let those in attendance know that town offices will be closing at noon on December 24 and that the library, transfer station, and pool may also have changed hours on December 24 and December 31.

Consent Calendar Item #4-2025 - Item #16-2025

The Town Council voted en bloc to unanimously approve council member appointments to various committees for the 2025 year.

Appointments include Councilor Elizabeth Scifres to the Finance Committee, Appointments Committee, and as Vice Chair of the Museum at Portland Head Light; Councilor Harriman to the Ordinance Committee; Councilor Johnathan Sahrbeck to the Ordinance Committee; Councilor Thompson to the Appointments Committee, the ecomaine Board, and as representative to the MMA Legislative Policy Committee; Councilor Anderson to the Ordinance Committee and as representative to the Thomas Memorial Library Foundation; Councilor Andrew Swayze to the Appointments Committee, the Thomas Jordan Grants Subcommittee, and as representative to the Portland Jetport Noise Abatement Committee. Council Chair Jordan has been appointed to serve as a Representative to the Greater Portland Council of Governments General Assembly and METRO Coalition. Town Manager Fox has been appointed as representative to the PACTS Policy Committee.

The Town Council also approved the 2025 meeting and workshop schedule, the 2026 fiscal year budget review schedule,

and the acceptance of gifts and donations for 2024 with appreciation to all the donors.

Item #17-2025 Consider the Renewal Liquor License for The Well LLC

The Town Council approved the renewal for a liquor license for The Well LLC, The Well at Jordan's Farm located at 19 Wells Road. Chair Jordan recused herself as she has business interests at Jordan's Farm and with the applicant.

Item #18-2025 Annual Appointments to Town Boards and Committees

Chair Jordan shared that a number of people are coming forward to interview for various town boards and committees for 2025, and that "it's a really good process to learn about the people here in town." Jordan also shared that there is still an opening on the Recycling Committee.

Councilor Sahrbeck thanked all the individuals who have shown interest including those who did not gain an appointment on a committee or board. Sahrbeck said "it's a sacrifice not just to put yourself out there but to serve" and to "keep an eye out for openings on these boards."

Item #19-2025 Consider Conditional Municipal Approval for Blue Meadow

The Town Council unanimously approved the request of Robert Barrett, BRKR, LLC, for Conditional Municipal Approval on two items relating to the Blue Meadow development project. Those two items are a 20-foot-wide sewer easement through Open Space Area A on the Blue Meadow Subdivision plans, and 3.97 acres of dedicated open space.

Town Manager Fox explained that the conditional approval is to approve that the council saw the client requests and are willing to accept them at a later date after the proper process.

Item #20-2025 Consider Planning Board Recommendation Regarding Town Center Amendments

The Town Council acknowledged receipt from the Planning Board of recommendations relating to Town Center Amendments 2024. The recommendations will now "head off to the ordinance committee."

Vote to Remove Item #133-2024 (August 19, 2024) From the Table - Consider a Recommendation from the Conservation Committee Relating to the Disposition of Town Owned Real Estate - Map U29 Lot 40 Stephenson Street

Town Council voted unanimously to take item #133-2024, Consider a Recommendation from the Conservation Committee Relating to the Disposition of Town Owned Real Estate - Map U29 Lot

40 Stephenson Street, off the table from August 19, 2024. The council then voted to approve that the town retains the lot.

Item #21-2025 Consider Referring Supplemental LD 2003 Amendments to the Planning Board

The council voted to refer to the Planning Board supplemental amendments to

LD2003 that were adopted on November 13, 2023, and outlined in a December 2, 2024 memo. These amendments address barriers relative to ADUs and to "clarify some of the wording" currently identified in the ordinance. The council voted 6 -1 to approve with Councilor Thompson in opposition.

Sailing

Continued from page 1



Contributed photo

Cape Elizabeth High School Sailing Team members Owen Rhile, Celeste Tourangeau and Gideon Straw (left to right) recently competed in New Orleans.

CEHS senior Owen Rhile, junior Celeste Tourangeau and sophomore Gideon Straw. Cape's coach is Jeremy McCauley.

Sailing Club 420 boats, there were 10 races on the first day, and nine more on the second day of competition.

The Capers came 6th in the silver division.

Rhile skippered for 11 of the races, while Straw skippered the others. Tourangeau was the crew member for every race.

Straw said the competition was a "good learning experience," while Tourangeau called it a "super memorable and fun event."

She also said, "[It was an] awesome opportunity to meet new people and make new friends in the sport."

Tourangeau added, "Any student interested in sailing should feel free to reach out to anyone they know that participates in sailing, anyone mentioned above, or any of our team captains, Kingsley Burch, Sage Evans, and Norah Schroder, if they are interested in getting involved. Students do not have to wait until next fall to get involved, as sailing is also a spring sport. Students also do not have to have any experience to join, and the sport is also open to 7th and 8th graders."

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News from the Superintendent

By Dr. Chris Record

I hope you and your family had a wonderful Thanksgiving and are looking forward to all of the various holidays and celebrations that are coming up. We are thrilled to be having our two college age children come home again for an extended visit.

Before I go any further, I want to express my sincere gratitude and appreciation for Elizabeth Scifres, Heather Altenburg and Kathleen Curry-Sparks for their amazing service on the School Board. Elizabeth served for twelve years, Heather for nine, and Kathleen for the past three years. Public service is seldom easy and I want to thank them for their courage and the commitment they demonstrated for our students and staff. I also want to welcome Joy Engel, Lee Schroeder and Chris Boniakowski as new members of the board.

As mentioned previously, overall I am heartened by the extremely close vote on the Middle Ground school project design. We came within 166 votes of building the first new school in Cape in over 50 years. We are continuing to work with the Harriman architectural firm to adjust the scope of Middle Ground design that will continue to include a much needed new middle school.

We must address our very serious safety/security needs, antiquated and limited classrooms, extremely aged HVAC systems, the significant limitations of our shared Pond Cove and CEMS cafetorium, the lack of adequate and appropriate learning space for Special Education and our robust music program, and multiple other serious issues that impact students and staff every day. Building one new school now also sets the town up well for the timing of future town and school projects.

I have deep respect for the citizens of Cape and recognize this very much needed and beneficial school construc-

tion project requires an investment of tax dollars. I hope the people of Cape will continue to be open to learning more about our school needs and will support our revised design solution. Please stay tuned for more information coming out of School Board and Town Council meetings.

As we near the close of the first half of the school year, I want to share with you some recent highlights from our schools:

At Pond Cove Elementary (PC), in response to our Student Survey data from the Spring of 2024, Principal Tiffany Karnes and Assistant Principal Sarah Forrey-Pettit met with a student focus group comprised of third and fourth-grade students to discuss some student concerns that were noted on the survey. They had a wonderful conversation about how to improve the student experience at Pond Cove, particularly as it pertains to the restrooms and cafeteria. They will continue to meet with this group throughout the school year.

Also at PC, a group of grade-level representatives, along with a literacy interventionist, district literacy strategist, assistant superintendent, and principal are continuing the work of our ELA program evaluations. The committee has met several times to determine what programs will be piloted for ELA at Pond Cove.

Additionally, all students in grades K-4 have completed the Fall NWEA/MTYA assessments. This includes assessments in Math, Literacy, and for our youngest students, a screener for dyslexia.

Students and staff are currently enjoying Pond Cove's Second Annual December Student Spirit Days during the weeks leading up to Winter Break. They have enjoyed Winter Sports Day, Silly Sock Day, Do You Want To Build a Snowman Day, and Flannel Friday. In honor of National Sock Day, December 4, Pond Cove staff and students participated in a Silly Sock Day and collected

donations of hundreds of socks for Preble Street. Thank you to everyone who donated.

Friends from Mrs. Gassman's class (pictured below) worked together in the Block Center to create an owl. Kindergarteners have been learning about owls and other animals during their Animal Habitat Unit as part of the K for ME curriculum.

At Cape Middle School (CEMS), 6th Grade students recently learned about sound science and how different kinds of instruments produce sound. They then took their newfound knowledge and applied the engineering design process to create a brand new instrument.

8th grade Technology Integration students have been working on their final projects of the Trimester - silent films. These projects have been a culmination of the skills they have learned over the course of the Trimester such as story-

boarding, scripting, filming and editing. These will be showcased around the school via Movie Posters that include QR Codes. Ms. Carusone's music students have also created the soundtracks for their films - a true collaborative project that spans classes!

First Trimester Art students learned the power of art as a tool for advocacy. Thank you to CEEF for funding the mural project for the 2024-2025 school year. Students learned about the changing environment from Climate Change activist Lillian Worthley. Visiting artists Ryan and Rachel Adams provided insights on how to create works of art with a message.

Band at CEMS is in full swing. 5th grade students have been playing their new instruments for two months.

-see SUPERINTENDENT page 5



Contributed photo

Kindergarteners have been learning about owls and other animals during their Animal Habitat Unit. Pictured above are friends from Mrs. Gassman's class who worked together in the Block Center to create an owl.

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Planning Board

Continued from page 1

asked if ledge will be removed to make changes to The Cookie Jar's ingress and egress to Preble Street. That question was not answered by the board or the applicant.

Chair Sahrbeck "set the record straight" regarding issues brought up in the public and that he takes issue with attacks made to the board, the Piscopos and to the town staff adding that the attacks were "appalling." Sahrbeck referenced false statements made on the Save The Cookie Jar website. He clarified that "nothing in the town's ordinances had forced The Cookie Jar to make changes" and the board is "going forward, working with The Cookie Jar to be in compliance with ordinances." He also referenced a recent comment made by a member of the public during the November Town Council meeting that the Piscopos should apply for a driveway permit instead of make changes to their site plan. Sahrbeck clarified that a driveway permit is for residential properties only.

Sahrbeck also said that "licenses are a non-issue," an idea once floated by Al Palmer of the Planning Board and taken up by several members of the Town Council including Chair Reiniger. Sahrbeck clarified that the Planning Board in fact did not request that the Town Council look into licensing for the parking in front of The Cookie Jar. He also shared that Reiniger emailed Al Palmer asking to discuss the issue of parking and licenses for The Cookie Jar of which Palmer did not respond and made steps to make public the email message. Members of the public are not allowed to communicate with members of the board regarding an item currently under review by the board.

Sahrbeck added that The Cookie Jar and abutting businesses "owed an apology" and was "sorry to see what you had to go through." He said that the attacks, rhetoric and false statements regarding their businesses were "not necessary" and he believes they were "concocted" and a "bigger plan was in place of the idea to save The Cookie Jar."

Sahrbeck also stated the Town Council has the ability to change ordinances and therefore changes to The Cookie Jar's site plan, but that was not done even though "they had every opportunity to change that." He added that the "only authority the Planning Board has is given to us by the Town Council."

Maureen O'Meara, Town Planner, reminded the board that the immediate issue of the applicant is to create access to Preble Street of which they did with their amended site plan and is an attempt to "preserve the status quo for now" while allowing the applicant to be in compliance. The board also discussed that they were comfortable with the reduction in parking spaces and that the site plan is "an improvement" from its previous version. The board unanimously approved of the applicant's request.

Town Center Zoning Amendments 2024

The Town Council referred to the Planning Board a request to amend the Town Center Zone to accommodate potential housing development projects in the Town Center area. Chair Sahrbeck recused himself from

the discussion and voted as a Town Council elect member "who might hear the issue" in the future.

Tim Reiniger said that there is a "very exciting proposal" for a town center property next to Town Hall and also addressed concerns of ordinance changes that would affect the entire town center recalling the Dunham Court project from a few years ago.

Zeb Meyerowitz echoed Reiniger's sentiments saying he doesn't like the fact that it "sounds like spot zoning." Meyerowitz added that he knows the town is trying to do its best with issues from the past but that the Town "can't spot zone this individual project."

Chelsea Torrey added that she is "much in support" to change the zoning for developers to see more advantage of building housing in the community. Torrey said that she is a "big housing advocate" especially affordable housing for younger families and for "more opportunities for community members to age within our community."

Cynthia Dill shared that she owns property in the town center and was involved in the Dunham Court project. She suggested eliminating the requirement of "non-residential use on the first floor" as some of the large homes in town center could make their homes "multifamily" if they wanted.

Jim Huebner said that the town's Comprehensive Plan is "out of touch" with current economic situations, adding that the Town Council and Ordinance Committee can update the zoning ordinances. O'Meara added that the Comprehensive Plan states that the town center zoning can be changed without needing to change the Comprehensive Plan itself. The board unanimously voted to approve the request to amend Town Center zoning ordinances made by the Cape Elizabeth Town Council.

Additional Comments

All members of the Planning Board shared kind words and regards to Chair Sahrbeck as he plans to leave the Planning Board to take up his elected position as Town Council member. Andrew Gilbert said that Sahrbeck has "been a great steward for the board and the town" and that the Town Council is "very fortunate to have him and the town will do better by that." Gilbert also added that he had "very big shoes to fill" as he prepares to be the next Planning Board Chair. Sahrbeck shared that "we all love the town and respect the processes" and that "it's not the last you'll see of me." He added that he appreciates all board members and town staff saying that "you all do fantastic work."

Superintendent

Continued from page 4

They've done a fabulous job learning new routines and working on the fundamentals. 6th, 7th, and 8th grade band students have been hard at work preparing for their winter concerts. November marked the start of the 7th and 8th grade jazz bands as well as honors auditions for 6th, 7th, and 8th graders.

This year, fifth grade students will have one trimester of library class. This will be an introduction to the library collection and an opportunity to become familiar with library programming. Students should expect to reach several of the library learning targets.

Also, students in Computer Science are exploring and experimenting with many coding formats from block coding to script coding. Students are creating basic drawing projects, interactive projects and varying complexities of animation projects.

At Cape Elizabeth High School (CEHS), we held our initial parent book study meeting for the text "Never Enough." If any parents are still interested, we have some texts available. Future meeting dates are: January 7, February 3, March 12 and April 7 at 6:00 p.m. We have also finished our school self study for the JED Foundation.

The Jed Foundation collaborates with high schools throughout the country to strengthen their mental health, sub-

stance misuse, and suicide prevention programs and systems. Additionally, staff have been reading and discussing how we build community in the classroom through our shared text, "High Impact Instruction."

The CEHS Band and Concert Choir held their excellent Winter Concert recently and the CEHS Theatre production of Disaster! was a hilarious hit. All of these concerts and performances require a tremendous amount of dedication and hard work by our talented students and staff. We were thrilled to have so many Cape senior citizens attend.

Another highlight was some of our amazing Special Education students at CEHS created a business model by making and selling bracelets so they could adopt an elephant. The sale was a great success and they raised \$200 with support from staff and students. The students were very proud and excited to be able to adopt four elephants!

Finally, I want to close out my final update from this calendar year with a message of gratitude and hope. This has been a challenging year in many ways and the year ahead will also include many tough moments as well. However, my message to the Cape community is one of thanks and appreciation for your support of our schools and a sincere message of hope that the year ahead will bring healing and happiness for all of us. Happy New Year!

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Cape Elizabeth volunteers maintain our state treasures

By Stephen T. Lyons (Garda)



Photo by By Stephen T. Lyons (Garda)

Maine State Parks Rangers Erin McGinty and Colin Garner stand with Cape Elizabeth resident dog Lea while cleaning up park trails at Two Lights State Park.



Photo by By Stephen T. Lyons (Garda)

Cape Elizabeth's Maine State Park rangers and volunteers take a break on a cold day for freshly made hot chowder and banana bread, provided by Registered Maine Guides, along with hot turkey casserole, fresh vegetables, and hot coffee, provided by Registered Maine Guides, volunteers and park rangers.

Once again the Cape Elizabeth Maine State Park volunteers and park rangers gathered to clear invasive bittersweet and honeysuckle along the trails of Two Lights State Park. It was a cold but beautiful day to clear the trails with breath taking views of the Atlantic Ocean. After some hard work of clearing these invasive plants and brush, rangers and volunteers enjoyed a traditional Maine lunch of homemade and freshly made hot chowder and banana bread, provided by Registered Maine Guides, along with hot turkey casserole, vegetables and hot coffee.

The volunteers were lead by Maine State Park Manager Kurt Shoener and Maine State Park Rangers Erin McGinty and Colin Garner. The rangers and park volunteers focused on the maintenance of the three Maine State Parks in Cape Elizabeth. The Maine State Parks in Cape Elizabeth include: Two Lights State Park, Crescent Beach State Park and Kettle Cove State Park.

These parks protect the natural beauty of plants and wildlife, along with providing breath taking views of Maine's rock shoreline and ocean. They provide more than scenic ocean views and recreational opportunity. They provide refuge for mental health breaks and physical activity. However, maintaining these three state parks requires a lot of hard work and money.

Park Manager Kurt Shoener said the community has really come together to help maintain these parks. Many of these volunteers who live and recreate in these parks they cleared are from Cape Elizabeth. They feel invested in helping keep the parks maintained for everyone to enjoy. Many volunteers want to give back to the park and the town of Cape Elizabeth.

One volunteer said he grew up enjoying state and national parks, and feels a sense of ownership with the three state parks in Cape Elizabeth; these parks are like home to him. Two Lights State Park Manager Kurt Shoener recognizes volunteers as a unique and valuable asset. These volunteers reflect highly on the local community and the importance of conservation in keeping the parks maintained for all to enjoy.

A wide variety of tasks and projects are accomplished by volunteers, such as:

- Adopt-a-trail projects help maintain a section of hiking trail over a several day or several year period.

- Historic site hosts assist visitors with historic information and interpretation of Cape Elizabeth Military Reservation "Battery 201."

- Volunteer park naturalists lead visitors through a wide variety of natural history programs at the parks.

- Visitor service aids assist guests with information on local activities and sites and share information about other state parks.

- Guest speakers help provide informational and educational programs to park visitors

Many projects do not require specific skills; others may necessitate the ability to work with people, have knowledge of flora and fauna, or have skill in the use of hand tools. The diversity of project opportunities means that a large variety of skills are potentially useful. But projects can be a learning experience for the volunteers as well, and skill development is often an unexpected reward.

Volunteers are a resource that has proven invaluable in assisting in the accomplishment of work goals that may not be otherwise met. Projects such as facility maintenance, interpretation, photography, trail work, architectural work, visitor hosting, and special programs to educate and entertain park guests in historical and cultural events are examples of what volunteers continue to do.

Maine State Parks welcome people to become involved, recognizing volunteer service as a valuable aspect of Cape Elizabeth and Greater Portland's life.

If you would like to volunteer at one of the three state parks in Cape Elizabeth, contact Park Manager Kurt Shoener at his email: kurt.Shoener@maine.gov. Volunteers are a welcome addition to the three state parks in Cape Elizabeth.

While experiencing personal benefits such as companionship, a sense of responsibility, work experience and learning new skills, volunteers enhance and provide a safe and enjoyable experience for visitors to these parks. Whether you're interested in photography, history, art, maintenance work, public relations or office work, the volunteering can provide you with a meaningful outdoor experience.

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Robotics team gives back



Contributed photo

Members of the Cape Elizabeth Robotics Team, Team 56, took time out to give back this holiday season to help the Rotary Club unload Christmas trees at the Mill Creek Park in South Portland. The Rotary Club has been a generous donor to the robotics team, helping them obtain funding to compete at the World's tournament in Texas. Team 56 would like to sincerely thank the Rotary Club for all of their support and wish everyone a happy holiday season.

Waste

Continued from page 1

those who work in food service. Post COVID, many schools haven't restarted comprehensive waste separation and Sutherland set out to change that.

Later in the spring of 2023, Sutherland wrote a grant through ecomaine to get funding to build a waste separation station for the cafetorium. He said, "I thought that if we had a functional station we could get organized to launch a broader initiative (not just aluminum, but composting and other recycling) for the following year." Sutherland discovered that Tom Farmer, Tech Integrator and Environmental Club Advisor at Cape Elizabeth High School, had been awarded the same grant the previous year and had piloted a composting initiative at CEHS. Farmer hadn't used his grant award yet because the initiative at CEHS had to be temporarily postponed.

Farmer thought it would be a good idea to transfer his grant to Sutherland to help with the construction of a waste separation station at CEMS. "The rationale was that training students at CEMS and possibly Pond Cove would be more developmentally appropriate. Taking influence from a similar and successful initiative at Falmouth Elementary, Tom advised starting younger," said Sutherland. Farmer was already collaborating with John Chalfant, a local industrial designer, who manufactured the stainless steel tops of the station for the middle school. Finally, Sutherland met and worked with the municipal Recycling and Compost Committee to seek advice as well as opportunities for collaboration.

When asked what motivated him to start the initiative, Sutherland replied, "I know that a lot of these students compost at home and they most certainly recycle aluminum if not other things, so it seemed strange to not be doing the same at school. I also work at CEMS and knew I could use my position to support the initiative." Sutherland said that students at CEMS in general have been doing a fantastic job separating their waste. He has aspirations to train students to help with the dumping of liquids and compost as

well as servicing the CLYNK program, but the middle school schedule currently makes this difficult. According to Sutherland, the middle school is removing, or dealing with a different way, the following from the waste stream:

- between six and eight gallons of liquids per day
- approximately two full CLYNK bags of aluminum every ten days
- approximately 240 gallons of compost every week per gallon

Sutherland said he has been piloting the initiative in the 4th grade at Pond Cove Elementary School but has not yet found any staff there willing to take on the responsibility of implementation. He has had help from community volunteers, and is grateful for that, but feels what is really needed is collaboration with someone who works in the school on a day to day basis. At Cape Elizabeth High School, the Environmental Club has aspirations to try composting again, which may begin next year and would potentially be easier as incoming ninth graders will already be accustomed to separating their waste. "We have learned a lot regarding both students and staff buy-in so we are hopeful to eventually make this a district wide initiative," said Sutherland.

Jazz ensemble plays through lunch at CEHS

By Kevin St. Jarre



Photo by Kevin St. Jarre

This ensemble recently entertained at CEHS during lunch. They are (left to right) Jack Marston, Liam O'Brien, Quentin Lombard, Zachary Sahlin and Mr. Rob Wheeler, CEHS teacher of band and music.

Four Cape Elizabeth High Students, along with CEHS Band and Music Teacher Robert Wheeler, recently put on a jazz performance in the hallway outside the high school cafeteria during lunch.

The music could be heard in the cafeteria while students ate. The musicians were Jack Marston on guitar, Liam O'Brien on upright bass, Quentin Lom-

bard on drums, Zachary Sahlin on guitar and Mr. Wheeler on keyboard.

Wheeler explained the event, saying this is his Jazz Improvisation Class. "This group decided that if they learned enough songs they could start playing out in the school during lunch period to show folks what we are learning. This was their maiden voyage!" he said.

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HAPPY HOLIDAYS

To: *Our community*

Thank you for a wonderful year!

Judy's Pantry Thanksgiving basket distribution

By Beth Owens
Judy's Pantry Coordinator



Contributed photo

Volunteers from Judy's Pantry who coordinated the distribution of Thanksgiving baskets.

On November 19, with the help of many volunteers, we were able to provide 41 Cape families with overflowing Thanksgiving food baskets to ensure a wonderful meal. Again, Amy Lombardo and Jen Tinsman joined hands with others to help with this event that we have celebrated for over 12 years. They are veterans!

These baskets are donated by local individuals and families, and along with the basics, there were thoughtful touches of candles, dinner mints, holiday napkins, sparkling cider, pies, rolls and other treats. It is as fun to fill these baskets as it is to receive them.

As she has done for many years, Penny Jordan provides us with a bounty of local produce - apples, squash, potatoes, carrots and onions.

Once again, The Cape Elizabeth Methodist Church allows us to set up our operation and they work hard to make sure that we have ample space and a well-lit driveway and sidewalks. The United Women of Faith Group puts out a call to have bakers provide us with dessert breads for everyone. This year they had

over 75 loaves; they are also veterans!

The list of people who make this work is long. Lisa Stevens and her daughter Rosie design and make holiday-themed bags for the produce that are truly keepsakes. The Lions Club helps us with deliveries for anyone who is not able to pick up their basket and we are grateful for their service.

All of us enjoy this event and we are grateful to everyone who steps up to help us; we couldn't do it without them.

We continue to operate our regular pantry distributions on the 2nd and 4th Tuesdays of each month between the hours of 3:00-4:30 p.m. Thank you to the many people who drop off non perishable food in the IGA drop box. Financial donations may be made directly to us :

Judy's Pantry
% The Cape Elizabeth United Methodist Church
280 Ocean House Rd. Cape Elizabeth 04107

For more information contact bethowens1@gmail.com.

SRGC Turkey Shoot winners



Contributed photo

Sydney Webb won first place in the Women's Division of the SRGC 2024 Turkey Shoot.



Contributed photo

Winners of the 2024 Spurwink Rod and Gun Club Shoot: First Place Girl - Age 10-12 June Pidhajecky; First Place Boy - Age 13-17 Hugo Pidhajecky; First Place Girl - Age 13-17 Sophie Pidhajecky.

Saturday, November 23 saw another very successful Spurwink Rod and Gun Club Turkey Shoot.

We'd like to make a very special mention of thanks to our very generous sponsors, (in no particular order) Alewife's Brook Farm and the Pond Cove IGA for donating the frozen turkeys that were the prizes for our contest winners.

This is a popular and important event for our club as it helps in a large way to fund the community outreach that we do.

We'd also like to thank our good friends at The Cookie Jar for giving us refreshments again this year to share with our participants.

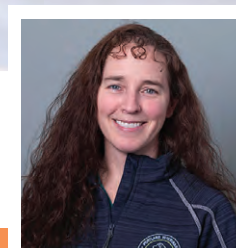
This year we again had over 100 participants, in six categories, all having fun. Some were showing off their skills, while others were just learning to shoot.

We'd also like to thank all of our members that gave up their Saturday, and thanks too, to the people that participated and made the event a lot of fun and a huge success!

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EMERGENCY COVERAGE AT WARREN AVENUE LOCATION



Local birding report

By E. Brooks Bornhoff

As December rolls through, the daily rhythm of the backyard revolves around Dark-eyed Juncos flitting, White-throated Sparrows scratching, Cardinals glowing, Goldfinches clinging, Carolina Wrens creeping, House Finches and Chickadees singing, White Breasted Nuthatches whacking, Titmice fluttering, Doves perching and Bluebirds squabbling.

A few notes from the yard and field recently include, on the afternoon of December 2 while raking leaves a brownish bird flew within ten feet of me. It landed on a low limb nearby and with an air of complacent calm, looked me over with its deep hazel eyes and produced a low, soft chuck noise before disappearing in the depths of a nearby rhododendron bush. A late in the Season Hermit Thrush! Getting one last look from this special bird before winter sets in momentarily brought me back to the warm summer evenings within Robinson Woods where this thrush sings its enchanting tune.

On the wintery morning of December 8, a lingering Fox Sparrow arrived in my backyard to scratch about, throwing little jets of snow into the air. The Fox Sparrow is a wild bird, a bird that almost always prefers forest and thicket over backyard, the exception being during migration.

Sometimes confused with a Hermit Thrush and slightly larger than a bluebird, this rather robust, retiring sparrow is a rich reddish chestnut color above and has brownish blurry splotches and streaks on its flanks and chest. This is one of the few of our sparrows that scratches the ground with both feet at once.

A short-to long-distance migrant, “Foxy’s” are seen in varying numbers every fall across Cape as they make their way towards southerly haunts somewhere between Maine and Florida. Although still common, the North American Breeding Bird Survey estimates that the Fox Sparrow population has declined by 51% between 1966 and 2015.

Additionally, in early December around sunset my two sons and I walked the rocky shoreline from Dyer Point to Two Lights State Park.

Somewhere along our mission we came upon a flock of hardy Harlequin Ducks, including five females and two handsomely adorned blue, chestnut and white colored males who were boldly foraging for mollusks and crustaceans deep below the tumultuous seas.

Quietly descending closer to where the Harlequins were feeding, we could just make out the squeaky calls that give this duck its nickname, “sea mouse.” Despite the cute nickname, these small sea ducks are very rugged, in fact Harlequins experience more broken bones than any other species, and x-rays and museum specimens have determined that a majority of adult ducks live with more than one healed fracture. The coast of Maine is estimated to hold more than half of the eastern population in winter. At night these ducks roost on open water further from the shoreline.

Other mentionables in Two Lights included two Horned Grebes, a male Long-tailed Duck, six Buffleheads, a diving Northern Gannet, a Common Raven and two Song Sparrows.

And lastly, while wandering the back paths and fringes of mowed fields within

Crescent Beach State Park a small nest caught my eye. Upon closer inspection the nest looked as if it had multiple nests built upon it. The nest on top had an inner cup that was lined with deer hair, feathers and cattail seeds.

Gently pulling the two nests apart I noticed the small pieces of what appeared to be a brown cowbird egg! Given the habitat, size and composition of the nest my hunch was that this was an American Yellow Warbler nest.

It is known that if a cowbird lays an egg in a “summer yellowbird’s” nest, the warbler often begins building a new nest directly on top of the old one, abandoning the cowbird’s egg, and sometimes its own egg as well.



Nature scene around town



Photo by Martha Agan

Winter berries at Kettle Cove.

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Library offers programs on upcycled gift tags, sugar cookie decorating

Holiday Closure

The library will close at 1:00 p.m. on Tuesday, December 24, and remain closed on December 25. We will close at 5:00 p.m. on Tuesday, December 31, and remain closed for New Year's Day.

Upcycled Gift Tag Station

During the month of December, you can stop by the library and make gift tags out of old holiday cards. A tag-making station will be set up on the upper floor of the library. There you will find a selection of donated holiday cards, a tag-shaped paper punch and some twine. Stop by any time the library is open to make some unique gift tags. If you have old holiday cards you'd like to donate for this project, please drop them off at the tag-making station.

REPAIR CAFE: COMING SOON!

Are you handy with appliances? Adept at mending? Do you have a corrective skill you can share with our community? TML and neighboring libraries are now seeking volunteer fixers for an ongoing series of Repair Cafés!

The idea is that, each month, one of the libraries near you will host a café with volunteers who are skilled and willing to help you repair some common item instead of throwing it away.

Help us help our communities reduce waste and maybe even pick up some valuable tips for preserving household things.

Email Sasha at skohan@thomas.lib.me.us for more information or if you're interested in being a volunteer fixer.

PROGRAMS FOR CHILDREN

Program Break

The Children's Department will be taking a break from regular weekly program beginning Thursday, December 19. The regular weekly schedule will resume on Saturday, January 4. See below for special programs and opportunities during that time.

Cozy Winter Storytime

Saturday, December 21, 10:30 - 11:00 a.m.
Celebrate the first day of Winter and warm up with some hot chocolate. Recommended for ages 3 - 5.

Make a Card and Fleece Toy for Animals in Need

December 19 - January 4
Pick up your kit at the Children's Desk and brighten an animal's day with your act of kindness. All toys will be donated to the Animal Refuge League of Greater Portland.

Make a Snowflake and Help Turn the Library into a Winter Wonderland

December 19 - March 15
Visit the Children's Room to make your own snowflake creation. Watch as the library fills with snow.

Youth Writing Workshop with Lily Jessen

Friday, December 20, 3:30 - 4:30 p.m.
Are you a young writer looking to hone your craft, or simply learn more about what makes great writing? Join local teen Lily Jessen, author of "The Pipe Tree," as she guides you through the secrets of using descriptive language

in creative writing. This program is best suited to middle school writers.

Register on our website to reserve your spot and secure your chance to learn from one of our own published teen writers. Please bring notebooks or writing utensils if you choose, and any of your own writing projects you'd like to work on during free write time.

Saturday Matinee

Saturday, December 21, 3:00 p.m.
Join us for a very special screening of one of the most beloved children's movies of all time. A girl named Belle, a Beast, and a castle full of enchanted talking objects have delighted audiences for decades, and we hope you'll join us for this magical movie experience.

FOR TWEENS & TEENS

Venture Club

Wednesdays, 2:30 - 4:30 p.m. (when school is in session) (Ages 14+)
Venture Club is a teen-led board/card game and D&D club, with an emphasis on board games. We'll try to play new games every week. No registration is necessary.

Library Squad

First Friday of the month, 2:45 - 3:45 p.m. (Ages 11 - 13)
Library Squad is a community of library-loving middle schoolers that meets monthly, and whose opinions, ideas, and help form the foundation of our programming. Library Squad meets after school on the first Friday of each month from 2:45 - 3:45 p.m. Next meeting: Friday, January 3.

FOR ADULTS

For information on our regular recurring programs, please visit the library's website.

Fireside Writing

Thursdays, 5:30 - 6:30 p.m.
Looking for a comfortable and cozy spot to join other writers? Come to

TML's Fireside Writing program. Fireside Writing gives you the space and opportunity to work alongside fellow writers and reach your writing goals.

Bring your laptop or your favorite notebook and join us by the fire for tea and quiet writing time. Meets weekly on Thursday evenings from 5:30-6:30 p.m. No registration necessary.

Senior Social Hour: Live Harp Music!

December 18, 1:00 - 2:00 p.m.
Come stop by for our usual coffee, tea, snacks, and conversation this week as we are joined by special guest and CEHS's own Ezra Gabrielson, who will accompany our social hour with his live harp playing.

Death Café, with Davinica Nemtzow

Thursday, January 2, 6:30 - 7:30 p.m.
Join us for this monthly discussion group facilitated by Davinica Nemtzow of Kaneel. At a Death Café people, often strangers, gather to eat cake, drink tea and discuss death. The objective is "to increase awareness of death with a view to helping people make the most of their (finite) lives."

A Death Café is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counseling session.

No registration is required, but if you'd like to be on the library's mailing list for updates or cancellations, please fill out a form on the library's website. TML's Death Café takes place on the first Thursday of every month at 6:30 p.m.

Twisting a Classic: A Picture Book Writing Workshop with Kalee Gwarjanski

Saturday, January 4, 2:00 - 3:00 pm.
Have you ever thought about adapting

-see LIBRARY page 11



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Library

Continued from page 10

a classic story into something entirely your own? Join Kalee Gwarjanski, author of “Miss MacDonald Had a Farm,” as she walks you through this exciting process. This creative writing class will study picture books that have taken a classic story and twisted it into something new.

The program will dive deep into multiple examples to study how to do it. Then with writing prompts and a special worksheet, participants will work in the moment to try out their own ideas. This practice can be used for any creative writing genre.

Songwriting Workshop, with Jud Caswell

Tuesday, January 7, 6:00 - 8:00 p.m.

Whether you are a new writer, experienced writer, or want-to-be-a-writer writer, we hope you'll join us to bring in your work and get expert advice from award-winning songwriter Jud Caswell.

Participants in this workshop rave about Jud and about how much his advice is helping shape and improve their writing. Jud starts each session with a short discussion of a specific element of songwriting craft, then moves to sharing songs. Jud's feedback is focused on questions or concerns raised by the songwriter, with group discussion focused on issues of craft and technique.

The goal of the workshop is to provide a safe place for songwriters to share and learn. Songwriters of all levels and abilities are welcome. Songwriting takes place on the first Tuesday of every month from 6:00 - 8:00 p.m. in the library's Conference Room. Please register in advance on the library's website.

Senior Social Hour: Live music with Red Gallagher

Wednesday, January 8, 1:00 - 2:00 p.m.

Join us for a coffee, tea, cookies and music featuring Red Gallagher's upbeat show of music and humor. A true one-man band he plays guitar, harmonica, piano and sings. The songs include jazz, blues, folk, country, rock and roll and many beloved pop tunes. All are welcome.

Ecology of the Northern Woods: A Closer Look at Maine, with Chris Lewey

Thursday, January 9, 6:30 - 8:00 p.m.

Join us for an ecological journey through the seasons of Northern New England, beginning on the breathtaking coast of Maine. This seashore, stretching over 3,500 miles, boasts thousands of inlets, bays, and peninsulas, as well as over 2,000 islands—the densest concentration in the world.

Our adventure will take us through various habitats of the state including rocky shores, sandy beaches, marshlands, islands and dense forests. We'll take a closer look at some of the wildlife that calls New England home and marvel at the region's spectacular fall colors.

Discover the survival strategies that birds, mammals, and plants adopt to withstand New England's dramatic seasonal changes. We'll examine how these organisms are shaped by the northern environment. Maine's stunning landscapes serve as the backdrop for this captivating ecological study of Northern New England.

Big Conversations in 10 Short Minutes (Zoom)

Thursday, January 9, 6:30 - 7:30 p.m.

Three conversations in an hour with other people in Maine. The prompts are simple. The conversations are non-political. What might you learn about (or from) your fellow humans? Let's find out.

Discover a little pocket of meaning. Register on our website. This program is part of MECollab, a collaborative programming partnership between libraries throughout the state of Maine.

Learn the Basics of Mending

Saturday, January 11, 2:00- 4:00 p.m.

Learn basic mending techniques so you can keep your favorite clothes in rotation.

Bring your own clothes to mend or use the materials provided in class. We will have time to practice and ask questions. Beginner focused. Ages 18+. Registration required.

Senior Social Hour: Coffee & Conversation

Wednesday, January 15, 1:00 - 2:00 p.m.

Join us for a coffee, tea, cookies and conversation—an opportunity to catch up with friends and make new ones.

Sugar Cookie Decorating with Kaite Thayer (Zoom)

Thursday, January 16, 6:30 - 8:00 p.m.

Looking for a cozy class to take from the comfort of your own home? Learn how to bake perfectly delicious sugar cookies and decorate them with royal icing in this online workshop with Kaite Thayer: the owner, baker, operator, social media manager, dishwasher, and taste tester of Thayer Treats in Bath.

In this class we will go over cookie tips and tricks and how to get perfect consistency in our icing to achieve beautiful results. Register on our website.

Capetoons: Put away those lists

By Jeff Mandell

SantAI® Claus knows what you want!



The music corner

By Candice Bellinger

It was a beautiful Sunday afternoon in Camden when I arrived in this town for the first time, to see The Nutcracker at the Camden Opera House, presented by the Atlantic Ballet Company.

From the opening of the curtain to the end of the first act, the Atlantic Ballet Company, entertained the audience with a small-town production with a lot of heart. My family

had the pleasure of hosting world renowned guest dancer Cristian König from Columbia for the week leading up to this performance. Cristian played with our son, went sightseeing with our family and rehearsed with Rose Hutchins, the Snow Queen, in Portland before heading to Camden for a week of rehearsal with the entire crew.

-see MUSIC CORNER page 14



Atlantic Ballet Company

Photo by Candice Bellinger



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Cape Elizabeth chapter of SAVE/ Sandy Hook Promise Club seeks help

By Kevin St. Jarre

Students Against Violence Everywhere (SAVE) Promise Club is the youth leadership initiative of the national organization Sandy Hook Promise.

This year, Cape Elizabeth High School started its own chapter, with a goal of empowering students to take an active role in increasing and promoting safety and violence prevention in our school.

In February 2025, SAVE Promise Club will be holding a fundraising gala at Grace in Portland, with a goal of raising money to support this important work. They are currently seeking donations for food, drinks and auction items.

If you would like to donate, please contact chapter leaders:

Laila Nelson at laila.nelson@capeelizabethschools.org,

Jocelyn Nelson at jocelyn.nelson@capeelizabethschools.org, or

Faculty advisor Lauren Tarantino at ltarantino@capeelizabethschools.org.

According to the organization's website, Sandy Hook Promise's prevention programs are creating safer schools, homes and communities. "We have prevented 16 credible planned school shootings and countless acts of violence by applying and advancing comprehensive programs and research on warning signs and youth mental health," the website reads.

The Know the Signs programs teach students and educators to recognize the warning signs of potential violence and get help. These programs build a positive

school climate where everyone looks out for one another.

According to the website, by taking a "comprehensive, evidence-informed and sustainable approach to ending school shootings and other forms of violence," they are working with schools and youth-serving organizations to:

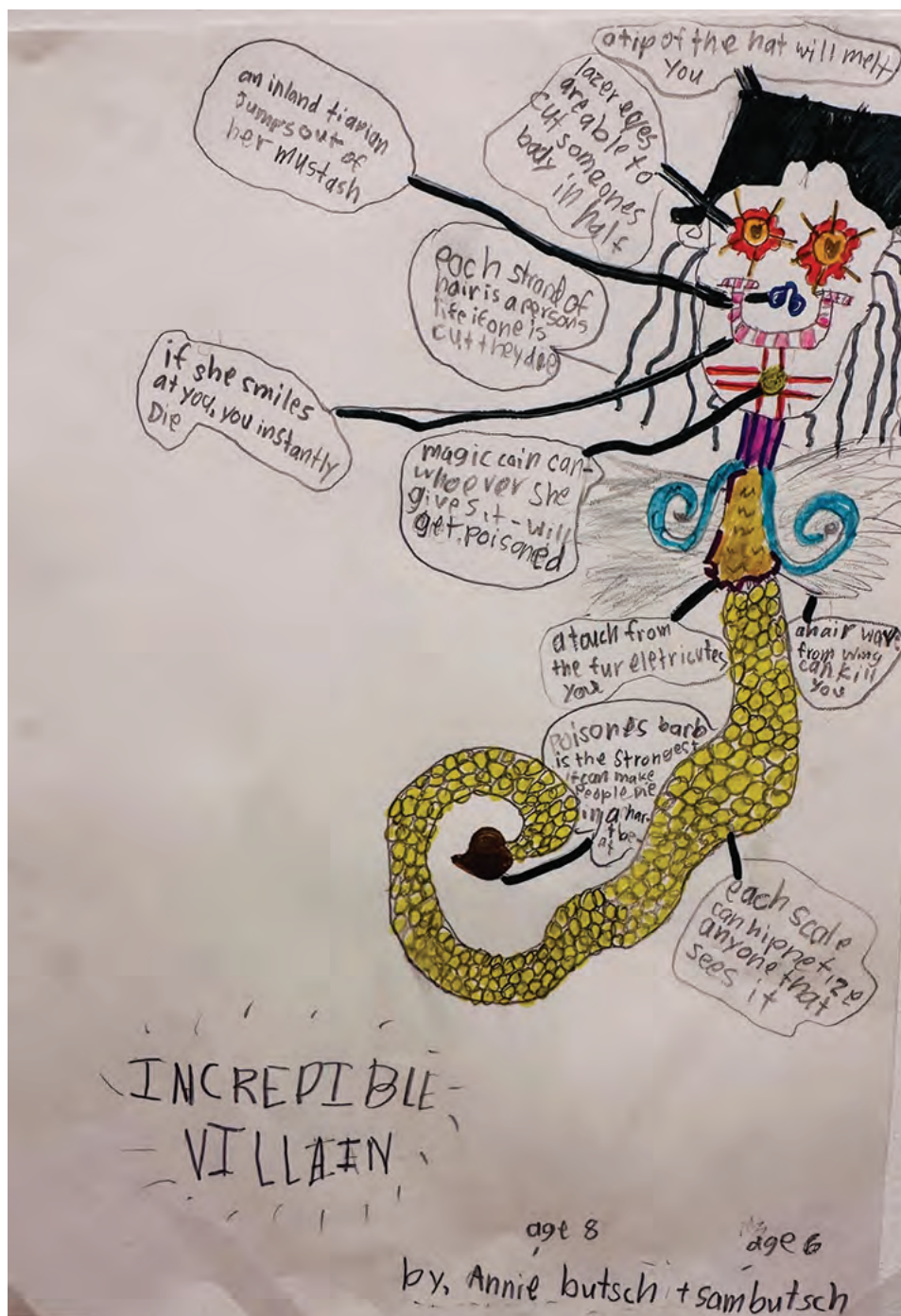
- Strengthen relationships between youth and adults.
- Equip educators with flexible training options, materials, and resources.
- Empower youth to co-create, lead, and advocate for safer schools by centering youth voices in developing and implementing solutions.

The website states, "Students want safe schools and communities and want to lead the change in these efforts. SAVE Promise Club empowers youth to be the leaders of change. They influence their peers in a positive way, resulting in a more caring and connected school community."

Through SAVE Promise Club, youth organize around important lessons learned through our programs, such as Say Something and Start With Hello. Students create a culture of looking out for one another, being upstanders and preventing violence, through engaging ongoing activities. Together, students are creating safer schools and communities – now and in the future."

For more information about the national organization, visit <https://www.sandyhookpromise.org/our-programs/save-promise-club/>

The "KID" Courier



Drawn by Annie Butsch and Sam Butsch

Annie Butsch (age 8) and Sam Butsch (age 6) submitted this drawing to the Kid Courier that they collaborated on together, titled "Incredible Villain." The inspiration for the drawing was their current obsession with Greek mythology, thanks to their love of the Percy Jackson book series and Greeking out podcast.



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The rewards of being there for Mainers in crisis

As a mobile crisis worker, Marissa Exchange's role is all about giving back. She provides confidential support, and connects individuals in crisis to resources they need, collaborating with families, mental health providers, and other community partners to ensure that the person has a holistic network of support. Most importantly, she provides a safe, kind space for individuals in crisis to share what they're going through, and ask for help.

And yet when Marissa talks about her work, she gushes about how much she gets from it.

"It's super rewarding," said Marissa. "It feels really good to be able to make a difference, to know that people feel comfortable with me, and trust me to be a safe - or even just a neutral - place where they can say anything without fear of being judged or getting a negative response."

She also loves that she can make her own schedule, work remotely if she needs to, and manage her shifts while pursuing her master's degree in Clinical Mental Health Counseling, and training to become a Licensed Clinical Professional Counselor.

Marissa is part of a growing legion of Crisis Responders who are discovering the rewards of working with Mainers experiencing a mental health crisis to assess their needs, and guide them to an appropriate level of care.

There are a wide variety of open positions statewide that offer full-time, part-time and per-diem opportunities. The work is done in the community, outside a hospital or nursing home. Training opportunities are widely available and easy to complete.

Like Marissa, others who are working in this field are finding that it gives back much more than it takes.

"It's just been this incredible journey," said Melanie Grant, a crisis residential services worker, who provides intervention and support to ensure the safety and well-being of patients in a residential treatment facility.

"A lot of it is just working with people who are going through a hard time, whether it has to do with substances, or past trauma or loss of a loved one. It's people needing people. And we've all needed people."

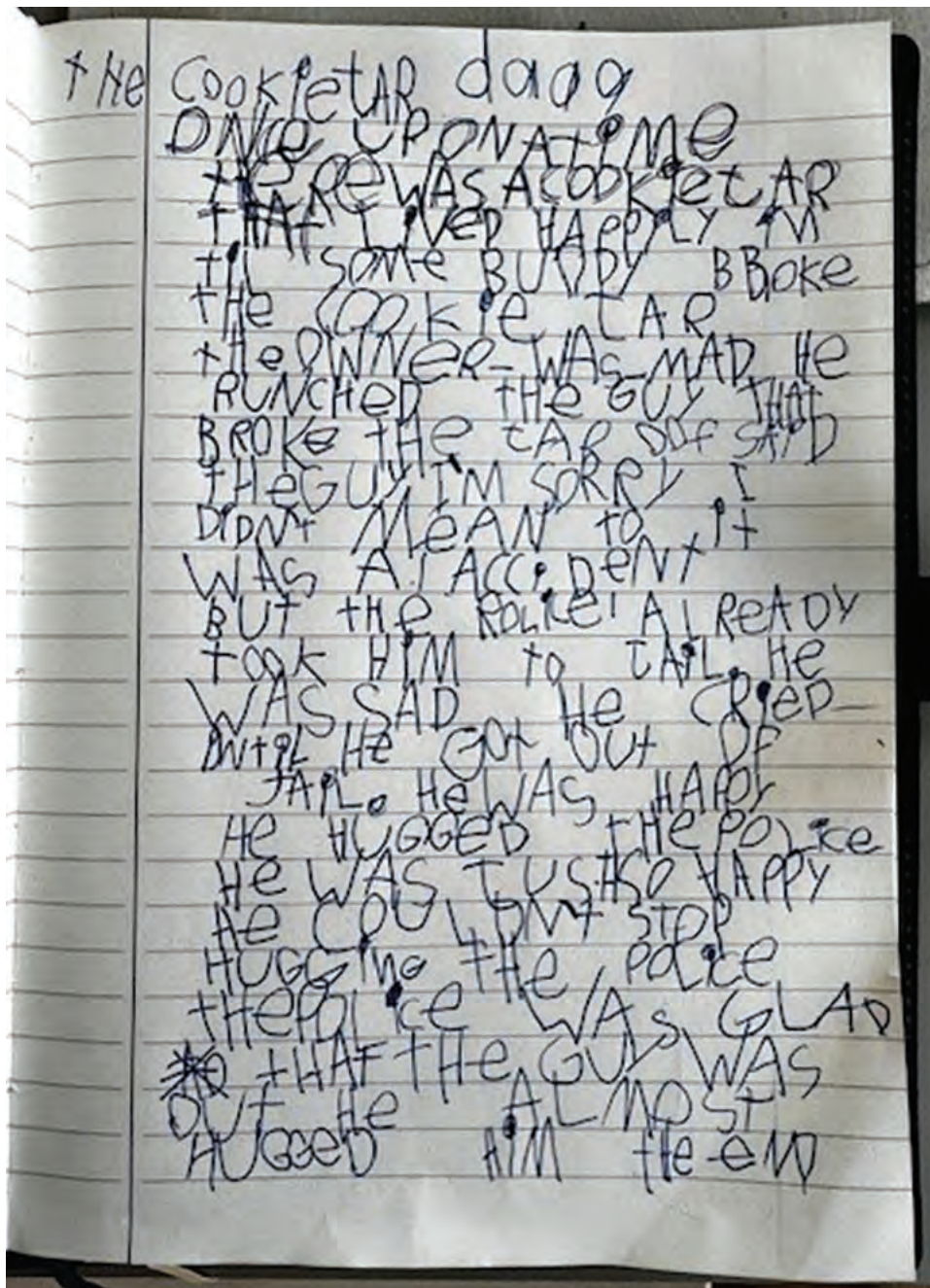


To learn more about full-time, part-time and per-diem opportunities in your community, go to Mainecareerswithpurpose.org. Follow @MaineCareerswithPurpose on Facebook and Instagram.



"It feels really good to be able to make a difference."

The "KID" Courier



Written by Oliver

Six-year-old Oliver recently wrote a short story, pictured above which he wrote by hand and his mom translated below:

“Once upon a time there was a cookie jar that lived happily until somebody broke the cookie jar. The owner was mad. He punched the guy that broke the jar. “Oof” said the guy, “I’m sorry. I didn’t mean to. It was an accident.” But the police already took him to jail. He was sad. He cried until he got out of jail. He was happy. He hugged the police. He was just so happy he couldn’t stop hugging the police. The police was glad that the guy was out. He almost hugged him. The end.”

2025 winter CELT programs

Robinson Woods Winter Excursion

Join CELT volunteer and Maine Master Naturalist Amy Witt on a tour of one of CELT’s most popular properties, Robinson Woods.

This gentle hike will lead you through the natural habitat as Amy explains the ecology of the property, tips for identifying trees, and adaptations that plants and animals must make in order to survive the winter.

Participants should wear proper footwear, as the trail may be icy at this time of year. Participants who register at least 48 hours in advance will receive notification of changes to the program or cancellation.

Date: Saturday, January 4, 2025

Time: 10:00 a.m. - 12:00 p.m.

Location: Meet at the parking lot of the Cape Elizabeth Methodist Church, 280 Ocean House Road

Cost: \$6 per person

Min/Max: 3/10

CELT’s Crosstown Winter Walk

Join CELT member and Maine Master Naturalist Amy Witt and CELT Stewardship Committee member Hans Hackett for our Winter Crosstown Walk.

Beginning at Kettle Cove State Park, this walk will traverse over eight miles of both town of Cape Elizabeth and CELT trails, highlighting some of Cape’s great ecosystems.

The walk takes approximately four hours and includes a BYO lunch stop. Hikers will meet at Fort Williams Park and carpool to Kettle Cove.

Participants should wear proper footwear, as the trail may be icy at this time of year. Participants who register at

least 48 hours in advance will receive notification of changes to the program or cancellation. Participants should be 12 years or older; please call about younger ages.

Date: Saturday, February 8, 2025

Time: 10:00 a.m. – 2:00 p.m.

Location: Meet at Fort Williams Park (the plowed parking lot closest to the lighthouse)

Cost: \$6 per person

Min/Max: 4/20

Please visit <https://www.cape-landtrust.org/events/> for registration and more information

Winter Story Walk with Snowshoes and Animal Tracking for Families

In conjunction with Maine Winter Kids, a story walk of the children’s book “Lost. Found.” by Marsha Diane Arnold, will be placed along Runaway Farm to check out at your leisure.

Children’s snowshoes will also be available to borrow, at no cost, from Cape Elizabeth Community Services on a first come, first served basis.

Additionally, there will be two guided walk programs with CELT educators through Runaway Farm to follow the story and learn common winter animal

-see CELT page 15

Got a story to share? Email us!



editor@capecourier.com



Have something to sell? Having a yard sale? Want to spread the word about a new business or service?

Tell them here! Classifieds in The Courier work!

Need medical equipment?

The Cape Elizabeth Lions Club maintains a small inventory of medical equipment to loan for free. Some of the items we have include: canes, crutches, shower seats and walkers.

If you are wondering what to do with your medical equipment that you no longer need, please consider donating it to the Cape Elizabeth Lions Club.

We accept medical equipment that is clean and in good working order. For more information or to borrow, please text or call Debbie Andrews, 207-653-3648 regarding borrowing or donating medical equipment.

The Cape Elizabeth Lions Club is dedicated to being of service to the community. We are a friendly, welcoming group.

If you are interested in learning more about us or would like to join us, please contact: Liz Huebener via text or calling: 207-838-6756.



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CAPE CALENDAR

By Wendy Derzawiec

Please see the town website, www.capeelizabeth.com for meeting locations

Instructions for joining video conference meetings listed below will be posted on the town website, www.capeelizabeth.com.

Wednesday, December 18
Business Public Forum, Town Hall, 6 pm

Thursday, December 19
Fort Williams Park Committee - RESCHEDULED TO 12/12/24, 6 pm
School Board Executive Session, Cape Elizabeth High School Library, 6 pm
Energy Committee, Jordan Conference Room, Town Hall, 7 pm
Thursday, January 9
Privacy Advisory Committee - Ad Hoc, Jordan Conference Room, Town Hall, 6 pm
TML Strategic Plan Working Group, Thomas Memorial Library, 6:30 pm

Ongoing each week
Al-Anon, 7 p.m. Fridays, First Congregational Church, 301 Cottage Road, South Portland. Parking in rear.
Alcoholics Anonymous, 2 p.m.

Saturdays, First Congregational Church, 301 Cottage Road, South Portland; 7 p.m. Wednesdays, St. Bartholomew Church; 7 p.m. Fridays, St. Alban's Church. Cape Elizabeth Historical Preservation Society, 9 a.m.-noon Mondays and Thursdays; and 10 a.m.- 2 p.m. Saturdays and Sundays - when "Open" sign displayed, Fort Williams, in the brick building closest to Shore Road (ring the doorbell). Cape Elizabeth Lions Club, 6:39 p.m., first and third Tuesdays at the Bowery Beach Schoolhouse (except July and August), Two Lights Road
Cape Elizabeth Republican Town Committee, 6-8:30 p.m. first Wednesday of the month, Cape Elizabeth Community Center. Contact: ccrcme.com for Cape information.
South Portland/Cape Elizabeth Rotary Club, 6:15 p.m. Wednesdays at 107 Preble Hall, Southern Maine Community College, 2 Fort Road, South Portland. sp-ce-rotary.org.

SERVICES

- Cape Elizabeth Church of the Nazarene**
499 Ocean House Road (Route 77)
747-1113
www.capenazarene.org
Sunday School for all ages: 9:30 a.m.
Sunday Worship Celebration: 10:45 a.m.
Services streamed live or on demand: watch.capenazarene.org
- Cape Elizabeth United Methodist Church**
280 Ocean House Road
799-8396
www.ceumc.org
Sanctuary Service: 10 a.m.
In-person Sunday services 10 a.m. For Zoom services, call 799-8396
- The Church of Jesus Christ of Latter-day Saints**
29 Ocean House Road
799-4321
Sacrament Meeting: Sunday, 10 - 11:00 a.m.
Sunday School/Primary: 11:10 a.m.-12 p.m.
- The Church of the Second Chance**
Greater Portland Christian School
1338 Broadway, South Portland
641-3253
Sunday: 10:30 a.m.-12:15 p.m.
- Rise Church**
1047 Congress Street, Portland
874-9779
<https://www.riseportland.church>
Sunday Worship: 10:00 a.m.
Sunday Adult Bible Study: 9:00 a.m.
Sunday School for children: 10:00 a.m.
Services streamed live on Facebook
- Congregation Bet Ha'am**
81 Westbrook St., South Portland
879-0028
www.bethaam.org
Worship: Friday, 7:30 p.m.
Saturday, 10:30 a.m.
Family Shabbat Services: Second Friday, 6:00 p.m.
- Hope Community Church**
879 Sawyer Street South Portland
799-4565
www.hopesopo.com
www.facebook.com/hopesopo
Sunday Morning Worship at 10 a.m.
Kid's Church for ages 4 through grade 5
Service videos available on our website
- Promised Land World Reach Center**
536 Cottage Road, South Portland
799-3152
Sunday Prayer & Intercession: 9:30 a.m.
Sunday Worship: 10 a.m.
Family Bible Studies: Wednesday, 7 p.m.
Sermon recordings available to download
- Redeemer Lutheran Church - LCMS**
410 Main Street, Gorham
839-7100
www.RedeemerMaine.org
Sunday Bible Class for all ages: 9:00 a.m.
Sunday Worship Service: 10:15 a.m.
Services are in person and streamed on Facebook and YouTube
- Saint Alban's Episcopal Church**
885 Shore Road
799-4014
www.stalbansmaine.org
Sunday Services:
Rite 1 with Holy Eucharist 8:00 a.m.
Rite 2 with Holy Eucharist 9:30 a.m.
Live Streaming on YouTube (stalbanschannel)
Children's Programs 9:30 a.m.
Celtic Eventide 5:30 p.m.
Room for all
- St Bartholomew Catholic Church of Saint John Paul II Parish**
8 Two Lights Road, **207-883-0334**
Website: www.JP2me.org
Sunday Mass: 9 a.m.
Daily Mass: Mon. and Wed. 8 a.m.
Sacrament of Confession: Mon. 8:30-9 a.m.
Additional Mass times in Scarborough & South Portland listed on website
- First Congregational Church United Church of Christ**
301 Cottage Road, South Portland
799-3361
www.fccucc.org
Sunday Worship: 10:00 a.m. in person and streamed on Facebook & YouTube
- First Congregational Church of Scarborough**
167 Black Point Road, Scarborough
883-2342
www.fccscarborough.com
Sunday Morning Worship: 9:30 a.m.
Sunday School & Nursery Care

CABLE GUIDE

CETV CHANNEL 1302

Subject to change. Please see cetv.capeelizabeth.org for latest program guide and video on demand.

Nothing scheduled for Dec. 18 - Jan. 14



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Music corner

Continued from page 11

We were invited to watch Cristian and Rose rehearse and witness the work that goes into preparing for a large-scale performance such as "The Nutcracker." They worked together on timing, which foot to lead with when preparing for big leaps, they spent valuable time getting to know each other,

building trust. There is a strong connection between dancers as they work together to prepare the beloved scenes for audiences.

Leaving the theater, with the town of Camden aglow with Christmas lights, I felt completely fulfilled and full of Christmas joy. I encourage you all to look up the closest performance of "The Nutcracker" and see it before the end of the season is upon us. You will not be disappointed. Happy Holidays!

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Piano Lessons. All ages, all levels. Call Ora: 207-899-3014

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Part Time Personal Care Assistant: Disabled woman, with a full time job, needs part time assistance in Cape Elizabeth. No medical training required. Must be reliable, have references and a joyful approach to problem solving. If interested, please call 207-536-0619 and leave a message.

CELT

Continued from page 13

tracks.

Children and their caregivers will meet at the upper parking lot of Gull Crest and spend an hour taking a gentle hike through Runaway Farm Preserve and exploring the habitats around them. They will search for signs of the changing seasons, animal tracks and winter adaptations. They will also get a chance to practice tracking, weather permitting.

Participants should wear warm, dry clothing and sturdy footwear for potentially icy conditions. The outing is subject to weather conditions and all participants must register at least 48 hours in advance of the program to receive notification regarding changes or cancellation.

Dates:

- Winter Animal Tracking and Guided Story Walks:
-Thursday, January 30, 10:00 a.m. – 11:00 a.m.
-Tuesday, February 4, 3:30 – 4:30 p.m.

• The Story Walk boards will be up and snowshoes will be available to check out from Cape Elizabeth Community Services on a first come, first served basis from January 28 through February 5 during the hours of 9 a.m. – 2 p.m.

Location: 1 Gull Crest Ave. Meet at the Upper Parking Lot of Gull Crest Field, closest to Spurrink Avenue

Cost: \$6 per parent and 1 child, \$3 for each additional child for the Guided Animal Tracking Walk

(No registration or fee for Snowshoe rental or Self Guided Story Walk)

Min/Max: 3/10

CELT Library Programs with Thomas Memorial Library



Marine Mammals of Maine Talk: A Seal's Journey

Join Marine Mammals of Maine (MMoME) volunteer and wildlife educator Jessica Woodend as she takes you through a seal's journey from stranding to release, and all of the obstacles in between.

Woodend will start with important seal basics, such as whether it's normal for seals to be out of the water, and why you might see a baby seal on its own. She will then dive into when and why seals need our help. As gray seal pups begin to appear on the coast of Maine in the Winter, she will discuss what you as a community member should do if you encounter a seal.

You will also learn about what MMoME is, what they do, and more about the animals they care for, including the famous 2023 Cape Elizabeth Gray Seals!

Date: Thursday, February 20, 2025

Time: 6:30 – 8:00 p.m.

Location: Thomas Memorial Library Community Room

No registration necessary

Judy's Pantry - a community feeding itself

Judy's Pantry operates at the Cape Elizabeth Methodist Church on the second and fourth Tuesdays of each month from 3 – 4:30 p.m.

Prior registration is necessary. Please contact Beth Owens: bethowens1@gmail.com.

Please consider a non-perishable donation to the IGA drop box.

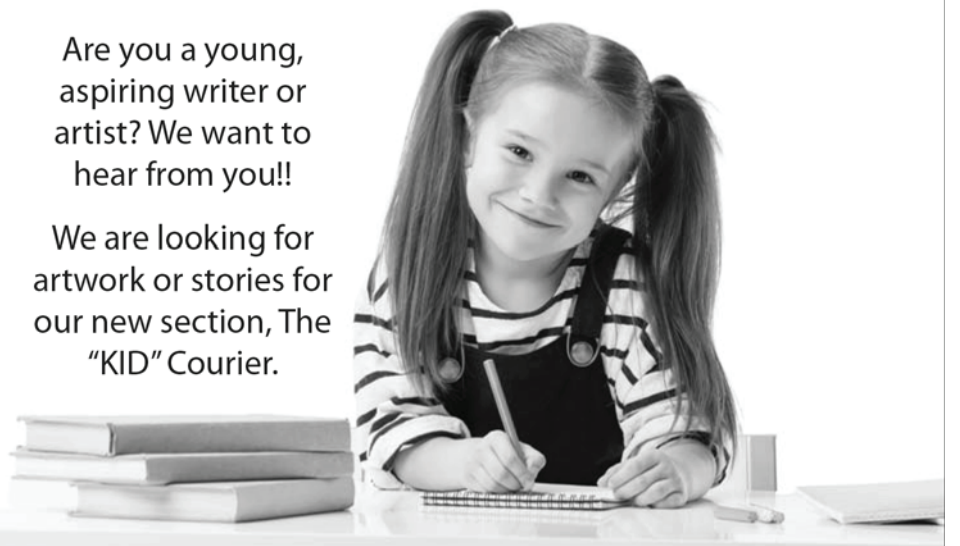
Please support your independent newspaper.

The Cape Courier is not affiliated with and does not receive funding from the town of Cape Elizabeth.

The "KID" Courier

Are you a young, aspiring writer or artist? We want to hear from you!!

We are looking for artwork or stories for our new section, The "KID" Courier.



Send submissions to: info@capecourier.com

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Cape Courier 5th Annual Town Tree Lighting



Photo by Tara Simopoulos

The Cape Courier held its 5th annual town tree lighting on Friday, December 6 in the town center. Pictured above, Santa in front of the Christmas tree, who stopped by to hand out candy canes.

Pictured top right: Harris Hayat and Maya Hayat pose in front of the reindeer photo display.

Pictured bottom right: Members of the Cape Elizabeth High School A Capella group kicked off the evening by singing holiday songs.

Thank you to our sponsors and all who attended the event. See you next year!



Photo by Tara Simopoulos



Photo by Tara Simopoulos

